



Tuscany cycle challenge

17 - 21 September 2010

Join us on a wonderful journey through the very best of Italy. Experience historic cities, stunning river valleys, the scenic Garfagnanan Hills and coastal riding through Viareggio...and don't forget the wonderful Italian food, wine and hospitality.

- Registration fee: £100, minimum sponsorship: £1300
- Self funded option: £800 (raise as much sponsorship as possible)

At any one time, 10,000 families in England have a child with a terminal or life threatening illness. Rainbow Trust provides emotional and practical support for 1,000 of these families.

With your help, we can support more families

- £100 pays for five visits to a child in hospital
- £500 keeps our 24 hour telephone helpline running for a month
- £800 pays for 40 hours of care from a Family Support Worker
- £3,500 will pay for the transportation costs of a Family Support Worker for 6 months
- £5,000 pays for five Sensory packs for Family Support Worker teams

For more information

Call 01372 220016 or email cycling@rainbowtrust.org.uk
www.rainbowtrust.org.uk/cycletuscany



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Rainbow Trust Tuscany cycle Challenge : Itinerary

Our ride will take us from the tourist hot spot of Pisa and its amazing leaning tower. Here we spend our first night preparing for the journey ahead.

We depart through the Pisan Mountains before dropping down through into our first historic stop off - the stunning city of Lucca! We have time for a spin through the city to check out the city walls and take a quick coffee stop before heading off once again! Then we're on the picturesque Serchio Valley where we shall ride past the medieval Ponte del Diavolo.

Next, it's a challenging climb up to our overnight stop nestled amongst the Apuan Mountains – an unforgettable ride amongst sublime scenery. Our next few days will see us back once again to the Serchio Valley - before continuing North via the historic town of Castelnuovo.

From here we make dramatic left turn and make the steady (our slow and deliberate main challenge for the event) climb up over the Apuan Mountains, reaching a height of approximately 900m before enjoying a memorable descent down towards the Mediterranean Sea at Massa.

Our final days riding will return us via Viareggio and Lucca back near to our beginning at San Giuliano Terme (10km from Pisa). On our final day, we will transfer to Pisa for our return flight home.

ITINERARY

Day 1 - Travel from UK and arrive early evening in Pisa. You will be collected from the airport and transferred to your hotel for the challenge event briefing. Evening dinner and early night!

Day 2 - Breakfast at 07:15 and depart by 08:30. Lunch at Ponte del Diavolo and ride to Fornovolasco arriving mid to late afternoon. Total distance approx. 75-80km (around 5-6 hours).

Day 3 - Breakfast at 07:30 and depart by 09:00. Descend the stunning mountain road back to Galliciano, then ride to first stop in Castelnuovo. We stop for coffee then begin the climb into the mountains (climb is approximately for 16km - at a steady gradient) - taking this steadily should take us a maximum of 2 hours with a few breaks. We have lunch in Arni and then in the afternoon descend the mountains to Massa, riding down to the seaside for a late afternoon dip in the sea. We return to our hotel for the evening. Total distance approx. 65km (around 7-8 hours).

Day 4 - Breakfast at 07:30 and depart by 09:00. We descend the coastal road for some pleasant flat riding for the first 30km. Then after Viareggio, we turn inland via smaller country roads for an undulating ride to Lucca. We arrive in Lucca for late lunch and complete our final ride after lunch to San Giuliano Terme for final evening celebrations!

Day 5 - Easy breakfast. Optional morning in spa. Lunch then transfer back to Pisa Airport for return to UK.

ACCOMMODATION

We shall use simple hotels, with shower and toilet facilities each evening (sometimes shared, sometimes en-suite) - but always clean, comfortable and full of character. The itinerary is organised on a full board basis.

MEDICAL ISSUES

You need to be a proficient rider for this trip, have good stamina and be in good all round health with a few practice rides under your belt. You should be sure to disclose any medical conditions you have. We cannot be held responsible for anyone's wellbeing if you have not filled in the medical forms correctly and accurately. You should build on some previous cycling and ensure that you are well prepared for this ride with some practice under your belt. This is designed to be a challenge so you should take some time to develop the extra leg strength to deal with the hills (there will be a few!).

SPECIAL NOTES

Please note this is designed to be a challenging itinerary with some hills. However, the hill stages have plenty of time allocated to them and hence are achievable by anyone with some level of cycling fitness and some experience of cycling on hilly terrain. You must wear a helmet for this itinerary. We recommend you bring your own but please ask if you wish to hire one.

VISAS

None required for this trip (if you are an EU citizen. If from further afield you will need to check requirements).

INCLUDED IN TRIP

Leader (experienced with first aid qualification and experienced mechanic), flights, support vehicle with driver, transfers for bikes from airport. Breakfasts, lunches and dinners.

EXCLUDED FROM TRIP

Bike hire can be added for an extra £55. Participants should box their own bikes prior to arrival at the airport (full guidance to be included in joining instructions). Sauna/massage for our last day can be arranged at San Giuliano Terme (approx. 10km from Pisa) for an extra cost (to be confirmed). These extra costs are payable before departure.

WEATHER

This itinerary is normally run in either late spring or early summer, or late summer early autumn. At these times, the temperatures will be warm without being too sweltering! However, we should be prepared for the full range of weathers - both hot and sunny and (less likely) cool and showery.

Further joining instructions will be sent after registration.