

Tour Operator - Tuscany Quintessence SRL

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Tuscany Quintessence - Equipment:

Our e-bikes - Fantic XF2 INTEGRA – NEW Hard Tail by Fantic – 2019.

With its 29" front and 27'5" rear wheels and *Hubs with Boost* technology the perfect mix between athlete and motor comes alive and it is transferred to the ground.



The Sram NX 11V (42 teeth) lets you climb basically anywhere, the Rock Shock Recon RL 120mm fork, lets you attack the most technical downhill.

The XF2 hard tail is a perfect combination to tackle any adventure.

The XF2 has an INTEGRATED battery long run to 630 Wh. With this bigger battery we have recorded up to 80km/50mi of range with one charge. It takes 3.5 hours to fully recharge the battery and 2.5 hour to get it up to 80% charge from zero.

This bike is equipped with a Brose DRIVE S motor, the leader in the industry.

For additional technical specification, please refer to <http://fantic-bikes.com/en/bikes/xf2/>

Special notes: The bike is setup with standard saddle and high grip flat pedals. If you like, you are welcome to bring your saddle, MTB pedals, helmet.

Waterproof luggage model Lifeplus Roswheel 37 liters - 2019.



Our helmets – Specialized Align, MIPS technology certified – 2019.

Important: MIPS is a technology developed to help reduce the effect of rotational forces on the head and brain in the event of a crash, which can be as damaging as straight-on blows.

It is effectively a low-friction layer in the helmet, forming an interface between your head and the helmet shell. In the event of a crash, this layer will absorb some of that rotational force.



Packing List – Our suggestions:

- Passport required (check now the expiration date)
- Insurance information - health and travel information including policy numbers and phone numbers
- Mobile phone, charger, power bank
- Small backpack – make sure that the area where the pack comes in contact with your back has a built-in mesh frame that holds the pack away from your back, allowing air to circulate across your back, keeping you cooler. In terms of capacity, 8/10 liters should be fine. Frequently this kind of backpacks have also a dedicated bag for water (around 3 liters).

General Tips for Clothing & Shoes. Layering is key to remaining comfortable while on an active trip. To achieve maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of ventilation, insulation, and weather protection.

Cycling cloths:

- 1-2 pair padded cycling shorts
- 1-2 brightly colored (for visibility) cycling jerseys
- 1 long-sleeved, performance-type fabric shirt jersey for layering
- 2/3 pair cycling socks
- Water-resistant wind breaker
- Cycling tights or leg-warmers and arm warmers
- Rain jacket and pants
- Head warmer (hat and/or headband or buff)
- Cycling sunglasses

Cycling shoes - stiff-soled athletic shoes or MTB cycling shoes with cleats. If you bring your clipless cycling shoes with cleats then also bring your pedals that are specific to your type of cleat, we will put your MTB pedals on and take them off for you at the end of the tour.

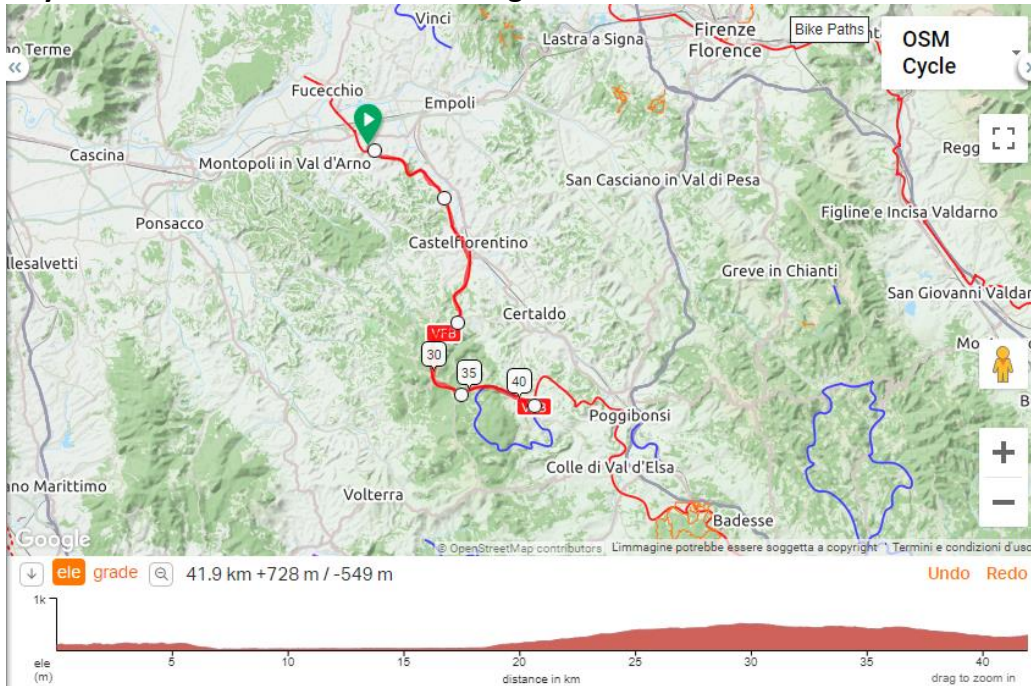
City Clothes:

- 1 pair casual pants and/or skirts
- 1-2 wash and wear shirts
- 1 pair pants/shorts
- 1 light to medium weight long-sleeve/fleece top for layering
- 1-2 pair socks
- Underwear
- Swimsuit for swimming or sunning
- Small towel
- Hat/Bandanas
- Personal care products and medicines
- Mosquito repellent organic cream
- Sun cream

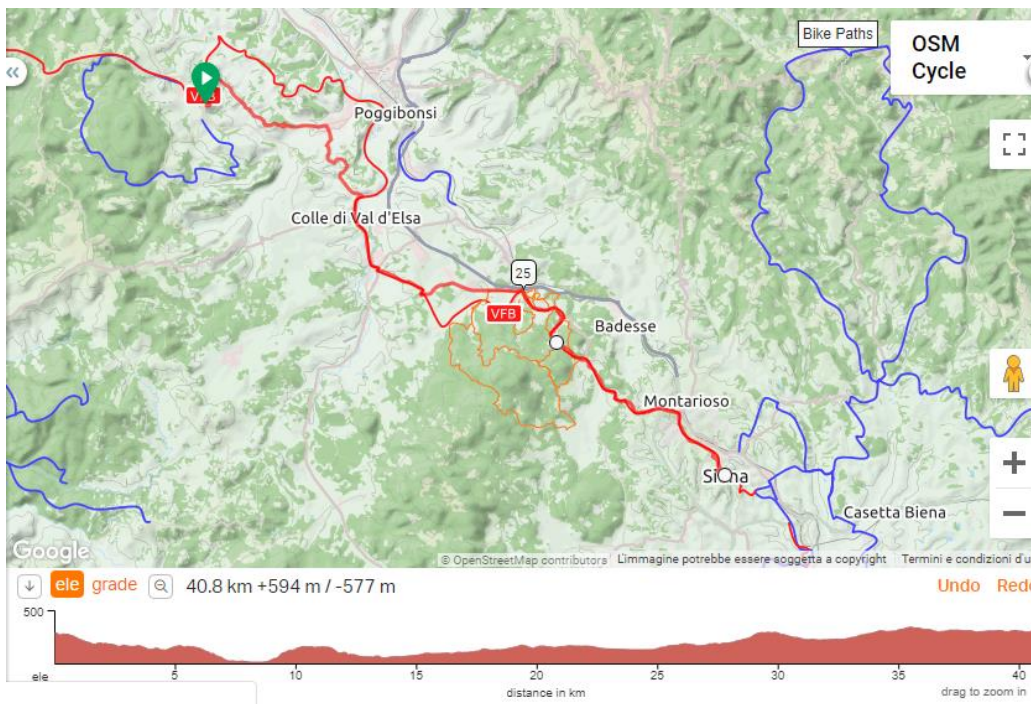
Remember: “Less is more”. The phrase is often associated with the architect and furniture designer Ludwig Mies Van Der Rohe (1886-1969), one of the founders of modern architecture and a proponent of simplicity of style.

High level maps with daily distance and elevation gain:

Day 1 – From San Miniato to San Gimignano



Day 2 – From San Gimignano to Siena



Day 3 – From Siena to Bagno Vignoni

