





Florence to Rome

Cycle between two of Italy's iconic cities

This exceptional journey introduces you to the tranquil and often enchanting aspects of the country. Envision cities like Assisi, Perugia, Spoleto, and Narni, each boasting awe-inspiring art treasures and an ambience that effortlessly transports visitors to the captivating Middle Ages. The enduring charm of these cities, frozen in time, harmoniously complements the inviting landscapes.

Guided by serene pathways that meander through isolated routes, this tour navigates you through the Apennine valleys, over the gentle undulations of Lake Trasimeno's hills, and into the serene solitude of diminutive Umbrian villages. Enveloped by the sights of tumultuous rivers, captivating gorges, and meandering flocks of sheep, this region's character is painted vividly. Opting for a bike offers one of the most immersive ways to experience this picturesque terrain, where the scents of the surroundings greet you, and a cosy tavern serves as a respite before conquering the next leg.

While we can't guarantee it, the likelihood of Italy bestowing upon you its sun-soaked weather is high. Culminating in Rome, the "Eternal City," this journey concludes with a different kind of charm. As you relinquish your bike, immerse yourself in the vibrant pulse of the city, savouring a cup of cappuccino or a fine glass of red wine.

Book this holiday: Florence to Rome

Details of the cycle tour from Florence to Rome

The cycle tour starts with a train ride from Florence to Arezzo. The Golden City is home to magnificent churches and palaces. Then, the tour continues on the broad plain of Val di Chiana through the hills and mountain silhouettes of southern Tuscany.

On days three and four, you travel about 65 kilometres to Assisi. The birthplace of Saint Francis has many secrets. Visit the churches of the picturesque town and enjoy the view of the city.

In the next few days, you continue pedalling until you finally arrive in Rome. In the capital of Italy, you can leave your bike in the hotel, stroll through the pretty streets and wander past the famous sights.

Highlights of the cycle tour at a glance

- **The birthplace of the Renaissance – Florence:** The city is not only home to important art, but also to delicious wine and romantic streets. Florence and the famous Ponte Vecchio are a must-see on the cycle tour.
- **The Eternal City of Rome:** Plan an evening walk on one of Rome's famous seven hills, The capital is often referred to as the birthplace of ancient Rome and offers a breathtaking view of the city at dusk.

Useful information about the cycle tour in Tuscany

Cycle through the most beautiful spots in Tuscany until you arrive in Rome, the capital of Italy. Strong legs are needed for the hilly landscape.

This tour has been graded as **Challenging**. Find out more about our **cycling holiday difficulty levels**.

Book this holiday: Florence to Rome

Tour information



Challenging



8 Days / 7 Nights



Self-Guided



Luggage transfers included





Total cycling distance: approx.
285 km

To the online version




Itinerary


DAY 1	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	approx. 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.		
 ca. 60 km by bike + train journey		
DAY 3	Passignano sul Trasimeno – Perugia	approx. 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!		
 ca. 35 km		

DAY
4**Perugia – Assisi** approx. 60 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.

 ca. 60 kmDAY
5**Assisi – Spoleto** approx. 50 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).

 ca. 50 kmDAY
6**Spoleto – Narni** approx. 50 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.


 ca. 50 km

DAY
7

Narni – Rome

approx. 60 km by bike + 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.

 ca. 60 km + train journey

DAY
8

Departure or extension

After breakfast, this fantastic cycling trip from Florence to Rome ends. Book extra nights to spend more time in the city.

Route information

Throughout the entire tour, you'll navigate a gently undulating route, interspersed with occasional extended flat segments. Your route will predominantly consist of smoothly paved tracks and serene side streets, providing a tranquil cycling experience. There are instances of uneven road conditions, though fleeting. The presence of busier roads is limited to brief stretches, typically when entering or departing cities.



Prices and dates

Price calculation and check availability: **Florence to Rome**

Place of arrival: **Florence**

	Season 1	Season 2	Season 3
	30.03.2024 - 12.04.2024	13.04.2024 - 10.05.2024	11.05.2024 - 29.06.2024
	28.09.2024 - 12.10.2024	07.09.2024 - 27.09.2024	24.08.2024 - 06.09.2024
	Saturday	Saturday	Saturday
Florence to Rome, IT-TORFR-08X			
Base price	1,179.00	1,229.00	1,299.00
Single room surcharge	399.00	399.00	399.00

Hotel information: You will stay in 3***- and 4**** hotels. In Narni, a centrally located 3*** hotel

Additional nights

Place of arrival: **Florence**

	Season 1	Season 2	Season 3
	Mar 30, 2024 - Apr 12, 2024	Apr 13, 2024 - May 10, 2024	May 11, 2024 - Jun 29, 2024
	Sep 28, 2024 - Oct 12, 2024	Sep 7, 2024 - Sep 27, 2024	Aug 24, 2024 - Sep 6, 2024
	Saturday	Saturday	Saturday
Florence			
Double room p. p.	125.00	125.00	125.00
Single room surcharge	89.00	89.00	89.00
Rome			

	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 Saturday	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 Saturday	Season 3 May 11, 2024 - Jun 29, 2024 Aug 24, 2024 - Sep 6, 2024 Saturday
Double room p. p.	99.00	99.00	99.00
Single room surcharge	75.00	75.00	75.00

Our rental bikes

	Price
21-Speed Unisex Bike	99.00
21-Speed Men's Bike	99.00
7-Speed Unisex Bike	99.00
27-Speed Bike PLUS	159.00
Unisex E-Bike	239.00

Prices per person in GBP

Included services and travel information

Services

Included

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Well developed route
- Detailed travel documents 1x per room (German, English)
- 1 train journey from Florence to Arezzo incl. your bike
- 1 train journey from Poggio Mirteto to Rome excl. your bike – bike drop off in Poggio Mirteto
- App for Navigation and GPS data available
- Service hotline

Not included

- Tourist tax, if applicable, to be paid locally

Arrival information

- Train: Florence train station
- Airport: Florence, Pisa and Rome
- Parking: Garage costs approx. EUR 20 to 36/day, public parking costs approx. EUR 80/week, car park at the periphery costs approx. EUR 25 per week
- Good train connections from Rome to Florence

Sample hotel list

This is a sample hotel list. Hotels will be booked depending on availability.

Florence

C-Hotels Florence 4****

www.c-hotels.it/en/florence.html

Passignano

Hotel La Vela 3***

www.hotellavela.it

Perugia

Hotel La Rosetta 4****

www.larosetta.it

Assisi

Hotel Dei Priori Assisi 3***

www.hoteldeipriori.it

Spoleto

Hotel Charleston 3***

www.hotelcharleston.it

Narni

Hotel Dei Priori 3***

www.loggiadeipriori.it

Rome

Hotel President 4****

www.hotelpresident.com