

Munich to Rome



Welcome to our Munich to Rome cycling holiday, the epitome of cycling and a chance to sample its rich Italian roots and heritage. Our route cycles through the four countries: Germany, Austria, Switzerland and Italy experiencing local traditions and delicious delicacies as they each blend seamlessly from one to another between the regions. We consider the Munich to Rome as one of our most culturally enriching cycling tours with extraordinarily breathtaking and diverse scenery.

Covering a total of 815 miles, this iconic route provides another rewarding experience hosted by Peak Tours. Per day, we average 68 miles/110km and 4200ft/1300m elevation over 12 days of cycling.

In a similar vein as our LEJOG or Channel to the Med tour, the 'magic van' will be providing refreshments throughout the week. Your bags will be transported for you each day and we will be having some fantastic lunches along with our famous 'brew stops' twice a day providing you with everything you need to keep you going - you certainly won't go hungry!

Highlights

- Explore the Ancestral home of Bavaria and surrounding region
- Lake Garda's crystal clear waters, mountains and vineyards
- Cycle southern Europe's largest plain - the Po Valley
- Quintessential rolling Tuscany hills passing through the Chianti & Tufa town regions
- UNESCO World Heritage Sites of Tivoli and its myriad of historical points of interest
- The ancient civilised cities of Mantova, Siena, Orvieto and Rome

"Well organised and supported. I always felt confident that there was someone around to help if needed. Beautiful scenery throughout and although it was extremely challenging at times, I had a great time and met loads of great people. - Terry



What's included?

13 nights accommodation, 13 breakfasts, 11 lunches, 1 evening meal

Refreshment stops with our famous red brew vans

Mechanical support including spare bikes and equipment

GPS files and route notes

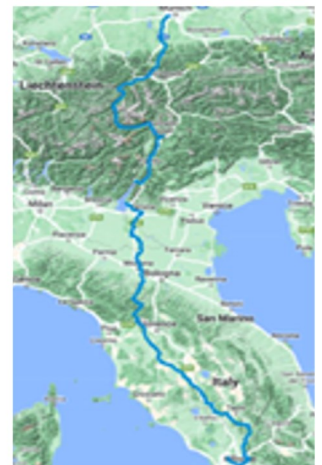
Full logistical planning and support from the first to the last night including luggage transfers

2 back up vans and a guide cycling at the back of the group

Pick up from airport / station on arrival day (Saturday)

Peak Tours cycle shirt and certificate

Lots of fun!



Itinerary

Saturday: Non-riding day

Arrival day – welcome to the tour!

Sunday: Day 1 Munich to Mittenwald

Distance: 64 miles / 103 km
Elevation: 4200 ft / 1300 m

We stay in the south-west suburbs of the city to allow an easy route southwards to the Bavarian Alps. A lovely ride by Lake Starnberg with its opulent houses is a nice flat introduction to the tour before we start to see a few hills as the scenery becomes more and more spectacular.

The chocolate box town of Mittenwald, nestled amongst the stunning Alpine peaks, is a great place to spend our first night on the road.

Monday: Day 2 Mittenwald to Nauders

Distance: 81 miles / 130 km
Elevation: 5000 ft / 1500 m

This ride has to be one of the most stunning of any tour that we do (we do have a lot to choose from though!). This challenging day takes us across Austria for the most part along the turquoise waters of the cascading Inn river where you'll see many thrill seekers white water rafting.

Constantly surrounded by spectacular mountains, this long day in the saddle has its challenges but is generally easy going. There is a sting in the tail at the end of the day as we ascend from the Swiss side and finally descend to the ski resort of Nauders on the edge of the Austrian/Italian border for a slap up meal.

Tuesday: Day 3 Nauders to Bolzano

Distance: 77 miles / 124 km
Elevation: 2800 ft / 900 m

Although this is a long day you will descend 6233ft along this amazing route. After an initial short climb away from Nauders you will cross the Austrian border into Italy and start one of the best descents you are ever likely to ride.

Again the scenery is spectacular throughout with amazing views opening up around every corner. Our destination of Bolzano is an opulent city with a distinctly Germanic feel and many people here speak German as their first language.

Wednesday: Day 4 Bolzano to Torbole

Distance: 70 miles / 112 km
Elevation: 3300 ft / 1000 m

The route continues downhill through a number of attractive Alpine towns and villages as

we skirt the Dolomites where we cut west across another Alpine Valley to the stunning vista which opens up across Lake Garda.

