

5 days /4 nights

Cycling in Navelli: the Medieval Jewel of Saffron

Saffron Harvesting and Processing



starting from **750 €**

SKU: **ISY0045**

10 PLACES AVAILABLE

 **Departure from 24 April 2026**

 **Group**

 **Itinerant**

 **Mtb - Bike Gr...**

 **5 giorni**

 **119 Km**

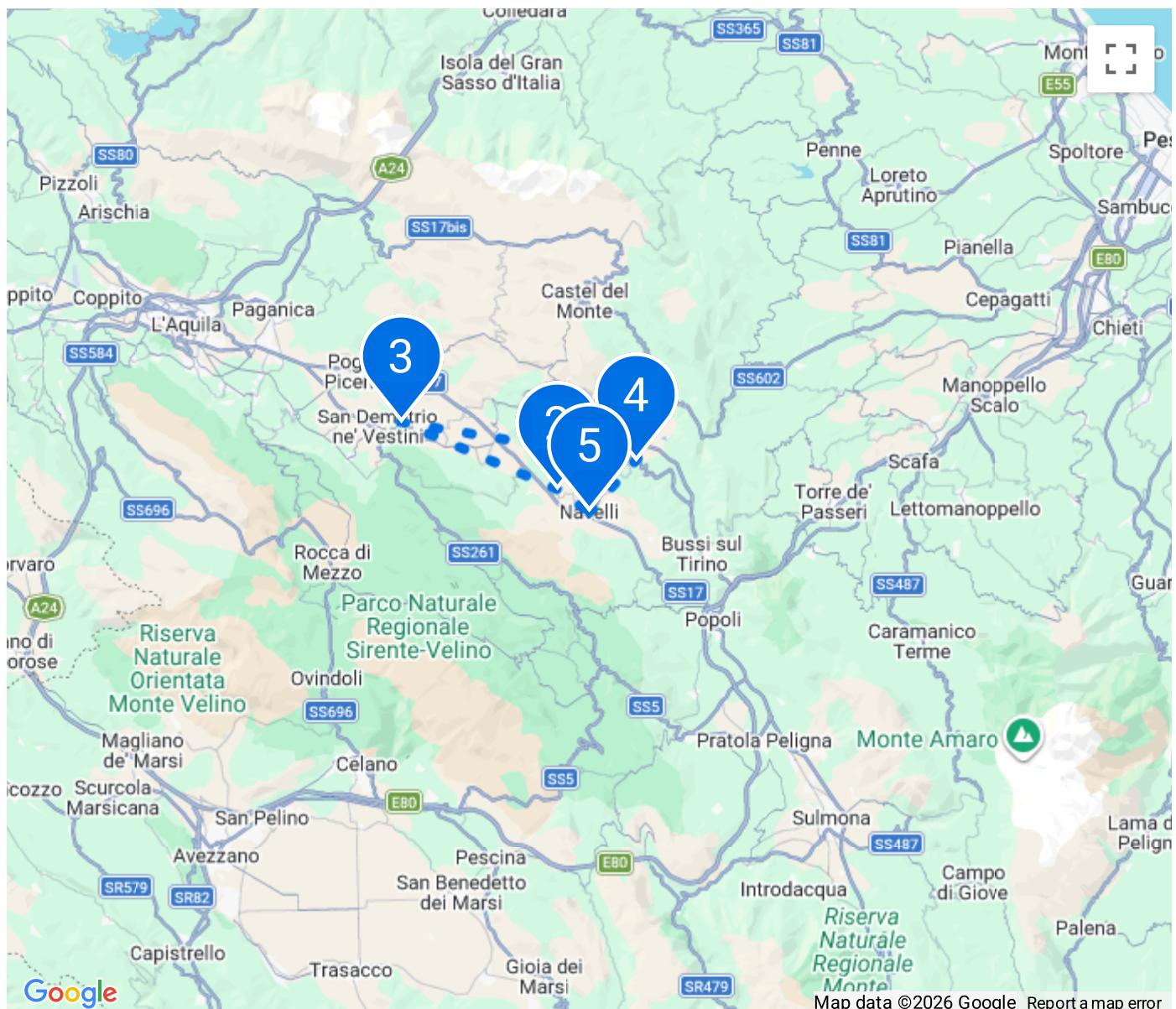
 **Easy**

 **Operated by BikeLife**

Tour Overview

A cycling adventure through Navelli, the medieval village renowned for saffron and timeless landscapes. From the Navelli Plateau to the Tratturo Magno, explore ancient churches, archaeological sites, and authentic villages for a unique experience of Abruzzo's history, nature, and traditions.

