



## From the Apuan Alps to San Gimignano via Florence

8 days/ 7 nights

The Europe Active team has concocted a great cycling tour which will take you into the heart of Tuscany. This trip has been designed for cyclists who wish to experience the real Dolce Vita and live the spirit of fun and adventure all at once! You will cycle through Tuscan landscapes, from the rugged mountains of the Apuan Alps to the peacefulness of the Chianti wine region via the lively towns of Florence, Pisa and Lucca.

In short, an unforgettable cycling adventure!

[Prepare your trip](#)

### YOUR PROGRAM

#### Day 1 - Arriving in Italy

Once you have arrived in Italy, settle into your hotel and explore the historical centre of the fortified town of Lucca which abounds in historical monuments such as churches, villas and palaces.

Night in a 2 star hotel in Lucca.



#### Day 2 - The Apuan Alps

During your first day of cycling, you will leave Lucca and head north in the direction of the Apuan Alps (northern part of the Apennine Mountains). You will start out easily with a 20km climb up a false flat and then descend towards the Tyrrhenian Plain. Continue today's stage with a 25km climb on a mountain road which culminates at 1200m. This workout will most definitely get your heart going! Finish today's ride with a long descent towards an enchanting little village, where you will spend the night.

Distance: 100km or 110km.



Height gain: 1700m or 2050m.

A shorter version of this stage is also available (distance: 67km, height gain: 1300m).

Night in a 2 star hotel in a spa village.



### Day 3 - The Apennines

Today, you will ride in the direction of Florence, otherwise known as the 'cradle of the Italian Renaissance'. Start today's Italian adventure by cycling onto a quiet little road which runs along the sublime canyon of Lima. Then, ride on a false flat before following a climb, which culminates at 963m. A 20km descent will then take you to the ancient city of Pistoia and you will end today's trip with a gentle ride along a flat road that will take you to Florence.

Distance: 90km.

Height gain: 1090m.

Night in a 2 star hotel in the centre of town.



### Day 4 - Florence

Classified as a UNESCO World Heritage Site, Florence is a magnificent city and a must-see while in Italy.

Two different itineraries are available today for cycling aficionados:

Option A: (ride around the Monte Giovi) Leave Florence and head east after a 10km climb which will give you great panoramic views over the entire city. You will then skirt around the Monte Senario. From the heights of this glorious mountain, you will see



the Monte Giovi right in front of you. Ride west to go around Monte Giovi and follow the River Arno to return to Florence.

Distance: approximately 90km.

Height gain: 1246m.

Option B: (ride through Vinci) This little village is the birthplace of one of Italy's most beautiful minds: Leonardo da Vinci, a 15th-century painter and inventor. You will then ride along little hillside roads in the middle fragrant vineyards and olive groves.

Night in a 2 star hotel in the centre of Florence.

Distance: approximately 85km.

Height gain: 790m.



## Day 5 - San Gimignano

You will find yourself at the heart of the Chianti region, famous for its wines and vineyard landscapes. This extraordinary setting is a magical site that will surely sweep you off your feet. Cycle southwards, ride through Greve in Chianti after tasting one of the local wines on the square Mercatale. Then, take a detour to the fortified town of Colle di Val d'Elsa and cycle back north to San Gimignano.

Night in an agriturismo in San Gimignano.

Distance; 100km.

Height gain: 1530m.





A shorter version of this stage is also available (distance: approximately 68km, height gain: 1000m).



#### Day 6 - Volterra or Tuscany's landscapes

Otherwise known as the 'medieval Manhattan', San Gimignano is a miniscule medieval metropolis with stone towers bristling above Tuscany's fragrant vineyards. It has also been inscribed on UNESCO's list of World Heritage Sites. This is why we have given you the chance to stay an additional night in this marvelous little town.

Two optional rides are also available:

Option A: You will have the possibility to visit Volterra, a medieval village which served as the backdrop for the romantic adventures of the 19th-century novelist, Stendhal, but also as the setting for a vampire blockbuster movie (the Twilight saga). To reach Volterra, head west and cycle on for 30km. You will then come back to San Gimignano via northern idyllic landscapes.

Distance: 60km.

Height gain: 1150m.

Option B: Cyclists who thought that the roads of the Chianti were 'too flat' will have the opportunity to ride along this special ride which also goes through Volterra. Head south and skirt around the National Reserve of Berignone. Pedal your way up to the village of Volterra and eat succulent regional delicacies in a local restaurant. Cycling from one enchanting village to another, the marvelous landscapes in this part of Tuscany will surely sweep you away.

Night in an agriturismo in San Gimignano.





### Day 7 - Lucca

Make the most out of your last cycling day and head north-west into the heart of Tuscan hills. After riding gently for 30km, get yourself into action with a steep 2km climb to reach Pisa and its world-famous leaning Tower. You will then go back on the road and tackle the Monte Serra, one of your trip's biggest challenges. The Monte Serra is considered to be one of Europe's toughest mountain climbs among cyclists. It covers a distance of about 12km with an aggregate height gain of 900m. Even though this is a physically demanding exercise, the panoramic views over Lucca and Pisa are most definitely worth it! Reach today's destination, Lucca, and explore its wonderful battlements. We also recommend that you try one of Lucca's restaurants to celebrate your sporting achievement. A guaranteed success!

Night in a 2 star hotel near the centre of town.

Distance: approximately 120km.

Height gain: 1550m.

An easier version of this stage is also available (distance: approximately 80km, height gain: 760m).



### Day 8 - La fine!

Your trip ends here after breakfast. You will also have the possibility to stroll down the streets of the magnificent fortified town of Lucca.

Possible transfer to Lucca airport. Please contact us for more details.



## Additional information

### TARIFFS

Price from 799 euros per person.

### OPTIONS

Renting a road bike : 270 euros per person.

Supplement for single bedrooms : 260 euros per person.

Supplements for 3 star hotels only : 90 euros per person.

GPS tracks on USB stick : 25 euros per person.

### INCLUDED

Luggage transfers, accommodation (double or twin bedroom), breakfasts, information package with maps and road-books.

### NOT INCLUDED

Transport options to the meeting point and from the point of dispersal, transfers which are not included in the tour, personal travel insurance, meals (except breakfasts) and beverages, bike rental, visits of tourist sites, optional activities which are not included in the tour, personal expenses.

### LEVEL OF DIFFICULTY

Intermediate. You will need to be used to cycling and have a good fitness level. Two different versions (one easy and the other medium/hard) are also available for each stage.

### CARRYING

Luggage transfer by vehicle. You will only need to carry items that you wish to have available during the ride (camera, wallet etc). You will also have the possibility to store your bags and bike bags in Lucca.

### ACCOMMODATION

In 2\* hotels.

### SIZE OF GROUP





From 2.

### **DEPARTURES**

Every day from the beginning of March to the end of October.

### **DEPARTURE**

Your hotel in Lucca.

### **DISPERSION**

Lucca (on day 8 after breakfast).

### **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€).