

Bicycle Tours in Italy: Bike Across Tuscany - Lucca to Florence Crossing the Heart of Tuscany

OVERVIEW

Among the dreamed destinations in the historic Grand Tour of Europe, Tuscany still today evokes romance, art, culture, wine, cuisine and quintessential scenery. Pedal through art cities, medieval villages, scenic vineyards and olive groves on this 8-day bike tour through the heart of Italy. We'll traverse the region from north to south, hitting UNESCO World Heritage Sites, Renaissance and Medieval towns like Lucca, Vinci, San Gimignano and Siena. Staying in local three-star hotels in smaller and charming towns, you will delight in Tuscan delicacies and the famous red Chianti wine. Our tour ends in the Tuscan capital, the majestic and inspiring Florence. Through it all, you will relish in the camaraderie of your cycling companions while our top-notch guides help make this a memorable experience.

HIGHLIGHTS

TOUR FACTS

Tour Style	 Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	<p>Includes</p> <ul style="list-style-type: none"> 7 nights lodging in 3-star accommodations All breakfasts 3 dinners with local wine Entrance ticket to Pisa Leaning Tower Support van and driver every day cycling Private transfer Siena-Florence on non-cycling day Casual walking tour of Florence Our exceptional local tour leaders Bike fitting and welcome meeting at tour start Reservation and travel assistance (our pre-travel documentation will help you prepare for the bike tour, including arrival and departure details, and much more) Access to smartphone app with routes and digital roadbook (with detailed tour information) <p>Not Included</p> <ul style="list-style-type: none"> Airfare or travel to and from the tour start and end Bicycle rental (see rentals rates in Prices tab) Entrance to museums or other activities not indicated as included Any meals or beverages not indicated as included Any type of insurance (medical, trip cancellation and interruption, baggage, bike rental) <p>Private rooms available upon request: please inquire. Private and Custom groups: if you are interested in customizing this itinerary, hotels or tour package inclusions, please contact us - we are experts at personalizing our tours and services, and can tailor-build the bike tour of your dreams!</p> <p>PLEASE NOTE : The final itinerary, including hotels and/or activities described here, are subject to changes according to availability.</p> <p>Tour code: itbg3852</p>

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Italy

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Begin/End	Lucca / Florence
Countries	<p>How to get there and away: Recommended arrival and departure airport: Florence Amerigo Vespucci Airport (FLR), or Pisa Galileo Galilei Airport (PSA)</p> <p>Tour starting point: Lucca We recommend flying into Pisa International "Galileo Galilei" Airport (PSA), but you can also fly into Florence "Amerigo Vespucci" Airport (FLR)</p> <p>By taxi: taxis from Pisa "Galileo Galilei" Airport (PSA) to Lucca take about 45 minutes. The taxi stand is in front of the airport on the arrivals side By train: Once you arrive in Pisa "Galileo Galilei" Airport (PSA), you will find the People Mover to get to the Pisa Centrale train station in less than 10 minutes. From Pisa Centrale to Lucca, trains run approximately every 30 minutes and take about 30 minutes. If flying into Florence "Amerigo Vespucci" Airport (FLR), you can reach Lucca taking a bus from the airport that will take you directly to the Lucca bus station, then you can take a taxi or have a 15 minute walk up to the hotel.</p>
Arrive/Depart	<p>Tour ending point: Florence We recommend flying out of Florence Amerigo Vespucci Airport (FLR). It is also possible to fly out from Pisa International "Galileo Galilei" Airport (PSA).</p> <p>From the hotel, take a taxi to the airport. Agree on a fare before entering the taxi. Travel time to the airport is about 15-20 minutes, depending on the traffic From the hotel, you can take a 20-minute walk (or public transportation) to the train station. From there, you can catch a bus to Florence airport, it's a 20 minute trip that close to the Santa Maria Novella Train Station If you are flying out of Pisa "Galileo Galilei" Airport (PSA) you can reach Florence main train station (Firenze Santa Maria Novella) with a 4-minute walk, then take a regional train to Pisa central station. Once you arrive at Pisa station you can take a taxi to the airport, or you can use the People Mover or bus.</p> <p>Final arrival and departure instructions?along with other detailed pre-travel documents, will be e-mailed prior to your travel, with information specific to your departure (including the actual hotels used on your tour dates, which may vary from the hotels listed above.)</p>
Total Distance	275 km (170 miles)
Avg. Daily Distance	52 km (33 miles) per riding day
Tour Level	
Keep in Mind	<p>We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. This is a great tour for active people (who regularly run, bike, or work out) without much bicycle touring experience. Also great for intermediate to advanced cyclists who want a fun vacation, enjoying some hills every day. You will ride 35-68 km per day, on rolling to hilly terrain with a few steeper or longer climbs on some days, using paved backroads with little traffic (on some shorter stretches we share the roads with cars), as well as some hard-packed gravel roads with very little traffic. Experienced cyclists who want longer, optional rides at the end of the programmed ride will have these available</p>
<p>Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  online itinerary for the most up-to-date trip information including arrival and departure tips before you depart for your trip:</p>	

<https://dev.experienceplus.com/bike-tours/italy/bike-across-Tuscany-guided-ce>



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DATES & PRICES

This tour is also available for private groups - contact us with your planned travel dates, and we will create your private departure.

*2024 price, per person, based on double occupancy; minimum 6 participants per departure.

High-Season surcharge (May and June; September and early October): a €100 per person surcharge is applied.

To inquire about a private or custom tour date, or to join an our calendar departures, please use our [FAQs page](#) for all the details on how our bike tours work!

- Our guided tours include an expert local tour leader, as well as van support. We also include access to our smartphone app and GPS tracks for navigation - this page details [the differences between Guided and Self-Guided Tours](#).

Are you interested in a departure, or do you have questions? We are happy to help! Please inquire through our contact form, below.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	55km / 300m (34mi / 985ft)			
3	65km / 601m (41mi / 1970ft)			
4	68km / 1000m (42mi / 3280ft)			
5	36km / 530m (23mi / 1740ft)			Today's ride is an optional loop ride
6	45km / 774m (28mi / 2540ft)			
7	Rest Day			
8	Last Day			

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Highlights Test ride on Renaissance walls

Meet in Renaissance Lucca, a short train or bus ride from Florence or Pisa airports. We'll fit bicycles and enjoy a fun 4 km test ride around the most well-preserved fortified walls in Italy. If you arrive early, make sure to stroll through the city center, visiting the amphitheater (originally built by the Romans and transformed over the ages), the unique Torre Guinigi (with a tree growing on top of the medieval tower), and the marble-faced majestic Duomo. A welcome dinner tonight in a local trattoria starts off our tour together. Daily distance: 4 km (or more!) Meals: dinner Accommodation: Hotel La Luna, or similar.

DAY 1: Fri, Oct 7th

Meals Dinner

Lodging  Hotel La Luna

Bike to Pisa

Highlights The Leaning Tower and "Square of Miracles"

A roundtrip ride to Pisa following the nearby river takes us into the center of this fascinating city to visit the impressive medieval "Square of Miracles", which was built to represent everything a human would need: the Romanesque Baptistry, the Cathedral, the "civic" bell tower (which began to lean and now is the most famous building here!), and, at life's end, the Monumental Cemetery. We'll explore Pisa before a delightful return ride to Lucca. Daily distance: 65 km (41 miles) Elevation gain: 330 m (1080 ft) Meals: Breakfast Accommodation: Hotel La Luna, or similar.

DAY 2: Sat, Oct 8th

Distance 55 km (34 mi)

Gain 300 m (985 ft)

Meals Breakfast

Lodging  Hotel La Luna

Ride to Vinci

Highlights Leonardo's birthplace; Night in a Tuscan farmhouse

Leave Lucca for the small village of Vinci, birthplace and home to the world-famous genius Leonardo da Vinci. A highlight here is a visit to the small town centre, including the town's museum with wooden models of many of Leonardo's inventions (many of which were never built in his lifetime). Not only a painter, Da Vinci was also an engineer, creating hydraulic machines, war machines and several other fascinating artifacts (like the bicycle!) that show how ahead of his time he was. Tonight's lodging is another tour highlight - the chance to sleep in a Tuscan farmhouse (called an "agriturismo" in Italy), set on the Montalbano hills in the Chianti wine region, surrounded by vines, cypresses and olive groves. The farm produces extra virgin olive oil, Chianti DOCG wine as well as white wine and the local vin santo (a sweet wine

DAY 3: Sun, Oct 9th

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enjoyed with dessert). Our tour leader will host a group dinner tonight. Daily distance: 60km (38 miles) Elevation gain: 500 m (1640 ft) Meals: breakfast, dinner
Accommodation: Agriturismo Il Piastrino, or similar.

Distance 65 km (41 mi)

Gain 601 m (1970 ft)

Meals Breakfast

Lodging  Hotel Monna Lisa

Bicycle Tours in Italy: Bike Across Tuscany - Lucca to Florence Crossing the Heart of Tuscany**Ride through Classic Tuscany****Highlights** Picture Perfect Tuscany

We'll leave the province of Florence to enter its historic rival's territory: Siena, on the way passing through the charming ceramics town of Montelupo Fiorentino. A climb takes us up to a ridge road which we'll follow to tonight's destination. We are in quintessential Tuscany here, with cypress trees, olive groves and vineyards spread out across the surrounding landscape. This evening's destination, Colle di Val d'Elsa, is a classic walled medieval Tuscan town on a hill, still full of charm and history. You'll enjoy exploring its cobble-stoned streets and alleyways. Daily distance: 72 km (45 miles) Elevation gain: + 1030 m (3300 ft) Meals: Breakfast Accommodation: Palazzo Renieri, or similar.

DAY 4: Mon, Oct 10th**Distance** 68 km (42 mi)**Gain** 1000 m (3280 ft)**Meals** Breakfast**Lodging**  Palazzo Renieri**Ride to San Gimignano****Highlights** Optional loop ride

An optional loop ride to the nearby town of towers - San Gimignano. Once home to dozens of tower-homes, the twelve or so that have remained are still striking to the eye as we approach. Enjoy a stroll through the center of this compact, walled medieval town and perhaps a taste of its signature wine, Vernaccia. We'll point out a few of our favorite osterie, or local restaurants, before we return to our own medieval town of Colle di Val d'Elsa. Daily distance: 36 km (22.5 miles) Elevation gain: + 580 m (1900 ft) Meals: Breakfast Accommodation: Palazzo Renieri, or similar.

DAY 5: Tue, Oct 11th**Distance** 36 km (23 mi)**Gain** 530 m (1740 ft)**Meals** Breakfast**Lodging**  Palazzo Renieri**Bike to Siena****Highlights** Postcard Tuscan landscapes; Siena

We continue pedaling south to reach Siena, considered by many to be the most striking Tuscan city (even more so than the Renaissance capital, Florence). After cycling through classic Tuscan scenery and plenty of rolling hills, we'll settle into our hotel and then enjoy some of the famous sights – like the Romanesque-Gothic Cathedral and the unique shell-shaped Piazza del Campo, which twice a year becomes a tightly-packed horse race field for the annual "Palio". You'll want to explore the countless alleys and tight streets that bring surprises at every turn. If you prefer to take a break from the bike today, transfer by public bus directly to Siena. Daily distance: 48 km (30 miles) Elevation gain: + 843 m (2760 ft) Meals: Breakfast Accommodation: Hotel Italia, or similar.

DAY 6: Wed, Oct 12th**Distance** 45 km (28 mi)**Gain** 774 m (2540 ft)**Meals** Breakfast**Lodging**  Hotel Italia

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Highlights Rest day - exploring Siena and Florence

After a few morning hours exploring the marvelous alleys and piazzas of Siena, we will travel to its historic rival city and today's Tuscan capital, the mighty Florence (private shuttle included). An informal walking tour in the city centre will take us through some of the landmark sights, such as the Piazza Santa Croce, the Palazzo della Signoria, and the stately and jaw-dropping Duomo. You can spend more time exploring on your own, or even visit some of the world-famous museums nearby. We'll celebrate our bike tour with a goodbye group dinner! Meals: breakfast, dinner Accommodation:

Meals Breakfast

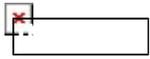
Lodging  Hotel Villa Royal

Tour ends in Florence**DAY 8: Fri, Oct 14th**

Highlights Farewell!

We say goodbye this morning. For those wishing to continue their time in Tuscany, Florence provides a great base for further exploration, as well as the perfect place to close your dream Italian holiday. If your travels end today, we will provide suggestions for arriving to the nearby Florence airport. Breakfast at the hotel this morning. PLEASE NOTE: The final itinerary, including hotels and/or activities described here, are subject to changes according to availability. City hotel taxes are not included.

Meals Breakfast



WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://ep-2023.localhost/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://ep-2023.localhost/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a used helmet, please contact us.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform

to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

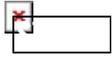
Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.



OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5



We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

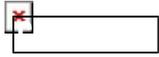
LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.



TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://ep-2023.localhost/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://ep-2023.localhost/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://ep-2023.localhost/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://ep-2023.localhost/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://ep-2023.localhost/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://ep-2023.localhost/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!

