

Self-Guided Bicycle Tours in Italy: A Taste of Italy: Emilia - Romagna

Tour Facts Sheet

On this best-selling bicycle tour, you'll ride through Italy's premier pasta region. Every meal will include extraordinary local dishes made according to tradition. Every day of pedaling will not only take you on behind-the-scenes visits of parmesan cheese and balsamic vinegar, but also to ancient castles and world heritage UNESCO sites. Here, history, art, culture and tradition conspire to make this tour unforgettable!

Highlights	Balsamic vinegar cellar, Parma prosciutto, Parmesan cheese, Bologna and mortadella, Castle of Montechiarugolo and Torrechiara, Modena
Price	€955 per person sharing a double room Single supplement: €260 (solo travelers pay €505) GROUP DISCOUNTS 5% (6 people or more) Please note that a High-Season Supplement fee may apply for May and September
Includes	7 nights in 3-4 star hotels; all breakfasts; use of GPS with preloaded tracks; roadbook and map; luggage transfers.
Countries	Italy
Begin/End	Bologna / Parma
Arrive/Depart	In and out of Bologna Guglielmo Marconi Airport (BLQ)
Total Distance	275-325 Km (170-200 miles)
Daily Distance	20 - 62 km (12 - 38 miles)
What to Expect	An amazing combination of great bicycling and fabulous culinary experiences.
Rating	1 – View Tour Rating Descriptions Perfect for cyclists who prefer shorter distances and non-hilly terrain. Bicycle paths allow you to enter and exit towns easily.
Notes	You can make this a 5 to 15 days tour. Ask for details.
Terms	Terms & Conditions



Visit our website for tour dates, price and full itinerary description at Cycleeurope.com.

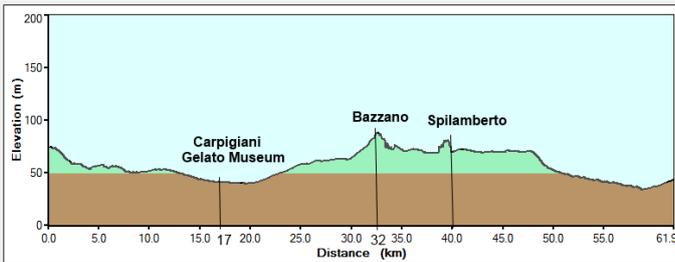
Do you need more information? Read our Self Guided Tour FAQ Sheet [here](#)

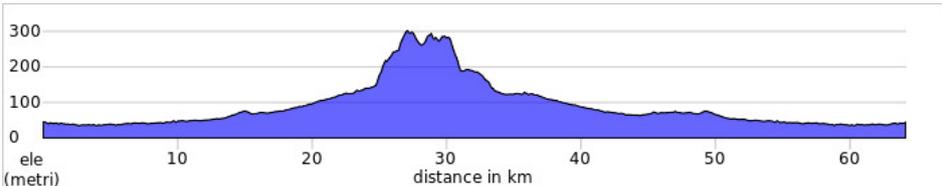
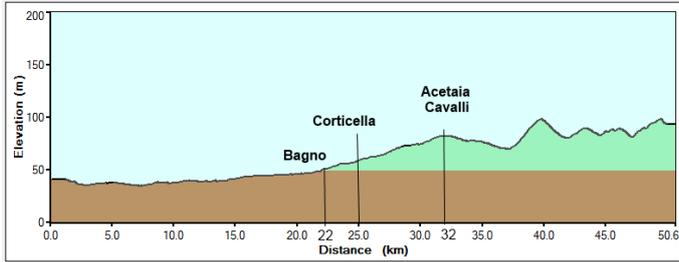
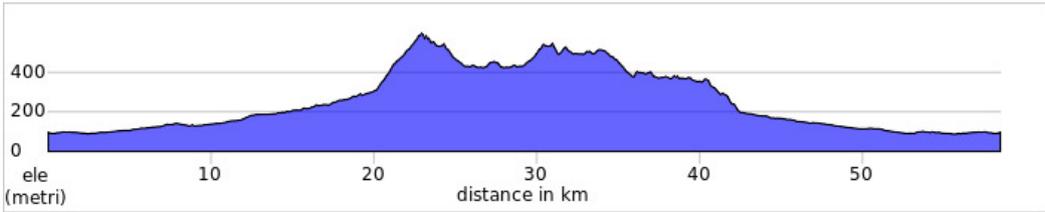
Tour's Dates:

