



**URBAN  
ADVENTURES**  
BEST. DAY. EVER.

## Tour Name

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Lucca Bikes & Bites

## Tour City

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Lucca

## Tour Snapshot

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Discover Lucca like a local: on two wheels! This is a fabulously fun and flavoursome introduction to Tuscany's most underrated city. Your knowledgeable local guide will lead you through the tree-lined boulevards and pretty church squares of Lucca, into popular local cafés and delis to discover the city's spirited culinary culture. Mouthwatering food tastings galore will follow as you discover the city by bike and take in some cultural gems along the way. And what better way to end your whistle stop tour than with a typically refreshing Italian cocktail or a glass of wine from the vineyards surrounding your new favourite city? *Salute!*

### Highlights

- Taste the best cured meats, cheeses, and artisan gelato in Lucca and meet the people behind those delicious flavours
- Burn off some calories riding through the city's bicycle-friendly narrow lanes
- Learn from local gourmands about the region's most famous dish: farro soup
- Visit the oldest delicatessen in town for an in-depth extra virgin olive oil and balsamic vinegar tasting

- Discover Lucca's charming history and stunning Romanesque architecture; marvel at the Guinigi Tower, the San Frediano Church, and Amphitheatre Square

Inclusions: Local English-speaking guide, food samples as per itinerary (1 gelato; sampling of local cured meats and pecorino cheese with Tuscan bread; extra virgin olive oil and balsamic vinegar tasting; selection of crostini from a daily-changing menu; small glass of local wine or cocktail), bike and helmet rental.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

### **Schedule details**

- Duration: 3 hours
- Meeting point:  
At the entrance to Lucca train station, under the taxi sign.
- Find the exact meeting point with what3words: [///boss.thuds.renting](https://www.what3words.com/#!/en/@@@boss.thuds.renting)
- Starting time: 2.00 PM
- Ending point:  
Lucca train station.

### **Full Itinerary**

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Bikes in Lucca are a MUST. Locals love them as they're the best and easiest way to move around the city's narrow streets. There is a wonderfully laidback attitude to cyclists here, so your journey is sure to be a relaxing and memorable one.

We will begin with an action-packed ride around the city walls, stopping to explore hidden corners and to learn more about one of Italy's most prosperous regions.

We will pass by little squares with magnificent ancient church facades (San Frediano is the best) and noble palaces dating back to the Renaissance. Lofty medieval towers still feature prominently here; one of the most famous landmarks in Lucca is the beautiful Guinigi Tower with its ancient holm oak trees sprouting curiously over the top. We will pass by this one and many

more, with plenty of opportunities for Instagram-friendly stops along the way.

Then it's time for our first foodie adventure and we will waste no time jumping straight into the good stuff. Artisan gelato to be precise. With a multitude of flavours to choose from, including many seasonal fruit varieties, you will find out why this classic Italian frozen dessert has become so ingrained into the national consciousness.

Back to our bikes for another gentle amble through the streets towards a series of charming delicatessens, stocked with the finest ingredients from the surrounding Tuscan countryside. Here we will meet local gourmands and taste some of the best pecorino cheese from the Garfagnana Mountains, along with mondiola salami and crunchy bruschetta. *Buonissimi!*

One of Lucca's most famous dishes is farro soup, made with the largely unheard of and highly underrated farro grain, which is grown locally amid the rolling, fertile hillsides. Visit a local deli that sells the ingredients to make this classic dish, where our insider will let you in on the secrets to making a top-notch version.

Next on our culinary journey are two of Italy's greatest culinary exports: extra virgin olive oil and balsamic vinegar. Taste delicious local varieties alongside some traditional local snacks and try to work out which is your favourite. Don't forget to take a bottle or two home with you!

Our last stop will be one of the fabulous bars embedded within the city walls. Here we will enjoy a glass of local Sangiovese wine or a typical Italian cocktail (with snacks of course, always with snacks!). Ask your in-the-know local guide about the best dinner options for the evening ahead before we merrily cycle our way back to the train station to complete our foodie circuit of Lucca.

### **Additional information**

Inclusions: Local English-speaking guide, food samples as per itinerary (1 gelato; sampling of local cured meats and pecorino cheese with Tuscan bread; extra virgin olive oil and balsamic vinegar tasting; selection of crostini from a daily-changing menu; small glass of local wine or cocktail), bike and helmet rental.

Exclusions: Additional food and drinks, souvenirs and personal shopping, tips/gratuities for your guide.

Dress standard: Please wear comfortable clothing for cycling.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 12 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: Tours go ahead whatever the weather, so please ensure that you are appropriately dressed for the conditions. We do offer the option of taking the tour on foot instead of cycling, in which case we will refund the cost of the bike

rental (approx. 8 EUR)

Child Policy: Travellers under 10 years of age are not permitted on this tour.

**Local contact**

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