



## ARE YOU READY?

### GET A BIKE AND RIDE ITALY WITH US!

We offer many other tours on our main catalogue don't hesitate to ask for our detailed programs and all the new issue for next year we stay at disposal at any time.



#### Choose our services with confidence !

- Package tours with full services
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- Cooking School
- Walking Tours
- Cycling Tours
- Sailing Tours
- Boat Fishing Tours
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# I ❤️ CYCLING



Probably, Italy doesn't need any introduction. Our country has been provided with every kind of beauty: a wealth of culture, cities of art, idyllic villages as well as an impressive coast line, slumbering volcanoes and astounding landscapes. We believe that the best way to discover such a huge para-



dise of beauty, is to take a slow ride by a bicycle a mean which may easily take you as far as the most beautiful areas of our countryside; allowing you to enjoy all those hidden places which, thanks God, are still unknown to the tourists crowd.

**OUR TOURS** combine all attractive sides of Italy; they consist in a multi-faced journey showing rolling hills, scenic roads and challenging climbs. On the other hand the tours also offer some quiet rest days in the surroundings of historical sites such as **Pompeii, Rome, Florence, Venice** and in the northern areas of **Dolomites region**. Besides these places our routes touch several other less known cities, villages and regions, which certainly deserve a visit and will reserve a world of surprising discoveries.



## Technical infos

Our tours are aimed to small groups - 6 to 20 passengers and can be either Self-Guided or guided with a complete support from our side. All the tours have been planned having in mind the comfort of the clients and their complete relax during the tour.

- Tour guide on the whole bicycle-route
- Vehicle support
- Accommodation in good hotels or Agriturismo
- Breakfast or breakfast buffet
- Minimum of 3 course typical evening meal
- Luggage transfer from hotel to hotel
- All entrance fees and guided tours according to each tour program
- Travel documents, mostly maps medical and luggage insurance



## OUR ITINERARIES IN SHORT

The following are just some of our itineraries: there are many other tours on our planning please ask for our detailed programs

### Rome and Southern Italy

7 nights 8 days cycling (Km 420) (Easy Stages)



An outstanding tour starting from Rome. The itinerary follows the ancient "Appia Antica" road, connecting Rome to Brindisi. Leaving Rome to the south of Latium region, we get to the area called "Ciociaria" and further south, to Montecassino abbey. Next sites are: Caserta with its marvellous King Palace; Benevento, ancient pre-roman town; then by crossing the border between Campania and Puglia discover the charm of this region with its quiet villages among



olive trees and baroque churches. At the end of the tour, the sight of the Adriatic sea for a long stretch between Barletta and Bari.

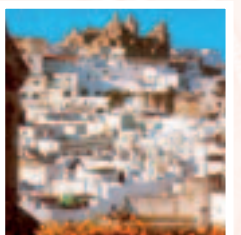


### Hidden corners of Apulia

7 nights 8 days cycling (Km 320) (Easy Stages)

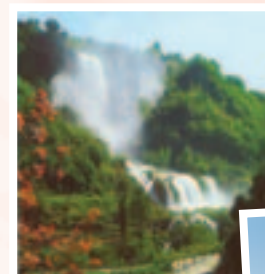


Discover the south east end of Italy. On this bicycle-tour you will not only experience the unique countryside between the Adriatic and the Ionic Seas, but also the friendliness and hospitality of the southern Italians. The countryside is rich in culture. The Greeks, Romans, Byzantines, Normans, Habsburger and the Bourbons have all left their traces in the region.



### Colours of Umbria region

6 nights 7 days cycling (Km 240) (Easy stages)



Cycling over quiet country roads along the sunny, colourful fields with beautiful backgrounds of hills covered with olive groves and vineyards. These two not too heavy cycle tours will bring you to the small, lively villages of the green valley 'Valle Umbra' like Assisi,



Spello, Foligno, Spoleto, Bevagna, Perugia and Torgiano. Because of the restricted daily distances there's enough time to visit these cultural interesting villages and towns.





