



Biking at il Molinello

7-DAY TRIP

WELCOME TO IL MOLINELLO - WHERE TUSCANY FEELS LIKE HOME

Nestled in the heart of the Crete Senesi, our agriturismo is more than just a place to stay—it's an invitation to experience authentic Tuscan life. We are passionate about sharing our region's rich history, vibrant culture, and culinary traditions with our guests. From organic farm-to-table meals to peaceful moments in nature, every detail is designed to make you feel connected to this special place. Whether you're exploring medieval villages, tasting local wines, or simply unwinding in our cozy apartments, Il Molinello offers a warm and welcoming retreat. Come as guests, leave as friends, and take home unforgettable memories of Tuscany.



DAY 1

WELCOME

After meeting at the airport in Florence, a shuttle will take you to Il Molinello in a couple hours. You'll be able to get your bearings and enjoy a bit of rest before an easy light lunch that will allow you to meet your guide and the rest of the group. In the afternoon, you'll be guided through a bike fitting to make sure that the bike is the best possible fit for your needs, followed by a warm-up ride to get the feel of the area and the bike. Before dinner, the Molinello family will show you around the mill from the 1300 - wine in hand - and will walk you through the tour schedule while you enjoy an all Italian aperitivo.

Ride: Total length 34km
El. gain 544m

Meals: light lunch at il Molinello, dinner at Il Molinello



DAY 2

CRETE SENESI

Hills are the quintessential landscape of the region, they have inspired countless books, movies and people and remain one of the most enticing landscapes to discover turn by turn, small road by small road. This route will carry you in the depths of the Crete Senesi, and after a true Italian-style stop for coffee, you'll get back to Il Molinello for lunch. In the afternoon you'll be able to discover more in depth the Molinello tradition by joining an oil tasting and a workshop that will show you how to use our lavender to make some useful and unique products.

Ride: Total length 71km
El. gain 1071m

Meals: Breakfast, lunch and dinner at Il Molinello





DAY 3

VALDICHIANA

Today's ride will take you along the roads of Valdichiana. Here you'll be able to "meet" the Etruscan people, a wonderful part of the history of the region that not many people know about. The ride will be mainly flat, but once you reach Cortona you'll be able to challenge yourself with a great climb. Once to the top, you'll be rewarded with an amazing view of the Valdichiana, and a just as amazing lunch. In the afternoon, after a shuttle back to il Molinello, you'll be able to join a wine tasting guided by an expert that will introduce you to the tuscan wines renowned worldwide. After that, you'll have dinner at Casanova, an amazing farm where you'll get to taste the real "chianina".

Ride: Total length 55km
El. gain 848m

Meals: Breakfast at Il Molinello, lunch in Cortona, dinner at "Casanova"



DAY 4

RECOVERY DAY

Today we will focus on taking a breath and relaxing. You can join a recovery ride if you'd like, or go on a hike in the area. However, if you feel you've rested enough and want to keep going, you can also join your guide in a regular ride towards Siena. Lunch will be served back at il Molinello, and in the afternoon you'll be able to get some more rest or call in a massage therapist to really help your muscles. Before dinner, we'll be adding another little piece of tuscan tradition to your menu: with a cooking class that will feature typical recipes! It will be followed by dinner, to taste the results of your efforts.

Ride: Total length 59km (regular) 35km (recovery)
El. gain 88im (regular) 510 (recovery)

Meals: Breakfast, lunch and dinner at il Molinello



DAY 5

CHIANTI

Now we get to the real challenge: Chianti is one of the most breathtaking areas of Tuscany, and one of the most renowned, however it's also a challenging terrain that entices cyclists from all over the world.

You'll be able to test your skills on the hills, with longer (although less steep) climbs surrounded by a landscape you'll never forget. Following a light lunch back at Il Molinello, you'll be able to join a trip to Siena, a perfectly conserved medieval town, for a guided visit of its treasures and some free time in the city center. After dinner, you'll get back to il Molinello by shuttle.

Ride: Total length 74km
El. gain 1115m

Meals: Breakfast and lunch at il Molinello, dinner at "Casa Tua"



DAY 6

VAL D'ORCIA

You'll get to know Val d'Orcia, a world heritage landscape worth every penny of its fame and cradle of the Renaissance; you'll face the breathtaking climbs of what are regarded as the most beautiful hills of the region, and at the end, you'll be ready to get back to il Molinello for a barbecue in the garden and some well earned, refreshing drinks! In the afternoon you'll have time to rest and recover, but most of all to get ready for our goodbye dinner: pizza night! Join the Molinello staff as they turn on the old wood oven and prepare home made pizza to make the most of your last night at il Molinello.

Ride: Total length 77km
El. gain 1300m

Meals: breakfast, lunch and dinner at il Molinello





DAY 7

● BYE BYE

After a final breakfast at Il Molinello, bid farewell to the beauty of Tuscany. A shuttle departs at 10:00 am, taking you back to Florence Airport and marking the end of an unforgettable journey.

● **Meals:** Breakfast at il Molinello

ARRIVAL & DEPARTURE

Getting to Florence Fly to Firenze Amerigo Vespucci Airport (FLR). If you fly to Rome Da Vinci Airport (FCO) or Milan Malpensa (MPX), then book a round-trip regional flight to Firenze Amerigo Vespucci Airport (FLR).

Meet at 10:00 a.m. on Day 1 at Firenze Amerigo Vespucci Airport (FLR) in the arrival area at the ground floor (far left by the info point) for a group shuttle to reach the first hotel.

Departure After breakfast, Firenze Amerigo Vespucci Airport (FLR) where you can fly directly home or to Rome (FCO) or Milan (MXP) to catch your connecting international flight.

WHAT'S INCLUDED

- Service of local, professional tour leaders throughout the program
- Accommodation in an old mill from the 1300
- All Meals
- Cooking lesson
- Oil tasting
- Lavender workshop
- Wine tastings
- Guided walking tour of Siena
- Shuttle at the beginning and end of the tour

WHAT'S NOT INCLUDED

- Bike rental
- Beverage

