ISYTRAVEL®
ESCAPE & EXPLORE

9 days /8 nights

Tirreno-Adriatico Bike Trail: Cycling Across Central Italy

Discover the epic two-sea cycling route from the Tyrrhenian coast to the Adriatic coast.



starting from **1300 €**

SKU: ISY0013

Availability on Request

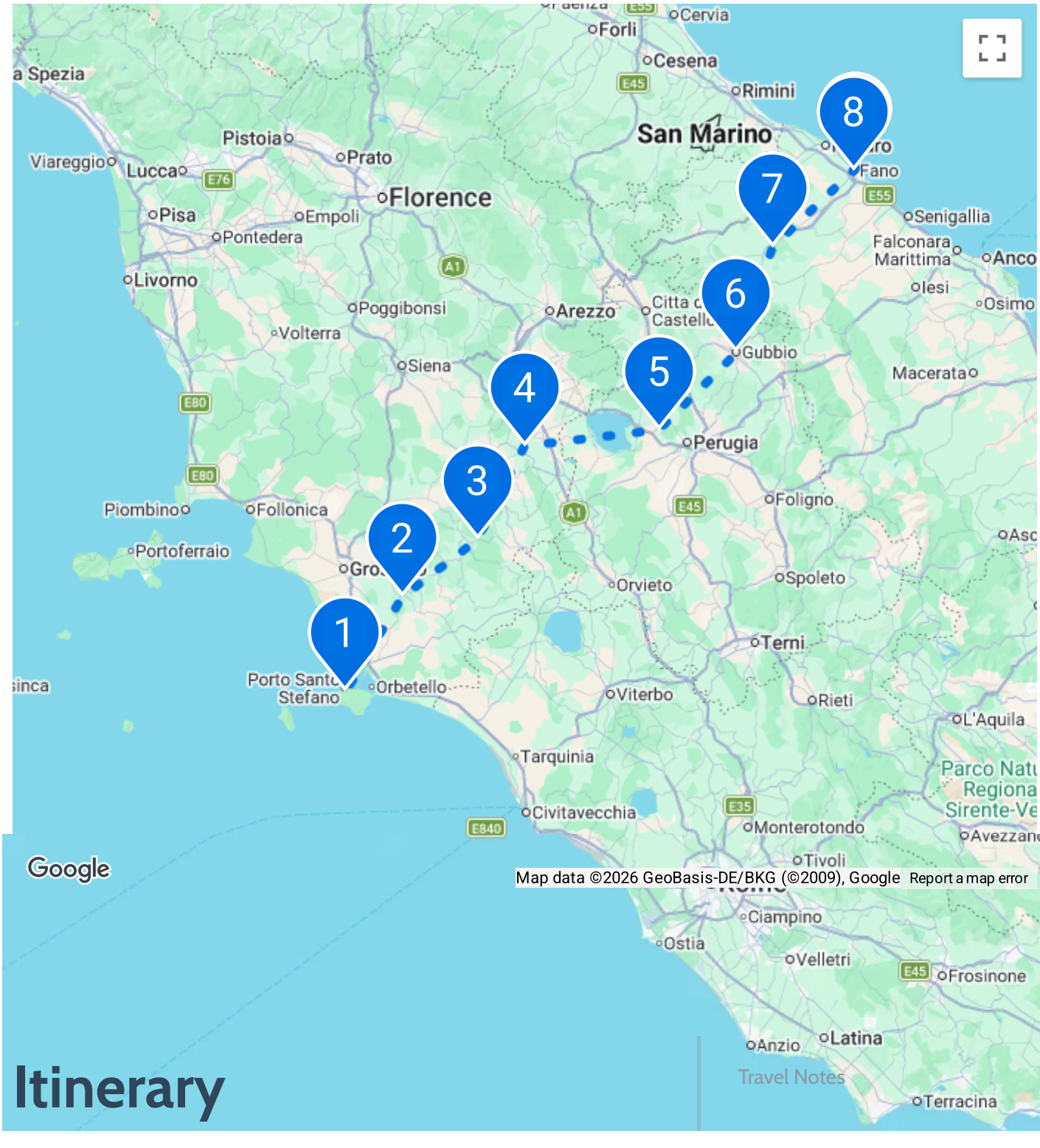
Individual	Itinerant
Bike Gravel - ...	9 giorni
371 Km	Difficult

