





FROM PARMA TO BOLOGNA: A TASTE OF ITALY

 Self-guided

 Bike tour

 300-315 km

 Medium

Duration: 8 days / 7 nights

DESCRIPTION

A week on a bike visiting Emilia Romagna is a real treat for your body and soul. Not only you will visit cities rich in artistic, cultural, and historical heritage, but you will cross a land which is the gem of Italian gastronomy. The authentic Parma ham, the Parmigiano Reggiano cheese in Reggio Emilia, the Traditional Balsamic Vinegar in Modena, homemade pasta such as lasagne in Bologna: they all come from this region of Italy with an authentic, welcoming, and generous heart. You travel by bike on small country roads, cycle paths along rivers and canals or in the middle of cultivated fields. There is a lot to feast your mind, your eyes ... and your taste buds! Easy to moderate. Stages from 55 to 70 km per day according to the programme, one stage is 15 km. The terrain is mostly flat, you will have to face a maximum of 250 mt of difference in height for 3 days. Possibility to rent an E-bike to make the trip easier.

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DETAILED ROUTES

📍 Day 1: Individual arrival in Parma

Arrival in Parma and check-in. Take your time to visit the city: start with Piazza del Duomo and its octagonal Baptistery. Not far away is the Palazzo della Pilotta, which will give you the opportunity to visit two masterpieces: the Farnese Theatre and the National Gallery. And don't forget that besides being a city of history and culture, Parma is also UNESCO's city of gastronomy!

📍 Day 2: Parma – Torrechiara Castle – Parma

(55 km)

First day by bike to explore the gentle hills around Parma. The bed of Parma stream shapes the valley, the slopes are gentle, the roads are bordered by vineyards: this is the homeland of the famous Prosciutto di Parma. Arrival at Torrechiara Castle, which dominates a medieval village and stands majestically on the hill offering a superb view over the surroundings. Return to Parma. Dinner in a typical restaurant.

📍 Day 3: Parma – Reggio Emilia

(55 km)

Today's stage takes place in the production area of the Parmigiano Reggiano, probably the most famous Italian cheese in the world. To the south of Parma and Reggio are the hills, to the north is the river Po plain: you will ride in between, through a peaceful countryside, and pass through some villages with well-preserved medieval castles, such as Montechiarugolo or Montecchio. Arrival in Reggio Emilia, the city of origin of the "tricolore", the Italian flag.

📍 Day 4: Reggio Emilia – Modena

(55 km ca.)

Here you are, in the Po plain, surrounded by cultivated fields and vineyards (try the sparkling red wine Lambrusco!). You will soon reach the pretty village of Correggio, before continuing to Carpi, a town with a long history which hides one of the largest squares in Italy, on which stands the Palace of the Pio dating back to the Renaissance. The stage ends in Modena, a city listed as a UNESCO World Heritage Site for its Romanesque cathedral.

📍 Day 5: Modena, round tour

(65 km)

Modena is the homeland of traditional Balsamic Vinegar, and on your way out of town you can visit a real "acetaia" to get to know all its secrets. You continue on a beautiful cycle path towards Vignola before arriving in Castelvetro, a charming little village perched on a hill. It is the perfect spot for a gourmet break with local cold cuts, a piece of Parmesan and a glass of Lambrusco! Return to Modena, possibility to stop at Luciano Pavarotti house-museum.

📍 Day 6: Modena – Bologna

(70 km)

Your day of cycling begins along small country roads to Nonantola, where you can stop to visit the Benedictine Abbey, before arriving in San Giovanni in Persiceto. The city of Bologna is close, you can actually see San Luca in the distance, the church which dominates the city. You will enter Bologna along the Navile Canal, which will take you to the city center through the green of trees and the urban parks. Dinner in a typical restaurant.

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Day 7: Bologna, city tour by bike (15 km)

Bologna is an incredible city: cultivated, dynamic, creative, gourmet. Its three nicknames are "La Dotta", which means the erudite, as it is the seat of the oldest university in the world; "La Rossa" for its red roofs, and you check them from the top of one of its towers; and above all "La Grassa", which means fat but also abundant for its rich, generous, and traditional cuisine. We invite you to discover Bologna by bike and to end your discovery of the region with a good lasagna alla bolognese and a good Sangiovese wine glass. Possibility to book a cooking class in Bologna.

Day 8: Bologna Individual departure.

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GENERAL INFORMATION

- **Classification:** Self-guided
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 300-315 km
- **Starting point:** Parma
- **Arrival:**

Mit dem Flugzeug: Reguläre oder low-cost Flüge nach Bologna, Mailand oder Bergamo. Gute Zugverbindungen nach Parma.

