

## Enjoy Lucca province

8 days, 7 nights

On this program you will discover the amazing scenery that this Italian region has to offer. Unbelievable landscapes await you along the roads that wind their way between hills of vineyards and olives groves. You will meet proud local people who will be keen to convey to you their passion for their home region, food and traditions.

With fantastic views, challenging rides, wonderful Italian food, culture and historic sites, this is a trip that you won't forget!!

The holiday described here includes a week's stay in two star accommodation at the heart of Lucca. You can also choose a more comfortable version of this tour which includes a 3 star hotel with swimming pool.

[Prepare your trip](#)

## YOUR PROGRAM

### Day 1 - Arrival and installation at the hotel

Arrival in Italy, installation at your hotel in the centre of Lucca.

Take the time to discover the wonderful old city of Lucca with its fortifications and narrow winding streets.

### Day 2 - Let's ride the Apuans Alps

The itinerary leads you to Bagni Di Lucca. After a smooth 25km climb, you take a small road running through this hilly countryside. Some wonderful panoramas of Lucca are well worth seeing.

Ride: 77km, G+ 1501m, max hight 896m.



### Day 3 - Pisa tour and Monte Pisano

Today's stage leads you to Pisa. You can not come to Tuscany without seeing the famous leaning Tower. Starting from Lucca the ride to Pisa is a good warm up. After your visit to the Tower comes the cycle challenge of the day: the Monte Pisano. In good weather you can see Livorno and Pisa from the top of the hill.

Ride: 65km, G+ 897m, max height 881m.



### Day 4 - The marble mountains

Now that you are well trained and feeling fit, this is the perfect moment for you to try the most difficult route of the week! The day starts with a very smooth first 35km. The road then starts to climb steeply for the next 25km to reach an altitude of 927m.

Along the road, take the time to enjoy the marble mountain panoramas, the village of Castelnuovo Di Garfagnana and the Serchio valley.

Ride: 130km, G+ 1553m, Max height 927m.



### Day 5 - The Monte Serra

After yesterday's achievement, you will have a little time to rest your weary legs. Today's route is not very long, however it is still challenging: you will climb steadily for 11km to reach the top of the Monte Serra.

This hill is famous to all the cyclists of the region thanks to the climb. Enjoy!

Ride: 56km, G+ 901m, Max height 851m.



### Day 6 - "Colline Lucchese"

You have a few kilometres to warm up before attacking the first climb of five that this stage has to offer.

On this day, you will ride the Monte Pitoro. This is a very famous hill in the region thanks to the annual race "Gran Premio Città Di Camaiore".

Ride: 91km, G+ 1549m, Max height 439m.



### Day 7 - Lac of Massaciuccoli

For the first part of the route today you will ride around the shore of lake Massaciuccoli. You will climb other hills covered in olives groves.

ride: 68km, G+ 1009m, Max height 409m.



### **Day 8 - End of the trip**

Your holiday ends after breakfast in your hotel (transfer to the airport possible if arranged when booking the trip)

## Additional information

### **TARIFFS**

Price from 645 euros per person.

### **OPTIONS**

Single room : 320 euros per person.

2\* hotel in double room : -130 euros per person.

2\* hotel in single room : -40 euros per person.

Road bike rental : 290 euros per person.

Hybrid bike rental : 120 euros per person.

GPS tracks on USB stick : 25 euros per person.

### **INCLUDED**

Breakfast from day 2 to day 8, 7 nights in a 2 star hotel near the walls of Lucca.

### **NOT INCLUDED**

The transfer to the starting point of the tour, and the transfer after the tour. Meals and drinks. Unplanned transfers. Any additional activities. Bike rental. Bicycle repair costs. Personal spending.

### **LEVEL OF DIFFICULTY**

For regular cyclists. Daily stages from around 52km to 120km, with some steep climbs.

### **ACCOMMODATION**

Nights in double rooms, hotel 3\*\* with swimming pool.

### **SIZE OF GROUP**

From 2 participants

### **DEPARTURES**

All year round

### **DEPARTURE**

Lucca

### **DISPERSION**

Lucca

### **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€).

### **EQUIPMENT TO TAKE**

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

#### **BIKES**

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

#### **REPAIR MATERIAL**

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### **EQUIPMENT**

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

#### PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

#### TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

#### FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.