



TOUR ITINERARY

RIDING
LEVEL

3

Europe / Italy / Tuscany

Tuscany By the Sea Bike Tour

The Etruscan Coast + Maremma: Bolgheri to Elba Island

TOUR HIGHLIGHTS

- Discover a lesser-known part of Tuscany between the Livorno hills and Etruscan Coast, riding through sleepy yet stunning villages like Montecatini, Sassetta, and Suvereto
- Uncork beautiful bottles of Sassicaia and other renowned Super Tuscan wines during a tasting dinner at Antinori's Guado al Tasso estate
- Go straight from bike to sand to sea: spend two nights on the beachfront of Elba island's exclusive Biodola Bay
- Cycle around the western side of Elba on the Giro Dell'Isola—Tuscany's premier coastal ride
- Let local restaurateurs, family farms, and chefs open the door to local life and reveal the importance of culinary culture



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
Rome, Pisa, or Florence, Italy
- 📍 **Pick-Up Location:**
Pisa Centrale Train Station
- 🕒 **Pick-Up Time:**
9:00 am

Departure Details

- ✈ **Airport City:**
Rome, Pisa, or Florence, Italy
- 📍 **Drop-Off Location:**
Campiglia Marittima Train Station
- 🕒 **Drop-Off Time:**
1:00 pm

NOTE: DuVine provides group transfers to and from the tour from the pick-up and drop-off locations stated on the itinerary. In the event your train, flight, or other travel falls outside the arrival or departure times or locations, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.



TOUR ITINERARY

Tour By Day

DAY
1

Pisa and Montecatini

Meet your guides at the Pisa Centrale train station for a short transfer to the perched village of Montecatini Val di Cecina. Before we even hit the road, there are unbelievable views across the Cecina Valley—and after a bike fitting and safety briefing, we'll ride out into the Tuscan countryside to chase them. Our route moves through pastures and forests, culminating in a climb that reaches a series of hill towns on the last ridge between us and the sea. Hilltop villages are common in this area along the Tuscan coast—known as the Maremma—and were originally designed to defend against pirates. In one such town, meet our friends Sara and Simone at their restaurant for a seasonal lunch with sea views. After, pedal into the Bolgheri wine region and check in at our lovely little *relais* at the heart of a working farm. We kick off our first dinner together the only way we know how: by uncorking a few of the Super Tuscans that make this part of Italy a standout in the wine world.

Meals: Lunch / Dinner

Destinations: Montecatini Val di Cecina, Guardistallo, Bibbona

Accomplished: 22 miles / 35 km, elevation gain: 1,486 feet / 453 meters

Longer Option: 27 miles / 44 km, elevation gain: 1,961 feet / 598 meters

Accommodations: [Relais Sant'Elena](#)

DAY
2

The Bolgheri Loop

After breakfast on the hotel terrace, begin a loop ride that covers the full spectrum of local scenery. First, it's tiny mountain hamlets like Canneto and Monteverdi, where we'll stop for coffee with the locals. Densely forested valleys follow, eventually giving way to olive groves and vineyards of the coastal plain. Notably, we'll pass through the hilltop town of Castagneto Carducci—renamed for Italy's first Nobel Prizewinner in literature, Giosue Carducci, who spent his childhood here. A Mediterranean-style lunch is served at our friend's farmhouse, followed by the remainder of the ride back into Bolgheri and ending at our hotel. Tonight we fill our cups with even more Tuscan wine at the Guado al Tasso estate, where dinner is paired with their exceptional Sassicaia and other top vintages.

Meals: Breakfast / Lunch / Dinner

Destinations: Monteverdi, Castagneto Carducci, Bolgheri

Accomplished: 31 miles / 50 km, elevation gain: 2,116 feet / 645 meters

Longer Option: 41 miles / 66 km, elevation gain: 2,768 feet / 844 meters

Accommodations: [Relais Sant'Elena](#)

TOUR ITINERARY

DAY
3

Suvereto and the Sea

The *relais* has been good to us, but it's time head for the hills behind Castagneto Carducci. Today's ride kicks off with a climb into the picturesque town of Sassetta, characterized by its chestnut stands and quarries of famous red marble. The highlight of the day is the glorious stretch of road between Sassetta and Suvereto, lined with wildflowers, cypress, and stone pines beneath the wide-open sky. Stop at a family farm for a picnic lunch featuring estate-grown wine and olive oil. From here, choose to transfer or ride the rest of the way to our next hotel, a historic castle set in the hills above the sea. Catch a beautiful sunset on the Etruscan Coast during dinner—tomorrow, we too will move toward the Mediterranean bound for Elba island.

Meals: Breakfast / Lunch / Dinner

Destinations: Sassetta, Suvereto, Campiglia Marittima

Accomplished: 31 miles / 50 km, elevation gain: 2,562 feet / 781 meters

Accommodations: [Castello Bonaria](#)

DAY
4

Able Was I Ere I Saw Elba

Many know Elba as the place synonymous with Napoleon's white-collar exile, immortalized in the palindrome "able was I ere I saw Elba." Emperor or not, Elba is hardly a hostile place to land, with its lush and scrubby peaks, powdery sand beaches, and inviting azure water. This morning we cross the straits by boat and arrive on island with our bikes ready to pedal down the coast to Porto Azzurro, where pretty pastel houses cluster around a tiny harbor. Dig a little deeper on a climb over the Passo del Monumento—the reward is a finish on the beaches of Biodola, our home for the next two nights. Take a triumphant dip in the sea and relax over lunch at our luxurious beachfront hotel. The rest of the day is yours to spend as you wish: visit Napoleon's villa, tour any of the island's historic fortresses, sprawl on the sand, or hit the spa. Come dinnertime, you're free to dine on your own in one of Biodola's many beachy restaurants.

Meals: Breakfast / Lunch

Destinations: Cavo, Porto Azzurro, Biodola

Accomplished: 30 miles / 48 km, elevation gain: 2,850 feet / 869 meters

Shorter Option: 22 miles / 36 km, elevation gain: 1,804 feet / 550 meters

Accommodations: [Baia Bianca](#)

TOUR ITINERARY

DAY
5

Giro Dell'Isola

We've saved the best for last: on our final day, we'll complete Elba's epic Giro dell'Isola—a circuit of the island entirely on panoramic coastal roads. Hug the cliffside as you drink in non-stop views until we come upon the port of Marciana Marina, peppered with terracotta-topped buildings. Challenge yourself with the climb into upper Marciana, then start smiling ear-to-ear as we curve along the other side of the island on scenic bends above Chiessi and round the Costa del Sole into Marina di Campo. A well-earned plate of seafood pasta is waiting for us, and it tastes almost as good as our triumphant ride. It's a straight shot through the interior back to our hotel. Regroup for our celebratory farewell dinner this evening as the trip comes to a close on our quiet little bay.

Meals: Breakfast / Lunch / Dinner

Destinations: Marciana Marina, Pomonte, Campo di Marina

Accomplished: 38 miles / 56 km, elevation gain: 3,713 feet / 1,132 meters

Shorter Option: 29 miles / 47 km, elevation gain: 3,021 feet / 921 meters

Accommodations: [Baia Bianca](#)

DAY
6

Farewell to Elba

Sleep in before a final dip in the sea or walk along the coast. Later in the morning we'll head to Portoferraio, Elba's main town, for a ferry back to Piombino on the mainland. We say our goodbyes at the Campiglia Marittima train station—from here, you can catch a train to Rome, Pisa, or Florence as you make your way to your next destination.

Meals: Breakfast

Destinations: Portoferraio, Piombino
