

Venice to Rome Cycle



Activity: Cycle Grade:  Duration: 6 days

Cycle from the unique city of Venice on the Adriatic Coast to Rome, the Italian capital!

Our exciting challenge takes us south on flat roads from the canals of Venice to the rolling hills of Tuscany and Umbria, passing terracotta-roofed towns and small traditional villages hidden among the fields of corn, fruit and olives.

The terrain is hilly, with some long climbs and steep gradients – it's wonderful cycling country, but not to be undertaken without training! We come down out of the hills on our last day and have a relatively flat run-in to Rome, where we finish a stone's throw away from some of the main sights. This trip combines diverse, challenging cycling with a wonderful Italian experience.



Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This ride is graded **Tough (3)**. The main challenge lies in the long days, with some very hilly terrain.

Many factors influence the Challenge Grading, such as terrain, distances, climate, living conditions, etc. The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

Detailed Itinerary

Day 1: Meet Venice

Venice is renowned for its beautiful waterways and buildings, such as St Mark's Square and Basilica, the Doge's Palace and Bridge of Sighs, and the Rialto Bridge. Dependent on flight times, you can enjoy some free time exploring the sights of this wonderful city. We meet up at our mainland hotel in the evening, and ensure our kit and bikes are fully prepared for the start of our challenge tomorrow. Night hotel.

(Lunch not included)

Day 2: Venice – Ravenna

Leaving Venice behind, we start cycling! We head south through fertile fields, crossing many small canals and rivers which drain into the Venetian Lagoon, still only a few miles to the east. Our terrain today is predominantly flat, allowing us to ease ourselves in relatively gently: it is, however, a long day in the saddle! We avoid the larger towns, but pass through several small towns and villages, all with a distinctive Italian flavour. Just before our halfway mark we cross the River Po – Italy's longest river – at the neck of its delta, a vast area of sandbars and wetlands. Continuing south, and roughly parallel to the Adriatic coast, we ride alongside the

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Cycling Information

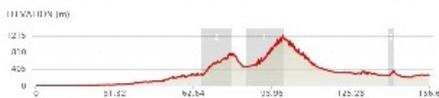
The cycling is predominantly flat for the first day, and very hilly for the majority of the other days. We ride mainly on small quiet roads. Distances are long, with the longest day over 100 miles and the shortest approx 88 miles.

You should make sure you are fit enough to manage these distances confidently – especially in hilly terrain. It is important that you are used to cycling and very familiar with the range of your gears. Road bikes are the most suitable on this trip.

This ride is achievable for most people provided they train well in advance. We supply a thorough training guide on registration.

It is imperative that you supply your own helmet and wear it at all times while cycling, with straps done up.

Sample Day's Profile



Weather

It can be very hot – or wet and cold! Rain and mist is always a possibility and it may be windy in the valleys; the weather and temperature can change rapidly especially in hillier areas. Average temperatures range from 11-29°C.

Detailed Itinerary (cont)

huge lagoon of Comacchio; it could be windy here by the water's edge. Not long afterwards we come to the outskirts of Ravenna, an ancient city with many buildings and monuments dating back to the 5th Century AD. Night hotel.

Cycle approx 172km (106 miles)

Day 3: Ravenna – Laterina

A tough day today, as we clock up almost as many miles as yesterday, but on much hillier terrain. This morning, however, is flat as we head southwest and further inland, passing through fields and farmland, and small towns. Skirting the busy city of Forli, we soon start to see hills on our horizons, and after the pretty town of Meldola our roads start to incline gently. The gradients grow steeper and our surroundings gradually change from flat farmland to wooded hills. At the pretty town of Santa Sofia the gradient becomes more challenging and we follow narrow twisting roads into the hills and along ridges. This area has National Park status and is beautiful. After a lovely descent and a few miles of flattish riding, we start to climb again, with twisting hair-pin bends taking us back up into the wooded hills. There are some steep sections, but we take it steady and enjoy our surroundings. An exhilarating 10-mile descent follows, and the last 20 miles form a fairly flat valley ride as we pedal alongside the river Arno. Our day ends at the wonderfully-preserved historic town of Laterina, not far from Arezzo. Night hotel.

Cycle approx 156km (96 miles)

Day 4: Laterina – Orvieto

Today sees another demanding day as we head further into Tuscany. Although there are no particularly long climbs, we will be almost continually climbing and descending, with very few flat sections. The scenery is beautiful again. We set off south from Laterina on a rolling road, coming to our first notable climb after about 10 miles. A long rolling morning follows, with fabulous views of small hilltop towns and rolling farmland. A short steep climb brings us to the picturesque walled village of Lucignano, perched atop the hill, before a fast descent and more rolling roads. A flatter stretch follows as we approach the ancient town of Chiusi, an important city around 500BC when it was part of the Etruscan civilisation. Then the climbing starts again, and we enjoy a hilly afternoon passing shady woodland and vineyards as we head south, crossing into Umbria. A couple more steep climbs await us towards the end of the day, but then we have roughly 10 miles of descent to finish our day. Orvieto is another ancient town, dominated by a huge cathedral, built on the top of rocky cliffs rising over the plains below. Night hotel.

Cycle approx 143km (88 miles)

Flights

We do not arrange flights for this trip. The best deals are usually open to those who book early, but bear in mind that we do need a minimum number for this trip to run, and booking your flight before you are advised the trip is guaranteed is entirely at your own risk.



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Detailed Itinerary (cont)

Day 5: Orvieto – Lake Bracciano

Today's shorter mileage will come as a relief after yesterday's big effort! We continue through beautiful old towns and villages, still in hill-country, with lovely views. A flattish road takes us out of Orvieto, but before long we start to climb gently. Our road then becomes steeper and winds up through the hills as we approach the old town of Bagnoregio. We then descend fairly gently for over 15 miles through fields of crops, interspersed here and there with rows of olive trees. Our last long climb takes us back into the hills again, then we enjoy another fabulous descent through woodland, catching small glimpses of the blue Lago di Vico below. A shorter climb and descent on narrow roads brings us to the larger Lake Bracciano, a lovely setting for our final evening. Night hotel.

Cycle approx. 88km (54 miles)

Day 6: Lake Bracciano – Rome; Depart

We ride along the lake's edge for several miles before heading off southeast, again on small roads. Our roads are now fairly flat as we approach Rome's outskirts through woodland and quiet towns. Rome's busy streets are not very conducive to easy cycling, so we follow a cycle path that runs along the River Tiber, taking us right into the heart of this ancient city, finishing within a stone's throw of some of its most famous sights. After the obligatory photos, we head off for a celebratory lunch to mark our achievements. Later we transfer to the airport for your homeward flight – or of course you can stay on longer and make the most of your time to explore Rome's iconic sights.

(Dinner not included)

Cycle approx. 70km (43 miles)

Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

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If you wish to take advantage of more time in Italy, please contact us for extra nights' accommodation in Venice and Rome.

Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. They are chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader.

The number of crew and support vehicles looking after you will depend on the final size of your group, but the team will be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is well-marked, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

Accommodation & Food

Accommodation is in 2-3* hotels, on a twin-share basis. The hotels are comfortable with en suite facilities; standards may vary between the hotels.

All food is included except where specified in the itinerary. Lunches are generous buffet-style with plenty of energy food to keep you going. Dinners are generally eaten in the hotels. Please let us know any dietary requirements

Combine this challenge with our Rome to Pompeii Cycle for a longer trip! See our website for more info.



Venice to Rome Cycle 2017 - 2018

2017 Dates	2018 Dates
1 - 6 May	30 Apr - 5 May
25 - 30 Sept	24 - 29 Sept

Pricing Information

All costs are based on a minimum of 25 participants. Please refer to our website for latest prices and offers.

	REGISTRATION FEE Payable on registration	FUNDRAISING TARGET Payable 10 weeks prior to trip departure	TRIP COST Payable 8 weeks prior to trip departure
FUNDRAISING OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	You commit to raise the fundraising target . Your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Paid by your charity providing they have received all of the Fundraising Target
	£149.00	From £1900.00	N/A
PART - PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Your contribution (Part Payment Trip Cost) to the trip cost gives you a lower fundraising target. You commit to raise this target and your chosen charity will retain 50% of this target plus any additional fundraising you achieve.	Set contribution (Part Payment Trip Cost) paid by you at this time . Remaining costs paid by your chosen charity, providing they have received all of the Fundraising Target
	£149.00	From £1400.00	From £250.00
SELF PAYMENT OPTION	Paid to Discover Adventure to secure your place on the trip. This is applicable to all payment options and is non-refundable .	Raise as much as you can and 100% of your donations will go to your chosen charity	Paid by you
	£149.00	N/A	From £950.00

What's Included

- Transfers from and to Venice and Rome airports
- All meals except where specified, and accommodation on a twin-share basis
- Discover Adventure leaders / mechanics / drivers
- Full vehicle support throughout the trip
- Group bike collection from Venice airport
- Group transfer to Rome airport
- Maps and route information
- Celebration lunch in Rome

What's Excluded

- Two meals as specified in the itinerary
- Travel insurance
- Flights to Venice and from Rome
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions