

## GBI Toscana – Gran Turismo in the heart of Italy



You deserve this cycling trip to Tuscany. We will explore the most beautiful areas, passing world famous monuments, visiting great cities, cycling along the deep blue Tyrrhenic Sea and crossing the Chianti hills. Do you know anything more joyful? Maybe the expectation of a phantastic Tuscan meal with a red wine?

The Global Biking Initiative (GBI) wants to show you the most interesting places in Europe the sportive way. We are proud of our international participants, that makes it easy for everybody to make new friends from other countries. Our main goal is the continuous support of charity projects worldwide. We achieve this by engaging the participants to raise funds that support charity projects in their home countries.

### **Tour highlights**

- ✓ Discover your personal miracle at the Piazza dei Miracoli in Pisa
- ✓ Refresh yourself with a plunge into the sea at the Versilia coast
- ✓ Walk on the city walls of Lucca
- ✓ Visit the birthplace of Leonardo da Vinci
- ✓ Enter the lively city of Florence
- ✓ Cycle through the Chianti hills
- ✓ Get enchanted by the towers of San Gimignano

### **At a glance**

Date: April 28<sup>th</sup> – May 1<sup>st</sup>, 2018  
 Duration: 4 days / 3 nights (with 4 cycling days)  
 Event type: escorted cycling holiday  
 Participants: max. 30 cyclists, split in 2-4 teams  
 Distance: approx. 330 km (track 1) / 447 km (track 2)  
 Participation fee: from € 399  
 Minimum donation: min. € 50  
 Single bedroom: from € 100  
 Pre-/Post-Night: from € 79  
 Bicycle transport: € 50  
 Rental bike: MTB € 69, Roadbike € 129

### **Our services**

- ✓ Accommodation in selected hotels with breakfast
- ✓ Fast and easy online registration on our website
- ✓ Luggage transport from hotel to hotel
- ✓ Service car with bike repair toolset
- ✓ Pickup service
- ✓ Several cycling teams with different speed levels
- ✓ Any kinds of bicycle welcome (Roadbike, MTB, ATB, eBike, etc.)
- ✓ 2 different distances per day
- ✓ GPX tracks of the tour for download
- ✓ Route information and daily news
- ✓ Convenient hotel check-in service
- ✓ Mobile GBI app with helpful information
- ✓ Personal support during the tour
- ✓ Nutrition point with energy bars, fruits and drinks every day
- ✓ Bike bottle for free
- ✓ Online photo service
- ✓ Rental bikes & bike transport from/to Düsseldorf (charged)
- ✓ International participants
- ✓ Support of charity projects in your home country
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

## GBI Toscana – Gran Turismo in the heart of Italy

### Day 1: Pisa – Lucca (80 km/580 m climb)

This tour starts at the Leaning Tower. The first day is great for getting started. In the beginning it is mostly flat while we cycle along the Costa de Versilia. The superb beaches may tempt you to plunge into the sea. After a short ride to Carrara, where you can see the marble quarries at the hills, we pass the foothills of the Apuanian Alps and head to our destination Lucca.



### Day 2: Lucca – Florence (89 km/730 m climb)

Between hills and river we are cycling to Vinci, birthplace of Leonardo da Vinci. At Empoli we follow the river Arno for a while and later we cross a mountain range, where we can see Florence in a distance. The most important attractions are on our route through the city. Some kilometers outside of Florence is our destination for today.

#### *Route characteristics*

Tuscany is very hilly and you should expect some longer and partially steep climbs.

The route follows mainly tarred roads. If possible, we use minor roads.

#### *We cycle for charity*

Each participant commits to raise a **minimum donation of € 50** to support a charity project in his or her home country.

### Day 3: Florence – San Gimignano (73 km/1480 m climb)

We cycle through Chianti area. The hilly countryside will capture your heart and challenge your legs. Along our route we will see numerous vineyards. Resting on the picturesque market place in Greve in Chianti is not the worst thing today. Then we cycle straight to San Gimignano with its medieval towers.



### Day 4: San Gimignano – Pisa (86 km/850 m climb)

On the last day we cycle via Gambassi Terme and Castelfiorentino through the Val d'Elsa. From here it is one last uphill to San Miniato, before we can descent to the Arno valley, where we follow the river until we reach the final tour destination in Pisa.

#### *Travel advice*

Plane: there are good connections to Pisa and Florence from other countries

Train: good connection to the Italian railroad system

Car: Parking for the duration of the tour at the airport or in the city (charged)