Operated by BikeLife

Tour Overview

Cycle from sea to sea along the Tirreno-Adriatico Bike Trail. Discover unspoiled landscapes and medieval villages across Tuscany, Umbria, and Le Marche on quiet backroads, scenic cycle paths, and smooth gravel roads. An extraordinary journey combining sport, history, and nature, available as a self-guided or guided group tour, with the innovative option of exoskeleton rental to make cycle touring accessible to everyone.

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



Itinerary

Travel Notes

DAY 1

Departure

Argentario

Individual arrival at the selected accommodation set in the stunning surroundings of Mount Argentario, between Porto Santo Stefano and Albinia.

- **Terrain & Type:** Arrival / Logistics
- **Activities:** Accommodation check-in and free time along the Argentario coast
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at the selected accommodation in the Argentario area. Overnight stay

Duration:
Accomodation: Argentario sul Tirreno



DAY 2

68 km

Scansano

The route climbs the hills of Lower Maremma along the Via Amiatina, one of the most scenic roads in Central Italy. The journey winds through the renowned Morellino vineyards and iconic Maremma countryside landscapes until reaching Saturnia. The day ends with well-deserved relaxation in its world-famous thermal waters.

- **Terrain & Type:** Gravel / Touring / Road | Low-traffic paved hill roads and scenic secondary paths immersed in the Maremma countryside
- **Activities:** Scenic ride along the Via Amiatina through Morellino vineyards, passing Maremma hamlets, and relaxing stop at the Saturnia thermal baths
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in Saturnia. Luggage transfer included. Overnight stay

Duration:
Height difference: 1600 m
Accomodation: Scansano



DAY 3

51 km

Bagnolo/Piancastagnaio

Today's itinerary crosses the hills of Lower Maremma along the Via Amiatina, one of the most scenic roads in Central Italy. Depart from Porto Santo Stefano with an initial flat section offering views of the iconic Spanish Fortress. The route then climbs toward Magliano in Toscana through landscapes reminiscent of Ambrogio Lorenzetti's "Allegory of Good Government". From Magliano, the climb continues to the medieval village of Pereta before riding through the beautiful Morellino vineyards to Scansano. From here, sea views stretch from Mount Argentario to Giglio Island, taking in the central Tyrrhenian Sea, Montecristo, and on clear days, Corsica.

- **Terrain & Type:** Gravel / Touring / Road | Flat initial stretch, low-traffic paved hill roads, and scenic backroads
- **Activities:** Scenic ride along the Via Amiatina, view of the Spanish Fortress in Porto Santo Stefano, exploration of historic Magliano in Toscana and Pereta, cycling through Morellino vineyards, and scenic stop in Scansano
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in Scansano (or surrounding area). Luggage transfer included. Overnight stay

Duration:
Height difference: 880 m
Accomodation: Bagnolo/ Piancastagnaio



DAY 4

52 km

Montepulciano

Depart from Bagnolo/Piancastagnaio with an optional detour to the summit of Mount Amiata (1,750 m a.s.l., +900 m elevation gain), offering 360-degree views from Maremma and the Tyrrhenian coast to the Val d'Orcia. The main route heads toward Abbadia San Salvatore, featuring a breathtaking panoramic terrace over Radicofani, geothermal vents, and the clay hills of Val d'Orcia (UNESCO World Heritage Site). The itinerary continues to Bagni San Filippo, famous for its warm thermal waters. Climbing out of the valley past iconic zigzagging cypress trees and crossing the pass, sweeping views of Val di Chiana guide you to Montepulciano, a Renaissance gem near Lake Trasimeno.

- **Terrain & Type:** Gravel / Touring / Road | Low-traffic paved mountain and hill roads, scenic backroads, and panoramic climbs
- **Activities:** Ride from Bagnolo to Montepulciano, optional climb to Mount Amiata summit, stop at Bagni San Filippo thermal waters, scenic ride through UNESCO Val d'Orcia with iconic Tuscan cypresses, and arrival in historic Renaissance Montepulciano
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in Montepulciano. Luggage transfer included.Overnight stay

Duration:
Height difference: 600 m
Accomodation: Montepulciano



DAY 5

58 km

Pieve del Vescovo/Corciano

Today the itinerary crosses into the green heart of Umbria. The first stop is Castiglione del Lago, launching a relaxing ride along the shores of Lake Trasimeno toward Magione. From Monte del Lago, a scenic climb leads up to Montecolognola, offering breathtaking views over Polvese Island and the sunlight sparkling on the water's surface. The route then continues along rolling terrain toward Pieve del Vescovo and Corciano, traveling through a remote, authentic, and unspoiled Umbrian countryside.

- **Terrain & Type:** Gravel / Touring / Road | Lakeside bike path, low-traffic secondary backroads, and rolling paved and gravel hill paths
- **Activities:** Scenic ride from Lake Trasimeno to the Umbrian hills, passing Castiglione del Lago, Magione, and Monte del Lago, panoramic climb to Montecolognola with views of Polvese Island, and exploration of the historic village of Corciano
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in Corciano (or surrounding area). Luggage transfer included. Overnight stay

Duration:
Height difference: 670 m
Accomodation: Pieve del vescovo/ Corciano



DAY 6

65 km

Gubbio

The day begins riding along the slopes of Mount Tezio toward Ponte Pattoli, crossing the Tiber River. From Casa del Diavolo, a steady and scenic climb begins, leading to the descent into Gubbio, a magnificent medieval city proudly perched on the slopes of Mount Ingino. Climbing up through the impressive Bottaccione Gorge, you finally reach the Madonna della Cima Pass (780 m a.s.l.), a strategic watershed along the Apennine ridge marking the transition from the Tyrrhenian to the Adriatic side.

- **Terrain & Type:** Gravel / Touring / Road | Low-traffic paved hill and mountain roads, steady backroad climbs, and short unpaved sections
- **Activities:** Scenic ride crossing the Tiber River, exploration of the medieval historic center of Gubbio, ascent through the famous Bottaccione Gorge, and reaching the Apennine watershed at Madonna della Cima Pass
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in the Gubbio / Pass area. Luggage transfer included. Overnight stay

Duration:
Height difference: 700 m
Accomodation: Gubbio



DAY 7

47 km

Furlo

Crossing into Le Marche, the route visits the charming historic hamlets of Scheggia, Cagli, and Acqualagna, famous as a truffle capital. Cycling along the ancient Via Flaminia, you reach the dramatic Furlo Gorge, carved out by the Candigliano River. In this fascinating natural and historical setting sits the historic *Antica Locanda del Furlo*, a welcoming stop for over 150 years that hosted famous travelers including Mussolini on his journeys to Predappio, whose room still preserves its original period furnishings.

- **Terrain & Type:** Gravel / Touring / Road | Low-traffic paved valley and hill roads, historic secondary backroads, and short bike path sections
- **Activities:** Exploration of the historic hamlets of Scheggia, Cagli, and Acqualagna, cycling along the ancient Via Flaminia, crossing the Furlo Gorge State Nature Reserve, and historical/gourmet stop at the *Antica Locanda del Furlo*
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in the Furlo / Acqualagna area. Luggage transfer included. Overnight stay

Duration:
Height difference: 500 m
Accomodation: Furlo



DAY 8

50 km

Fano

The itinerary continues along the Old Flaminia Cycle Path through the dramatic Furlo Gorge, running alongside the historic former Metaurense railway. The route offers an extraordinary immersion in history, nature, and local gastronomy, crossing the ancient Roman city of *Forum Sempronii* and stopping at the spectacular Giants' Kettles (*Marmitte dei Giganti*). Cycling past beautifully preserved hamlets, the route finally reaches Fano: your coast-to-coast journey comes to a triumphant close beneath the Arch of Augustus, the ancient gateway of the Via Flaminia and home to the town museum. Destination reached!

