

RIDE ACROSS ITALY

ITALY COAST TO COAST

Discover the essence of the heartland of Italy. Join us as we dip our toes in the Adriatic sea and traverse the enchanting regions of Le Marche, Umbria, Lazio and Tuscany to the Mediterranean coast. Along the way, you'll indulge in sumptuous cuisines, world renowned wines and charming medieval towns. You'll ride across the rugged, misty Apennine mountain range, roll through vine-covered landscapes and climb up to the towering tufa mesas of Umbria before you celebrate your journey's end on the stunning Orbetello peninsula in Tuscany with a sunset cocktail. This is truly the once-in-a-lifetime experience for lovers of all things Italian!

From
\$3699

Rider Type
Active / Avid

Hotel Style
Explorer

Duration
6 days | 5 nights

Start | End
**Rimini, Italy | Orbetello-
Monte Argentario, Italy**

Dates
2020/May/Jun

TRIP WOWS

Ride across the rugged misty Apennine mountains which form the spine of Italy

Ride over 280 miles and climb over 24,000 feet as you go from coast to coast in 5 short days

Wander the twisting alleyways of the medieval town of Gubbio, beautifully set on the lower slopes of Mt. Ingino

Savour fresh green olives and the crisp, dry, white wines of Orvieto

Enjoy a spontaneous gelato and the allegria of Italian hospitality



DAILY ITINERARY

2019

Day

1

TODAY'S RIDE:

Verrucchio to Urbino

Approximately 34 miles with 4,300 feet of climbing

DESCRIPTION:

We start the journey in the beach resort of Rimini, where you'll meet your Trek Travel guides. After a short shuttle to the medieval village of Verrucchio, your guides will fit and familiarize you to your Trek bicycle and you'll enjoy lunch. This afternoon you'll pass through the Republic of San Marino and picturesque farmlands before climbing into Urbino. This beautifully-preserved Renaissance town has been attracting artists and scholars from all over Italy and beyond the 15th century. Tonight, we'll explore this UNESCO World Heritage Site and dine in a small bistro along winding cobbled streets. It is almost a step back in time, where houses and palaces of weathered brick and pantiles cluster around steep narrow streets, with misty mountains stretching mysteriously beyond, like the background of a Leonardo portrait. It's only the beginning of our odyssey, but one you won't soon forget.

HOTEL:

Hotel San Domenico

[VISIT WEBSITE](#)

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

2

TODAY'S RIDE:

Urbino to Gubbio

Approximately 60 miles with 5,665 feet of climbing

SHORT OPTION:

Urbino to Monastero di Fonte Avellana, shuttle to Gubbio

Approximately 40 miles with 3,470 feet of climbing

DESCRIPTION:

This morning's ride takes you into Umbria and the Parco del Monte Cucco before tackling Passo Madonna della Cima, our first pass in the Apennine mountains. We'll stop for lunch at an 11th Century Monastery where you can refuel with a fresh pasta of the region or "Torta al testo", a typical Umbrian flatbread. This afternoon's ride winds through the jagged cliffs of the Monte Cucco, and to our luxurious hotel which is situated just a few kilometers from the beautiful medieval town of Gubbio. Enjoy views of the mountains and Mount Ingino from the hotel terrace before joining the group for a traditional and delicious Umbrian dinner at the acclaimed Nicolao restaurant.

HOTEL:

Park Hotel ai Cappuccini

[VISIT WEBSITE](#)

HOTEL VARIATION:

Castello di Petroia

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

3

TODAY'S RIDE:

Gubbio to Spello

Approximately 39 miles with 3,280 feet of climbing

SHORT OPTION:

Gubbio to Assisi, shuttle to Spello

Approximately 31 miles with 2,800 feet of climbing

AVID OPTION:

Gubbio to Spello w/ San Giovanni Climb

Approximately 50 miles 4,800 feet of climbing

DESCRIPTION:

Enjoy an active recovery day today. The ride starts with a gentle warm up and then climbs along forgotten roads through tiny Umbrian villages. Experience the tranquility of the woods mixed with views of rugged farmland and olive groves, then a relaxing descent as you inhale the views of Assisi from above. This stunning medieval village is best known as the birthplace of Saint Francis, Italy's patron saint, and it is your lunch destination for this afternoon. Choose your own lunch at one of Assisi's many trattorias and take some time to explore its Roman ruins and sacred shrines. After lunch, it's a short descent to the quiet hillside town of Spello, our home for the evening. Admire its well-preserved Roman gates as you seek out traditional Umbrian fare featuring salami, wild asparagus or strangozzi (a local ribbon pasta) with black truffles for dinner this evening.

HOTEL:

Palazzo Bocci

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

4

TODAY'S RIDE:

Spello to Orvieto

Approximately 59 miles with 5,300 feet of climbing

SHORT OPTION:

Spello to Todi, shuttle to Orvieto

Approximately 31 miles with 2,600 feet of climbing

AVID OPTION:

Rocca Ripensena Climb

Approximately 68 miles with 6,500 feet of climbing

DESCRIPTION:

Our ride begins with an easy 20 km cruise through the fertile valley below Mount Subasio before the climbing begins. Remember your camera today as there is no shortage of views, including hilltop towns and hidden fortresses, as we ride through the very heart of Umbria. Take a break when you reach the Todi, an elegant medieval village overlooking the Valtiberina (the Tiber River valley). Stroll to one of central Italy's most photogenic places, Piazza del Popolo, and duck into a pizzeria or cafe for lunch along the way. Leaving Todi, we will descend to the Tiber River and then work our way back up to the picturesque ridge that delivers us to Orvieto. Built on Etruscan ruins, this town rises 1500 feet from the floor of the Paglia River valley, and sits atop almost vertical faces of tufa cliffs. It's surrounded with defensive walls and medieval houses made out of the same tufa rock. It's truly astounding. Tonight enjoy a stroll in this enchanting town, where you're free to explore the local flavors for dinner.

HOTEL:

La Badia di Orvieto

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast

Day

5

TODAY'S RIDE:

Orvieto to Porto Santo Stefano

Approximately 82 miles with 4,950 feet of climbing

SHORT OPTION:

Orvieto to Farnese shuttle to Porto Santo Stefano

Approximately 40 miles with 3,300 feet of climbing

DESCRIPTION:

After a warm brioche and the perfect cappuccino, start your day with climb from Orvieto to Bagnoreggio, where we'll behold the ancient ghost town of Civita di Bagnoreggio. Your ride continues with a few rolling climbs until you descend to the serene shore of Lago di Bolsena, the largest volcanic lake in Europe. Enjoy a quiet break here before lunch at an agriturismo and your final climb into the region of Tuscany through the forested slopes up to Manciano. Finish your epic journey on the stunning Orbetello peninsula. It's time to dip a toe into the Mediterranean and celebrate in style with a sunset cocktail and toast to a week-long Italian adventure!

HOTEL:

Torre di Cala Piccola

[VISIT WEBSITE](#)

INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

Day

6

TODAY'S ACTIVITY:

Departure

DESCRIPTION:

This morning linger over a second Cappuccino with fresh fruit and enjoy a leisurely morning soaking in the gorgeous views from the breakfast patio. Lounge by the infinity pool overlooking the Mediterranean Sea or wander down to the Grotto. Before you bid your farewells, stroll through the grounds of the hotel one last time and savor the picturesque, peaceful landscape of Italy and the Orbetello peninsula.

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- 5 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 3 lunches and 3 dinners
- 2 social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc, Trek's newest Electric-Assist, or a Trek 7.6 FX Hybrid
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photo book of your trip
- Entrance fees for all activities, private tours and events

Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
- Trek Electric Assist XM700+ also available in a limited quantity
- Trek Travel Bontrager cycling jersey to keep

- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bont rager WaveCel helmet
- Bont rager men's and women's specific saddles
- Bont rager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+\$200)
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

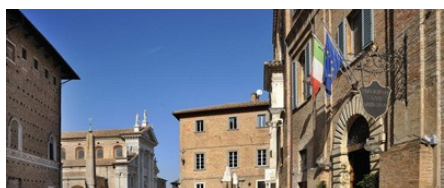
THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



HOTEL SAN DOMENICO

URBINO, ITALY

Standing in the main square of the small village of Urbino, the hotel is a careful restoration of a 16th century religious complex, offering an excellent combination of modern with long-standing traditions. Its mix of modern luxury and rich history is sure to enchant you.



PARK HOTEL AI CAPPUCCINI

GUBBIO, ITALY

Lying on the outskirts of Gubbio, in the heart of the Umbrian countryside, is the Park Hotel ai Cappuccini. A carefully restored Capuchin monastery of the 17th century. The hotel captures an incredible mix of ancient and new for your comfort and rejuvenation.



PALAZZO BOCCI

SPELLO, ITALY

Just south of Assisi, in the charming medieval town of Spello, this beautifully refurbished 17th century palace is now elegantly restored into a refined 4 star hotel. Be sure to explore the hanging garden with two century-old palm trees and its spectacular Hall of Frescoes before enjoying an aperitif on the garden terrace.



LA BADIA DI ORVIETO

ORVIETO, ITALY

This elegant and discreetly luxurious five-star hotel is suspended between the sky and sea. With fragrant gardens, a soothing spa and spectacular views of the Tyrrhenian sea, you are sure to have an unforgettable stay.



TORRE DI CALA PICCOLA

PORTO SANTO STEFANO, ITALY

This elegant and discreetly luxurious four-star hotel is suspended just 100m above the Mediterranean Sea. With spectacular 360 degree views of the Argentario peninsula, a private swimming cove and gourmet restaurant, you are sure to have an unforgettable stay.



HOTEL VARIATION | HOTEL PALAZZO PICCOLOMINI

ORVIETO, ITALY

Set within a renovated medieval building in the heart of Orvieto, Palazzo Piccolomini is a 4-star hotel that once belonged to the Papal family Piccolomini. History, art and architecture are magically forged together in this place, which is rich in charm and culture. Situated just a 5-minute walk from the Cathedral it's in a perfect location to explore town on

your guest choice night. **You will stay here in place of La Badia di Orvieto on select 2020 dates.**



HOTEL VARIATION | CASTELLO DI PETROIA

GUBBIO, ITALY

Castello di Petroia is a XII century medieval fortress. It is settled on a hilltop, surrounded only by woods and green. You can lose yourself admiring the endless landscapes, walking along the trails and feeling the quietness of nature. **You will stay here in place of La Badia di Orvieto on select 2020 dates.**



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Bologna Airport in Bologna (BLQ) or Rimini airport (RMI).

Once you have arrived in Bologna, there is a direct shuttle bus to Rimini train station that leaves every 2 hours. Alternatively, you can take a shuttle bus to Bologna Centrale train station and catch a train to Rimini which leave every 30 minutes. From Rimini airport taxi's, are readily available for a short transfer in to the city center.

Meeting Time And Location

Your Trek Travel guides will meet you at the Grand Hotel Rimini (Parco Federico Fellini - 47921 Rimini, Italy) at 10:30 AM on the first day of the trip. After a 30-minute shuttle, your guides will spend the morning ensuring you have the perfect fit to your Trek Domane. You'll then enjoy a light lunch before our first ride of the week. Please have your first day's riding gear handy and separate from your other luggage to facilitate the bike fitting and ride.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hotel San Domenico (+39 0722 2626), and leave a message with your expected arrival time and contact details. You may take a taxi to the first night's hotel, Hotel San Domenico in Urbino, for approximately 70 euros. The trip takes 60 minutes from the center of Rimini.