Flughafen Bologna (BLQ): <https://www.bologna-airport.it/> **Bus + Zug von Bologna**

- Vom Flughafen Bologna zum Zugbahnhof von Bologna Centrale: Marconi Express train, Abfahrt jede 7 Minuten (ca. Euro 12,00 pro Person) <https://www.marconiexpress.it/>
- Vom Zugbahnhof Bologna Centrale nach Parma : direkter Zug (Fahrzeit ca. 1 Std. – Ticket ca. Euro 10,00 pro Person)

Flughafen Bergamo Orio Al Serio (BGY): www.sacbo.it

Bus + Zug von Mailand

- Vom Flughafen Bergamo Orio al Serio zum Zugbahnhof Milano Centrale: Bus Autostradale, Shuttlebus Orio Terravision Bus jede 30 Minuten (Fahrzeit ca. 1 Std. – Ticket ca. Euro 12,00 pro Person) www.autostradale.it – www.orioshuttle.com – www.terravision.eu
- Vom Zugbahnhof Milano Centrale nach Parma: Regionalzug oder Schnellzug (Fahrzeit ca. 1- 2,5 Std. – Ticket ca. Euro 25,00 – 60,00 pro Person, je nach Zug)

Flughafen Milano Malpensa (MXP) : www.sea-aeroportimilano.it

Bus / Zug + Zug

- Vom Flughafen zum Zugbahnhof Milano Centrale: Malpensa Express Zug, jede 30 Minuten von 6.00 Uhr bis 23.00 Uhr (Fahrzeit ca. 1 Std. – Ticket ca. Euro 15,00 pro Person)
- Vom Zugbahnhof Milano Centrale nach Parma : Regionalzug oder Schnellzug (Fahrzeit ca. 1 – 2,5 Std. – Ticket ca. Euro 25,00 – 60,00 pro Person, je nach Zug)

Informationen unter: www.trenitalia.com

- **Accommodation:**

You can choose to book this trip in two different categories: Standard : 3* hotels or B&B. Comfort : 4* hotels or B&B de charme. Accommodation in double room with private bathroom. It is possible to book a single room (with supplement).

Accommodations may require supplements during trade market periods

- **Rental bikes:**

Hybrid bikes: 18-21 speeds, depending on availability. Women or men frames. Aluminium/steel frame. Handlebar brakes.

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E-bikes

INCLUDED SERVICES

- Accommodation in B&B (7 nights) in double room according to the chosen category
- 3 dinners
- Luggage transfers (15 kg max)
- Digital travel documents
- Telephone assistance

NON INCLUDED SERVICES

- Drinks
- Lunch and Dinner (except for 3 dinners)
- Tourist taxes
- Return journey from Bologna to Parma
- Bike rental
- Insurance
- Booking fees
- Visits to tourist attractions
- Anything which is not listed under 'The Price Includes'

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STARTING DATES



PRICES

Standard 2 pax		
Package price in a double room	from 06/04/2024 to 23/10/2024	1.215 €
Package price high season	from 06/04/2024 to 23/10/2024	1.215 €
Single room surcharge		340 €
Additional services		
own bike		0 €
Hybrid 18-21 speeds		170 €
E-bike (Emilia Romagna)		230 €
Standard 3-4 pax		
Package price in a double room	from 06/04/2024 to 23/10/2024	1.175 €

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Package price high season	from 06/04/2024 to 23/10/2024	1.175 €
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Single room surcharge	340 €
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Additional services

own bike	0 €
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Hybrid 18-21 speeds	170 €
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E-bike (Emilia Romagna)	230 €
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Standard 5-6 pax

Package price in a double room	from 06/04/2024 to 23/10/2024	1.140 €
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Package price high season	from 06/04/2024 to 23/10/2024	1.140 €
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Single room surcharge	340 €
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Additional services

own bike	0 €
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Hybrid 18-21 speeds	170 €
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E-bike (Emilia Romagna)	230 €
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Standard 7-8 pax

Package price in a double room	from 25/08/2024 to 23/10/2024	1.095 €
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Package price high season	from 25/08/2024 to 23/10/2024	1.095 €
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Single room surcharge	340 €
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Additional services

own bike	0 €
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Hybrid 18-21 speeds	170 €
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E-bike (Emilia Romagna)	230 €
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Comfort 2 pax

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Package price in a double room	from 06/04/2024 to 23/10/2024	1.415 €
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Package price high season	from 06/04/2024 to 23/10/2024	1.415 €
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Single room surcharge		550 €
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Additional services

own bike		0 €
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Hybrid 18-21 speeds		170 €
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E-bike (Emilia Romagna)		230 €
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Comfort 3-4 pax

Package price in a double room	from 06/04/2024 to 23/10/2024	1.344 €
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Package price high season	from 06/04/2024 to 23/10/2024	1.344 €
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Single room surcharge		550 €
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Additional services

own bike		0 €
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Hybrid 18-21 speeds		170 €
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E-bike (Emilia Romagna)		230 €
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Comfort 5-6 pax

Package price in a double room	from 06/04/2024 to 23/10/2024	1.270 €
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Package price high season	from 06/04/2024 to 23/10/2024	1.270 €
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Single room surcharge		550 €
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Additional services

own bike		0 €
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Hybrid 18-21 speeds		170 €
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E-bike (Emilia Romagna)		230 €
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Comfort 7-8 pax		
Package price in a double room	from 06/04/2024 to 23/10/2024	1.225 €
Package price high season	from 06/04/2024 to 23/10/2024	1.225 €
Single room surcharge		550 €
Additional services		
own bike		0 €
Hybrid 18-21 speeds		170 €
E-bike (Emilia Romagna)		230 €