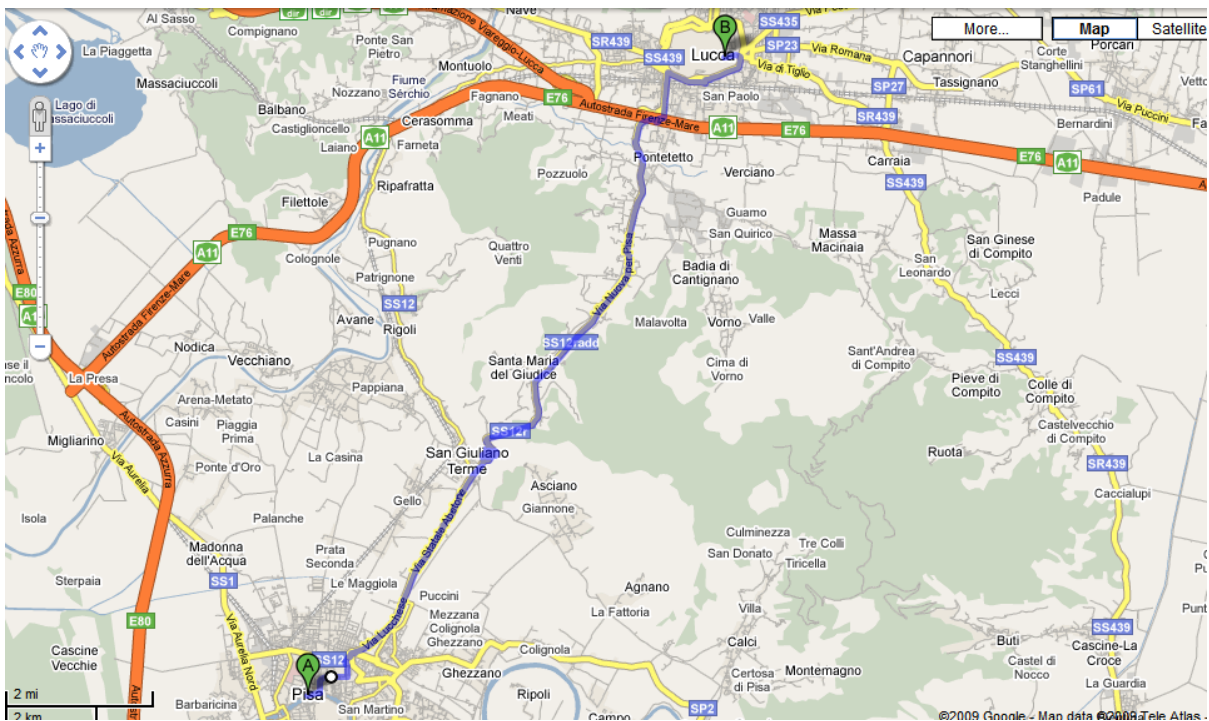


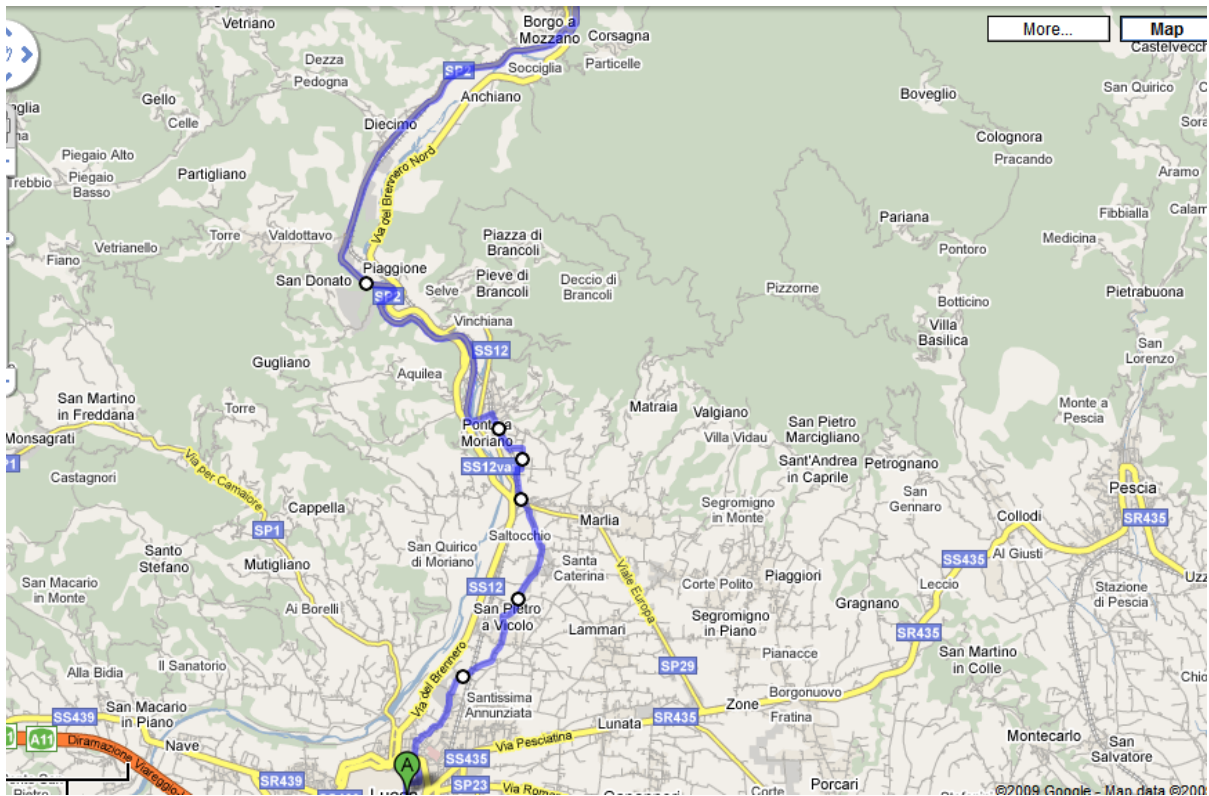
# Rainbow Trust Tuscany Cycle Challenge Sept 2009

