SPICE ROADS
CYCLING

GRAVEL

ITALY COAST TO COAST BY GRAVEL BIKE

Tour Code
ITA-CTC

9 DAYS
8 NIGHTS

Destinations	Italy
Tour Meets	Ancona
Tour Ends	Porto Santo Stefano
Fly in to	Ancona International Airport (AOI)
Fly out of	Rome Fiumicino Airport (FCO)
Group Size	4-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**495** km Total cycling distance
71 km Avg distance / day	**1307** m Avg climbing / day

PRICING

Price	US$ 4,125
Bike Hire (Gravel Bike)	US$ 440
Bike Hire (E-Bike)	US$ 545
Single Supplement	US$ 590

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

11 Oct - 19 Oct 2026
14 Mar - 22 Mar 2027
09 May - 17 May 2027
12 Sep - 20 Sep 2027
10 Oct - 18 Oct 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This tour covers 495 km over 7 days of riding from Sirolo, on the east coast, to Porto Santo Stefano, on the west coast of Central Italy. We cover three regions – Marche, Umbria, and Tuscany – with a varied terrain ranging from rolling hills, vineyards, olive groves, the rugged Apennines, the beautiful Val D'Orcia, and the wild Maremma. This is Central Italy at its best, made possible by an exclusive and novel gravel biking route.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: The tour is suitable for cyclists possessing a good level of physical fitness as the average distance per day is more than 70 km and the average climb per day is more than 1000 m. Fitness will be a huge asset on those long days and challenging climbs. You should be comfortable on a gravel bike and have experience navigating on rocky roads for extended periods. There are some challenging technical sections. There are no rest days, though we have the afternoons free to relax and recharge. The tour is guided and fully supported, and a transfer is possible at certain points during each stage for any weary riders. As the tour visits many charming villages, towns, heritage sites and vineyards, riding is not the only focus and a fair amount of time will be spent off-saddle to explore these fascinating and picturesque places. If you are a fan of wine and gastronomy, then you will also love this tour.

Biking Conditions: This route has been designed specifically for gravel bikers and so we ride on a mix of gravel and secondary asphalt roads. The conditions of the roads vary widely, ranging from hard-packed and level to loose and bumpy. Throughout all days, the terrain is hilly and changeable with flat sections and a lot of climbs and descents. Some climbs can be gradual while others are short but steep. For the most part, you can expect very little traffic in the countryside but coming in and out towns, as well as near popular tourist attractions, we will share the roads with cars and buses and rules of traffic must be observed. While rainfall is uncommon during the months we schedule our tours, showers can occur at any time – we generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Day 1: Meet in Ancona and Transfer to Sirolo

We meet in the port city of Ancona, the gateway to the Marche region along the Adriatic coast. From here, we'll whisk you away to Sirolo, a picturesque town nestled further down the coastline. Situated atop cliffs with panoramic views of the Adriatic Sea and featuring a medieval town square, we couldn't ask for a more scenic launchpad to our cycling adventure. In the evening we gather for a trip briefing and welcome dinner.

Villa Ghirardelli Dinner

Day 2: Sirolo – San Marcello

Bidding farewell to the Adriatic coastline, our inaugural ride takes us into the rustic heart of Central Italy. We ride on a mix of paved and gravel roads across a landscape of undulating hills in the historic hinterlands of Marche. We pause in Offagna, a medieval hilltop village with an excellently preserved 15th-century fortress, 'Rocca di Offagna'. We will also pass by another historic gem, Polverigi, with its distinctive circular old town center. Our day's route concludes amidst the green hills of San Marcello for some R&R at a renovated wine estate. Indulge in a glass or two of the estate's exquisite natural wines produced on-site.

Tenuta San Marcello Breakfast, Lunch, Dinner

Ride 60km +1270m -1200m

Day 3: San Marcello – Fabriano

Today we head for the eastern foothills of the Apennine mountains, the rocky backbone of the Italian Peninsula. The first half of the ride takes us along a winding network of gravel roads through olive groves and vineyards. These are the valleys where Verdicchio di Jesi – awarded as the second best wine in the world – is produced. As we inch our way closer to the Apennines we'll stop in the medieval village of Serra San Quirico and discover its narrow streets and piazza. The second half of the ride then takes us into the eastern foothills of the Apennines with longer ascents and descents on gravel roads. A highlight is passing through the Gola di Frasassi, a scenic canyon with rugged limestone cliffs and home to the famous Frasassi Caves. A final climb leads us to Fabriano, Italy's 'City of Paper' which for hundreds of years was Europe's most esteemed paper production center. Explore this heritage-infused town before we meet for dinner.

