

## Bicycle Tours in Italy: Cycling Emilia-Romagna's Culinary Wonders - Guided

### OVERVIEW

Long known as Italy's premier culinary capital, Emilia-Romagna delights in every way!! On this cycling tour from Parma to Bologna, you will taste extraordinary traditional dishes and the wonderful local wine, visit Parmesan cheese and balsamic vinegar makers learning their time-tested methods; sample artisanal gelato; wonder at ancient castles and UNESCO sites; and even have the chance to see the Ferrari museum and factory near the famous car maker's hometown of Modena. Two-night stays in elegant Parma and quaint Castelvetro di Modena will let you slow down and savor the region, as the locals do. Food, art, culture and tradition all come together to make this an unforgettable holiday. best experienced from the seat of your bike!

### HIGHLIGHTS

### TOUR FACTS

<b>Tour Style</b>	<ul style="list-style-type: none"> <li>■ Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/choosing-the-best-tour/styles/classic">https://www.experienceplus.com/choosing-the-best-tour/styles/classic</a></li> </ul>
<b>Includes</b>	<p>Includes</p> <ul style="list-style-type: none"> <li>6 nights lodging in 3- and 4-star accommodations</li> <li>All breakfasts</li> <li>2 dinners with local wine</li> <li>Cooking class</li> <li>Parmesan cheese factory visit and tasting</li> <li>Guided visit and tasting at family-run balsamic vinegar mill.</li> <li>Our exceptional local tour leaders</li> <li>Bike fitting and welcome meeting at tour start</li> <li>Support van and driver every day cycling</li> <li>Reservation and travel assistance (our pre-travel documentation will help you prepare for the bike tour, including arrival and departure details, and much more)</li> <li>Access to smartphone app with routes and digital roadbook (with detailed tour information)</li> </ul> <p>Not Included</p> <ul style="list-style-type: none"> <li>Airfare or travel to and from the tour start and end</li> <li>Bicycle rental (see rentals rates in Prices tab)</li> <li>Entrance to museums or other activities not indicated as included</li> <li>Any meals or beverages not indicated as included</li> <li>Any type of insurance (medical, trip cancellation and interruption, baggage, bike rental)</li> <li>Tour leader gratuities.</li> </ul> <p>Private rooms available upon request: please inquire.          Private and Custom groups: if you are interested in customizing this itinerary, hotels or tour package inclusions, please contact us - we are experts at personalizing our tours and services, and can tailor-build the bike tour of your dreams!</p> <p>PLEASE NOTE : The final itinerary, including hotels and/or activities described here, are subject to changes according to availability.</p> <p>Tour code: itbg3878</p>

## Bicycle Tours in Italy: Cycling Emilia-Romagna's Culinary Wonders - Guided

Italy

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<b>Begin/End</b>	Parma / Bologna
<b>Countries</b>	<p>How to get there and away: Recommended airport for arrival and departure: Bologna G. Marconi Airport (BLQ)</p> <p>Starting point: Hotel Button - Borgo Salina, 4, Parma We recommend flying into Bologna Aeroporto G. Marconi.</p> <p>Marconi Express is a monorail connecting Aeroporto Marconi (BLQ) to Bologna Main Train Station (Bologna Stazione Centrale). A taxi from Bologna Marconi Airport (BLQ) to Bologna Main Train Station (Bologna Stazione Centrale) takes about 20 minutes There are several direct trains connecting Bologna and Parma. The ride takes about an hour, depending on the type of train The hotel is located about 3 km from the train station. Take a 15-minute taxi ride or take a bus from the train station to "Piazza Garibaldi municipio" stop and walk to hotel Private airport transfers available if you prefer to be driven from airport to hotel in a private vehicle transfer, please inquire for cost - we will be happy to include this service in your tour package</p>
<b>Arrive/Depart</b>	<p>Ending point: Hotel Il Guercino – Via Luigi Serra, 7 40129 Bologna We recommend flying out from Bologna Aeroporto G. Marconi.</p> <p>To get to Bologna main train station (Bologna Centrale) you can walk 5 minutes (your hotel is 400m from the train station)</p> <p>See "Starting point" for transportation info</p> <p>Final arrival and departure instructions along with other detailed pre-travel documents, will be e-mailed prior to your travel, with information specific to your departure (including the actual hotels used on your tour dates, which may vary from the hotels listed above.)</p> <p>* the hotels and prices listed above are for reference only and are subject to change (based on availability and seasonality)</p>
<b>Total Distance</b>	251 km (156 miles)
<b>Avg. Daily Distance</b>	50 km (31 miles) per riding day
<b>Tour Level</b>	▶▶▶▶▶
<b>Keep in Mind</b>	<p>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.</p> <p>A great tour for novice cyclists in terms of daily distance and terrain type. Bike handling skills are necessary when negotiating bike paths (usually in or near cities and towns). Also ideal for experienced cyclists who desire shorter days on the bike and plenty of time to enjoy the destination, food and activities. We will ride 44-55 km (27-35 mi) per day, over flat to rolling terrain, on paved backroads and bike paths with little vehicle traffic. On some short stretches we share the roads with cars. Experienced cyclists who want longer, optional rides at the end of the programmed ride will have these available (please inquire ahead).</p>

