

cycle pisa to florence



trip highlights

- Cycling through the beautiful Tuscan countryside
- Exploring the renowned cities of Pisa, Lucca and Florence
- Enjoying the fantastic cuisine of the region
- Discovering the historical monuments of the region



Trip Duration	8 days
Grade	moderate
Activities	SELF GUIDED CYCLING
Accommodation	HOTEL

Kia Ora from Adventure South

Thank you for your interest in our Cycle Pisa to Florence adventure. It's a superb adventure and we hope you'd like to come along. Adventure South has been operating active holidays throughout New Zealand since 1992. From our years of experience in New Zealand we have made a number of business partners along the way. One of our partners in Italy have a range of self guided cycle itineraries that are just too good to pass by. Their self guided cycle packages take you beyond the more popular and busy trails to provide you with a truly unique experience.

Their itineraries aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to their awesome adventures. Go forth, go north - join us on this amazing value packed adventure!

why travel with Adventure South?

"Small groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are our quality itineraries. They have been developed with years of personal experience to ensure that you have a great vacation and the right degree of personal challenge. We have now teamed up with our partners in Italy to be able to offer you the best self guided cycle packages around! You don't have to worry about any of the logistics just the great cycling and delicious food. Best of all, they start on virtually any day of the week, so you can combine any tour to create exactly the holiday you want. Compare the price and you will see that we offer great value active programs that are virtually all-inclusive, giving you more time to enjoy the wonders you've come to experience.

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trip dates

Weekly on Saturday from 7 Apr to 13 Oct (+ Monday in Jul)

trip cost

Joining Pisa: \$1690

options & supplements

H - High season surcharge - Sep to Oct: \$46

Single Supplement: \$370

fast facts

Countries Visited:

Italy

Visas:

Visas are not required for citizens of Australia, Britain, Canada, USA and New Zealand for stays of up to 90 days. For all other nationalities and longer stays please contact the relevant embassy.

Leader:

This journey is unescorted

*Ask our staff for more information.

the trip

Discover the magic of the Tuscan countryside as you cycle over rolling hills and through vineyards between Pisa and Florence. From the leaning tower of Pisa to the Ponte Vecchio in Florence, the beauty of the Tuscan landscape has influenced artists, sculptors, and painters including Leonardo di Vinci and Puccini. Wind your way through delightful and enchanting Renaissance cities including Lucca, Pescia and Pistoia. You will cycle through vineyards and olive groves, along the Arno river, and even among the villas of the famous Medici family.

at a glance

DAY 1	ARRIVE PISA
DAY 2	CYCLE ALONG THE SERCHIO RIVER TO LUCCA (30/45KM)
DAY 3	ROUND CYCLE THROUGH THE COUNTRYSIDE SURROUNDING LUCCA (40KM)
DAY 4	CYCLE THROUGH THE VILLAGE OF COLLODI TO MONTECATINI (45KM)
DAY 5	RELAX IN MONTECATINI, OR ROUND CYCLE AMONG VILLAS OF THE MEDICI FAMILY AND VINCI (60KM)
DAY 6	CYCLE TO THE BEAUTIFUL CITY OF FLORENCE (50/65KM)
DAY 7	BY TRAIN TO EMPOLI AND CYCLE ALONG THE ARNO RIVER TO PISA (65KM)
DAY 8	TRIP CONCLUDES

what's included

- 7 breakfasts - varied buffet breakfasts are served at each hotel
- 7 nights accommodation in 2 to 4 star hotels on a twinshare basis with private facilities
- Bicycle, 27 gear with puncture resistant tyres, gel saddle, saddlebags and helmet
- Luggage transfers
- Tour information on-site by a local representative
- Route description and maps
- 7 day hotline service

detailed itinerary

DAY 1 Arrive Pisa

Make your own arrival to Pisa, the city famous for its magic Piazza dei Miracoli (Square of Miracles) with the characteristic leaning tower. Pisa has been part of the UNESCO World Heritage since 1987, and has a large number of monuments as well as the friendly and lively atmosphere of a university city.

meals: NIL

DAY 2 Cycle along the Serchio river to Lucca (30/45km)

Today you will cycle northwards along the river Serchio, across the Pisan countryside and arrive in Lucca. For those who want a harder cycle, there is a more demanding and longer route that runs along the Monti Pisani (the Pisan mountains). The medieval city of Lucca will welcome you with its charm.

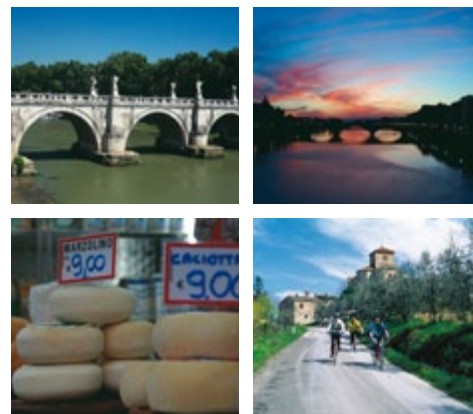
meals: B

DAY 3 Round cycle through the countryside surrounding Lucca (40km)

The itinerary for today follows a ring-shaped pathway in the surrounding countryside, but if you prefer you can stop to visit the innumerable palaces, churches and towers of this enchanting Tuscan

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city. Not to be missed is a tour inside the perimeter of the wonderful Renaissance walls, which are still completely intact and are considered the best preserved in Europe. A visit to the Roman amphitheatre (II century AD) is also a must.

