

Cycling in Tuscany from Pisa to Siena

A 7 day Bike Tour

Tour Code: ITTOS02C



This bike tour starts in Pisa, with its tower and baptistery located in the magnificent worldwide famous Piazza dei Miracoli and ends in Siena, the city of the Palio. This is a particular journey full of emotions, cultural and spiritual at the same time, as you will cycle from Lucca to Siena, the heart of the Via Francigena. The Via Francigena is an ancient pilgrimage route that pilgrims used to walk up to the holy city of Rome: they came from France (hence the name Francigena) or from Northern Europe. With this bike tour, you will have the opportunity to admire famous art cities such as Pisa, Lucca, San Gimignano, and Siena: you will cross the Val d'Elsa and, at the same time, retrace the steps of the ancient pilgrims who faithfully proceeded along this itinerary. In Siena, you stay two nights so you can dedicate yourself to the Gothic Duomo, the Palazzo Pubblico with the Torre del Mangia, and take some time on one of the most famous squares in the world, the Piazza del Campo, where every year the Palio takes place. From Siena you will make a ring tour to Monteroni d'Arbia. This tour will be pleasant, with not too heavy bike rides, which will allow you to have more time to visit and appreciate the monuments along the route, the typical Tuscan landscape and last but not least enjoy the Tuscan food and wine specialties.



Period: every Saturday from 27th March to 9th October 2021. Other days of departure available upon request for minimum 5 people.

Participants: minimum 2. Single traveller upon request.

Level: 2,5 - medium difficulty with some days leaning to difficult.

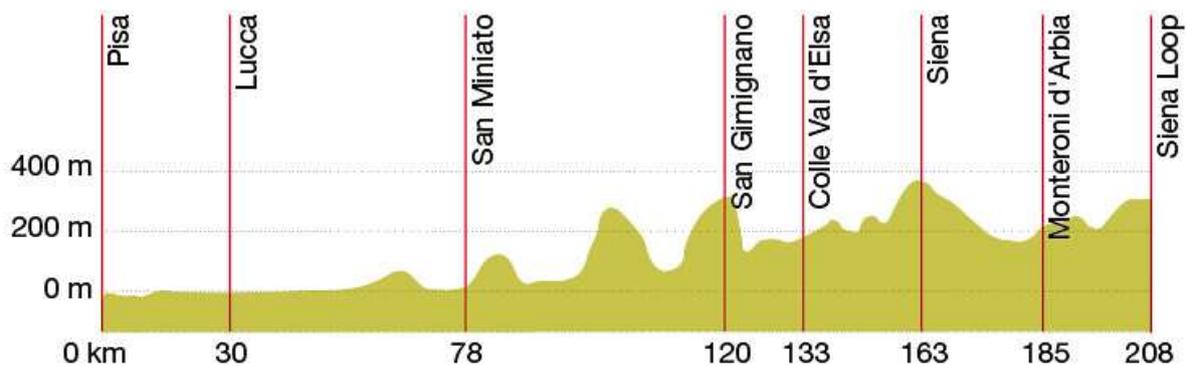
The itinerary is of medium difficulty and follows, wherever possible, the ancient pilgrimage route of the Via Francigena. The daily kilometres are not too long and also the differences of level not too much. However some cycle experience is needed. The route follows mostly quiet asphalted and dirt roads. The first stages are mostly flat, but from San Miniato to Siena the landscape becomes hilly. You cycle here through an undulating landscape with descents and climbs of a medium difficulty. Between day 2 and 3 there is a short transfer by train. There is the possibility to shorten the itinerary by taking the train on days 2, 3, 4 and 6.

Total length: minimum 150 km / 81 mi and maximum 225 km / 121,5 miles

Total difference in level: +1200m or 2340m

Daily distances between 20 km / 11 mi and 60 km / 32 mi

Terrain: 75% asphalted roads and 25% dirt roads



Program:

Day 1. Individual arrival in Pisa.

Pisa is a Unesco World Heritage Site since 1987, it is one of the most important university and cultural centres in Italy. It is famous all over the world for its square of miracles with the famous Leaning Tower and the magnificent baptistry.

Day 2. Pisa-Lucca

Today you will cycle around the Pisan countryside, you will reach the Serchio river and finally Lucca. Today's route can be lengthened by taking an alternative route, skirting Lake Massaciuccoli (slightly undulating and sometimes unpaved route) and crossing the Chiarone Nature Reserve.

You will then arrive in Lucca with its medieval historic centre with fine architecture, with ancient and numerous churches (Lucca is also called the city of 100 churches), many towers, bell towers and monumental Renaissance palaces.

Distance: 30 km / 16 mi or 45 km / 24 mi

Ascent/Descent: + 20m - 300m

Day 3. Lucca-San Miniato

Starting from Piazza Anfiteatro in the heart of Lucca, your journey along the core of the Via Francigena begins. Along the way, you will pass the ancient Abbey of Pozzeveri, standing south of River Serchio, in a stretch that was notoriously challenging, because it was characterized by a dense forest and marshy terrain. The last part of today's itinerary, until reaching San Miniato, follows the ancient pilgrim route and therefore you will have to cycle or walk uphill for a short stretch. San Miniato is built on a hilltop in a strategic position. The town is famous for its white truffle.

