

8 days / 7 nights

From Gran Sasso to the infinite blue

Cycling holiday in Abruzz



starting from **1260 €**

SKU: **ISY0016**

12 PLACES AVAILABLE

 **Departure from** 04 July 2026

 Group

 Itinerant

 Bike Gravel - E Bi...

 8 giorni

 400 Km

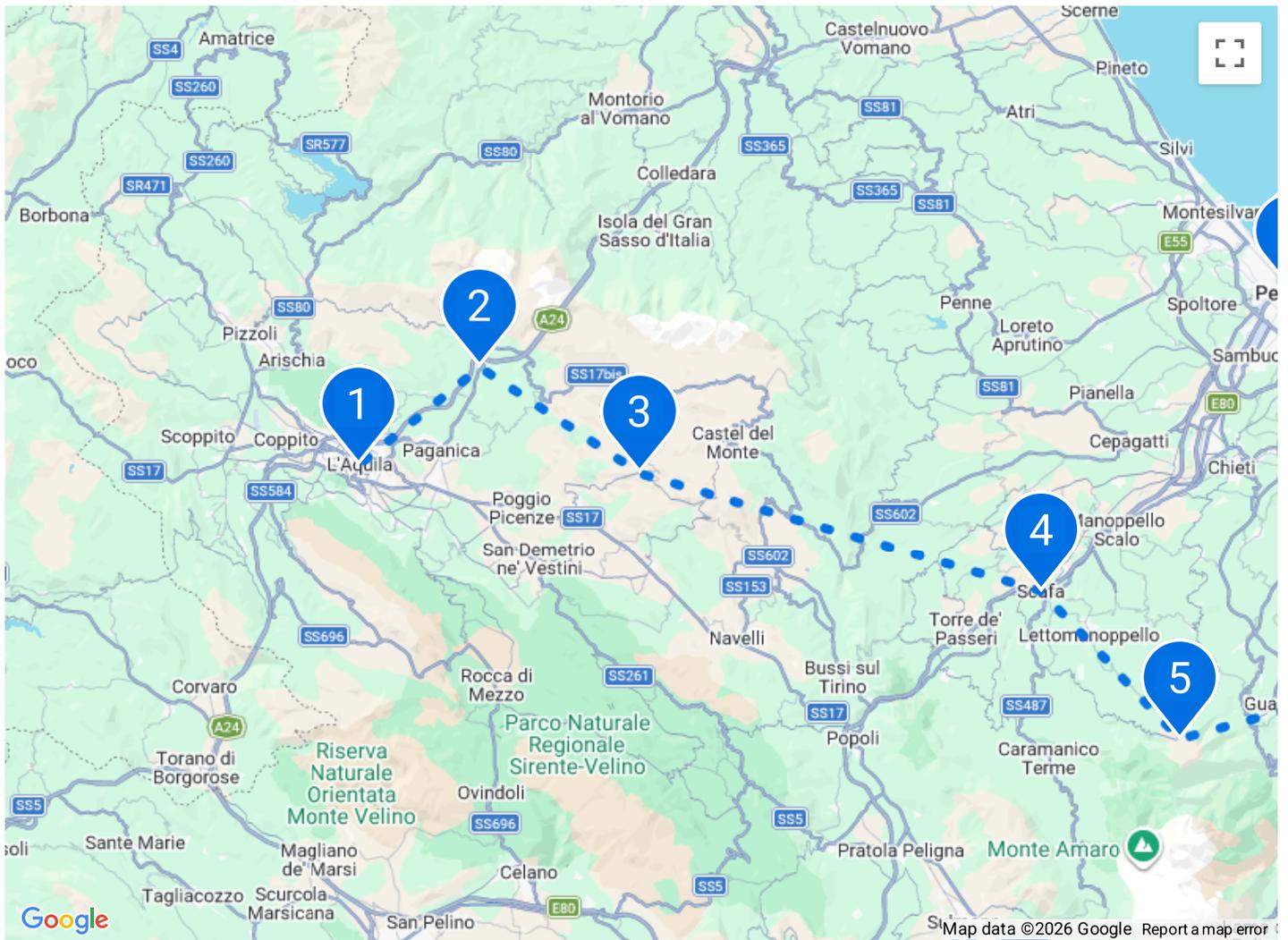
 **Medium**

 Operated by **BikeLife**

Tour Overview

Ride across Abruzzo's most iconic landscapes — from Gran Sasso to the Adriatic coast. Discover medieval villages, vineyards, and breathtaking scenery in a cycling tour that combines adventure and authenticity.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

L'Aquila

Arrival in Pescara, transfer to L'Aquila and self-guided tour of the town. Dinner and overnight stay.

