

# FROM PISA TO FIRENZE SELFGUIDED BIKE TOUR

Your bike is waiting for you...  
Pisa, the leaning tower. Lucca, the walls in autumn. Firenze, Duomo from piazzale Michelangelo



Come to Tuscany and pedal the “roads of Champions”, this is our invitation for all of you who are fond of this sport and would like to emulate their champions.

What we offer is a varied itinerary built on the same routes followed by the cyclists who run the World Road Championship taking place in Tuscany last year, September 2013. You will pedal on itineraries leading through some of our most important cities: Florence, Lucca, Pistoia and Montecatini Terme.

Cycling-lovers will struggle on the most steep climbs, have great fun on the descents which our territory offers, but have always the feeling that the rewards to the big efforts are worth them!



## Toscana!

has always been an important area for the world of cycling. Here many champions of past and present times were born and trained on its wonderful routes enjoying the spectacular views of its countryside and its cities: Gino Bartali, Fiorenzo Magni, Gastone Nencini, Franco Ballerini, Giovanni Visconti and Vincenzo Nibali only to mention the most renowned.

The World Road Championship which took place in Tuscany last September 2013 was the fair tribute to a region which always dedicates a great importance to this sport.

The itineraries proposed in the present tour are designed with the purpose of combining sport, arts and natural beauties and make the visitors thoroughly immerse in the enchanting atmosphere of our countryside and welcoming appeal of our historic cities like Pisa, Lucca and Florence.

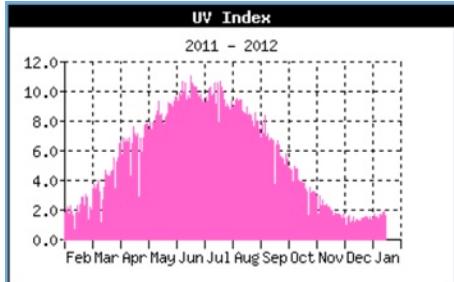
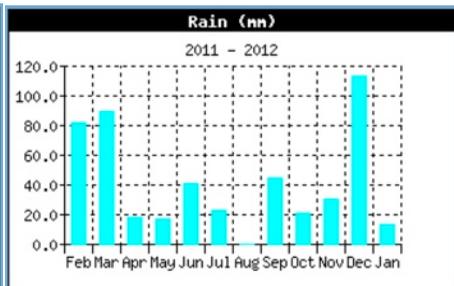
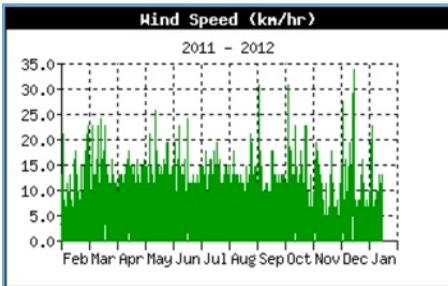
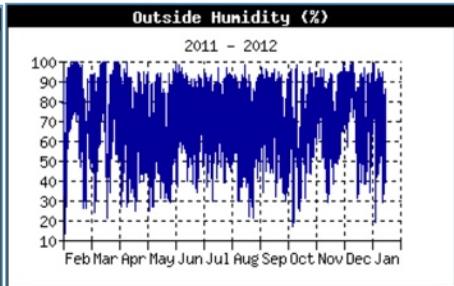
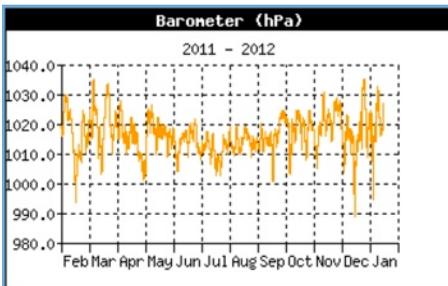
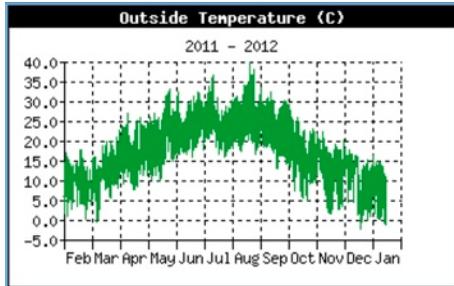
Pisa, one of the four Maritime Republics of Italy together with Venice, Genoa and Amalfi became powerful and rich and started to build the imposing Cathedral and all the other monuments which are all gathered on Piazza dei Miracoli (Miracle Square). The most famous is the Leaning Tower, but all of them are worth a stop and a visit.

