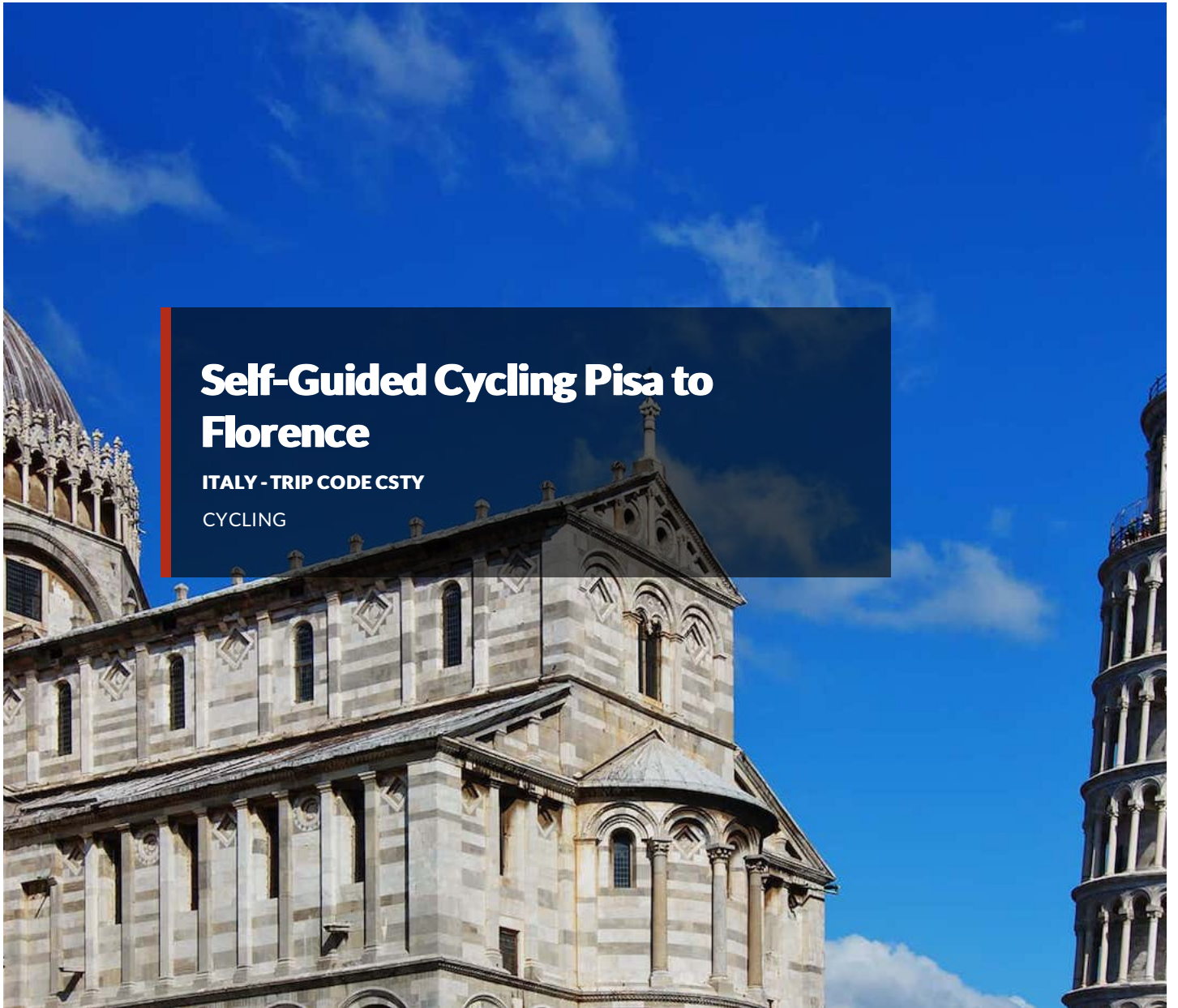


EXPLORE!



Self-Guided Cycling Pisa to Florence

ITALY - TRIP CODE CSTY

CYCLING

Why book this trip?

Discover the Tuscan landscapes of vineyards and olive groves on this self-guided cycle journey from Pisa to Florence. From the world-renowned Leaning Tower of Pisa you follow the Serchio River to the charming town of Lucca, continue on country lanes to Florence.

- **Magnificent Florence** - Explore this renaissance city par excellence
- **Italian culture** - Visit Pisa, Lucca and Vinci, each with a major role in the history of Italy
- **Local delicacies** - Sample the delicious Tuscan food with a glass of Chianti



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
None



TRANSPORT
Bicycle
Car
Train



ACCOMMODATION
1 nights
comfortable
agriturismo
6 nights
comfortable hotel



CYCLING GRADE:
Easy

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Holiday starts in Pisa

After checking in to your hotel in Pisa, we recommend spending time exploring the narrow streets, pastel houses and churches of charming Pisa, maybe stopping en route to enjoy a glass of locally-produced Chianti. Your bike will be delivered either today or tomorrow morning and you will be required to sign an agreement of care upon receipt of the bike.