## Detailed Route Outline

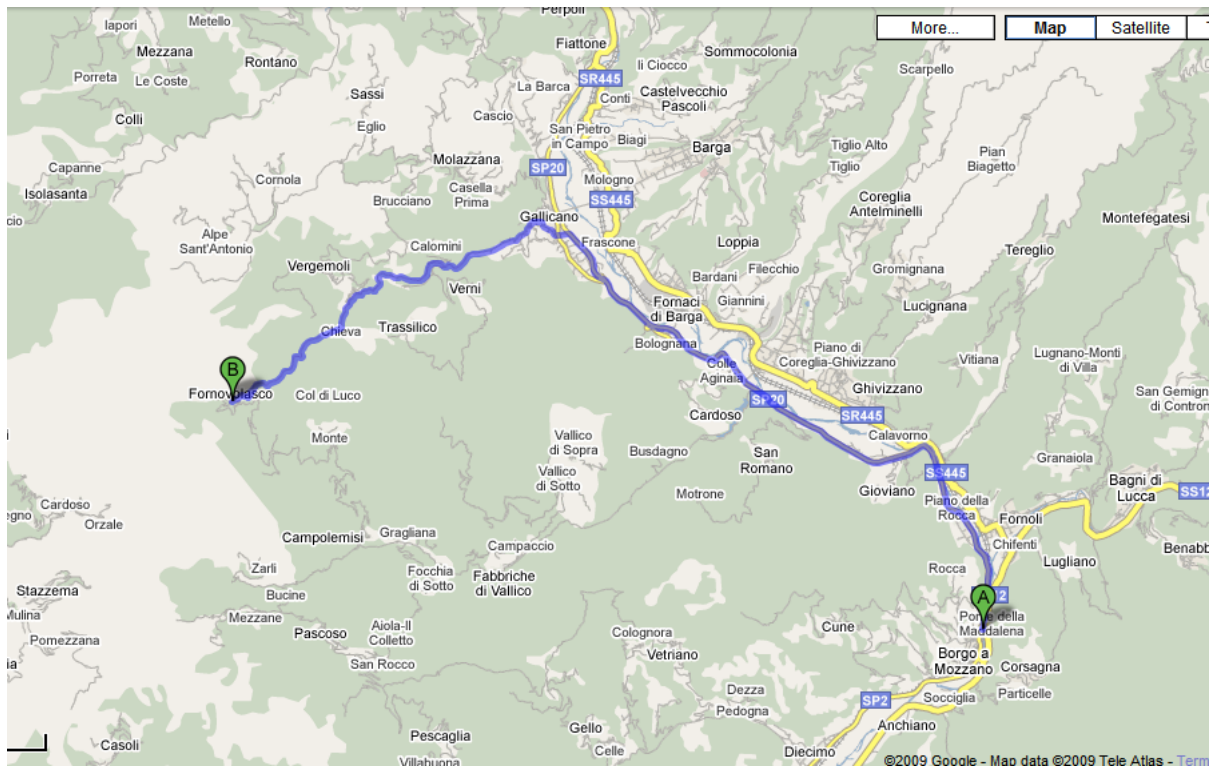
Stage 1 – Pisa > Lucca (22km)



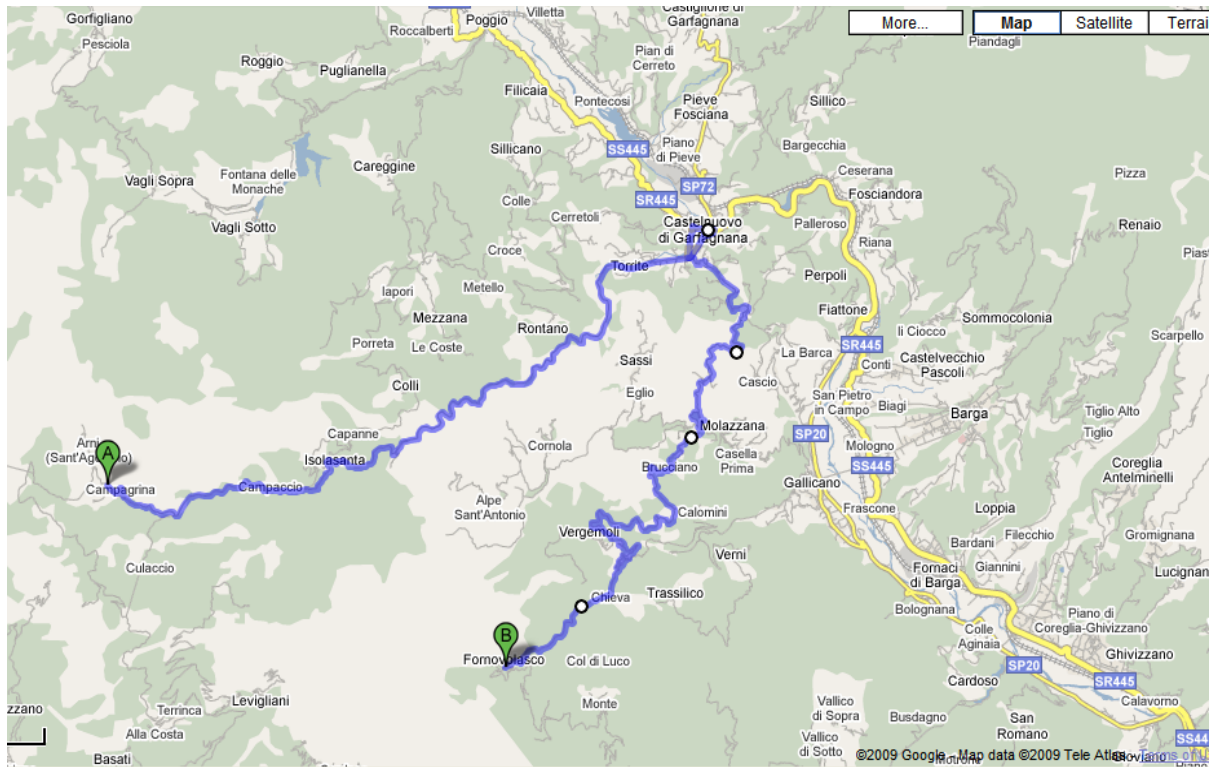
Stage 2 – Lucca > Ponte Della Maddallena (25km)



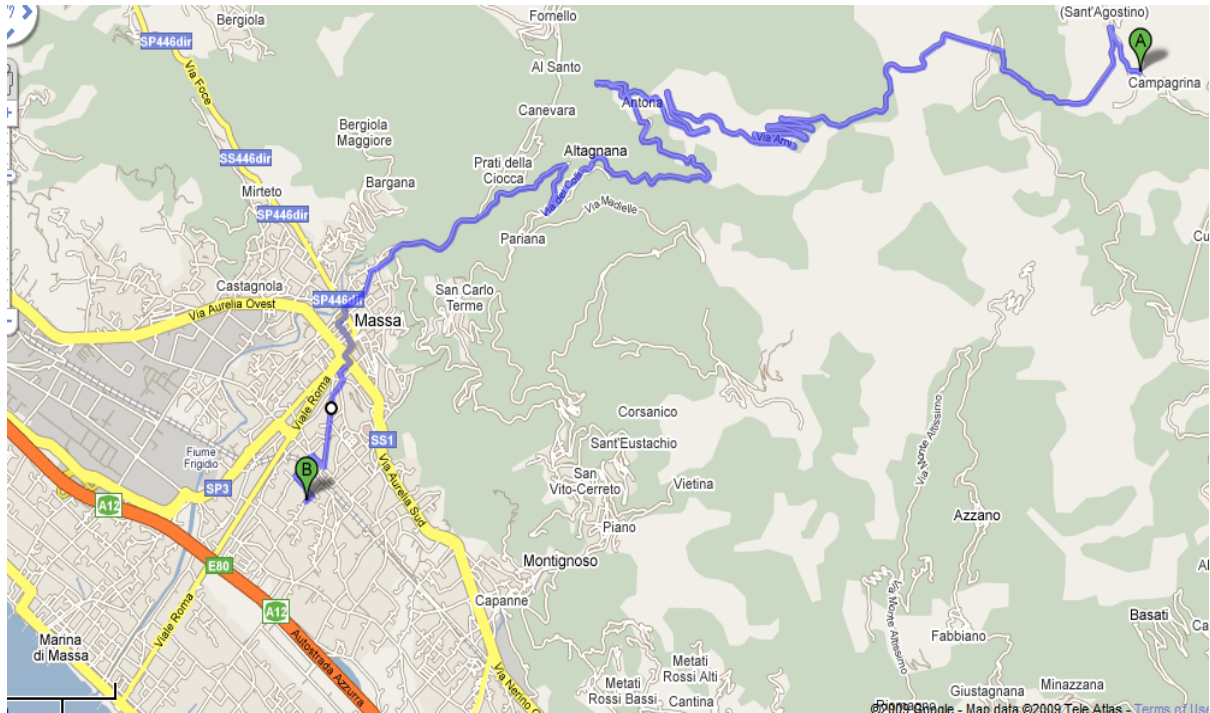
### Stage 3 – Ponte > Fornovolasco (24km)



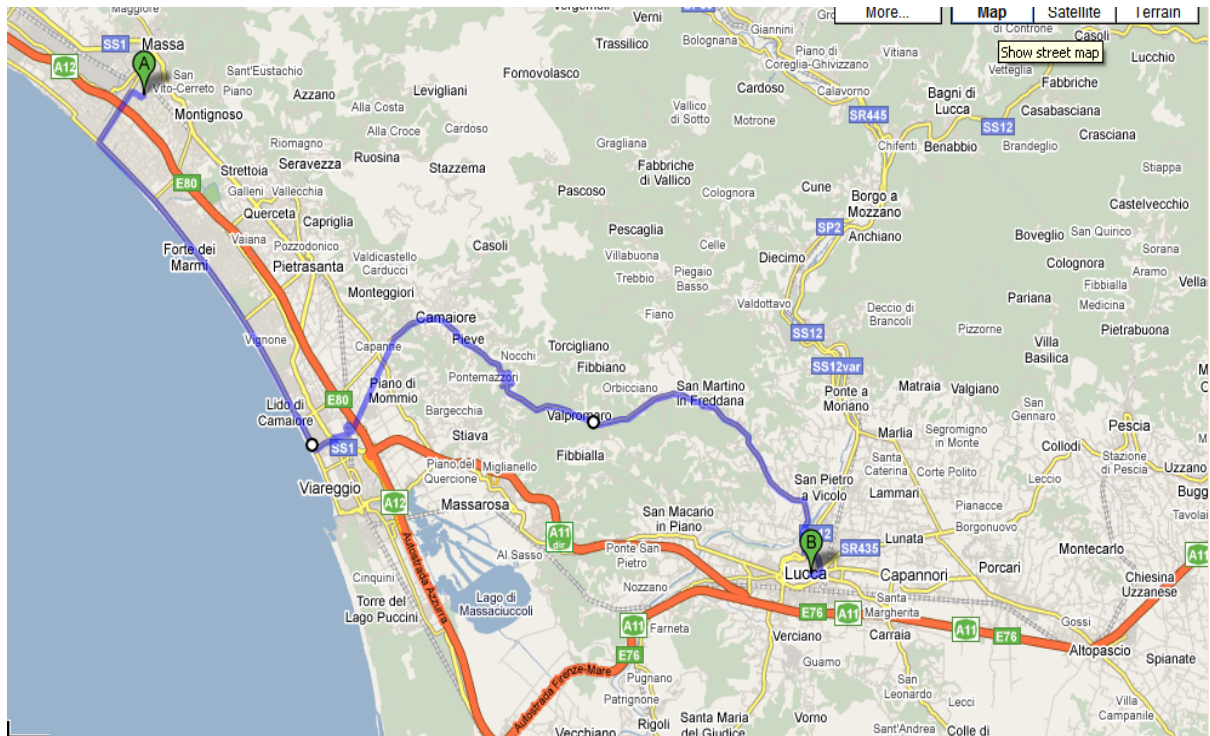
### Stage 4 – Fornovolasco > Arni (42km – inc. big uphill!)



## Stage 5 – Arni > Massa – Approx 25km (Downhill!!)



## Stage 6 – Massa > Lucca – Via Inland Route (climbing to 280m) – Approx 57km



# Stage 7 – Lucca > Pisa once again! – Approx 22km