Duration:

Height difference: 0 m

Accommodation: L'Aquila



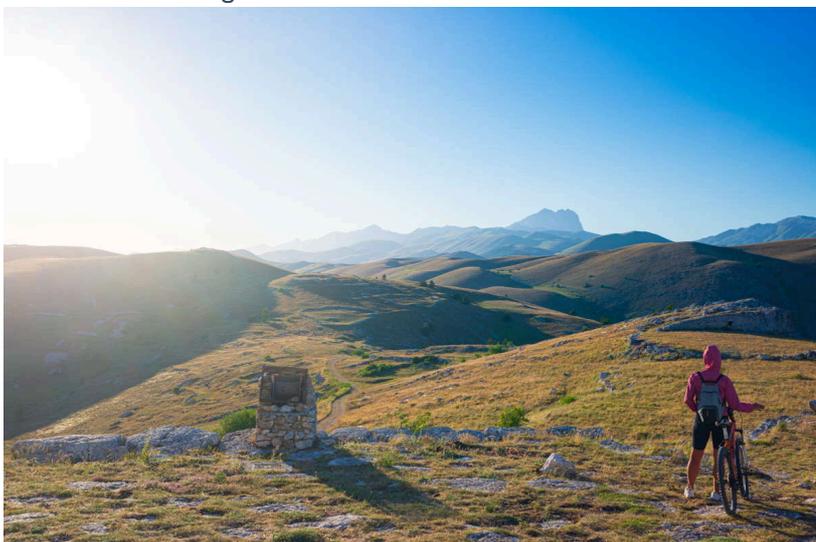
Assergi

Starting from L'Aquila, our biking adventure will lead us through breathtaking landscapes and unforgettable mountain scenery. From Amiternum, following the Grande Via del Parco, we will pedal towards the Capannelle Pass, a challenge that will reward us with a spectacular panorama featuring Lake Campotosto in the distance. We will continue along a scenic mountain bike path, tackling the ascents towards Mount San Franco. Along the way, we will admire the beauty of the surrounding nature. Our next destination is San Pietro della Lenca, where we will immerse ourselves in the authentic atmosphere of the place before embarking on our ascent towards the majestic Gran Sasso. Dinner and overnight stay.

Duration:

Height difference: 700 m

Accommodation: Assergi



Santo Stefano di Sessanio

Explore the magnificence of Gran Sasso by bike with a captivating route from Assergi to Santo Stefano di Sessanio. After a panoramic cable car ride from Assergi, we'll find ourselves at the foot of Corno Grande, where we'll admire the spectacular plain of Campo Imperatore, also known as the "Little Tibet." We'll cycle through this picturesque landscape, enjoying the cool breeze and breathtaking views as we head towards Santo Stefano di Sessanio. The route not only offers an exciting challenge but also the opportunity to immerse ourselves in the natural beauty of Gran Sasso, with its imposing peaks and expanses of Campo Imperatore unfolding before us. Join us for an unforgettable cycling adventure, exploring the majesty of Gran Sasso and being enchanted by the evocative atmosphere of Santo Stefano di Sessanio. Dinner and overnight stay.

Duration:

Height difference: 800 m

Accommodation: Campo Imperatore



Alanno/Scafa

The thrilling touring bike stage from Santo Stefano di Sessanio to Alanno/Scafa offers a unique cycling experience. After a panoramic descent from the Little Abruzzo Stelvio, we'll immerse ourselves in a hilly ride through lands dedicated to vine cultivation and the production of fine wines. The route will lead us through picturesque landscapes, with stops in charming villages that dot our path. It will be a journey among lush vineyards, where the scent of the terroir will accompany us along the way (wine tasting in the Tirino Valley). This stage promises a perfect harmony between the beauty of the hilly landscape, the local wine culture, and the authentic atmosphere of the villages we pass through. An unforgettable experience for cycling enthusiasts, wine lovers, and those seeking to discover hidden treasures among the Abruzzo hills. Dinner and overnight stay.

