



## A weekend of road riding in Tuscany

3 days/2 nights

Tuscany is well known by those who are passionate about cycling. Many Italian champions train and have trained there including Mario Cipollini, Andrea Taffi, Angiolo Gabrielli and Mario Cipriani. The reason why they are attracted to this region of Italy? Simply because it has the perfect road riding terrain.

This road riding weekend in the heart of classic Tuscan countryside is a perfect way to escape the daily grind. Enjoy two fantastic rides in the Tuscan hills.

### YOUR PROGRAM

#### Day 1 - Arrival in Pisa

Your mini-break begins at your hotel in the afternoon.

Pisa is an incredibly easy city to get to, whether by train or by plane (there are cheap daily flights available). Trains from the airport take you straight into the centre of town.

Spend the afternoon enjoying the sites of Pisa. As well as the leaning tower and other well known sites, the back streets of Pisa are a delight to explore.

Night and breakfast in a two star hotel in the centre of Pisa. Dinner is included in a local restaurant.



#### Day 2 - Pisa - Abetone

Option A: Cycle west out of Pisa to skirt around the Monte Serra, a quiet road that passes through small villages that separate Pisa from Lucca. Take a break in Lucca to tour the ramparts of this charming town.

From here you will head into the Apuane Alps. Cycling into this stunning mountain range is a real delight. An area little explored and full of beauty.

Finish the day's ride at Abetone, after having climbed 1400m.

About 90km, 1800m climb



#### Option B:

Leave Pisa in the direction of the Monte Serra. At 900m, the Monte Serra creates an interesting divide between Lucca and Pisa. It is a 10km climb, but not difficult, with great views. Near the top, at various points you can see over to Pisa, the island of Elba, the Adriatic Coast, the Cinque Terre and Lucca. The last of which is your next destination after a great descent. Take a tour of the ramparts and enjoy an ice cream before heading towards the Apuane Alps. Arrive at the first col at 900m, before the last climb towards Abetone at 1400m. Enjoy the mountain air and the fantastic scenery of this much forgotten area of Tuscany.

About 90km with 3000m+ climbing

Night and breakfast in Abetone, evening meal in a restaurant.



#### Day 3 - Abetone - Pisa

##### Option A:

Leave Abetone on a small road. The peacefulness up here is quite something else. Cars are few and far between and the route is perfect for cyclists. Soon you will reach a superb Col at 1600m altitude. The panorama is breathtaking. There is then a long descent of 20km before arriving in a small village with Thermal waters. Final climb before a leisurely return to Pisa.

##### Option B:

A descent at the beginning of the day gently warms up the muscles before the work begins: 10km of climbing to the high point of the day (1500m). Beautiful views over Castelnuovo di Garfagnana. Long descent before joining the small mountains of the Apennines, which separate the Apennine Alps from the Adriatic sea. Cycle along a small undulating road that leads you into the heart of the Luccesian countryside that typifies Tuscany. Skirt around the Monte Serra before returning to Pisa.

About 140km with 220m+ climbing and about 3500m descending.



Your trip ends after you arrive in Pisa (extra nights are possible in Pisa upon demand).



## Additional information

### TARIFFS

Price from 369 euros per person.

### OPTIONS

Road bike rental : 100 euros per person.

Option 4 star hotel in double room : 90 euros per person.

Option 4 star hotel in single room : 185 euros per person.

Single room supplement : 35 euros per person.

### INCLUDED

2 nights in a double room in a two star hotel. Breakfast on day 2 and 3. Dinner on day 1 and day 2. Route notes and maps, local assistance and baggage transfer.

### NOT INCLUDED

Transport to/from the beginning/end of the programme. Transfers not included in the programme, insurance, drinks, bicycle hire (see options), lunch, entrance fees to any sites, optional activities, personal expenses.

### LEVEL OF DIFFICULTY

This is a trip for serious cyclists. 2 options of difficulty are available:



A: 90 - 110km per day with medium level of climbing

B: 110-140km per day with serious level of climbing

#### **CARRYING**

You will need to carry only items that you wish to have available during the ride (camera, wallet etc)

#### **ACCOMMODATION**

2 nights in a two star hotel. 4 star hotel option is available.

#### **SIZE OF GROUP**

From 2 participants

#### **DEPARTURES**

All year round

#### **DEPARTURE**

At your hotel in Pisa. Transfer possible from the airport.

#### **DISPERSION**

On day 3 in Pisa, after the final day's ride. Transfer to the airport possible.

#### **HOW TO GET THERE**

-By plane: Galileo-Galilei airport in Pisa. Flights and timetables are available at [www.pisa-airport.com](http://www.pisa-airport.com).

-By train: fares and timetables are available at [www.railkey.com](http://www.railkey.com) or [www.railpass.com](http://www.railpass.com).