

CYCLING ACROSS ITALY



coast to coast savoring good food, art and history

This spectacular 6-day bike tour **crosses the heart of Italy**; it starts in Pesaro on the Adriatic coast and crosses Marche, Umbria, Lazio and Tuscany to finish in Talamone on the Tyrrhenian coast, exploring areas characterized by **breath-taking views**.

The route develops in a luxuriant countryside full of **enchanting ancient villages**; Urbino, Gubbio, Assisi, Todi, Orvieto, just to name a few, have written important **pages of history** and where **local gastronomy** is part of the regional identity.

A vigorous and energetic holiday in the open air in contact with nature, but also an **intense cultural journey** that allows you to experience Italian civilization from the Etruscans to the Renaissance, from the ancient Romans to the Middle Ages.

THE TOUR IN FIGURES

- 7 days
- 6 rides
- 450/550 kilometers
- 7000/9000 mt elevation gain

DEPARTURES

- from 20/6 to 26/6 2022
- from 4/7 to 10/7 2022
- from 29/8 to 4/9 2022

PRICE

- € 2100,00 pp double room
- € 200,00 single supplement





PESARO - URBINO

50 km/960 mt+ - 60 km/1250 mt+

URBINO - GUBBIO

75 km/1200 mt+ - 85 km/1500 mt+

GUBBIO - MONTEFALCO

90 km/1400 mt+ - 100 km/1800 mt+

MONTEFALCO - ORVIETO

85 km/1400 mt+ - 100 km/1700 mt+

ORVIETO - SOVANA

80 km/1100 mt+ - 110 km/1600 mt+

SOVANA - TALAMONE

84 km/1000 mt+ - 97 km/1500 mt +

LEVEL OF DIFFICULTY: intermediate

The rides take place in **an area that has no flat terrain**; from the hills of the Marche we climb the mountains of the Umbrian Apennines and then descend towards the sea among the ups and downs of the Maremma countryside.

Each day there are **two possible roads with different mileage and altimetry**; on average 80/100 km are covered with an elevation gain of approx. 1200/1500 m +, illustrated by a paper map and GPS track.

Safety and fun are guaranteed by the assistance of a van used for transporting luggage and as a support vehicle and by the presence of a **professional guide** who is experienced in the areas we cross.



what's included

- 6 nights in a 3-4 star hotel
- 1 welcome lunch
- 1 lunch / picnic
- 4 group dinners (wine not included)
- 3 group aperitifs
- 1 Montefalco wine tasting
- visit to the Church of S Ubaldo in Gubbio
- visit to the cathedral of Orvieto
- vehicle for luggage transport and assistance during the rides
- 1 professional road guide
- transfer to Orbetello station on the morning of day 7

what's not included

- 4 lunches
- 2 dinners
- wine at dinner
- bike rental



THE EXPERIENCE



each at their own pace

The tour is **not a competition** but a long "slow journey" in which everyone is **free to pedal at his/her own pace**, with friends or alone.

An extraordinary way to **experience the geography** of the natural environment and understand the development of human communities in the area,

It is recommended that you prepare yourself: you need to be in good physical shape **to appreciate every kilometer** of the most beautiful country in the world and participate in cultural events, deepening your knowledge of the art and traditions that have made Italy famous.

During the rides there are numerous opportunities to see and visit places of natural and historical interest, as well as simple occasions to **"mingle" with the locals** and understand their lifestyle.



food, wine and conviviality

0 km food and local wines, combined with warm Mediterranean hospitality, are fundamental ingredients of an experience that involves all the senses and is characterized by a **pleasant conviviality**.

Indeed, there are many chances to taste the **dishes of the local tradition** and understand their origins, production and the value they represent for the community.

SCHEDULE

DAY 1

PESARO - URBINO

- 12.00 meeting in Pesaro
- group lunch
- briefing
- ride to Urbino
- group dinner in Urbino

distance: 50/60 km



DAY 2

URBINO - GUBBIO

- 7.30 am breakfast
- 8.30 am luggage and briefing
- departure for Gubbio
- Lunch on your own in Cantiano or Fonte Avellana
- 16.00 / 17.00 arrival in Gubbio
- visit to the Basilica of S. Ubaldo
- group aperitif
- dinner on your own in Gubbio

distance: 75/85 km



the monastery of Fonte Avellana

From Pesaro, famous for being the birthplace of musician Gioachino Rossini and for its extensive network of cycle paths, we cross the valley of the Foglia river and ride the Montefeltro, a rural area known for the production of organic food. The destination is Urbino, UNESCO World Heritage Site once a flourishing Renaissance cultural center and nowadays university city.



pedaling in the hills of Le Marche

Today we follow part of the ancient Roman road Via Flaminia which from Rome crossed the Apennines of central Italy to Rimini, passing through the Gola del Furlo and the town of Cagli. To get to Gubbio, after crossing the border with the Umbria region, we climb the Madonna della Cima pass at 780 meters, one of the highest points of our itinerary. The long option reaches the Benedictine monastery of Fonte Avellana, a place of spirituality hidden by mountains and forests. Once in the "city of stone" we will make an excursion to the Basilica of S. Ubaldo from which the gaze sweeps over the surrounding Apennines, to then end the day with a group aperitif in Piazza dei Consoli before dinner on your own in town.

