

## Ride and drive from Pisa to the island of Elba via the Tyrrhenian Coast

8 days/ 7 nights

Explore the heart of Italy, Tuscany and its beautiful hilly landscapes dotted with vineyards, olive groves or cypress trees. Known as a treasure trove of magnificent rides by mountain bikers all over the world, Tuscany will surely sweep you away with its surprising paths and single tracks.

The island of Elba will also be a great opportunity to ride your mountain bike amidst grandiose landscapes and relax on some of the best beaches in the whole of Europe.

[Prepare your trip](#)

A luxury version of this trip is also available [here](#).

### YOUR PROGRAM

#### Day 1 - Arriving in Pisa

Your trip starts in Pisa. Depending on your time of arrival, you will be able to ride around the Monte Serra (917m), a mythical mountain which separates Lucca from Pisa. The views over Pisa, the Tyrrhenian Coast and the island of Elba are truly spectacular.

Those who wish to arrive later during the day can visit the historical centre of Pisa and its famous leaning tower.

Night in Pisa.



#### Day 2 - Marina di Castagneto

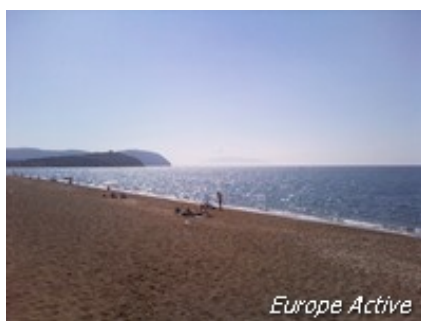
Continue your Italian cycling adventure by cycling to Marina di Castagneto, a little seaside town popular among tourists during the summer. Take a break there and walk along the town's beautiful white sandy beach or swim in its crystal clear waters.

First, you will leave your hotel by cycling onto a 5km road which goes through the hills of Castagneto and Sassetta. Then, climb uphill for 4km along roads skirted by fragrant vineyards. You will soon reach Sassetta, via paths and single tracks, and the Lake of San Martino will quickly come into sight. You will then continue today's ride with a gentle 9km climb to the Casenti summit. Finish the ride with a thrilling swooping descent and, once you are back in your hotel, enjoy watching the sun set.

Distance: 53km.

Height gain: 1250m.

Night in a hotel opposite the beach in the town of Marina de Castagneto.



### Day 3 - Massa Marittima

For this third day of cycling, pedal your way to the splendid medieval town of Massa Marittima. Located on the hilltops of Follonica, this particular region offers great panoramic views over the coast and the island of Elba as well as a perfect environment for mountain biking (beautiful forests, little paths, single tracks and lakes). You will then have the opportunity to complete a great cycling loop on the hilltops of Massa Marittima with a great variety of roads and paths to look forward to.

While riding through hills, enjoying panoramic views and coming across old mansions, discover the ancient mines and railway installations of Montebamboli. In other words, this is another great day of cycling!

Distance: 40km.

Height gain: 900m.



#### Day 4 - Piombino

Today's destination is Piombino, a little seaside town with a charming port, located in the province of the Livorno.

The roads around the promontory of Piombino are fun to ride and they also have great viewpoints. After a few steep climbs, leave your bike aside for a while and walk along paradisiacal coves with great views over the island of Elba. You can also walk up to the castle of Populonia. A visit of the castle is recommended.

Night in Piombino. Your hotel and its private beach will also offer you breathtaking views over the island of Elba. From the terrace of your hotel, enjoy watching the sun set on Elba.

Distance: approximately 35km.

Height gain: 700m.



### Day 5 - Isola d'Elba

Today, you will take the ferry to get to the island of Elba (duration: 1h00). This Mediterranean island is famous amongst mountain bikers for the great quality of its paths and its wonderful setting.

First, head to the south of the island and a charming port where you will spend the night. Then, continue with a great and demanding cycling loop. After riding along the little airfield of Capo nell'Elba, turn right and cycle onto the GTE path (Grande Traversata d'Elba or the Great Crossing of Elba) which goes from the east coast to the western part of the island. Then, take a detour to the Villa San Martino which used to be Napoleon's summer residence. You will end this ride by cycling back to your departure point via a path along the southern coastline.

Night in Campo nell'Elba.

Distance: 35km.

Height gain: 1400m.



### Day 6 - Monte Capanne

Today, you will ride in the direction of Monte Capanne, which is the highest mountain on Elba. It culminates at 1019m.

Cycle onto a quite little road and admire the bay of the Campo nell'Elba. The scenery will soon change as you pedal your way through the Monte Perone, with views of the North Coast, the bay of Marciana and even Corsica on a sunny day. The road soon joins a technical little path which runs along the Monte Capanne. Today's stage ends with a ride through a magnificent pine tree forest and with a thrilling long descent.

Night in Campo nell'Elba.

Distance: 45km.

Height gain: 1500m.



### Day 7 - Capoliveri

For your last mountain biking day, leave the little hilltop village of Capoliveri (167m) and head to the southern tip of the island. You will also get to ride around the most beautiful beaches of the island and the Monte Calamita (413m). Leave your bike aside for a while and discover peaceful little coves which are only accessible on foot or by boat. This is an easy and enjoyable itinerary during which you will also be able to visit old magnet stone mines. Keen riders will also have the opportunity to cycle along paths that run around the Monte Calamita.

Night in Portoferraio.

Distance: 40km.

Height gain: 900m.



### Day 8 - La fine!

Your trip ends here after breakfast, during your ferry crossing.



## Additional information

### TARIFFS

Price from 690 euros per person.

### OPTIONS

Supplement for single bedrooms : 180 euros per person.

Renting a mountain bike (contact us for fares and other information) : 0 euros per person.

Car rental (from Pisa airport) : 260 euros per person.

Supplement for July departures : 130 euros per person.

GPS tracks on USB stick : 25 euros per person.

### INCLUDED

7 nights in 2 and 3 star hotels (double bedrooms), breakfast from day 2 to day 8, ferry crossing from Piombino to Portoferraio and from Portoferraio to Piombino (car transport included - length: 5m max.), information package with maps and road-books, local assistance (everyday from 8.00am to 8.00pm).

### 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, beverages and meals (except breakfasts), bike rental, repair costs, visits of tourist sites, optional activities which are not included in the tour, personal expenses.

**LEVEL OF DIFFICULTY**

Roads and mountain paths. Distance: from 35 and up to 45km a day. Height gains: from 700 and up to 1500m.

**CARRYING**

You will only need to carry items that you wish to have available during the ride (camera, wallet etc).

**ACCOMMODATION**

7 nights in 2 and 3 star hotels.

**SIZE OF GROUP**

From 2.

**DEPARTURES**

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

No departures in August.

**DEPARTURE**

Pisa (day 1).

**DISPERSION**

After your ferry crossing to Piombino (day 8).

**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).