

Self-Guided Tuscan Coast Bike Tour

Duration: 6 Days/5 Nights

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hiking and cycling in italy

Beaches and Hilltowns

Most visitors to Tuscany see Florence and Siena. The Tuscan Coast is less travelled but equally beautiful, offering sweeping sea views, sun kissed hill towns and white sandy beaches. We have carefully scouted the best rides and accommodations. The trip features a winery tour and an optional day at the beach. Four of the five nights are in hill top villages with views over the Tyrrhenian Sea. The last hotel is a short walk from the beach. Along the way explore an Etruscan settlement from 600 BC. Sip wine while watching the sky go from pink to purple as the sun slowly sets behind Elba Island. Ride to the beach, take a refreshing dip in the sea, and savour a seafood lunch made from the day's catch. Tour a winery within the crenelated walls of a 13th century castle. The terrain is less challenging than central Tuscany with gentler climbs and lower elevations. The landscape is classic Tuscan, rich with vineyards and olive groves. The proximity to the sea creates a mild climate, perfect for cycling. Come and explore this lesser known corner of Tuscany.

Route Rating

Moderate: 10-26 miles (17-42 km) per day cycling over hilly terrain.

Meet / Finish

Florence / Cecina

Highlights

- Winery tour and wine tasting
- Tuscan beach
- 13th century castle
- Coastal hilltowns of Massa Marritima, Campiglia Marittima, and Castagneto Carducci
- Peaceful country back roads



Day 1 Massa Marittima

Accesa Lake Warm-up Ride

14 miles (23 kilometers) Optional Ride

Meet your tour coordinator in Florence and shuttle two hours by private van to Massa Marittima, a coastal hill town. In Massa you check into your hotel and then head to lunch (included in the tour price). Over lunch your tour coordinator hands out maps, route notes, and a cell phone. During the meal you can discuss any aspect of your bike tour including your post-tour travel plans. After lunch your tour coordinator departs and you can do an optional loop ride. The ride goes down into the countryside below Massa to Accesa Lake where you can explore Etruscan ruins dating from the 6th century BC. The roads are quiet and scenic.



Hotel

La Fenice Park Hotel

Massa Marittima (1 night)

The Fenice Park is a small hotel on the edge of the historic center. The hotel features large rooms, air-conditioning, a pool, and marble bathrooms.

lafeniceparkhotel.it

The Ride

Day 1: 14 miles (23 km)

Quick downhill to Accesa Lake. Long gradual up-hill back to Massa.

(optional ride)

Sites of Interest

Bolgheri Winery Tour

Tour a winery and enjoy a guided wine tasting.



Tuscan Beach

Spend a day swimming and sunning at Marina di Castagneto.



Other Questions?

Toll free 1 888 421 2418

info@charnestours.com

Day 2 Campiglia Marittima

Massa Marittima to Campiglia Marittima 23 miles (37 kilometers)

Check out of the hotel and begin your ride to Campiglia Marittima. Your luggage will be transported while you cycle. The ride goes through gently rolling farmland on quiet secondary roads. Campiglia Marittima is also a hill town with views out to Elba Island. Your accommodations are in the historic center of this perfectly preserved medieval village. Bunched within its walls are a multitude of palaces, fortresses, churches and towers. At the highest point of town you can find the remains of a castle. These remains have been excavated by the University of Siena and now house a museum. For extra miles head to Baratti beach, one of Tuscany's most beautiful beaches. Baratti sits on a small circular bay surrounded by marine pines.

Day 3 Castagneto Carducci

Campiglia Marittima to Castagneto Carducci 25 miles (41 kilometers)

Leave your luggage in the lobby and start your ride. Your bags will be moved while you cycle. Stop for lunch in the charming village of Suvereto, a fortified medieval village known for its wild boar sausage. Later roll through Sassetta, a town of 500 perched on a rocky outcropping in the midst of a chestnut forest. Your ride ends in Castagneto Carducci, a charming village high on a green hill overlooking the blue Mediterranean Sea.



Hotels

Il Canovaccio

Campiglia Marittima
(1 night)

This small bed and breakfast is located in a medieval building in the center of town. The rooms have been beautifully renovated preserving their Tuscan style.

locandailcanovacci.it

Camere di Via Montebello

Castagneto Carducci
(2 nights)

This small guest house is located in a house from the 1700s. A high-end renovation was completed providing modern amenities while maintaining that old-world charm.

en.montebellocamere.com

The Rides

Day 2: 23 miles (37 km)

A beautiful, mostly flat ride through farmland. Short uphill to Campiglia at the end.

Day 3: 25 miles (41 km)

A rolling ride through forests with stops at three villages.

