



CINQUE TERRE BIKE TOUR

THE ENCHANTING LIGURIAN COAST

There is no place on Earth like the five villages of Cinque Terre. And no way to see them like this. Join us for this adventure and see for yourself! We'll pedal a selection of rides from the dramatic mountains that dominate the Tuscan coast to the winding streets of the Italian Riviera to discover the stunning beauty of the Cinque Terre. This UNESCO World Heritage site is home to thousand-year-old villages perched on top of the sheer rocky outcroppings of the Ligurian Sea, connected only by walking trails and a narrow-gauge 19th-century railway. Food is the showpiece of this special destination, and we'll introduce you to some of the best and most exotic, including handmade focaccia, fresh anchovies, and the locally-sourced pesto. Around every corner is a new postcard-worthy experience, from picturesque cliffs overlooking the Mediterranean Sea, to gourmet meals under a vibrant sunset, to the elegant hotels that we'll call home every night. All at once, Cinque Terre is sure to seduce, charm and beguile you with its best. [Book your trip with confidence »](#)

From
Custom

Rider Level
Active

Hotel Style
Luxury

Duration
6 days | 5 nights

Start | End
Lucca, Italy | La Spezia, Italy

Dates
Dates Coming Soon

TRIP WOWS

Stay at world-class hotels including the five-star Il Bottaccio with its extravagant spa and the luxurious Imperial Palace

Dine on local specialties at boutique trattorias savoring the local white blends of Liguria

Spend a day hiking between the picture-perfect towns of the UNESCO World Heritage Site, Cinque Terre

Discover the hidden gems of the Italian Riviera on a private boat tour

Indulge in the freshest cuisine of the Mediterranean including focaccia, pesto and anchovies



DAILY ITINERARY

SAMPLE ITINERARY

Day

1

TODAY'S RIDE:

Pietrasanta to Bottaccio

Approximately 20 miles with 2,200 feet of climbing

DESCRIPTION:

Italy's long been known as the belle of Europe and the coast of Versilia has something special in store for you. After a 20-minute shuttle from the meeting location in Viareggio, you'll arrive at La Martinatica, a former oil mill house turned into an elegant restaurant. We'll sit down to a genuine Tuscan lunch specially prepared for you, and then your Trek Travel guides will ensure you have a perfect fit for your Trek Domane for the week. From the beautiful art town of Pietrasanta, we'll start climbing on a panoramic road that winds through a landscape of olive trees and dry stone walls. The view over the Mediterranean from the top is absolutely spectacular! The ride will continue along the coast on a nice flat road where we can breathe the salty air of the sea. After one last climb on a quiet road, we'll be rewarded with a sweeping descent to our opulent five-star hotel Bottaccio. Relax, unpack, and prepare your senses for a week of indulgence and riding. This evening we will gather for an aperitive followed by a first dinner together, elaborately presented by our Chef Nino in an elegant atmosphere.

HOTEL:

Il Bottaccio

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

TODAY'S RIDE:

Montemarcello to Lerici
Approximately 23 miles with 1,700 feet of climbing

AVID OPTION:

Montemarcello to Lerici Loop
Approximately 36 miles with 3,200 feet of climbing

2

DESCRIPTION:

After a bountiful breakfast with homemade croissants at our hotel, we'll gather to discuss the events of the day. It starts with a relaxing spin along the coast before climbing the panoramic Montemarcello with breathtaking views on the bay that inspired famous poets like Lord Byron, Mary Shelley, and Percy Bysshe Shelley. If you wish to add more miles, you can do an extra loop before descending to the so-called "Gulf of Poets" and finish the ride in Lerici, a truly picturesque fisherman's village full of character. After lunch in this magical harbor, you can hop on your bike and ride the same route back to the hotel. Alternatively, feel free to reward yourself with a shuttle and relax at the hotel one last time before shuttling to our next destination: The glamorous seaside town of Forte dei Marmi. Here you will have the opportunity to shop in many of its exclusive designer boutiques before meeting for a special Italian feast in an upscale restaurant near the beach.

