

 <p>Anima Toscana bike tour</p> <p>www.bike-tour-tuscany.com</p>	<p>ANIMA TOSCANA SRL VIALE DELL'ARTIGIANATO, 2i 53100 SIENA (SI) C.F. E P.IVA 01376870521 PEC: animatoscana@legalmail.it</p>	<p>DESTINATARIO:</p>
<p>PRICE PER PERSON IN DOUBLE ROOM: FROM 1090,00 €</p>	<p>TIPE OF CYCLIST: ACTIVE RIDER</p>	<p>DURATION: 7 DAYS/6 NIGHTS</p>

THE VIA FRANCIGENA, FROM SIENA TO ROME SELF-GUIDED

The ancient route that in medieval times connected Canterbury to Rome and to the harbors of Apulia has been discovered by modern pilgrims, who set off on a fantastic route. Anima Toscana offers the opportunity to discover the Via Francigena route from Siena to Rome by bicycle, crossing the regions of Tuscany and Lazio on secondary roads and gravel roads.

The Via Francigena passes through the Val d'Orcia, the lake of Bolsena, Viterbo, and the "Tuscia", before arriving to Rome. You'll have the chance to visit charming medieval villages riding among breathtaking panoramas! The visit of the city center of Rome completes this amazing bike experience.

ITINERARY

DAY 1 – BENVENUTI IN TOSCANA

Individual arrival, dinner on your own and accommodation in 3 stars hotel located just outside the city center of Siena. Hotel 4 stars available on request with extra charge.

At your arrival you'll meet our staff and receive all the informations to complete the bike tour along the Via Francigena.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Private transfer from Siena train station

DAY 2 – FROM SIENA TO SAN QUIRICO, 57 KM – ELEVATION GAIN: 750 METERS

- ✓ First stage surrounded by beautiful views.
- ✓ In the first part of the stage you will ride the typical rolling hills of the Val d'Arbia region, crossing the permanent route of L'Eroica to Buonconvento, very nice medieval village. You can also decide to reach Buonconvento riding the Eroica route.
- ✓ You will then cross the Brunello region before the final arrival in Val d'Orcia, UNESCO protected site.

Dinner on your own and accommodation in 3 stars hotel with swimming pool located at San Quirico d'Orcia. 4 stars hotel available on request with extra charge.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	

DAY 3 – FROM SAN QUIRICO TO PROCENO, 62 KM – ELEVATION GAIN: 890 METERS

- ✓ You will cycle surrounded by the landscapes of the Val d'Orcia.
- ✓ In the first part of the route you will visit the thermal village of Bagno Vignoni, with its extraordinary thermal pool in the main square.
- ✓ From Bagno Vignoni, you'll ride a flat road along the Orcia river and then reach Radicofani through a long uphill on asphalt. The challenging climb will be repaid by a beautiful view over the valley.
- ✓ You will then descend towards the Val di Paglia, the landscape is characterized by rolling hills, with the Monte Amiata on the horizon.
- ✓ After a short ride along the Cassia road you will cycle a long gravel road that leads to the beautiful village of Proceno.

Dinner and accommodation at Castello di Proceno.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Castello di Proceno	Breakfast - Dinner	

DAY 4: FROM PROCENO TO VITERBO, 60 KM – ELEVATION GAIN: 930 METERS

- ✓ After a quick passage in the town center of Acquapendente, the stage will easily lead you to San Lorenzo Nuovo, where you'll have a first beautiful view of Bolsena lake.
- ✓ Approaching the lake, you will ride along a nice off road, in a continuous ups and downs among olive groves, meadows and woods, with the beautiful views of Bolsena Lake on the horizon.
- ✓ You'll leave Bolsena riding the Via Cassia direction Montefiascone, and say goodbye to the lake. The following sector is one of the most spectacular, on the ancient paving of the Via Cassia, still in excellent condition.
- ✓ At the end of the stage you will cross the Bagnaccio baths, a series of hot water pools, which have always been frequented by pilgrims who passed along the Via Francigena, before the final arrival in the city center of Viterbo.

Dinner on your own and accommodation at Palazzo Riario. Hotel 4 stars available on request with extra charge.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Palazzo Riario	Breakfast	

DAY 5: FROM VITERBO TO CAMPAGNANO, 65 KM – ELEVATION GAIN: 980 METERS

- ✓ The daily stage is characterized by ups and downs between fields and woods, mainly on paved roads, up to the village of Vetralla.
- ✓ The next part of the route will take you to the nice villages of Capranica and Sutri, town located on a narrow tuff rock, also known for the Roman amphitheater and nice town center.
- ✓ Discover Monterosi and the Monte Gelato waterfalls, a park area where you can rest and swim before the last part of the route that will take you to Campagnano.

