



**Italy – Tuscany Coastline Bike Tour (2025)**  
**Individual Self-Guided**  
**7 days / 6 nights**



This cycle tour combines Tuscany's hilly landscape, typical of this region with its amazing mixture of colours and scents, and the striking scenery of the Etruscan coastline perfectly. Stunning cycle paths lead to cultural highlights like Pisa, Livorno, Piombino and several archaeological excavation sites. Breathe in the warm sea breeze of the Mediterranean whilst pedalling along beautiful white sandy beaches and thrilling steep cliffs. To top all that, the tour also leads you into the hinterland relished by any food and wine connoisseur. Fine vineyards and silvery olive trees line the wine route of the 'Costa degli Etruschi'. The crowning glory and highlight of the cycling adventure is a bike trip over to the island of Elba. Relaxation and enjoyment are the main focus of this cycling trail along the impressive coastline of Tuscany! How can anyone resist and not be enticed by all these temptations...



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### Itinerary Day to Day

#### **Day 1: Arrival at Pisa**

In the evening, you will have your welcome briefing and get your bikes. A first glimpse and a visit to the exquisite old part of town already possible today too.



#### **Day 2: Trip to the sea 30 km + train journey**

From the Piazza dei Miracoli, home of the Leaning Tower, there are lovely trails winding through the national park 'Macchia Lucchese' directly to the sea. Along the sandy beach you will reach the charming sea side town and spa Viareggio. On the way there and in the resort the refreshing waters of the Tyrrhenian Sea will tempt you to dive in. Short train ride back to Pisa.

#### **Day 3: Pisa – Castiglioncello 40 km + train journey**

In the morning, you take a short train ride to Livorno. This historic harbour has a lot to offer including the well-known quarter 'Venezia Nuova' with its many canals. Once you have cycled past the Belle Epoque villas along the river promenade, the bike tour continues deep into the hinterland. An extended ascent leads through the national park 'Monti Livornesi', passing through traditional Tuscan villages along the way until you descend towards the sea with magnificent sea views. Today's accommodation is located close to steep cliffs. The trails along the beach and palm trees truly ooze Mediterranean atmosphere.



Pinterest.com

#### **Day 4: Castiglioncello – Marina di Castagneto 50 km**

Today's section is all about the Etruscan coastline. Via the famous white sandy beaches of Vada you will pass through some of the most striking pine forests in all of Italy. After that a cool cycle path in the shade leads you through the nature park 'Tomboli' and then on to Bibbona. From there your journey takes you to the well-known wine region of Bolgheri. It is here where the top Tuscan grapes are pressed! After passing the longest Italian avenue lined with cypresses, once again the sea is not far away. Marina di Castagneto is a classic Italian sea side town with its many beach cafes and promenades.





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**Day 5: Marina di Castagneto – Piombino 60 km**

The day starts with an ascent towards the medieval town called Castagneto Carducci. A well-deserved break over a cup of cappuccino and stunning views follows. After that the ride continues upwards on a curvy mountain road through romantic cork oak forests. A few breaks in little traditional villages with the characteristic stone built houses will stay in your memory forever. Next, a comfortable descent through olive groves takes you to the well-known beach 'Golfo di Baratti' with Etruscan excavation sites and all. Only a few kilometres left until Piombino, an impressive seaside town where you can relax on the Piazza directly by the sea.



Euroboatharter.com

**Day 6: Day trip to the island of Elba 15/35 km + ferry ride**

A ferry ride will take you to Portoferraio (duration approximately 1 hour). Stunning scenery and first glimpses of the island accompany the boat trip. A short cycle path along the panoramic route will lead you to several secluded bays and coves. The longer tour takes you through the hilly hinterland with its characteristic island vegetation of the 'Macchia Mediterranea'. On the return journey to Piombino a picturesque and glorious sunset at sea will be the perfect ending to this day.

**Day 7: Individual departure or extension of the trip**



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### Route



### Technical Characteristics:

**Route Profile:** Relatively Easy. The terrain is mainly flat to slightly hilly. The only two strenuous stretches are during the two legs in the hinterland. Nearly all cycle paths are asphalted and some segments along the sea will be on rustic but well maintained trails. Due to a lack of cycle paths along some sections, cycling briefly on roads with moderate traffic is unfortunately unavoidable.

**Distance:** 200 km

**Travel Season: Sunday 06.04. – 12.10., and in Season 3 also on Saturdays**

Season 1: 06.04. – 19.04. | 05.10. – 12.10.

Season 2: 20.04. – 09.05. | 13.09. – 04.10.

Season 3: 10.05. – 12.09.

**OK Cycle & Adventure Tours Inc.** - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9  
[www.okcycletours.com](http://www.okcycletours.com) Toll Free 1-888-621-6818 Local 613-702-5350



**Price per Person in Euros:** *subject to confirmation on booking*

Season 1 Double Occupancy B&B	€ 1069
Season 2 Double Occupancy B&B	€ 1169
Season 3 Double Occupancy B&B	€ 1339
Surcharge Single Room	€ 379
Rental Bike (21 or 7 gear)	€ 99
Hybrid Bike Plus	€169
Electro Bike	€ 269

**Extra Nights per person:**

**Pisa**

Double Occupancy B&B	€ 69
Single Surcharge	€ 45

**Piombino**

Double Occupancy S1	€ 79
Double Occupancy S2&3	€ 99
Single Surcharge	€ 55

**Accommodation:**

Category: selected 3\* hotels and 4\* hotels

**Included:**

- Accommodation
- Breakfast
- Welcome briefing
- Luggage transfer
- Train journey from Viareggio to Pisa and from Pisa to Livorno including your bike
- Return ferry to Elba including your bike
- Excellently planned route
- Detailed travel documents 1 per room
- Navigation App and GPS data
- Service hotline

**Not Included:**

- Local taxes payable locally
- Return transfer by minibus to Pisa every Saturday, 89 euros per person, 39 Euros for your own bike, advance reservation necessary



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### Bikes

#### Bike Plus



From the saddle to the breaks and gears of higher quality (eg hydraulic Magura breaks HS 11, Shimano Deore XT) the 'plus' is noticeable in many parts of the bike.

Rental Bike PLUS allows for a sportier sitting posture, 27 speed gears offer maximum flexibility and a high quality Suntour suspension fork provides the best possible comfort on all paths. Of course, all our accessories are also available on Rental Bike PLUS.

#### Hybrid Bike



**Unisex frame 21-gears** with free wheel sizes: 56 / 51 / 46 / 43 cm

**Unisex 7-gears-bikes** with back pedaling brake sizes: 56 / 51 / 46 cm

**Men's speed bikes 21-gears** with free wheel and crossbar sizes: 64 / 60 / 56  
"slopping" cm (note: a reservation is necessary!)

**Also includes** Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock

#### Electric Bike



A Pedelec is an electro bike which assists with electric support only when pedaling. Composed on basis of KTM-bikes, adequate for our missions. The bike is easy to handle as you have a good weight distribution and a low balance point. Overall weight amounts to approx. 23 kg. An illuminated LCD display, a computer and a wattage display add to the comfort.

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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