We drop down to the northern shore of this beautiful lake at Torbole and while you are tucking into a lakeside evening meal, the guides will pack the bikes away ready for our morning ferry ride.

Thursday: Day 5 Torbole to Mantova

Distance: 54 miles / 87 km
Elevation: 1200 ft / 400 m

We start the day with an essential shuttle down the lake to the eastern shore to avoid some dangerous tunnels and busy road. Disembarking at Garda with twitchy, eager legs, we will meet the vans with the bikes and climb out from the lake up through the vineyards and then hook up with a cycle path by a canal to explore the beautiful city of Verona.

After cutting south from Verona we head through pastoral land on to Mantova (or Mantua) a lesser known jewel in the areas crown with some fantastic architecture and, more importantly, tasty restaurants!

Friday: Day 6 Mantova to Guiglia

Distance: 81 miles / 130 km
Elevation: 2000 ft / 600 m

A long cycling day is in prospect as we head south across the vast flat section of Italy called the Po Plain. Our route follows a network of raised canal levees and Po tributaries along a completely flat route for most of the day.

After a hearty lunch, the afternoon remains flat until the latter sections of the day which sees us heading up on undulating, country roads towards the base of the Appennines and then at the base we have a final tough climb of the day up to our evening's accommodation for a well earned rest in the quaint village of Guiglia.

Saturday: Day 7 Guiglia to Pistoia

Distance: 67 miles / 108 km
Elevation: 5300 ft / 1600 m

A tough but fantastically rewarding day in the saddle is in prospect today as we pick our way across the Appennines. These impressive mountains stretch the length of Italy and take us from Emilia Romagna into the Tuscany region. The scenery changes dramatically as we weave our way through the picturesque mountain villages and on to our Tuscan Villa for a deserved drop of something chilled and maybe a dip in the pool!

Itinerary

Sunday: Day 8 Pistoia to Siena

Distance: 68 miles / 110 km
Elevation: 6600 ft / 2000 m

This picture postcard route takes you through immaculate olive groves and vineyards, Romanesque churches, honey coloured farmhouses and imposing castles from the Middle Ages. This is one of the toughest days of the tour with a number of climbs throughout. Our destination for the day is the perfectly preserved medieval city of Siena.

Monday: Day 9 Siena to Orvieto

Distance: 81 miles / 130 km
Elevation: 6600 ft / 2000 m

Reluctantly leaving Siena behind we remain deep in the heart of Tuscany heading over to beautiful Asciano and on through the hilltop towns of Chianciano, Sarteano and Cetona. These Italian towns are a joy to cycle through, if a little up and down!

The day ends with the momentous Orvieto towering over you, but don't worry, you don't have to cycle up to it. The local funicular offers relief for riders after a long day, fun both in name and nature! There is also the option to stay behind and spend the day exploring Siena, catching up with the tour later in the day as Siena and Orvieto are linked by a direct train route.

Tuesday: Day 10 Orvieto to Rieti

Distance: 76 miles / 123 km
Elevation: 6600 ft / 2000 m

The route to Rieti, is unforgettable. A tougher day in the saddle is eased by the sheer spectacle of the surroundings. We descend out of Orvieto into the valley home to the River Tiber before starting our first of three of the days main climbs.

The first climb brushes past the doors of the Castello di Alviano, another Italian hilltop fortress with fabulous views. The following ascent is past Narni, historically known as Narnia; the inspiration for a very well known novel. It carries all the same charm and intrigue too!

Lastly, the final summit, conquering the foothills of the Appennino Centrale mountains before descending into Rieti, crowned the geographical centre of Italy.

Wednesday: Day 11 Rieti to Tivoli

Distance: 50 miles / 80 km
Elevation: 4500 ft / 1400 m

Leaving Rieti we take a spectacular mountain road ascending on to the top of a stunningly

scenic ridge-line that's every bit as good as it sounds, topped off with an exhilarating descent.

As we wind further south, Tivoli's hillside starts to come into view where Grande Cascata di Tivoli, a magnificent waterfall, and Tempio di Vesta are both viewable on our approach. Tivoli is famous for a number of historic monuments; Villa d'Este, Villa Gregoriana, Villa Adriana and Sanctuary of Hercules Victor to name a few. We plan to arrive in enough time for you all to explore Tivoli's many hidden gems.

Thursday: Day 12 Tivoli to Rome

Distance: 45 miles / 72 km
Elevation: 3600 ft / 1100 m

Our route to Rome has been refined and re-routed many times over many years. We believe we have now cracked it! The route skirts around the base of Appennino mountains with Rome's cityscape viewable for the first half of the morning whilst still keeping Rome at an arm's length.

After parading past the fairytale castle, Castello Brancaccio, we start our final ascent of the tour towards the bustling hive of Monte Compatri where you could be forgiven for thinking we were still 150 miles from Rome not 15.

Our final descent leads us into the outer-suburbs of Rome where we pick-up a series of cyclepaths concluding in a park full of Roman aqueducts & ancient archaeological sites. Prosecco corks will be popping to mark the end of what we hope will be a fantastic and memorable tour.

The lack of cycling infrastructure, complexity of navigation and busy roads makes cycling into central Rome unsafe and undesirable. Our route has been designed to support a large group of riders with a variety of confidence levels, prioritising your safety and maintaining an enjoyable group finish. Our chosen hotel is located in Rome's southern suburb, Capannelle, located near Rome's Ciampino Airport. If you're considering staying in Rome for a few extra days site seeing, you may consider transferring to a hotel within Rome's epicentre.

Friday: Departure Day

On Friday morning the guides will set off on their long journey home and everyone will either stay an extra night or two to enjoy this beautiful city or make their respective ways to either one of the two airports in Rome, hopefully with some fond memories of a fantastic holiday.

Tour Logistics

The start of the tour

The tour starts in Munich and finishes in Rome. There will be a welcome meal at approximately 7.30pm on the first evening.

There are different options for arriving in Munich:

Plane: Munich International Airport (MUC) is well connected to most UK and European international Airports as well as several US locations by direct flight.

Train: Munich has a large train station with connecting metro links.

On arrival day (Saturday) we can collect you from the airport or train station and transport you and your luggage to your first night's accommodation. Please liaise with our office / guides regarding these arrangements.

Historically, some guests have chosen to arrive before the arrival day to further explore Munich. Accommodation details can be provided upon request to book additional nights.

The end of the tour

The tour ends in Rome where there will be a final meal at approximately 7.30pm.

Some people choose to stay on in Rome to continue their holiday. Again, accommodation details to arrange additional nights can be provided.

For those returning home, guests usually travel by plane or train.

Plane: Rome is serviced by two main airports: Rome Fiumicino (FCO) and Rome Ciampino (CIA), both providing a wide variety of direct flights throughout the Continent and Americas.

Train: Rome has a large train station (Rome

Termini) with connecting trains throughout Europe.

We can take your back to our HQ in Glossop for you to collect at a later date.

If you choose the 'return transport' option then your bikes will be packed and couriered back to your address for you.

Support

Usually each tour has three guides:

- One driving the 'brew van' - each day will usually have a morning and afternoon 'brew stop,' with a table full of snacks and drinks. You will also bring a small bag/rucksack to the morning brief and leave this in the 'brew van' which can be accessed throughout the day.
- One driving the 'luggage / lunch van' - transporting your luggage from hotel to hotel, as well as setting up your lunches.
- One riding at the back of the group - you will have detailed route notes so that you can go slower or faster than the leader if you prefer or you can cycle with the tour guide at the back so that you don't have to navigate at all.
- Mechanical support: we carry a range of spare parts so that repairs can be made en route and we also have spare bikes available in the event that your bike has a serious breakdown. If we can't fix your bike then we will get it to the nearest bike shop.
- Each guide will be contactable by phone during the day so if you have any issues you can get straight in touch with them.
- For smaller groups you might only have one guide that cycles with the group and one back up driver or for groups of 12 or less just one tour leader will provide back-up for you.

"The route was outstanding in every aspect. The scenery in each region is stunning and the back roads sublime. All pre-tour information was timely and relevant. Cannot speak highly enough of the guides. They were friendly and helpful from start to finish. The tour was excellent in every way. A great experience and outstanding value for money." John

What's Included?

- 13 nights accommodation, 13 breakfasts, 11 lunches and 1 evening meal
- Refreshments from the brew van
- Mechanical support including spare bikes should these be needed
- GPS files and route notes
- Full logistical planning and support from the first to the last night including luggage transfers
- 2 back up vans
- A guide cycling at the back of the group
- Pick up from airport / station on arrival day (Saturday)
- A Peak Tours cycle shirt and certificate
- Lots of fun!

