

GBI Liguria – Mare, monti & dolce vita



On our way from Milan to Bologna there are many challenging mountains for the participants of the GBI Liguria tour as well as the sunny Ligurian coast, beautiful towns and villages and, last but not least, good food and delicious wines.

The tour aims to all cyclists who, in addition to the sporting challenge, also want to enjoy the beauty of the landscape and the community in the group. We start in Milan and cycle to Genoa, from where we follow the course of the Ligurian coast. Continuing through northern Tuscany and across the Apennines, we finally arrive at Bologna in the heart of Italy.

The Global Biking Initiative (GBI) wants to show you the most interesting places in Europe the sportive way. We are proud of our international participants that make it easy for everybody to make new friends from other countries. Our main goal is a continuous support of charity projects worldwide. We achieve this by engaging the participants to raise funds that support charity projects in their home countries.

Tour highlights

- ✓ Experience Milan and its attractions
- ✓ Pedal on coastal roads along the Ligurian coast
- ✓ Jump into the Mediterranean Sea to cool off
- ✓ Enjoy Italian way of life
- ✓ Cycle with us through beautiful northern Tuscany
- ✓ Cross the mountains of the Apennines twice

At a glance

Date: 28 Sept. – 3 Oct. 2023
 Duration: 6 days / 5 nights (5 cycling days)
 Event type: Guided charity cycling holiday
 Participants: min. 20, max. 32 cyclists
 Distance: approx. 560 km/6400 m climb (track 1) /
 approx. 590 km/8400 m climb (track 2)
 Participation fee (incl. half board): from 849,- €
 Single bedroom supplement: 190,- €
 Pre-Night: from 99,- €
 Bike transport: 50,- €
 Rental bike: 129,- € (roadbike)
 Minimum donation: 50,- €

Details & online registration: www.gbi-event.org

Services

- ✓ Accommodation in hand-picked hotels with breakfast and dinner
- ✓ Luggage transport from hotel to hotel
- ✓ Service car with bike repair toolset
- ✓ Pickup service
- ✓ Fast and easy online registration on our website
- ✓ Several cycling teams with different speed levels (min. 2 teams)
- ✓ Any kind of bicycle welcome (Roadbike, MTB, ATB, Pedelec, etc.)
- ✓ 2 different distances per day possible
- ✓ Team leads with GPS navigation
- ✓ GPX tracks for download
- ✓ Route information and daily news
- ✓ Personal support during the tour
- ✓ Nutrition point with energy bars, fruits and drinks every day
- ✓ GBI bike bottle
- ✓ Online photo service
- ✓ International participants
- ✓ Support of charity projects worldwide
- ✓ A lot of fun, unforgettable moments, great international and cross-cultural companionship, challenging moments and radiant eyes

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Day 1: Milan – Alice Bel Colle

From the south of Milan we cycle into the flat Po Valley. First we roll along a canal in a relaxed manner, later we cross the Ticino and Po and visit Alessandria before we reach our hill top destination surrounded by grapevines.

Day 2: Alice Bel Colle - Genoa

We pedal to Acqui Terme and from there we already see the mountains of the Ligurian Apennines in a distance. With many sweaty climbs and dreamlike landscapes it's a good place for all mountain lovers. After reaching the coast we roll relaxed on old railroad tracks along the sea to Genoa.

Day 3: Genoa – Pignone

We continue cycling along the Ligurian coast with picturesque coastal towns and great beaches. The second half of the day we cycle in the mountainous back country and arrive at our hotel in the green hills.



Route characteristics

Although this tour is close to the coast for long stretches, there are a number of challenging climbs and descents to overcome. In addition to crossing the Apennines twice, the detours into the Ligurian and Tuscan mountains are very challenging even for trained cyclists. Only cyclists with real mountain experience should take part in this tour

If possible, the routes lead along minor roads and sometimes even on old railway tracks, that are now excellent bike paths. However, it can happen again and again that we have to cycle on busy main roads in sections if there is no sensible alternative, especially in the mountains or cities.

Day 4: Pignone – Pistoia

We quickly get back to the coast near La Spezia and enter Tuscany. The long sandy beach seems to stretch endlessly along the coastal road before we turn into the hills and later reach Lucca. The route continues mostly flat through northern Tuscany until we reach our destination in Pistoia, a lovely Tuscan city.



Day 5: Pistoia - Bologna

At the end there is another very difficult day ahead. Directly behind the city we have to climb 700 m uphill before we can relax a little while cycling along a river. Finally, there is another challenging climb before descent to our tour destination near Bologna.

Day 6: Bologna (no cycling)

After the breakfast everybody departs individually to his or her home.

We cycle for charity

Each participant commits to raise a **minimum donation of € 50** to support a charity project in his or her home country.

Travel advice

Plane: to Milan (Malpensa or Linate) and back from Bologna

Train/bus: to Milan and back from Bologna

Car: as we do not offer a shuttle bus back to Milan after the tour ends, it is not recommended to arrive with the car.