



★★★★★ (6)

Pisa - Cinque Terre

ON TWO WHEELS THROUGH TUSCANY

White sandy beaches, enchanting nature and the wonderful flair of Italy...what could be better? You will experience all of this on your cycle tour from Pisa to Cinque Terre. The starting point of the trip on two wheels is the aforementioned Pisa. After a walk across the Piazza dei Miracoli, the 'Square of Miracles', a detour to the world-famous leaning tower should not be missed.

One last morning walk through the charming old town, then you can pedal towards Liguria. Between wild nature and breathtaking cultural hotspots you cycle from one fantastic area to the next. Would you like a varied journey through Tuscany and Liguria? Then get on your bike and off you go on a discovery tour through the hills!

Details of the journey from Pisa to Cinque Terre

Right next to the sandy beach there are well-developed cycle paths towards the fashionable seaside resort of Viareggio. Bit by bit the gentle hills of the Tuscan countryside come closer. On the old pilgrimage route Via Francigena you take a relaxed cycle through medieval towns to the city of Lucca. After five more fascinating cycling stages the destination La Spezia in Liguria is finally within reach. What can you expect on your cycle tour through Tuscany? Definitely lots of cultural and culinary highlights, all in the midst of the incomparable Italian flair!

The highlights from Tuscany to Liguria

- Pisa & Lucca: Enjoy the unique charm of these picturesque towns during your stay in Pisa and Lucca. Stroll through the streets and be enchanted by the Italian culture. Tip: the famous leaning tower of Pisa and the historic city wall in Lucca will delight you!
- Tuscan hills: Happiness increases step by step between the olive groves and vineyards. Now you can increasingly feel the incomparable charm of the Tuscan landscape and enjoy the beauty and tranquillity of the region. Breathtaking views included!

- Culinary delights: The 'Dolce Vita' of Italy surrounds you from the start. Let yourself be spoiled by the Italian cuisine and the delicious culinary delights. Foodie tip: Fine wines, tasty antipasti and freshly prepared pasta are just waiting to be tasted. Wonderful!

Useful information about the cycle tour through Italy

You will spend a total of eight days in beautiful Italy. On 230 kilometres by bike and 20 kilometres of leisurely hikes, you can explore the most beautiful places in Tuscany and Liguria. On the way to the Cinque Terre World Heritage Site in La Spezia, you cover between 30 and 55 kilometres per day. Just don't let go: the numerous climbs and hill cycle paths are sometimes a bit demanding, but they are worth it!

- Get all information and many more tour tips for our [cycle tours in Tuscany](#).

Challenging



8 Days / 7 Nights



Self-guided Tour

To the online version



Itinerary

DAY
1

Arrival in Pisa

In the evening welcome briefing and bike fitting. We recommend an initial visit of the magnificent old part of town that day.

Hotel (example): [Hotel Repubblica Marinara](#)

DAY
2

Pisa – Viareggio | approx. 30 km

Enjoy the magical old town of Pisa again before taking on the beautiful paths through the 'Macchia Luccese' national park to the sea. Continue along the sandy beach until you reach the charming resort of Viareggio with its historic swimming baths. Take your first dip in the fresh waters of the Tyrrhenian Sea here, or even along the way.

Hotel (example): [Residence Esplanade](#)

DAY
3

Viareggio – Lucca | approx. 45 km

In the morning you travel along the Versilia coast for a while, before heading back inland. You cycle along the 'Via Fancigena', the ancient pilgrim route on the way from France to Rome. It travels through small, medieval villages in the Tuscan hills to the banks of the Serchio river. The well-maintained cycle path will eventually take you to the centre of Lucca. Not only the old town will impress you, you'll experience a special highlight – a round trip of the city walls by bike.

Hotel (example): [Hotel Guinigi](#)

DAY
4*Lucca – Castelnuovo di Garfagnana*

approx. 50 km

On the cycle path along the Serchio you leave the city once more. The mystical Devil's Bridge is a popular photo opportunity, directly on the bike path, its steepness is simply breathtaking. In today's location, Castelnuovo di Garfagnana, time seems to have stopped. Narrow medieval streets, stone bridges and small, charming squares characterize the townscape.

