






ALONG THE TUSCAN COAST: THE OLD VIA DEI CAVALLEGGERI

 self-guided tour

 Bike tour

 270-00 km

 Easy

Duration: 7 days / 6 nights

DESCRIPTION

Coast and islands, a perfect combination, a tour from north to south in a completely green version by bike and train, this is our idea of a trip to discover Tuscany overlooking the Tyrrhenian Sea, a new way of discovering the most hidden and special corners of this wonderful region. Nature has been very generous here, offering a coastline that combines long stretches of beaches, often unspoilt and wild, with sheer cliffs and the islands of the Tuscan Archipelago to complete the recipe for our itinerary. Other ingredients of the journey are history, which has left indelible signs of its passage, just remember the Etruscan civilisation and the Renaissance. If we then add traditions and food and wine, then our journey becomes one of five senses. We will pass through various areas of the coast, some more anthropised and others where the imprint of man has hardly arrived, we will cycle through pine forests, Mediterranean scrub, along vineyards and olive groves, we will have extraordinary encounters with animals that live freely in the wild, we will have the feeling of feeling part of this land of Tuscany.

DETAILED ROUTES

Day 1: Pisa, individual arrival

Arrival at the hotel in Pisa, the city of the Piazza dei Miracoli with its majestic Cathedral, Baptistery and world-famous Leaning Tower, once one of the four Maritime Republics that dominated the Mediterranean militarily and commercially in the Middle Ages.

Day 2: Pisa - Castiglioncello (approx. 52 km)

Today we begin our journey along the coast of Tuscany, leaving the Leaning Tower behind us to reach the ancient Via dei Cavalleggeri, the road built by the Medici family to control the entire coast of the Grand Duchy of Tuscany. We can find many stretches still on the original dirt track, others have become the art of the 'modern' road system. We will pass through Livorno and then reach the delightful village of Castiglioncello overlooking the sea.

Day 3: Castiglioncello - Piombino (approx. 60 km)

Leaving Castiglioncello we head towards the production area of one of the world's most prized wines, Sassicaia, riding through the pine forest, along the prized vineyards and along the beautiful cypress-lined avenue to Bolgheri (we recommend a wine tasting here). To end our day's stage, all that remains is to pick up the bikes and reach Piombino.

Day 4: Elba Island (approx. 60 km)

Today will be dedicated to "a taste" of the island of Elba, the largest of the seven islands that make up the Tuscan Archipelago National Park. We will take the ferry and after an hour's crossing we will be ready for a tour of the Portoferraio area with its historic centre, fortresses and the wonderful beaches of Ghiaie and Biodola, where a swim in the crystal-clear blue waters is a must. In the late afternoon we return by ferry to Piombino.

Day 5: Piombino - Follonica (approx. 35 km)

Today's route will take us into the Maremma, but first we cannot miss a passage through the Bay of Baratti (a visit to the Etruscan necropolis is recommended) and then on to Follonica, the city of cast iron, founded by Leopold II of Lorraine at the same time as the Royal and Imperial Foundries of the Grand Duchy of Tuscany. We will cycle along the entire bay from Piombino to Punta Ala, following in some stretches the original route of the Via dei Cavalleggeri, with the island of Elba, Montecristo, Cerboli and Palmaiola on the horizon.

Day 6: Follonica - Grosseto (approx. 61 km)

On this day you will arrive in the heart of the Maremma, Grosseto, surrounded by the majestic city walls that are still intact and enclose the core of the ancient city. Maremma is the land wrested from the sea and the marsh, a still wild land that has kept its rural traditions intact. Before arriving in Grosseto, however, we will make a diversion to Cala Violina, one of the 10 most beautiful beaches in Italy. Why is it called like this? Because walking on the grains of white sand, you can hear a sound like the notes of a violin! We then arrive in Castiglione della Pescaia, an ancient fishing village, dominated from above by the fortified castle, today one of the most popular

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holiday destinations in Tuscany.

Day 7: Grosseto

Individual departure or possibility to extend your stay.

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GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 270-00 km
- **Starting point:** Pisa
- **Arrival:**

By car: You can plan your itinerary on: www.viamichelin.it or www.google.com/maps.

By train: Pisa train station.

By plane: Low-cost flights are available to Pisa or Florence.

- **Accommodation:**

Hotel 3*** and 4**** category, agriturismo, B&B

Attention: The tourist tax (if requested) has to be paid on the spot!

- **Rental bikes:**

E-mtb

- **Transfer:**

Transfer service by van (person + bike) on request, minimum 2 persons - price on request

Alternatively: by train (ticket price from € 30.00 (1 person + bike))

INCLUDED SERVICES

- Overnight stay in hotels 3*** and 4****, agriturismo, B&B
- Breakfast
- Welcome briefing
- Luggage transport from hotel to hotel
- A/R ferry ticket Elba Island
- Well-prepared itinerary
- Detailed travel documents (gpx, route description, places, important telephone numbers)
- Telephone assistance for the duration of the tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch and dinner
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under "Included services"

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STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PRICES

Standard

Package price in a double room	from 01/04/2024 to 31/10/2024	1.140 €
Package price high season	from 01/04/2024 to 31/10/2024	1.140 €
Single room surcharge		400 €

Additional services

own bike		0 €
E-MTB (Tuscany HMO)		475 €