

## Tour Of Tuscany



### ACTIVITY

Cycle

### ACCOMMODATION

Hotel

### CHALLENGE FACTORS

Terrain

### DURATION:

6 days

### GRADE



Tuscany is renowned for its scenery: layers of green hills stretch towards the horizon, covered in olive groves and centuries-old vineyards. This beautiful landscape is dotted with fascinating medieval hilltop towns, crumbling castles and terracotta-roofed villas. The rolling cypress-lined roads are a cyclist's dream, with fresh views around every bend.

Our circular cycling challenge sets off from Pisa, home of the legendary leaning tower, and takes in the iconic Renaissance cities of Florence and Siena as well as wonderful Tuscan hilltop towns such as Montepulciano, Montalcino and San Gimignano. Every day features at least one UNESCO World Heritage Site in this culture-rich region, known worldwide for its art and history.

This is a feast for the eyes and a treat for the legs – a perfect ride for all experience levels.

## DETAILED ITINERARY

### Day 1: Meet Pisa

Pisa is famous for its 14th-century leaning tower of white marble, but there are other impressive buildings set around the beautiful grass piazza – named the Square of Miracles – of this ancient town. Dependent on flight times, you can enjoy some free time exploring the sights. We meet up later at our hotel, and ensure our kit and bikes are fully prepared for the start of our challenge tomorrow. Night hotel.

*(Lunch not included)*

### Day 2: Pisa – Florence

We head out on flat roads this morning, which soon rise as we cross the green hills south of Lucca. If you want to challenge yourself fully today, opt for the climb of the Monte Serra just a few miles out of Pisa. This 11km climb is famous as a training ground for the pros, many of whom base themselves around Lucca, and if you're a keen cyclist you'll want to test yourself on its slopes. If you prefer to give it a miss, our route continues along the River Arno and heads up through small villages and farmland. We stop for lunch at Vinci, of Leonardo da Vinci fame, and then cross some low hills, which break up what has been a predominantly flat day (Monte Serra excepted!) The scenery starts to become more typically Tuscan as the afternoon progresses, and the roads are only busy in the final flat run-in to the iconic city of Florence, cradle of the Renaissance. Night hotel.

**Cycle approx 110km (68 miles)**

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### Day 3: Florence – Cortona

We head out of this beautiful Renaissance city along the River Arno, and soon start to climb into forested hills as we ride southeast through this wonderful region. A hillier morning sees us tackling long, gradual climbs which contour around the slopes, eventually bringing us onto a ridge which offers wonderful views down into the valley. Our route then undulates through beautiful small towns and villages, many of them with striking old churches and piazzas. We see plenty of vineyards today, many of owned by the ancient farmhouses that dot the landscape. A gentle climb brings us to our hotel at the base of Cortona's hill; the ancient fortress town lies at the top of the steep road. You are free to ride up, or jump in a taxi to explore it this evening. Night hotel.

**Cycle approx 130km (80 miles)**

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### Day 4: Cortona – Siena

More hills await on this demanding but absolutely beautiful day. We loop south and west, setting off on gently rolling roads which soon climb steadily as we head towards Montepulciano, a gem of a hilltop town known for its wine and gourmet food production. The scenery today fully immerses us in every Tuscan stereotype, as we pass terracotta-roofed villages and villas, climb steeply up through narrow streets into medieval hilltop towns, and pass miles upon miles of vineyards. Our roads, lined at regular intervals with tall, evergreen cypress trees, roll gently through this landscape, with occasional steeper rises, before a longer climb takes us up to Montalcino, known for its Brunello wines. We continue to roll along this stunning Tuscany wine route, before a climb brings us to magical Siena, whose old town is yet another UNESCO World Heritage Site. Night hotel.

**Cycle approx 130km (88 miles)**

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### Day 5: Siena – Pisa

An undulating morning through beautiful valleys awaits us, with yet more stunning views of hilltop towns, vineyards and wooded slopes. A more significant climb takes us up through San Gimignano, a small walled medieval town known for its well-preserved towers and – yet again – its wine! We ride right through this fascinating town, stopping at our very scenic waterstop to admire the views, before continue the climb through the hills. We then enjoy a wonderful descent on tree-lined roads, passing through small villages, before we see the flatter farmland before us. It's then flat all the way back to Pisa, where we cross the Arno and finish in front of the leaning tower – a memorable end to this wonderful week of cycling, and a perfect way to kick-start our evening of

celebrations. Night hotel.

**Cycle approx. 111km (68 miles)**

## Day 6: Depart Pisa

After a leisurely breakfast, we have time to relax or wander the Piazza until it's time to transfer to the airport.

*(Lunch and Dinner not included)*

## WHAT'S INCLUDED

- All meals except where specified, and accommodation on a twin-share basis
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Maps and route information
- Bike transfer from Pisa airport (within agreed time-frame)

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Flights to and from Pisa; transfers to/from hotel
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

## GRADE | YELLOW

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.  
Please note: This document was downloaded on 31 May 2026, and the challenge is subject to change.