

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)

OVERVIEW



We have partnered with Australian company **AllTrails** to bring you a bicycle expedition from Rome to Torino. On our ride we'll leave the eternal city and pedal north through stunning southern Tuscany, over the Apennine Mountains to Emilia Romagna and through the Po Valley to the wine hills of Piedmont. The finale of the bike tour comes with our arrival in Turin, designated the first capital of the Kingdom of Italy in 1861, the home of the House of Savoy, and the leader in uniting Italy under one flag. Along the way we'll learn about the unique features and customs of a diverse set of Italian regions as we pedal along quiet roads, through country towns, medieval and renaissance castles and cities. Of course there will also be ample opportunities to sample some of each region's finest wines and foods. Join us for this special bicycling expedition.

Combine this tour with AllTrails Torino to Paris and be in Paris for the final  of the Tour de France. The Rome to Paris ride was voted by Men's Journal as one of the top "Epic Long-Distance Bike Tours for 2014.

HIGHLIGHTS

- Rome, the Forum, Coliseum
- Lucca (home to Puccini)
- Pedal the Apennines of Italy
- Etruscan coast of Tuscany
- Wine country of Piedmont
- Optional side trips to Pisa
- Torino, the first capital of a unified Italy

TOUR FACTS

Tour Style	 : Learn more about our tours at https://www.experienceplus.com/tours/bike-tour-styles/-tours
Includes	13 days, 12 nights in comfortable 3 and 4 star hotels and country estates; 12 breakfasts, 5 dinners, 2 aperitivi; van support; bilingual leaders; cultural activities as described in itinerary.
Countries	Italy
Begin/End	Rome/Torino
Arrive/Depart	Rome/Torino or Milan
Total Distance	977 km (603 miles)
Avg. Daily Distance	Average daily 98 km (60 miles) per riding day
Tour Level	 Long days and hilly terrain makes this a challenging tour.
Please Note:	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. This is scheduled in mid-summer so that it can combine with the Turin to Paris itinerary and may have some itinerary changes to this trip. Expect to download this PDF document if you have booked this trip and there are any major changes, any funding exchanges Plus! tours or the activities, please email us directly. However, you should always be sure to refer to the AllTrails Bike Tour Company as the Expedition to date trip information including arrival and departure tips before you depart for your trip.

<https://www.experienceplus.com/guided-bike-tours/italy/biking-rome-to-torino>

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DATES & PRICES

Dates	Price	Single Supplement*
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*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
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2				
3				
4				
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12				
13				

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)**Rome****DAY 1**

Highlights The eternal city

Meals Dinner

Arrive early to visit this incredible city - with more than enough monuments, ruins and small streets to explore we highly recommend spending a few days in Rome before our bicycle adventure north begins. Distance: Test Ride. Meals: DLodging: Hotel Villa San Pio

Rome to Anguillara Sabazia**DAY 2**

Highlights Ride along the Tiber River, Tuscania

Meals Breakfast, Dinner

Our ride out of Rome takes us on a 20km bike path along the Tiber River from the Vatican. Enjoy the views of this great city as we head north to Tuscania for the evening. Distance: 62 km (38 miles). Meals: B, DLodging: Country Relais due Laghi

Anguillara Sabazia to Tuscania**DAY 3**

Highlights Tuscania

Meals Breakfast, Dinner

Today we head north past fishing villages, quaint little cottages and lovely architecture, to Tuscania, on the coast of the Tyrrhenian Sea. Distance: 81 km (50 miles). Meals: B, DLodging: Hotel Tuscania Panoramico

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)**Tuscania to San Quirico d'Orcia****DAY 4**

Highlights Pedal the Val d'Orcia valley

Meals Breakfast

We pedal across the 'Tuscia' today, a remote part of Italy that formed the southern part of Etruria (the heartland of the native inhabitants of this region - the Etruscans). This is a horizontal landscape made up of layers of previously airborne volcanic ash. We pedal by and through several ancient, inactive volcanoes, specifically that of Lake Bolsena, today a popular summer destination for families seeking nice lake beaches. Our ride takes us along the ancient Roman road 'Cassia' as we wind our way into one of Italy's most picturesque valleys, the Val d'Orcia, a UNESCO World Heritage site so named for the interaction between humans and landscape. Our destination is San Quirico d'Orcia, perched on the northern edge of the valley and so affording a fantastic view over the dry rolling hills lined with classic Tuscan cypress trees. Our hotel has a stunning swimming pool with a great view over the valley. Distance: 108 km (67 miles). Meals: B Lodging: Casanova Hotel Residence

