



From the Apennine Mountains to Pisa, via Florence (Tuscany)

8 days, 7 nights

This holiday in the heart of Tuscany, allows you to traverse five stunningly beautiful areas within this classic region of Italy, all from the comfort of your saddle. This trip has been carefully designed to ensure that you see and discover the absolute maximum whilst enjoying cycling at a leisurely pace.

This trip is full of diversity and will take you from the Apennine mountains (the principle chain of mountains in Italy) towards the plains and the great historical towns and cities in this region, including Pistoia, Florence and Pisa.

A great trip for those who want to enjoy Tuscany at its best.

[Prepare your trip](#)

YOUR PROGRAM

Day 1 - Arrival in Lucca

Following an optional pick up from the airport or train station (contact us to arrange), your holiday begins when you settle into your hotel in the afternoon. Spend the rest of the afternoon and evening enjoying the centre of the fantastic fortified town of Lucca, famous for its intact Renaissance-era city walls. Lucca has so much to offer, many people return to it time and time again to enjoy getting lost amongst the ancient winding streets. Visit the Piazza dell'Anfiteatro and climb to the top of the Guinigi tower to enjoy the tower's hanging garden and the superb views over Lucca.

Night in a two star hotel in Lucca.



Day 2 - The Apennines Part 1

For the first day, you will ride north of Lucca to the Apennine mountains with two options:

Option 1:

Leave Lucca from the east and ride at the foot of the Lucchese mountains before starting a slow ascent for about 20km. Arrive



at the summit (746m) after which you just have to enjoy the descent towards your hotel.
About 40km. Climb +766m.

Option 2 (hardest option):

Leave Lucca directly with a climb to the plateau of Pizzome at 900m (there are many beautiful views of Lucca during this climb). Then descend down the neighbouring valley crossing small villages before ascending once more for the last climb of the day. Long descent to your hotel.

About 50km. Climb +1400m.

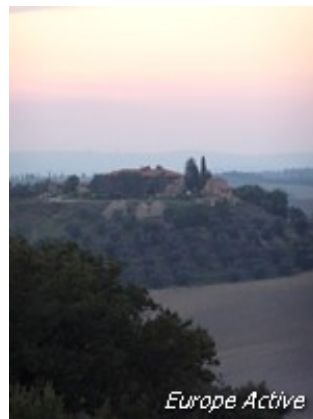
Night in a two star hotel in a small village.

Day 3 - The Apennines Part 2

For this third day you will cycle east on a quiet little road, following the Lima canyon. Pedal your way gently through the surrounding Tuscan countryside, before climbing 963m, which will be the highest point of your day. Enjoy the 20km descent towards Pistoia, which presents a well-preserved and charming medieval city inside the old walls.

About 50km. Climb +1000m.

Night in a two star hotel in Pistoia.



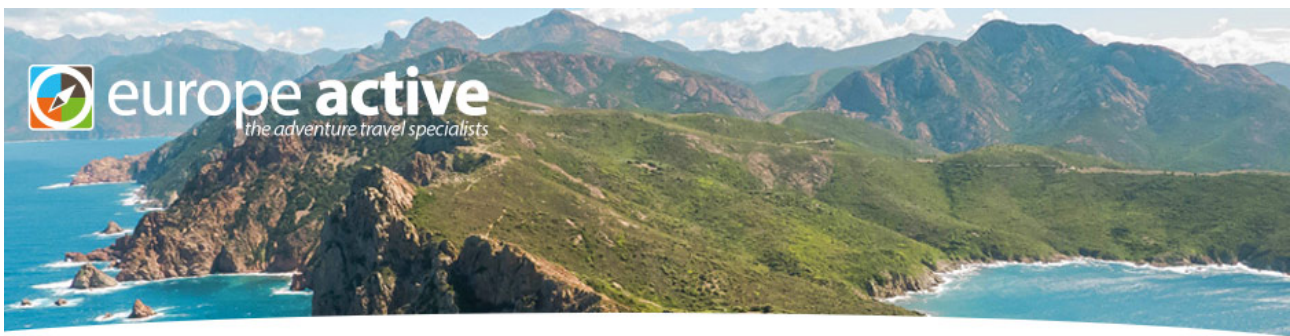
Day 4 - Florence

What trip to Tuscany would be complete without visiting the UNESCO world heritage site of Florence?