HOTEL:

Il Bottaccio
[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

TODAY'S RIDE:

Riomaggiore to Levanto
Approximately 20 miles with 2,700 feet of climbing

AVID OPTION:

Riomaggiore to Levanto through the hills of Monterosso
Approximately 30 miles with 4,400 feet of climbing

3

DESCRIPTION:

Savor your morning cappuccino and fuel up at breakfast before today's spectacular ride along the coast above the Cinque Terre. We'll start the day with a one-hour shuttle to the start of our ride, overlooking the sea above the five famous coastal villages. First, you'll ascend the famous Volastra climb to enjoy the stunning views from this quiet coastal road before descending to the sea. Our destination is Levanto, a village which boasts ruggedly beautiful beaches and natural areas. Enjoy la dolce vita, the Italian good life, at a relaxed seaside lunch in this village and try today's fresh catch! A private boat will await us for a fantastic excursion to Santa Margherita. It is your chance to discover the natural beauty of the Ligurian coast and enjoy a swim in its hidden coves. Tonight we will celebrate with dinner at our luxurious hotel, the Imperial Palace, our home for the next three nights.

HOTEL:

Imperiale Palace Hotel
[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

TODAY'S ACTIVITY:

Hike day: Vernazza to Corniglia
Approximately 3 hours

4

DESCRIPTION:

You don't really savor the Cinque Terre until you explore the beautiful footpaths that connect all the five isolated villages. Today is your chance to learn everything about this unique natural park that makes the region so magical. After breakfast at the hotel, we'll take a train to Vernazza, known as the "pearl of Cinque Terre" due to its charming harbor and a delightful jumble of pastel-hued boats. We'll hike high above the town, passing the fortress that overlooks the Ligurian sea on our way to Corniglia, the smallest and highest of the towns, offering a viewpoint with spectacular vistas of all five villages. Rest your feet and enjoy lunch at the bistro of your choice; be sure to try the spaghetti al mare and then stroll through the narrow alleys that give this town its charm. After lunch, take a train back to Santa Margherita to enjoy a relaxing afternoon with a nap or dip by the pool. This evening, you are free to explore Santa Margherita and find the restaurant of your choice in town!

HOTEL:

Imperiale Palace Hotel
[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

TODAY'S ACTIVITY:

Chiavari loop

Approximately 33 miles with 3,800 feet of climbing

AVID OPTION:

Chiavari avid loop

Approximately 35 miles with 4,300 feet of climbing

5

DESCRIPTION:

The true beauty of this region is on full display today, with a special trip in the heart of Tigullio Gulf. From the lively town of Rapallo we will ride uphill towards the stunning sanctuary of Montallegro. After a challenging climb, we will descend and explore the Ligurian inland riding on a gorgeous bike path along the river. Stopping halfway for lunch will give us the fuel we need to continue our ride on a spectacular stretch of Ligurian coast, passing through Chiavari, Zoagli and Rapallo, most famous for their lace making tradition. Don't forget to take a photo with Rapallo's best-known landmark, the castle located on a rocky promontory opposite the town! This evening, we'll celebrate with one final dinner in great style. Soak in the atmosphere and raise your glass to toast a week of wonders in this magical land.

HOTEL:

Imperiale Palace Hotel

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

Day

TODAY'S RIDE:

Rapallo Portofino Loop

Approximately 17 miles with 1,700 feet of climbing

6

DESCRIPTION:

Take the opportunity of a final great spin to the surrounding hills and to Portofino, a gem you can't miss. Sitting on a promontory, with a small colorful harbor crowded with yachts and sailboats, the total area of Portofino is just a little over one mile. Such an amazing condensation of beauty beloved by artists, famous personages and writers that have long sung its praises. Before you bid your farewells, savor the sights and sounds of the sea one last time. This is Cinque Terre. This is the Italian Riviera. This is the trip of a lifetime.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- Five nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, four lunches, and four dinners
- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or Trek Electric-Assist Verve+
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, a flat pack (containing a tube, levers, and a CO2 cartridge with inflator), front and rear Bontrager Flare R lights, a Bontrager saddle, and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized digital photobook of your trip
- Entrance fees for all activities, private tours, and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Trek Electric-Assist Verve+, available in a limited quantity
- Upgrade your bike to a Trek Electric-Assist Domane+ LT carbon road bike with Shimano Di2 electronic shifting
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Guide gratuities are customary and at your own discretion, to recognize service, hospitality, and the little extras that surprise and delight. For this trip, we recommend \$240-\$300 per guest. While local currency is preferred, there are other options to make tipping easier. Most guides accept gratuity via PayPal or Venmo or our staff can help before or after the trip. Gratuities will be divided among the guide team, so feel free to leave your gratuity with whomever you choose at the end of your trip.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



IL BOTTACCIO

MONTIGNOSO, ITALY



Il Bottaccio is formerly a 18th-century olive mill transformed into an elegant 5-star luxury Relais & Chateaux hotel

at the foot of the green hills of the Apuane mountains with eight exclusive suites all architected for art, beauty and perfect harmony.



IMPERIALE PALACE HOTEL

SANTA MARGHERITA LIGURE, ITALY

As one of the most luxurious hotels in the Italian Riviera, the Imperiale Palace has, for over a century, been the focus of Santa Margherita glamorous high-profile cultural events attracting royals, aristocrats, divas and intellectuals. Today it still retains the elegance of a historic Liberty-style building combined with all the comforts of a modern hotel.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Pisa (PSA). From Pisa airport, you can take a direct train to Pisa's central station, which takes about 8 minutes. From Pisa Centrale, transfer to a train for Viareggio. Trains depart twice hourly. The trip takes 20 minutes and costs approximately 5 euros. Tickets can be purchased at the airport, at Biglietteria office or from ticket machines. All tickets must be validated before getting on the train: do this by stamping your ticket at the yellow boxes near the platform. Taxis from Pisa airport are also available 24 hours a day to Pisa Centrale which takes about 15 minutes and costs approximately 20 euros.

Florence's Airport (FLR) also offers flight options. The Florence airport is about 3 miles from the Santa Maria Novella train station and the journey takes about 20 minutes by taxi or bus. You can take a taxi (approximately 25 euros) directly to the train station, or a bus (approximately 6 euros) which departs twice hourly. Trains from Firenze Santa Maria Novella train station depart to Viareggio every hour. The trip takes 1.5 hours and costs approximately 10 euros.

Before: Lucca, Italy

No trip to the Tuscan countryside is complete without a stop in Lucca, Italy's most impressive walled city. The infrastructure of this untouched gem still operates on the grid street pattern designed by the Romans, and elements of the original Etruscan settlement create a visible pastiche of the old and new. Romanesque churches seem to be around every corner, as do fun-loving and shady piazzas filled with soccer-playing children. There's so much art, culture and vibrance behind every nook and cranny of this richly historic city, that it's easy to see why Mario Cipollini, cycling's most unique and strong-willed sprinter, calls it his home. We recommend the following accommodations for your pre-trip hotel:

Meeting Time And Location

Your Trek Travel guides will meet you at the Viareggio Train Station (55049 Viareggio, Province of Lucca, Italy) at 11:30 AM on the first day of the trip. You'll then shuttle 30 minutes to your lunch spot for a taste of Tuscan cuisine. Please have your riding gear in a separate bag or readily accessible as the bus will drop you off at the ride start location while your luggage will be delivered to the hotel. After lunch, your guides will ensure you have the perfect fit to your Trek bike before you take your first spin through the Tuscan countryside.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, Il Bottaccio (+39 0585 340031), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel in Montignoso, Il Bottaccio, for approximately 65 euros. The trip takes 30 minutes from the center of Lucca.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at the Imperiale Palace Hotel in Santa Margherita. You'll depart by private shuttle for La Spezia Centrale Train Station in La Spezia, arriving close to 12:15 PM. From here trains connect to Pisa, Florence and other Italian cities. Please do not book seats before 1:00 PM. Visit www.TrenItalia.com for train information.

