



"You can't be sad while riding a bicycle"

Going around Italy through bicycle is an amazing experience and less difficult than what you think. In Italy, in fact, there are several cycling itineraries easily accessible. Here below you can find the selection of the best we did.



[From Venice to Mantova](#)

The path stretches across the canals which link the Venice Lagoon to the Po and the Mincio, with a practically non-existent drop. The tour starts from Lido di Venezia and slowly slips along the islands that separate the lagoon from the sea; after, it reaches Chioggia with its typical fish market, the Po Delta with its pink flamingos, until Adria. From here, it proceeds along Canal Bianco until the Mincio and, finally, Mantova. To be completed in 5 days.

[From Bolzano to Verona](#)

The path has a slight negative slope which allows to cross long distances without being tired. The cycle route follows the Adige's path, between vineyards and embankments. Along the street you will be able to see Trento and Rovereto; Verona, then, will welcome you with its Castelvecchio Bridge and its Arena. To be completed in 2/3 days.



[The VenTo](#)

Among the best cycle routes, there is VenTo, which links Torino with Venice passing through cities such as Pavia, Piacenza, Cremona and Ferrara. Even if it is still not completed, you can cycle following the Po's embankment. The overall path could be done in 10/14 days.

[The Valtellina Cycle](#)

Over 114 km, following the river's path among high mountains and a green valley. It is the path that links Bormio to Colico, with a direct contact with the unique landscape and with the Adda. The bicycle can be rented in loco and then be returned during one of the main areas during the path.



[From San Candido to Lienz](#)

With its length of 44km, it is crossed from the Italian village towards the Austrian town it can be done by everybody, with a negative drop of 500 meters. The landscapes which alternate themselves along the path are typically made of mountains with chalets, grasses and larch woods. It can be completed in 4/6 hours.



[Pusteria Cycle](#)

Again starting from San Candido it is possible to follow Val Pusteria, 64 km long, in a unique landscape along Rio Pusteria, an affluent of Isarco. The itinerary winds itself along a slight descent, passing through small amazing villages such Monguelfo, Villabassa, Valdaora, reaching Brunico where it is possible to follow another cycle path towards Campo Tures.

[Ciclovía dei Fiori](#)

The Ciclovía dei Fiori is located in Liguria, between Genova and Ventimiglia. It is a path that winds itself along the amazing cycle pedestrian track which born on the outlined route of the old rail between Ospedaletti and San Lorenzo Al Mare. Made for everyone, it touches the neighbored beaches.



[Maremonti Cycle Path](#)

Again Liguria, there is another cycle path which winds itself along the route of an ancient rail. It is the "Maremonti Cycle Path" which goes from Levanto to Framura. Along the path there are several openings and balconies which allow to stop and have a look at the landscape.

Ciclabile dell'Acquedotto Pugliese

It is a path of 500km. The itinerary winds itself among the two historical aqueduct's pipes: the Principal Canal, which goes from Caposele to Villa Castelli and the Grande Sifone Leccese, that from the end of the first one reaches Santa Maria di Leuca. It is a narrative path which talks about one of the most impressive hydraulics opera made in Italy. To be done in 7/9 days.



Ciclovia del Sole

Who would like to experience an incredible path from the Brannero to Sicily can cross the Ciclovia del Sole which is long 300 km. the main characteristic of this path is that, most of time, it didn't follow a cycle track. From Brennero, it descends along Valle dell'Isarco, then to Val d'Adige, the Garda Lake, Mantova, Bologna, the Appennino Tosco-Emiliano, Florence, Rome and Naples until Sicily.



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