SCHEDULE

DAY 3

GUBBIO - MONTEFALCO

- 7.30 am breakfast
- 8.30 am luggage and briefing
- departure for Montefalco
- lunch on your own in Assisi or Spello
- 16.00 / 17.00 arrival in Gubbio
- Sagrantino wine tasting
- group dinner in Montefalco

distance: 90/100 km



among olive groves in Spello

DAY 4

MONTEFALCO - ORVIETO

- 7.30 am breakfast
- 8.30 am luggage and briefing
- departure for Orvieto
- group picnic lunch in Prodo
- 15.00 / 16.00 arrival in Orvieto
- visit to the Cathedral of Orvieto
- group aperitif
- dinner on your own in Orvieto

distance: 85/100 km

We leave Gubbio along fields cultivated with corn and sunflowers to face numerous climbs and descents towards Mount Subasio, among small villages and spectacular landscapes! After a stop in Assisi, we cross the Umbrian Valley and enter the vineyards of fine Sagrantino grapes to begin the splendid final climb that takes us to Montefalco, a town known as "the railing of Italy". Before the group dinner we will do a tasting of local wines.



From Montefalco we cycle in the direction of Todi, again between rows of vines and rolling hills from which the view sweeps over the lush countryside. After crossing the Tiber, we climb a ridge from which Lake Corbara is visible, to then stop to enjoy lunch in the castle-village of Prodo. We continue with a climb and an exciting descent towards Orvieto, a city suspended on a block of tuff, which we reach with a final ascent. The long option allows you to reach the top of Monte Peglia, almost 1000 meters high, from which you can admire the numerous Apennine chains of central Umbria. In the afternoon we visit the frescoes of the S. Brizio Chapel of the Orvieto Cathedral before celebrating the day with a group aperitif. Tonight it's dinner on your own.

SCHEDULE

DAY 5

ORVIETO - SOVANA

- 7.30 am breakfast
- 8.30 am luggage and briefing
- departure for Sovana
- lunch on your own in Pitigliano or Capodimonte
- 16/17 hours arrival in Sovana
- group dinner in Sovana

distance: 80/110 km

DAY 6

SOVANA - TALAMONE

- 7.30 am breakfast
- 8.30 am luggage and briefing
- departure for Talamone
- lunch on your own in Magliano in Toscana / Scansano
- 16.00 / 17.00 arrival in Talamone
- group aperitif
- group dinner in Talamone

distance: 85/100 km



in the alleys of Pitigliano

Today we leave Umbria and after a short ride in Lazio we arrive in the southern part of Tuscany known as Maremma, an area of large agricultural crops and pastures. After a stop at Lake Bolsena, which can be circumnavigated if you choose the long route option, we arrive in the unique and spectacularly shaped town of Pitigliano, perched on a ridge. From here, after lunch, the itinerary takes us to Sorano, another medieval settlement, then Sovana.



The sixth stage goes us from the hills of the Maremma to the Tyrrhenian coast. After passing the last mountain range with the ascent to S. Martino sul Fiora, we dive into a long descent towards the ancient thermal baths of Saturnia and then continue with a succession of ups and downs in the Tuscan countryside cultivated with wheat and cereals. In the last few kilometers, after stopping for lunch in the village of Magliano in Toscana, the view opens onto the spectacular Gulf of Talamone, dominated by the medieval Rocca Aldobrandesca built on the southern promontory of the Uccelina Mountains to protect the port. In the evening, celebration drink and group dinner in the small village of Talamone.

SCHEDULE

DAY 7

GOODBYE

- ore 7.30 breakfast
- ore 8.30 group shuttle to Orbetello-Monte Argentario rr station

It's time to say goodbye; after breakfast a taxi takes us to the Orbetello - Monte Argentario railway station from where it is possible to take a train to all destinations.



arrival and departure

Pesaro is well connected by train; to plan the trip www.trenitalia.com

From Rome Fiumicino airport (Da Vinci FCO) it is necessary to take the connection to Rome Termini (30 min) from where trains leave for Pesaro (about 4.5 hours with a change in Falconara Marittima). From the Pesaro station, taxis reach the hotels along the seafront in about 10 minutes.

Another option is to fly to Bologna Marconi (BLQ), take a taxi to Bologna station and then take a direct train to Pesaro (about 2 hours).

From Talamone a group shuttle transport is organized on the morning of day 7 to the Orbetello-Monte Argentario railway station (about 20 minutes) around 8:30 am. From there you will find daily train connections to Rome (1.5 hours), Pisa (2.5 hours) and Florence via Pisa (3.5 hours).

IMPORTANT: do not organize a flight in the morning because there are not many connections from Orbetello-Monte Argentario to Rome / Florence. If you need to fly out early in the day, organize the transfer in advance.

For any need to organize the arrival and departure travel, consult our agency.



Marcello Bonini is a freelancer tour leader; expert cyclist has guided numerous groups of riders on this itinerary over the last 20 years.

He lives in Reggio Emilia but grew up in Tuscany; speaks fluent english and in 2014 he was awarded the **World's Best Cycling Guide** by Outdoor Magazine.