



"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them." (Hernest Hemingway)

"Credo che abbattendovi a uno vino che fosse secondo vostra natura, non vi bisognarebbe altro medico a ritornarvi le forze." (Ser Lapo Mazzei, 1404)

ENOICA MTB TUSCANY

Participants arrive by their own means **by 6:00 pm** (pick-up services may be arranged, ask us for a quote) at Castello di Fonterutoli, next to Castellina in Chianti (Siena). At 7:00 pm there will be a tour of the state of the art winery and tasting of the world renowned Castello di Fonterutoli wines (www.mazzei.it). Dinner and accommodation at the Locanda di Fonterutoli.

To get to Fonterutoli:

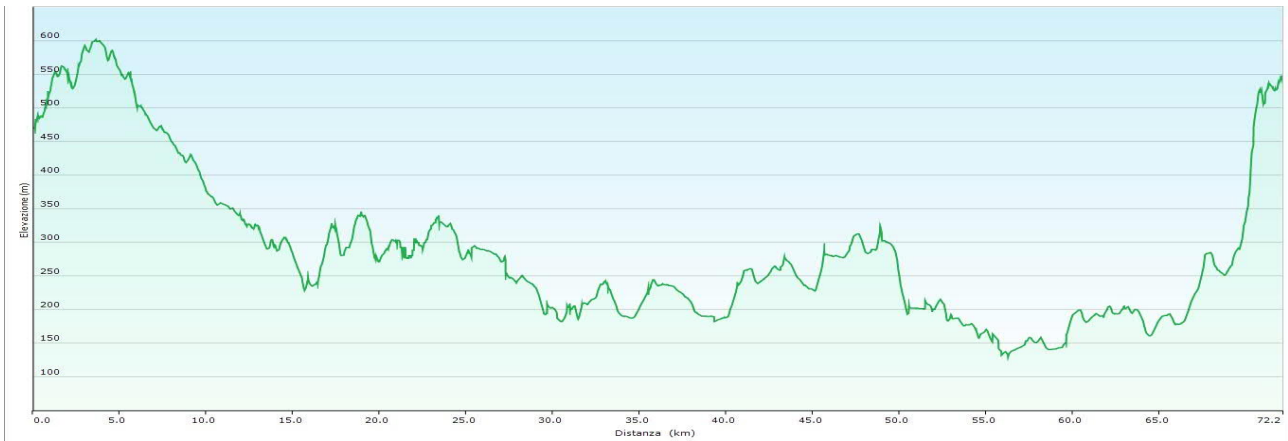
- **From Roma** on A1 take the exit Valdichiana following the directions to Siena. At Siena proceed towards Florence and take the exit Badesse. Take a left and follow the directions to Castellina in Chianti till SR 222. Take a left for 1 Km and Fonterutoli is on your left.
- **From Florence**: on the highway to Siena take the exit San Donato. Take a left following the directions to Castellina in Chianti. At Castellina proceed on SR 222 towards Siena and after 5 Km Fonterutoli is on your right.

Airport: Florence Vespucci 80 km; Pisa Galilei 100 km; Bologna Marconi 140 km; Roma Da Vinci 280 km

Day 2nd: Stage Fonterutoli – Montalcino (72/45 km/ml and 1,750/5,740 mt/ft elevation)

Warming up stage that will take us from the hills of Chianti to Piazza del Campo in Siena, one of the most beautiful spot of the world, to proceed on a stretch of the famous "Eroica" up to the tiny medieval hamlet of Murlo. From there we will continue through a gorge over the spectacular old mining railroad that will take us to ford the Ombrone river, the gate to the famous Brunello territory. Arrival to Montalcino from Porta Burelli with the legendary super tough ramp "Sferracavalli", whose fancy name points out its unbearable steepness.

Exclusive dinner with Brunello wines tasting and accommodation in a hotel right in town.



