



**June 4th - June 12th 2015**

## Coast to coast and Granfondo del Capitano

A trip among Italian wonders: from the Adriatic Sea to the Tyrrhenian Coast. Starting from the sea, climb the Passo dei Mandrioli in the Casentino Forests National Park, descend towards the hills of Siena, and go deep into the beauty of Val d'Orcia. Continue through the lush green Maremma and another sea awaits you amidst the charming Argentario scenery. A dream for all cyclists, with a program that combines sport, gastronomy, history and relaxation. Lying in southern Tuscany, in the wonderful Maremma area almost on the border with Lazio, Monte Argentario is a beautiful scenic promon-

tory, covered by dense vegetation and wild nature and with a long unspoilt stunning coastline, made by little bays and pebble beaches.

In Bagno di Romagna you can attend the Granfondo del Capitano, a challenge for climbers. Besides the breathtaking landscape, savour its famous delicious cuisine artfully prepared by a Michelin chef, Paolo Teverini.

### Granfondo del Capitano routes:

133 km (altimetry: 3,421 m)

90 km (altimetry: 1,938 m).

**June 4th** – Arrival in Bologna, meeting at arrivals gate. Shuttle to hotel on the Adriatic Coast. Presentation of the program. Dinner.

**June 5th** – Breakfast in the morning and bike assembly. Short bike tour. In the afternoon visit to bike shops. Meals included: breakfast, lunch, and dinner.

**June 6th** – First lap: Rimini-Bagno di Romagna, 90 km (altimetry: 1,300 m). Afternoon free to relax in the hotel spa. Meals included: breakfast, lunch, and dinner.

**June 7th** – Granfondo del Capitano. Participation in the Granfondo del Capitano, choose from two routes. Meals included: breakfast, buffet during the event, and dinner.

**June 8th** – Second lap: Bagno di Romagna-Montepulciano: 120 km (altimetry: 1,800 m) Pause in beautiful Arezzo for a snack. Continue along the beautiful

countryside of Monte San Savino. Afternoon: short tour in the center of Montepulciano. Meals included: breakfast, lunch, and dinner.

**June 9th** – Day of relaxation and tourism among vineyards and stunning views. Meal included: breakfast.

**June 10th** – Third lap: Montepulciano-Orbetello: 130 km (altimetry: 2,000 m). The day will be special, crossing the enchanting Val d'Orcia, among fields, hills and cypress. Meals included: breakfast, lunch, and dinner.

**June 11th** – The day free to discover the beauties of the Argentario, jutting out into the Tyrrhenian Sea, surrounded by deep blue waters. In a short ride you can cross the entire island and stop from time to time to admire the view. Meals included: breakfast, lunch, and dinner.

**June 12th** – After breakfast shuttle to Rome airport.

## EVENTS

**Duration:**  
9 days / 8 nights

### The price includes:

- 2 accommodations on the Adriatic coast (breakfast, lunch, and dinner)
- 2 accommodations in Bagno di Romagna (breakfast, lunch and dinner)
- 2 accommodations in Montepulciano (breakfast, lunch and dinner)
- 2 accommodations on the Tyrrhenian coast (breakfast, lunch and dinner)
- shuttle from Bologna airport to the hotel
- shuttle from the Tyrrhenian coast to Rome airport
- staff monitoring daily, support van for water, minerals, cereal bars, sandwiches and fruits
- support for small repairs, professional cycling guide on bike tours

### The price does not include:

- air flights
- bike rental (upon request)
- beverages during meals
- hotel room taxes
- anything not quoted above (see "included")



**RIDER TYPE:**  
CHALLENGING

