

## ITALY – LUCCA, PISA AND THE TUSCAN COAST

8-day / 7-nights easy to moderate cycling exploring Lucca, Pisa and Elba Island



This is a journey between land and sea, exploring a region rich in history, art, culture and a wide variety of landscapes, from golden Tuscan beaches to wonderful inland villages and natural parks. Crossing the lake area of Massaciuccoli we reach the Renaissance walls of Lucca and visit the astonishing Piazza dei Miracoli in Pisa. The land is a glorious contrast of natural terraces overlooking the sea and the countryside, and historical cities with paved alleys, neat squares, and ancient workshops.

Following the sandy beaches and rocky inlets of the Gulf of Baratti, discover Populonia, an ancient Etruscan village, with San Cerbone necropolis, and eventually reach the highlight of the Tuscan archipelago, Elba island, with its stunning white sandy beach & crystal clear waters. An average of 20 - 60 km cycling per day – with some undulating terrain)

**Departs:** Every Saturday from 12<sup>th</sup> May to 23<sup>rd</sup> June & from 1<sup>st</sup> September to 20<sup>th</sup> October 2012

**Cost:** AU\$1995 per person twin share Single cabin supplement AU\$1220

**Departs:** Viareggio (near Lucca) to San Vincenzo (south of Pisa)

**Highlights:** Overnight stays in Viareggio – Marina di Pisa in port – San Vincenzo – Marina di Campo – Porto Azzurro. Visits to Lucca, Pisa, medieval villages, Tuscan Coast & Elba Island

**Cruise includes:** 7-nights in a double/twin cabin with bathroom, all meals from dinner on day 1 to breakfast on day 8 (picnic lunches) except for dinner on one night in Porto Azzurro, Italian/English speaking guide, bike hire (21-speed), sheets and towels etc.

Your accommodation is on an extremely comfortable, traditional Turkish sailing boat or caique, finished in mahogany, combining the antique charm of an ancient vessel with the functionality of a modern boat. There are just 6 cabins (2-doubles and 4-twins) accommodating up to 12 passengers. All cabins are air-conditioned with private bathrooms. The fore and aft decks have large cushions for guest's to lie on and sunbathe or just relax & take in the views.

**Not included in tour:** Transfer to/from the starting point, drinks, entrance fees (museums, parks, monuments), 1 dinner in Porto Azzurro, tips or gratuities, travel insurance or any personal extras. Also, in exceptional cases, 3 nights in port instead of anchored at sea on nights 3, 4 and 5 (if necessary, due to inclement weather/sea conditions – approximately €20 - 50 per person per night, paid locally)

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

Bike and Boat cruises combines two popular ways of exploring Europe (easy to moderate cycling with island or coastal cruising). They allow partners of different abilities and interests to holiday together (trips are just as interesting for non-cycling partners, leisure cyclist OR enthusiasts), you unpack once and come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom. These cruises are rapidly becoming the thing to do in Europe appealing to the more active mature traveller.

These cruises offer the opportunity to explore beautiful countryside and historic cities sampling local wines and fresh seafood in the company of like-minded cyclists. Tours are conducted in English but passengers may include a mix of different nationalities - including English or German speaking with French, Italian or Dutch as the other main languages - adding to the cultural enjoyment of the tour.

The meals served at dinner each night are inspired by recipes and ingredients found in local markets and seaside villages along the route. Carpaccio, fresh seafood and vegetables, pasta, meat and the wild herbs of Mediterranean Tuscany, are just some of the many options provided.



**Suggested itinerary:** subject to weather & sailing conditions – itinerary operates in reverse on alternate weeks

### **Day 1: Arrive in Viareggio**

Plan to arrive at the Port of Viareggio, by 6.00pm. There are frequent trains from Pisa Centrale to Viareggio and the journey takes about 20 minutes. Once onboard, enjoy a welcome drink and presentation of the program for the week ahead.

### **Day 2: Viareggio – Lucca – Viareggio (32 Km or 64 km)**

Set off from Viareggio and cycle towards Lucca, crossing the Massaciuccoli Lake Natural Reserve on the way. Once in Lucca, visit of the city and take a bike tour on the ancient city walls surrounding the historical city centre. You can then return to Viareggio by local train (at own expense) or cycle a circular route back to Viareggio. Dinner and overnight onboard our motor yacht in the port of Viareggio.

### **Day 3: Viareggio – Pisa – Marina di Pisa (40 km)**

Today you head towards Pisa, cycling along the sea, on the borders of the San Rossore National Park. Once in Pisa, take a break at the stunning Piazza dei Miracoli, possibility of visiting the Tower and the Cathedral. Then cycle to the Port of Marina di Pisa and board the caique, in time for dinner and for your overnight stay, anchored just off shore.

**Day 4: Cala dei Medici – Bolgheri – C. Carducci – San Vincenzo (56 km)**

This morning the caique sails from Marina di Pisa towards Cala dei Medici (Rosignano Solvay). You then cycle across the wonderful pine forest of Tombolo di Bibbona and continue towards Bolgheri and Castagneto Carducci, before finally reaching the port of San Vincenzo, in time to board the caique for dinner and for your overnight stay, anchored just off shore.

**Day 5: San Vincenzo – Populonia – Isola d'Elba (34 km)**

From San Vincenzo we cycle towards the village of Campiglia Marittima until we reach the Gulf of Baratti and Populonia, with its Etruscan archaeological remains. Time to explore before returning to the boat in Baratti, and sail towards Elba Island. Dinner on board. We stay overnight just offshore of Marina di Campo.

**Day 6: Marina di Campo – Porto Azzurro (38 km)**

From Marina di Campo, explore the southern part of Elba Island, reaching the little village of Fetovaia. Then cycle to the village of Lacona and to the Porto Azzurro. You are free to choose your own restaurant for dinner tonight (at your own expense) and there are several to choose from. We stay overnight in the Port of Porto Azzurro.

**Day 7: Porto Azzurro – Cavo (25 km)**

The itinerary today rides through one of the most charming landscapes of the whole island. From Porto Azzurro we cycle along the scenic road of the east part of the island, to finally reach Rio nell'Elba, Rio Marina and Cavo. Return to the boat and then sail to San Vincenzo. Dinner and overnight in the port of San Vincenzo.

**Day 8: Tour ends at San Vincenzo**

Tour ends after breakfast. Disembark at 9am. There are frequent trains between San Vincenzo and Pisa Centrale (journey time around 1 hour) for your onward connections.



We offer this as a Bike & Boat cycling tour however, you can decide each day if you want to join the bike ride cycling as part of the group with the guide or independently or not to ride at all if you prefer to stay with the boat. The tour requires a minimum number of passengers to operate.

Outdoor Travel offers Bike & Boat cruises to many areas of Europe including the Dalmatian coast of Croatia, the islands of Greece & Turkey or in Denmark, even Vietnam. We offer several canal & river Bike & Boat routes in Holland, Belgium & Germany – along the Saar, Moselle & Rhine or in northern Germany from Berlin. We have tours in Italy on the Amalfi Coast or from Venice & also along the River Danube in Austria or Hungary.

Other sailing holidays are available in Corsica, Tuscany or Sicily & also in Australia. Cycling tours are available in most destinations in Europe, Australia & New Zealand - ask for details

**Contact the experienced staff at Outdoor Travel for more details and reservations:**

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