



ITINERARY

BESPOKE CIOCIARIA GOURMET CYCLE TOUR

7-nights/8-days. Inclusive package cost AUD\$4,997 per person based on double-bed room.

Single Supplement AUD\$790.

Sunday 8 September – Sunday 15 September 2024

Sunday 15 September – Sunday 22 September 2024

Pick up from a designated hotel in Rome (to be advised).

We recommend staying in Rome at least 1-2 days prior to joining our tour and another 1-2 days following your return and we have provided some suggestions for accommodation in Rome at the end of this document.

ITINERARY HIGHLIGHTS:

- Unique accommodation in a 1,000 year old monastery and a 16th century palazzo.
- Hilltop villages of Veroli & Atina, both with breathtaking scenery and layers of ancient history.
- Cultural & Gourmet experiences hosted by Paolo & Kelly Picarazzi of Antica Australis.
- Cycling tour host Colin Bransgrove, Bespoke Cycle Tours.
- Guided tours of both Veroli & Atina for you to 'feel at home'.
- Three full-day and two half day cycles through scenic countryside.
- Half day forest hike.
- Fresh produce Market Day visit.
- Archaeological site & museum visits.

ITINERARY INCLUSIONS:

- Return transfers from Rome. All transfers within itinerary.
- All breakfast, lunches and dinners provided (excl. one free night)
- E-bikes & touring bikes hire.
- Welcome Dinner @ local trattoria specialising in local cuisine, house wine inclusive.
- Additional pizza in the garden & local trattoria experiences, local wine inclusive.
- Dinner @ a local truffle restaurant (wine exclusive).
- One free evening to experience local trattorias & wine bars at own pace.
- Farewell Dinner with Wine Tasting & Matched Wines at local vineyard.
- Sparkling breakfast on departure.
- We have also included tips for our transfer drivers & dining experiences.

NOT INCLUDED:

Flights, Rome accommodation, laundry, selected bottles of wine and personal discretionary spending are the responsibility of individual guests.



ITINERARY*

Sunday 8 / Sunday 15 September	
Pick up from designated hotel in Rome at 11am and transfer to hilltop village of Veroli in the Ciociaria region [1.5 hour transfer].	Designated Hotel TBA Hosted by Paolo & Kelly Picarazzi
Arrive and check in	Monastero di Sant Erasmo https://www.santerasmoveroli.it/en/
Light lunch on garden terrace @ Monastery	Hosted by Paolo & Kelly Picarazzi
Accompanied walk through Veroli – welcome prosecco in the piazza.	Hosted by Paolo & Kelly Picarazzi
Welcome Dinner @ local trattoria specialising in Ciociarian cuisine (house wine inclusive).	Hosted by Paolo & Kelly Picarazzi
Monday 9 / Monday 16 September	
Breakfast @ Monastery	
Guided Walking Tour of Veroli with local archeologist, including visit to museum underneath the piazza with original Roman Forum [2 hours].	Hosted by Paolo & Kelly Picarazzi
Half Day Cycle to Casa Mari Abbey with lunch provided [4 hours].	Abbazia Cistercense di Casmari Hosted by Colin Bransgrove
Casual Dinner – pizza on garden terrace @ Monastery (local wine inclusive)	Hosted by Paolo & Kelly Picarazzi
Tuesday 10 / Tuesday 17 September	
Breakfast @ Monastery	
Walking excursion of Veroli fresh produce markets hosted by Paolo Picarazzi of Antica Australis [1 hour].	Hosted by Paolo & Kelly Picarazzi
Forest Hike & Picnic Lunch plus visit to Trisulti Monastery [4-5 hours].	Certosa di Trisulti
Set Menu Dinner @ Truffle Restaurant Veroli (wine exclusive and at own choice and expense)	Hosted by Paolo & Kelly Picarazzi



Wednesday 11 / Wednesday 18 September	
Breakfast @ Monastery	
Transfer from Veroli to the hilltop village of Atina in the Comino Valley [1 hour scenic transfer].	
Arrive and check-in	Palazzo di Senatore https://www.palazzodelsenatore.com
Accompanied walk through Atina [15-20 minutes].	Hosted by Paolo & Kelly Picarazzi
Lunch on Palazzo Terrace (soft drinks inclusive)	Hosted by Paolo & Kelly Picarazzi
Half-Day Cycle - Atina	Hosted by Colin Bransgrove
Dinner @ local trattoria specialising in produce from the Val di Comino (Comino Valley) with local house wine inclusive.	Hosted by Paolo & Kelly Picarazzi
Thursday 12 / Thursday 19 September	
Breakfast @ Palazzo	
Full Day Cycle – Atina with lunch provided [5-6 hours].	Hosted by Colin Bransgrove
Aperitivo at local bar- glass of sparkling & refreshments.	Hosted by Paolo & Kelly Picarazzi
Dinner @ local trattoria with house wine inclusive.	
Friday 13 / Friday 20 September	
Breakfast @ Palazzo	
Full Day Cycle – Atina with lunch provided [5-6 hours]	Hosted by Colin Bransgrove
Dinner – own choice of local trattorias, wine bars at own expense. Accompanied by Paolo & Kelly Picarazzi to assist with menu selection and ordering.	Hosted by Paolo & Kelly Picarazzi



Saturday 14 / Saturday 21 September	
Breakfast @ Palazzo	
Full Day Cycle – Atina with lunch provided [5-6 hours]	Hosted by Colin Bransgrove
Option for walking tour of Atina Medieval historical places, as well as ancient Roman & Samnite archaeological sites all in walking distance as an alternative to cycling.	Hosted by Paolo & Kelly Picarazzi
Farewell Dinner @ local vineyard wwith Wine Tasting & Set Menu with matched wines.	Hosted by Paolo & Kelly Picarazzi
Sunday 15 / Saturday 22 September	
Sparkling Breakfast @ Palazzo	Hosted by Paolo & Kelly Picarazzi
8.30am departure for return to Rome transfer. Return to designated hotel only (no alternative drop-offs). Arrival approx. 10.30am	Hosted by Paolo & Kelly Picarazzi

****Itinerary subject to change.*** Please note that Ciociaria is a developing tourism region and not everything always follows the exact flow of the itinerary. Trust that we will cover all the itinerary highlights, expect the unexpected and embrace a little spontaneity as we go along!

ANTICA AUSTRALIS, CARCOAR:

For a unique introduction to the cuisine & history of Ciociaria in central Italy, we recommend joining Paolo & Kelly Picarazzi at Antica Australis in the village of Carcoar in regional NSW prior to your tour:

<https://www.anticacarcoar.com/>

STAYING IN ROME:

We recommend staying in Rome for 1-2 days prior to joining us and perhaps another few days following the tour. We can recommend staying at the Hotel Santa Maria in Trastevere:

<https://www.hotelsantamariatrastevere.it/>

You may also like:

The Hotel de Russie (between Piazza del Popolo and the Spanish Steps)

<https://www.roccofortehotels.com/hotels-and-resorts/hotel-de-russie/>

Forty Seven Boutique Hotel (near the Circus Maximus and the Colosseum)

<https://www.fortysevenhotel.com>