Duration:

Height difference: 700 m

Accommodation: Alanno/Scafa



Passolanciano/Blockhaus

Let yourself be enchanted by the beauty of a bike climb from Alanno/Scafa to Mammarsosa/Passolanciano and Blockhaus. Along the way, you'll enjoy a 360° panoramic view of the imposing peaks of Gran Sasso and Maiella. The ride will take you through breathtaking scenery, providing a unique cycling experience. Arriving at Passolanciano, before Mammarsosa and Blockhaus, will be a special moment to admire the beauty of the surrounding nature. Join us for a cycling adventure that celebrates the connection with nature and the discovery of spectacular landscapes. Get ready to conquer the heights and experience an unforgettable journey on your two wheels. Dinner and overnight stay.

Duration:

Height difference: 850 m

Accommodation: Passolanciano/Blockhaus



Fossacesia

Embark on a cycling adventure from Mammарosa to Fossacesia, offering an extraordinary descent to the sea through medieval villages and towns overlooking the eastern Maiella. During the ride, we'll traverse places steeped in history, with a stop in Lanciano before heading towards Fossacesia. Here, the majestic Abbey of San Giovanni in Venere will welcome us with its millennia-old charm, while the Trabocchi Coast will treat us to breathtaking landscapes along our coastal ride. Join us on this unforgettable cycling experience, exploring the allure of medieval villages, savoring history, and admiring the beauty of the Adriatic Coast. Pedal with us towards new discoveries along the stunning road connecting Mammарosa to Fossacesia. Trabocco dinner and overnight stay.

Duration:

Height difference: 550 m

Accommodation: Fossacesia



Pescara

Conclude your cycling adventure from Fossacesia to Pescara along an exhilarating coastal route. After days where the sea was just a distant backdrop, today you'll finally have it within sight along the picturesque Trabocchi Coast. We'll traverse picturesque seaside villages like San Vito Chietino and Ortona, immersing ourselves in the beauty of the Abruzzo coast. The ride will take us through Francavilla al Mare, with the sea accompanying us throughout the journey. Join us in this thrilling final stage, exploring the magic of the Trabocchi Coast and being lulled by the sea breeze as we pedal towards Pescara. A coastal experience that completes the circle of this unforgettable cycling adventure through seaside lands and captivating landscapes. Dinner and overnight stay.

Duration:

Height difference: 300 m

Accommodation: Pescara



Pescara

After breakfast, end of services and departure to respective destinations. Goodbye in Abruzzo!

Duration:

Accommodation:

 Pescara

Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic Insurance (see terms and conditions)

[Download insurance details.](#)

Bike Touring

Rent the Bianchi C-Sport in Pescara and experience the thrill of sports cycling! This powerful bike lets you explore the best trails in Abruzzo, from the stunning Costa dei Trabocchi to lush hills. Perfect for those seeking a two-wheeled challenge. Book now for an intense and rewarding adventure! Images, colors, and patterns are to be considered as examples only and are not binding.

Size: 47 - 43 - 51 - 55

Price starting from: 135.00



E Bike E Omnia

Rent the E-Omnia T Type Bianchi Electric Bike for Your Vacation in Abruzzo The E-Omnia T Type Bianchi is the perfect choice for those looking to rent an e-bike for their vacation in Abruzzo. This versatile and powerful Bianchi e-bike is ideal for urban commuters and off-road adventure enthusiasts alike. Explore Pescara and its surroundings with ease, enjoying a comfortable and effortless riding experience. Perfect for both city routes and challenging trails, the E-Omnia T Type will take you wherever you want to go, making your vacation unforgettable. Rent today and discover the joy of cycling in Abruzzo with a high-quality electric bike. Images, colors, and patterns are to be considered as examples only and are not binding.

