

## FOR IMMEDIATE RELEASE

### [Pure Adventures](#)

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### Cooking and Cycling in Tuscany

SCOTTSDALE, AZ—Amazing wine, food, fun, culture, and cycling. Learn to cook with some of Tuscany's best chefs and share a passion for cycling at the same time. The culture of Tuscany will surround you with every pedal and your taste buds will water with divine Mediterranean cuisine and wine.

Pure Adventures wants to take cyclists on the ultimate cooking and biking adventure, through some of the best scenery and accommodations. Their newest trip is sure to make your palate water.

With the wind at your back travel this famous countryside starting in Pienza and ride all the way to Florence. This fabulous seven-day adventure features three nights of hands on cooking. Learn how to make the likes of Mixed Crostini, seasoned vegetables, Zuppa di fagioli (bean soup), pici (hand rolled pasta) Stinco di Chianina (beef cooked in the oven), Ravioli, and of course decadent Italian deserts. Visit specialty food stores and see how Pecorino cheese is made on a sheep's farm. Cyclists will stop at one of Italy's oldest towns, Cortona. The city's walls were built in the 4<sup>th</sup> century BC, and became famous from the bestselling book and movie, "Under the Tuscan Sun. Hop back on the bike and pedal through rolling hills, vineyard, witness strange rock formations and farmhouses. You can even dip your feet in the Roman spa of Bango Vignoni, where legend says Saint Catherine and Pope Pius II use to bath.

Spend each day riding between 35-60 kilometers; stays include charming three or four star accommodations, plenty of amazing food, and great wine. This trip will leave you with the enthusiasm to cultivate your new cooking technique into your lifestyle.

This all-inclusive cooking and cycling adventure departs May 10<sup>th</sup>, June 14<sup>th</sup>, September 6<sup>th</sup> and October 4<sup>th</sup>. It is priced at \$3385, per person based on double occupancy.