

2026

11 – SELF GUIDED BIKE TOUR

Emilia: the Italian Food Valley



Cycling through well-kept countryside, ancient medieval fortresses and authentic Italian flavours

Italian inbound tour operator

The itinerary starts in Piacenza, crosses the Po Valley and then climbs towards the foothills, where imposing medieval manors, such as Castell'Arquato, dominate the landscape. The route winds its way along sections of the Via Francigena, through villages and country roads, until it reaches Reggio Emilia and Parma, where castles, palaces and fortresses bear witness to the centuries-old history of the Emilia region.

The area offers an unrivalled gastronomic tradition: Parma ham and Salumi Piacentini (cured meat), Vini Piacentini (local quality wines), Parmigiano Reggiano cheese and traditional balsamic vinegar of Reggio Emilia. Add the food&wine experiences: discover authentic flavours that will make your trip unforgettable.

PROGRAM

6 days
by bike360 km
in total

Day 1 – Individual arrival in Piacenza

Online meet & greet. Overnight stay in Piacenza.

Day 2 – From Piacenza to Fiorenzuola d'Arda – 65 km

The route follows the course of the River Po through the Piacenza countryside. Among the villages you pass through, Busseto stands out, the birthplace of composer Giuseppe Verdi. Overnight stay in Fiorenzuola d'Arda.

Day 3 – Castell'Arquato – 40 km

The circular route explores the foothills of the Piacenza area. It passes through Fiorenzuola d'Arda and, after Vigolo Marchese, the road climbs gently, flanked by rows of vineyards, to the splendid Castell'Arquato, one of "Italy's most beautiful villages" and awarded the Touring Club's "orange flag". Second overnight stay in Fiorenzuola d'Arda.

Day 4 – From Fiorenzuola d'Arda to Colorno – 67 km

The route leads to the splendid abbey of Chiaravalle della Colomba, on the Via Francigena, and is characterised by the presence of fortresses and castles that dominate the towns of Soragna, Fontanellato and San Secondo Parmense. At our destination, we admire the Reggia di Colorno, the prestigious headquarters of ALMA, the International School of Italian Cuisine. Overnight stay in Colorno.

Day 5 – From Colorno to Reggio Emilia – 68 km

The route returns to the banks of the Po, arriving at Brescello, an authentic village made famous by the films about Peppone and Don Camillo. You cycle through poplar woods, passing through the villages of Gualtieri and Guastalla. Overnight stay in Reggio Emilia.

Day 6 – From Reggio Emilia to Parma – 53 km

The cycle path along the Crostolo stream leads to the 18th-century Reggia di Rivalta. The route continues along pleasant roads through the rolling hills of Reggio Emilia, passing through Montecchio Emilia and the majestic castle of Montechiarugolo. The route then returns to the plain and reaches Parma along quiet country roads. Overnight stay in Parma.

Day 7 – Sala Baganza – 65 km

The circular route crosses the Parma countryside dotted with brick farmhouses and arrives at the Carrega Woods Park. From here, you reach Sala Baganza and Felino, home of the salami of the same name, amidst pre-Appennine landscapes. The stage includes some ups and downs. End of bike rental, second overnight stay in Parma.

Day 8 – Individual departure from Parma

Breakfast, check-out and end of services.

