

## Guided Tuscan Coast Bike Tour

Duration: 7 Days/6 Nights

### An Undiscovered Part of Tuscany

Tuscany is famous as one of the Italy's most beautiful regions, a land of rolling green hills and picturesque towns, but it is less well known for its coastal areas. Along the coast you'll find hilltowns cooled by sea breezes, exceptional food and wine, and fewer crowds. This breathtaking corner of Tuscany combines cliffs, forest-covered hills, pristine beaches and some of the most beautiful umbrella pines in the country. On this tour you will stay in two coastal hilltowns and a seaside resort with a spa. You will tour two wineries and try the best local wines. You will eat fresh fish at seaside restaurants and explore Etruscan archaeological sites. Over seven days we will show you the beauty and culture of the dazzling Tuscan coast.



## **charnes tours** *hiking and cycling in italy*

### Route Rating

14-29 miles (23-47 km) per day cycling over hilly terrain.

### Meet / Finish

Florence / Bibbona

### Highlights

- 2 winery tours with tastings
- 2 Tuscan beach visits
- Hotel with spa
- Cheese cellar visit
- Peaceful coastal backroads

### Winery Tours

#### Petra Winery

The Petra winery is an architectural wonder where wines and olive oils are produced. We tour the property and have lunch and a tasting.



#### Ornellaia Winery

One of the most prestigious wineries in Tuscany. This tour takes us through the vineyards, ageing rooms, and art gallery.



## Guided Tuscan Coast Bike Tour The Rides



### Day 1 Massa Marittima

#### Massa Marittima Warm Up Ride

*Distance: 14 miles (23 km)*

*Total Ascent: 1,365 feet (416 mt)*

We meet in Florence and shuttle two hours to Massa Marittima, a coastal hilltown surrounded by a medieval wall and protected by a stone fortress. This is a vacation town for Italians where you will see no tour busses and no t-shirt shops. After lunch you are fitted on your bike and we pedal to an ancient lake and Etruscan ruins. The lake water is inviting. You may want to take a swim before cycling back to the hotel. Dinner is in a bustling trattoria that specializes in Tuscan cuisine.

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### **Hotel**

#### **Fenice Park Hotel**

Massa Marittima (1 night)

Located on the edge of the historical center of town, the hotel has large rooms, a pool, and AC. [lafeniceparkhotel.it](http://lafeniceparkhotel.it)

### **The Ride**

**Day 1**, A warm up ride on backroads leads to Etruscan ruins and a lake. To refresh yourself take a dip in the lake.

### **Beach Visit**

#### **Gulf of Baratti**

On Day 3 we ride to the secluded Baratti Beach. A natural park has protected this beach from development. While at the beach explore the nearby Etruscan ruins.



### **Other Questions?**

Toll free 1 888 421 2418

[info@charnestours.com](mailto:info@charnestours.com)

## Day 2 Campiglia Marittima

### Massa Marittima to Campiglia Marittima

*Distance: 24 miles (38 km)*

*Total Ascent: 1,152 feet (351 mt)*

A quiet country road winds through farmland. Olive trees, sunflowers, and cornfields slowly pass by. We stop at the Petra winery, an archeological marvel on a hillside in the middle of nowhere. Designed by a famous Swedish architect, Petra opened in 2003. The winery's colors and curves blend naturally into the green hillside. We tour the winery and have lunch and a tasting. After lunch we finish our ride in Campiglia Marittima. Little Campiglia feels frozen in time. The center is a jumble of narrow stone streets all leading to a central piazza. A 10<sup>th</sup> century fortress called *La Rocca* (the Rock) has been renovated and has spectacular views out to the sea.

## Day 3 Campiglia Marittima

### Campiglia Marittima to Baratti Beach

*Distance: 19 miles (30 km)*

*Total Ascent: 770 feet (235 mt)*

A downhill ride takes us to the Gulf of Baratti, an important Etruscan port and trading center. Before the Roman Empire arrived, a people called the Etruscans were here. You can visit the archeological ruins of Populonia, an Etruscan settlement dating from 900 BC. Baratti Beach is one of the Tuscan Coast's hidden gems. This circular gulf is unique for its iridescent sands that go from black to blue. This is a relaxing place with undeveloped beaches flanked by green umbrella pines. Lunch is at a family-run seafood restaurant with a terrace overlooking the water's edge.

