



## **Italy- Cycle from Pisa to Cinque Terre (2025)**

**8 Days/ 7 Nights**

**Individual Self-Guided**



White sandy beaches, enchanting nature and the wonderful flair of Italy...what could be better? You will experience all of this on your cycle tour from Pisa to Cinque Terre. The starting point of the trip on two wheels is the aforementioned Pisa. After a walk across the Piazza dei Miracoli, the 'Square of Miracles', a detour to the world-famous leaning tower should not be missed.

One last morning walk through the charming old town, then you can pedal towards Liguria. Between wild nature and breathtaking cultural hotspots you cycle from one fantastic area to the next. Would you like a varied journey through Tuscany and Liguria? Then get on your bike and off you go on a discovery tour through the hills!

**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**

**TICO Ontario Registration No: 50022848**

## ITINERARY

### Day 1: Arrival in 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 is possible today too.

### Day 2: Pisa – Viareggio approx. 30 km

Enjoy the magical old town of Pisa again before taking on the beautiful paths through the 'Macchia Luccese' national park to the sea. Continue along the sandy beach until you reach the charming resort of Viareggio with its historic swimming baths. Take your first dip in the fresh waters of the Tyrrhenian Sea here, or even along the way.



### Day 3: Viareggio – Lucca approx. 45 km

In the morning you travel along the Versilia coast for a while, before heading back inland. You cycle along the 'Via Fancigena', the ancient pilgrim route on the way from France to Rome. It travels through small, medieval villages in the Tuscan hills to the banks of the Serchio river. The well-maintained cycle path will eventually take you to the centre of Lucca. Not only the old town will impress you, you will experience a special highlight – a round trip of the city walls by bike.



**Day 4: Lucca – Castelnuovo di Garfagnana approx. 50 km**

On the cycle path along the Serchio you leave the city once more. Today the river is your constant companion and you cycle in the valley towards the Apennines national park, with its more than 2000-metre-high peaks. The mystical Devil's Bridge is a popular photo opportunity, directly on the bike path, its steepness is simply breathtaking. In today's location, Castelnuovo di Garfagnana, time seems to have stopped. Narrow medieval streets, stone bridges and small, charming squares characterize the townscape.

**Day 5: Castelnuovo di Garfagnana – Forte dei Marmi/surroundings approx. 50 km**

A beautifully landscaped mountain road leads you back to the sea today. Over the first 20 kilometres you will overcome approximately 550 metres of altitude and then suddenly find yourself amongst the quarries of the world-famous white Carrara marble. Then it's down again...30 kilometres downhill! In the fashionable Forte dei Marmi, you will definitely have earned a dip in the Tyrrhenian Sea.

**Day 6: Forte dei Marmi/surroundings – La Spezia approx. 55 km**

Today's cycling route promises lots of variety. Lush green grape vines accompany you on the last few kilometres in Tuscany. The charming fishing village of Bocca di Magra is already in Liguria and the coastal road that starts from there offers fantastic views over the deep blue sea. The pastel-coloured houses in Lerici give you a first impression of the Ligurian coast. From here it is only a few kilometres to your destination of La Spezia, a historic port city with a lot of art, culture and good food.



### **Day 7: Excursion Cinque Terre approx. 20 km hiking tour and train ride**

The national park around the colourful facades of the Cinque Terre – the five villages of Monterosso, Vernazza, Corniglia, Manarola and Riomaggiore – was declared a World Heritage Site in 1997 and is one of the most sought-after photo opportunities in Italy. On a breath-taking coastal walk, you get to know these villages from a very special viewpoint. In the morning you can take the train from La Spezia to Monterosso. From there you travel with the glittering sea always on the right-hand side, from village to village (the route can be shortened at any time by train or boat). From Riomaggiore, the Cinque Terre Express takes you back to your accommodation in La Spezia.

### **Day 8: Departure or extension**

#### **Route**



The route is on cycle paths and mostly on low-traffic side roads. The first stage is completely flat, all other stages are hilly with several, at times tougher, climbs. On the fourth day of cycling, there is a long climb of over 550 metres. The paths are mostly asphalted and for short distances on gravel roads. When entering and exiting cities, as well as during short connections, a bit more traffic can be expected.



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

## 2025 ARRIVAL DATES

Saturday 05.04. – 11.10.

Season 1: 05.04. – 18.04. | 27.09. – 11.10.

Season 2: 19.04. – 09.05. | 06.09. – 26.09.

Season 3: 10.05. – 05.09.

Special dates on request!

## Prices- per person Double Occupancy in Euros subject to confirmation on booking

Season 1	1129
Season 2	1199
Season 3	1279
Surcharge single room	499
Rental bike	99
Rental bike PLUS	169
Electric bike	269

## Included

- Accommodation in 3 and 4 star hotels
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- well developed route
- Detailed travel documents 1x per room (German, English, French)
- 1 Cinque-Terre-Card valid for train rides and entry/hiking in the nature park 1 ferry to Elba and back incl. your bike
- App for Navigation and GPS-data
- Service hotline

## Optional extras

- Bike rental, including rental bike insurance
- Return transfer by minibus to Pisa every Saturday, this costs EUR 89 per person, EUR 39 extra for your own bike, to be paid in advance, reservation is necessary

## Things to note

- Tourist tax, if due, is not included in the price!

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Join us in achieving greater sustainability by choosing our digital route book, rather than the printed version. As a small thank you we will give you a discount of EUR 20 per room.

## **Bikes**

A good bike is one of the most important pieces of equipment needed for a successful cycle tour. That's why we rely on solid quality for all components and in manufacturing, based on proven brand quality and perfected for use on our tours across Europe.

## **RENTAL BIKES**

Our quality KTM bikes are the result of years of experience and continued development, always with the wishes and requirements of our guests in mind. The result is a solid, easy to use and travel-suitable bike, that we can recommend with a clear conscience. With reliable brakes, an aluminium frame and top tyres, it is well-equipped for every journey.

- Unisex bike 21/24-speed with freewheel (Height ca. 148–190 cm)
- Unisex bike 7-speed coaster breaks (Height ca. 155–190 cm)
- Men's bike 21-speed with freewheel (Height ca. 165–205 cm) Note: reservation is essential!

## **RENTAL BIKE PLUS**

From the saddle to the breaks and gears, the quality of the equipment is even higher (e.g. hydraulic breaks and precise gears), the "plus" is noticeable in many parts of the bike.

- Men's bike 20/27-speed with freewheel (Height ca. 155–205 cm)
- Hydraulic breaks
- Shimano XT/DEORE rear derailleur

## **E-BIKES**

With our electric bikes, you have unlimited mobility and can really enjoy every cycle tour, so you always stay beside your friends or family on the road! The unisex bikes are comfortable to ride for both men and women.

- Unisex bike 8-speed (Height ca. 148–195 cm)
- Bosch Active Line Plus motor
- Battery 550 Wh removable with mobile charger
- Hydraulic breaks
- Range up to 120 kilometres

***This is a partner tour***

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