





Pisa to Cinque Terre

From the Leaning Tower to the Cinque Terre

Embark on a captivating cycle tour from Pisa to Cinque Terre, where a tapestry of highlights awaits, including pristine white sandy beaches and captivating natural beauty. Your journey commences in the captivating city of Pisa, offering a splendid starting point for your cycling adventure. Before setting off, indulge in a leisurely stroll across the iconic Piazza dei Miracoli, or the 'Square of Miracles,' where a detour to the world-renowned leaning tower of Pisa is a must.

As the sun rises on your last morning in the charming old town, bid adieu and pedal towards the enchanting Liguria. Your path winds through untamed wilderness and captivating cultural gems, seamlessly transitioning from one breathtaking region to the next. The culmination of your journey leads you to the coastal haven of La Spezia, where the allure of the Ligurian Sea awaits.

Book this holiday: Cinque Terre: Pisa to La Spezia

Details of the journey from Pisa to Cinque Terre

Right next to the sandy beach, there are excellent cycle paths towards the fashionable seaside resort of Viareggio. Bit by bit the gentle hills of the Tuscan countryside come closer. On the old pilgrimage route Via Francigena, you can go at a relaxed pace through medieval towns to the city of Lucca. After five more fascinating cycling stages, the destination La Spezia in Liguria is finally within reach. This tour from Pisa to the coast is full of cultural and culinary highlights.

The highlights of the cycling holiday from Tuscany to Liguria

- **Pisa and Lucca:** Enjoy the unique charm of these picturesque towns during your stay in Pisa and Lucca. Stroll through the streets and be enchanted by the Italian culture.
- **Tuscan hills:** Feel the incomparable charm of the Tuscan landscape and enjoy the beauty and tranquility of the region. Breathtaking views included!

- **Culinary delights:** Let yourself be spoiled by Italian cuisine and delicious culinary delights.

Useful information about the cycle tour through Northern Italy

You will spend a total of eight days in beautiful Italy. On 230 kilometres by bike and 20 kilometres of leisurely hikes, you can explore the most beautiful places in Tuscany and Liguria. On the way to the Cinque Terre World Heritage Site in La Spezia, you cover between 30 and 55 kilometres per day. The numerous climbs and hill cycle paths are sometimes a bit demanding, but they are worth it in the end.

This tour has been graded as **Challenging**. Find out more about our **cycling holiday difficulty levels**.

Book this holiday: Cinque Terre: Pisa to La Spezia

Tour information



Challenging



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total cycling distance: approx.
300 km

To the online version



Itinerary

DAY
1


Arrival in Pisa

In the evening welcome briefing and bike fitting. We recommend an initial visit of the magnificent old part of town that day.

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.

 ca. 30 km

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'll experience a special highlight – a round trip of the city walls by bike.


 ca. 45 km

DAY
4**Lucca – Castelnuovo di Garfagnana**approx. 50
km

On the cycle path along the Serchio you leave the city once more. 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.


 ca. 50 kmDAY
5**Castelnuovo di Garfagnana – Forte dei Marmi**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.

 ca. 50 kmDAY
6**Forte dei Marmi – 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.

 ca. 55 km

DAY
7**Excursion Cinque
Terre**approx. 20 km hiking tour and
train trip

The national park around the colourful facades of the Cinque Terre – the five villages of Monterosso, Vernayya, Corniglia, Manarola and Riomaggiore – was declared a World Heritage Site in 1997. On a breathtaking 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.

 ca. 20 km hiking tour and train tripDAY
8**Return trip or extension**

After breakfast, this fantastic cycling trip From Pisa to La Spezia ends.

Route information

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.



Prices and dates

Price calculation and check availability: **Cinque Terre: Pisa to La Spezia**

Place of arrival: **Pisa**

	Season 1 30.03.2024 - 12.04.2024 28.09.2024 - 12.10.2024 Saturday	Season 2 13.04.2024 - 10.05.2024 07.09.2024 - 27.09.2024 Saturday	Season 3 11.05.2024 - 06.09.2024 Saturday
Pisa - Cinque Terre, IT-TORPC-08X			
Base price	1,009.00	1,079.00	1,139.00
Single room surcharge	419.00	419.00	419.00

Hotel information: You will stay in 3*** and 4**** hotels and Agriturismo.

Additional nights

Place of arrival: **Pisa**

	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 Saturday	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 Saturday	Season 3 May 11, 2024 - Sep 6, 2024 Saturday
Pisa			
Double room p. p.	69.00	69.00	69.00
Single room surcharge	35.00	35.00	35.00
La Spezia			
Double room p. p.	95.00	95.00	95.00

	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 Saturday	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 Saturday	Season 3 May 11, 2024 - Sep 6, 2024 Saturday
Single room surcharge	69.00	69.00	69.00

Our rental bikes

	Price
21-Speed Unisex Bike	99.00
21-Speed Men's Bike	99.00
7-Speed Unisex Bike	99.00
27-Speed Bike PLUS	159.00
Unisex E-Bike	239.00

Prices per person in GBP

Included services and travel information

Services

Included

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Well developed route
- Detailed travel documents 1x per room (German, English)
- 1 Cinque-Terre-Card valid for train rides and entry/hiking in the nature park
- App for Navigation and GPS data available
- Service hotline

Not included

- Tourist tax, if applicable, to be paid locally

Arrival information

- Train: Pisa train station
- Airport: Pisa and Florence airport
- Parking: Public hotel garage costs approx. EUR 17 per day, to be paid for at the time, no reservation possible/necessary or free car parking at the hotel
- Good train connections from La Spezia to Pisa