

	PRICE PER PERSON IN DOUBLE ROOM: FROM 1060,00 €	TOUR LEVEL: ACTIVE RIDER
	HOTEL LEVEL: HOTEL 3-4 STARS, RESIDENZA D'EPOCA	DURATION: 10 DAYS/9 NIGHTS

THE VIA FRANCIGENA, FROM LUCCA 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 in 8 days from Lucca to Rome by bicycle, crossing the regions of Tuscany and Lazio on secondary roads and gravel roads.

During the trip you can visit the UNESCO protected sites of San Gimignano, Siena, and Val d'Orcia, take a break to discover the beautiful villages of Monteriggioni and Bagno Vignoni, cycling surrounded by different landscapes each day, from the typical tuscan rolling hills to the Brunello wine region and Bolsena lake. The visit of the city center of Rome will make unforgettable 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 Lucca.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆		

DAY 2 – FROM LUCCA TO SAN MINIATO, 50 KM – ELEVATION GAIN: 390 METERS

- ✓ Meet and greet with our staff after breakfast, you'll receive the maps and all the informations to complete the bike trip on the Via Francigena.
- ✓ First stage quite easy where you can find the challenging part only at the end, we suggest to enjoy the city center of Lucca before to complete the bike ride.
- ✓ The first part of the stage will be almost flat and the point of interest are represented by the numerous historical and religious buildings you'll find along the route, like the Pieve di Capannori and the town center of Altopascio.
- ✓ From Altopascio the cycle path follows the walking route until Galleno and once crossed the Arno river, you will take a short uphill direction San Miniato.

Dinner on your own and accommodation in 3 stars hotel located in San Miniato.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Mezza pensione

DAY 3 – FROM SAN MINIATO TO SAN GIMIGNANO, 43 KM – ELEVATION GAIN: 820 METERS

- ✓ From San Miniato you will cycle towards the Val d'Elsa, where a long flat road will take you to the town of Castelfiorentino.
- ✓ You will then complete a first climb direction Gambassi Terme, where we suggest a break before the final part of the stage. You can also take a relaxing break at the thermal baths of the Via Francigena.
- ✓ A challenging climb will take you up to San Gimignano, always accompanied by the extraordinary beauty of the views of this sector of Via Francigena, with the medieval towers as a backdrop to your ride.

Dinner on your own and accommodation in 3 stars hotel located in the town center of San Gimignano.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Vernaccia Wine Tasting

DAY 4: FROM SAN GIMIGNANO TO SIENA, 52 KM – ELEVATION GAIN: 790 METERS

- ✓ The first part of the route will be very panoramic, you will cycle surrounded by vineyards, leaving San Gimignano behind. After an up and down road you will arrive in Poggibonsi, where begins a climb to reach the town of Colle Val d'Elsa.
- ✓ You will reach Strove and the monastic complex of Abbadia a Isola, a Benedictine monastery founded at the beginning of the year 1000. The following segment of road will take you to Monteriggioni, one of the most beautiful and intact walled towns in Tuscany.
- ✓ Cycling along the gravel roads of the Montagnola Senese you will reach Porta Camollia, the traditional access to Siena and the north entrance of the city.
- ✓ «Cor magis tibi Sena pandit» Siena opens a heart bigger than the door you are crossing.
- ✓ Take your time to visit the wonderful medieval city center and enjoy a tuscan dinner in one of the restaurants of the city center.

Dinner on your own and accommodation in 3 stars hotel located just outside the city center of Siena.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Cooking class with dinner

DAY 5 – FROM SIENA TO SAN QUIRICO, 57 KM – ELEVATION GAIN: 750 METERS

- ✓ First part of the stage surrounded by beautiful views.
- ✓ You will cycle the typical rolling hills of the Val d'Arbia region, crossing the permanent route of L'Eroica to Buonconvento, 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.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	Brunello wine tasting - Dinner

DAY 6 – 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 on your own and accommodation at Castello di Proceno

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Castello di Proceno	Breakfast	Dinner

DAY 7: 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 in 3 stars hotel.

HOTEL	INCLUDED MEALS	OPTIONAL ACTIVITIES
Hotel ☆☆☆	Breakfast	

DAY 8: FROM VITERBO TO CAMPAGNANO, 65 KM – ELEVATION GAIN: 730 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 9: FROM CAMPAGNANO TO ROMA, 45 KM – ELEVATION GAIN: 340 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 route 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 a 3 or 4 stars hotel located very close the Vatican City and city center of Rome.

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

DAY 10: ARRIVEDERCI

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

WHAT'S INCLUDED:

- ✓ 9 NIGHTS STAY WITH BREAKFAST
- ✓ MEET & GREET, BRIEFING WITH OUR STAFF
- ✓ BAGGAGE TRANSPORTATION BETWEEN THE HOTELS
- ✓ PICK-UP OF EVERYTHING YOU BOUGHT DURING YOUR DAILY STAGE: WINE, GIFT AND MORE
- ✓ MAPS AND INFORMATION FOR YOUR DAILY STAGE
- ✓ GPX TRACKS FOR GPS SYSTEM
- ✓ PHONE ASSISTANCE BY ANIMA TOSCANA STAFF

NOT INCLUDED:

- ✓ MEDICAL BAGGAGE INSURANCE
- ✓ TOURIST CITY TAX

OPTIONAL SERVICES (PRICES ON REQUEST):

- ✓ MEDICAL BAGGAGE INSURANCE
- ✓ BIKE GUIDE
- ✓ VAN SUPPORT DURING YOUR DAILY STAGE
- ✓ BIKE RENTAL (MTB OR E-BIKES)
- ✓ GPS RENTAL
- ✓ TRANSFER HOTEL ROME TO LUCCA, AIRPORT, TRAIN STATION OR OTHER HOTELS
- ✓ DISCOUNT FOR BAGGAGE TRANSPORTATION
- ✓ SINGLE OR TRIPLE ROOM
- ✓ UPGRADE IN 4 STARS HOTELS WHERE POSSIBLE

BIKE SUGGESTED

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

HOW TO REACH LUCCA?

You can reach Lucca by car, park the car at the train station, the price is 10 € per day. The first hotel 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.

HOW TO BOOK?

Send an e-mail to info@animatoscana.it with the number of people, type of room and date of your arrival. We'll check the availability and reply until 24h with the confirmation of package and all the informations about the tour.

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

Cancellation caused Covid-19: we'll offer a money voucher of the same amount paid, that you can spend until 1 year for one of the packages and services.