

Cycling Europe

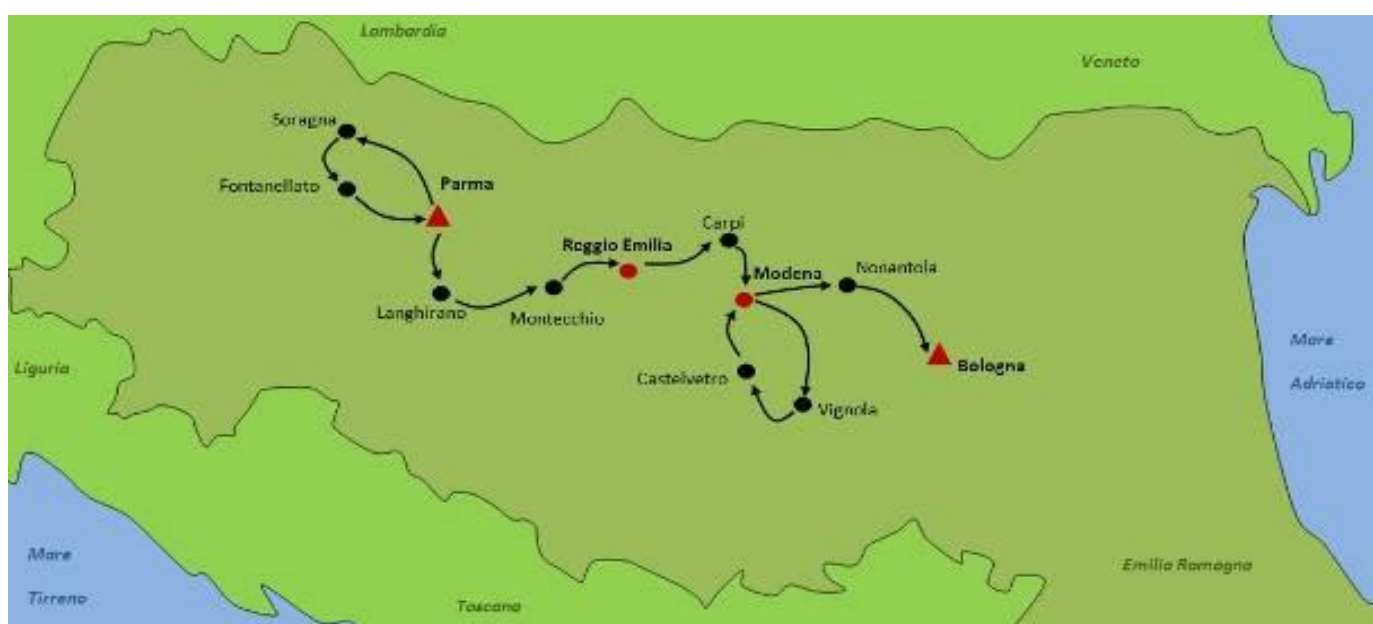
2020 ITALY – BIKE EMILIA ROMAGNA “ESPECIALLY FOR FOOD & WINE LOVERS”

PARMA - MODENA - BOLOGNA

8 DAYS/7 NIGHTS - SELF-GUIDED CYCLING TOUR

7 DAYS/6 NIGHTS – GUIDED CYCLING TOUR

The Emilia Romagna region offers many of Italy's finest Protected Denomination of Origin (PDO) products: Parmigiano Reggiano, Modena authentic Balsamic Vinegar, Parma ham, DOCG classified wines, traditional hand-made stuffed pasta. An easy cycling journey through this area enables you to enjoy these specialties onsite directly from the producers, while dinners on the tour will include extraordinary local dishes made according to tradition. At the same time, you can experience the art and history of the area and explore its castles and heritage villages dating back to the Ducal period when this region flourished in extraordinary art. Via Emilia is the theme of this trip. This road, built by the Romans in 187 B.C., gave rise to important cities such as Bologna, Modena and Parma at a time when the greatest artists and architects worked in this domain. You will discover: Parma, with its cathedral and Abbess room displaying Correggio's frescoes; Modena with its preserved medieval centre a World Heritage Site, and Romanesque Cathedral; finally Bologna, the capital of the region, rich in palaces and medieval towers. Bologna will charm you with its unique atmosphere and its 40 km of medieval and Renaissance porticos. On this tour you will encounter a hard-working region where everything reflects the Italian' savoir vivre'; the preservation of historical and artistic heritage, the pleasure of good food and the love of good music, from Verdi opera to Pavarotti.