**Please Note:** We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  **online itinerary** for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/italy/emilia-romagna-ce-guided>

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### DATES & PRICES

Dates	Price	Single Supplement*
■ Apr 08, 2025	■ €1765 per person	■ €195 (in double room for single use)

**This tour is available for private groups** - contact us with your planned travel dates, and we will create your private departure.

\*2024 price, per person, based on double occupancy; minimum 6 participants per departure.

**High-Season surcharge (May and June; September and early October):** a €100 per person surcharge is applied.

To inquire about a private or custom tour date, or inquire about calendar departures, please use our [our Terms and Conditions page](#).

For detailed specs and photos of our bikes, see our website - [Bike Rentals Italy](#).

#### Additional useful information:

- Check out our [what it's like to navigate on our tours](#).
- If you are curious about the self-guided tour formula, this [blog explains](#)

### DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	45km / 246m (28mi / 807ft)			
3	62km / 292m (39mi / 958ft)			
4	48km / 250m (30mi / 820ft)			
5	45km / 140m (28mi / 459ft)			
6	53km / 320m (33mi / 1050ft)			
7	Last Day			

**Bicycle Tours in Italy: Cycling Emilia-Romagna's Culinary Wonders - Guided****Arrival in Parma**

**Highlights** Bike fit and welcome dinner

Considered among the culinary capitals of Italy, Parma is also known as one of Italy's art cities: Parmigianino, Correggio, and Giuseppe Verdi are among its lustrous citizens. We suggest an afternoon stroll through the city center, where Parma's rich history is still evident (the historic center has been designated a UNESCO World Heritage Site); or do as the locals do, finding a piazza table where you can delight your palate with Parma's famous cured ham (prosciutto crudo) and Parmesan cheese, enjoyed with an aperitivo. After our bike fitting, our local guides will host a welcome dinner where you will meet your cycling companions. Daily distance today: optional test ride. Accommodation: Hotel Button, or similar.

**DAY 1**

**Meals** Dinner

**Loop ride into the hills to Torrechiara Castle**

**Highlights** Torrechiara Castle

On your first cycling day, you will ride over delightful rolling hills amidst ancient castles and local tradition. Our goal is the Torrechiara Castle, a breath-taking structure dominating the Val Parma – it was constructed between 1448 and 1460, as an instrument of defense as well as a distinguished home for the count and his lover. The area is today famous for its cured prosciutto ham and salame, and we recommend stopping for a taste at lunchtime. After a downhill return to Parma, our tour leaders will suggest a restaurant for dinner, and activities for your last evening in this lovely city. Daily distance: 49 km (30 miles) Elevation gain: +242 m (794 ft) Accommodation: Hotel Button, or similar

**DAY 2**

**Distance** 45 km (28 mi)

**Gain** 246 m (807 ft)

**Meals** Breakfast

**Lodging**  **Hotel Button**

**Ride to Reggio-Emilia countryside**

**Highlights** Agriturismo country estate

Heading out of Parma today, we'll cycle over back roads and bike paths, through farm land and small villages, towards Reggio-Emilia, in the heart of Parmesan country. After visiting the regional capital (and possibly the farmer's market when open!), we'll arrive at tonight's destination, an agriturismo - a working farm and estate - which will surely be another trip highlight. Plenty of time to relax and enjoy the visit here. The agriturismo also houses a parmesan cheese and balsamic vinegar factory, among other wonderful surprises. Daily distance: 53 km (33 miles) Elevation gain: +300 m (985 ft) Accommodation: Hotel La Razza, or similar.

