



# Tourissimo

ACTIVE TRAVEL IN ITALY

## Emilia Romagna Chef Bike Tour



Cycling, Cooking, Tasting the Gastronomical Capital of Italy

"When we chefs make reference to La Nonna, we are making reference to a time when the Italian family meal was an art - a delicate balance between seasonal products, economic conditions, health concerns, and traditional recipes"  
Chef Massimo Bottura

fitness

scenery

culture

food / wine

7 days (6 nights)

Dates: June 12 - June 18, 2018



# Tourissimo

[www.tourissimo.travel](http://www.tourissimo.travel)  
[info@tourissimo.travel](mailto:info@tourissimo.travel)

## Highlights

- 1- Ferrara city of Renaissance
- 2- Destra Po and Po river delta
- 3- "Food and Wine trail" hills of Forli and Cesena
- 4- Pellegrino Artusi Restaurant-Museum with cooking class
- 5- Gold sandy beaches of Rimini
- 6- Thermal waters of Fratta Terme and Bagno di Romagna
- 7- Al Meni festival (Michelin-star street food)
- 8- Meetings with producers
- 9- Comacchio lagoon
- 10- Two UNESCO sites
- 11- Variety of landscapes and riding terrain
- 12- Superb meals and the "best home food" of Italy

## Description

A trip to the apex of Italian "home food" in Emilia Romagna. From seaside resorts to the splendid Apennines, we ride to taste, and we taste to understand. This tour was the inaugural Chef Bike Tour itinerary in 2017 and was a big hit with our guests.

At Tourissimo we believe that you cannot explore and understand the gastronomy of a region without considering the region's history, culture, landscape, and climate. But for the Emilia Romagna Chef Bike Tour we want to go further.

We aim to showcase how food is linked to the well being of an area in terms of health, and socio-economically.

Located between the fertile Po River Valley and the Apennines, Emilia-Romagna is renowned for its soul-satisfying food. To Italians it is known as the "home-cooking capital of Italy." To others, it is known as the birthplace many of the foods that lie at the heart of Italian cooking- lasagna, tortellini, prosciutto di Parma, balsamic vinegar, and "The King of Cheeses," Parmigiano-Reggiano, to name a few. The Romagna DOC wines are the perfect pairing to the regional dishes.

The locals are revered for having a great balance of respect for tradition, cheerful attitude, and bursting entrepreneurship. In Emilia Romagna tradition merges with innovation and the past (in many practical ways) becomes the foundation for the future. And in all of this, food is an important part. Some would say the corner stone.

The gran finale is in Rimini the weekend of a phenomenal gastronomic event: Al Meni. Twelve of the best chefs from the region meet (and cook with) 12 young international chefs for the street food event with, unarguably, the most 'Michelin star hands' in the kitchen. A circus tent is the main venue to pay homage to Rimini-born Federico Fellini, the genial director of *Amarcord* and *8 1/2*. The riding is a superb mix of landscapes and views. From the flat plane of the Po river delta and the Comacchio Valley (WWF protected area) we ride to the hills and from the Apennines to the Adriatic. The rides are fully supported and participants can ride just part of the stage. Companions that are non-riders are also welcome.



heat

min:  
63 F  
max:  
79 F



rain

13%  
Probab.



wind

## Beppe Salerno Founder



It is a great pleasure to host you on this special edition tour! Our guest chefs and the whole Tourissimo team look forward to riding with you in Emilia Romagna. We started Tourissimo because we pride ourselves on being the experts at what we do, where we do it. People like you look for phenomenal experiences, and to package that into a week-long vacation requires expertise. We know what that should look and feel like, and we know how to create it.