## Chianti tour - Florence & Siena

6 nights 7 days cycling (Km 245) (Easy stages)



This 7 days bike tour follows an 8 shaped itinerary through the Chianti region, the glorious wine country of Tuscany Chianti is a living example of the harmony that exists between Nature and civilization, with a natural beauty that has only been enriched by the endeavours of human being"



## Tuscany Coastline and Maremma

6 nights 7 days cycling (Km 300) (Easy to medium stages)



The picturesque coastal region of Tuscany delights visitors with its unmistakable characteristics: Versilia with its long beaches and numerous seaside resorts leaves lasting impressions on visitors. The Etruscan Coast with its numerous art historical sites is a contemporary witness to a long lost era. The Maremma gives you a view of the bottom of the ocean between sandy beaches and rocky cliffs. You can discover all of this, and a lot more, through one of the prettiest regions of Italy.

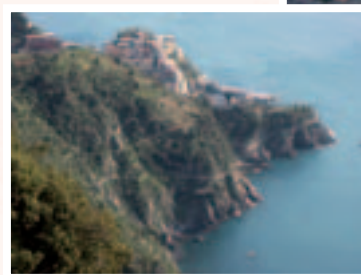
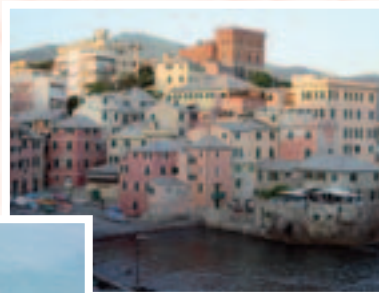


## Romantic Cinqueterre

6 nights 7 days cycling (Km 360) (Medium stages)



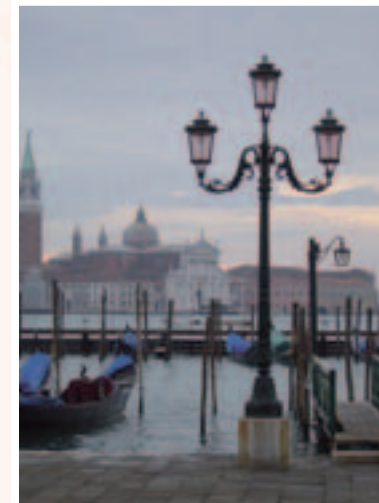
From Genova through Cinque Terre, wonderful stretch of coast protected by Unesco, up to Portovenere, charming village standing on a rocky promontory in front of the island of Palmaria, plunged in the smells and intense colours of Ligurian East coast. After the visit to



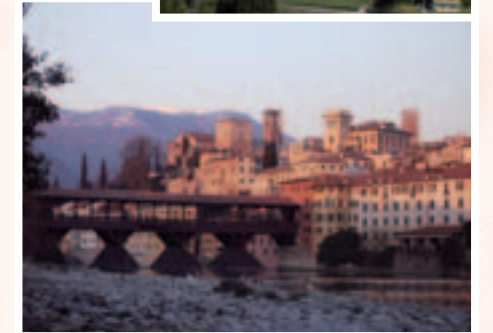
to Genova, the most important Italian harbour and also the city where Cristoforo Colombo was born, the picturesque rack train to Casella will take you 300 m uphill with beautiful sight over the gulf. On the end you cycle downhill to the sea reaching the beautiful Portovenere.

## Venice and Dolomites tour

7 nights 8 days cycling (Km 350) (medium to difficult Stages)



From the north east of the Dolomites you cycle through the Höhlenstein Valley under the famous "Drei Zinnen" (Three Peaks), and on to the Olympic town of Cortina d'Ampezzo. Following the old railway track, you carry on to Pieve di Cadore, the birth town of Tiziano. After a short transfer through the valley of the ice cream makers, you reach Ponte nelle Alpi ("Bridge in the Alps") and the Dolomites town of Belluno. The tour takes you on to Bassano del Grappa where the ground starts levelling out. After a short visit to the town of Asolo you carry on to Treviso. Following the River Sile you finally reach Mestre/Venice.



## Garda Lake and Dolomites tour

7 nights 8 days cycling (Km 350) (Easy Stages)



From the north east of the Dolomites the bike path takes you through the Pusterl Valley to Bruneck and then on to the bishop's town of Brixen.



From here you cycle to the capital town of South Tyrol, Bozen, to visit the oldest Tyrolean, the Ice Man. Along the side of the River Etsch, you cycle through orchards and fields to Lake Garda, the most well loved lake in Italy.





## The Pò river valley

7 nights 8 days cycling (Km 360) (Easy Stages)



A tour in the heart of the Po Valley sometimes along the river, sometimes crossing beautiful towns. You start from Pavia, rich and smart, famous all over Italy because of its Certosa, Carthusian monastery in Renaissance style; then you reach Piacenza, with its interesting historical centre, Cremona, the town of lute makers, Parma, reno-



wed for the very good cuisine, Mantova, ancient seat of the noble family Gonzaga. The last stop will be in Ferrara, a sort of work of art belonging to Fifteenth Century, full of cycle tracks and urban cyclists.

## Ancient Piedmont

7 nights 8 days cycling (Km 310) (Easy Stages)



Piedmont is a friendly land in the north of Italy. You will find here quiet roads in green landscapes surrounded by imposing mountains or sweet hills, the signs of a centuries-old culture and, last but not least, great wines and a refined gastronomy. Don't miss the opportunity of an extremely various tour: cycling on pleasant country roads or cycle routes, sometimes along the river Po you will discover castles, fortresses, medieval abbeys and baroque churches, royal residences and the irresistible fascination of this region.

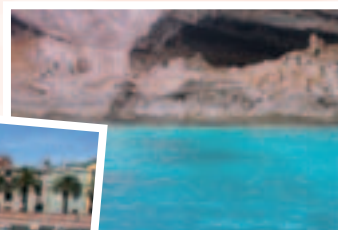


## Sardinia Classical Tour

7 nights 8 days cycling (Km 290) (Easy to medium stages)



This beautiful bike tour takes you through the wild and unspoiled coast of western Sardinia. Starting from Alghero, the nicest town in the island, you will have the chance to discover this land with its lush green pastures, its Mediterranean scents,



and the caves carved from the rock. Experience pedalling along the turquoise sea, with its stretches of savage coastline, its crescents of white sandy beaches and its majestic cliffs.

## Eastern Sardinia

7 nights 8 days cycling (Km 350) (Medium stages)



In the heart of the most ancient land in Europe, among mountains sculpted by wind and sun, with its deep canyons and unspoiled forests, we discover nature in its most savage form, archaeological remains which are unique in the



world and traditions with their roots lost in the dawn of history.



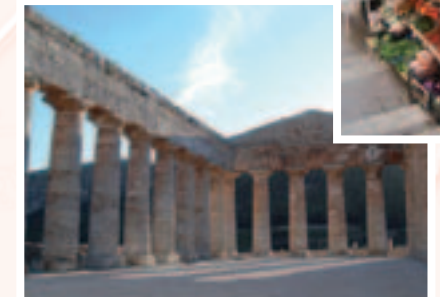
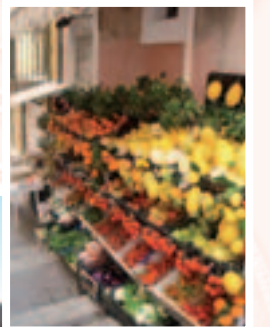
## Sicily

Western Sicily ride

7 nights 8 days cycling (Km 320) (Easy to medium stages)



This corner of Sicily offers a rich cultural heritage, that combined with a favourable climate and traffic-free roads, make it an ideal place for an exciting bike tour. You will visit the archaeological sites of Segesta, Mothia and Selinunte, discover the fascinating Sicilian interior, taste the world-famous Marsala wine in the local wineries and you will be conquered by the mouth-watering flavours of Sicilian cuisine.

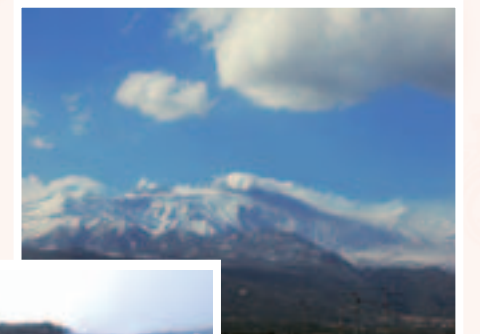


## Under the volcano shadow

6 nights 7 days cycling (Km 250) (Easy Stages)



This itinerary covers a track around Etna through old and recent lava flows, caves of flowing lava, woods and grassland. The environment is typical of the Etna with sudden variations of vegetation in which you can suddenly pass from old pine trees to the lunar scenery of the "sciare" and then



plunge into woods. One day excursion to discover the different environments of the volcano and to cycle the main lava flows followed in the course of ages, until the present time.

