



ADVENTURE
EDELWEISS TOURS

ACT CENTRE OF ITALY UNPAVED

” Enduro fun in Italy: Enjoy a ride in the land of milk and honey! “

www.edelweissbike.com

RIDING DAY 1 : BOLOGNA - CESENA

Standard Route (265 km / 165 miles)

We leave the city of Bologna, also called "La Grassa" ("the fat one") for its rich cuisine (as well as - especially by Ducatisti - "La Rossa" ("the red one")), and head for the mountains. The Apennines, which begin just south of the city, reach an altitude of 2,165 meters in Monte Cimone. We don't ride very far into the mountains today, but already in the foothills, there are gorgeous winding roads and many unpaved trails.

This was once the home of the Etruscans, and anyone interested in this pre-Roman people should visit the impressive museum in Marzabotto.

On winding paths, we reach the Passo della Raticosa, not even a thousand meters high and yet famous, because the mountain races that took place here in the 50s and 60s are legendary. A little later we enjoy the view from Monte Battaglia, which has seen many military conflicts, the last one during the Second World War. We then cross a few more side valleys, mostly on tiny and often unpaved roads, and finally descend to Cesena. In the vicinity of this surprisingly large city, we spend the night.

Highlights:

#1: Marzabotto



When the Etruscans began founding colonies north of their original tribal area in the late sixth century BC, they expanded into Po Valley and the route leading there. One of the first settlements was Marzabotto, now the best-explored and best-preserved Etruscan town.

Two necropolises were explored in the second half of the 19th century leading to extensive excavations that unearthed 17 inhumations with weapons and jewelry as well as the foundation walls of various buildings, such as an acropolis and a foundry. Scientists also found several well-preserved metal objects and a special fibula now known as a Marzabotto fibula. Many of these finds are presented in the on-site museum Museo Nazionale Etrusco "Pompeo Aria" depicting the development of the Etruscan town from its foundation to its demise after an attack by the Gauls around 350 BC. (www.zainoo.com)

RIDING DAY 2 : CESENA - CITTA DI CASTELLO

Standard Route (225 km / 140 miles)

The Adriatic coast is near and as we leave Cesena we wave goodbye to it. We swing back into the Northern Apennines, taking tiny asphalt roads, well-maintained dirt roads, and secluded forest paths under our wheels. Four Italian provinces are on the program, from Emilia-Romagna we go first to Tuscany, then to Marche, and finally to Umbria, where our destination, Città di Castello, is located. The city lies in the bustling Tiber Valley and has a remarkable cathedral, which combines 1500 years of architectural history. So there is plenty of culture to enjoy...

Highlights:

#1: Northern Apennine



The 1,500 km long mountain range that stretches along the Italian boot from north to south is divided into three parts: the northern, the central, and the southern Apennines. The Northern Apennines extend roughly from Savona to Lake Trasimeno, culminating in the 2,165-meter-high Monte Cimone. While there are large cities on both sides of the mountains, such as Florence, Bologna, or Genua, the mountains themselves are sparsely populated. This leaves plenty of room for great natural scenery and many beautiful, small, low-traffic roads.

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RIDING DAY 3 : CITTA DI CASTELLO - LAGO TRASIMENO

Standard Route (250 km / 155 miles)

Today we enter the central part of the Apennines, even if only the northernmost reaches. But already up here it is wild and beautiful and the mountains reach more than 1.700 m altitude. Monte Nerone, at 1,525 m, is one of the highest points we will reach on this tour.

The town of Gubbio is a medieval gem that is not directly on our route, but of course, can still be visited. Pasta, caffè, gelato - yes, this is Italy.

Lake Trasimeno is not far from here, but there are still exciting roads and tracks waiting for us, so we will be busy most of the afternoon. And in the evening we'll watch the red sun dip into Lago di Trasimeno....

Highlights:

#1: Monte Nerone



Monte Nerone is a mountain in the central Apennines, located in the Marche and Umbria regions of Italy. It has an elevation of 1,525 meters (5,003 feet) and is known for its stunning natural beauty and rich biodiversity, including various plant and animal species. The area surrounding Monte Nerone offers opportunities for outdoor activities

such as hiking and climbing, making it a popular destination for nature enthusiasts and adventurers. Additionally, the mountain has historical significance, with traces of ancient settlements and artifacts dating back to different periods.

#2: Lago Trasimeno



Lake Trasimeno is the largest lake on the Italian peninsula with a surface area of 128 km², slightly less than Lake Como. The charming villages around the lake invite a cappuccino break.

In 217 B.C. a great battle took place here, in which the Roman army was decisively defeated by the Carthaginian commander Hannibal.

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RIDING DAY 4 : LAGO TRASIMENO - ORVIETO

Standard Route (200 km / 124 miles)

New day, fresh excitement. Today we ride to Tuscany!

We leave Lake Trasimeno behind us, cross the busy north-south A1 highway, and then we're off up into the typical Tuscan hills, many of which are crowned by a village or small town. Vineyards are ubiquitous here and again and again, we see familiar names, e.g. Montepulciano. Pienza and San Quirico d'Orcia are two particularly pretty towns that very insistently invite you to take a break. Bagno Vignoni is something very special, rewarding those who stowed a bathing suit on the bike in the morning.

