



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Italy –Florence to Rome Bike Tour (2025)
Individual Self-Guided
8 days / 7 nights



Discover a new side of Italy with us: quiet, sometimes almost mystical! On this tour you will see cities like Assisi, Perugia, Spoleto or Narni, which have incredible art treasures and carry visitors back into the Middle Ages. The overall appearance of the cities has hardly changed and the landscapes are harmonious and inviting. On generally isolated 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. At the end of your trip, the “Eternal City” of Rome will welcome you! The best thing to do there is to put the bike aside and enjoy its liveliness with a cup of cappuccino or a good glass of red wine.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9
www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350



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Itinerary Day to Day

Day 1: Individual 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 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



Day 3: Passignano sul Trasimeno – Perugia 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 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.



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Day 5: Assisi – Spoleto 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).



VisitItaly.com

Day 6: Spoleto –Narni 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.



Tourist-destinations.com

Day 7: Narni – Rome 60 km + train

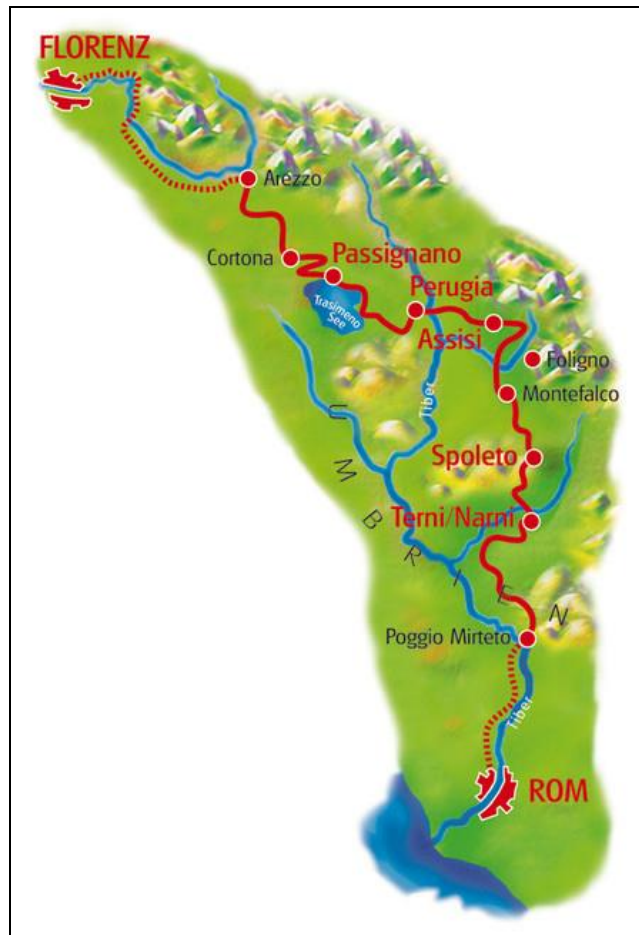
In the middle of the green heart of Umbria, you will pass huge mountains until you reach Calvi, the last major town in this region. You can still enjoy the quiet and solitude of the Sabine mountains before you take the train to immerse yourself in the vibrant city of Rome

Day 8: Departure or extension of trip



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Route



Technical Characteristics:

Route Profile: Relatively Easy. 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 uneven road conditions. Only very short sections are on busier roads, especially when entering or leaving cities.

Distance: 285 km

Travel Season: Departures Saturday 05.04. – 28.06. and 23.08. – 11.10.

Season 1: 05.04. – 18.04. | 27.09. – 11.10.

Season 2: 19.04. – 09.05. | 06.09. – 26.09.

Season 3: 10.05. – 28.06. | 23.08. – 05.09.



Price per Person in euros: *all prices subject to confirmation on booking*

Season 1 Double Occupancy B&B	€ 1329
Season 2 Double Occupancy B&B	€ 1369
Season 3 Double Occupancy B&B	€1459
Surcharge Single Room	€ 459
Rental Bike (21 or 7 gear)	€ 99
Hybrid Bike Plus	€169
Electro Bike	€ 269
Extra Nights Florence Double Occupancy	€ 155
Extra Nights Florence Single Occupancy surcharge	€ 119
Extra Nights Rome Double Occupancy	€ 115
Extra Nights Rome Single Occupancy surcharge	€ 89

Accommodation:

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

Included:

- Accommodation in the selected category
- Breakfast
- Welcome briefing
- Luggage transfer
- Train journey from Florence to Arezzo (with the bike)
- Train journey from Poggio Mirteto to Rome (without bike, bike drop off in Poggio Mirteto)
- Excellently planned routes
- Detailed travel documents 1 per room
- App for navigation and GPS data
- Service hotline

Not Included:

- Local taxes payable locally



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Bikes

Bike Plus



From the saddle to the breaks and gears of higher quality (eg hydraulic Magura breaks HS 11, Shimano Deore XT) the 'plus' is noticeable in many parts of the bike.

Rental Bike PLUS allows for a sportier sitting posture, 27 speed gears offer maximum flexibility and a high quality Suntour suspension fork provides the best possible comfort on all paths. Of course, all our accessories are also available on Rental Bike PLUS.



Hybrid Bike

Unisex frame 21-gears with free wheel sizes: 56 / 51 / 46 / 43 cm

Unisex 7-gears-bikes with back pedaling brake sizes: 56 / 51 / 46 cm

Men's speed bikes 21-gears with free wheel and crossbar sizes: 64 / 60 / 56 "slopping" cm (note: a reservation is necessary!)

Also includes Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock



Electric Bike

A Pedelec is an electro bike which assists with electric support only when pedaling. Composed on basis of KTM-bikes, adequate for our missions. The bike is easy to handle as you have a good weight distribution and a low balance point. Overall weight amounts to approx. 23 kg. An illuminated LCD display, a computer and a wattage display add to the comfort.

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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