



# PEDAL & SEA adventures

## ITALY: RIDE & COOK LIKE A TUSCAN

As you prepare for your cycling tour of Italy's Tuscany region, here is some important information to about your vacation with Pedal & Sea Adventures



A group of cyclists in various colored jerseys (orange, blue, purple, yellow, red) are gathered on a paved road overlooking a vast, rolling Tuscan landscape with fields and distant hills under a clear sky.

# RIDE & COOK LIKE A TUSCAN PRE & POST TOUR IMPORTANT INFORMATION

A close-up view of a vineyard in Tuscany, showing rows of grapevines with yellowing leaves, a wooden post, and a stone building in the background under a blue sky with clouds.

## AIRPORTS

A group of seven cyclists, including a woman in a yellow jersey and others in purple, orange, and blue, are posing with their bicycles on a cobblestone path. They are wearing helmets and cycling gear.

### ● FLORENCE AIRPORT, PERETOLA (FLR)

This is the closest airport to the start of the tour. Siena is approximately 60–90 minutes away from Florence’s airport by train.

### ● ROME FIUMICINO AIRPORT (FCO)

There is no direct train from Rome to Siena. You would take a train from Rome to Florence then from Florence to Siena.



# ACCOMMODATIONS

## FLORENCE (near train station)

- [HotelMagenta \(click here\)](#).
- [Residenza Mondragone \(click here\)](#).
- [HotelUnicorno \(click here\)](#).



## ROME (near train station)

- [Roma Resort Termini \(click here\)](#).
- [Dream Station \(click here\)](#).



# TOUR START LOCATION

## ● **Pick-up: Siena Train Station**

Make your way to the Siena train station where you will be picked up at 12:00 P.M. local time and taken to our villa.

## ● **Our Villa: La Selva**

Guests may go directly to the Villa, we will meet there at 1:00 P.M. local time.

**Pometti** - La Selva, 53020 Trequanda (SI)

[Website \(click here\)](#)

### **Suggested Apps To Install:**



We use WhatsApp —  
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)



We use Ride With GPS —  
Download the app for free:

- [Apple App Store](#)
- [Google Play Store](#)





## TOUR END

### ● **Departure**

On our final day, at approximately 9:30 A.M. after breakfast, guests will be taken back to the Siena train station which is approximately a one hour drive.

### ● **Guests requiring early departure**

If you require an earlier departure, guides will assist in making the transportation arrangements at guest's expense.

# MEDICAL & ALLERGIES

Guests with any medical issues, medications or allergies that we ought to be aware of, must inform our guides when they check-in. **GUESTS WHO CARRY AN EPIPEN:** Please tell the guides at check-in where you keep it so they can assist if necessary.

- If you have any cardiac, pulmonary, breathing issues or recent surgeries, we urge you to inform our guides at check-in so we can assist in the best manner possible. In the event of an incident, Guides will make the best decisions in consultation with each guest and their respective partners/designates. Guests agree to understand this to be the case.
- **ALLERGIES:** We must be informed of any allergies you have, whether food or substance so we can make every effort to provide a safe environment.
- **DIETARY:** Please confirm any dietary requirements with your guides.





# ADDITIONAL INFORMATION

## Inclusions

- 6 Nights' Accommodation
- Pick-up at start of tour Drop-off at end of tour
- 6 breakfasts, 1 lunch, 6 dinners
- 3 custom Italian cooking classes
- Support vehicle
- Bilingual guide
- Detailed itinerary & route maps
- Snacks and refreshments
- New water bottle
- Wine, oil and cheese tastings
- Trip support



## Weather

In June, the Tuscany region experiences warm and generally sunny weather. Average daytime temperatures range from 27°C to 30°C (81°F to 86°F). Average nighttime temperatures range from 15°C to 18°C (59°F to 64°F).

In late September, Tuscany enjoys pleasant, warm weather as summer transitions to early autumn. Average daytime temperatures range from 22°C to 25°C (72°F to 77°F). Average nighttime temperatures range from 12°C to 15°C (54°F to 59°F).

Occasional showers or short thunderstorms can occur, especially in the afternoons.



## Roads & Traffic

In Italy, roads are measured in kilometers (km) for distance and speed limits. Cyclists and vehicles travel right of center.



## Banking and shopping

- Banks in Italy have limited opening hours. They are generally open on weekdays between 8:00 A.M. and 1:30 P.M. Morning shopping hours are generally from 9:00 A.M. until 1:00 P.M. Shops may close for a lunch break and re-open from 3:00 P.M. until 7:30 P.M. In heavy tourist traffic areas, these hours may be longer.



## Tipping Your Guides

While tipping is always at the discretion of our guests, we are often asked what guidance we can provide regarding tipping. Here is what we suggest: 15-29 Euros per day – per guest – per guide – as a general amount. Should you believe more or less is warranted, feel free to adjust accordingly.

# CHECKLIST

## Items We Suggest You Bring

- Airline tickets
- Valid Passport / government ID / Any required travel documents
- Phone and charger
- Luggage: 2 carry-on sized suitcases, if possible, but not necessary.
- One personal bag (if your tour has a hiking portion, a knapsack to carry items)
- Cycling jerseys (2 or 3 - short sleeve and long sleeve)
- Cycling shorts (1-3 pairs)
- Arm warmers if desired
- Cycling rain (jacket, pants waterproof and breathable)
- Cycling shoes
- Cycling gloves
- Helmet: if you wish to bring your own, otherwise one will be provided at no additional cost
- Comfortable walking shoes, sweater, light jacket or windbreaker for after dinner
- Bring a few lightweight clothing items for city wear (dinner and sightseeing)
- Fleece / Lycra sweater / long sleeves
- Sun hat or visor
- Sandals
- Swimsuit
- Sunglasses
- Sunscreen/bug spray
- Any medical or nutritional items you deem necessary
- Gel seat cover, or your own saddle, do not bring the post (if cycling)
- Universal power outlet adapter, or European power outlet adapter
- Rear view mirror, if desired. Helmet version preferred.
- Pedals: If you want to clip in, bring your own pedals. Our guides will put them on your bike. This does not apply to e-bikes.
- Extra water bottle, if desired.

### **ETIAS (New European Union travel visa.)**

#### **ETIAS PROJECTED TO BEGIN IN THE 4<sup>th</sup> QUARTER OF 2026.**

- As with all travel authorization and visa documents, it is your responsibility to apply for and submit an application. Please be aware of, and have received, everything you require to travel. [Monitor the European Union's OFFICIAL Website for the latest status on ETIAS \(click here\).](#)



## A NOTE TO OUR GUESTS:

We are excited to have you as part of our tour! I trust this tour package answers many questions and provides insights about your upcoming trip. It's our role to provide you with a great cycling adventure. Please ask our guides for anything you may need.

Have a great trip and have lots of fun!

My best,

**Michael**

**Michael O'Leary**  
**President,**  
**Pedal and Sea Adventures Inc.**

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## EMERGENCY CONTACTS

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