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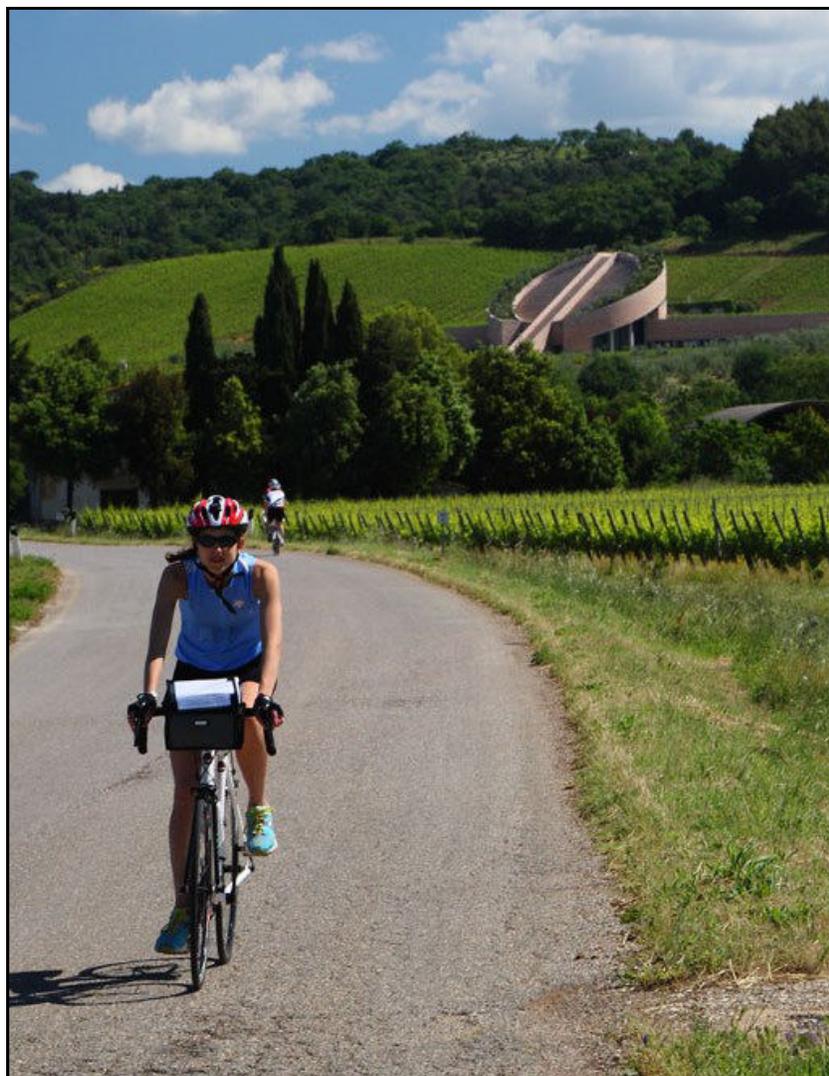
Day 4 Tuscan Beach

Beach Loop Ride

10 miles (17 kilometers)

Extra miles available

Choose between a day at the beach or an inland ride to a forgotten hill town. The beach ride takes you 5 miles (8 km) through farmland to Marina di Castagneto. Here you will find a flat sandy beach, warm clear waters, and restaurants brimming with fresh seafood. This is a beach town for Italians, unknown to the guide books. Spend a leisurely day relaxing like a local. If an inland ride is more your style, cycle to Monteverdi. For lunch visit the Mucci grocery store. Since 1949 they have been proudly ageing and selling local specialties including wine, wild boar, and pecorino cheese.



The Ride

Day 4: 10 miles (17 km)
Short downhill ride to the beach. Uphill ride back to hotel. Optional 25 mile (40 km) inland ride available.

Cecina, Italy

Weather

Mon	High °F	Low °F
Jan	53	36
Feb	55	37
Mar	60	41
Apr	64	46
May	73	53
Jun	80	59
Jul	86	64
Aug	86	65
Sep	78	59
Oct	70	53
Nov	60	45
Dec	53	39

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Day 5 Cecina

Castagneto Carducci to Cecina 26 miles (42 kilometers)

Italy has a number of roads aptly called wine roads (*Strade del Vino*) which lead through major wine making areas. Today you ride to one of the most beautiful wine roads as you cycle north up the coast. Some of Italy's most prestigious reds are made here, including Sassacaia and Tignanello. At the end of the wine road, you turn on to the Boulevard of Cypresses. This road is lined with 2,400 cypress trees and leads to a fairy tale castle called Bolgheri. In Bolgheri you tour a winery and learn how French varietals are lovingly transformed into elegant, well-balanced Tuscan reds. After lunch the road zig zags through coastal villages before ending in the beachfront town of Cecina. Your hotel is a 10-minute walk from sandy beaches. Along the water's edge you will find gelaterias, cafes, and restaurants.

Day 6 Cecina

After breakfast in the hotel you check out and continue your travels.

DEPARTURE ON LAST DAY OF TOUR

Your hotel is 2.6 km (1.6 mi) from the Cecina train station. You can walk 30 min or take a short taxi ride. Frequent trains make for easy departures. Travel times are listed below:

Cecina to Rome: 3 hours (direct train, no changes)
Cecina to Florence: 2 hours (change in Pisa)
Cecina to Pisa: 1 hour

Hotel

Hotel Golden Residence Cecina (1 night)

This hotel is 1,650 feet (503 mt) from Marina di Cecina Beach. All of the air-conditioned rooms face the hotel pool. The property has recently been renovated and has a modern, Italian style.
goldenresidenceclub.it

The Ride

Day 5: 26 mi (42 km)
The first half of the ride is through relatively flat wine country. The second half has a long gradual uphill passing through three coastal hill towns.

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