





Florence - Rome





Florence-Rome

The scent of the green heart.


Do you already know the story of Francis of Assisi? Or do you know about the Ponte Vecchio in Florence? No? You will definitely find out on this Eurobike cycle tour from Florence to Rome in beautiful Italy! Ciao e Benvenuto in the heart of the boot! Cycle past historical scenes and through small medieval villages. The cycle route takes you to beautiful Rome, where the Trevi Fountain, the Colosseum and the Roman Forum await you.

Treat yourself to a gelato or a creamy cappuccino in Piazza Navona and watch the hustle and bustle of the big city!


Italy



Moderate



8 Days / 7 Nights



Self-guided tour

To the online version



Itinerary

Day 1 Arrival to Florence

Tour briefing and distribution of the rental bikes. We recommend that you visit Florence's beautiful centre recommended.

Day 2 Florence – Passignano sul Trasimeno | approx. 60 km + 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.

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!

Day 4 Perugia – Assisi | approx. 30 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.

Day 5 Assisi – Spoleto | approx. 55 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).

Day 6**Spoletto – Narni**

approx. 45 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.

Day 7**Narni – Rome**

approx. 60 km + 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.

Day 8**Departure or extension**

The route

You will cycle on a slightly hilly route during the whole tour; in between there are longer flat sections. You will find yourself almost exclusively on asphalt tracks and quiet side streets, partly also bad road conditions. Only very short sections are on busier roads, especially when entering or leaving cities.

Prices and events

Place of arrival: Florence

	Season 1 30.03.2024 - 12.04.2024 28.09.2024 - 12.10.2024 every Saturday	Season 2 13.04.2024 - 10.05.2024 07.09.2024 - 27.09.2024 every Saturday	Season 3 11.05.2024 - 29.06.2024 24.08.2024 - 06.09.2024 every Saturday
Florence - Rome, 8 days, IT-TORFR-08X			
Base price	1,249.00	1,299.00	1,379.00
Surcharge single room	439.00	439.00	439.00

Sustainability with Rückenwind!

Help us to achieve greater sustainability. If you choose to use the digital route book and forgo the printed version you will help us to reduce our environmental impact and we'll give you a discount of 20 Euro per room as a thank you.

Additional nights

Place of arrival: Florence

	Season 1 Mar 30, 2024 - Apr 12, 2024 Sep 28, 2024 - Oct 12, 2024 every Saturday	Season 2 Apr 13, 2024 - May 10, 2024 Sep 7, 2024 - Sep 27, 2024 every Saturday	Season 3 May 11, 2024 - Jun 29, 2024 Aug 24, 2024 - Sep 6, 2024 every Saturday
Florence			
Double room p. P.	125.00	125.00	125.00
Surcharge single room	99.00	99.00	99.00
Rome			
Double room p. P.	99.00	99.00	99.00
Surcharge single room	79.00	79.00	79.00

Our bookable bikes

	Price
21-gear unisex incl. rental bike insurance	99.00
21-gear gents incl. rental bike insurance	99.00
7-gear unisex incl. rental bike insurance	99.00
rental bike PLUS incl. rental bike insurance	169.00
Electric bike incl. rental bike insurance	259.00

Prices per person in EUR

Services & Extras

Services

Included

- Accommodation as already mentioned
- Breakfast
- Welcome briefing (German, English)
- Luggage transfer
- Developed route
- Detailed travel documents 1x per room (German, English, French)
- 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
- Rental bike insurance
- Service hotline

Not included

- Arrival and departure
- costs for parking
- city tax
- transfers
- optional sightseeing's
- city maps
- Travel Insurance
- costs of the private requirements

Extras

Parking/arrival and departure

- Florence train station
- Florence, Pisa and Rome airport
- 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

Note

- Any visitor's taxes are not included in the tour price!

Hotels

Category: 3***- and 4****-hotels, in Narni simple but central hotel at 3***-level

Important notes


Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



Anke Tammen

 **+49 (0)441 485 97 15**

 **anke.tammen@rueckenwind.de**

Book now