San Quirico d'Orcia to San Gimignano**DAY 5**

Highlights San Gimignano and its medieval towers

Meals Breakfast

We'll pedal north toward Siena today, along the famous (or infamous!) Tuscan hills. Gear down and spin and you'll be up and down these hills in no time! We're skirting the big city of Siena to reach the smaller town of San Gimignano, picturesque for its historic towers that dot the horizon as we approach town. Our hotel is just 1km outside of town with a lovely swimming pool in which to relax after the day's ride. There is a pathway for those who want to walk into town which is definitely worth it. Distance: 102 km (63 miles). Meals: B Lodging: Albergo Le Colline

San Gimignano to Lucca**DAY 6**

Highlights Walled city of Lucca, vineyards of Tuscany

Meals Breakfast, Dinner

We continue north along the vineyards of Tuscany and wheat fields full of poppies. Our destination is Lucca, a wonderful medieval town that still retains an intact 17th century wall. Distance: 93 km (57 miles). Meals: B, D Lodging: Hotel La Luna and Hotel La Dimora Lucense

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)**Lucca - Rest Day****DAY 7**

Highlights Enjoy Lucca - home to Puccini, or take a side trip to Pisa

Meals Breakfast

Lucca was a Roman town and one of medieval Italy's most prosperous city-states. Today, Lucca retains its medieval charm with its small shops and sidewalk cafes. Take a day to relax, or if you feel the urge we can organize a trip to Pisa for a visit to the leaning tower. No bicycling today. Meals: B Lodging: Hotel La Luna and Hotel La Dimora Lucense

Lucca to Aulla**DAY 8**

Highlights Pedal the foothills of the Apennines

Meals Breakfast, Dinner

We ride into the foothills of the Apennine Mountains. We'll spend a good part of the day in the Garfagnana, a vast chestnut forest north of Lucca. Distance: 112 km (69 miles). Meals: B, D Lodging: Hotel Demy

Aulla to Salsomaggiore**DAY 9**

Highlights Cross into Italy's culinary heartland, Emilia Romagna

Meals Breakfast

We have flirted with Italy's Apennine Mountains for four days now without crossing them. Well, today we head up and over to the north side of the Apennines. We leave 'Mediterranean Italy' and head into the Po Valley which enjoys a more subcontinental climate. Distance: 121 km (75 miles). Meals: B Lodging: Albergo Casa Romagnosi

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)**Salsomaggiore to Castello di San Gaudenzio****DAY 10**

Highlights Rolling hills and flat riding, beautiful restored castle hotel

Meals Breakfast, Dinner

Our ride today takes us through the foothills of the 'Oltre Po Pavese' south of the Po River through the foothills of the Apennine Mountains and out onto the flat Po Valley. Our hotel tonight is a restored castle. Distance: 127 km (78 miles). Meals: B, DLodging: Il Castello di San Gaudenzio

Castello di San Gaudenzio to Asti**DAY 11**

Highlights Enter Piemonte Region, bicycle through wine country

Meals Breakfast, Dinner

We follow the flat Po Valley for the most part today on our way to Asti, Piemonte. We end in one of Italy's most up and coming wine regions where vineyards produce many of the famous Piemonte wines, including Barbera d'Asti and Asti Spumante. We'll enjoy a special wine tasting and dinner together. Distance: 97 km (60 miles). Meals: B, DLodging: Hotel Aleramo

Asti to Torino**DAY 12**

Highlights Torino - home of the Savoy family

Meals Breakfast

Our final ride is relatively short today and it takes us into Torino, the seat of the House of Savoy and the first capital of a unified Italy beginning in 1861. Congratulations on a journey well traveled through Italy! Distance: 77 km (48 miles). Meals: BLodging: Best Western Hotel Genova

Bicycle Tours in Italy: Rome to Torino - AllTrails Expedition (TourzPlus)**Tour ends after breakfast****DAY 13**

Whether you are continuing to pedal to Paris on Leg 23 or staying in Torino and Italy, buon viaggio! Meals: B

Meals Breakfast

INCLUDED**WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a used helmet, please contact us.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes. Daily information also includes Tour Leader phone numbers,

hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

TIPPING YOUR TOUR LEADER TEAM:

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! Bicycle Tours may use, re-use and reproduce any images, photos or videos that you send to us, or that are taken by our guides and/or other travelers of you individually or in a group, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection, for promoting and publicizing our travel products and services worldwide. If you do not want us to use any images of you that are taken by us or other participants during the tour, you must inform us or your tour leader in writing at the start of the tour.

STYLES **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form:
<https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details
at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists:
<https://www.experienceplus.com/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!