B&B La Portella Breakfast, Lunch, Dinner

Ride 62km +1880m -1726m

Day 4: Fabriano – Cannara

From Fabriano, we take a few km of paved secondary roads before switching to gravel roads that cross the Apennines. We now find ourselves in Umbria, Italy's green heart, filled with beautiful rolling hills covered with forests, farmland, and villages. We ride up and down the region's quintessential 'white roads' for around 40 km, punctuating this stage with a fun (and bumpy!) descent to the historic town of Assisi. Nestled in the western slopes of the Apennines, Assisi was the birthplace of St. Francis, founder of the Franciscan Order, to whom the town's beautiful Basilica – a UNESCO World Heritage Site – is dedicated. We'll spend some time uncovering Assisi's architectural, religious, and artistic splendors before a gentle finish to today's ride through the Umbrian countryside. We spend the night at an elevated farm stay surrounded by olive groves near the town of Cannara. You can enjoy homemade olive oil and ,of course, some fine local wine!

Incanto della Natura Breakfast, Lunch, Dinner

Ride 76km +1500m -1620m

Day 5: Cannara – Montepulciano

From Cannara we ride through one of Umbria's prime winegrowing regions and ,after around 60 km, we'll reach Central Italy's largest lake, Trasimeno. It is also the fourth largest lake nationwide though compared to its more well known counterparts exudes a calmer and more low-key ambiance. Trasimeno's gentle, shallow waters and string of medieval towns dotting the marshy shoreline make for a lovely backdrop. We trace part of the lake via a dedicated bike path before veering west to enter Tuscany where we hop onto the so-called 'land reclamation path', a network of mostly gravel roads following an ancient canal which turned this area of Tuscany from wild valleys into an agrarian hinterland with farms and vineyards as far as the eye can see. We

conclude our ride in Montepulciano, a town of mixed medieval and renaissance character located high up on a rocky ridge overlooking the iconic Tuscan countryside. It's hard to dream up a more picture-perfect locale to conclude and celebrate today's long ride! With plenty of osterias to choose from, dinner is on your own tonight. Make sure to pair with the Vino Nobile di Montepulciano, the town's signature wine.

Palazzo Tombesi Trecci | Breakfast, Lunch

Ride 90km | +1200m | -965m

Day 6: Montepulciano – Montalcino

Today we ride the famous white roads of Tuscany, made popular by the L'Eroica and Strade Bianche cycling events. These twisty, undulating chalk roads wind through Tuscan hills and vineyards, offering a challenging yet dreamy ride. But we aren't racing! We'll be taking our time to savor the roads and the places they lead to. Our first stop is Pienza, 'the ideal town', so named due to its conception by a 15th-century pope as an exemplary Renaissance urban space. This pope would be happy to know that Pienza is now listed as a UNESCO World Heritage Site. We then cross Val d'Orcia – with its iconic cypress trees lining the roads – to reach the village of Buonconvento which is surrounded by a still intact 14th-century defensive wall. The final stretch takes us on a winding climb to the fairytale hilltop town of Montalcino. Beyond the charm of its setting and historic piazza, the town is best known for being the home of one of Italy's most renowned wines: Brunello di Montalcino.

Albergo il Giglio | Breakfast, Lunch, Dinner

Ride 60km | +1300m | -1300m

Day 7: Montalcino – Scansano

From Montalcino, we'll "treat" ourselves to a few km of asphalt before returning to Tuscan gravel roads. Not too long into the ride we'll see the imposing Abbey of Sant'Antimo rise above the rolling hills. Benedictine monks still reside in the abbey and perform Gregorian chants in the Romanesque church. We then continue to the castle of Porrona, a beautifully restored 13th-century Sienese stronghold. From here onwards we traverse the Maremma, a pristine and lesser-known region of southern Tuscany with dense forests. This wilderness will be our home for tonight as we go glamping at a nature lodge nestled in the Maremma hills near Scansano. The property is only accessible by off-road vehicle, offering a truly remote experience in the heart of Italy.

Tenuta San Ludovico | Breakfast, Lunch, Dinner

Ride 77km | +1380m | -1540m

Day 8: Scansano – Porto Santo Stefano

It is time for the home stretch as we cycle to the Tyrrhenian coast. From the forests of Maremma, we have a final climb to the town of Scansano, famous for producing Morellino di Scansano, a beloved Tuscan wine. We then enjoy a mostly downhill ride to the coast, soaking in our final views of the Tuscan hills, vineyards, and charming historic villages. Once we reach sea level we cross onto the Argentario promontory. This rugged headland offers a grande finale to our adventure as we are welcomed by the azure waters of the Tyrrhenian Sea. High fives are surely in order when we saddle-off in the coastal town of Porto Santo Stefano where we'll celebrate our journey with a farewell dinner.