ACCOMMODATION:
Hotel Alessandro Della Spina (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Return cycle Pisa to Calci Monastery; afternoon in Pisa

Today ride out from Pisa through the inspiring countryside of Monte Serrato to the grandiose Certosa of Calci Monastery. Founded in 1366, it houses a magnificent Natural History Museum. We return the same route that leads us back to Piazza Garibaldi in central Pisa, from where it is a short ride onto the Leaning Tower and Miracle Square. This afternoon you can explore Pisa's many beautiful and historic buildings,

palaces, churches, towers and town squares by bike or on foot.

Your total cycling distance today is approximately 33 kilometres (total ascent 90 metres, total descent 90 metres).



ACCOMMODATION:
Hotel Alessandro Della Spina (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Pedal along the Serchio River to Lucca

Today's scenic ride is almost completely flat. Your route follows the Serchio River to the charming town of Lucca. Here, you will have ample time to explore the town's splendid architecture and gardens, including its majestic bell tower and impressive Piazza Anfiteatro. We also recommend a ride around the tree-lined city walls before heading to your hotel base for the next two nights in Lucca.

Your total cycling distance today is approximately 33 kilometres (total ascent 330 metres, total descent 320 metres).



ACCOMMODATION:
Hotel San Marco, Lucca (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



DAY 4 - Enjoy a circular route through the Luccan countryside

Today, you have the choice between two routes of varying difficulty as you cycle through the outskirts of Lucca and out into the surrounding countryside. The shorter route is reasonably flat interspersed with a few hills, whereas the longer route is more hilly and demanding, but offers enviable views. Both routes pass by some of Lucca's characteristic Renaissance villas and we recommend taking time to stroll through their luxurious gardens.

Your total cycling distance today is approximately 33 or 40 kilometres (total ascent 170 or 450 metres, total descent 170 or 450 metres), depending on the route you choose.



ACCOMMODATION:
Hotel San Marco, Lucca (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Pass the Fucecchio Nature Reserve on your ride to Vinci

This morning you have the option of either getting the train to Altopascio, or cycling there along flat terrain. From here, the scenery steps up a notch as you ride past the Fucecchio Nature Reserve. This is the largest inland wetland in Europe and a transitory stop on migratory routes for over 200 species of birds. You may choose to spend some time here before continuing on your route along secondary roads that wind through low hills covered in olive groves and vineyards. The small village of Vinci is the birthplace of Leonardo da Vinci and home to two fascinating museums honouring the Renaissance polymath. Your hotel is a farmhouse situated about two kilometres from Vinci.

Your total cycling distance today is approximately 54 kilometres (total ascent 270 metres, total descent 270 metres). If you choose to take the train to Altopascio, your cycling distance is approximately 29 kilometres (total ascent 250 metres, total descent 250 metres).



ACCOMMODATION:
Agriturismo il Piastrino (or similar)



Grade: Comfortable Agriturismo



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Explore Vinci; train to Florence

We suggest you spend the morning exploring the museums and streets of Vinci on two wheels along with a ride just out of town to the actual birthplace of Leonardo. There is the option from the birthplace to either return to Vinci or continue up and out further into the countryside to gain fine views over Vinci and the surrounding area. The medieval hamlet of Vinci is famous for the two museums that are dedicated to the genius-inventor Leonardo Da Vinci. In the museums you can see many reconstructions of his incredible inventions and several of the original designs. Once finished you will leave your bike at the hotel before collecting your luggage and taking your included vehicle transfer to Empoli train station. Here, you will catch the local train to Florence (you will need to buy this train ticket locally as this cannot be pre-booked). From the Firenze Santa Maria Novella train station in Florence you can either walk the short distance to the hotel or you may prefer to catch a taxi. Widely regarded as the cradle of the Renaissance, Florence is a city which impresses at every turn. From the Duomo Cathedral to the Ponte Vecchio Bridge and Michelangelo's spell-binding statue of David, there is so much to discover. A visit to the Uffizi Gallery is a must, with its abundance of canvases by Botticelli, Leonardo da Vinci and a host of other greats. We also suggest a visit to Piazza del Mercato Centrale, which has a big food market on the ground floor and restaurants on the upper floor.

Your total cycling distance today is approximately 8 or 15 kilometres (total ascent 175 or 450 metres, total descent 175 or 450 metres), depending on the route you choose.



ACCOMMODATION:
Hotel Malaspina (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - A full day to enjoy Florence

Today is all yours to continue exploring the magnificent city of Florence on foot, with its many monuments, churches, museums and squares. If visiting the Duomo or other churches you need to wear clothes which cover your shoulders and knees.



ACCOMMODATION:
Hotel Malaspina (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Holiday ends in Florence

After breakfast, the organised part of your holiday comes to an end.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Day 2 - This afternoon visit Miracle Square and the Leaning Tower, followed perhaps by the Duomo, the Arno promenade or the just explore the quiet streets and shops.

Day 6 - This morning in Vinci we suggest visiting the Leonardiano museum and to see his birthplace.

Day 7 - Florence has lots to see and do, including the Duomo, Uffizi Gallery, Centro Storico, Palazzo Vecchio, plus numerous museums, Basilicas and Piazzas.

Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. If travelling in Spring or Autumn months it can be cool, especially at night, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

Luggage transfer

Included between each hotel and on day 6 the accommodation owner will take you and your luggage from Vinci to Empoli train station for your train journey to Florence.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn.

Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General maps

Toscana 1:200.000 TCI Touring Club Italiano, ISBN: 8836548288

Tipping

Local fees

The train from Vinci to Florence on Day 6 cannot be pre-booked and so is payable locally. Tickets cost €4.40. You will need to validate your ticket by stamping it in one of the machines on the platform before boarding the train.

Local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from €1 to €3 per person per night, with the higher amount relating to higher category hotels. It is only applicable to a number of towns and cities in Italy but it is being rolled out to cover more places in time so please allow accordingly in your budget.

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00 - 10.00	£15.00 - 20.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency **Recommended Currency For Exchange**
Euro. GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability **Credit Card Acceptance**
Major towns. Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bicycle, Car, Train

Recommended airport

Florence Airport (FLR) or Pisa Airport (PSA).

Flying to your destination

We'd recommend return flights into Pisa Airport (PSA) or Florence Airport (FLR) which are served by both budget (including Easyjet, Ryanair) and non-budget airlines (including British Airways) from multiple airports in the UK.

Accommodation notes

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool (pool may have seasonal opening). Generally rooms will be comfortable with en-suite facilities.

Arrival and departure information

At the start of your trip you can fly into Florence Airport (FLR) or Pisa Airport (PSA).

By public transport from Florence Airport

Take the airport bus to the central bus station located downtown next to Santa Maria Novella train station from where you take a train to Pisa.

For updated information on train connections, please visit the website www.trenitalia.it

By public transport from Pisa Airport

Take the airport bus to the central bus station

At the end of your trip you can fly back from either Florence Airport or Pisa Airport.

By public transport to Florence Airport

Between Florence central bus station and Florence Airport there are daily buses every 30 mins that run from 5am to midnight.

www.aeroporto.firenze.it/en/passengers/from-to-the-airport/bus.html

By public transport to Pisa Airport

Trains depart daily from Santa Maria Novella train station to Pisa Centrale station (duration 45mins to 1hr 30mins, cost €8). From Pisa Centrale buses depart regularly to the airport (duration 30 mins, cost €1.50)

www.trenitalia.it

www.cpt.pisa.it/orari/pisa/n4106p1.htm

A private airport transfer (at additional cost) can be arranged from Florence to Pisa airport. This must be booked in advance.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the

United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

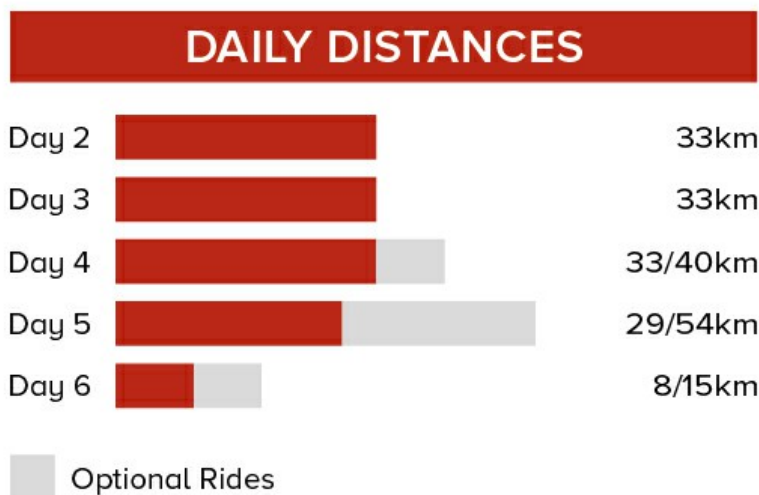
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



General cycling information

On this journey you cycle 161 km over five days (an average of 32 km per day) with further optional rides available. The rides mostly follow well-asphalted country lanes and quiet secondary roads (busier near the major towns) and there are some sections with cycle paths and gravel roads (splits as roughly 70% asphalted roads and 30% cycle paths and tracks). The terrain is flat with some hillier sections on days 4 and 6. We have graded the route as easy.

Bike included

21 gear Hybrid Bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Bike information

Your included bike is a 21 gear hybrid bike and will be the correct frame size for your height. Various models are possible, each of a similar standard. Each bike is fitted with one rear lateral pannier bag (20 litre capacity each) as well as a handlebar bag that doubles as a map note holder. The bike also has a water bottle holder as well as the facility to fit your own pedals or saddle if you wish to bring them. A lock, pump, spare inner tube and puncture repair kit with tyre levers is included. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

Electric bikes (e-bikes) are available for an additional cost of £65 for the duration of the holiday. This must be booked in advance of travel. You will be required to pay a refundable deposit upon collection of the bike in country. Please contact us for more details or to request your e-bike.

Cycling grade

Easy

Additional Information



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a pump, lock, spare inner tube and tyre levers. All you need bring is your own helmet.

Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS