

FOOTBIKE TOUR ALONG THE SERCHIO RIVER TO LUCCA



The activity: A 15km/9miles easy, mostly flat footbike ride from Ponte a Moriano to Lucca along the Serchio river, with lunch in a local trattoria and tour of Lucca.

The day: We meet at 6:15am and depart from Montecatini to take a 1 hour 45-minute train to Ponte a Moriano just north of Lucca. Here after a briefing on how to properly use the footbikes, we set off and cycle to Lucca on a scenic ride that is nearly all flat.

We follow the Serchio river cycle path (compact earth), with great views on the river and surrounded by a peaceful park, on a 4 hour/15 km: we enter town riding 4.2km around the 2nd large and perfectly preserved city walls. These were built between 1504 and 1648 to protect the city from the growing attacks from Florence and then the Great Dutchy of Tuscany. We wind our way through the narrow streets admiring the beauty and richness of the many churches, palaces and square, then drop off the footbikes and then head to a local trattoria for a nice lunch with genuine and local product. In the afternoon, we take the train and go back to Montecatini.

Number of participants: Min 6- Max 8

Activity grading: Easy Active (2)

<p><u>Included:</u></p> <ul style="list-style-type: none"> • Train from Montecatini to Ponte a Moriano • Train from Lucca to Montecatini • Footbikes • Helmets • Cycling guide • Lunch at a local trattoria <p><u>Not Included:</u></p> <ul style="list-style-type: none"> • Alcoholic beverages (other than wine included with meals) • Gratuities • Insurance of any kind 	<p><u>What to bring</u></p> <ul style="list-style-type: none"> • Day pack • Clothes comfortable for cycling • Several warm layers (it can be cold) • Rain/waterproof jacket • Fleece/insulating jacket • Comfortable shoes • Lightweight gloves • Water bottle • Sunscreen / sunglasses (it can be sunny in October!) • Any personal items/medication you need
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