

# Coast to Coast Italy

Trip code: CCI



***"Italy C2C was fab! Quite challenging climbs but spurred on by great lunches, coffee and fab evenings in iconic cities - can't wait for the next trip!"***

*Miranda 2017*

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 3 days

 Italy

 April, May, June, September & October

## Overview

Starting from the the City of Rimini on Italy's east coast, famous for its golden sandy beaches and beautiful waters of the Adriatic, we cycle westwards into the beautiful landscapes of the Parco Nazionale Foreste Casentinesi which sits on the border with Tuscany. The following day we head into Tuscany and enjoy everything that brings....glorious countryside, winding country lanes and miles of vineyards.

We visit the famous city of Florence, the centre of the renaissance, with its world class architecture and historical treats this city is a must for any traveller. Heading ever westwards, we finally reach the Mediterranean sea at Pisa...famous of course for its leaning tower.

## Highlights

- Riding the width of a whole country!
- The beautiful countryside and winding lanes of Tuscany
- The breathtaking city of Florence, the birthplace of The Renaissance
- Visiting the iconic Leaning Tower of Pisa
- Arriving at the coast at Marina di Pisa

# Detailed Ride Itinerary

## Day 1: Join tour in Bologna, transfer to Rimini

The trip begins in Bologna airport where you will be transferred to our hotel in Rimini. Here you will be briefed by your More Adventure leader about the days ahead. We'll have our first group meal and prepare for the beginning of the ride the following day.

## Day 2: Rimini to Santa Sofia

**45 miles & 5000 feet ascent / 73 km & 1600 metres ascent**

After a good night's rest and breakfast, we'll dip our bicycle wheels in the Adriatic sea! We begin our first day cycling through the historical region around Rimini then into pretty vineyards as we head into the unique region of Tuscany. Flat at first then gently rising, today is a wonderful introduction into cycling in this beautiful and rural region of Italy. After leaving the busier roads around Rimini behind, we begin climbing on rural roads through Montegelli to the hamlet of Barbotto. Once we've rested and had coffee, we descend to Mercato Saraceno and follow the *Fiume Savio* river southwest, climbing gradually to the base of our final climb of the day to Aquapartita and our hotel for the evening.



## Day 3: Santa Sofia to Florence

**62 miles & 6000 feet ascent / 100 km & 1900 metres ascent**

Today's ride is slightly longer with a few considerable climbs to negotiate, it is however made easier with beautiful Tuscan landscapes. Cycling through the Parco Nazionale Foreste Casentinesi, we first tackle the mighty *Passo Mandrioli (1173m)*, a steady and stunning climb from Bagno di Romagna. After a long, sweeping descent to Poppi, we begin our second main climb of the day, the *Passo Consuma (1050m)*. It's a similar gradient but slightly more ascent than *Passo Mandrioli*. We're rewarded with an incredible descent through vineyards towards the historic municipality of Pontassieve, now only a stone's throw from Florence. From here we pick up the river Arno and follow it all the way to Firenze (Florence). Florence is steeped in history and culture, and a real must-visit city.

## Day 4: Florence to Pisa

**73 miles & 2000 feet ascent / 120 km & 650 metres ascent**

Today is considerably easier than the previous day as we weave our way towards the coast, taking in the historic Tuscan settlements of Montecatini-Terme and Lucca. We then skirt around Pisa and maybe our first glimpse of the famous leaning tower! Then it's just a few final miles along the River Arno to the coast and the Mediterranean Sea. Well done, you've made it! From here, we'll ride back to Pisa to our hotel and prepare for our celebratory meal.

## Day 5: Free in Pisa - Trip Ends

Today, you have the day (depending on your flights) to explore this wonderful and diverse city. After breakfast we will say our goodbyes and the trip ends. We will provide transfers for those booked on certain flights. See details below for more information.

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

## Included

- Cycle leader(s)
- Support driver and vehicle
- 4 x night's hotel accommodation (twin sharing\*)
- 4 x breakfasts
- 3 x buffet lunches
- Airport transfers from Bologna (for certain flights)
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- GPX files of the route (if requested)

## Not Included

- Flights
- Bicycle and helmet
- Evening meals and drinks
- Transfer to Pisa airport
- Optional excursions
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Travel Insurance
- Bicycle transfers from/to the UK (please email us for further information if this is something you could be interested in)



*The single room supplement for this trip is £230, this can be added upon checkout.*

## Trip Notes

### Travel Information

Please ensure that you bring your passport. It is essential that you also obtain travel insurance prior to the trip commencing. Please check that your policy covers you for road cycling and bring a copy of your insurance certificate with the 24-hour international emergency number on the trip. **Your cycle leader will be checking these documents before we depart.**

If you still require travel insurance, [John Lewis](#) provide comprehensive, reasonably priced travel cover [HERE](#).

We also recommend you obtain a European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do)) which are free and give you access to free healthcare anywhere in Europe.

### Bicycle Insurance

We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

The logo for Yellow Jersey Cycle Insurance features a small black dot above the word "Yellow" in a bold, sans-serif font. "Jersey" is in a larger, bold, orange font, and "Cycle Insurance" is in a smaller, bold, black font below it.

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the following code for up to 5% off: **MOREADV5**.

## Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 8+ hour cycles so you will know what is required. **You will need to get some hill practice in, particularly for the first two days!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here:

[www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

## Flights

You will need to fly into Bologna and out of Pisa. Once you have booked onto the trip and it has been confirmed, we will send you information regarding exactly what flights to book. The approximate total cost for return flights from London to Bologna and returning from Pisa is £150 in total (not including your bicycle).

**Please do not book any flights until we have confirmed the trip is going ahead.**

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Money

Evening meals each evening tend to cost between £15 and £20. You will also need to budget for any excursions, meals and public transport on your free day in Pisa. You will need Euros to spend in Italy.

## Accommodation

Accommodation for this trip is in excellent quality, comfortable hotels with hot water showers and excellent amenities. The trip cost is based upon two people sharing unless a single supplement is paid, the single supplement for this trip is £230 and can be added upon booking (subject to availability).

## Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included in the price and we will give you the opportunity to eat out as a group at a local pub/restaurant. Approximate costs per evening meal £15-£20.

## Bicycle transfer service

If you would prefer not to fly with your bicycle we are offering a bicycle transfer service for this trip. A few days before the trip your bicycle and luggage will be picked up from your chosen address and taken to Italy, ready for you to ride when you arrive. They will then be returned to your address a couple of days after the trip ends. Please note that this service is not always available depending on where you are based, we will however do our best to accommodate your needs. Please [contact us](#) to find out more.

## Flying with your bicycle

It is relatively easy for you to fly with your bicycle but you will need to hire or purchase a bicycle box or bag, and dismantle your bicycle for the flight. Some bicycle box hire services can dismantle and pack your bicycle storage if you're not confident doing this. The More Adventure leaders will be able to assist with unpacking and rebuilding it once you have arrived in Italy. Some airlines count a bicycle box as normal checked-in hold luggage, with other airlines a supplement is required. Further information and tips for flying with a bicycle will be issued upon booking.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a small pannier, a daysack, a large saddlebag or handlebar bag.

Your main piece of luggage can be transported to Italy on the support vehicle as part of our *Bicycle Transfer Service*, please contact us if you require this service.

## Leaders

This trip is led by at least two experienced and qualified cycle leaders. One will cycle with the group at all times, they guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip