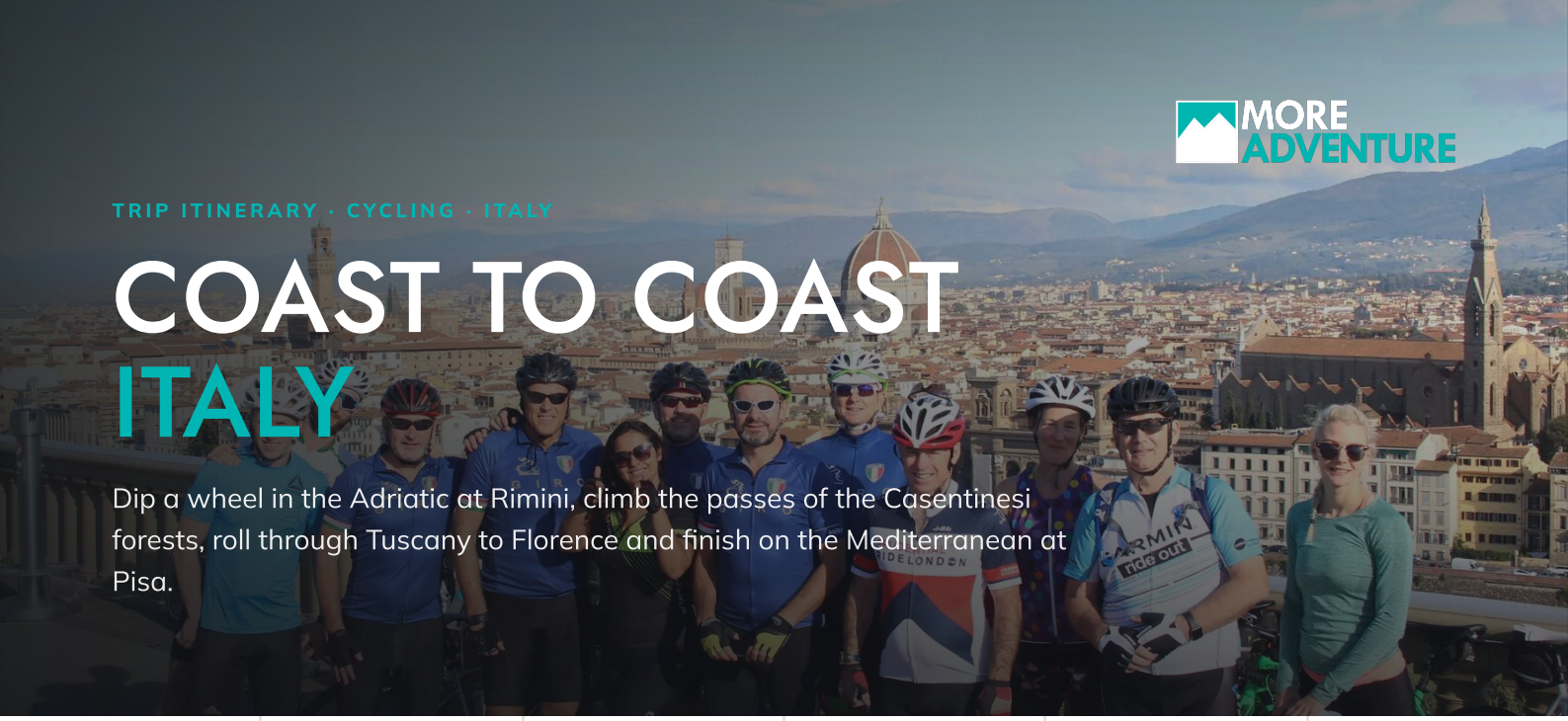


TRIP ITINERARY · CYCLING · ITALY

COAST TO COAST ITALY

Dip a wheel in the Adriatic at Rimini, climb the passes of the Casentinesi forests, roll through Tuscany to Florence and finish on the Mediterranean at Pisa.

5 days	3	184 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

This fabulous ride showcases the best cycling in Emilia-Romagna and Tuscany, crossing a whole country. You'll dip a wheel in the Adriatic, cycle through the glorious landscapes of Tuscany and pass through the iconic cities of Florence and Pisa.

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 it brings....glorious countryside, winding country lanes, cypress-lined roads and miles of vineyards.

Our next overnight is in 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.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Riding the width of a whole country
- ✓ Climbing the Passo Mandrioli and Passo Consuma
- ✓ The countryside and winding lanes of Tuscany
- ✓ A night in Florence, the birthplace of the Renaissance
- ✓ The Leaning Tower of Pisa
- ✓ Arriving at the Mediterranean at Marina di Pisa

FROM **£1,075** per person · secure your place with a 40% deposit (£430)

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/coast-to-coast-italy-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: RIMINI | TRANSFER TO RIMINI

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.



2

48 MILES · 5,500 FT CLIMBING | OVERNIGHT: AQUAPARTITA

DAY 2: RIMINI TO AQUAPARTITA

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 then into pretty vineyards as we head into the unique region of Emiglia-Romagna. 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.



3

61 MILES · 5,500 FT CLIMBING | OVERNIGHT: FLORENCE

DAY 3: AQUAPARTITA TO FLORENCE

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 Romagno. 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.



4

75 MILES · 2,000 FT CLIMBING | OVERNIGHT: PISA | CELEBRATION MEAL

DAY 4: FLORENCE TO PISA

Today is considerably easier than the previous day as we weave our way towards the coast. We begin the day with a small climb up to Piazzale Michelangelo with arguably the best view over Florence. We then follow 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.

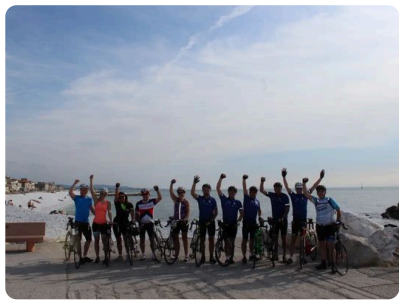


5

FREE DAY | TRIP ENDS

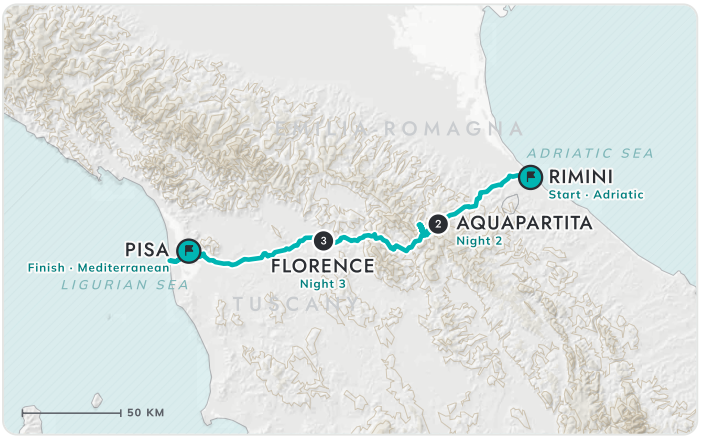
DAY 5: FREE IN PISA – TRIP ENDS

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 ROUTE

RIMINI TO PISA



Day 2 · Rimini → Aquapartita	48 miles
Day 3 · Aquapartita → Florence	61 miles
Day 4 · Florence → Pisa	75 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle Leader(s) and Support Driver(s)
- ✓ 4 x night's hotel accommodation
- ✓ 4 x breakfasts
- ✓ 3 x buffet-style lunches
- ✓ Transfers from Bologna airport (on certain flights, these will be confirmed)
- ✓ All luggage transported during your trip
- ✓ Mechanical Support
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and Helmet
- × Flights
- × Evening meals, drinks and snacks
- × Transfer to Pisa airport
- × Optional excursions
- × Personal Travel Insurance

Single room: +£205, added when you book.

Bike hire: Good-quality bikes can be hired from our first hotel in Rimini. Ask us for details.

Bike transfer: Our door-to-door UK bike transfer may run on this trip, so you can fly with luggage only.

GOOD TO KNOW

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 will 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 6+ 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. A link to our trip grades that explains in depth our star rating is here: 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. 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.

WEATHER

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. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. 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

It is essential that you obtain travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and 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). 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. They offer specialist cover for bicycles including 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 code MOREADV10 for 10% off. 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 £12 and £20. You will also need to budget for any excursions, travel around Pisa. You will need Euros to spend in Italy.

ACCOMMODATION

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon 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 but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

EQUIPMENT

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable. It is also possible to hire bicycles, get in touch for further information. 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 two 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 AW2; Schwalbe Marathon Plus). We do not provide helmets but it is essential 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 for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to “have and not need than to need and not have”!

LUGGAGE

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a saddle bag, frame fit bag or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day. 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 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 experienced and qualified 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. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We’re happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.