

Tuscany & Cinque Terre

8 DAYS / 7 NIGHTS, APPROX. 230 KM

BOOKING CODE: IT-PL7

DAILY ROUTE LENGTH ●●●●●

TOPOGRAPHY ●●●●●



Your tour

The cycle tour takes you from the Tuscan city of Pisa to the south-eastern tip of Liguria. Impressed by the Leaning Tower in Pisa, you cycle along the Mediterranean coast (don't forget your swimsuit!) to the enchanting Lucca, which attracts with its ancient city walls and numerous sights. Through the Serchio valley you cycle back to the sea and the quarries of the famous Carrara marble. The tour continues to the historic harbour town of La Spezia and to the colourful coastal villages of the Cinque Terre, which you will get to know on a hike as a crowning conclusion to the tour.

Itinerary

Day 1	Individual arrival in Pisa	
Day 2	Pisa – Viareggio, approx. 30 km	
Day 3	Viareggio – Lucca, approx. 45 km	
Day 4	Lucca – Castelnuovo di Garfagnana, approx. 50 km	
Day 5	Castelnuovo di Garfagnana – Forte dei Marmi, approx. 50 km	
Day 6	Forte dei Marmi – La Spezia, approx. 55 km	
Day 7	Excursion to the Cinque Terre, approx. 20 km hike + train ride	
Day 8	Individual departure	

Travel time

Season A	30.03. – 06.04.	28.10. – 12.10.
Season B	13.04. – 04.05.	07.09. – 21.09.
Season C	11.05. – 31.08.	

Arrival Saturday 30.03. – 12.10.2024
The season is dictated by the arrival date.

Services

- 7 nights with breakfast, national 3* / 4*-level
- Cinque-Terre-Card (for train rides and entrance in the nature park)
- Luggage transport from hotel to hotel to La Spezia, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

Doubleroom, Season A	1049,-
Doubleroom, Season B	1129,-
Doubleroom, Season C	1199,-
Price Surcharge Singleroom	469,-

Additional night prices per person

La Spezia DBL / BB	95,-
La Spezia SGL / BB	165,-
Pisa DBL / BB	69,-
Pisa SGL / BB	109,-

Additional services per person

E-bike / Pedelec*	259,-
Rental bike (7- / 21-gear)*	99,-
Return transfer excl. bike (Sat)	85,-
Return transfer incl. bike (Sat)	125,-

*including rental bike insurance

Exemplary hotel list

Pisa	Hotel Repubblica Marinara Pisa	https://www.hotelrepubblicamarinara.it/
Viareggio	Residence Esplanade Viareggio	http://www.hotelresidenceesplanade.it/
Lucca	Grand Hotel Guinigi Lucca	http://www.grandhotelguinigi.it/
Castelnuovo di Garfagnana	I Ginepri Marina di Castagneto	https://www.hoteliginepri.it/de/
Forte dei Marmi / Umgebung	Hotel Bencista Forte dei Marmi	http://www.bencista.it/
La Spezia	CDH Hotel La Spezia	https://www.compagniedeshotelslaspezia.it/
La Spezia	CDH Hotel La Spezia	https://www.compagniedeshotelslaspezia.it/

Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
12 - 17 Years	10%

Due to the more demanding stages, we recommend this trip only for young people with good stamina. Reduction for children is valid for accommodation in room with two full-paying guests.

Languages Travel documents

→ German, English, French

Additional note

- All bookings are on request.
- Return to Pisa: Optional by minibus (Saturdays), reservation is required, payable in advance.
- Alternatively on your own by train from La Spezia: connections several times a day, 0 - 1 change. Duration approx. 1.5 hours.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Comfortable saddle
- Bike lock
- Odometer
- Handlebar bag
- Air pump
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier

Journey to Pisa

- Nearest airports: Pisa, Florence
- Train station: Pisa

Parking in Pisa

- Public garage, approx. 17 € / day, payable on site. No reservation possible through Radweg-Reisen.

Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

Stages description

Day 1: Individual arrival in Pisa

Un caloroso benvenuti - A warm welcome to Tuscany! Pisa is the ideal starting point for your cycling vacation along the Tuscan coast. The first route will naturally take you to the picturesque Piazza dei Miracoli. Marvel at the Duomo, the Baptistery and the world famous Leaning Tower of Pisa. Many tourists do not see more of Pisa than these three structures. Strolling through the winding streets, you will notice that the student city has thus been able to retain its original charm. The houses are kept in the typical yellow of the city, reminiscent of the time as a prosperous port city.

Day 2: Pisa – Viareggio, approx. 30 km

The first stage of your bike tour to Cinque Terre leads you first through the area of the Macchia Lucchese. The image of the sub-area of a natural park is characterized by forests and changing landscapes. After a few kilometers you will reach the sea, whose coast you will follow in a northerly direction. Enjoy the view of the glittering water from time to time and take a break here and there. With the coastal town of Viareggio you have reached your destination for the day. The town is located on one of the longest coastlines in Italy, Versilia. Grab your swimsuit and head to the beach!

Day 3: Viareggio – Lucca, approx. 45 km

Today you say goodbye to the coast. Along the Via Francigena, an ancient pilgrimage road used by pilgrims on their way from France to Rome, you cycle through small towns and a hilly landscape to the banks of the river Serchio. Now your destination for the day is Lucca, just a stone's throw away. The city has excellently preserved buildings in the Lombard-Romanesque style and is one of the most important art cities in Italy. Enjoy a coffee in the Piazza dell'Anfiteatro, walk along the massive city walls and visit the Torre Guinigi, on top of which specially planted oaks grow.

Day 4: Lucca – Castelnuovo di Garfagnana, approx. 50 km

Along the Serchio river, which will be your constant companion today, you will leave Lucca. Following its course, you will cycle towards the Apennines National Park, whose peaks, over 2,000 meters high, will not escape your attention from afar. On the way, make a stop at the Ponte del Diavolo. The bridge is a popular photo motif and the subject of numerous legends and sagas. Soon you will reach your overnight destination Castelnuovo di Garfagnana. The landmark of this town, set in a mountainous landscape, is the Rocca Ariostesca, an 11th century fortification.

Day 5: Castelnuovo di Garfagnana – Forte dei Marmi, approx. 50 km

On a beautiful road, today's stage of your bike tour to Cinque Terre leads you over the mountains of the Apuan Alps back to the sea. On the first kilometers you will have to pedal hard, because you will overcome several hundred meters of altitude. About halfway you have made it and it's downhill again. With the seaside resort of Forte dei Marmi,

you will once again be cycling through Versilia. After checking in at the hotel, grab your swimsuit and spend the rest of the day by the sea - wonderful!

Day 6: Forte dei Marmi – La Spezia, approx. 55 km

Today's stage will also be varied. First, you'll cycle along the coast, enjoying one or two views of the sea and letting the mild sea breezes blow around your nose. Not far from the town of Carrara, famous for its marble quarrying, you will imperceptibly cross the border from Tuscany into the Liguria region. From the charming fishing village of Bocca di Magra, you will again have to climb a few meters. On the way you will be rewarded again and again with beautiful views of the sea. With the harbor town of La Spezia you have reached your destination for the day.

Day 7: Excursion to the Cinque Terre, approx. 20 km hike + train ride

In the morning you will take the train from La Spezia to Monterosso. The municipality is the largest town in the Cinque Terre. You will take a hike and get to know the picture book villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore from a special angle. With their colorful houses and winding alleys, the five small villages nestled along the coast are among the most sought-after photo opportunities in Italy. The Cinque Terre Express will take you from Riomaggiore back to La Spezia.

Day 8: Individual departure

After breakfast you start your individual return journey home or extend your stay.