

## Cycling in the Lunigiana

The Lunigiana is a great area for both MTB and road biking enthusiasts. At Via 6 we have two all-terrain bicycles (one male/one female) which you are welcome to use at your own risk. Note however that these are not robust enough for stunt work or extended off-road use. A cycle carrier suitable for hatchback cars is also provided together with cycle helmets, pumps and tools – all stored in the cantina beneath the house.

Should you require other/additional bicycles we recommend that you hire them at due Ruote bicycle centre which can be found in a new shop on the right hand side of the road next to the Doro Centry supermarket as you enter Villafranca from Filattiera along the main SS62 Cisa Pass road.

Keen cyclists may wish to know that dueRuote will deliver and collect all types of bicycle within their local area free of charge, and at a small charge further afield. Their details are as follows:

Address: Via Aldo Moro 94/96, 54028 Villafranca in Lunigiana  
Tel & Fax: (+39) 0187 495541 Web: <http://www.dueruotebike.it/>  
Mob: 335 223917 (Emanuele) e-mail: [info@dueruotebike.it](mailto:info@dueruotebike.it)

Opening Hours: Tuesday-Saturday: 8:30-12:30 e 15:00-19:30: Closed Sundays & Mondays

Typical Cost of Renting Mountain Bikes: €18.00 /day €45.00 for three days €70.00 /week

### **Cycle Routes**

A few routes may be found on the dueRuote web site, but the most comprehensive list is available on the (Italian language) web site <http://www.lunigianaxbike.it/>.

We have translated the most straightforward routes - laminated copies are available at Via 6 for guest use. These include a map, an altitude/distance graph and a comprehensive description of the route.

### **Safety**

Select bikes that are the right size.

Wear a correctly sized helmet, securely fastened, at all times.

Check tyre condition, tyre pressure, brakes and steering before setting off.

Use cycle lanes (pistas ciclable) where these are available – not to do so is a road traffic offence!

Note that some cycle lanes are shared with pedestrians.

If you intend to cycle at night:

- wear a reflective waistcoat/jacket;
- ensure that the bikes have an electric light system with a white (or yellow) lamp at the front and a red one at the back, plus reflectors on the back, on the pedals and on the sides of each wheel;

Please cycle in single file on public roads.

Do not use a mobile phone or listen to music when cycling.