## What's Included

- Two or more professional tour guides throughout the program
- Accommodations in 4 star hotels and one 3 star hotel
- All breakfasts, all lunches, and all dinners
- Wine and beer with meals
- Tastings of wine and local specialties
- Cooking class at "Casa Artusi"
- Entrance to thermal spas
- Al Meni food festival
- Logistical support during the tour and luggage transfer
- Shuttle at the beginning and at the end of the tour
- Commemorative cycling jersey and chef apron
- All activities mentioned in the day-by-day description

## What's Not Included

- Airfare
- Pre-tour hotel stays and post-tour hotel stays
- Personal expenses such as laundry and cell phone
- Guide gratuity



## The Tourissimo Experience

Tourissimo is about meaningful, authentic experiences that are also educational, yet fun! In designing this tour, we put a strong emphasis on local productions, Slow Food, and traditional dishes. The learning, hands-on experience is at the center of this "foodie" program. Beppe and his guides know how to deliver unique moments that enrich a vacation and yourself.

## Ability Level

These rides are designed for people who are active, and willing to tackle some daily challenges. Riders can ride less or more, and take advantage of the support vehicle to skip a climb. Tourissimo uses a 3-level scale and this tour would be rated Active, or level two. The terrain is flat for the first two days and hillier with a few major passes towards the end. E-bikes available.

## Daily Itinerary

After an airport transfer, we arrive at our hotel located in the majestic Piazza Castello. Ferrara is one of the centers of Italian Renaissance history and an outpost of papal power in the North of the country.

Bicycles are the favorite mode of transport and its streets are closed to car traffic. In the Ferrara area, the bicycle has always been linked to work, commuting, socializing, and leisure. What better way to start a bike tour! Ferrara, with its uniquely well-preserved walls, is home to the stupendous monuments from the 13th-15th centuries: the Castello Estense, the Archiepiscopal Palace, Lion's tower, Rossetti's Renaissance Palace of Diamonds. Optional quiet afternoon ride along peaceful canals to Ro Ferrarese. We follow the River Po, the longest Italian river, riding on the embankment road. Pre-dinner walking tour of town.



We bike east, from the heart of Emilia-Romagna towards the Adriatic Sea, crossing the Pianura Padana, and edging the lagoon of Valli di Comacchio. Away from the large river Po one realizes the quantity of canals built by the man to keep irrigated every area of the plain. You will notice its variety of crops and ordered fields that occupy a vast reclaimed area. It's the most important lagoon area of Italy. In the afternoon we enjoy crossing the River Reno over a small ferry; and finally, we enter Ravenna, the jewel Byzantine town once capital of the Roman Empire.

It is the longest ride of the week but the terrain is flat. We will learn about the local fauna and flora and the economy of the wetland lagoon.

As for river and lagoon fare, the eels of Comacchio are celebrated by gourmands and should be washed down with the red "wine of the sands", Bosco Eliceo DOC.

Upon arriving, you will have some free time to explore Ravenna on your own. Dinner is at Antica Trattoria al Gallo.

**Day One**  
Ferrara

**Daily Mileage**  
8 mls

**Type of terrain**  
Flat

**Meals included**  
LD

**Hotel**  
Hotel Ferrara

**Dish of the stage**  
Cappellacci di Zucca IGP.

**Day Two**  
Ravenna

**Daily Mileage**  
60 mls

**Type of terrain**  
Flat

**Meals included**  
BLD

**Hotel**  
Centrale Byron

**Dish of the stage**  
Eel of Comacchio logoon  
(Slow Food Presidium)

## Daily Itinerary

We'll have a late start today to give you plenty of time to visit Ravenna's architectural and cultural treasures. The riding today is gorgeous, spinning through a pine forest and past fruit orchards and fields of sunflowers along tiny farm roads. We'll also cross a canal (Canale del Pino) with small, traditional fishing shacks lining the way. We will ride south to the saline of Cervia, artificial ponds where salt has been produced and traded for 2000 years. Salt was a highly valued trade item, considered "white gold" and a form of currency. We'll have a guided tour of the saline and then ride to our hotel in Fratta Terme with plenty of time to enjoy the thermal waters. Dinner will be at the hotel.



### Day Three

Fratta Terme

### Daily Mileage

40 mls

### Type of terrain

Flat

### Meals included

BLD

### Hotel

Grand Hotel Terme della Fratta

### Dish of the stage

Piadina Romagnola.

This flatbread is filled with simple but high-quality ingredients (such as cold cuts) and makes a whole meal.

Today's loop ride will take us along the Strada dei Vini e dei Sapori (Wine and Flavor Road), where we will pass vineyards and olive groves. In the afternoon we reach Bertinoro, a charming Medieval hilltop village that affords a stunning view of the surroundings. It is in fact named "The Balcony of Romagna" (234 mt above sea level). After Bertinoro we return to Fratta Terme to change and get ready for a pasta class and dinner at Casa Artusi in Forlimpopoli. Casa Artusi is a museum, cooking school and restaurant named after Pellegrino Artusi (Forlimpopoli 1820 - Florence 1911) who is still considered the father of Italian gastronomy. Artusi's book Science in the Kitchen and the Art of Eating Well was an unthinkable success. During the following 20 years, the author himself worked on 15 editions and the "Artusi" (by then simply called by the author's name) became one of Italy's best read books.



### Day Four

Fratta Terme

### Daily Mileage

35 mls

### Type of terrain

Hilly

### Meals included

BLD

### Hotel

Grand Hotel Terme della Fratta

### Dish of the stage

Tagliatelle con ragu' alla Bolognese.



## Daily Itinerary

Today we ride to Bagno di Romagna on the Apennines. On our ride, we will see hills covered with vineyards and we have planned to visit one of the local wine producers. We will get an in-depth explanation of the local wine culture, of the terroir, of the local grape varieties, and of the climate. And, of course, we will get to taste! Each region of Italy boasts an incredible winemaking tradition. Here in the Province of Forlì and Cesena, local winemakers' pride and joy is the Romagna Sangiovese DOC.

After a steady pass, we arrive in Bagno di Romagna. Take full advantage of the thermal water, as Bagno di Romagna is also a Spa town.

Or check out the charming village, which - for the first time - hosted a Giro d'Italia stage in 2017. Whatever you decide to do, be ready for another culinary event as dinner will be prepared under the supervision of chef Paolo Teverini.

### Day Five

Bagno di Romagna

### Daily Mileage

36 mls

### Type of terrain

Hilly

### Meals included

BLD

### Hotel

Tosco Romagnolo

### Dish of the stage

Wild game and mushroom

Today, we have an early start to make it to Rimini on time for our Al Meni brunch at the 5-star Grand Hotel Rimini. We might have Chef Massimo Bottura greeting us and welcoming us to "his" event: Al Meni. Imagine a brightly colored circus tent by the Italian Adriatic sea, in the shadow of the elegant Grand Hotel Rimini. A tribute to the dreamlike vision of Federico Fellini. Rimini will be bursting with international chefs, producers, and food lovers. Our chefs will be part of the event too.

The rest of the day is all about the Adriatic and its beach resort town of Rimini. In the summer months the coast is busy with tourism from all over Europe. The cooking fair featuring Michelin-star chefs from Emilia Romagna will continue until late night. The venue is right in front our hotel and the beach is literally only steps away. It is the grand finale of our Chef Bike Tour of Emilia Romagna.

### Day Six

Rimini

### Daily Mileage

54 or 30 mls

### Type of terrain

Mountains

### Meals included

BLD

### Hotel

Grand Hotel Rimini

### Dish of the day

The real Italian gelato and many regional specialties at Al Meni



## Daily Itinerary

This morning you can enjoy the private beach, outdoor swimming pool, and the many amenities of the beautiful hotel. You can also opt for an early morning ride.

Unless you are extending your stay, a transfer will be arranged this morning according to your travel plans.



**Day Seven**  
Rimini

**Daily Mileage**  
Varies

**Type of terrain**  
Easy stroll

**Meals included**  
B

We recommend an extra-night stay in Rimini at Grand Hotel Rimini.

