



Florence - Rome

The Scent of the Green Heart.

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 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.

Classic



8 Days / 7 Nights



Individual

To the online version



Itinerary

DAY
1

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

approx. 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

approx. 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

approx. 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** | approx. 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** | approx. 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** | approx. 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**

Tour character

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 bad road conditions. Only very short sections are on busier roads, especially when entering or leaving cities.



Prices and events

Place of arrival: Florence

	Season 1 01.04.2023 - 14.04.2023 30.09.2023 - 07.10.2023 Arrival Saturday	Season 2 15.04.2023 - 12.05.2023 09.09.2023 - 29.09.2023 Arrival Saturday	Season 3 13.05.2023 - 01.07.2023 26.08.2023 - 08.09.2023 Arrival Saturday
Florence-Rome, 8 days, IT-TORFR-08X			
Base price	1,139.00	1,199.00	1,259.00
Surcharge single room	399.00	399.00	399.00

Category: 3***- and 4****-hotels, in Narni centrally located 3*** hotel

Additional nights

Place of arrival: Florence

	Season 1 Apr 1, 2023 - Apr 14, 2023 Sep 30, 2023 - Oct 7, 2023 Arrival Saturday	Season 2 Apr 15, 2023 - May 12, 2023 Sep 9, 2023 - Sep 29, 2023 Arrival Saturday	Season 3 May 13, 2023 - Jul 1, 2023 Aug 26, 2023 - Sep 8, 2023 Arrival Saturday
Florence			
Double room p. p.	125.00	125.00	125.00
Single room	214.00	214.00	214.00
Rome			
Double room p. p.	99.00	99.00	99.00
Single room	174.00	174.00	174.00

Our rental bikes

Filter

21-gear unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gear unisex incl. rental bike insurance	99.00
rental bike PLUS incl. rental bike insurance	159.00
Electric bike incl. rental bike insurance	239.00

Prices per person in EUR

Services and infos

Services

- Accommodation as mentioned
- Breakfast
- Welcome briefing
- Luggage transfer between the hotels
- Well elaborated route guidance
- Detailed travel documents 1 x per room
- Train journey Florence - Arezzo incl. bike
- Train journey Poggio Mirteto - Rome excl. bike (bike drop off in Poggio Mirteto)
- Navigation-app and GPS-data is available
- Service-hotline
- If bike rental: Rental bike insurance included

Infos

Arrival / Parking / Departure:

- Florence train station
- Florence, Pisa or Rome airport
- Public car park costs approx. € 80 per week,
car park at the periphery costs approx. € 25 per week
- Good train connections from Rome to Florence

Please note:

- Tourist tax, if due, is not included in the tour price!

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.

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Book now