North of Pisa the charming Lucca still surrounded by the Renaissance walls built in the characteristic red bricks. Riding your bike along the wall promenade you may admire the most important buildings of this amazing historical centre: Palazzo Pfanner with its nice garden and the narrow lanes lined by tall bell-towers and palaces.

Florence, "the cradle of art" gave start to the Renaissance and the artistic expressions brought by this important cultural movement can be seen in the most representative monuments of the city's historical centre and in the masterpieces exhibited in its main Art Galleries.

From one city to another the proposed route will cross naturalistic treasures and offer breathtaking views over a countryside which is absolutely representative of the beauty and uniqueness of the Tuscan region. All of this and more can be yours...in Tuscany.

The weather in Tuscany is generally warm, with sunny days. The best months to plan trips to Tuscany are: April, May, June, September and October. Sunny and warm weather makes it possible to ride all day. Temperature is in the 20°C (70°F). Early spring and fall departures will have slightly cooler temperatures. Rain is possible on any of the departures, but not usual. April could be a little colder (see temperature chart below). July and August are usually hot, and we suggest not to drive during the hottest hours (12.00 to 3.00pm.).



### **Our tour starts from Pisa.**

- ▶ If Flying via London, BA Airways, Ryanair and Easyjet lands into Pisa Airport from others European airports. From New York Delta Airlines flies direct into Pisa.
- ▶ If you are flying into Rome or Milan, you can reach Pisa by train or by connecting domestic fly. The journey from Rome takes about 4 hours.
- ▶ From Florence, the easiest way to reach Pisa is the train (it takes about 1 hour) ...
- ▶ or via bus Terravision (it takes about 70 to 85 minutes).



### **We will meet at Pisa Airport (Galileo Galilei).**

The airport can be reached by:

- **Train from stazione ferroviaria Pisa Centrale (railway Station) to Pisa Airport** [http://www.pisa-airport.com/aeroporto\\_di\\_pisa\\_220.html](http://www.pisa-airport.com/aeroporto_di_pisa_220.html)
- **Bus from Pisa Centrale Station to Pisa Airport (LAM Rossa, every 9/10 or 12 mins, holiday 18mins) € 1,20/70' ticket** <http://www.cpt.pisa.it>. Last departure 20:25hrs (holiday 20:14hrs).
- **Collective TAXI from Pisa Centrale Station to Pisa Airport** (5 mins, every 20 mins) [www.cotapi.it](http://www.cotapi.it) <http://www.comune.pisa.it/english/doc/taxi.htm>



#### **AEROSTAZIONE S. IACOPO DIR. I**

- AEROPORTO
- AEROPORTO 3
- AEROPORTO 4
- GIUSTI 2 p.
- CORRIDONI 1
- CORRIDONI 2
- STAZIONE FS 6
- BATTISTI 1
- CRISPI 1
- CRISPI 2
- FERMI 1
- RUSTICHELLO 1
- RUSTICHELLO 2
- BONANNO 1
- BONANNO 5
- TORRE 1
- PIETRASANTINA 1
- PARK PIETRASANTINA 2
- PIETRASANTINA 3

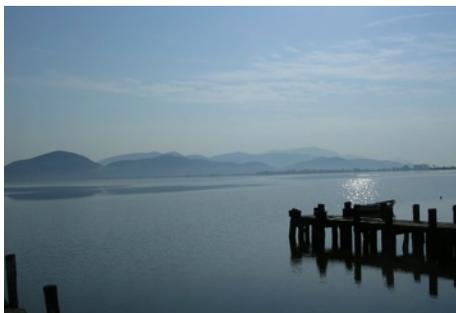
### **Your trip will finish in Firenze.**

- ▶ Meeting point will be in **Firenze**, directly at your Hotel. At some moment you'll receive luggage from Vinci and bikes will be picked up.

**MAP:** bus  
LAM Rossa  
line.

- ▶ Come to Tuscany and pedal the “roads of champions”
- ▶ Visit the most beautiful art and monumental cities in Italy: Pisa, Lucca and Firenze
- ▶ Ride through small villages and steep slopes from where one can enjoy breathtaking views over mountains, hills and the sea
- ▶ Visit the elegant villas and their wonderful “Italian gardens” built by the rich merchants of Lucca
- ▶ Learn about the healthy and amazing Tuscan extravergin olive oil and visit an oilmill.
- ▶ Taste the great white wine produced on the hills stretching among Lucca and Montecatini: the Montecarlo Wine Doc
- ▶ Relax at the thermal baths of the lively spa-town of Montecatini Terme
- ▶ Find out where the great Tuscan inventor and artist of all times: Leonardo was born and visit his birth-house and Museum in Vinci
- ▶ Breathe the art and culture of the so-called “cradle of art”: Firenze... Take time to visit its most important museums and feel the emotion of admiring Michelangelo's David in the Accademia Gallery or wonderful Renaissance paintings in the Uffizi Gallery.

DAY	ACTIVITY	DISTANCE	LEVEL DIFFERENCE	DIFFICULTY
1	<i>Arrival</i>			
2	<i>Cycling</i>	44,80	345	*
3	<i>Cycling</i>	46,35	650	**
4	<i>Rest/Cycling</i>	0/56,50	0/1320	****
5	<i>Cycling</i>	42,55	930	***
7	<i>Cycling</i>	43,30	570	**
<b>TOTAL</b>		200,60/257,10	1850/3170	



**TABLE:** daily programme with stage length and level difference

**PHOTO:** Lago di Massaciuccoli, Firenze Duomo



The bikes we supply, and also recommend, for this tour are of the Hybrid type made by Giant, (the world's number one bicycle manufacturer [www.giant-bicycle.com/global/](http://www.giant-bicycle.com/global/)) could be ROAM2 or X-Road model. The hired bikes are 24 gears, an adjustable stem (to allow you to alter the height of your handlebars), a comfy saddle and suspension seatpost and a front bag with map holder, rear carrier plus bag to allow you to carry your daily essentials. You will also be supplied with a bicycle computer, padlock, inner tube and puncture repair kit.

<b>FRAME</b>	AluxX SL, Fluid Formed
<b>FRONT FORK</b>	Suntour CR8V, Turnkey lockout
<b>HEADSET</b>	Threadless 1-1/8" (integrated)
<b>STEM</b>	Kalloy AS-807R aluminium 10°/40°
<b>HANDLEBARS</b>	Giant A3 aluminium
<b>BRAKE</b>	TEKTRO TB07 aluminium V-Brake
<b>BRAKE LEVERS</b>	Shimano EZ-Fire Plus
<b>FRONT DERAILLEUR</b>	Shimano SIS
<b>REAR DERAILLEUR</b>	Shimano Alivio
<b>SHIFT LEVERS</b>	Shimano EZ-Fire Plus
<b>CASSETTE</b>	Shimano HG40 11x32
<b>CHAIN</b>	Shimano Z7
<b>CRANKSET</b>	Suntour GI218PBG-8s 28/38/48T
<b>SPEED</b>	24
<b>BOTTOM BRACKET</b>	RPM BB-7420
<b>PEDALS</b>	On Request
<b>RIMS</b>	Aluminium double wall
<b>HUBS</b>	Formula aluminium silver
<b>SPOKES</b>	Stainless
<b>TIRES</b>	Kenda KrossCyclo 700x35
<b>SADDLE</b>	Giant X-Sport
<b>SEAT POST</b>	Post Moderne Cushi-ST suspension
<b>COLORS (Frame/Fork)</b>	White/Blue/Silver
<b>WEIGHT</b>	13,7 Kg.
<b>CHAINGUARD</b>	n/a
<b>CARRIER</b>	Yes



**FROM THE TOP:**  
your bike,  
technical data  
and... ready to  
start!

**DAY ONE** Arrival in Pisa

*Arrival at your accommodation at the Hotel reserved in Pisa.*

Time at disposal to discover the town. Piazza dei Miracoli (Miracle Square), in one single glance the pure whiteness of the monuments rising over the lush green of the turf: the Leaning Tower, the Cathedral, Baptistry and the monumental Cemetery.



