

Bicycle Tours in Italy: Spotlight: Southern Tuscany

OVERVIEW

This bicycle experience merges refined lodging and cycling through unique parts of Southern Tuscany. This is a focused exploration of two locations in the Maremma region of Tuscany, squeezed between the Tyrrhenian Sea and the volcanic lake region north of Rome. For three nights you'll enjoy a countryside resort which is a springboard for great days of cycling to the sea, where fishing villages and beaches bring the coast to life. Retreat to the resort's olive grove and spend the afternoon lounging near the pool, or enjoy optional activities such as art classes, cooking classes, in-depth culinary activities, or get back in the saddle and go mountain biking or horse back riding! Your next resort is in the beautiful, small village of Sovana, where you'll enjoy a unique and magnificent landscape as you pedal to small Tufa towns, built with and into the soft tufa (volcanic stone) prevalent in this area. Here too, enjoy the immense hotel grounds with its natural swimming pool and sweeping views of the surrounding landscape. This is a relaxing bicycle holiday that provides great cycling, exceptional lodging and time on your own to simply relax or do a myriad of other activities.

Learn more about what is included and what to expect on your Spotlight tour at the [Spotlight Tour Style page](#).

HIGHLIGHTS

Less packing and more relaxing with a 3 and 2-night hotel stay, Argentario and Orbetello, Tuscan Maremma, Giardino dei Tarocchi, Talamone, cheese tasting, Tufa towns of Sovana, Sorano and Pitigliano, Etruscan Hildebrand tomb, free time and optional activities after morning rides.

TOUR FACTS

Tour Style	■ Spotlight: Learn more about our Spotlight tours at https://www.experienceplus.com/choosing-the-best-tour/styles/spotlight
Includes	5 nights accommodation; meals as noted in itinerary; group shuttle from Rome's Fiumicino to the tour start, and from Sovana to Orvieto; Pecorino cheese visit/tasting.
Countries	Italy
Begin/End	Shuttle from Rome's Fiumicino Airport to Maremma / Sovana with shuttle to Orvieto's train station.
Arrive/Depart	Rome (FCO)
Total Distance	176km (109 miles)
Avg. Daily Distance	44km (27 miles) per riding day
Tour Level	▶▶▶▶
Keep in Mind	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Learn more about what is included and what to expect on your Spotlight tour at the Spotlight Tour Style page .

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/italy/spotlight-tuscany>

Bicycle Tours in Italy: Spotlight: Southern Tuscany

DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride	Rolling hills	▶▶▶▶▶	
2	36km / 176m (23mi / 577ft)	Gentle	▶▶▶▶▶	Longer optional ride available
3	50km / 504m (31mi / 1653ft)	Rolling hills	▶▶▶▶▶	Longer optional ride available
4	58km / 970m (36mi / 3182ft)	Very hilly	▶▶▶▶▶	
5	32km / 543m (20mi / 1781ft)	Hilly	▶▶▶▶▶	Longer optional ride available
6	Last Day			

Bicycle Tours in Italy: Spotlight: Southern Tuscany

ARRIVAL INFO

Your tour starts with a complimentary ExperiencePlus! shuttle pick-up at the Rome Fiumicino Airport (FCO) on Day 1 (your spot is already reserved on this shuttle):

- **Meeting Time: 10:30 a.m.**
- **Meeting spot: Semplicemente Roma Bar***

***Note:** Terminal 3, Semplicemente Roma Bar is located on the very left corner after you exit the luggage pick-up and Police control. Find a map [here](#) (only available in Italian).

DEPARTURE INFO

Your tour ends with a complimentary ExperiencePlus! shuttle drop-off at the Orvieto train station on the final day of the tour at 10:30 a.m. Reservations are required. Please make your shuttle reservation by [emailing us](#) no later than 30 days prior to your tour start date.

If you do not join the shuttle, you will be responsible for your own transportation

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying out of the Rome Fiumicino Airport (FCO).

1. Train from Orvieto to Roma Termini (80 minutes/fares vary, no pre-purchase necessary)
2. Leonardo Express from Roma Termini to the Rome Airport (32 min/EUR 14) or Taxi (30 min/EUR 48)

There are also frequent train connections to Florence, taking just under 2 hours.

Look up Italian train schedules at [Trenitalia.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

Bicycle Tours in Italy: Spotlight: Southern Tuscany

Meet at Rome's Fiumicino airport to shuttle to Maremma

Highlights Maremma, Lunch in the countryside, Tarot Garden

We will start the day with a shuttle from Rome's Fiumicino airport to our country resort in the Tuscany region of Maremma. We will enjoy lunch together before our bike fitting and first loop ride. On the test ride we recommend you visit the Tarot Garden, an esoteric sculpture garden based on Tarot cards, designed by the French-American artist Niki de Saint Phalle. This garden is home to one of the most amazing outdoor sculpture gardens in the world. Opened in 1998, it is something between an Antonio Gaudí or Salvatore Dali exhibit and a Cristo installation. Once back at the hotel, you can lounge by the pool or ride a few extra miles to explore the small hilltop village of Capalbio. Enjoy getting lost in the intricate alley ways of this picture perfect village or visit the tiny castle with its magnificent view of the surrounding landscape. Though you won't be lost for long, you will gain an understanding for the defensive strategy of building villages that are reminiscent of a maze.