The hot springs here and in the surrounding area indicate volcanism and there is indeed a real volcano: Monte Amiata, 1,738 meters high and visible from afar. However, it has not been active for about 180,000 years, so we can approach it without any worries and enjoy the winding roads.

Passing the heavily wooded Monte Rufeno nature reserve, we finally reach the wide, densely populated valley again, where the A1 passes. Not far from there, we can see the city of Orvieto rising impressively from a tufa plateau, with its labyrinth of narrow streets and the unique cathedral.

Highlights:

#1: Tuscany



During the 8th century BC, the Etruscans started settling in the area that is nowadays known as Tuscany. They picked a very beautiful part of Italy, including a beautiful coastline, some lakes, and wonderful mountain regions. Cities like Pisa, Lucca, Florence, and Siena are still proof of the amount of art and architecture that makes this region so special. And as soon as you leave those famous tourist

centers behind, you submerge into the "real" Italy, with little roadside cafés, small and twisty mountain roads, and spectacular views behind every corner.

#2: Pienza



The model city (Città ideale) designed on the drawing board was created here in his birthplace according to the will of Pope Pius II. In just two years of construction, Pienza was to become the "Pearl of the Renaissance. But Pius died before the completion of the enormous project. Pienza lives mainly from daytime tourism and has 1 million visitors a year. Only in the evening, it becomes quieter and numerous wine bars invite for a glass of wine. We should not miss visiting the bar Il Casello and enjoy the incredible view.

#3: Orvieto



Situated on a tuff plateau at 325 meters above sea level, this town, known since Etruscan times, impresses above all with its Cathedral of Santa Maria, known all over the world. Begun in 1288, it offers us the opportunity to admire the mosaic facade, the rose window, as well as bas-reliefs, and many other details. But besides this typically basilical cathedral, Orvieto offers a lot more, for example, the Pozzo di San Patrizio. A 62 m deep well, in which two non-touching staircases allow for separate ascent and descent.

RIDING DAY 5 : ORVIETO - LEONESSA

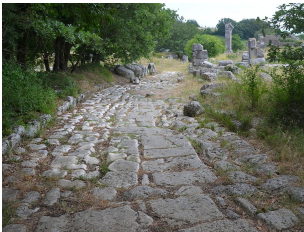
Standard Route (240 km / 149 miles)

Today we will spend most of the day in the province of Umbria, traveling away from civilization for much of the time, mainly heading west. Sleepy villages provide variety, a Roman archaeological site is right along the way, but detours to other highlights can be added, such as a petrified forest or a truffle museum. In the afternoon we climb high, three formidable mountains lie along the way and even if we don't quite conquer the peaks, we do reach heights of about 1,200 meters.

Our destination is Leonessa, a small, pretty and, at about 750 years old, very young town by local standards.

Highlights:

#1: Carsulae



Villages along the Via Flaminia, one of the main roads of the Roman Empire, established in the 3rd century BC, often achieved considerable prosperity through the trade that was conducted along the road. One of these towns was Carsulae, which was founded around the turn of the millennium and flourished until the course of the Via Flaminia was changed in the 3rd century AD. An earthquake in the 4th century meant the end of the settlement, which

was never built over after that. That's why there is still a lot to see here, although no Colosseum...

RIDING DAY 6 : LEONESSA - ROMA (ROME)

Standard Route (290 km / 180 miles)

Our last day of touring takes us into Rome, but before the Eternal City sucks us in, we treat ourselves to a few more exciting dirt roads and winding little asphalt roads. First, we head towards L'Aquila, the largest city in the region, which was badly damaged by an earthquake in 2009. There are many earthquakes in this area, and some of them were devastating. On January 13, 1915, more than 30,000 people died in and around Avezzano, located south of L'Aquila.

Not far from here, to the north, rises the Gran Sasso, at 2,912 meters the highest mountain in the Apennines and - with the exception of Mount Etna - in all of Italy outside the Alps. But we ride to the south and cross Passo Serra Sant Antonio, not only the last but also one of the highest passes of the tour. From here we can already make out Rome in the distance, or at least the haze that often lies over the city. As long as possible we stay on small side roads, one more bend and one more... Rome can wait.


Highlights:

#1: Roma (Rome)



Rome - the Eternal City. You can't see Rome in one day. When you walk around, you feel like you are in a gigantic museum - a living collage of squares, piazzas, markets, and incredible historic sights. Throw a coin into the Trevi Fountain, admire the Colosseum and the Pantheon. Sip a cappuccino to get ready for your afternoon shopping tour on the Campo de Fiori or in Via Veneto. Around the Spanish

Steps, you can find all the famous Italian designers. The best time to visit St. Peters Basilica is in the late afternoon when the lines become shorter. You will be amazed by the size of this church - and by Michelangelo's Pietà. Climb up the cupola and enjoy the sunset over the roofs of this fascinating city!



We wish you a wonderful tour.

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EDELWEISS BIKE TRAVEL // Sportplatzweg 14, 6414 Mieming, Austria
Tel.: +43 5264 5690 // Fax: +43 5264 5690 3
facebook.com/edelweissbicycletours // info@edelweissbicycle.com
www.edelweissbicycle.com