

Cycling: Montecatini to Lucca – Day of Adventure



Overview: An easy bicycle ride from Montecatini to the beautiful walled city of Lucca.

Difficulty: Easy Active: Level 2 on a scale of 1-5; 44 km/27.3 miles with 280 meters/919 ft of elevation gain (approx. 2-3 hours of bicycling)

Included: Bicycle rental (choice [of titanium road touring bike, titanium hybrid, tandem](#) – e bikes are not available on this ride) equipped with helmet, rear rack pack, cyclometer, and repair kit, at least one bicycle tour leader, cycling water bottle, support vehicle with water and snacks, gourmet lunch with local wine, short guided walk of Lucca, return train transportation with tour leader to Montecatini.

Excludes: entrance to sites, personal souvenirs or expenses

Highlights

- Bike straight from Montecatini on quiet country roads
- Explore and cycle around Lucca's stunning medieval walls
- Guided city walk of Lucca
- Gourmet lunch with local specialties and wine

Day Description: Leave from Teatro Verdi at 9:15 to fit bicycles and have a short safety talk before riding east toward Lucca, one of the most delightful cities in northern Tuscany. First an Etruscan town, then a Roman outpost and subsequently important culturally and politically throughout the Middle Ages, Renaissance and Napoleonic time, Lucca is still a vibrant town. Once in town, our route takes us along some of the world's best preserved ancient walls that amazingly remained throughout the years even as the city outgrew them. Now a wide promenade used by locals for sports and exercise, they offer the perfect opportunity for views of the city's highlights, including the old Roman amphitheater (now a lively plaza), the peculiar Torre Guinigi with a tree growing on top, and the churches that dot the city. We leave our bikes to enjoy a well deserved gourmet lunch and a guided walk of town to see some of the highlights before a quick 30 minute return train ride to Montecatini Terme around 5:30 pm.

Meals: L

Number of Participants: 4-20

[Online Map](#)

Packing List:

- Comfortable clothes (shorts/tights and top) for cycling
- Wind jacket/rain jacket in case of inclement weather
- Stiff-soled shoes to cycle in
- Optional: daypack with change of clothes after bike ride