

## Our Giro di Toscana XXL version with assistance

8 days / 7 nights

Our XXL Giro di Toscana is an unforgettable road bike trip touring all around Tuscany and accompanied throughout by a support vehicle. Designed by our very own professional cyclist, this really is a superb trip for keen riders!

Tuscany, its villages, hills, monuments, beautiful roads... Such a pleasure for every sense.

Our NEW road cycling trip in Tuscany will take you from Pisa to the Island of Elba, through the classic Italian cities of Siena and Florence, as well as the Chianti vineyards and olive groves. We mustn't forget too the fabulous pass through the Apuane Alps, Bologna and the many tiny Tuscan villages that we cycle through before finishing in the fortified town of Lucca.

[Prepare your trip](#)

### YOUR PROGRAM

#### Day 1 - Earth and sea

Your trip begins at 9am in front of the airport, where you will be welcomed by the support vehicle and briefed.

We leave the fervour of Pisa to enter the quiet Tuscan countryside. On a small hilly road we cross some typical villages including S. Luce and Riparbella.

We begin to climb to the medieval village of Volterra.

We then descend a long time in the direction of the sea. Before to arrive on the coast we stop in the village of Casale Marittimo for lunch.

We finish the first day along a flat coastal road.

Approximately 145km for 1300m+  
(Course ORIGINAL 115km for 850m+)

Night in a 3\* hotel in Piombino



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## **Day 2 - A mountain in the sea: The island of Elba**

From Piombino we will take a ferry to the island of Elba (journey time 1 hour).

Arriving in Portoferraio the day begins on a quiet undulating road. We cross this splendid island which is literally a mountain in the sea, offering a succession of superb views. From the old village of Marciana we can see the island of Corsica and our other neighbours including the island of Capraia, Pianosa and Montecristo.

We pass by three beautiful beaches at Golfo di Campo, Lancona and Stella all tempting you to stop and take it easy!

We have one last climb up Rio Nell'Elba before enjoying the downhill to Portoferraio where we can see the landscape on the Italian continent and the Apuane Alps which will be our destination for the final two stages.

We finish the day in a magnificent hotel with a nice view of the citadel and the historic city of Portoferraio. Bathing in front of the hotel is recommended!

Approximately 85km for 1600m+  
(Course XXL 115km for 2000m+)

Night in a 3\* hotel in Portoferraio



### **Day 3 - Divine beauty: the cathedral of Siena**

The day begins early as it's about 10km to join the port of Portoferraio for our boat journey back to the mainland.

Arriving in Piombino we have a 30km cycle ride to take us deep into the peace and the beauty of the Tuscan hills.

We will pass by the magnificent village of Tatti and its "Piazza della cisterna".

The real Tuscan landscape really reveals itself to us here. We will pass some fantastic castles, villas and agriturismos along the route.

Approximately 150km for 1850m+  
(Course ORIGINAL 120km for 1460m+)

Night in a 3\* hotel in Siena



#### **Day 4 - The seventh wonder of the world: Florence !**

As a UNESCO World Heritage site, Florence is an unmissable stage for anyone cycling in Tuscany.

For this fourth day of cycling, we propose a slightly shorter stage common to both versions of our Giro di Toscana.

Today we allow you to recover a little before the last 3 stages, which are the toughest, but also, and especially to allow you to arrive early to visit the magnificent city of Florence.

We leave Siena northward by a small road to arrive in the village of Radda in Chianti. From here we take another fantastic route towards Florence.

Approximately 80km for 1260m+

Night in a 3\* hotel in Florence



### **Day 5 - The beginning of the end!**

We leave this morning for Bologna, seat of the oldest Western university (established in 1088). This city is the third architectural marvel of your trip.

We start to climb in altitude and as we do so, we watch the landscape change as we enter a mountainous environment.

As we depart from Florence we begin a 12km ascent, offering us an original view of the city. This is shortly followed by another climb for 15km and a height gain of 880m.

The end of this route is very hilly with some beautiful climbs!

Approximately 140km for 2680m+  
(Course XXL 110km for 2000m+)

Night in a 3\* hotel in Bologne



### **Day 6 - The most difficult!**

The end of the week is approaching... do you have the blues? You shouldn't do as these next two days will be action packed!

We leave Bologna by a small sinuous road which offers a magnificent view over the city. We climb, descend, climb up again... A stage without relief that will have you cursing the Italian road constructors - the degree of some of the inclines might well surprise you!!

Approximately 140km for 2500m+  
(Course XXL 120km for 2500m+)

Night in 3\* hotel in a little village in the Apuane Alps.



### **Day 7 - Descent to paradise**

This last day will be grandiose!

Your morning warm up is a 15km ascent to reach the peak of the week at 1574m. Do not despair as the fun is about to begin with a delirious descent of 90km!

We will soon reach the fortified town of Lucca, where we have our office and where you will have some time to take a tour of the ramparts to contemplate this superb little town.

The last 30km of this trip ends by climbing the Monte Serra (900m) with 7km steep ! The landscape at the top is fantastic with view on Lucca, Pisa, Alps Apuanes and, when the weather is clear, the island of Elba.

Upon your arrival in Pisa you have the end of the afternoon and evening to take advantage of this world-famous city.

Approximately 150km for 2500m+ and 3500m-  
(Course ORIGINAL 130km for 1700m+ )

Night in a 3\* hotel in Pisa



### Day 8 - The end

After your breakfast, you may wish to spend some time admiring the world-famous "Piazza dei Miracoli" and the leaning tower.

Transfer to the airport is an option.





## Additional information

### TARIFFS

Price from 1490 euros per person.

### OPTIONS

Single room supplement : 200 euros per person.

Road bike rental (Aluminium) : 215 euros per person.

Road bike rental (Carbon) : 310 euros per person.

### INCLUDED

Accommodation and all meals (lunchtime picnics and evening meals in restaurants) from midday on day 1 until after breakfast on day 8. The luggage transfer from one accommodation to the next. The accompaniment of a support vehicle and person throughout the trip.

### NOT INCLUDED

The transfer to the starting point of the tour, and the transfer after the tour. Drinks. Unplanned transfers. Bike rental. Any necessary bike repair costs. Personal expenses.

### LEVEL OF DIFFICULTY

For very keen cyclists. Daily stages from 80km to 150km, with some steep climbs and descents.

### CARRYING

Your luggage gets transported to each night's accommodation by the assistance van

### ACCOMMODATION

All nights in comfortable 3 star hotels in double rooms with private bathroom.

Single room option available

### SIZE OF GROUP

From 6 people

### DEPARTURES

1 annual departure for travellers wishing to join other like-minded cyclists group on a guided tour (last Sunday of September). (Other possible departures for private groups (friends, family, sports clubs etc) on request, with departure dates to suit you. 6 persons min. Please, contact us!)

### DEPARTURE

In front of Pisa airport.

Easy access by plane or train.

### DISPERSION

Pisa, transfer possible to the airport.

## 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).

## 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.

#### **IMPORTANT INFORMATION**

Obligatory helmet for evident reasons of safety.