Dinner on your own and accommodation in 3 stars hotel.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Dinner

DAY 6: FROM CAMPAGNANO TO ROMA, 46 KM – ELEVATION GAIN: 420 METERS

- ✓ Final stage to complete your pilgrimage and reach the Vatican City. The daily stage will be easy and short, we suggest to start cycling not so late in the morning and arrive in Rome for lunch time, so you can enjoy much more this beautiful city.
- ✓ The route presents some busy roads approaching to Rome, we can offer an alternative routes to reach the cycle path of River Tevere.
- ✓ You will finally reach St. Peter's Square, where you can take a final photo and start discovering this wonderful city.

Dinner on your own and accommodation in 4 stars hotel located very close the Vatican City and city center of Rome.

On request, you can decide to visit the city, meet our staff and return to Siena by van.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆☆	Breakfast	Transfer to Siena

DAY 7: CHECK-OUT AND DEPARTURE

Check-out and individual departures, otherwise you can add more days at your stay and visit this beautiful city.

WHAT'S INCLUDED:

- ✓ 6 NIGHTS STAY WITH BREAKFAST IN DOUBLE ROOM
- ✓ 1 DINNER, DRINKS NOT INCLUDED
- ✓ MEET & GREET, BRIEFING WITH OUR STAFF ON DAY 1
- ✓ BAGGAGE TRANSPORTATION BETWEEN THE HOTELS
- ✓ MAPS AND INFORMATION FOR YOUR DAILY STAGE IN PDF FILE
- ✓ GPX TRACKS FOR GPS SYSTEM
- ✓ PHONE ASSISTANCE BY ANIMA TOSCANA STAFF

NOT INCLUDED:

- MEDICAL BAGGAGE INSURANCE
- DRINKS
- TOURIST CITY TAX

OPTIONAL SERVICES (PRICES ON REQUEST):

- MEDICAL BAGGAGE INSURANCE
- BIKE GUIDE
- VAN SUPPORT DURING YOUR DAILY STAGE
- BIKE RENTAL (MTB, GRAVEL OR E-BIKES)
- GPS RENTAL
- TRANSFER HOTEL ROME TO SIENA, AIRPORT, TRAIN STATION OR OTHER HOTELS

BIKE SUGGESTED

The Via Francigena route presents gravel roads and short parts off road, we suggest to use MTB, gravel and E-MTB.

HOW TO REACH SIENA?

You can reach Siena by car, park the car at the train station, the price is 2 € per day. The first hotel and our travel agency is located very close the train station. Otherwise you can arrive by train, some regional train allow the transportation of the bikes with an extra charge.

HOW TO COME BACK FROM ROME?

You can come back by train or use our private transportation service. You can also decide to don't sleep in Rome, visit the city center and back with our van.

TOTAL PRICE: 00000 Valid offer :	RIEPILOGO IVA 0% - Regime speciale (Art. 74-ter del Dpr n.633/72) – DM n.340/1999 – Operazione con IVA assolta. La fattura non costituisce titolo per detrazione IVA
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DATES OF PAYMENT:

- 25 % Deposit until
- Final payment until

CANCELLATION POLICY

- a) Cancellation until 31 days the date of the arrival: 25% of the total amount
- b) From 30 to 21 days: 50% of the total amount
- c) From 20 to 0 days: 100% of the total amount

NOTE

If not included in the price, it is possible to stipulate, at the time of the booking, an insurance for expenses due to accidents and baggage loss.

Attention: Participants must travel with their individual passport or other document valid for all the countries touched by the itinerary. The informations provided in this contract must be the same of the documents used during the trip.

GENERAL INFORMATIONS:

Luggage transfers: please drop your luggage at the reception by 9.00 am. Your luggage will be transferred by the Anima Toscana team every day and will be ready for you in the hotel for the check-in time.

Luggage must be closed with zips/ buckles/straps so that no clothes or other objects can be taken out. It is not permitted to carry liquids or food in unsealed packages.

Assistance during the trip: during the meeting with our staff an emergency number will be provided, also active on Saturday and Sunday.

Please use this phone number to immediately report inefficiencies, problems on the bikes or during the tour. In case of minor problems, which does not compromise to complete the daily stage, we suggest to report this at the end of the ride so we can intervene promptly.

Travel documents: The final itinerary, hotel vouchers, GPX tracks and maps in PDF format will be only sent after the final balance of the package, approximately 7-10 days before the arrival.

CONTACTS

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