

**Guided Tuscan Coast Bike Tour**  
**Duration: 7 Days/6 Nights**

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## **An Undiscovered Part of Tuscany**

Tuscany is famous as one of the world's most beautiful regions, a land of rolling green hills and picturesque towns, but it is less well known for its coastal areas. Along the coast you'll find hilltowns cooled by sea breezes, exceptional food and wine, and fewer crowds. This breathtaking corner of Tuscany combines cliffs, forest-covered hills, pristine beaches and some of the most beautiful umbrella pines in the country. On this tour you will stay in three coastal hill towns and a seaside resort with a spa. You'll tour two wineries and participate in a cooking class. You will eat fresh fish at seaside restaurants and explore Etruscan archeological sites. Over seven days we will show you the beauty and culture of the dazzling Tuscan coast.



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### **Route Rating**

10-25 miles (16-40 km) per day cycling over hilly terrain.

### **Meet / Finish**

Florence / Donoratico

### **Highlights**

- Two winery tours with tastings
- Cooking class
- Two Tuscan beach visits
- Cheese cellar visit
- Coastal scenery

### **Winery Tours**

#### **Petra Winery**

The Petra winery is an architectural wonder where wines and olive oils are produced. We tour the property and have lunch and a tasting.



#### **Ornellaia Winery**

One of the most prestigious wineries in Tuscany. This tour takes us through the vineyards, ageing rooms, and art gallery.



## Guided Tuscan Coast Bike Tour

### The Rides

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### Day 1

## Massa Marittima

#### Massa Marittima Warm Up Ride

*Distance: 14 miles (23 km)*

*Total Ascent: 416 mt (1,365 ft)*

We meet in Florence and shuttle two hours to Massa Marittima, a coastal hilltown surrounded by an ancient wall and protected by a stone fortress. This is a vacation town for Italians where you will see no tour busses and no t-shirt shops. After lunch you are fitted on your bike and we pedal to an ancient lake and Etruscan ruins. The lake water is inviting. You may want to take a swim before cycling back to the hotel. Dinner is in a bustling trattoria that specializes in Tuscan cuisine.

#### Hotel

##### Fenice Park Hotel

Massa Marittima (1 night)

Located on the edge of the historical center of town, the hotel has large rooms, a pool, and AC.  
[www.lafeniceparkhotel.it](http://www.lafeniceparkhotel.it)

#### The Ride

**Day 1,** A warm up ride on backroads leads to Etruscan ruins and a lake. To refresh yourself take a dip in the lake.

#### Beach Visit

##### Gulf of Baratti

On Day 3 we ride to the secluded Baratti Beach. A natural park has protected this beach from development. While at the beach explore the nearby Etruscan ruins.



#### Other Questions?

Toll free 1 888 491 2760

[info@charnestours.com](mailto:info@charnestours.com)



## **Day 2** **Campiglia Marittima**

### **Massa Marittima to Campiglia Marittima**

*Distance: 38 km (24 mi)*

*Total Ascent: 351 mt (1,152 ft)*

A quiet country road winds through farmland. Olive trees, sunflowers, and cornfields slowly pass by. We stop at the Petra winery, an archeological marvel on a hillside in the middle of nowhere. Designed by a famous Swedish architect, Petra opened in 2003. The winery's colors and curves blend naturally into the green hillside. We tour the winery and have lunch and a tasting. After lunch we finish our ride in Campiglia Marittima. Little Campiglia feels frozen in time. The center is a jumble of narrow stone streets all leading to a central piazza. A 10<sup>th</sup> century fortress called La Rocca has been renovated and has spectacular views out to the sea.

## **Day 3** **Campiglia Marittima**

### **Campiglia Marittima to Baratti Beach**

*Distance: 30 km (19 mi)*

*Total Ascent: 235 mt (770 ft)*

A downhill ride takes us to the Gulf of Baratti, an important Etruscan port and trading center. Before the Roman Empire arrived, a people called the Etruscans were here. You can visit the archeological ruins of Populonia, an Etruscan settlement dating from 900 BC. Baratti Beach is one of the Tuscan Coast's most beautiful spots. This circular gulf is unique for its iridescent sands shading from black to blue. This is a relaxing place with undeveloped beaches flanked by green umbrella pines. Lunch is at a family-run seafood restaurant with a terrace on the water's edge.

### **Hotel**

#### **Il Canovaccio**

Campiglia Mt. (2 nights)

This small B&B is in a medieval building in the center of town. The rooms have been beautifully renovated preserving their Tuscan style.

[www.locandailcanovaccio.it](http://www.locandailcanovaccio.it)

### **The Rides**

**Day 2**, Mostly flat rolling countryside with a winery visit and lunch half way. Big climb up to Campiglia Marittima.

**Day 3**, A quick downhill ride leads to the beach. A gentle climb brings you back to Campiglia Marittima.

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## **Day 4** **Castagneto Carducci**

### **Campiglia Marittima to Castagneto Carducci**

*Distance: 41 km (25 mi)*

*Total Ascent: 415 mt (1,362 ft)*

A quiet backroad takes us through olive groves and cork wood forests. We cycle through two ancient towns, Suvereto e Sassetia. These are quiet places where everyone knows each other, except for the summer months when the population swells with Italian tourists. Suvereto still has its medieval walls complete with eight watch towers and two entrance gates. Smaller Sassetia's has just 500 inhabitants who live in ancient stone buildings perched on a steep hill. Our ride ends at the Villa Le Luci in Castagneto Carducci, a turreted villa with Art Nouveau touches and views of the Tyrrhenian Sea.



### **Hotel**

#### **Villa Le Luci**

Castagneto Carducci (2 nights)

This big villa has been lovingly transformed into a stylish B&B. The hotel garden has beautiful sea views.

[www.villaleluci.it](http://www.villaleluci.it)

### **The Ride**

**Day 4,** A gorgeous ride on a quiet road passes through two delightful towns. The road has a long gentle climb through quiet woods.

### **Cooking Class**

#### **Villa Le Luci**

On Day 5 a chef comes to our villa in Castagneto Carducci and leads a hands on cooking class. We prepare three-courses and then eat under the stars.



*The grotto/spa at the Tombolo Talasso Resort Hotel.*





## **Day 5**

### **Castagneto Carducci**

#### **Castagneto Carducci to Monteverdi**

*Distance: 31 or 38 km (19 or 24 mi)*

*Total Ascent: 308 or 501 mt (1,010 or 1,644 ft)*

Heading inland we ride to sleepy Monteverdi. We visit a wine and cheese shop called Specialita' Mucci. The shop is run by two exuberant brothers who proudly take us into their cheese cellar and prosciutto room. An informal lunch of aged prosciutto, pecorino cheese, schiacciata, and local wines is just perfect in the middle of a ride. After lunch head straight back to the hotel or do a longer loop in the countryside. Tonight a chef comes to our villa to conduct a cooking class. We gather in a spacious kitchen to prepare a three-course feast. Over a glass of wine we learn about the local cuisine. We dine al fresco in the hotel gardens overlooking the sea.

#### **The Ride**

**Day 5**, We ride inland to a quiet town on the edge of a big valley. We have lunch and return to the hotel. You can backtrack or ride down into the valley and back.

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## **Day 6**

### **Marina di Castagneto Carducci**

#### **Castagneto Carducci to Marina di Castagneto Carducci**

*Distance: 27 km (17 mi)*

*Total Ascent: 152 mt (499 ft)*

Once upon a time the most prestigious vineyards in Tuscany were inland. That all changed in the 1960s when winemakers began planting French varietals around the town of Bolgheri. Vinters found a unique terroir of marine deposits and clay, perfect for French grapes. Today reds like Sassicaia and Ornellaia are Italian superstars. We visit the Orenellaia winery. The tour is thorough with a walk among the vines, a visit to the art gallery, the bottling plant, and the cellars. Cellars is crude word to describe these spaces. Display vaults would be a better term. The spaces are modern and dripping with Italian style. Down the road is the town of Bolgheri, dominated by its crenelated castle. We lunch in Bolgheri before riding to our resort hotel. The Tombolo Talasso resort has its own beach and spa. The spa is built in a man-made grotto under the hotel. Disneyland meets an Italian spa in this underground playground. You can move from pool to pool, exercise against currents, be massaged by bubbles, or just float in the hot water.

## **Day 7**

### **Marina di Castagneto Carducci**

#### **Shuttle to Donoratico train station**

The bike tour ends after breakfast on Day 7. We will shuttle you to the nearby Donoratico train station to continue your travels.

#### **Hotel**

##### **Tombolo Talasso Resort**

This seaside resort has its own private beach and spa. The spas is located in a man-made grotto and has multiple thermal pools.

[www.tombolotalasso.it](http://www.tombolotalasso.it)

#### **The Ride**

**Day 6**, This easy ride follows a *Strada del Vino* (Wine Road) through some of the most valuable vineyards in Italy. We stop at a winery and in the town of Bolgheri.

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