

# SLOW TOURS

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Full Itinerary and Tour details for

## Italy Lake Garda to Adriatic 8-day Self-guided Cycling Tour Level 1



Prices starting from.

**650 €**

Trip Duration.

**8 days**

Max Passengers.

**8**

Start and Finish.

**Peschiera to Pomposa**

Activity Level.

**1**

Experience.

**Cycling Tours Europe**

Tour Code.

**#B1/2193**

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why a Slow Tour is the Best Tour!

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## Tour Details and Description

The classic bike trip: landscapes and the Great Outdoors, without the hassle of logistical issues. You ride and soak in the views; we do the rest.

An itinerary rich in both art and nature, joining Lake Garda, the Po and Mincio Rivers, and two historic cities which have flourished along their banks: Mantova and Ferrara. After exploring these Renaissance jewels (now UNESCO World Heritage Sites), the tour culminates in the heart of the Po Delta Nature Reserve, with its broad swathe of lagoons, fishing farms and beaches

**Tour Character:**

the tour is completely on flat terrain and along cycling tracks - typically along the rivers and on country path, occasionally on minor roads with low-level traffic. Some stretches within the Po Delta Reserve are on rough, but unchallenging tracks, although the tour is largely on paved surfaces

## Included in the Tour:

- 7 nights hotel accommodation in 3\* and 4\* hotels
- Breakfast buffet
- Luggage transportation
- Travel guide + Roadbook + Maps
- 7-days Hotline service

## Not Included in the Tour:

- Local taxes (approx. 10-15 EUR)
- 290 EUR transfer Po Delta-Peschiera (1-4 persons)
- 350 EUR transfer Po Delta-Peschiera (5-8 persons)

**Departure:**

- Sundays Only

If you would like to rent a bike (85 EUR) or e-bike (195 EUR) or helmet (15 EUR), please contact our office when booking: [info@slowtours.com](mailto:info@slowtours.com)

#### WHAT SLOW TOURS OFFERS YOU:

**Customer Service:** Hand-picked partners in whom we trust to deliver great service.

**Best Selection:** The best range of escorted and self-guided tours in Europe

**Secure payment:** Secure booking onsite through Stripe, the largest online provider of financial payment services.

**Support:** Contact us for support services on any Slow Tour - email or telephone support.

**Reviews:** Customer reviews available, and being constantly updated

## Itinerary

### Day 1

Desenzano/Peschiera del Garda Individual arrival.

### Day 2

Desenzano/Peschiera del Garda – Mantua 70/45km  
From Peschiera, skirting the river Mincio, you follow Italy's most famous cycle path and reach Mantua. Along the way, you discover the settlements of Borghetto, with its iconic watermills and Valeggio, with its Parco Sigurtà, a green oasis spread across

600,000 sqm.

### Day 3

Mantua – Ostiglia/Sermide 45/65km Leaving Mantua along its lakes and the river Mincio, you arrive at the historic lock of Governolo and join Italy's largest waterway: the majestic River Po. A detour leads to Polirone Abbey at San Benedetto. Carrying on along the Po cycle path, you arrive to the overnight stay in Ostiglia or Sermide.

### Day 4

Ostiglia/Sermide – Ferrara 65/45km You resume along the Po and arrive at Stellata, a settlement with the star-shaped Rocca Possente, an 11th century fortress, once controlling the river's shipping from the flood plain. At Bondeno you veer off to catch the scenic cycling path of the Burana Canal. Once ruled by the Este dynasty and a key city state of the Italian Renaissance, Ferrara is now a thriving university town and Italy's "Cycling Capital"

### Day 5

Ferrara round tour 55km This day is dedicated to a nice round tour in the quiet countryside around Ferrara, considered the 'bike capital' of Italy, due to the large use of bicycles in the everyday life. Ferrara is a key City State of ancient Italy, which attracted influential architects and artists for centuries. You will visit the historic little touched centre of this thriving university town, still surrounded by the original city walls.

### Day 6

Ferrara – Ostellato/Pomposa 40/70km Today's stage offers the discovery of two of the Este family's celebrated Delizie: Belriguardo and Verginese. Built between the 14th and 16th centuries, they both form

part of the collection of country retreats and hunting lodges playfully known as “Delights”. Along with Ferrara itself, in its day a pioneering example of town planning, these villas are listed as World Heritage Sites by virtue of their unique fusion of Renaissance vision and natural landscape. Overnight will be either in Ostellato or Pomposa, with its 9th century Abbey, a major centre of learning in the Dark Ages.

#### Day 7

Po Delta round tour 65/70km For the last cycling stage you will complete a round tour. If the overnight is in Ostellato you will follow the cycleway to Comacchio, a small town in the heart of the lagoon, considered the Delta's capital. Founded on 13 islets linked by bridges and canals, Comacchio also boasts the area's richest historic centre. Pushing deeper into the lagoon, you explore its fishing farms, or “valleys”, with their fishermen's shacks and salt marshes. If your overnight is in Pomposa you will head towards the coast through the Mesola Forest Nature reserve, emerging at the tiny fisherman's harbour of Goro with its picturesque waterfront. This is the core of Po Delta, its fishing “valleys” and brackish lagoon, home to over 300 species of birds.

#### Day 8

Po Delta Departure after breakfast. There is the possibility to book extra nights. Due to organisational reasons, weather conditions or provisions issued by local authorities, the itinerary may be subject to some changes before and/or during the holiday. Along the way you may find temporary deviations (for example road works) which cannot be foreseen: in this case each rider can decide autonomously how to deal with these stretches.

## WHY SLOW TOURS EUROPE?

Slow Tours offers a selection of tours in [Europe](#) for unique experiences, active or relaxed, so you return home feeling relaxed, refreshed & re-energised.

Connect with the locals, take time to genuinely experience another culture, relax with the easy flow of life, enjoy fresh air and freedom from crowds. Savour the experience of our hand-picked tours of Europe!

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### 3 BIG BENEFITS OF BOOKING WITH US



#### TIME BECOMES A FRIEND

Yes, you'll see and do many wonderful things, but at a relaxed, easy pace that invites conversation and reflection.



#### DISTINCTIVE QUALITY

There's not a village you'll explore, or table at which you'll dine, that you won't remember with a smile.



#### PEACE OF MIND

Whether travelling directly with Slow Tours or one of our carefully selected, kindred-spirit partners, you'll have our complete and constant support.

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