

# RIDE AND CYCLING 7 NIGHTS PROGRAM



## RIDE AND CYCLING



# RIDE AND CYCLING 7 NIGHTS PROGRAM



## WHAT'S INCLUDED

- 7 nights from Saturday to Saturday with half board or full board, water, coffee and table wine included
- Accommodation in a nice room in the restored farmhouse below the Castle
- 5 riding or cycling days: 4 hacks + 2 full days
- Free access to our swimming pool and tennis court
- Welcome drink
- Guided tour of the 17th century Castle
- Riding equipment/bike rent included
- Daily room cleaning
- Free wi-fi

# RIDE AND CYCLING 7 NIGHTS PROGRAM

Please note, the following is just a sample itinerary. Riding schedules, riding trails and castle tour can change according to the weather and staff organization

## DAY 1

After a check-in and welcome drink, you'll meet our guides for an introduction and programme briefing, and take a guided tour of the Castle.

## DAY 2

### **FOR THE CYCLISTS: Torre Alfina 50 km. Road Bike**

Zig-zagging through the countryside we will reach the town of Bolsena where we'll have a coffee in the main square. Following an undulating route, we reach Torre Alfina Castle where we will stop for a gelato before returning back to the castle.

**FOR THE HORSE RIDERS: Half Day Ride 18km.** We ride towards the hills framing the west plateau on which the castle is situated. A fantastic spot for a breathtaking view of the area; from the beautiful crater of Lake Bolsena to the hills surrounding lake Mezzano.



# RIDE AND CYCLING 7 NIGHTS PROGRAM



## DAY 3: LAKE MEZZANO

### **FOR THE CYCLISTS: 30/50 km Mountain Bike (2 routes to choose from)**

After climbing the wooded hills of the Selva di Onano we head towards Tuscany following a scenic gravel road to approach the lake from the North West side. All around us is fantastic unspoiled countryside.

### **FOR THE HORSE RIDERS: 32 km**

We ride through farmland on the Brigands Path into the wooded hills which surround Onano, we glimpse stone pine trees atop an ancient Etruscan site and arrive on the flat plain of the Mezzano crater.

**We stop at the Fra Viaco farm restaurant and meet for lunch.  
You can take a refreshing swim in the crystal clear waters of the lake.**

After a delicious meal, we are prepared for the steep uphill climb before a well-deserved final descent to the castle.

After a delicious meal, we ascend through ancient chestnut woods to arrive back at the castle.

# RIDE AND CYCLING 7 NIGHTS PROGRAM

## DAY 4: A DAY OFF FOR SIGHTSEEING

The local area is full of interesting archaeological and historical sites. A few suggestions include the village fortresses of Pitigliano, Sorano and Sovano. It is definitely worth visiting the marvellous Italian gothic church of Orvieto - Civita di Bagnoregio, known as the 'Dying Town'.

Alternatively you can choose to relax at the castle and take advantage of the swimming pool, tennis court, indoor and outdoor games . Have a massage or take a cooking class.



**Bisentina Island, Bolsena lake**



**Sorano Wine tasting Antinori**

## DAY 5: LAKE BOLSENA ; THE LARGEST VOLCANIC LAKE IN EUROPE

### **FOR THE CYCLISTS: 50 km Mountain Bike**

Descending into the crater, we will admire the hilltop town of Grotte di Castro. Once beside the lake, we follow its northern shore heading towards Capodimonte.

### **FOR THE HORSE RIDERS: 36 km**

Following an old trail down through the crater, breath-taking views will accompany us. Here and there, scattered around the countryside, archaeological sites with Etruscan tombs will remind us how old the beautiful land is.

**We meet at a lakeside restaurant for lunch and a swim.**

On the return journey we climb out of the crater, crossing the village of Gradoli.

On the return journey we see the magnificent Farnese renaissance palace in Gradoli . Once at the top of the crater of the lake an old track through the woods will take us back to the castle.

## DAY 6

**FOR THE CYCLISTS: Pitigliano & Sorano 60 km Road Bike** . After crossing Onano, the road will gently undulate before descending deeply into the gorge of the river Lente. The dramatic view of the fortress in Sorano is worth a photo stop. Onwards towards Pitigliano which was once an Etruscan village and then a medieval fortress owned by the noble Orsini family. We will stop to visit the historical center and the Jewish ghetto. The return route will steadily but gently climb until the final descent to the castle.



**FOR THE HORSE RIDERS: Half Day Ride 20 km.** Taking the Brigands path, we head north through the hills towards Onano, a fortified village with a medieval castle which was the stronghold of the Monaldeschi family who ruled this area during the Middle Ages. At the Madonna delle grazie church we will follow the track north through enchanting countryside back to the castle.



## DAY 7

**FOR THE CYCLISTS: Monte Amiata: 107km (a less challenging ride is available) Road Bike.** Mount Amiata is the big irresistible challenge for the local cyclists. The first part is an easy mostly downhill route, following the old Roman road along the river Paglia. However, we soon start climbing for 27 km up along the mountain touching Piancastagnaio and Abbadia S.Salvatore. The road winds up through the old mines, then through the chestnut woods for a time that seems never ending . Finally we reach the top at 1734 m. A well-deserved stop to refuel and take some photos and then down the steep roads of the southern side of the mountain. The air is cool and thin and you can feel the difference. Watch out on the last 20 km where there are ups and downs on the hills not to be underrated.

**FOR THE HORSE RIDERS: Half day ride 16km**

Following an old Etruscan trail, we will ride up through thick woods to the top of the crater surrounding lake Bolsena. Here, we will enjoy remarkable scenery including vineyards, Etruscan tombs, the prominent volcanic lake and the panorama dominated by the famous Farnese palace in Gradoli; a gift made by the Pope in 1500 for his nephew for his wedding - what a present!

We will return to the castle riding through the vineyards, vegetable gardens and enchanting woods. In particular, we will enjoy a canter across a tunnel made by oak trees above an old shepherds path.



## DAY 8: Departure

Having had many amazing experiences and exhilarating adventures, you will prepare for your onward journey taking with you many happy memories. Checkout is usually between 10am-12pm, although a late checkout can be arranged subject to availability.

The routes and distances can be changed if required by prior arrangement depending on ability . Some routes can be done on a road bike and some on a mountain bike. We can also provide Road, Mountain or Electric Bikes and itineraries if required.



# RIDE AND CYCLING 7 NIGHTS PROGRAM

## RATES

### SEASONS

From April the 16th till the 17th of June and from the 17th of September till the 12th of November: low season.

From the 18th of June till the 16th of September: High season.

### LOW SEASON PRICE IN DOUBLE ROOM

HALF BOARD € 1465,00 (7 breakfasts, 7 dinners)

FULL BOARD € 1645,00 (7 breakfasts, 6 lunches, 7 dinners)

### HIGH SEASON PRICE IN DOUBLE ROOM

HALF BOARD € 1605,00 (7 breakfasts, 7 dinners)

FULL BOARD € 1785,00 (7 breakfasts, 6 lunches, 7 dinners)

*Please note, we have only double beds, NOT twin beds:*

**Double room for single use supp.:** € 140,00 in total per week

*PLEASE NOTE The excursions can be changed according to weather, horses, riders experience level or circumstances beyond our control by the management of the castle. Safety is our primary concern*