- **Terrain & Type:** Gravel / Touring / Road | Historic cycle path, low-traffic secondary backroads, and flat sections toward the sea
- **Activities:** Cycling along the Old Via Flaminia and Metaurense Railway, visit to the *Forum Sempronii* archaeological area, excursion to the Giants' Kettles, arrival at the Adriatic Sea in Fano, and tour finale celebration under the Arch of Augustus
- **Logistics:** Bed & Breakfast stay (overnight stay and breakfast) at selected accommodation in Fano. Luggage transfer included. Overnight stay

Duration:
Height difference: 300 m
Accomodation: Fano



DAY 9

Arrival

Fano

After breakfast at the accommodation, end of services and individual departure.

Duration:
Accomodation:

Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 10.00% 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)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents of Italy).

Download insurance details.

Aluminum Gravel Bike



Discover the thrill of riding the **Bianchi Impulso and Bianchi Arcadex**, two versatile bikes designed to deliver performance, comfort, and control on any type of terrain. The Bianchi Impulso combines efficiency and style in a lightweight gravel model, ideal for off-road adventures and mixed routes. The Bianchi Arcadex blends speed with road-inspired design, perfect for exploring beyond paved roads. Both ensure a stable and responsive riding experience on every surface. Book now! Images, colors, and models are for illustrative purposes only and are not binding.

- **Rental includes:**
- Repair kit (inner tube, tire levers, and CO2 cartridge)
- 1 bottle cage
- 2 flat pedals
- **Technical specifications:**
- Frame: Bianchi Arcadex / Impulso AL, aluminium
- Fork: Bianchi Arcadex / Impulso carbon
- Shifters: Shimano GRX 600, 11/12-speed
- Brakes: Shimano hydraulic disc brakes
- Wheels: Velomann V22G, aluminium rim
- Tyres: Pirelli Cinturato Tanwall, 700x33-45
- Crankset: Shimano GRX FC-RX610
- Cassette: Shimano SLX CS-M7100, 10-51T
- Weight: from 12.00 to 13.50 kg (depending on model)

Size: 50 - 53 - 55 - 57 - 59
Price starting from: 277.00

E Bike Gravel



Rent our **Bianchi Arcadex Gravel E-Bike** and enjoy a versatile, high-performance riding experience on any type of terrain. Ideal for those looking for a bike suitable for both asphalt roads and gravel paths, it combines comfort, stability, and performance, delivering a smooth and responsive ride in every situation.

- **The rental includes:**
- Repair kit (inner tube, tyre lever, CO2 cartridge)
- 1 bottle cage
- 2 flat pedals
- **Technical specifications:**
- **Frame**: E-Road ARCADEX aero carbon
- **Fork**: Full carbon 1.5", flat mount
- **Shifters**: Shimano GRX / Campagnolo Ekar (front/rear)
- **Brakes**: Shimano hydraulic disc brakes
- **Wheels**: Velomann Sport Disc, 23-622, 24.5 mm
- Tyres: Pirelli Cinturato Gravel
- **Crankset**: Shimano GRX 610 1x11 / Campagnolo Ekar 1x13
- **Cassette**: Shimano 11-34
- **Motor**: Bosch Performance Line CX
- **Battery**: Bosch PowerTube 500 Wh
- Images, colours, and models are for illustrative purposes only and are not binding.

Size: XS - S - M - XL
Price starting from: 370.00

Exoskeleton

Price starting from: 350.00

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: €

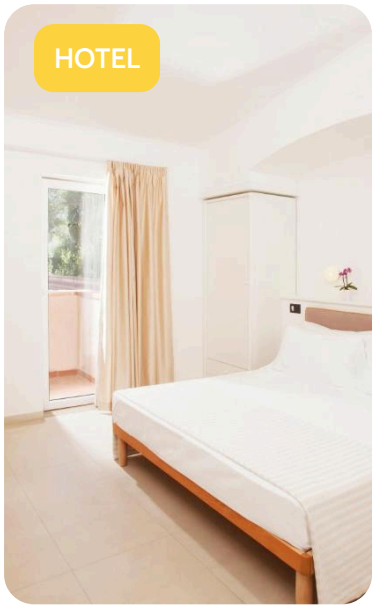
What's included

- Phone assistance
- Breakfast
- Travel document
- Tour Operator Guarantees
- Overnight stay in a Double Room
- Stay in a 4-star or similar accommodation
- GPX Tracks
- Luggage transport
- Videobriefing