Hotel (example): [La Lanterna](#)

DAY
5*Castelnuovo di Garfagnana – Forte dei Marmi/Surroundings*

approx. 50 km

A beautifully landscaped mountain road leads you back to the sea today. Over the first 20 kilometres you will overcome approximately 550 metres of altitude and then suddenly find yourself amongst the quarries of the world-famous white Carrara marble. Then it's down again...30 kilometres downhill! In the fashionable Forte dei Marmi, you will definitely have earned a dip in the Tyrrhenian Sea.

Hotel (example): [Hotel Bencista](#)

DAY
6*Forte dei Marmi/Surroundings – La Spezia*

approx. 55 km

Today's cycling route promises lots of variety. Lush green grape vines accompany you on the last few kilometres in Tuscany. The charming fishing village of Bocca di Magra is already in Liguria and the coastal road that starts from there offers fantastic views over the deep blue sea. The pastel-coloured houses in Lerici give you a first impression of the Ligurian coast. From here it is only a few kilometres to your destination of La Spezia, a historic port city with a lot of art, culture and good food.

Hotel (example): [CDH Hotel](#)

DAY
7*Excursion Cinque Terre*

approx. 20 km hiking tour and train trip

The national park around the colourful facades of the Cinque Terre – the five villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore – was declared a World Heritage Site in 1997. On a breathtaking coastal walk, you get to know these villages from a very special viewpoint. In the morning you can take the train from La Spezia to Monterosso. From there you travel with the glittering sea always on the right-hand side, from village to village (the route can be shortened at any time by train or boat). From Riomaggiore, the Cinque Terre Express takes you back to your accommodation in La Spezia.

Hotel (example): CDH Hotel

DAY
8*Departure or extension*

Tour character

The route is on cycle paths and mostly on low-traffic side roads. The first stage is completely flat, all other stages are hilly with several, at times tougher, climbs. On the fourth day of cycling, there is a long climb of over 550 metres. The paths are mostly asphalted and for short distances on gravel roads. When entering and exiting cities, as well as during short connections, a bit more traffic can be expected.

Prices and events

Place of arrival: Pisa

	Season 1 01.04.2023 - 14.04.2023 30.09.2023 - 07.10.2023 Arrival Saturday	Season 2 15.04.2023 - 12.05.2023 09.09.2023 - 29.09.2023 Arrival Saturday	Season 3 13.05.2023 - 08.09.2023 Arrival Saturday
Pisa - Cinque Terre, 8 days, IT-TORPC-08X			
Base price	959.00	1,029.00	1,099.00
Surcharge single room	429.00	429.00	429.00

Category: 3*** and mostly 4**** hotels

Additional nights

Place of arrival: Pisa

	Season 1 Apr 1, 2023 - Apr 14, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival Saturday	Season 2 Apr 15, 2023 - May 12, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival Saturday	Season 3 May 13, 2023 - Sep 8, 2023 Arrival Saturday
Pisa			
Double room p. P.	69.00	69.00	69.00
Surcharge single room	35.00	35.00	35.00
La Spezia			
Double room p. P.	95.00	95.00	95.00
Surcharge single room	69.00	69.00	69.00

Our rental bikes

Filter

21-gear unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gear unisex incl. rental bike insurance	99.00
rental bike PLUS incl. rental bike insurance	159.00
Electric bike incl. rental bike insurance	239.00

Prices per person in EUR

Services and infos

Services

Included:

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- EUROBIKE developed route
- Detailed travel documents 1x per room (German, English)
- 1 Cinque-Terre-Card valid for train rides and entry/hiking in the nature park
- App for Navigation and GPS-data available
- Service hotline

Optional extras:

- Bike rental, including rental bike insurance
- Return transfer by minibus to Pisa every Saturday, this costs EUR 79 per person, EUR 29 extra for your own bike, to be paid in advance, reservation is necessary

Infos

Arrival / Parking / Departure:

- Pisa train station
- Pisa and Florence airport
- Public hotel garage costs approx. EUR 17 per day, to be paid for at the time, no reservation possible/necessary or free car parking at the hotel
- Good train connections from La Spezia to Pisa

Things to note:

- Tourist tax, if due, is not included in the price!
- Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Sarah Salzlechner, Travel specialist



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Book now

