

Italian Coast to Coast

Trip Code: ICC



“ More Adventure laid on the perfect trip. We were well looked after from start to finish. Fun tour guides, great food and quality accommodation. I would definitely recommend a tour/trip with More Adventure” **Adam Ramsey, London to Paris Rider 2013** ”

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 3 days

 Italy

 April - 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
- Cycling past the iconic Leaning Tower of Pisa
- Arriving at the coast at Marina di Pisa

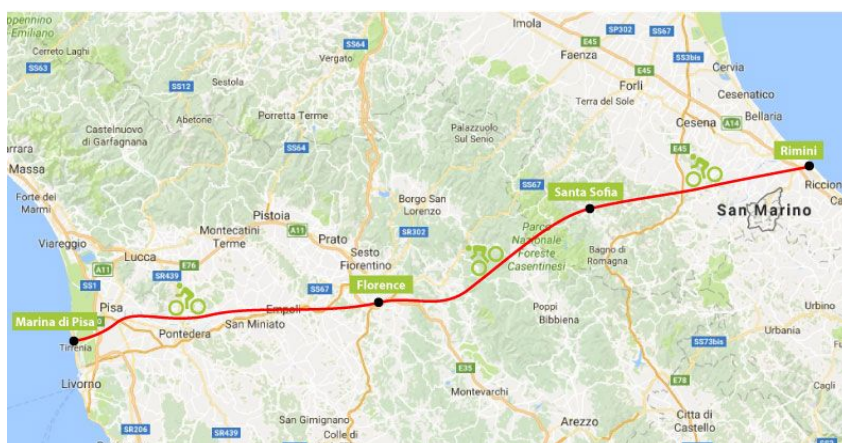
Detailed Itinerary

Day 1: Join tour in Bologna

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 and have our first group meal in preparation for the beginning of the ride the following day.

Day 2: Rimini to Bagno di Romagna (45 miles - 5500ft ascent)

After a good nights' 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 and pretty vineyards as we head into the mountains west of the coast. It's a tough day with two considerable climbs, but today is a wonderful introduction into cycling in Italy.



Day 3: Bagno di Romagna to Florence (62 miles - 6000ft ascent)

Today's ride is longer and tougher with a few considerable climbs to negotiate, it is however made considerably easier with stunning vistas and beautiful landscapes. Cycling through the Parco Nazionale Foreste Casentinesi, we then make our way 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 (65 miles - 2000ft ascent)

Today is considerably easier than the previous days as we weave our way towards the coast, taking in the historic Tuscan settlements of Montecatini-Terme and Lucca. We then head to the historical centre of Pisa and catch our first glimpse of the famous leaning tower! After a quick coffee we cycle the last few miles along the River Arno to the coast and the Mediterranean Sea. Well done, you've made it! From here, we'll make a short cycle 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.

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



Included

- Cycle Leader(s) and Support Driver(s)
- 4 x night's hotel accommodation
- 4 x breakfasts
- 3 x buffet-style lunches
- Airport Transfers (certain flights)
- All luggage transported during your trip
- Mechanical Support
- GPX files of the route (if requested)



Not Included

- Flights
- Bicycle and Helmet
- Evening meals, drinks and snacks
- Optional excursions in stopovers
- European Health Card (www.ehic.org.uk/Internet/home.do)
- Insurance

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.



Trip Notes

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 is 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 6+ hour cycles so you will know what is required. **You will need to get some hill practice in - there are some big climbs!**

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.

A link to our trip grades that explains in depth our star rating is here:
www.moreadventure.co.uk/cycling-grades

Flights

For this trip you will need to fly into Bologna and out of Pisa. Once you have booked on we will send you information regarding exactly what flights to book. The approximate total cost for a return flight from London is between £200 & £350. We may also be able to provide a UK pickup/drop-off service for your bike and main piece of luggage to save you the hassle, please get in touch with us at info@moreadventure.co.uk for more information.

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

Weather & Climate

The weather can vary on this trip, however generally the summer in Italy is going to be hot but can have chilly mornings. 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.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Meals each evening tend to cost between £10 and £15. You will also need to budget for any excursions, travel around Pisa and lunch on day 5. You will need Euros to spend in Italy.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels. All have hot water showers and excellent amenities.

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 £10-£15.

Equipment

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

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 Race 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 days 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, please contact us if you require this service.

Leaders

This trip is led by at least one experienced and qualified cycle leader who 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 16 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, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins

