

# Cycle Tour from Florence to Rome

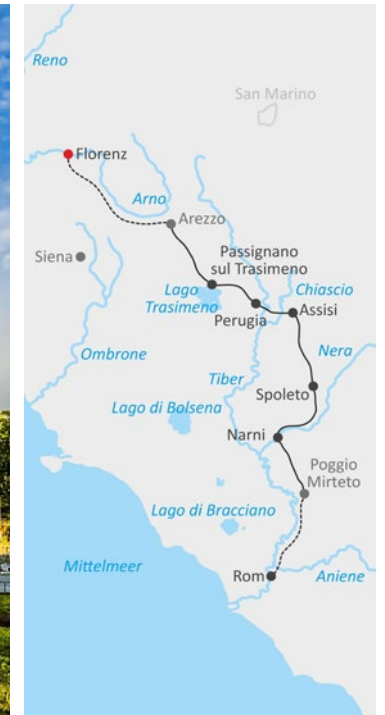
8 DAYS / 7 NIGHTS, APPROX. 285 KM  
BOOKING CODE: IT-FR7

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



By bike through  
the heart of Italy

From Eur **1249,-**



## Your tour

Many roads lead to Rome, especially on a bicycle. On the bike tour you cycle through Tuscany, Umbria and Lazio – right through the green heart of Italy. Your starting point, Florence, is considered one of the most important cultural metropolises in Europe. Places like Perugia, Assisi and Narni follow, which will surprise and impress you with their wealth of art treasures. Your cycle tour takes you through the rolling hills of Tuscany, the valleys of the Apennines, past Lake Trasimeno, through idyllic Umbrian villages to the Eternal City of Rome. At every corner of Rome you can experience the millennia-old history of this unique city. Accompanied by glorious sunshine, you cycle mostly over slightly hilly, often longer flat and asphalted farm tracks and side roads. Enjoy the proverbial dolce vita everywhere on your bike tour to Rome.

## Itinerary

<b>Day 1</b>	Individual arrival to Florence
<b>Day 2</b>	Florenz – Passignano sul Trasimeno, approx. 60 km + train ride
<b>Day 3</b>	Passignano sul Trasimeno – Perugia, approx. 35 km
<b>Day 4</b>	Perugia – Assisi, approx. 30 km
<b>Day 5</b>	Assisi – Spoleto, approx. 55 km
<b>Day 6</b>	Spoletto – Narni, approx. 45 km
<b>Day 7</b>	Narni – Rom, approx. 60 km + train ride
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	30.03. – 06.04.	28.09. – 12.10.
<b>Season B</b>	13.04. – 04.05.	07.09. – 21.09.
<b>Season C</b>	11.05. – 29.06.	24.08. – 31.08.

Arrival Saturday 30.03. – 29.06.2024  
Arrival Saturday 24.08. – 12.10.2024  
The season is dictated by the arrival date.

## Services

- 7 nights with breakfast, national 3\* / 4\*-level
- Train ride Florenz – Arezzo incl. bike
- Train ride Poggio Mirteto – Rom excl. bike
- Luggage transport from hotel to hotel to Rome, max. 20 kg / piece
- Cycle route description with maps (1 x per room)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Citys or visitors tax, if payable

## Basic price per person

Doubleroom, Season A	1249,-
Doubleroom, Season B	1299,-
Doubleroom, Season C	1379,-
Price Surcharge Singleroom	439,-

## Additional night prices per person

Florence DBL / BB	125,-
Florence SGL / BB	225,-
Rom DBL / BB	99,-
Rom SGL / BB	179,-

## Additional services per person

E-bike / Pedelec*	259,-
Rental bike (7- / 21-gear)*	99,-

\*including rental bike insurance

## Exemplary hotel list

Florenz	C-Hotels Florenz	<a href="https://www.c-hotels.it/en/">https://www.c-hotels.it/en/</a>
Passignano sul Trasimeno	La Vela Passignano sul Trasimeno	<a href="http://www.hotellavela.it/">http://www.hotellavela.it/</a>
Perugia	La Rosetta Perugia	<a href="https://hotelarosetta.it/">https://hotelarosetta.it/</a>
Assisi	Dei Priori Assisi	<a href="https://www.hoteldeipriori.it/">https://www.hoteldeipriori.it/</a>
Spoletto	Charleston Spoleto	<a href="http://www.hotelcharleston.it/">http://www.hotelcharleston.it/</a>
Narni	Dei Priori Narni	<a href="http://www.loggiadeipriori.it/">http://www.loggiadeipriori.it/</a>
Rom	President Rom	<a href="https://www.hotelpresident.com/">https://www.hotelpresident.com/</a>

## Child reduction on basic price

0 - 5 Years	100%
6 - 11 Years	50%
12 - 14 Years	25%
15 - 17 Years	10%

Due to the more demanding stages, we recommend this trip only for young people with good stamina.  
Reduction for children is valid for accommodation in room with two full-paying guests.

## Languages Travel documents

→ German, English, French

## Additional note

- All bookings are on request.
- Return journey to Florence: on your own by train, direct connections approx. every 2 hours, duration approx. 3.5 – 4 hours.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Bike lock
- Odometer
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder

## Journey to Florenz

- Nearest airports: Florence, Pisa, Rome
- Train station: Florence

## Parking in Florenz

- In Florence garage between 20 € to 40 € / day.
- Public parking lot approx. 80 € / week.
- Parking lot on the outskirts approx. 25 € / week.
- No reservation possible through Radweg-Reisen.

## Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

## Travel documents

- Travel document dispatch to the arrival hotel, hotel list and arrival information in advance by e-mail

## Stages description

### Day 1: Individual arrival to Florence

Once founded by Julius Caesar, the artistic and architectural heritage of the capital of Tuscany can be felt on every corner in Florence. Feel it with us! After the information meeting at the hotel, grab your bike or hire bike and explore the city. As well as visiting the imposing Cattedrale di Santa Maria del Fiore, Piazza della Signoria and the Uffizi Gallery, it's worth taking a breather in one of the many historic cafés and trattorias along the Arno.

### Day 2: Florenz – Passignano sul Trasimeno, approx. 60 km + train ride

Your cycle tour from Florence to Rome begins with a morning train journey to Arezzo. Treat yourself to a short walk through the city, which is famous for its goldsmiths and handicrafts. Cycle through the slightly hilly Val di Chiana to Lake Trasimeno. Passignano sul Trasimeno is where you will spend the night today. Not far from the place where Hannibal once fought against the Romans, it is worth taking a boat trip to Isola Maggiore.

### Day 3: Passignano sul Trasimeno – Perugia, approx. 35 km

Today, the route continues along Lake Trasimeno through hilly landscapes to Perugia. The capital of Umbria is one of the oldest cities in Italy. Situated on a hill, the fortress-like city centre can be seen from afar. The narrow streets of the historic centre lead you to interesting museums such as the Galleria Nazionale dell'Umbria and to impressive palaces and churches. Try Perugia's export hit, the Baci Perugia - a praline filled with a whole hazelnut.

### Day 4: Perugia – Assisi, approx. 30 km

Not far from Perugia, you cross the Tiber and cycle to Assisi today. Situated at the foot of Monte Subasio, the town is the birthplace of St Francis of Assisi and is now a world-famous pilgrimage site. The richly decorated Basilica di San Francesco d'Assisi, built in his honour, and the Basilica of Santa Maria degli Angeli, one of the largest churches in the world, are well worth a visit. Outside the city, you can explore the Eremo delle Carceri. The small monastery building in a forest gorge

is still inhabited by Franciscan monks and can be visited. Enjoy the tranquillity of this place before cycling from Florence to Rome to lively Spoleto the next day.

**Day 5: Assisi – Spoleto, approx. 55 km**

On your way to Spoleto, you will pass the small towns of Spello and Foligno. Both towns impress with their rich artistic treasures and are ideal for a short break. Situated on a hillside, the town of Spoleto impresses with its sand-coloured facades and the Rocca Albornoziana, a mighty castle that towers over the town. The Ponte delle Torri - the Bridge of Towers - connects it with Fortilizio dei Mulini, a ruined castle. Enjoy the view of the city, which extends as far as Assisi in good visibility.

**Day 6: Spoleto – Narni, approx. 45 km**

Today's stage on the cycle tour from Florence to Rome takes you to Terni. Not far from the town is one of the highest waterfalls in Europe, the Cascata delle Marmore. Five footpaths offer the opportunity to view the waterfall from a variety of perspectives. Once in Terni, visit

the amphitheatre and the Pinacoteca, which displays works by old masters. Your stage destination of Narni is not far from the geographical centre of Italy. Take part in a tour through Narni's underworld or treat yourself to a Montefalco Sagrantino, a dry red wine from the region, in Piazza Garibaldi.

**Day 7: Narni – Rom, approx. 60 km + train ride**

After leaving Narni behind you, cycle via Calvi dell'Umbria through the Sabine mountains to Poggio Mirteto. Here you return your hire bikes, collect your luggage and travel comfortably to Rome by train. Roma aeterna, the Eternal City, awaits you with its thousands of years of history and unique art treasures. The world-famous Colosseum, the Pantheon and the Roman Forum are just some of the countless sights. A short stopover at the Spanish Steps is well worthwhile. Watch the colourful hustle and bustle while you enjoy a coffee.

**Day 8: Individual departure**

After breakfast you start your individual return journey home or extend your stay.