Departing Time And Location

You will say farewell to your guides at 9:00 AM at Hotel Torre di Cala Piccola, Porto Santo Stefano. You'll depart by private shuttle for the train station in Orbetello-Monte Argentario, arriving close to 9:30 AM. From here, trains connect to Rome, Pisa, Florence and other Italian cities. Trek Travel will also provide a second shuttle to the train station to accommodate later departures. Please let your Trip Consultant know your intended departure time to help facilitate the coordination of shuttle times. Please do not book train tickets before 10:30 AM. Visit www.TrekItalia.com for train information.

Before: Rimini, Italy

Dating back 2000 years, Rimini boasts long sandy beaches on the Adriatic Sea and a historic center with Roman remains and a beautiful Renaissance cathedral. The town now attracts a mostly Italian crowd and was home to the famous film director Federico Fellini. We recommend the following accommodations for your pre-trip hotel:

GRAND HOTEL RIMINI

Built at the beginning of the last century, this 5-star hotel is set in the heart of a breath-taking park overlooking the Adriatic Sea. With lavish décor, two restaurants and luxurious rooms, the Grand Hotel Rimini is considered to be one of the most prestigious hotels of the Riviera.

www.grandhotelimini.com | ~\$250

DUOMO DESIGN HOTEL & NOMI CLUB

Part of the prestigious JSH hotel groups, this unique concept hotel is a model of architecture and interior design. The Hotel duoMo is a hotel project by famous Israeli architect Ron Arad. Futuristically modern and colorful, it is an amazing space that plays on optical illusions, distortions and perceptions both material and aquatic.

www.jsh-hotels.com/duomohotel/en-GB | ~\$250

HOTEL AUREA

This family-run 3-star hotel is located just a 2 minute walk from the beach and offers bright clean rooms and a breakfast buffet featuring homemade cakes and biscuits and bio-products among other Italian breakfast specialties.

www.hotelaurea.it | ~\$150

After: Rome, Italy

Rome is a powerhouse of stunning architecture and ancient history, beautifully told through its ruins and buildings. It seems that every street you walk down provides another unexpected glimpse of ancient times, yet modern bustle and energy abounds as well. The Coliseum, the Forum, Vatican City, and the Pantheon are some of the must-see attractions. Be sure to linger on the Spanish Steps one afternoon and take advantage of great shopping and fantastic cuisine. We recommend the following accommodations for your post-trip hotel:

HOTEL BAROCCO

This 37-room hotel is tucked away in central Piazza Barberini. It boasts a refined, simple style with all of the comforts and amenities needed for a relaxing Roman getaway.

www.HotelBarocco.com | ~\$285

HOTEL CAPO D'AFRICA

Located in the heart of Imperial Rome, between the Forum and the Domus Aurea, the Hotel Capo d'Africa boasts contemporary decor within a beautiful, early 19th century building.

www.HotelCapodAfrica.com | ~\$425

MECENATE PALACE

In front of the Basilica of Santa Maria Maggiore, this hotel is within walking distance of most of the important monuments and shopping areas found in Rome. Guests can enjoy a panoramic view of the city from the hotel's roof garden.

www.MecenatePalace.com | ~\$260

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3/4 - Active, Avid
- Average Daily Mileage | 55
- Terrain | Hilly
- Average Daily Elevation | 4,595 feet
- Total Miles | 276
- Total Elevation | 22,975 feet

Averages and totals are calculated from our Today's Ride/Avid Ride options.

The terrain is consistently hilly, with quiet, narrow and winding roads. Many towns sit atop hills and ascents and descents can be steep. Ride Across Italy is best suited for our Type 3 and Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer uphill, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider.

What are the options for a non-rider travel companion?

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination. As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-rider activities are available, such as:

- Tuscany
- Piedmont
- Costa Brava
- Barcelona Villa

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.