



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 the Enoteca San Guido
- Cycle around the western side of Elba on the Giro Dell'Isola—Tuscany's premier coastal ride and then enjoy a private boat ride back to the mainland
- Meet our chef friend Simone for a lunch al fresco at his esteemed restaurant in Guardistallo
- 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:**
Grosseto Train Station
- 🕒 **Drop-Off Time:**
10:30 am

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: 24 miles / 38 km, elevation gain: 1,804 feet / 550 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 Tenuta San Guido, 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, an intimate resort nestled in the pines above the sea. Tonight you are free to explore the dining scene in nearby San Vincenzo or Campiglia Marittima.

Meals: Breakfast / Lunch

Destinations: Sassetta, Suvereto, Campiglia Marittima

Accomplished: 37 miles / 60 km, elevation gain: 3,165 feet / 965 meters

Shorter Option: 29 miles / 46 km, elevation gain: 2,089 feet / 637 meters

Accommodations: [Poggio Ai Santi](#)

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 and then continue around the western edge of the island, the most epic piece of coastal riding in Tuscany. Conquer the final climb up to Marciana before descending to the picturesque port town below. Enjoy a relaxing boat ride back to the mainland after a full day on Elba

Meals: Breakfast / Lunch

Destinations: Rio Marina, Porto Azzurro, Marciana

Accomplished: 41 miles / 66 km, elevation gain: 4,061 feet / 1,238 meters

Shorter Option: 30 miles / 51 km, elevation gain: 3,152 feet / 961 meters

Accommodations: [Poggio Ai Santi](#)

TOUR ITINERARY

DAY
5

The Etruscan Coast

Say goodbye to our home as we set off again into the interior to explore this region on our bikes. Climb a quiet ridge on one of our favorite secret roads that takes you back into the Tuscan past, cycling past old farmhouses and patches of woods and vines. Ride below the imposing walls of Massa Marittima to make our way back out to the coastal plain for lunch at a prestigious winery designed by the architect Renzo Piano. Our destination is the stunning L'Andana Resort, an oasis of luxury outside the beach town of Castiglione. Settle in and enjoy the property before regrouping for a final dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Montioni, Valpiana, Grilli

Accomplished: 35 miles / 58 km, elevation gain: 2,240 feet / 683 meters

Shorter Option: 58 miles / 93 km, elevation gain: 3,198 feet / 975 meters

Accommodations: [L'Andana Resort](#)

DAY
6

Farewell to the Coast

Sleep in before a final dip in the pool or stroll around the grounds. Later in the morning we will drop you off at the Grosseto train station as you head off to your next destination.

Meals: Breakfast

Destinations: Grosseto

YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please [see our website](#) for the exact bike models offered on tour. E-bikes are available in most destinations on a first-come, first-served basis. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Experience with the elements and terrain will help with your comfort level (balance, unexpected conditions, etc.) on tour. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

DuVine is committed to sustainable travel and has been a 100% carbon neutral company since 2022. While cycling is an inherently eco-conscious mode of travel, we continuously seek ways to lessen our footprint, whether it be biodegradable water bottles or compostable gear mailers. [Read more](#) about sustainability at DuVine.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Cycling sunglasses
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, hat, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest you read these simple safety instructions and watch our [brief safety video](#). They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic (“car up”) or pot holes (“pot hole”).
- When riding as a group, maintain distance between yourself and other cyclists
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, braking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