Size: M - L - S - XS

Price starting from: 216.00



Price and discount rooms

Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

FROM GRAN SASSO TO THE INFINITE BLUE

Departure dates



04 July 2026
→
11 July 2026

starting from
1260 €



01 August 2026
→
08 August 2026

starting from
1260 €



29 August 2026
→
05 September 2026

starting from
~~1260 €~~
1197 €



26 September 2026
→
03 October 2026

starting from
1160 €

Departures on request

starting from **1160 €**
April 2026

starting from **1160 €**
May 2026

starting from **1260 €**
June 2026

starting from **1260 €**
July 2026

starting from **1260 €**
August 2026

starting from **1160 €**
**September
2026**

starting from **1160 €**
October 2026

What's included

- ✓ Phone assistance
- ✓ Dinner (without drinks)
- ✓ Trabocco dinner
- ✓ Breakfast
- ✓ Tasting
- ✓ Travel document
- ✓ Tour Operator Guarantees
- ✓ Guide
- ✓ Overnight stay in a Double Room
- ✓ Stay in a 4-star or similar accommodation
- ✓ GPX Tracks
- ✓ Transfer
- ✓ Luggage transport

What you will visit

- 📍 L'Aquila
- 📍 Assergi
- 📍 Santo Stefano di Sessanio
- 📍 Alanno/Scafa
- 📍 Passolanciano/Blockhaus
- 📍 Fossacesia
- 📍 Pescara
- 📍 Pescara

Accommodation



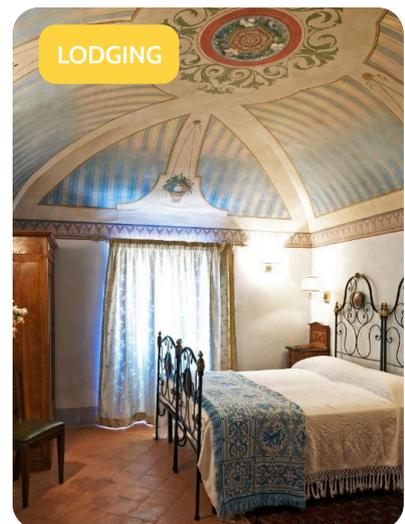
HOTEL

L'Aquila



HOTEL

Assergi



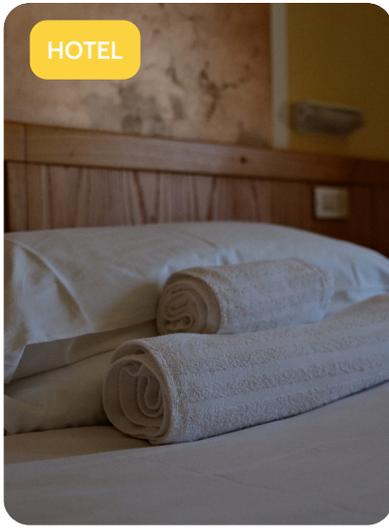
LODGING

Santo Stefano di



HOTEL

Alanno/Scafa



HOTEL

Passolanciano/Blockhaus



HOTEL

Fossacesia



HOTEL

Pescara

To know

✓ How to get there

By Car: A14 exit Pescara Nord

By Train: Pescara railway station

By Plane: Abruzzo Airport or Rome

✓ Features of the trip

Open to travelers of all ages. You can travel independently or in a group, with full support from the agency. On a group vacation, you may meet international participants with different habits from your own. On a cycling tour, you might ride alongside people with e-bikes or traditional bikes: respect everyone's space and enjoy the experience. The tour is organized by local guides and operators, carefully selected to offer you a safe and unforgettable experience.

✓ General travel information

Remember to bring a valid passport or ID card, with an expiration date at least 6 months after the departure date. The itinerary may be subject to changes before and/or during the trip. On group tours and in certain villages, it may be necessary to stay in small, distributed accommodations due to the lack of large structures. Please inform us of any food intolerances at the time of booking: we will do our best to accommodate them, but cannot guarantee it. Local tourist taxes are to be paid on site.

✓ Currency

Euro

✓ Vaccinations

No

✓ Documents and visas

Passport, ID card

✓ Emergency numbers

Emergency number: 112

✓ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!