Distance: 45 km / 24 mi

Ascent/Descent: + 220m - 220m

Day 4. San Miniato-Colle Val'Elsa

Today you will continue pedaling along the valley and the banks of the Elsa River. The first stretch up to Gambassi Terme is very challenging, but this place is since ancient times ideal for a relaxing bath in the healing waters of its SPA. From Gambassi Terme to Certaldo you will have a long and well deserved descent. Then finally the last climb up to today's final destination. and finally a climb up to today's final destination Colle Val d'Elsa. You will pass castles and fortresses that in ancient times guaranteed a safe passage for pilgrims on the Via Francigena. Shortly before arriving in Colle Val d'Elsa, you will see the medieval village of San Gimignano from afar, with its skyline characterized by beautiful and evocative towers.

Distance: 25 km / 13,5 mi or 60 km / 32 mi

Ascent/Descent: + 480m - 940m



Day 5 Colle Val d'Elsa - Siena

Today's stage is short and easy. You start from Colle Val D'Elsa and head to Montagnola Senese where there is the famous village of Monteriggioni, which in ancient times defended the republic of Siena. Then reach Siena, the city of the Palio with its marvellous Piazza del Campo.

Today, some parts are not paved and there are some short climbs between Colle di Val d'Elsa and Monteriggioni. For some very short stretches you have to cycle along the busy SR2 Via Cassia Nord road.

Distance: 30 km / 16 mi

Ascent/Descent: + 380m - 380m

Day 6 Siena-Monteroni d'Arbia-Siena, loop tour

Today you can dedicate to visit Siena or you can cycle to Monteroni d'Arbia. The Via Francigena continues southwards, still following the ancient Via Cassia, which in ancient times connected Florence and Rome. Today the route crosses the beautiful landscape of the Crete Senesi, one of the most famous in Italy, dotted with rows of cypresses and small farms: the path is undulating, with several ups and downs. If you want, you can avoid this last part with a train and bus transfer from Monteroni d'Arbia to Siena. Monteroni d'Arbia is a small town with a magnificent medieval centre located on the right bank of the Arbia stream.

Distance: 20 km / 11 mi or 45 km / 24 mi

Ascent/Descent: + 100m - 500m

Day 7. Siena

After breakfast, end of the tour and of our services.



The bikes:

Bikes are available in different sizes and frames:

- Touring bike 27-speed Shimano Deore
- E-bike 9-speed Shimano

Characteristics:

- Aluminium frame
- Fender
- Rear luggage rack
- Gel saddle comfort www.selleroyal.com
- Schwalbe anti-puncture tires
- Ergonomic handle
- Speed Lifter system

Accessories

All our adult bikes are equipped with:

1 Cycle computer

1 Ortlieb unilateral bag

1 Front bag or 1 map holder

1 Water bottle (0.75 l)

1 repair kit per room: 1 spare inner tube, glue, patch, pump, 2 Allen keys and tire levers

1 combination bike lock

At the time of booking, it is also possible to rent helmets (head circumference from 54 to 61 cm). All our helmets are certified according to the European standard DIN EN 1078 (CE).



Prices per person:

Season 1 (27/03 – 23/04 and 25/09 – 09/10/2021)

In double room € 590,00

In single room € 785,00

Season 2 (24/04 – 14/05 and 05/09 – 24/09/2021)

In double room € 670,00

In single room € 865,00

Season 3 (15/05 – 04/09.2021)

In double room € 710,00

In single room € 905,00

Reductions

100 € for the 3rd person in triple room

Extra nights in double/single room with breakfast:

From 60/90 € in Pisa

65/90 € in Siena

Bike Rental

85 € Touring bike

195 € E-bike

15 € helmet (head circumference from 54 to 61 cm; to be booked in advance)

Included in the price:

- 6 nights in hotel with breakfast
- Welcome briefing
- App including maps, places of interest and GPS tracks
- Digital information about the tour
- Luggage transportation
- Assistance

Not included in the price:

- Tourist tax (circa 10-15 € p.p.)
- Everything not specified under “Included in the price”

How to reach the starting point:

Start / End: Pisa/Siena

By car

If you arrive by car, Pisa is close to the A11 and A12 motorways. The SS67 is a free alternative to reach Florence, while the Via Aurelia (SS1), which runs North-South, connects Pisa with La Spezia and Rome (www.autostrade.it).

By train

Pisa Centrale is the main railway station of the city and is an important hub of the Tuscany region with connections to Florence, Rome, Lucca and Genoa. It is served by regional and Intercity trains and by Trenitalia's Freccie trains, but also by Italo's high-speed trains. The other railway stations in the city are Pisa Airport and Pisa San Rossore, the closest station to Piazza dei Miracoli.

By bus

Flixbus and Baltour buses coming from the main Italian cities arrive at the bus station of Via Pietrasantina, not far from the net of urban transport network.

By plane

The international airport of Pisa Galileo Galilei is located just 1 km from the city centre and is connected to the central station of Pisa by trains and shuttle buses. There are numerous traditional and low cost airlines operating at the Pisa airport with flights departing from the main Italian cities and European capitals. These include Alitalia, Vueling, British Airways and EasyJet.

Useful information

[Italy wikipedia](#)

[Italy Travel Board](#)

[Safe travelling to Italy](#)

[Tuscany](#)

[Pisa](#)

[Lucca](#)

[Colle Val D'Elsa](#)

[Siena](#)



ECOLOGICO TOURS

Lumbreida B19

6565 San Bernardino

Svizzera/Schweiz/Suisse

info@ecologicotours.com

tel. (0039) 3463254167 - (0041)(0) 79
2457505

www.ecologicotours.com

www.meravigliosaumbria.com