Bike&Boat hotel | Breakfast, Lunch, Dinner

Ride 70km | +617m | -1000m

Day 9: Porto Santo Stefano Departure

Arrivederci! Feel free to extend your stay and relax by the sea or travel onwards to your next destination in Italy or beyond. Arrangements for transfers or post-tour hotels can be made.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide high-quality Cinelli (or similar) gravel bikes ideally suited for the conditions and terrain on this tour. If you bring your own bike, please make sure it is a gravel bike in good mechanical order. We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Italy is a founding member of the Schengen Area. Citizens of the UK, US, Canada, Australia, and New Zealand do not require a visa for short-term tourism. All visa-exempt travellers must obtain a valid ETIAS approval prior to arrival. This digital registration links to your passport and remains valid for three years. The Entry/Exit System (EES) operates at all borders, requiring a biometric registration of facial images and fingerprints upon entry into the Schengen zone. For citizens of the EU, Switzerland, and Norway, entry is permitted with a valid National ID card or passport. Ensure your passport remains valid for at least three months beyond your intended date of departure.

Health & Insurance

No specific vaccinations are mandatory for entry to Italy. We recommend remaining current on standard boosters such as Tetanus and Hepatitis A/B. When cycling in rural or forested areas, be mindful of ticks and consider a vaccination for tick-borne encephalitis if you plan significant time in the backcountry. Comprehensive travel insurance is essential and must specifically cover cycling activities

and medical evacuation. EU citizens should carry a valid European Health Insurance Card (EHIC), while UK citizens should carry a Global Health Insurance Card (GHIC).

Weather

The prime window for cycling in Italy spans from April to October.

- **Northern Italy:** The Alps and Dolomites are best from June to September to avoid snow on high passes.
- **Central & Southern Italy:** Spring (April to June) and Autumn (September to October) offer the most comfortable riding temperatures, typically between 18°C and 26°C.
- **Summer Peak:** July and August can be intensely hot, particularly in the south and Sicily, with temperatures often exceeding 35°C.
- **Gear:** Pack a lightweight waterproof shell for mountain descents and breathable fabrics for the Mediterranean humidity.

Food

Italian cuisine is fiercely regional and celebrates the honesty of local produce. You must try regional staples such as **Pici** pasta in Tuscany, **Orecchiette** in Puglia, and fresh **Cannoli** in Sicily. Local markets provide a wealth of seasonal vegetables, artisanal cheeses, and cured meats. Italian meals follow a traditional structure of *Antipasto*, *Primo*, and *Secondo*, providing the perfect caloric foundation for long days in the saddle. All dietary needs are managed upon notification at the time of booking.

Drink

Coffee is a cornerstone of Italian life; expect a quick, standing espresso at a local bar to start your day. Italy is the world's largest wine producer, offering a sophisticated range from the sparkling **Prosecco** of the north to the bold **Primitivo** of the south. Tap water is safe and of excellent quality throughout the country, and many town squares feature historic fountains where you can refill your bottles. Alcohol during meals is not included in the tour price.

Solo Travellers

SpiceRoads welcomes solo adventurers and does not charge a mandatory single supplement. We arrange for you to share a room with another traveller of the same gender in twin-share accommodation. If no match is available, you receive a single room at no additional cost. If you prefer to guarantee your own private room for the duration of the trip, a single supplement is available at the rate listed in the tour pricing.

Extra Expenses

Italy offers a high standard of living with costs that vary significantly by region. Budget for personal incidentals such as designer leather goods, artisanal ceramics, or high-quality olive oils. Tipping is not strictly mandatory as a service charge (*coperto*) is often included, but rounding up the bill for good service is appreciated. Small gratuities for your support crew are also a common gesture of appreciation.

Money

The currency is the Euro (€).

- **Card Acceptance:** Credit and debit cards are widely accepted in hotels, restaurants, and shops in major cities and tourist hubs.
- **ATMs:** Cash machines (*Bancomat*) are plentiful and accept most international cards.
- **Rural Cash:** In smaller villages, rural farm stays (*agriturismi*), and some local markets, a cash-based economy remains prevalent. It is essential to carry Euro notes for small purchases, coffee breaks, and for use in remote areas where card terminals may be unavailable.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

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