

Venice To Rome Cycle



Duration: 6 days

Our exciting challenge takes us south on flat roads from the canals of Venice to the rolling hills of Tuscany and Umbria, passing terracotta-roofed towns and small traditional villages hidden among the fields of corn, fruit and olives.

The terrain is hilly, with some long climbs and steep gradients – it's wonderful cycling country, but not to be undertaken without training! We come down out of the hills on our last day and have a relatively flat run-in to Rome, where we finish a stone's throw away from some of the main sights. This trip combines diverse, challenging cycling with a wonderful Italian experience.

DETAILED ITINERARY

Day 1: Meet Venice

Venice is renowned for its beautiful waterways and buildings, such as St Mark's Square and Basilica, the Doge's Palace and Bridge of Sighs, and the Rialto Bridge. Dependent on flight times, you can enjoy some free time exploring the sights of this wonderful city. We meet up at our mainland hotel in the evening, and ensure our kit and bikes are fully prepared for the start of our challenge tomorrow. Night hotel. *(Lunch not included)*

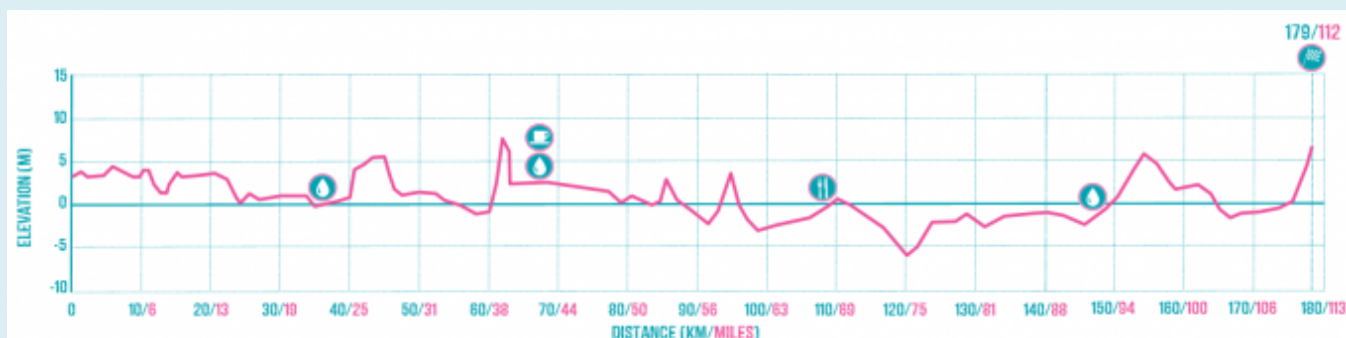
Day 2: Venice – Ravenna

Leaving Venice behind, we start cycling! We head south through fertile fields, crossing many small canals and rivers which drain into the Venetian Lagoon, still only a few miles to the east. Our terrain today is predominantly flat, allowing us to ease ourselves in relatively gently: it is, however, a long day in the saddle! We avoid the larger towns, but pass through several small towns and villages, all with a distinctive Italian flavour. Just before our halfway mark we cross the River Po – Italy's longest river – at the neck of its delta, a vast area of sandbars and

wetlands. Continuing south, and roughly parallel to the Adriatic coast, we ride alongside the huge lagoon of Comacchio; it could be windy here by the water's edge. Not long afterwards we come to the outskirts of Ravenna, an ancient city with many buildings and monuments dating back to the 5th Century AD. Night hotel.

Cycle approx 172km (106 miles)

ROUTE PROFILE



Day 3: Ravenna – Arezzo

A tough day today, as we clock up almost as many miles as yesterday, but on much hillier terrain. This morning, however, is flat as we head southwest and further inland, passing through fields and farmland, and small towns. Skirting the busy city of Forli, we soon start to see hills on our horizons, and after the pretty town of Meldola our roads start to incline gently. The gradients grow steeper and our surroundings gradually change from flat farmland to wooded hills. At the pretty town of Santa Sofia the gradient becomes more challenging and we follow narrow twisting roads into the hills and along ridges. This area has National Park status and is beautiful. After a lovely descent and a few miles of flattish riding, we start to climb again, with twisting hair-pin bends taking us back up into the wooded hills. There are some steep sections, but we take it steady and enjoy our surroundings. An exhilarating 10-mile descent follows, and the last 20 miles form a fairly flat valley ride as we pedal alongside the river Arno. Our day ends at the wonderfully-preserved historic town of Arezzo. Night hotel.

Cycle approx 156km (96 miles)

ROUTE PROFILE



Day 4: Arezzo – Orvieto

Today sees another demanding day as we head further into Tuscany. Although there are no particularly long climbs, we will be almost continually climbing and descending, with very few flat sections. The scenery is beautiful again. We set off south from Arezzo on a rolling road, coming to our first notable climb after about 10 miles. A long rolling morning follows, with fabulous views of small hilltop towns and rolling farmland. A short steep climb brings us to the picturesque walled village of Lucignano, perched atop the hill, before a fast descent and more rolling roads. A flatter stretch follows as we approach the ancient town of Chiusi, an important city around 500BC when it was part of the Etruscan civilisation. Then the climbing starts again, and we enjoy a hilly afternoon passing shady woodland and vineyards as we head south, crossing into Umbria. A couple more steep climbs await us towards the end of the day, but then we have roughly 10 miles of descent to finish our day. Orvieto is another ancient town, dominated by a huge cathedral, built on the top of rocky cliffs rising over the plains below. Night hotel.

Cycle approx 143km (88 miles)

ROUTE PROFILE

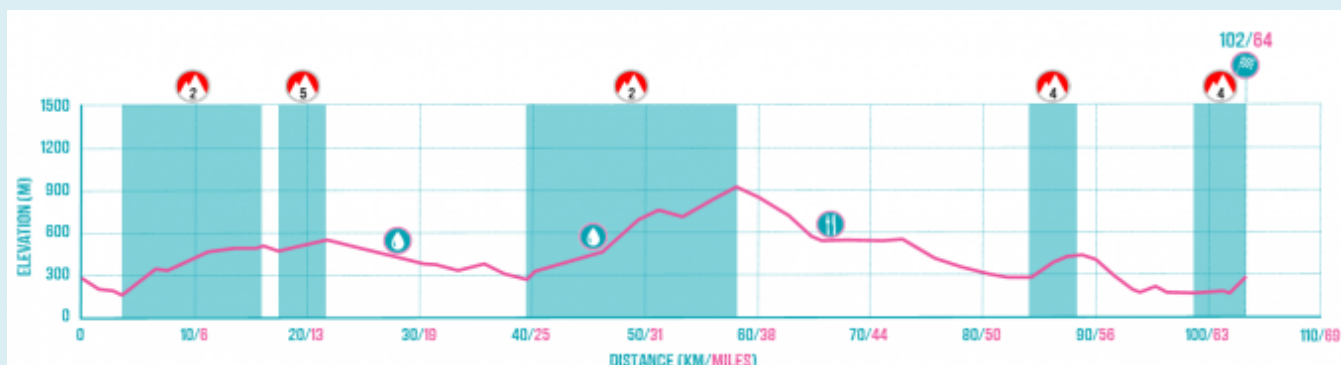


Day 5: Orvieto – Lake Bracciano

Today's shorter mileage will come as a relief after yesterday's big effort! We continue through beautiful old towns and villages, still in hill-country, with lovely views. A flattish road takes us out of Orvieto, but before long we start to climb gently. Our road then becomes steeper and winds up through the hills as we approach the old town of Bagnoregio. We then descend fairly gently for over 15 miles through fields of crops, interspersed here and there with rows of olive trees. Our last long climb takes us back into the hills again, then we enjoy another fabulous descent through woodland, catching small glimpses of the blue Lago di Vico below. A shorter climb and descent on narrow roads brings us to the larger Lake Bracciano, a lovely setting for our final evening. Night hotel

Cycle approx. 88km (54 miles)

ROUTE PROFILE

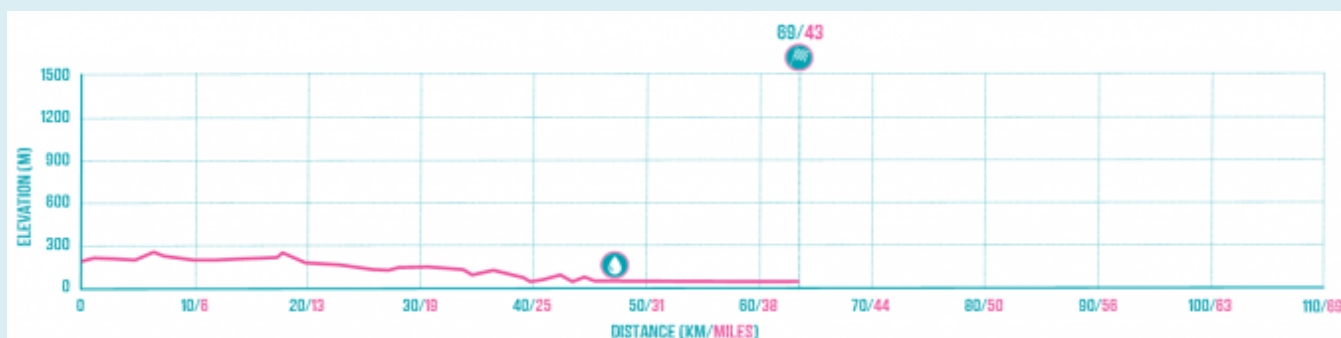


Day 6: Lake Bracciano – Rome; Depart

We ride along the lake's edge for several miles before heading off southeast, again on small roads. Our roads are now fairly flat as we approach Rome's outskirts through woodland and quiet towns. Rome's busy streets are not very conducive to easy cycling, so we follow a cycle path that runs along the River Tiber, taking us right into the heart of this ancient city, finishing within a stone's throw of some of its most famous sights. After the obligatory photos, we head off for our final lunch together to celebrate our achievements. Head back to the airport depending on your homeward flight – or of course you can stay on longer and make the most of your time to explore Rome's iconic sights. *(Dinner not included)*

Cycle approx. 70km (43 miles)

ROUTE PROFILE



WHAT'S INCLUDED

- All meals except where specified, and accommodation on a twin-share basis
- Discover Adventure leaders, mechanics and drivers
- Full vehicle support throughout the trip
- Maps and route information
- Bike transfer from/to specified airport in Venice/Rome (within agreed time-frame)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Flights to Venice and from Rome
- Bicycle
- Cycle helmet (compulsory) and water bottles
- Personal spending money, souvenirs and drinks
- Fees for any optional sites, attractions or activities
- Any applicable surcharges as per Terms and Conditions

GRADE | ORANGE

All our trips are designed to provide a challenge. Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors. Trip duration, accommodation and living conditions are also taken into account. Some sections will feel more challenging than others, but the grade reflects the overall trip. Unusual weather conditions can also have a significant impact.

The Accommodation icon indicates the living conditions while trekking/cycling. While there are usually several factors that present a challenge, the Challenge icon indicates the trip's most challenging element, for most people.

[Trip grading explained](#)



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 15 Jul 2025, and the challenge is subject to change.