Making your way from Pistoia, you will follow the mountains to Florence on a flat and easy route, giving you time to enjoy the city.

About 40km. Climb +60m.

Night in Florence in a hotel in the centre of the town.



Day 5 - Leonardo da Vinci

Option 1:

Peddalling in a westerly direction you can enjoy a nice flat ride before reaching the one and only real climb of the day of 4km. You will then reach 'Montelupo Fiorentino' from where you will follow the hills for 15km. You will finish with a small climb of 2km.

About 40km. Climb +350m.

Option 2:

Leaving the urban beauty of Florence, your trusty wheels will guide you into the rural surrounds, where vineyards and olive groves dominate the landscape. Pedal your way up the next 7km to reach +420m before enjoying the beautiful descent to Vinci. Continue on to the house of the master himself, Leonardo da Vinci. This superb ride ends on a quiet road surrounded by vineyards. After crossing the river Arno, you will have the last climb of 2km to reach the day's destination.

About 55km. Climb +720m.

Night in a two star hotel in a pretty village.

Day 6 - Pisa and the Tower

Option 1:

After cycling through Tuscan villages, and enjoying the scenery, you will reach Pisa known for its 'Piazza dei Miracoli' and of course, the leaning tower. After a spot of sightseeing, pedal your way around the Monte Serra (culminating in 917m) before enjoying an easy ride back to your hotel.

About 45km. Climb +220m.

Option 2:

For this option you won't skirt around the Monte Serra, but enjoy a direct ascent! Climb the 10km before arriving at 630m where the view is sublime. The treat is then a 15km descent with beautiful panoramic views over Pisa.

About 55km. Climb 860m.

Night in a two star hotel in the centre of town.



Day 7 - Lucca

For the last day, we offer you the possibility to have short ride so that you have time to enjoy more of Lucca. Those of you who are still feeling strong in the legs can take the opportunity to ride the "Monte Serra".

Option 1:

Leave Pisa in a north westerly direction and cycle around the mountains separating Pisa from Lucca. This is the last road of the day – enjoy it!

About 25km. Climb +110m.

Option 2:

After beginning on the same road as option 2 from the previous day, you will then turn left after Titicella, to start your ascent to the summit of Monte Serra. You won't be disappointed after all of that effort and there's also the 12km descent to take pleasure in leading you all of the way back to Lucca.

About 45km. Climb +850m.

Arrive in Lucca, where you will still have time to enjoy the historical centre. For your last evening, we advise you to enjoy one of the best "Lucchese" restaurants. A guaranteed success!

Night in a two star hotel close to the centre of town.



Day 8 - End of the trip

After your breakfast, there is an optional 20km ride to work off some of that fabulous food!

Please contact us should you wish for a transfer to the airport or train station.



Additional information

TARIFFS

Price from 749 euros per person.

OPTIONS

Road bike rental : 170 euros per person.

Without bag transfer : -200 euros per person.

Hybrid Bike rental : 80 euros per person.

Single room supplement : 120 euros per person.

Discount for 4 people (with luggage transfers) : -150 euros per person.

GPS tracks on USB stick : 25 euros per person.

INCLUDED

Bag transfer each day. 7 nights in double rooms in hotels with breakfast. A cycle map 1:100 000 with itinerary and route notes for each stage.

NOT INCLUDED

Transfers to and from the beginning and end of the tour and any other transfer not mentioned in the text, insurance, drinks, bike hire (see rental rates), lunchtime and evening meals, visit to tourist sites, optional activities and personal expenses.

LEVEL OF DIFFICULTY

Accessible to all those who enjoy sitting in the saddle!

CARRYING

Your bags will be transferred for you to your accommodation each day.

ACCOMMODATION

In double rooms in 2 star hotels. Three star option available.

SIZE OF GROUP

From 2 participants

DEPARTURES

All year round

DEPARTURE

At your hotel in Lucca on day 1. Please contact us for information about transfers from the train station or airport.

DISPERSION

After breakfast on day 8. Please contact us for information regarding a transfer to the airport or train station.

HOW TO GET THERE



By train from Pisa airport (every 30 minutes):

Cost: 6.30 €

Time: 45/50 minutes by train, count 1 hour in all

Take the train to Pisa-Centrale at the exit of the airport

Change to Central for a train to Lucca.

By motorbike from Nice: 350km, 4 hours (cost of tolls: 30€).