

SLOW TOURS

Full Itinerary and Tour details for

Florence to Rome 8-day Self-guided Cycling Tour Level 3



Prices starting from.

1329 €

Trip Duration.

8 days

Max Passengers.

12

Start and Finish.

Florence to Rome

Activity Level.

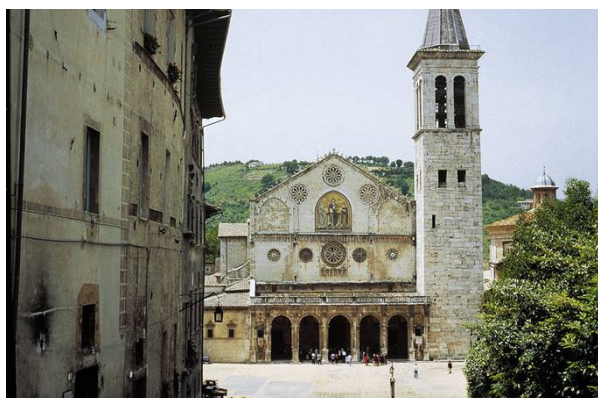
3

Experience.

Cycling Tours Europe

Tour Code.

#B1/2341

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why a Slow Tour is the Best Tour!

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on our Q&A page

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Tour Details and Description

Discover a new side of Italy: quiet, sometimes almost mystical! On this tour you will see cities like Assisi, Perugia, Spoleto, or Narni, which have incredible art treasures and carry its visitors back into the Middle Ages. The overall appearance of the cities has hardly changed and the landscapes are harmonious and inviting. On generally lonely roads, the tour takes you through the valleys of the Apennines, over the softly curved hills of Lake Trasimeno, and through the solitude of small Umbrian villages. Raging rivers, fascinating gorges, and the flocks of sheep roaming through the countryside shape this part of Italy.

Going by bike is one of the best ways to explore this area. You can smell the sweet odors, rest in a tavern, and fortify yourself for the next stages. We cannot guarantee it, but the probability is high that Italy will welcome you with sunny weather. At the end of your trip, the "Eternal City" of Rome will welcome you. There, you can put your bike aside and enjoy the liveliness of the city and its people while drinking a cup of cappuccino or a glass of red wine. If you want to leave the stress of a hectic world completely behind you, then you will love this trip and keep lots of great memories of it.

Tour character: Level 3

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

Included in the Tour:

- 7 x nights accommodation in 3* and 4* hotels
- Breakfast
- Welcome briefing
- Luggage transfer between the hotels

- Well developed cycling route
- Detailed travel documents (route maps, route description, local attractions, important telephone numbers)
- 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
- GPS-data is available and app navigation
- Service hotline

Not included in the tour:

- Bike rental
- Bike insurance
- Visitor's taxes, if due, are not included in the tour price
- Drinks

Arrival / Parking / Departure:

- Florence train station
- Florence and Pisa airport
- Public garage costs approx. EUR 140 per week, car park at the periphery costs approx. 20 EUR per week
- Good train connections from Rome to Florence

Notes:

- Departure Saturdays - special dates on request
- Extra Nights
 - Florence: From 155 EUR p.p (+119 EUR single person)
 - Rome: From 115 EUR p.p (+89 EUR single person)
- Rental bike PLUS - 169 EUR on request

If you would like to hire a bike (99 EUR) or E-bike (269 EUR) please contact our office when booking sales@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

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.

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

Spoleto –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

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!

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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