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



Travel Notes

Itinerary

Navelli

The village welcomes you with its charming alleys and ancient medieval palaces. In Navelli's historic center, highlights include San Sebastiano and Madonna del Rosario, now known as Palazzo Santucci; the Madonna del Rosario, as it appears today, dates back to 1726. Santa Maria in Cerulis stands on the site where the very first inhabitants of Navelli founded the village. Civitaretenga is the only hamlet of Navelli and one of the oldest areas, with buildings still dating back to the 13th century. The churches here are among the most beautiful in Navelli. The Church of Sant'Antonio da Padova (14th century) preserves the original structure of the former convent, complete with a restored inner cloister. Inside, admire the fresco of the Madonna, which, according to tradition, was painted by a shepherd using saffron powder as a pigment—a true symbol of Navelli. Dinner and overnight stay.

Duration:

Height difference: 30 m

Accommodation: Navelli



Civitaretenga

Today, we will follow the ancient Tratturo Magno, the shepherds' trail that once connected L'Aquila to Foggia, and reach the Centurelle pastoral church, an old gathering place for flocks. We will also explore villages such as Caporciano and Bominaco, where a visit to the Oratory of San Pellegrino, known as the "Little Sistine Chapel of Abruzzo," is a must. The itinerary continues to the village of Tussio, then to Camponeschi Castle, and finally to the ancient Italic site of Peltuinum, a Roman city along the Via Claudia Nova. Return via the village of Civitaretenga. Long stretches on dirt roads. Dinner and overnight stay.

Duration:

Height difference: 775 m

Accommodation: Civitaretenga



Lago Sinizzo

The route follows the main and secondary shepherd trails of the plateau, where the saffron flowers ripen and are then harvested, giving this area the nickname "Red Gold of Abruzzo." You will enjoy cycling along dirt tracks until reaching Lake Sinizzo, a small karst lake surrounded by woods and grassy clearings—perfect for a relaxing stop. The journey continues through San Demetrio né Vestini, San Nicandro, and Prata d'Ansidiaria, leading to the saffron fields and the village of Civitaretenga. Here, we will stop at the Ex-Convent Cloister, home of the Oro Rosso Cooperative, right on the trail, for a special saffron-focused visit. Return to Navelli. Long stretches on dirt roads. Dinner and overnight stay.

Duration:

Height difference: 696 m

Accommodation: Lago Sinizzo



Capestrano

Along the old road to Bussi, we will reach Capestrano, where the iconic warrior of Abruzzo was discovered. The village is worth a visit before descending into the Tirino Valley to taste the fresh waters of one of Italy's cleanest rivers. (Optional: canoeing is possible.) After reaching Lake Capodacqua, we will continue into the Lands of the Barony, climbing up to the village of Carapelle Calvisio. This area is characterized by a rich variety of natural landscapes, with forests extending to relatively high altitudes, as noted in the Gran Sasso National Park. Following a dirt track, we will reach San Pio delle Camere before returning to Navelli. Long stretches on dirt roads. Dinner and overnight stay.

Duration:

Height difference: 1086 m

Accommodation: Capestrano



Navelli

After breakfast, departure. (End of services)

Duration:

Accommodation: Navelli



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.](#)

Aluminum Gravel Bike

Discover the thrill of riding with the exceptional Bianchi Impulso and Bianchi Arcadex bikes, available for rent in Pescara. The Bianchi Impulso combines performance and style in a lightweight aluminum gravel model, perfect for off-road adventures and competitions. The Bianchi Arcadex offers incredible responsiveness and blends road bike speed and aesthetics, ready to explore beyond the asphalt. Ideal for discovering the wonders of Abruzzo, these bikes can tackle any terrain, from coast to hills. Book now! Images, colors, and patterns are to be considered as examples only and are not binding.