What's not included?

- Evening meals / dinner
- Drinks at lunchtime
- Travel to Munich/back from Rome
- Insurance
- Cycle hire (available for a fee)
- Garmin hire (available for a fee)
- Bike transfer between home/Peak Tours HQ and the start/end (available for a fee)



Food

Breakfast

Breakfast is included in the cost of the tour, and will vary slightly between the various hotels and B&Bs that we use, but you can usually expect have a choice of some cooked breakfast options, as well as toast, cereals, fruit juices, tea, coffee etc.

Lunch

Lunches will be provided each day and will generally be a picnic or a buffet at a cafe or restaurant.

Evening meals

Evening meals can be bought at your accommodation or in a nearby restaurant. On the first and final evenings of the tour we will have a group meal at the hotel.

Dietary requirements

Please let us know of any dietary requirements you have and we will ensure that all lunch stops and places we eat evening meals are informed.

There will also be snacks on the 'brew van' to suit any and all dietary needs!

Accommodation

You have a choice sharing a double or a twin room. If you would like your own space then you can choose the single room option, or sole occupancy of a double.

Most of the rooms are en suite however there may be a few nights where your room isn't en suite (Sole occupancy of a double room is guaranteed en suite). Accommodation is in clean and comfortable, B&B's, guesthouses and hotels.

Kit list

Clothing for all weathers is recommended so waterproofs are essential

A full recommended kit list is provided and we are always happy to answer any questions that you may have. You can see details of a kit list [here](#).

Luggage is restricted to a maximum of 18kg per person—we have to look after our guides and their backs as they will be carrying your luggage in and out of the hotels!

Insurance

We strongly recommend that you take out adequate insurance for your tour which, as an absolute minimum should cover accident & medical expenses if you are travelling outside the UK, cover for your bike and belongings and cancellation cover in the event that you have to cancel your tour for unforeseen circumstances.

You should be aware that if you have an accident or fall ill while on the tour you will lose the money paid for the trip. A travel insurance policy would allow you to reclaim most of the money as well as providing insurance in case you lose your bags or if your bike is stolen, broken etc.

Your policy should also cover cancellation costs if you cancel the tour within 8 weeks of departure. If this happens we will try to fill your space and return your funds to you but if we are unable to fill your place you will lose the funds paid for the tour.

We have partnered with Yellow Jersey who provide Travel and Cycle insurance for UK residents. You can find further details [here](#).

Am I fit enough?

Difficulty

The Munich to Rome route covers similar distances to the Dover to Durness and Channel to Med Routes and is another memorable achievement.

You will be expected to be able to complete an average of approximately 68 miles / 110 km per day.

This tour is classed as a grade 8 tour so comparable but slightly harder than our 14 day LEJOG tour. See details of difficulty rating [here](#).

Most people on the tour will be active cyclists, and cycling the above distances on consecutive days will not be too challenging for them.

How fast do I need to be?

Generally, most cyclists completing this tour will be capable of cycling at 10-12 miles / 16-19 kmph over the whole day, keeping in mind that some days are hillier than others, and you will be stopping for breaks and lunches.

Most days start at 8:30 and we ask that all riders are finished by 19:00 at the latest if possible, to allow you time to relax and explore the places that you stay in the evenings.

Are there any hills on the tour?

The route is challenging and has some tough climbs along the way but there are many sections with undulating and or flatter stretches.

Training

The fitter you are and the more training that you do beforehand will add to the enjoyment of your tour and improve your chances of succeeding the challenge.

If you need any advice about fitness please contact us and we will be happy to discuss any questions and concerns that you may have.

We have a training document which has a suggested training programme, which you can access [here](#)

Bikes

The Munich to Rome tour can be completed by people on all types of bikes: it is important you ride on a bike on which you are most comfortable. Most people choose to ride on road or touring bikes for this tour.

You can transport your bike in the following ways:

- bring your own
- we can transport your bike for you—ask us for more information regarding the collection/drop-off of your bike.

Please ensure that your bike is fully serviced and in good working order before the start of the trip. It is advisable to have your bike serviced a few weeks before the start of the tour. This will allow time to 'bed in' before you start your ride.

Alternatively you can hire a bike from us, please see our website for more information.

