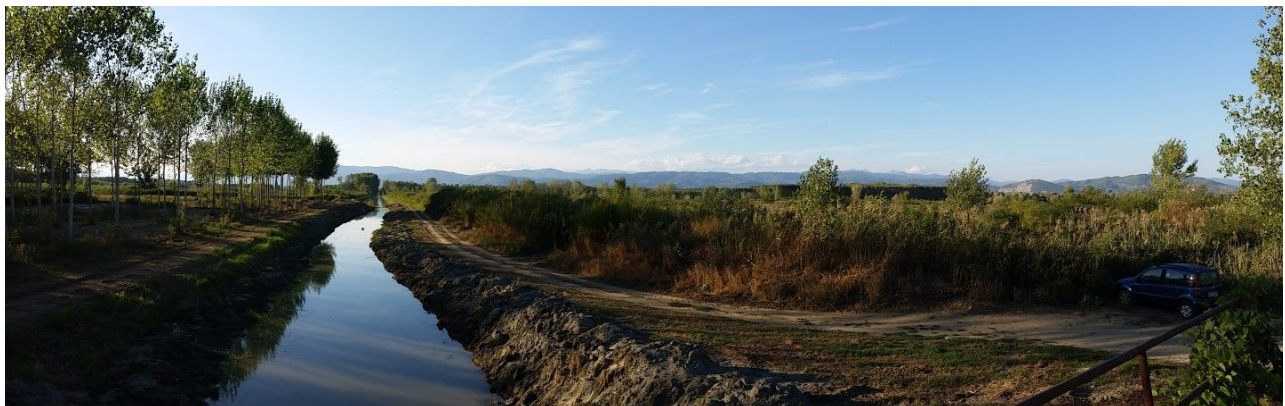


Untamed Tuscany - Easy Cycling In Italy's Wildest Marsh

Enjoy a full day of biking through the marshy area of “Padule di Fucecchio”, the widest marsh land in Italy and one of the latest marshlands in Europe. With its 1800 hectares, the land covers an area that goes from Pistoia to Florence and is the perfect habitat for numerous local fauna including: the royal fern to various types of water lilies, from herons (among which the wonderful squacco herons) that nest in colonies, to cranes and black storks for a total number of more than 200 types of birds. We will leave the bikes for a moment and embark traditional boats (barchinos) for a tour of the Padule channel. These boats were used until a century ago to carry goods from the Arno River to Valdinerole. After the boat tour stop for lunch before biking back to Montecatini Terme in the early evening.

- Bike through the widest marshland in Italy and one of the largest marshlands in Europe
- Take a traditional boat (barchino) tour of the Padule channel
- View more than 200 types of birds that call this marshland home



Schedule:

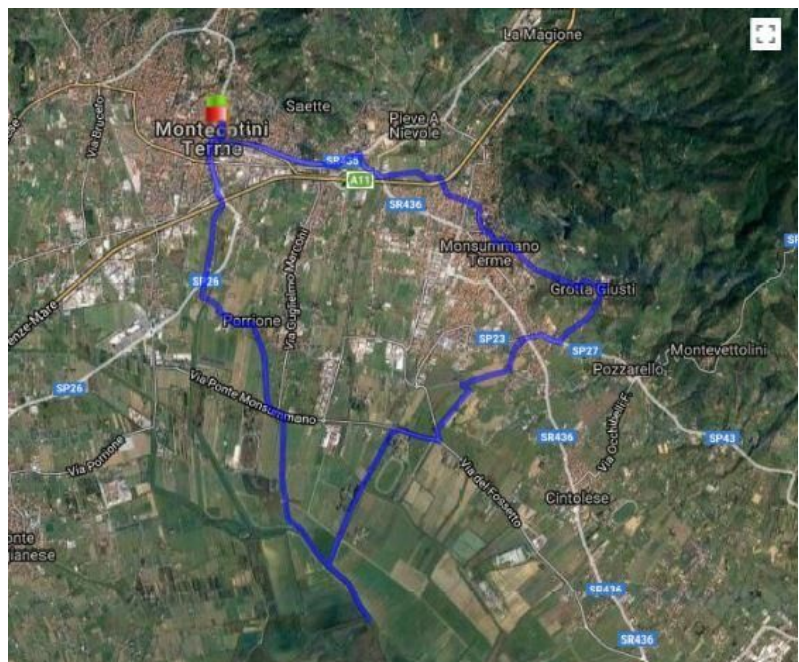
09:00: Meet at Teatro Verdi in Montecatini Terme to meet your guide

09:30: Begin cycling

12:30: Enjoy lunch

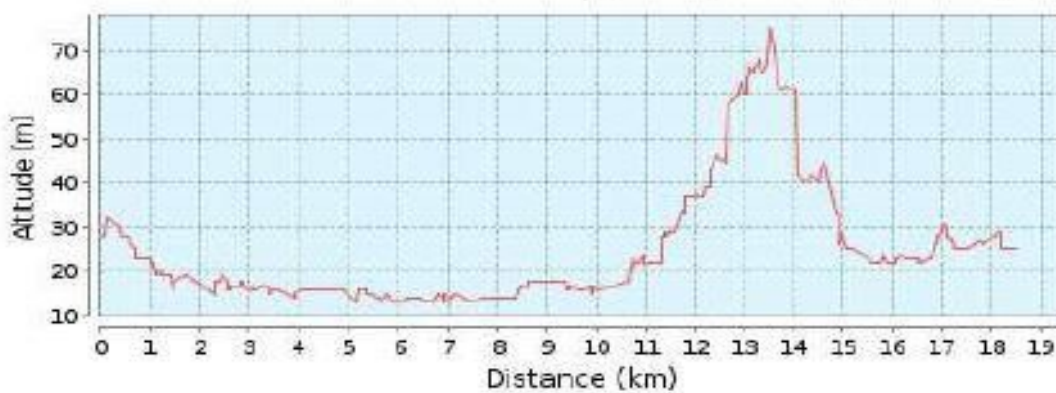
16:30: Cycle back to Montecatini Terme

Map of Itinerary:



Difficulty: (2) Easy active (i.e., Beginner level, physical activity; ~2-4 hours activity/day)

- Length: 22 kms/13.6 miles total, mostly flat with some rolling hills



Inclusions:

- Bike Guide for the tour in Padule Fucecchio
- Mountain bike and helmet
- Excursion in small typical boats with the possibility to see the local fauna (birdwatching)
- Lunch in Padule

Not Included:

- Gratuities (guide/driver)
- Personal items such as souvenirs
- Anything not explicitly included in the tour

What to Wear/What to Bring:

- T-shirt
- Comfortable athletic pants or shorts
- Biking shoes or hiking shoes
- Hat or cap
- Sunblock with high SPF
- Camera
- Light windproof jacket or sweater
- Polarized Sunglasses
- In addition, we highly recommend bringing a small backpack to carry your water bottle, sunscreen, snacks, etc.

Cost:

- 115,00 € per person

Group Size: 10 - 15

Contact Information:

pam@montecatinipromozione.com

