

## BIKE ACROSS ITALY (MINI TOUR)

Ability Level: Intermediate / Duration: 6 days / 5 nights

**Ciclismo CLASSICO**  
PEDAL YOUR PASSION



# Bike Across Italy

Pedaling coast to coast through Italy's Cultural Soul

Named the "17 Best Bike Tours Around the World" by the *Active Times*, Bike Across Italy is a Ciclismo Classico exclusive: it was our first coast-to-coast cycling tour and has become our signature of many cross-country cycling adventures. Starting at the Adriatic and ending at the Tyrrhenian Sea, we take you to rural Italy through the regions of Le Marche, Umbria, Lazio and Tuscany. Passing through Etruscan and Roman architecture, you will learn about their influences on today's Italian culture. We include guided tours while in the quaint towns of Assisi Urbino, and a visit to Grotte di Frasassi, Italy's largest caves. Your native Ciclismo guides will take great delight in introducing you to different regional dishes of Italy and, of course, an introduction to the regional wines!

What are you waiting for? Come join the experts in Italian cycling tours!

### ITINERARY OUTLINE

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## TRIP ESSENCE

- Medieval hill towns, castles, and ancient abbeys
- Learn more about Etruscan and Roman civilization
- Wander through Italy's largest cave
- Distinctive wines and cuisine from two regions.
- Historical routes detailing threads of Italy's past from east to west
- Explore with local guides the quaint towns of Assisi and Urbino

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## WHAT'S INCLUDED

- Use of a carbon road bike (see page 5 for details)
- Service of local, professional guides throughout the program
- Ciclismo jersey and water bottle
- All accommodations
- All breakfasts, 2 lunches, and 5 dinners
- Walking tours of Assisi and Urbino
- Visit to Frasassi grottoes
- Shuttle to train station on the last day of the tour

*"Ciclismo is better than any other tour company in many ways -- the guides, itineraries, and willingness to go to places less traveled. As guests we feel Ciclismo truly wants to provide a memorable Italian cycling experience." - BeeBee & Stuart K. Oak Bluffs, MA.*

For a complete list of what's NOT included, see: <https://ciclismoclassico.com/why-ciclismo/whats-included/>

### \* Alterations to the tour itinerary

Sometimes modifications may be made to the itinerary. We will notify you of any changes that may affect your arrival, departure or lodging. Any changes to the program are made in the best interest and safety of the group.

## TRIP DETAILS

### Ability Level

- Intermediate

### Summary of Daily Distances

- Day 1: 10 miles
- Day 2: 30/39 miles
- Day 3: 46/51 miles
- Day 4: 32/40 miles
- Day 5: 41/60 miles
- Day 6: Arrivederci!
- **Total:** 159 / 200 miles



### Have something else in mind?

- Itinerary available as a private tour or...
- Create a custom itinerary with help from our experienced travel consultants!

### Contact Us

1-800-866-7314

[info@ciclismoclassico.com](mailto:info@ciclismoclassico.com)

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### DAY 1

#### PESARO

**Daily Mileage** - 10 miles

**Riding Terrain** - Rolling hills; elevation gain 787 ft

**Hotel** - Excelsior

- Location: Pesaro
- Duration: 1 Night
- [www.excelsiorpesaro.it/?en](http://www.excelsiorpesaro.it/?en)

**Meals** - L, D

### Highlights

*Benvenuti!* Welcome to Italy! We meet at noon today in the lobby of our hotel for introductions and a light lunch. Afterwards, we change into our biking gear for a quick spin in the area. In the afternoon you're free to explore Pesaro or just relax at your seafront hotel and spa. Tonight we dine in town and you'll have your first introduction to the Italian *aperitivo*.

The 5-star Hotel Excelsior is a charming seafront boutique hotel and spa (spa entrance is complimentary) with stunning views of the Adriatic Sea, located in the center of town.

### DAY 2

#### URBINO

**Daily Mileage** - 30/39 miles

**Riding Terrain** - Flat leaving Pesaro, followed by challenging, short and steep climbs to Colbordolo; rolling ridge ride to Urbino; Elevation gain 3,156/4,288 ft

**Hotel** - San Domenico

- Location: Urbino
- Duration: 1 Night
- [www.viphotels.it/eng](http://www.viphotels.it/eng)

**Meals** - B, D

### Highlights

From Pesaro we ride through fields and family farm plots en route to Urbino, a thriving cultural center and college town whose fairy tale skyline is visible for miles. In the evening, the main piazza is often filled with townspeople, university students, artists, and musicians from around the world. This evening our guides will take you through the famous Renaissance period area Palazzo Ducale, a UNESCO World Heritage Site.

Our hotel tonight is the 4-star San Domenico located in the main square of Urbino. The hotel is a converted 15<sup>th</sup>-century convent and is known for its friendly staff and excellent breakfast.

### DAY 3

#### GENGA

**Daily Mileage** - 46/51 miles

**Riding Terrain** - Flat and rolling with two main climbs; Elevation gain 3,671/4,343 ft

**Hotel** - Le Grotte

- Location: Genga
- Duration: 1 Night
- [www.hotellegrotte.it](http://www.hotellegrotte.it)

**Meals** - B, D

### Highlights

Today we follow part of the Roman road—Via Flaminia—in Le Marche region. The Via Flaminia was an ancient Roman road leading from Rome over the Apennine Mountains to Ariminum (Rimini). The ride ends in a spectacular gorge that is visible for miles, the Gola Rossa, which winds through wonderful mountainous farmlands, and where underground rivers have carved the immense Grotte di Frassasi. The extra loop adds a climb to Collegigliani from which you can see the Sibillini mountain range in the distance.

Tonight we rest and relax at the Hotel le Grotte. Enjoy the spa, steam room and swimming pool. Sip a cool drink poolside and enjoy the beautiful surroundings.

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### DAY 4

#### GUBBIO

**Daily Mileage** - 32/40 miles

**Riding Terrain** - Rolling hills;  
Elevation gain 4,652/5,488 ft

**Hotel** - Park Hotel ai Cappuccini

- Location: Gubbio
- Duration: 1 Night
- [www.parkhotelcappuccini.it/en](http://www.parkhotelcappuccini.it/en)

**Meals** - B, L, D

### Highlights

Today we cross the Continental Divide! We ride through the 'wild' territories of the Appennini, crossing from Le Marche into Umbria. This morning we will visit the fascinating Grotte di Frasassi, the largest grottoes in Europe. Following our visit we ride through a beautiful river valley, then we climb up to one of the gentlest mountain passes of the Apennines and our arrival in the well-preserved medieval Gubbio comes after an incredible descent. Lunch is in Scheggia.

The prestigious, 4-star Park Hotel ai Cappuccini is set in a converted 17<sup>th</sup>-century monastery, near the historical center of Gubbio. It also boasts the largest wellness center in town!

### DAY 5

#### ASSISI

**Daily Mileage** - 41/60 miles

**Riding Terrain** - Hilly; Elevation gain 3,346/4,055 ft

**Hotel** - Nun Spa Museum

- Location: Assisi
- Duration: 2 Nights
- <https://www.nunassisi.com/en/nun-spa-museum>

**Meals** - B, D

### Highlights

We descend from Gubbio to ride through the Appennini towards Monte Subasio—a day of spectacular scenery! Stop at the Roman amphitheater for a great photo-op. A couple of wake-up hills and fun downhills through the lush landscape help you to work up an appetite for lunch in Assisi, which will be our destination for the next 2 nights. The extra loop takes you to the quant town of Bettona, another town perched in the hills in the front of Assisi, adding one more challenging climb and some easy spinning through rustic farmland.

Our hotel for the next two nights is the 5 star Nun Assisi Relais & Spa Museum. In the very heart of Assisi, a timeless and unique destination, Nun Relais stands as a one of a kind masterpiece where the charm and mystery of an ancient monastery blend with the understated elegance of a pure, contemporary style. The Nun Relais is the result of a brilliant restoration of the former Santa Caterina Monastery, built in 1275.

The original roman marks, combine harmoniously with the minimalist style of the hotel and the contemporary vision of the restoration.

### DAY 6

#### ARRIVEDERCI!

**Meals** - B

### Highlights

Around 9 am there will be one complimentary shuttle to the Assisi train station to catch trains to other destinations in Italy.

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# ARRIVAL & DEPARTURE

## GETTING TO PESARO

**For easier return:** Fly to Rome Da Vinci Airport (FCO). From within the airport, take the train ([www.trenitalia.com](http://www.trenitalia.com)) to Roma Termini (30 minutes). From Roma Termini, take the train to Pesaro (4.5 hours, change train in Falconara Marittima). From Pesaro, take a 10-minute taxi to the first hotel. **Or** Fly to Bologna Airport (BLQ), take a taxi to Bologna's train station to catch a direct train to Pesaro (2 hours), from where you take a 10-minute taxi.

## DEPARTING FROM ASSISI

We provide a group shuttle around 9 am to the Assisi train station. From there you will find daily train connections to other destinations in Italy.

## OTHER INFORMATION OTHER INFORMATION

**For Flight Reservations,  
Pre- and Post-  
Accommodations, and  
Travel Insurance**

**Via Mondo Travel**

Call: 315-707-4372 or

E-mail: [rosemary@viamondotravel.com](mailto:rosemary@viamondotravel.com)

**Transportation**

**Rome2rio**

<http://www.rome2rio.com>

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# BIKE INFORMATION

## INCLUDED:

### **Bianchi Intenso, Vertigo (or Equivalent Carbon Road Bike)**

- The carbon frame guarantees maximum performance with minimum stress for the riders, thanks to Bianchi's special C2C (Coast to Coast) frame design/ geometry and different material combination. Carbon bikes are equipped with compact crank and 11/32 cassette.
- Hybrid Bikes are also available upon request.

## ADDITIONAL OPTIONS:

### **E-Bike and Tandem**

- Available. Please contact us for more information. Cost \$400.

## ON THE BIKE

### **Included:**

- Ciclismo Classico water bottle
- Two water bottle holders
- Map holder on handlebars and a Garmin Edge GPS
- Handlebar bag
- Tire pump
- Combination bike lock
- Gel-padded saddle
- Choice of pedals
- Card with your tour leaders' mobile phone numbers

### **Pedal Options:**

- Flat pedals
- Half-toe pedals (without straps)
- Toe cage pedals

### **Things to Bring:**

- Helmet
- Optional: clipless pedals with shoes
- Optional: your own saddle



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# RESERVE YOUR SPACE!

To reserve a space, call Ciclismo Classico at **800-866-7314**. At the time of registration, a \$600 deposit will be charged in order to hold your spot; payment can be made by Visa, MasterCard, or American Express. The balance of your payment is due 90 days prior to departure. All prices are in United States Dollars. All travelers must review and sign a terms and conditions statement and waiver forms.

To review our policies, please visit <https://ciclismoclassico.com/tour-preparation/policies/>