Size: 50 - 53 - 55 - 57 - 59

Price starting from: 128.25



Carbon Gravel Bike

Experience the thrill of riding the BIANCHI GRAVEL PRO IMPULSO, the new and powerful gravel bike designed for true enthusiasts. Perfect for exploring the wonders of Abruzzo, this high-end bike is available for rent. Book now and test your skills on an extraordinary ride. Choose the quality and reliability of the BIANCHI GRAVEL PRO IMPULSO for an unforgettable travel experience! Images, colors, and patterns are to be considered as examples only and are not binding.



Size: L - M - S

Price starting from: 156.75

Carbon Mountain Bike

Discover the trails of Abruzzo with the Bianchi MAGMA available for rent in Pescara! Whether you're a beginner or an experienced biker, this mountain bike is perfect for off-road adventures, sports, commuting, and tourism. It handles dirt paths, and easy climbs and descents with ease. Book now and get ready for an exciting biking experience! Images, colors, and patterns are to be considered as examples only and are not binding.



Size: M - L - S

Price starting from: 114.00

E Bike Gravel

Rent our Bianchi Arcadex Gravel E-Bike and embark on an exciting adventure through the stunning landscapes of Abruzzo! This versatile e-bike is perfect for exploring from the beautiful beaches to the rugged mountains, offering a powerful and comfortable ride on both roads and trails. Challenge yourself and the bike with thrilling terrains, discover breathtaking views, and enjoy every corner of this amazing region. Book now and start your exploration! Images, colors, and patterns are to be considered as examples only and are not binding.



Size: XS - S - M - XL

Price starting from: 171.00

E Bike Mtb Front

With the Bianchi E-Vertic FX-Type, you have the chance to embark on a unique adventure in Abruzzo! This electric bike is perfect for those who love off-road cycling and want to explore trails that wind through rolling hills and charming beaches. Images, colors, and patterns are to be considered as examples only and are not binding.



Size: L - XL

Price starting from: 142.50

E Bike Mtb Full

Experience the thrill of the Bianchi E-Vertic FX-Type e-bike, crafted to handle all kinds of terrain and provide an exceptional off-road journey. Rent it in Pescara and explore the diverse landscapes of Abruzzo, from its gentle hills to demanding trails. Reserve now and enjoy a thrilling and memorable outdoor adventure! Images, colors, and patterns are to be considered as examples only and are not binding.



Size: L - M - XL

Price starting from: 199.50

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: €

CYCLING IN NAVELLI: THE MEDIEVAL JEWEL OF SAFFRON

Departure dates

 24 April 2026 → 28 April 2026	starting from 750 €
 29 May 2026 → 02 June 2026	starting from 750 €
 08 August 2026 → 12 August 2026	starting from 750 €
 30 September 2026 → 04 October 2026	starting from 890 € 890 € 845 €

Departures on request

starting from 750 € April 2026	starting from 750 € May 2026	starting from 750 € June 2026	starting from 750 € July 2026
starting from 750 € August 2026	starting from 890 € September 2026	starting from 890 € October 2026	starting from 890 € November 2026

What's included

- 4 Dinners (without drinks)
- Phone assistance
- Breakfast
- Travel document
- Saffron Experience
- Tour Operator Guarantees
- Guide
- Overnight stay in a Double Room
- Stay in a 3-star establishment or similar
- GPX Tracks

What you will visit

- Navelli
- Civitaretenga
- Lago Sinizzo
- Capestrano
- Navelli

Accommodation



HOTEL



HOTEL



To know

How to get there

By Train: L'Aquila/Popoli

By Car: A25 Popoli A24 L'Aquila

By Airplane: Pescara Airport

Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you

General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date. The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

Currency

Euro

Vaccinations

No

Documents and visas

ID Card or Passport

Emergency numbers

Emergency Services 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!