

## ACTIVO - BIKING TOUR 2024 - Tuscany and Cinque Terre - 6 Days

### Tuscany and Cinque terre

Along the coast amidst vineyards and charming villages

- Discover the Cinque Terre by bike
- Wine tasting along the Bolgheri wine road
- Detour to Lerici and the Gulf of Poets

#### 1 Arrival in Tuscany

#### 2 Lerici and the Gulf of Poets

- The first part of the tour takes us to Montemarcello with its Nature Park and wonderful panoramic views of the Ligurian coast and Portovenere
- The tour continues to the Gulf of Poets and the characteristic town of Lerici with its charming bay and the iconic castle
- Lunch break with a plate of spaghetti and seafood

Distance covered: 30 km

Vertical height difference: 390 m

Degree of difficulty: easy

#### 3 The Versilia Coast and Sarzana

- Departing from the hotel the first part of the tour follows along the beaches of the Versilian coast
- We reach the village of Luni, once a mighty Roman seaport, now famous for the ruins of its ancient Amphitheatre
- The tour ends in Sarzana, a 16th century walled village whose fortifications and four tower have remained almost completely intact.

Distance covered: 45 km

Vertical height difference: 200 m

Degree of difficulty: medium

#### 4 The Bolgheri wine road - coach required

- Our cycle tour today takes us through the stunning Tuscan countryside to the pretty town of Bolgheri, which we will leave after a 5km long tour of the archetypal cypress-lined road
- We continue on to the beautiful towns of Bibbona and Casale Marittimo following the Wine Route, bedecked with vineyards laden with exquisite grapes and silver coloured olive trees
- The final stretch takes us to the sea where we can enjoy a well earned rest on the beach

### The tour includes:

#### Inclusions

- 5 x nights accommodation with buffet breakfast
- 1 x welcome drink
- 1 x 3-course dinner with set menu
- 4 x 3-course dinners with choice of starter and main course • Salad buffet with all dinners
- 1 x dish of spaghetti in Lerici
- 1 x wine tasting with snacks
- 1 x train-ride Monterosso-La Spezia
- 4 x English-speaking bike guides
- E-bike hire included throughout
- Bike transfers as per programme

### Additional Services:

Single room suppl.	89 €
--------------------	------

### Prices:

04-22-2024 - 05-17-2024 - Hotel Suisse \*\*\*s

per person in double room WITH GROUNDED TRANSPORT INCLUDED	889 €
per person in double/twin room	644 €



Distance covered: 50 km  
Vertical height difference: 380 m ☒☒  
Degree of difficulty: medium

## 5 The Cinque Terre

- As crowning glory of our tour we experience a unique trip to the National Park of the Cinque Terre
- Starting from La Spezia we stop at Manarola, a small picturesque harbour where the Via dell'Amore (the Lover's Lane) starts
- On a panoramic road between the sea, vineyards and fragrant Mediterranean macchia we reach Monterosso, the largest of the 5 villages and the only one with a sandy beach to relax on
- Returning to La Spezia by train we meet our coach to make our way back to the hotel

Distance covered: 35 km  
Vertical height difference: 700 m ☒☒  
Degree of difficulty: medium

## 6 Departure

## Hotel Suisse \*\*\*s

- Top location for the beach, the town and for excursions
- Rich and excellent food
- Seasonal pool included in the price

**Location:** Approx. 3 minutes walk from the beach and closer still to the pedestrianised area and town centre of Marina di Pietrasanta

**Rooms:** 52 rooms with safe, hairdryer, satellite TV, air conditioning and minibar on request

**Facilities:** Restaurant, large lounge, free WiFi, reading room, lift, outside pool with sun terrace

**Coach parking:** Approx. 250m from Hotel (parking charges settled by the hotel)

[www.suissehp.com](http://www.suissehp.com)