HIGHLIGHTS OF THE TOUR:

- Parma, with its cathedral and Abbess room displaying Correggio's frescoes plus where the famous ancient cheese, Parmigiano Reggiano is produced
- Reggio Emilia – Parma ham awaits
- Modena's well preserved medieval centre a World Heritage Site, Romanesque Cathedral and home to balsamic vinegar
- Bologna's 40 km of medieval and Renaissance porticos, palaces and medieval towers
- A tour for foodies: typical dinners, several tasting opportunities, cooking lesson (guided only)
- Experienced English speaking tour guide for the guided programme
- Self Guided – information book featuring significant sites including castles, tours and product tastings available along the routes.

ITINERARY: GUIDED TOUR – 7 DAYS/6 NIGHTS

Day 1 : PARMA

Arrive in Parma. Visit Parma's city centre where you will find masterpieces of art, open green spaces, and treasures from across the ages. Welcome meeting at 6pm, briefing, bike delivery. Typical dinner in a trattoria. Overnight in Parma.

Day 2 : PARMA – Parmigiano tasting – FONTANELLATO – PARMA 57 km (+/-400 mt)

After breakfast we cycle through the countryside along partially paved lanes and past the Paradigna Cistercian abbey, celebrated by Stendhal as the Certosa di Parma. We enter San Secondo where we will visit a "caseificio", a cheese factory where Parmigiano Reggiano is produced. Parmigiano, one of the most ancient cheeses, is still produced with the same traditional care taken eight centuries ago. Don't miss the tasting! We continue towards Fontanellato where you will find the mighty fortress of San Vitale. Return to Parma and dinner in a typical trattoria. Overnight in Parma.



Day 3 : PARMA –TORRECHIARA – Parma ham tasting – REGGIO EMILIA 62 km (+/- 450mt)

Today we will discover the land where Parmigiano is produced along with the famous Parma ham. Parma's delicate flavor, slightly salty with fragrant aroma, is the result of the particular climate conditions in which this ham is dried and aged. We will take a break in an agriturismo to taste Parma ham and other delicious products. For a taste of history do not miss Torrechiara castle. We

continue this pleasant route through cultivated fields until you reach the ancient fortress of Montechiarugola overlooking the Enza River and the castle of Montecchio, part of Matilda di Canossa's duchy defense system. We end our day with a ride through the city of Reggio Emilia, enjoying the beautiful buildings and churches in old town. Dinner in a typical trattoria. Overnight in Reggio Emilia.

Day 4 : REGGIO EMILIA – CARPI – MODENA - 57 km (+/-150mt)

Today's route through the countryside of the Po Valley will offer many possibilities for tours and



tastings. First stop is in Correggio, a small Renaissance court bearing the name of the famous painter born there. We continue

through the vineyards of Lambrusco di Santa Croce DOP on the way to Carpi, a pearl of the Renaissance and ancient home to the Pio lords. Cycle the last 18 km to arrive at the day's destination, Modena. This city offers extraordinary beauty concentrated in its graceful historic center. UNESCO has acknowledged the universal value of the city's monumental treasures by designating the Cathedral, Piazza Grande, and the Ghirlandina Tower UNESCO World Heritage. You are free for dinner. Overnight in Modena.



