

On this bike tour, you will discover the northern part of the Pisan Hills in the Terre di Pisa, cycling around 30km on country roads through a string of little villages on the tops of the green hills in this area.

Due to the hilly landscape in this area, this tour, like the others, is particularly recommended for people in good physical condition, but anyone can take it on by hiring our e-bikes!

The start and end point of this cycling experience will be the spa town of Casciana Terme, where you will be given your chosen bike in the right size for your measurements (height, male/female), which you provide when booking. You will also be given a helmet and a water bottle, and then our representatives will take care to seat you correctly on the bike and provide you with the practical instructions needed for the tour.

At this point, you will be ready to cycle for around three hours on roads through the hills, immersed in the countryside, from the Pisan Hills into the heart of the "Terre di Pisa", through the villages of Crespina and Casciana Alta, where there is a fantastic view over the Val d'Era, giving you the opportunity to catch your breath and take some photos. Then it's back on the bike to continue your experience in contact with nature, in a series of ascents and descents, roads across green meadows in bloom, and short climbs that will take you up to the crests of the hills where you will be rewarded with fantastic views. At the top of the next hill, in the centre of the fortified village of Lari, a slice of the middle ages among the gentle Pisan Hills, there is a little regional excellence in pasta production in a historical building in the shadow of the fortress. The pasta is produced using vintage machinery, by artisans dedicated to making some of the best pasta in Italy, kneading it, cutting it and drying it slowly on wooden frames. Naturally, the staff at the pasta factory will be available to explain all the phases of production to you.

At the end of the tour, you will receive a memory of the day, and will return your bikes and accessories to our representative, who will be available for technical assistance for the entire duration of the tour. Then you will be free to take a walk around the centre of Casciana with an ice cream, or sit for a coffee in front of the thermal baths... this will give you time to appreciate the laid-back atmosphere of our little villages, where the rhythm of life has changed very little over the years.



## OVERVIEW

- Season April to October
- Hilly terrain, back roads with low traffic
- Distance 31 km Elevation gain 420mt
- Estimated biking times 3 hours

## INCLUDED

- English speaking staff/assistant
- GIANT 27speed hybrid bikes
- Helmet and water bottle

## Not Included/extra cost

- e-bike +20€
- Visit and pasta kit as a gift +15€
- Environmental guide +50€
- Assistance Minivan +200€

## PRICE

n° Participants	2	4	6	8	10
Price per person	110 €	75 €	60 €	55 €	50 €