meals: B

DAY 4 Cycle through the village of Collodi to Montecatini (45km)

Today you will cycle through a panoramic road to the little village of Collodi and the town of Pescia. In Collodi, where the author of Pinocchio spent his childhood, you can visit the famous Pinocchio's Park (created in 1962) and the aristocratic Villa Garzoni. In Pescia you can enjoy a quiet stroll among churches, palaces, Renaissance mansions and the typical street flower market.

meals: B

DAY 5 Relax in Montecatini, or round cycle among villas of the Medici family and Vinci (60km)

Today you once again have two possibilities to choose from. You can relax in one of the most famous thermal cities in Europe and stroll down the narrow lanes of the old city, which is situated on a hill and can be reached by a characteristic cable-railway. Alternatively, a picturesque cycling itinerary will lead you among villas of the Medici family, olive groves, vineyards and beautiful historical farms, and past Vinci, the birthplace of Leonardo da Vinci. In Vinci it is possible to visit the Leonardo di Vinci museum. Return to Montecatini.

meals: B

DAY 6 Cycle to the beautiful city of Florence (50/65km)

Today you can choose to start cycling from Montecatini or to shorten the trip through a short train ride to Pistoia, rich in Romanesque and Renaissance monuments. On today's cycle you will be immersed in the Tuscan flatlands en-route to Florence, the cradle of the Renaissance. It will be up to you how decide to spend your time in one of the world's most beautiful cities. Things you should not miss include the Statue of David, the Piazza della Signoria, the Duomo, and the Ponte Vecchio over the Arno River.

meals: B

DAY 7 By train to Empoli and cycle along the Arno river to Pisa (65km)

This morning you will need to take the train to Empoli (approx. 30 min and 6 Euro per person). From here you will start to follow the Arno river by bike. You will cycle entirely along level ground until you reach Pisa for your last overnight stay.

meals: B

DAY 8 Trip concludes

After breakfast the trip concludes.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Tuscany needs little introduction. Since the time of the Renaissance, the region has held a reputation for fine architecture and art. Tuscan masters Leonardo da Vinci, Donatello and Michelangelo and architects Brunelleschi (responsible for the dome in Florence's Duomo) and Leon Battista Alberti, had an enormous impact in their fields of expertise. The cultural and artistic centres of Florence, Pisa and Siena have long been on the Italy 'must see' list and for good reason. The piazza's, museums and impressive cathedrals offer a wealth of interesting artworks, grand architecture and living culture. Tuscany is home to the Chianti wine region, a veritable olive industry and numerous gastronomic delights. The region extends from the mountainous north to the more gentle hills of Chianti and the flat plains in the south. It



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is not surprising that just one third of the region is flat. Characteristic of the Tuscan landscape are medieval hill top towns retaining much of the charm of years gone by. The Tuscan coastal region on the Tyrrhenian Sea stretches from Marina di Carrara in the north to Orbetello in the south, and includes a number of islands, including the largest Elba.

climate

Italian summers are hot. From late June to September, highs of 35 degrees Celsius are common. Spring and autumn are the nicest times of year, specifically, April to early June and September to October are the most pleasant months to cycle. Average daytime highs are around 20-25 degrees Celsius.

joining instructions

Before departure you will receive details of your joining hotel. On arrival at the hotel you will receive your Information Package which includes:

Hotel vouchers

equipment required

Wet weather gear, sunscreen, bike helmet and sun hat. (A comprehensive gear list is provided in the pre-departure information provided on booking).

non exclusive trips

Please note that this trip isn't Adventure South exclusive and is run by our partners in Italy. We've been working with them for a while and are confident to say it's an awesome package.

what's not included

- Lunches, dinners and drinks
- Local hotel taxes
- Optional train tickets mentioned in the itinerary
- Entrance fees
- Transport to and from Pisa
- Tour guide - this is a self guided tour
- Items of a personal nature
- Travel insurance

responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel. Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.

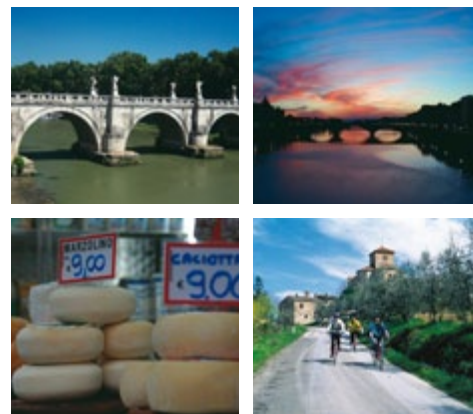
Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing. We started this journey many years ago, and acknowledge we still have a lot to learn. We invite you to join us!

trip grading

MODERATE – GRADE 3

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This trip involves 6 days cycling with daily cycles of 30 - 65km. The route is mostly on flat areas with some hilly sections that are not too difficult. Much of the cycle is on asphalt roads with low traffic. There are some sections on dirt paths. You will need a reasonable level of fitness to participate fully in this adventure. You need only carry your camera and water bottle. Your luggage is transported for you between hotels. *For safety reasons, we insist that cycle helmets be included as a compulsory item on your equipment list.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with one of our staff.

important note

These trip notes represent the most current information available for this itinerary, and supersede any information detailed in the current brochure, including but not limited to the itinerary and price.

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at www.advsouth.com

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax or post the form to Adventure South. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on guide@advsouth.co.nz

