



TERRE DI  
LUNI  
ADVENTURE



**BIKE TOUR WITH EXPERT GUIDE,  
CUSTOMIZABLE FOR EVERYONE**



# 1

## LUNI VINEYARDS TOURS



EASY



25 Km



300 m



3 hours



Cantine Bosani vineyards - Colline del Sole

A tour suitable **for all levels**. It takes you through the countryside, along small country roads in the **Canale Lunense cycle path**.

Along the path there are several points of **special interests, in terms of landscapes** and culture, the **archaeological area of Luni**. Discover the ruins of this ancient Roman city and its amazing amphitheater. It is also possible to take a **walking tour in the excavations**.

Then you will reach the heights of the **Colline del Sole**, where there are well-kept **vineyards** from which a renowned **local wine** is produced.

We return to Terre di Luni, where you can **taste typical local products and wines**.



Archaeological area of Luni

# 2

## VILLAGES AND CASTLES OF LUNI TOUR

⊙⊙⊙⊙⊙ INTERMEDIATE | 📍 30 Km | 🏔️ 600 m | ⌚ 4 hours



Castelnuovo Magra's Castle

A **landscape and historical-cultural** tour, which brings you through the **fascinating Lunensi villages**. Perched on peaks, they offer unforgettable panoramic views.

From Terre di Luni, we proceed towards the **Lunensi hills**, crossing the countryside on secondary roads. The climb to **Castelnuovo Magra** is along an ancient mule track and it arrives to the main square of the village. There are beautiful **views of the sea** that you won't want to miss along this course.

The climb continues towards **Vallecchia**, up to **Forte Bastione**, where there is a nineteenth-century military fortification. This is the maximum altitude point. Then begins the descent towards the villages of **Ortonovo** and **Nicola**.

Riding along a cycle path that runs alongside the archaeological area of **Ancient Luni**, we return through the countryside to Terre di Luni. You can finish this day with a tasting of **typical local products and wines**.



Castelnuovo Magra's Castle



# 3

## ENDURO TOUR OF MONTEMARCELLO

○○○○○ EXPERTS

📍 35 Km

⚡ 800 m

🕒 4 hour



Montemarcello panoramic point - panoramic view of the Gulf of Poets

This tour is perfect for those who already have a **mastery of mountain biking**. It brings you through **Monte Caprione** trails, between land and sea, in one of the most popular destinations of the area.

From Terre di Luni, after the **Colombiera bridge**, the road begins to gain altitude up to **Montemarcello**. It is definitely the visit to this village which is included in the list of **“the Most Beautiful Villages in Italy”**, stopping for a coffee in the central square. Do not miss the **panoramic view of the Gulf of Poets**, overlooking the Palmaria island and Portovenere.

Continuing on a **singletrack immersed in the Mediterranean scrub**, there are technical passages of medium difficulty, but sometimes smoother, that bring you to descend to **Tellaro**. In summer it is possible to have a regenerating dive and swim before continuing the tour. The path proceeds up to **Monte Rocchetta**, for a **panoramic view of Lerici**.

The descent finishes in Terre di Luni, where you can finish your day with a **tasting of typical local products and wines**.



Biker on Montemarcello paths

# 4

## FOLGORITO, THE EXPERTS TOUR

⊙⊙⊙⊙⊙ EXPERTS | 📍 50 Km | ⚡ 1200 m | ⌚ 5-6 hours



Biker, view of the Apuan Alps

This tour is dedicated to expert bikers. It is a **unique experience** to discover the upper part of **Monte Folgorito**.

It starts from Terre di Luni, passing through the **seafont** where you will have the opportunity to regenerate yourself, before starting the hard climb from **Massa to San Carlo**. Then we reach **Monte Folgorito**, where we stop to admire the unique and wonderful view.

At this point you can choose between two different routes, one more challenging and the other simpler. On the way back we pass through **small villages, typical of the Lunensi hills**.

We arrive at Terre di Luni, where you can choose to **taste typical local products and wines** and enjoy a well-deserved rest.



Biker on Monte Folgorito

Credits: Photo on page by Michele Chirolli, biker Giacomo Bazzicchi



- 1 LUNI VINEYARDS TOURS
- 2 VILLAGES AND CASTLES OF LUNI TOUR
- 3 ENDURO TOUR OF MONTEMARCELLO
- 4 FOLGORITO, THE EXPERTS TOUR

## BIKE TOUR BY TERRE DI LUNI ADVENTURE, WITH CERTIFIED GUIDE

Don't miss a visit to one of **the most beautiful areas of Italy**, while on your bike. Discover **small villages, breathtaking views** and taste **local products**. Immerse yourself in the **Lunensi hills** and admire splendid views: from the **Apuan Alps** to **Portovenere** and the **Gulf of Poets**. Conclude your experience with a **taste of local products and wines at Km0**, at the **Terre di Luni** headquarters. The tours are fully modular and suitable for everyone.

**Get inspired by these tours or contact us to create your own one!**



### TERRE DI LUNI ADVENTURE

Via Alta, 16 • 19031 Ameglia (SP) • +39 0187 1770690

info@terrediluni.it • [www.terrediluni.it](http://www.terrediluni.it)