Coastal loop ride

Highlights Monte Argentario, Spanish Forts, Porto Ercole, Tuscan coast

We cycle towards the coast today, riding parallel to it as we reach Monte Argentario, a small mountain emerging from the sea and connected to the mainland by two sand bars which form a lagoon. Here you'll find Orbetello - a once thriving fishing village, in the middle of the lagoon. Porto Ercole and Porto Santo Stefano are the two main villages of Monte Argentario and were once important open water ports, the huge defensive fortresses you see today were built by the Spanish. Cycle up to the main fort for a majestic view over Porto Ercole and the coast, take the opportunity to enjoy a snack or beverage as you overlook the bay. Return by shuttle or bicycle back to the hotel (an additional 46 km and 521 meters of climbing). Be sure to consider that there are a wide variety of optional afternoon activities including winery or olive oil visits or just relaxing by the pool.

Ride to Talamone

Highlights Visit to herbal liqueur maker

We'll pedal north toward Magliano this morning before turning towards the Tyrrhenian coast to reach the small village of Talamone. Perched high on a rocky promontory overlooking a picturesque gulf, this tiny village gets its name from Greek legends. Once upon a time this was an important Etruscan port, today it is a sleepy fishing village with an imposing fortress overseeing the village and its beaches. Enjoy some time here before shuttling or cycling back to the hotel (47 km and 390 meters of climbing). You have a few options for dinner tonight - opt for the hotel restaurant or one of the selected restaurants in town.

DAY 1: Sun, Aug 20th

Terrain Rolling hills
Level 
Meals Lunch, Dinner
Lodging  [Locanda Rossa](#)

DAY 2: Mon, Aug 21st

Distance 36 km (23 mi)
Gain 176 m (577 ft)
Terrain Gentle
Level 
Meals Breakfast, Dinner
Lodging  [Locanda Rossa](#)

DAY 3: Tue, Aug 22nd

Distance 50 km (31 mi)
Gain 504 m (1653 ft)
Terrain Rolling hills
Level 
Meals Breakfast
Lodging  [Locanda Rossa](#)



Bicycle Tours in Italy: Spotlight: Southern Tuscany

Capalbio to Sovana

Highlights Tufa town of Sovana, Pecorino cheese, Etruscan tomb optional visit

Today's ride is rewarding and a little more challenging as you make your way to Sovana. This beautifully situated Etruscan town is literally carved into the local tufa (volcanic stone). Along the way, take the opportunity to stop and visit a local dairy and discover the secrets of Tuscan Pecorino cheese from the cheese maker himself. This afternoon, take part in an optional guided visit of the monumental Etruscan Hildebrand tomb, one of the most famous and well-preserved tombs of the area where you'll wander through canyon-like alleyways sculpted from stone! Settle into the hotel for the evening or head to the center of town to sit and enjoy a drink, surrounded by remarkable tufa stone buildings.

DAY 4: Wed, Aug 23rd

Distance 58 km (36 mi)

Gain 970 m (3182 ft)

Terrain Very hilly

Level 

Meals Breakfast

Lodging  [Sovana Hotel & Resort](#)

Loop ride to Sorano and Pitigliano

Highlights Pitigliano and Orsini Family Palaces, Etruscan archaeological sites, Sorano

Today's loop ride takes us to the striking towns of Sorano and Pitigliano, both of which are perched high on cliffs of tufa stone. Similar to Sovana, these towns have Etruscan origins and impressive archaeological remnants. Built between the 10th and 15th centuries, they were held by important Roman families, the Aldobrandeschi (Sorano) and the Orsini (Pitigliano) until their fall to the Medici, the Grand Duchy of Tuscany. Their elaborate palaces still stand in the center of both towns. For those who can't stand the idea of ending their ride in Tuscany there is the option to add another 26 km and 571 meters. Once back at the hotel, enjoy a swim in the pool, a pasta making demonstration, or further exploration of the surrounding archaeological sites. Tonight we'll toast our adventure and savor a celebratory dinner together.

DAY 5: Thu, Aug 24th

Distance 32 km (20 mi)

Gain 543 m (1781 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  [Sovana Hotel & Resort](#)

Buon viaggio - shuttle to Orvieto train station

Highlights Group shuttle to the Orvieto train station

Say goodbye after breakfast. We'll shuttle you to the Orvieto train station where you can catch trains north to Florence or south to Rome. If you have the time, we highly recommend you spend a few days in Orvieto to enjoy this spectacular town.

DAY 6: Fri, Aug 25th

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know.

*Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!