2026

Emilia: the Italian Food Valley

Self Guided Bike Tour

8 days, 7 nights, 6 days by bike

Departure on Sunday, from April to October 2026
Minimum 2 people

Included services

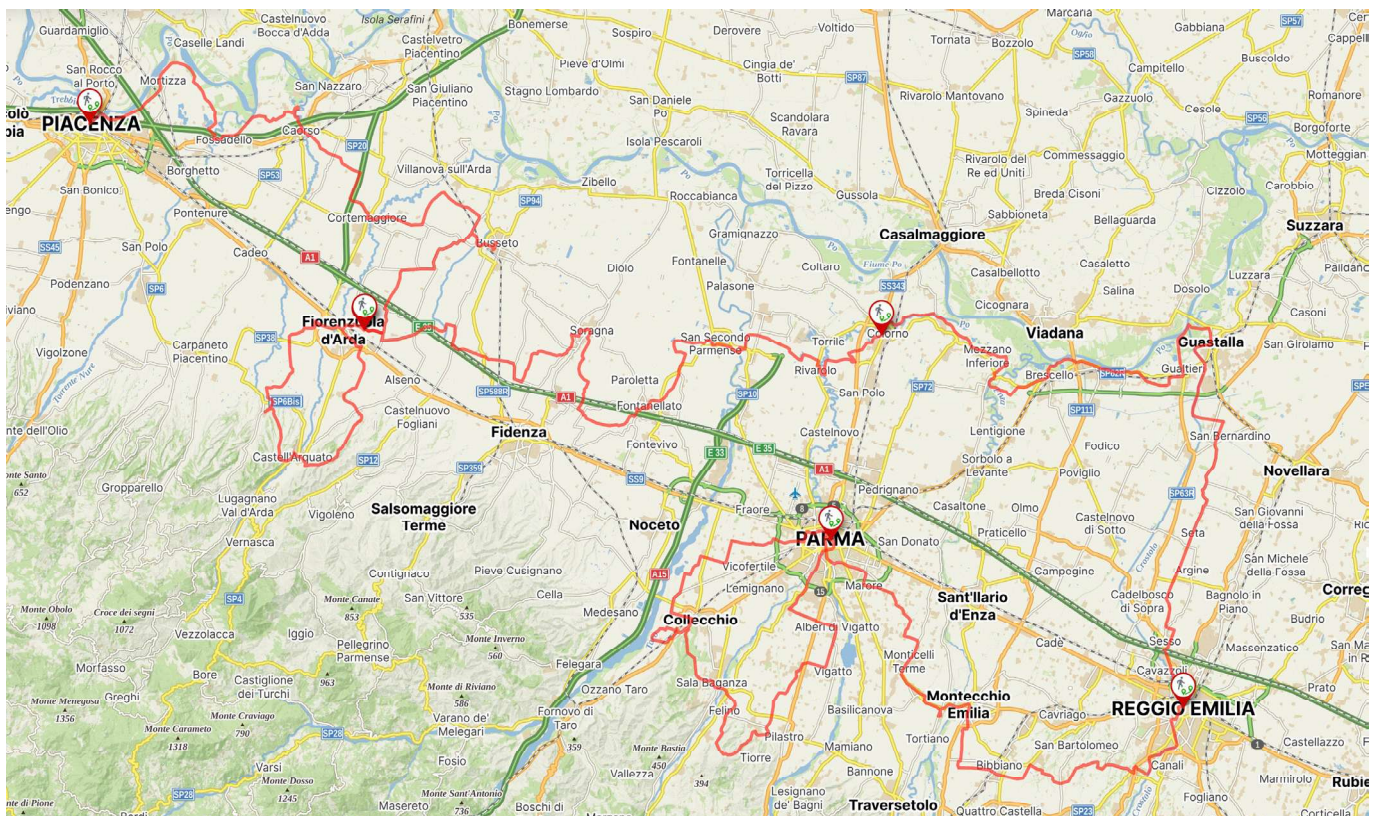
- 7 overnights with breakfast at Hotel***/* or agriturismo
- 6 itineraries by bike with navigation app
- Routes info on app
- Online Meet&greet
- Basic insurance
- Telephonic assistance 8:00–20:00

Not included

- Luggage transfer from Hotel to Hotel (see add-on)
- Bike rental (see add-on)
- Food&wine experiences (see add-on)
- Meals, city taxes and anything not listed among the included services

Add-ons

- Luggage transfer from Hotel to Hotel
- Tasting of Salumi Piacentini, Vini Piacentini, Prosciutto di Parma, Aceto Balsamico Tradizionale di Reggio Emilia, Parmigiano Reggiano
- For 6 days of touring bike rental, including lock, helmet, mobile holder, small front bag and pannier
- For 6 days of touring e-bike rental, including lock, helmet, mobile holder, small front bag and pannier



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that best suits your needs.

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Itinera Bike & Travel by Itinera Srl

Via Madonna del Terraglio, 5 - 37129 Verona, Italy

VAT n. 04954660231, Destination code N92GLON

Auth. of the Province of Verona 6382 of 13.12.2010

Insurance R.C. UnipolSai Ass. Spa no. 185576069

Insolvency or bankruptcy insurance:

NOBIS Assicurazioni, policy n. 203062745

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2026

Emilia: the Italian Food Valley

Self Guided Bike Tour

8 days, 7 nights, 6 days by bike

Departure on Sunday, from April to October 2026
(departures on other days subject to a 10% surcharge)

Minimum 2 people

Travel package, price per person

830,00 €	With accommodation in Double Room
1.080,00 €	With accommodation in Single Room
780,00 €	With accommodation in Triple Room

Included services

- 7 overnights with breakfast at Hotel***/* or agriturismo
- 6 itineraries by bike with navigation app
- Routes info on app
- Online Meet&greet
- Basic insurance
- Telephonic assistance 8:00–20:00

Not included

- Luggage transfer from Hotel to Hotel (see add-on)
- Bike rental (see add-on)
- Food&wine experiences (see add-on)
- Meals, city taxes and anything not listed among the included services

Add-ons, price per person

+ 340,00 € Luggage transfer from Hotel to Hotel

+ 180,00 € For 5 food&wine experiences: tastings at wineries, farms or local restaurants: Salumi piacentini, Vini piacentini, Prosciutto di Parma, Aceto Balsamico Tradizionale di Reggio Emilia, Parmigiano Reggiano

+ 125,00 € For 6 days of touring bike rental, including lock, helmet, mobile holder, small front bag and pannier (rental in Piacenza, pick up in Parma)

+ 250,00 € For 6 days of touring e-bike rental, including lock, helmet, mobile holder, small front bag and pannier (rental in Piacenza, pick up in Parma)



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