Day 5 : MODENA – balsamic vinegar tasting – VIGNOLA – CASTELVETRO – wine tasting – MODENA – gnocco e tigelle 65 km (+/-350mt)

After breakfast depart from Modena to Spilamberto. Here we visit an "acetaia" where authentic Balsamic Vinegar is produced. This vinegar, proudly receiving PDO status in 2000, is unique among the world's vinegar-based condiments. Continue to Vignola, the city of cherries and the famous Barozzi cake. Savour a slice of cake at the celebrated Gollini pastry and take a stroll to the mighty castle. This fortress is open to visitors and offers amazing views of the surrounding landscape from its walkways and towers. Continue on small roads to the town of Castelvetro renowned for PDO Lambrusco wine. Stop at a winery to enjoy a tasting. After passing Formigine, the route returns to Modena. Stop at Luciano Pavarotti's house. Dinner in a local trattoria to experience the typical dish "Gnocco e Tigelle". Overnight in Modena.

Day 6 : MODENA – NONANTOLA – BOLOGNA – cooking lesson 68 km (+/-300mt)

Follow the cycle path leading out of Modena along the banks of the Secchia River through countryside and vineyards. The first stop is in Nonantola to visit the Abbey. Dating back to XII^o century, this Romanesque masterpiece lies along the Romea Nonantolana route followed by pilgrims around the year 1000 as they travelled to Rome. Before heading to San Giovanni in Persiceto we will stop for a tasting at local wine cellar and private museum, with a motor section including some F1 cars. We will then follow the Navile cycle path through Sala Bolognese and on to Bologna. During our farewell evening we will all participate in a cooking lesson: we will learn how to cook some Bologna typical dishes, and we will end the experience by sharing what we have prepared! Overnight in Bologna.



Day 7: BOLOGNA

After breakfast end of tour. If you have time, take a walk through the beautiful city center famous for its nearly 40 km of porticos, the longest in the world. Nicknamed "The Learned" for its old University, and "The Fat" for its food tradition, the city is also a "UNESCO Creative City of Music". It has one of the largest and most well-preserved medieval historical centers filled with restaurants, taverns, theaters and shops. When you are ready to relax, indulge yourself with a slice of mortadella and a glass of Sangiovese! The best way to end your trip.

ITINERARY: SELF-GUIDED TOUR

8 DAYS/7 NIGHTS



Day 1 : PARMA

Arrive in Parma. Visit Parma's city center where you will find masterpieces of art, open green spaces, and significant



treasures from across the ages. This city welcomes visitors into the refined atmosphere of a small capital. Dinner is on your

own. Overnight in Parma.

Note that Parma hosts a major Verdi opera music festival throughout October – we can assist with arranging tickets.

Day 2 : PARMA - FONTANELLATO – PARMA 57 km (+/-400 mt)

After breakfast cycle through the countryside along partially paved lanes and past the Paradigna Cistercian abbey, celebrated by Stendhal as the Certosa di Parma. Enter San Secondo where you have the opportunity to visit a "caseificio", a cheese factory where Parmigiano Reggiano is produced. Parmesan, one of the most ancient cheeses, is still produced with the same traditional care taken eight centuries ago. The strict production regulations, the close link to the land of its origin, the use of raw milk and other natural ingredients (16 liters of milk are required to make 1 kg of Parmesan!) are key features which distinguish this cheese from the imitations. Don't miss a tasting! Soragna also offers many good reasons to stop: the Parmigiano Reggiano Museum, the Nicola dell'Abate's frescoes and English garden of Meli Lupi Rocca. Continue towards Fontanellato where you will find the mighty fortress of San Vitale, a castle dating back to XIV^o century and home to a great Parmigianino painting. Dinner in a typical trattoria. Overnight in Parma.

Day 3 : PARMA-REGGIO EMILIA 59 km (+/- 450-500mt)

Discover the precise area where Parmigiano is produced along with the famous Parma ham. Parma's delicate flavor, slightly salty with fragrant aroma, is the result of the particular climate conditions in which this ham is dried and aged. The air of the region, scented by the pine woods and Versilia chestnuts of the Parma hills and balanced by the mountains of Cisa, produce the essential features of real Parma Ham. For a taste of history do not miss Torrechiara castle. Set on a high perch



overlooking the Parma valley, this structure dating back to 1460, is one of the best preserved fortifications in the region. Continue this pleasant route through cultivated fields until you reach the ancient fortress of Montechiarugola overlooking the river Enza and the castle of Montecchio, part of Matilda di Canossa's duchy defense system. End your day with a ride through the city of Reggio Emilia; enjoy the beautiful buildings and churches in old town. Dinner is on your own. Overnight in Reggio Emilia.

Day 4 : REGGIO EMILIA – CARPI – MODENA 57 km (+/-150mt)

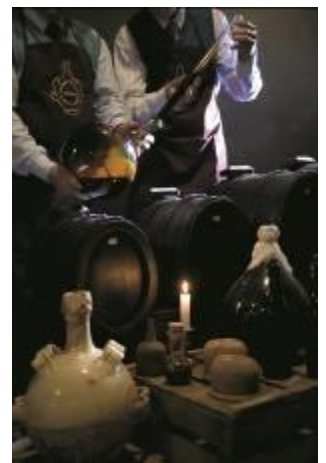


Today's route through the countryside of the Po Valley will offer many possibilities for tours and tastings. First arrive at Correggio, a prestigious small Renaissance court bearing the name of the famous painter born here. Continue through the vineyards of Lambrusco di Santa Croce DOP on the way to Carpi, a pearl of the Renaissance and ancient home to the Pio lords. Experience the significant artistic heritage of this city dating back to the Middle Ages. Visit the beautiful Romanesque church known as "La Sagra", the historic Deportation Museum, and the city square, the third largest in Italy and the site of the great castle. Cycle the last 18 km to arrive at the day's destination, Modena. This city offers extraordinary beauty concentrated in its graceful historic center. UNESCO has acknowledged the universal value of the city's

monumental treasures by designating the Cathedral, Piazza Grande, and the Ghirlandina Tower UNESCO World Heritage. Piazza Grande is the heart of life in Modena and the place where the most significant and most-loved monuments are located. The Cathedral, one of the finest masterpieces of European Romanesque, is the work of great architect Lanfranco and master sculptor Wiligelmo. Dinner in a local trattoria to experience the typical dish "Gnocco e Tigelle". Overnight in Modena.

Day 5 : MODENA – VIGNOLA – CASTELVETRO - MODENA 65 km (+/-350mt)

After breakfast depart Modena via the cycle path tracing an historic railway route to Spilamberto. Here you can visit an "acetaia", a factory where the authentic Balsamic Vinegar is produced. This vinegar, proudly receiving PDO status in 2000, is unique among the world's vinegar-based seasonings. Unlike other vinegars which are produced from an alcoholic liquid, Balsamic Vinegar is produced directly from the juice of the grape. Continue to Vignola, the city of cherries and the famous Barozzi cake. Savor a slice of cake at the celebrated Gollini pastry and take a stroll to the mighty castle. This fortress is open to visitors and offers amazing views of the surrounding landscape from its walkways and towers. Continue on small roads to the town of Castelvetro renowned for the PDO Lambrusco wine. Stop at a winery and enjoy a tasting. After passing Formigine, the route returns to Modena. Dinner is on your own.



Overnight in Modena.



Day 6 : MODENA – NONANTOLA – BOLOGNA 55 km (+/-300mt)

Follow the cycle path leading out of Modena along the banks of the river Secchia through countryside and vineyards. The first stop is in Nonantola to visit the Abbey. Dating back to XII^o century, this Romanesque masterpiece lies along the Romea Nonantolana route followed by Pilgrims around the year 1000 as they traveled to Rome. This area, dotted with manor houses and Romanesque churches, offers many options for tasting authentic

Aceto Balsamico as you continue to San Giovanni in Persiceto. Follow the Navile cyclepath through Sala Bolognese and on to Bologna. Dinner in a typical trattoria. Overnight in Bologna.

Day 7 : BOLOGNA 20 km (flat)

After breakfast a half-day of cycling will provide a tour of Bologna. In the afternoon you are free to enjoy a stroll in the beautiful city center famous for its nearly 40 km arcades, the longest in the world. Nicknamed "The Learned" for its old University, and "The Fat" for its food tradition, the city is also a "UNESCO Creative City of Music". It has one of the largest and most well-preserved medieval historical centers filled with restaurants, taverns, theaters and shops. Piazza Maggiore, where medieval palaces overlook energetic daily life and economic activity, offers a prime view of this beautiful city. History combines perfectly with the present while preserving antique charm. Among the symbols of Bologna are the medieval towers, particularly the magnificent Two Towers: Asinelli tower (98 m) and neighboring "twin" Garisenda (48 m, mentioned in Dante's Inferno). When you are ready to relax, indulge yourself with a slice of mortadella and a glass of Sangiovese wine! The best way to end your trip. Dinner is on your own. Overnight in Bologna.



Day 8: BOLOGNA

The tour ends after breakfast.

GRADING: Easy to moderate

TERRAINE: Flat to hilly terrain with some gentle climbs and descents. Average length of cycle 57 to 68 km per day. **ROADS:** 80% roads (tarmac, cycle ways, paved roads), 20% unsurfaced roads (dirt roads, unpaved roads).



INCLUDED IN TOUR COST – GUIDED OPTION

- 6 night 3* hotel accommodation, double room with bath
- 6 breakfasts, 4 dinners, 5 tastings, 1 cooking lesson
- Tourist taxes
- Luggage transfers
- English speaking tour guide

INCLUDED IN TOUR COST – SELF-GUIDED OPTION

- 7 nights accommodation, double room, with ensuite
- 7 breakfasts, 3 dinners
- Tour briefing Day 2 with delivery of bikes
- Tourist taxes
- Luggage transport
- **GPS Tracks via App with Tour Map, itinerary, points of interest and services**
- Phone number for assistance

NOT INCLUDED IN TOUR COST

- Travel to Parma and from Bologna
- Some meals
- Bike Rental
- Entrance fees and tickets

- Insurance
- **RECOMMENDED: Paper Road book – can be purchased in advance - €15**

DEPARTURES & COSTS FOR GUIDED OPTION 2020: 7 Days/6 Nights

GUIDED: On application

DEPARTURES & COSTS FOR SELF-GUIDED OPTION 2020: 8 Days/7 Nights

Departs: Every Sunday from 01 March to 21 June and 06 September to 08 November 2020

	Standard 3* Hotel	Deluxe 4* Hotel
Double	€980.00	€1315.00
Add single room	€335.00	€ 615.00
Bike Rental	€ 90.00	
E Bike Rental	€200.00	
Extra Night Parma Double B&B	€55.00	€ 68.00
Extra Night Parma Single B&B	€100.00	€128.00
Extra Night Bologna Double B&B	€74.00	€134.00
Extra Night Bologna Single B&B	€110.00	€228.00

BIKE INSURANCE FOR DAMAGE AND THEFT

Standard Bike	€25 per week
E-Bike	€50 per week

TRANSFERS & AIRPORTS:

At the end of the tour you can return to Parma by train – approximately 1h15, and €8 per person. Nearby airports are Milan, Parma and Bologna; all offer shuttle services to the railway station. There are many trains connecting Milano, Parma and Bologna.

RENTAL BIKES:

24 speed aluminium unisex bikes (up to 175cm) and diamond frame bikes (175cm plus). Disc brakes, front suspension, anti-puncture tires, gel saddle, ergonomic handlebar grips, pannier bag, handlebar bag



BOOK THROUGH:

A Walker's World

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