## **BIKE TOURS**

## Cycling from Viareggio to Torre del Lago Puccini



Even though this is a simple trip from <u>Viareggio</u> to **Torre del Lago Puccini**, <u>Pietrasanta</u>, it offers a wide variety of scenery. The trail begins at any point on the **Fausto Coppi** bike trail that runs along the Viareggio boardwalk, that we'll take direction south, heading towards the port.

The bike path ends at the **Burlamacca canal** and here on the left, follow Via R. Pilo until you reach piazza Manzoni, then turn right and over the bridge to via Oberdan, a small part of the road that leads to the entrance to viale dei Tigli. This is also the entrance to the Macchia Lucchese (or the Pineta di Levante), a **Mediterranean pine forest with cycle paths**, campsites and the park of <u>Villa Borbone</u>, built by **Maria Luisa di Borbone**, Duchess of **Lucca**.

Go down viale dei Tigli, then take the bike path to the right, located inside the small pinewood that runs parallel to viale Kennedy in the direction of the marina of Torre del Lago Puccini. At the end of the bike path, 300 metres before the marina roundabout, cross viale Kennedy and take the wide gravel path on the left side of the street in the direction of the Marina di Vecchiano.

A small wooden roundabout denotes the centre of Marina; here you can find information on the surrounding area, and looking northwards one can glimpse a splendid view of the surrounding greenery and amazing **Apuan Alps**. Taking the paved road in front the small roundabout you will enjoy a beautiful landscape boasting massive cultivated fields.

After a few kilometers of following the paved road south, you reach the mouth of the <u>Serchio River</u> (Bocca di Serchio) where many fishing nets together form an enchanting sight.

Going back towards the Marina di Vecchiano, go ahead till Torre del Lago Puccini. Once on viale Kennedy, cross it on the right hand side and follow viale Europea in Marina del Torre del Lago Puccini till the barrier that divides the Marina del Torre del Lago and the Marina di Levante di Viareggio sides of viale Europa (gravel road with potholes and rocks). There are many top restaurants along the street; on the left there's a nice view of beautiful dunes leading into the sea. Going back towards viale dei Tigli, turn left at the first traffic light, then go down viale Marconi, crossing through the centre of Torre del Lago before taking viale G. Puccini to the Belvedere over the Massaciuccoli Lake, which is the end of your itinerary. You can also visit Villa Puccini all year round.

## Cycling around Lucca, the City-State



## A city surrounded by medieval walls

Lucca was the only <u>City-State in Tuscany</u> to have maintained its autonomy until 1847. It is a unique town that is very proud of its independence and heritage.

It defended the freedom of the "Civitas", leaving intact its <u>city walls</u> that date back to the 16th century.

The 4250 km-<u>long walls features</u> towers and bastions that are still well-conserved today.

Inside the medieval city, there are many monuments and artworks from the centuries, like the Roman Amphitheatre, the San Frediano Basilica, the piazza and church of San Michele, the San Martino Cathedral with the Volto Santo, the tomb of Ilaria del Carretto, sculpted by Jacopo della Quercia, the Guinigi Tower, via Fillungo, Palazzo Ducale in Piazza Napoleone.

The monumental historic centre of the city has remained intact and still reflects its original layout and urban plan.

It houses numerous medieval churches of great architectural importance (**Lucca** has been called the 'city with 100 churches' for the great number of churches in the city centre), towers and **bell towers**, and monumental palaces.

The city also features **Piazza Anfiteatro**, built by **Lorenzo Nottolin**i atop the ruins of an older Roman theatre, and the main medieval thoroughfare, **via Fillungo**.

Dont' miss the <u>Guinigi tower</u>, a unique tower that has big leech and a garden on the top, and the **San Frediano church**, with a beautiful mosaic on the facade.