**PHOTOS:** Pisa  
piazza Duomo,  
Lungarno

**DAY TWO** Pisa - Lucca

**Stage 1**, Itinerary technical data:

Total distance: 44,80 Km-(27,8mi); Level difference: 345 mt.-(1054feet); Difficulty: Low; Longest climb: 3,4 km-(2,11mi); Medium slope: 5%

*Arrival by bike at the Hotel reserved in Lucca. Overnight*



Leaving Pisa you will ride along the partially restored and remarkably long Roman aqueduct, that used to carry water from the nearby hills to Pisa. By riding up the hills which stretch among the two cities, you will be able to enjoy an extensive sight over the wonderful countryside up to the sea and over the Massacciucoli lake, on which shores the great composer Giacomo Puccini composed his most important Operas. You arrive into Lucca from the north side after crossing again the Serchio River.



**PHOTOS:** Lucca  
piazza San  
Michele.

## DAY THREE Lucca - Montecatini

**Stage 2**, Itinerary technical data:

Total distance: 46,35 Km-(27,1 mi); Level difference: 650 mt.-(1964 feet);

Difficulty: medium; Longest climb: 4,0 km-(2,5mi); Medium slope: 6%

*Arrival by bike at the Hotel reserved in Montecatini. Overnight*



You will never forget this biking day across the green hills around Lucca. The same that centuries ago were chosen by the rich merchants of Lucca as the sites for building their magnificent summer residences, surrounded by wonderful gardens. Because of them this area is now called the region of the Villas, some of them open to tourists. By climbing the last steep hill of the day you reach the tiny medieval village of Montecarlo standing on the top and overlooking vineyards and olive groves. Here one of the most important economic activity is the production of a good DOC white wine called “Montecarlo Wine”. Continuing the ride you get to Pescia, the town of green-houses and flowers and arrive at last at Montecatini Terme, a lovely Spa-town where you can relax and enjoy a massage at one of its thermal baths.

From left to  
right: Montecarlo  
vineyards, Matraia



## DAY FOUR Montecatini mountain Loop

**Stage 3**, Itinerary technical data:

Total distance: 56,50 Km-(35,2mi); Level difference: 1320 mt.-(3980 feet);

Difficulty: medium/hard; Longest climb: 20,65 -(12,84mi); Medium slope: 4%;

Today you will make a roundtrip starting and ending in Montecatini. As soon as you leave the centre you will start riding up the steep hill taking to the medieval town of Montecatini Alto, the first urban setting in an era when the flatlands down were all covered by water. Riding up north you will reach the chestnut region where you may be able to enjoy a cooler temperature also in our hot summers thanks to the thick and dense vegetation. A pleasant slope will take you to Pescia and then back to Montecatini Terme.

## DAY FIVE Montecatini - Vinci

**Stage 3**, Itinerary technical data:

Total distance: 42,55 Km-(25,0mi); Level difference: 930 mt.-(2810 feet);

Difficulty: medium; Climbs: 3,0 km-(1,75mi) Medium slope: 5%; 3,6 km-(2,1mi);

Medium slope: 6%; 6,5 km-(3,85mi); Medium slope: 5%

*Arrival by bike at the "agriturismo" reserved in Vinci. Overnight*



The tough itinerary among hills will take you to the birthplace of one of the most eclectic artists of all times, painter, sculptor, inventor, engineer: Leonardo da Vinci.

By climbing up to Montecatini Alto you reach the top before descending again towards the Montalbano area surrounded by vineyards and olive trees. After the last hard climb you will reach Vinci and enjoy a relaxing night at the "agriturismo".



PHOTO: Vinci

## DAY SIX Vinci - Firenze

**Stage 4**, Itinerary technical data:

Total distance: 43,30 Km-(25,5mi); Level difference: 570 mt.-(1720 feet);

Difficulty: medium; Climbs: 6,50 km-(3,85mi); Medium slope: 5%; 2,00 km-(1,2mi);

Medium slope: 6%;

*Arrival by bike at the reserved Hotel in Firenze. Overnight .*



Starting your biking day by thinking that you will be soon arriving into Florence, gives you for sure the necessary strenght to face the today's route through the Florentine hills. Across them you will pedal through small villages like Montelupo, the place where the famous local ceramic come from. And at last you are in Firenze and can enjoy your visit to the most beautiful monuments and artistic symbols of the city.





Organised by:

**Paesaggi Toscani** di M.I.S.

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