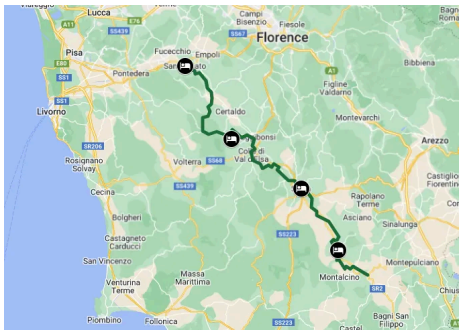
Cycling the Via Francigena in Tuscany – From San Miniato to Buonconvento

5 days, *€ 688*



ITALIAN BIKE TOURS
Bike, Breathe & Discover

Introduction



This cycling journey along the Via Francigena in Tuscany starts from San Miniato and leads you through **medieval hamlets** and **ancient archaeological sites**, crossing some of the region's most beautiful landscapes. From world-famous Tuscan towns such as **Lucca** and **San Gimignano**, the ride continues among thousand-year-old parish churches and tower-crowned castles, finally reaching Siena, home to the shell-shaped **Piazza del Campo**, surrounded by its historic contrade.

Day to Day

Day 1 **Arrive in San Miniato**

Arrive in **San Miniato**. The Seminary which gives the name to the main square will amaze you with its particular facade: enjoy it lit up, perhaps after eating a risotto dusted with the typical white truffle, the pride of the local area.

Day 2 **from San Miniato to San Gimignano** **41 km**

A demanding but unique section awaits you. From San Miniato you descend in the bottom of **Val d'Elsa** to later ascend again towards **Gambassi Terme**, where you will be able to cross the threshold of the **Pieve di Chianni**, where the same Arcibishop Sigeric slept on his way to Rome.

You will continue your journey pedalling across splendid natural scenery to **San Gimignano,** one of the most beautiful towns along the Via Francigena: its famoustowers that make its skyline unmistakeable. Do not miss the view of the medieval town and its surrounding valleys from the top of the **Torre Grossa**, or if you don't run out of energy, venture up the steps of the **Rocca di Montestaffoli**, for an even more special view.

Challenge: 41 km, 640m ascent, 476m descent

Day 3 **from San Gimignano to Siena** **50 km**

From San Gimignano you continue, up and down, through the Tuscan hills to **Colle Val d'Elsa**, an out-of-time Tuscan village with a charming old town centre and narrow alleyways winding through the stone walls.

The itinerary then continues through one of the most beautiful sections of the **Via Francigena:** a meditative route, along which you can surround yourselves with the silence of the **Pieve di Strove**, with its Romanesque interiors, or stand in the quietness of the splendid Abbadia at Isola, with its imposing Abbey.

Do not miss a stroll along the wall of the breath-taking castle of Monteriggioni, once defending the Repubblica of Siena, before reaching **Siena** through dirt roads and the ancient medieval hamlet of Cerbaia. ***An unforgettable way to celebrate your arrival?*** A plate of **pici all'aglione** in the illuminated **Piazza del Campo**. And don't forget to taste the **panforte!**

Challenge: 50 km, 505m ascent, 470m descent

Day 4 **from Siena to Buonconvento** **34 km**

Let's hope that the sun will be shinning during the first day of your journey, because the **"clays of the Val d'Arbia"** offer unforgettable views: after saying goodbye to **Siena**, resting on the hills on the horizon, you will travel along the typical dirt roads of Siena as far as the fortified village of **Lucignano**, with its fine Church. At the gates of **Monteroni d'Arbia** you will be able to admire the impressive **Grancia di Cuna**, a fortified farm which held the reserves of wheat destined to the republic of Siena.

From Lucignano you will continue your journey through the Valle dell'Ombrone to Buonconvento. You will cross the gate of the walls and enter the fine old town centre of the village, discovering why its name means *happy fortunate place*.

Challenge: 34Km, 350m ascent, 350m descent

Optional extra Day – from Buonconvento to San Quirico and back

If you have the time and energy with you continue towards San Quirico over dirt roads and some asphalted ones: these however will be compensated by the beautiful views of the Val D'Orcia, among hills tinted with charming shades and scattered with vineyards and cypress trees. At San Quirico you will stand enchanted before the gate of the Collegiata, trying to recognise the various architectural styles that blend into its decorations, before enjoying a rest among the green hedges of the Horti Leonini, a fifteenth century garden

Challenge: 40km, 640m ascent, 640m descent

Day 5 **Arrivederci Via Francigena!**

The trip ends after breakfast, unless you have booked extra nights or other optional services with us

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	688.00
Rental bike		**€**
E-bike		130.00
E-bike		150.00
Extra services		**€**
Giving back to nature	per piece	5.00

Accommodation

Nights in 3-star hotels and Agriturismo with breakfast

Practical Info



4 nights included



3/4 Star Hotels and Agriturismo



Breakfast included



Tourist information on all the places of interest



Bike rental available



24h / service-hotline



Luggage transport



Florence or Pisa



GPS-tracks available