### Hotel

#### Il Canovaccio

Campiglia Marittima (2 nights)

This small B&B is in a medieval building in the center of town. The rooms have been beautifully renovated preserving their Tuscan style.

*locandailcanovaccio.it*

### The Rides

**Day 2**, Mostly flat rolling countryside with a winery visit and lunch half way. Big climb up to Campiglia Marittima.

**Day 3**, A quick downhill ride leads to the beach. A gentle climb brings you back to Campiglia Marittima.

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## Day 4 Marina di Castagneto Carducci

### Campiglia Marittima to Marina di Castagneto Carducci

*Distance: 24 miles (38 km)*

*Total Ascent: 1,673 feet (510 mt)*

A quiet backroad takes us through olive groves and corkwood forests. We cycle through two medieval towns, Suvereto e Sassetta. These are quiet places where everybody knows everybody, except in the summer when the population swells with Italian tourists. Suvereto still has its medieval walls complete with eight watch towers and two entrance gates. Smaller Sassetta's has just 500 inhabitants who live in ancient stone buildings perched on a steep hill. Our ride ends with a downhill to the coast. For the next two nights we will be staying at a coastal resort complete with a private beach and spa.



### Hotel

#### Tombolo Talasso Resort (2 nights)

This seaside resort has its own spa and private beach. The spa is located in a man-made grotto and has multiple thermal pools.

*tombolotalasso.it*

### The Ride

**Day 4**, A gorgeous ride on a quiet road passes through two delightful towns. The road has a long gentle climb through quiet woods before descending down to our seaside hotel/spa.

*The grotto/spa at the Tombolo Talasso Resort Hotel.*



## **Day 5**

### **Marina di Castagneto Carducci**

#### **Marina di Castagneto Carducci to Monteverdi Or a spa/beach day**

*Distance: 25 miles or 29 miles (40 km or 47 km)*

*Total Ascent: 1,509 feet or 1,772 feet (460 mt or 540 mt)*

Today you can choose between a rolling ride or a day off the bike lounging in the spa, hitting the beach or just exploring the little town of Marina di Castagneto Carducci. If you cycle we will head inland cycling to sleepy Monteverdi where we visit a small wine and cheese shop. The shop is run by two exuberant brothers who proudly take us into their cheese cellar and prosciutto ageing room. An informal lunch of aged prosciutto, pecorino cheese, schiacciata bread, and local wines is just perfect in the middle of a ride. After lunch head straight back to the hotel or do a longer loop in the countryside.

#### **The Ride**

**Day 5**, Enjoy a beach/spa day or ride inland to a quiet town. It's your choice. The ride goes inland to a village perched high above a valley. You can return the long way through the valley or take the direct, downhill road back.

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## **Day 6** **Bibbona**

### **Marina di Castagneto Carducci to Bibbona**

*Distance: 15 miles (24 km)*

*Total Ascent: 689 feet (210 mt)*

Once upon a time the most prestigious vineyards in Tuscany were inland. That all changed in the 1960s when winemakers began planting French varietals around the town of Bolgheri. Vinters found a unique terroir of marine deposits and clay, perfect for French grapes. Today, reds like Sassicaia and Ornellaia are Italian superstars. We visit the Orenellaia winery. The tour is thorough with a walk among the vines, a visit to the art gallery, the bottling plant, and the cellars. Cellars is crude word to describe these spaces. Display vaults would be a better term. The spaces are modern and dripping with Italian style. Down the road is the town of Bolgheri, dominated by its crenelated castle. We lunch in Bolgheri before riding to our accommodations. The Relais Sant'Elena is a country inn surrounded by gentle green rolling hills. You can take a walk around Relais Sant'Elena's simple gardens or sit by the outdoor swimming pool and enjoy both the views and the silence surrounding you.

## **Day 7** **Bibbona**

### **Shuttle to Donoratico train station**

The bike tour ends after breakfast on Day 7. We will shuttle you to the nearby Cecina train station to continue your travels.

#### **Hotel**

#### **Relais Sant'Elena**

(1 night)

This peaceful country inn has pretty views, an inviting pool, and an excellent restaurant.

*relaissantelena.it/en*

#### **The Ride**

**Day 6**, This easy ride follows a *Strada del Vino* (Wine Road) through some of the most valuable vineyards in Italy. We stop at a winery and in the town of Bolgheri.

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