**DAY 3**

**Distance** 62 km (39 mi)

**Gain** 292 m (958 ft)

**Meals** Breakfast

**Bicycle Tours in Italy: Cycling Emilia-Romagna's Culinary Wonders - Guided****Bike to Maranello - the home of Ferrari – and Castelvetro di****Modena**

**Highlights** Visit parmesan cheese maker, Ferrari Museum

We'll get an early start this morning to visit the artistry of a working Parmesan cheese maker. The proud Consorzio will explain the intricacies of this poignant but delicate cheese on our guided tour of the small factory (ending with a tasting, of course). With our senses alight, we'll continue cycling en route to Maranello, home of the factory and testing track of the fabled Ferrari sports cars, as well as the Ferrari Museum (visit is optional). Today's ride ends in the delightful medieval hilltop town of Castelvetro di Modena, our base for the next two nights. We suggest a stroll among the locals over lovely cobbled lanes and alleys this evening, and dinner near the piazza where you'll enjoy the view of the surrounding countryside below you and the Apennine mountain chain in the distance. You might also consider an optional visit to the balsamic vinegar acetaia – or mill - where another traditional culinary mystery will be unveiled. You will learn how leftovers from grapes are transformed into the sweet, rich vinegar that can sometimes cost hundreds of dollars. Daily distance: 62 km (28 mi) Elevation gain: +531 m (1,540 ft) Accommodation: Hotel Guerro, or similar.

**Loop ride to Modena**

**Highlights** Modena

We'll glide down on our bikes as we begin an optional loop ride to Modena, another wonderful historic art city – and UNESCO World Heritage Site - where we will have time to explore its historical town center, the magnificent Duomo and the Ghirlandina medieval tower. We suggest a visit of the famous covered outdoor market, and time for a gelato stop as well! Modena is also the birthplace of Dino and Enzo Ferrari, founders of the namesake brand, as well as Luciano Pavarotti, the legendary tenor. After our exploration of Modena, we'll ride back to Castelvetro in the afternoon for another night in town. Daily distance: 49 km (30 mi), Elevation gain: +300 m (480 ft) Accommodation: Hotel Guerro, or similar.

**Ride to Bologna**

**Highlights** Cooking class dinner

Our last ride today is lovely, cycling by small farms and Lambrusco vineyards, always near the foothills of the Apennines. Bologna awaits – the capital of Emilia-Romagna is an important Italian city with a rich history and a fascinating medieval center. Our tour ends with a bang in the red city (as Italians call it) - we'll meet with a Bologna local who will share their secrets and passion for cooking, while we prepare a traditional meal we'll eat together on our celebratory good-bye dinner. Daily distance: 52 km (33 mi) Elevation gain: +220 m (721 ft) Accommodation: Hotel Il Guercino, or similar.

**DAY 4**

**Distance** 48 km (30 mi)

**Gain** 250 m (820 ft)

**Meals** Breakfast

**Lodging** ■ Hotel Guerro

**DAY 5**

**Distance** 45 km (28 mi)

**Gain** 140 m (459 ft)

**Meals** Breakfast

**Lodging** ■ Hotel Guerro

**DAY 6**

**Distance** 53 km (33 mi)

**Gain** 320 m (1050 ft)

**Meals** Breakfast, Dinner

**Lodging** ■ Hotel Regina

**Bicycle Tours in Italy: Cycling Emilia-Romagna's Culinary Wonders - Guided****Tour ends in Bologna****DAY 7****Highlights** Arrivederci!**Meals** Breakfast

Bologna is a great place to spend another night or two, or to use as a base for further exploration. For those returning home today, we will assist you in arranging your transportation to the nearby Bologna airport. PLEASE NOTE: The final itinerary, including hotels and/or activities described here, are subject to changes according to availability. City hotel taxes are not included.

**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 what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect 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. Plus, all the logistics are taken care of.

**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/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Explorer and Self-guided tour styles 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 and Self-guided tours we include a GPS device on all bikes.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. 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 on the RWGPS Experience includes important 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 a guided 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. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

**Need Fewer Miles?** On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

**ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS**

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 5-8% 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 and not expected on self-guided tours.

**PHOTOS:**

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, 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.

**Classic Tours:** Dream of traveling through a region by bike? 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.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and 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
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- 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 except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and 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
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

**Self-guided Tours:** perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**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/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/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/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/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!