

# Kat's Great Adventures

Italy – Florence to Rome Bicycle Tour 2022  
Self-Guided Tour  
8 Days / 7 Nights



Do you already know the story of Francis of Assisi? Or do you know about the Ponte Vecchio in Florence? No? You will definitely find out on this cycle tour from Florence to Rome in beautiful Italy! Ciao e Benvenuto in the heart of the boot! Cycle past historical scenes and through small medieval villages. The cycle route takes you to beautiful Rome, where the Trevi Fountain, the Colosseum and the Roman Forum await you. Treat yourself to a gelato or a creamy cappuccino in Piazza Navona and watch the hustle and bustle of the big city!

## 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.



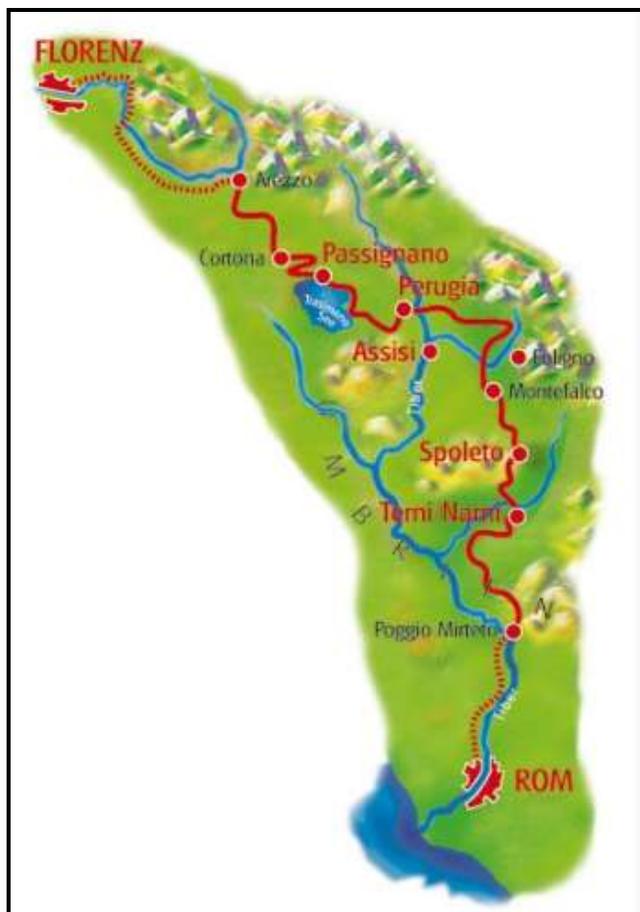
## Day 7: Narni – Rome 60 km + train journey

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 2 to July 2 and August 27 to October 8, 2022

Season 1: April 2 – April 15 and October 1 – October 8

Season 2: April 16 – May 13 and September 10 – September 30

Season 3: May 14 – July 2 and August 27 – September 9



**Price per Person:**

Double Occupancy B&B Season 1	€ 949.00
Double Occupancy B&B Season 2	€ 999.00
Double Occupancy B&B Season 3	€ 1049.00
Surcharge Single Occupancy	€ 349.00
Rental Hybrid Bike Plus	€ 139.00
Rental Electric Bike	€ 199.00
Extra Nights Florence Double Occupancy B&B	€ 115.00
Extra Nights Florence Single Occupancy B&B	€ 204.00
Extra Nights Rome Double Occupancy B&B	€ 89.00
Extra Nights Rome Single Occupancy B&B	€ 164.00

**Accommodation:**

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

**Included:**

- Accommodation in the selected category
- Breakfast buffet or an extensive 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