HOTEL SAN LUCA PALACE

The San Luca Palace Hotel combines elegance, sophistication and exquisite attention to every detail. It sits in the center of Lucca, in a medieval square dating back to 1540, and lies only moments from the bustling shopping district and train station. Inside, the baroque furnishings and rich luxury conspire to provide every creature comfort you could want.

www.SanLucaPalace.com

HOTEL ILARIA E RESIDENZA DELL ALBA

The Hotel Ilaria & Residenza dell'Alba is right where you want to be, steps away from the Piazza Napoleone, Lucca Botanical Gardens, Roman Amphitheatre, Basilica di San Frediano, and Casa di Puccini, as well as the city's transit system for bigger adventures. If you choose to stay closer to home you'll be treated to impeccable style with city views and endless amenities.

www.hotelilaria.com/en/

PALAZZO DI PINTO

Overlooking a picturesque square of the same name, this hotel lies in the heart of the historical center of Lucca, Meticulously remodeled in 2017, it is now a charming, contemporary 4 star hotel set in a prestigious 13th century building.

www.palazzodipinto.com

After: Florence, Italy

Florence is the majestic heart of Renaissance art and intellect. You'll want to spend several days wandering the streets in the shadow of Brunelleschi's Duomo and strolling beside the Arno. And that's not to mention the Ponte Vecchio and the Uffizi gallery, a pillar of the Renaissance and Medici eras. World-famous art is around every corner, including Michelangelo's David in the Galleria dell'Arte, along with several other art museums and architectural marvels. Keep in mind while exploring Florence that opening hours vary and are quite often inconsistent. Different museums are open on different days and lines can be very long. It's worthwhile to pay a few extra euros and pre-book your tickets—this will enable you to bypass long lines of visitors at the entrances. We recommend the following accommodations for your post-trip hotel:

NUMBER NINE

This brand new luxury boutique is located in a noble Florentine residence. Enjoy the finest hospitality while savoring the heart of Florence.

www.FirenzeNumberNine.com

VILLA CORA

Escape the bustle of the city in an immaculately restored 18th century Villa Cora. An outstanding hotel offering superb facilities, impeccable service and a best-of-both-worlds location, just a 15-minute walk or a quick shuttle bus to the Ponte Vecchio and downtown. The lovely rose-filled gardens and large pool are a calm, cool refuge after a busy day in central Florence. Enjoy a day at their luxurious SPA "Bené", take a cooking class or simply enjoy a cocktail with skyline views of the city on the roof top terrace.

www.villacora.it/en/index.php

HOTEL IL GUELFO BIANCO

This patrician home of the 16th century is close to the old market in the heart of downtown Florence, just a short walk to the Cathedral and principal museums. This 3-star hotel recently re-opened its doors to guests after having undergone a complete restoration. The Renaissance architecture and the refined furnishings reflect the Florentine character.

www.IlGuelfoBianco.it

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3+ Active+
- Average Daily Mileage | 22
- Terrain | Hilly
- Average Daily Elevation | 2,380 feet
- Total Miles | 110
- Total Elevation | 11,900 feet

Averages and totals are calculated from our "Today's Ride/Avid Ride" options.

The terrain is consistently hilly, with quiet, narrow and winding roads. Many towns sit atop hills and ascents and descents can be steep. Cinque Terre is best suited for our Type 3+ Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Discover Pietrasanta, a beautiful art town which attracts internationally renowned artists and sculptors
- Explore the stunning Gulf of Poets and Portovenere
- Spend a relaxing day at the glamorous beach in Forte dei Marmi
- Hike between the villages of the Cinque Terre
- Discover Portofino, San Fruttuoso and Camogli

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads, or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience. All boat excursions are subject to the weather conditions; in

to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer.

the event of cancellation your guides will offer an alternate means of transport.