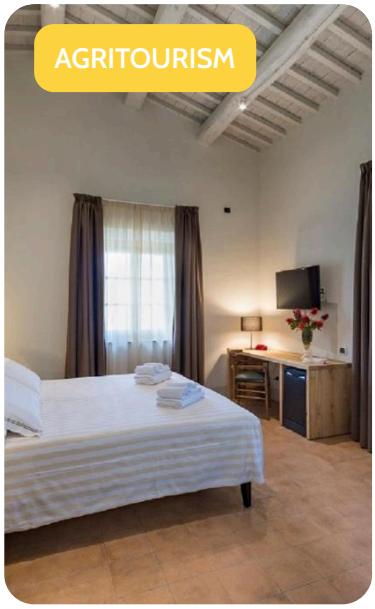
What you will visit

- Argentario
- Scansano
- Bagnolo/Piancastagnaio
- Montepulciano
- Pieve del Vescovo/Corciano
- Gubbio
- Furlo
- Fano
- Fano

Accomodation



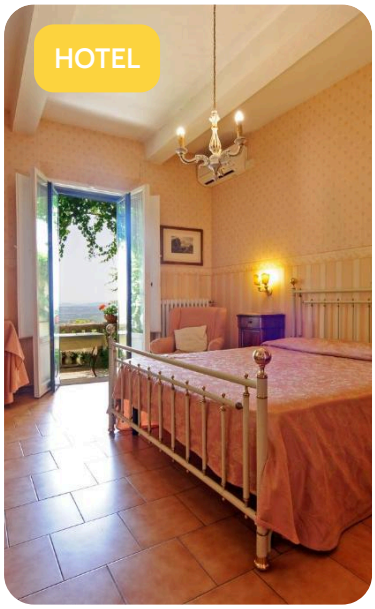
Argentario sul



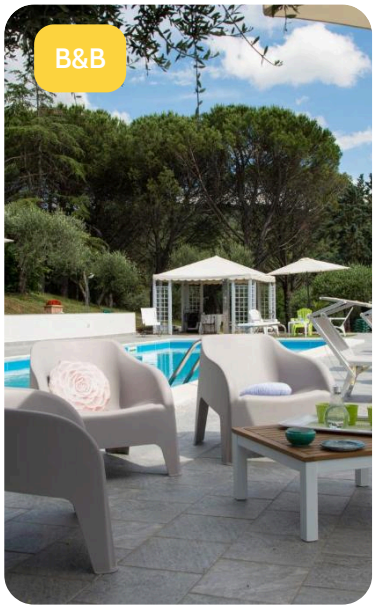
Scansano



Bagnolo/



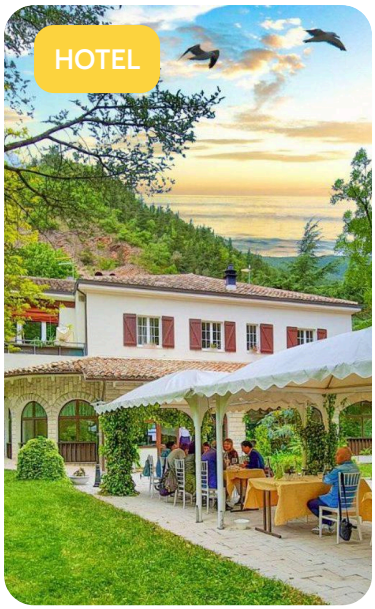
Montepulciano



Pieve del vescovo/



Gubbio



Furlo



Fano

To know

How to get there

By Car: Take the A3 exit for Siena-Firenze.
By Train: Orbetello-Monte Argentario Railway Station or Grosseto Railway Station.
By Air: Rome or Pisa 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

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!