

## Italy – Florence to Rome Bicycle Tour 2023

Self-Guided Tour

8 Days / 7 Nights



Discover a new side of Italy with us: quiet, sometimes almost mystical! On this tour you will see cities like Assisi, Perugia, Spoleto or Narni, which have incredible art treasures and carry visitors back into the Middle Ages. The overall appearance of the cities has hardly changed and the landscapes are harmonious and inviting. On generally isolated roads, the tour takes you through the valleys of the Apennines, over the softly curved hills of Lake Trasimeno and through the solitude of small Umbrian villages. Raging rivers, fascinating gorges and the flocks of sheep roaming through the countryside shape this part of Italy. Going by bike is one of the best ways to explore this area. You can smell the sweet odors, rest in a tavern and fortify yourself for the next stages. We cannot guarantee it, but the probability is high that Italy will welcome you with sunny weather. At the end of your trip, the “Eternal City” of Rome will welcome you. There, you can put your bike aside and enjoy the liveliness of the city and its people while drinking a cup of cappuccino or a glass of red wine. If you want to leave the stress of a hectic world completely behind you, then you will love this trip and keep lots of great memories from it.

## Itinerary Day to Day

### **Day 1: Individual arrival in Florence**

Tour briefing and distribution of the rental bikes. We recommend that you visit Florence's beautiful centre.

### **Day 2: Florence – Passignano sul Trasimeno 60 km by bike + train journey**

In the morning, you will take the train to Arezzo. There, you can visit the beautiful churches and palaces of the city of antiquities and gold. With your bike you will cycle on beautiful trails through the vast plains of the Val di Chiana, constantly accompanied by hill and mountain silhouettes of the southern Tuscany. You will pass Cortona and you will finally get to Lake Trasimeno, the battlefield of Hannibal against the Romans. Moreover, you will have a gorgeous view of Lake Trasimeno. Tonight, you will spend the night in Passignano.



### **Day 3: Passignano sul Trasimeno – Perugia 35 km**

You will cycle along the lake to Torricella. From there you will continue through open fields, rolling hills and idyllic places to Perugia. Stroll through one of the nicest shopping streets of Italy to the Cathedral of San Lorenzo, the Palazzo dei Priori, or the Arco Etrusco... the Umbrian capital will fascinate you!

### **Day 4: Perugia – Assisi 30 km**

After having crossed the river Tiber, it is only a few kilometres by bike to the birthplace of St. Francis of Assisi. However, before you cycle up to the mystical city, you will take a trip to one of the most beautiful sanctuaries of Umbria: S. M. degli Angeli! In Assisi, you can immerse yourself in the colourful world of medieval frescoes by Giotto.

### **Day 5: Assisi – Spoleto 55 km**

Your way leads you along the foot of the mighty Mount Subasio to the still entirely preserved medieval town Spello. Afterwards, you will continue through the Valle Umbra to Spoleto. Cities, such as Montefalco, Trevi, and Campello can be seen on the surrounding hills. From the more than 80 m high aqueduct you can enjoy a vertiginous view of the Tessino Canyon, Mount Luco, and the Rocca Albornoz (papal fortress).



## Day 6: Spoleto –Narni 45 km

Between mountains, accompanied by the beautiful countryside, you will cycle to Terni and further to Narni. Do you want to treat yourself? Terni is known for its excellent pastries and for having the most creative cuisine of the region! Narni and its medieval streets will take you back to ancient times.



## Day 7: Narni – Rome 60 km + train journey

In the middle of the green heart of Umbria, you will pass huge mountains until you reach Calvi, the last major town in this region. You can still enjoy the quiet and solitude of the Sabine mountains before you take the train to immerse yourself in the vibrant city of Rome

## Day 8: Departure or Extension of Trip



## Route



### Technical Characteristics:

**Route Profile:** Medium. You will cycle on a slightly hilly route during the whole tour; in between there are longer flat sections. You will find yourself almost exclusively on asphalt tracks and quiet side streets, partly also uneven road conditions. Only very short sections are on busier roads, especially when entering or leaving cities.

**Distance:** 285 km

**Travel Season:** Departures Saturdays from April 1 to July 1 and August 26 to October 7, 2023

Season 1: April 1 – April 14 and September 30 – October 7

Season 2: April 15 – May 12 and September 9 – September 29

Season 3: May 13 – July 1 and August 26 – September 8



**Price per Person:**

Double Occupancy B&B Season 1	€ 1139.00
Double Occupancy B&B Season 2	€ 1199.00
Double Occupancy B&B Season 3	€ 1259.00
Surcharge Single Occupancy	€ 399.00
Rental Hybrid Bike Plus	€ 159.00
Rental Electric Bike	€ 239.00
Extra Nights Florence Double Occupancy B&B	€ 125.00
Extra Nights Florence Single Occupancy B&B	€ 214.00
Extra Nights Rome Double Occupancy B&B	€ 99.00
Extra Nights Rome Single Occupancy B&B	€ 174.00

**Accommodation:**

Category: 3\* and 4\* hotels, in Narni simple but central hotel at 3\* level

**Included:**

- Accommodation in the selected category
- Breakfast
- Welcome briefing
- Luggage transfer between hotels
- Train journey from Florence to Arezzo, including bicycle
- Train journey from Poggio Mirteto to Rome (without bike, bike drop off in Poggio Mirteto)
- Excellently planned routes
- Detailed travel documents (route maps, route description, local attractions, important telephone numbers)
- Tour signposting
- App for navigation and GPS data is available
- Service hotline

**Not Included:**

- Local taxes payable locally

## Bikes



### Hybrid Bike

Rental Bike Plus allows for a slightly sportier sitting posture, 27 gears offer the highest flexibility and a high quality Suntour suspension fork provides the best possible comfort across all surfaces.

Available in 63/60/56-51 sloping/46 cm sizes

**Also includes** Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock



### Electric Bike

You need no driver's license, the electric bike assists up to a speed of 25 km/h. The handling is easy and manageable after a short explanation. These bikes are supported through an electric motor that is fixed in the bottom bracket. The supply of energy takes place through a removable battery, which permits a reach of 120-180 kilometers.

Sizes: 56/51/46/46 "xs" cm