





ART MASTERPIECES AND BRIGHT LANDSCAPES

 self-guided tour

 Bike tour

 285-285 km

●●○ Medium

Duration: 8 days / 7 nights



DESCRIPTION

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 its visitors back into the Middle Ages. 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. 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 city’s liveliness. 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 of it. You will cycle on a slightly hilly route throughout the tour; in between, there are longer flat sections. You will find yourself almost exclusively on asphalt tracks and quiet side streets, with partly also bad road conditions. Only very short sections are on busier roads, especially when entering or leaving cities.

DETAILED ROUTES

📍 Day 1: Arrival Florence

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

📍 Day 2: Florence – Passignano sul Trasimeno

(approx. 60 km + 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 Rome

Individual departure or possibility to extend your stay.

GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 285-285 km
- **Starting point:** Florenz
- **Arrival:**

By train: Florence train station. Good train connection from Rome to Florence, timetable on www.deutschebahn.de, www.oebb.at, www.trenitalia.com, www.italotreno.it/en

By plane: Florence and Pisa airports

- **Accommodation:**

Hotels of the 3* and 4**** category ; in Narni: simply, central 3*** hotel

Attention: Tourist tax, if requested, has to be paid on the spot

- **Parking:**

Public parking garage, costs approx. EUR 140.00 per week, public parking spaces at the periphery, costs approx. EUR 20.00 per week

- **Rental bikes:**

21-gears bicycle

27-gears bike PLUS with free wheel and crossbar (sportier and lighter, more quality in the saddle)

E-bike (on request, limited availability)

All bikes are UNISEX bikes (men`s bicycle upon request)

INCLUDED SERVICES

- Accommodation in 3* and 4**** hotels (in Narni simple but central hotel)
- Breakfast buffet or full breakfast
- Welcome briefing
- Luggage transfer from hotel to hotel
- Digital travel documents incl. navigation app, GPS-data, route book
- Train journey from Florence to Arezzo incl. bike
- Train journey from Poggio Mirteto to Rome excl. bike- bike drop off in Poggio Mirteto
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks, tourist tax and all extras
- Lunch, Dinner
- Printed route book, per room EUR 20.00
- Not mentioned entries
- Rental bikes and Travel insurance
- All not expressly mentioned under the item „Included services“

FLORENCE - ROME

STARTING DATES

 Available - arrival possible  Not Available  Available for groups from 6 persons and on request

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
					3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRICES

Standard

Package price in a double room	from 04/04/2026 to 10/10/2026	1.389 €
Package price in a double room	from 18/04/2026 to 19/09/2026	1.429 €
Package price high season	from 09/05/2026 to 29/08/2026	1.529 €
Single room surcharge		489 €

Additional services

own bike	0 €
21-gear bicycle (Eurobike)	99 €
21-gear bicycle unisex (Eurobike)	99 €
rental bicycle PLUS (Eurobike)	179 €
electric bicycle (Eurobike)	289 €

Additional nights

See ebsite