Day 3rd: Stage Montalcino - Scansano (76/47 km/ml and 2,500/8,200 mt/ft elevation)

Challenging stage that will take us across the south area of Brunello with breathtaking views to "land" at the amazing abbey of S. Antimo, one of the finest examples of Tuscan Romanesque architecture. From there we will continue to the Val d'Orcia, another extraordinary landscape with lunar features. Once in Montenero, we will begin a long climb up to Monticello Amiata from where we dare the spectacular descent of Castiglioncello Bandini, accessing into the Maremma region. We will continue over some demanding ramps along a nearly pristine area, passing by the Montepò Castle, which dates back to the eleventh century, to climb up to Poggioferro from where we will reach the hotel on a paved road. Dinner at a local restaurant with Morellino DCOG and Maremma DOC wines tasting.



Day 4th: Stage Scansano – Montepescali (60/30 km/ml and 1,000/3,440 mt elevation)

Shorter and mainly downhill, but not without some demanding challenges. We will cross the town of Scansano uphill and then take a the technical descent of Montebottigli, in the most authentic Maremma scrub. After a short but demanding trail, we will descend on the opposite side to reach a panoramic plateau from where we will continue along country roads to Istia d'Ombrone. From here we will reach the ruins of Roselle, an Etruscan-Roman city that deserves a short stop, from where we will take a hidden paved road till the last challenging stretch to reach Montepescali. We will then descend along the old road to Braccagni up to the Tenuta degli Acquisti. A well-deserved lunch will be ready for us and then transfer back to Fonterutoli.



Exclusive farewell wine dinner by our chef to celebrate the Enoica MTB adventure and accommodation at the Locanda di Fonterutoli.

Day 5th: departure from Castello di Fonterutoli

Departure from Fonterutoli by participants own means (drop-off services may be organized and quoted on demand).

Price

The price to participate to the ENOICA MTB TUSCANY with double room accommodations is **€1,400 per person** (minimum 8 participants).

Customized routes as well as special quotes for larger groups can be arranged.

The price includes:

- Cycling guides and other staff members
- Vehicles for assistance and luggage transport
- GPS tracks
- Accommodation for the whole period
- All meals for the whole period
- All wines served at dinners

The price doesn't include:

- Transportation to / from Fonterutoli (available upon request)
- Single bedroom accommodation (available on request with extra price)
- Extras in the hotels and along the trail
- Massages
- Tips
- Everything not mentioned in the above "The price includes".

GENERAL INFORMATION

Registration

Registration is confirmed when we receive:

- the registration form
- the disclaimer form
- the bank transfer.

Bike rentals

Good bicycles to rent are available on demand.

Accompanying vehicles

One or more vehicles will follow the group along the route providing assistance and luggage transportation.

Staff and assistance

Enoica staff will have everything necessary for emergency repairs, but it is essential that the participants bring with them a kit for repairing any punctures (1 air chamber and 1 can of CO2 with dispenser). It is mandatory to have the bicycle checked before departure, in order to avoid wasting time on issues due to poor maintenance.

Refreshment

Cyclists will be supplied with food, beverages and supplements during the whole ride. However we suggest bringing your own energy bars, gels and mineral salts.

What to bring

Due to the limited room in the accompanying vehicles, participants are asked to bring a minimal amount of luggage:

- ✓ one bag or trolley suitcase
- ✓ cycling clothes for the season
- ✓ casual clothes for the evenings
- ✓ **helmet (mandatory)**
- ✓ bike water bottle and/or camelback
- ✓ tire repair kit with spare tube

Road safety

Participating cyclists must cautiously respect the road rules and follow the guide's instructions.

Health and Insurance Release clause

Cyclists are requested to send a copy of a current medical certificate stating that they are fit for cycling and sport activity. They will be provided with a Cycling Association membership that includes insurance. Furthermore to participate to the Enoica Road, cyclists will be asked to sign a disclaimer form.