



**THE CYCLING HOUSE**  
THE ULTIMATE TRAINING EXPERIENCE



**TUSCANY**  
SPRING 2012  
ITALY

[www.thecyclinghouse.com](http://www.thecyclinghouse.com)



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- California
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- Montana
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- Arizona
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- Spain
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- Italy

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**TUSCANY**  
SPRING 2012

- MONTISI • SIENNA •
- MONTIPULCIANO •



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## THE CYCLING HOUSE

We offer athletes the perfect environment to train, relax, explore, and have fun.

### ITALY CAMP HIGHLIGHTS

- Stay in the historic hilltop village of Montisi
- Enjoy wonderful cycling in the heart of Tuscany, with vineyards, countryside, and expansive views
- Experience the best of what Tuscany has to offer— great food, amazing wine, and friendly people

## TRIP SUMMARY

As with all Cycling House trips, we'll be based out of a single residence. The villa we've chosen for our Tuscany camp is located in the medieval village of Montisi. From here we'll have access to amazing riding in all directions, with the option to visit Sienna and Florence during the week.

Most days we'll ride from Montisi to wine regions nearby; explore bucolic Tuscan countryside, and stop for espresso along the way. For those who want to hurt, there will be ample opportunity as well. Average daily mileage will be 50-70 miles, with a few longer days and a rest day to explore.

## DATES & RATE

Our Tuscany camps are:

May-June 2012\*- 6 Nights / 7 Days  
\$2,795/per rider (double occupancy)

Email [owen@thecyclinghouse.com](mailto:owen@thecyclinghouse.com) to reserve a spot