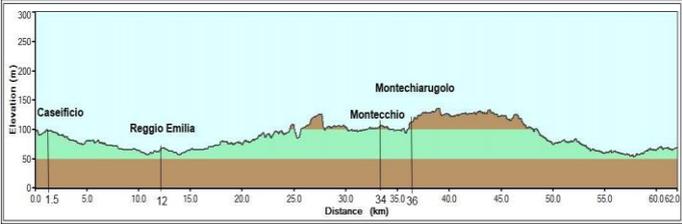
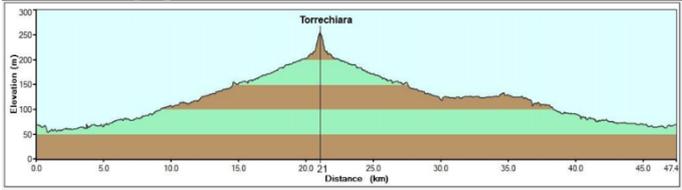
Suggested start day: Friday*

* Other start days available by request - please note that starting on Sundays or Mondays will make some visits impossible).

Your Itinerary

<p>Day 1: Welcome to Bologna, fit bicycles <i>Highlights: The Red City and its marvelous porticoes and alleyways</i></p> <p>Check in to the wonderfully located hotel in Bologna, enjoy the views of the old town from the rooftop terrace, and get yourself situated. Bologna today is Emilia-Romagna's administrative capital and, arguably, its culinary capital too. Home to the oldest continually operating university in the world, the city has a long tradition of studies, arts, and gastronomy. Speaking of gastronomy, Bologna gave birth to the mortadella, vulgarly distorted abroad as "bologna", although the fresh, artisanal mortadella has nothing to do with processed ham! Make sure you put this culinary delight on your 'must try' list! We recommend getting out to explore this afternoon. Optional dinner tonight at a local trattoria. <i>Accommodation:</i> Hotel Touring or similar</p>	
<p style="text-align: center;">Day 2: Ride to Modena <i>Highlights: rails-to-trails bike paths, Bazzano, World Heritage Site of historic Modena</i></p> <p>After meeting our staff this morning at your for a tour briefing and bike fitting, you are ready to go! Leave Bologna on its city bike paths to get to the first hills where great views reward you after a short climb. A rails-to-trails bike path leads you out to the fortress town of Bazzano, before heading to Modena. Don't forget to visit the historic town center of this city with the marble covered cathedral and its Ghirlandina bell tower.</p> 	<p>Mileage: 55 km (34 mi)</p> <p><i>Accommodation:</i> Hotel Canalgrande or similar</p>
<p>Day 3: Loop ride to Castelvetro <i>Highlights: explore Modena; optional loop ride on the hills</i></p> <p>Take time to explore Modena today by climbing up the bell tower or visiting the Palace of the Duchy. Alternatively, enjoy a ride to the foothills of the Apennines along quiet roads and bicycle lanes. Visit the picturesque town of Castelvetro with its fortified historical center and balsamic vinegar production. If you are a car fan, Modena is the home of Ferrari and other historical brands so there are museums and exhibitions you can indulge in!</p>	
<p style="text-align: center;">Mileage: 60 km (37 mi)</p> <p><i>Accommodation:</i> Hotel Canalgrande or similar</p>	

	
<p style="text-align: center;">Day 4: Ride to Reggio Emilia countryside <i>Highlights: Modena's covered street market, Balsamic vinegar visit, stay in an agriturismo</i></p> <p>Before heading out of Modena with your bicycle, we suggest a visit to the local covered market that has been selling local products since the Middle Ages: fruits and vegetables, but also gourmet selections of Lambrusco wine, Amaretti cookies, truffles, cheese and Prosciutto, and of course traditional balsamic vinegar. Another culinary mystery is unveiled today on an optional visit at an "acetaia", a traditional balsamic vinegar factory, to learn how leftover grapes are transformed into the sweet rich vinegar that can sometimes be worth hundreds of dollars (check page 5 for details). Tradition is beautifully preserved here as the historic methods of production are still in use. You'll continue on along back roads to reach your agriturismo, a country house hotel with a working farm, where you'll stay tonight.</p> 	<p>Mileage: 47 km (29 miles)</p> <p><i>Accommodation:</i> Agriturismo La Razza</p>
<p style="text-align: center;">Day 5: Reggio Emilia loop ride on the hills <i>Highlights: Canossa Castle ruins or city of Reggio Emilia</i></p> <p>Head for the hills today on a ride to Canossa Castle ruins, where the Holy Roman Empire Emperor Henry 5th had to show penance to the Pope, waiting in the snow barefoot at the gate of Matilda's Castle for 3 days before Matilda, countess of Canossa, convinced the Pope to open. Alternatively follow the bike path to Reggio Emilia for a visit of this bustling, pretty town.</p> 	<p>Mileage: 20-58 km (12-36 miles)</p> <p><i>Accommodation:</i> Agriturismo La Razza</p>

<p style="text-align: center;">Day 6: Bike to Parma <i>Highlights: Parma cured ham and Parmesan cheese</i></p> <p>Get up early for an optional visit, observing the artistry of a working Parmesan cheese maker on your way out this morning (check page 5 for details). You'll ride along bike paths following an old railroad. Your destination is a city where your taste buds will not be disappointed. It is, however, a city where the arts flourished also outside of the kitchen: Parmigianino, Correggio, and Giuseppe Verdi are some of the most famous citizens. Enjoy time in the historic center and delight your palate with Parma's signature cured ham (prosciutto crudo) and Parmesan cheese, eaten at an aperitivo or perhaps sprinkled on homemade pasta dishes. Optional dinner or aperitivo (check page 5 for details).</p> 	<p>Mileage: 54 km (34 mi)</p> <p><i>Accommodation:</i> Hotel Button</p>
<p style="text-align: center;">Day 7: Loop ride into hills to the castle of Torrechiara <i>Highlights: Rest day in Parma: loop ride into the Parma hills to the castle of Torrechiara and lunch with a view</i></p> <p>Get ready for your last day of bicycling amidst ancient castles and local traditions! Today's ride will loop to the breath-taking castle of Torrechiara. Dominating the Val Parma, the castle was constructed between 1448 and 1460, devised as an instrument of defense as well as a distinguished home for the count and his lover. This area is famous for its cured prosciutto and local salame—taste them in this historic setting! Optional dinner or aperitivo (check page 5 for details).</p> 	<p>Mileage: 48 km (30 miles)</p> <p><i>Accommodation:</i> Hotel Button</p>
<p style="text-align: center;">Day 8: Tour ends in Parma <i>Highlights: World Heritage Site of Parma</i></p> <p>Your cycling tour ends in Parma. Now with a refined palate, shop well and take some recipes home to try in your own kitchen!</p>	

NOTE: This hotel itinerary is subjected to changes according to availability. City taxes are not included.

LODGING UPGRADE:

Room upgrades are possible in some hotels. Ask for availability.

GTA: How to get there and away

Starting point:

Hotel Touring- Via De' Mattuiani, 1/2 - Bologna

We recommend flying into Bologna Aeroporto G.Marconi.

Take a shuttle bus connecting Aeroporto Marconi to the city center and Bologna Main Train Station or take a 10-minute taxi ride from Bologna Airport to your hotel.

Ending point:

Hotel Button - Borgo della Salina, 7 (angolo San Vitale) - Parma

You can fly out from Bologna, which is connected to Parma by train.

From the train station to the airport, you can catch a shuttle bus or a taxi (see "Starting point" for more info).

Once you book the tour we will send you detailed information and different options on how to get to the starting point and away from the ending point of the tour.

Luggage Transfers

Luggage transfer is included in your package. Normally, the luggage is collected from 09.00 at the reception of the hotel and is delivered at the following hotel by 15.30.

Every luggage must be marked with a visible luggage tag. Please make sure yours have correct tags.

If your luggage is not ready by the time the driver comes to collect it, you may need to have to pay directly a local taxi for the service.

Please consider that the luggage is not insured during the transport. You need to have your own insurance. Do not leave valuables or fragile items in your luggage.

Normally you cannot use the luggage transport service to skip the stage. In case you need help to skip the stage, please contact our emergency number.

Services available at an additional cost (ask for prices and availability)

Private transfers (subject to change depending on flight time and delays)

Bologna airport - Bologna:	€40 (1-3 pax) € 50 (4-6 pax)
Parma - Bologna airport:	€160 (1-3 pax) € 180 (4-6 pax)

Extra nights at tour start and end (please inquire about adding nights along the itinerary)

Prices for double rooms:

Bologna:	€ 170/room/night
Parma:	€ 140/room/night

Extra meals & activities (please inquire about availability):

Day 1 - Dinner in Bologna	€35 / pax (drinks not included)
Day 4 - Balsamic Vinegar Producer Visit	€5 / pax
Day 4 - Dinner at Agriturismo (as an alternative, you can order A La Carte) (closed on Sunday and Monday)	€30 / pax (drinks not included)
Day 5 - Parmesan Cheese maker visit (closed on Saturday and Sunday)	€10 per person
Day 5 or 6 - Dinner in Parma	Starting from €27 / pax (drinks not included)
Day 5 or 6 - Aperitif in Parma	€15 / pax Includes 1 glass of wine and a platter of Parma ham served with local bread
Cooking class (*) available in more than one location along the way (includes tasting meal at the end)	€80 / pax for at least 2 people. Supplement of €25 for solo travellers

(*) The **Cooking class** is run by [Le Cesarine](#), a company that organizes culinary experiences at local people's houses. Your class will last about 3 hours, during which you will help the Cesarina prepare 3 courses. In the 4th

and final hour, you will enjoy a meal (lunch or dinner) made of the courses you prepared during the class. Water and one bottle of house wine every 3 people are included.

The **Dinners** you book through us consist of 3-course set menus (some restaurants allow multiple choice menu). Drinks are not included. Please check the scheduled time of your dinner, as some restaurants in Italy open for dinner as late as 7:30 or 8:00 pm.

Room upgrade: please inquire about price

Gold room at Hotel Touring in Bologna

Jr Suite at Hotel Canalgrande in Modena

Superior room at Agriturismo La Razza

Deluxe room at Hotel [Palazzo Dalla Rosa Prati](#) in Parma

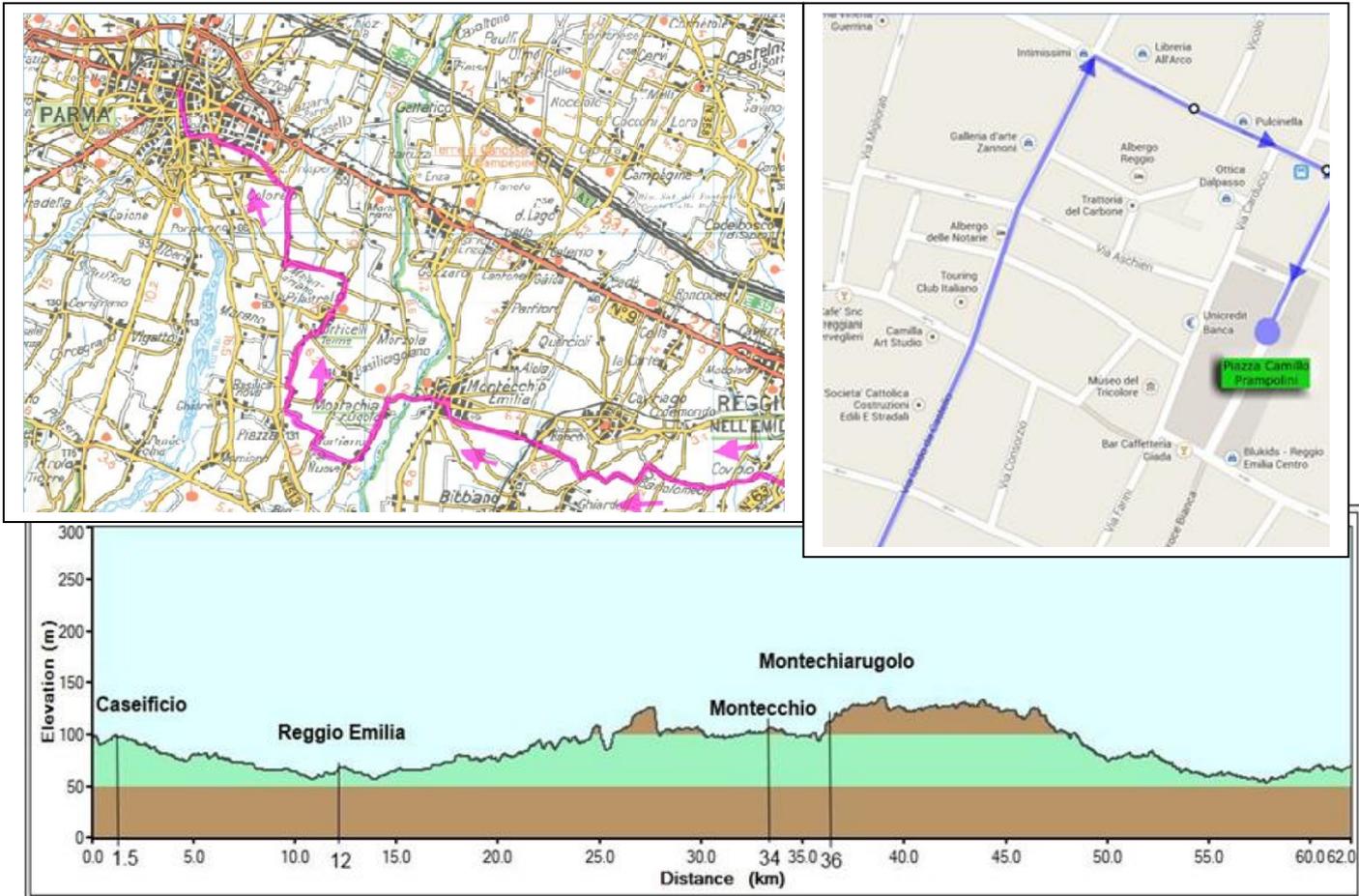
Bike Rental (for a standard 7-day tour. Please inquire about longer tours)

- Titanium road or hybrid bikes: €160
- Tandem: €280
- E-bikes: €240

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

Your roadbook

Here below you'll find a snapshot as a sample of what you'll have in your roadbook day by day. As you can see you will find the map with the marked itinerary, the elevation profile, maps for entering and leaving a towns and step by step instructions. Together with this we'll provide cultural information, lunch and dinner suggestions, list of bike shops and taxi numbers.



Total Distance	Partial Distance	Symbol	Descriptions
4,4	0,1	↑	Go straight on ZTL on Via Panciroli
4,6	0,2	↑	At  go straight on Via Guido da Castello
4,9	0,3	→	TR on Via Emilia (INA building)
5,0	0,1	→	TR at Albergo Posta on Piazza del Monte
5,1	0,1	 	You're in the main square in Reggio Emilia . (Piazza Camillo Prampolini). Several lunch options here