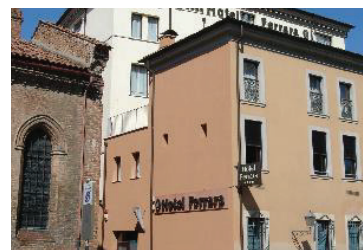
Contact us for other optional extensions to this tour.

# Hotels

## Day 1

### HOTEL FERRARA

Located in the historic center adjacent to the 14th-century Estense Castle, Hotel Ferrara is within walking distance of many of Ferrara's sites and many bars and restaurants. Each room features hardwood floors and elegant furnishings, as well as a full HD LED TV with international channels and free Wi-Fi.



## Day 2

### HOTEL CENTRALE BYRON

Hotel Centrale Byron is located in the historic center of Ravenna, just steps from the Piazza del Popolo and Torre Civica and in the quiet pedestrian zone. Free Wi-Fi is available in each room and in the common areas. The rooms are clean, comfortable and simply decorated.



## Day 3 and 4

### GRAND HOTEL TERME DELLA FRATTA

Originally built in 1920, Bertinoro's Grand Hotel Terme Della Fratta boasts a Neoclassic style and modern rooms with air conditioning, free Wi-Fi and a flatscreen TV. The property features a spa and an outdoor swimming pool. The grounds include 7 thermal springs for guests to enjoy. The hotel is located along the Nove Colli cycling and walking path.



## Day 5

### HOTEL TOSCO ROMAGNOLO

Hotel Tosco Romagnolo offers elegant rooms with air-conditioning, a flatscreen TV, free Wi-Fi and wooden furnishings. The wellness center features a Turkish bath and hot spring pool with waterfalls. The restaurant, Paolo Teverini (named for the chef/owner) is one of the most renowned in the region.



## Day 6

### GRAND HOTEL RIMINI

Grand Hotel Rimini is just a two-minute walk from the beach and is set right on the seafront in Marina Centro in the heart of a breathtaking park overlooking the Adriatic Sea. It offers luxurious rooms, swimming pools, sports facilities, and a private beach. Wi-Fi is free. The hotel has been welcoming guests into its spacious and elegant rooms since 1908.





## Food and Wine

Nestled between the Alps and the Apennines, Emilia-Romagna owes a great deal to the unique nature of its territory when it comes to explaining its rich culinary tradition, which is often revered as one of the finest in Italy. The Po River, which runs across the whole of the region, marks the boundary between the fertile soil of the Pianura Padana Valley, the agricultural heart of northern Italy, and the gentle curves of the pre-Apennines on the border with Toscana. Following the course of the Po, the east of the region opens widely onto the Adriatic Sea with a low and uniform coastline and shallow waters.

Once marshland, the Pianura Padana is today one of the most fertile areas of the country following a long history of cultivation. Perhaps the first to spot the enormous agricultural potential of the region were the Romans, who made it a key center for the empire's food production. Often dubbed 'the food valley', it is abundant in cereal crops and cattle rearing and home to some of the most renowned food producers in the country.

While institutionally one, from a cultural and gastronomical point of view Emilia-Romagna is in fact two. The sub-region of Emilia, which lies along an ancient Roman trading route, stretches from the western tip of the region with the cities of Piacenza, Parma, Reggio Emilia, Modena, Bologna, and Ferrara dotted around it like jewels in a crown. It is known for its solid, rich and indulgent cuisine, heavily based on pork and animal fats thanks to the Lombard (a Germanic tribe) domination of the region. It is also

equally revered for being naturally effortless in its sophistication, something that the Renaissance court tradition has left as an indelible mark. In the words of Pellegrino Artusi, nineteenth century author of *The Science of Cooking and the Art of Fine Dining*: "When you come across the Cucina Emiliana (Emilia's cuisine), take a bow, because it deserves it."

In the western part of the region, from Bologna to the Adriatic coast, lies Romagna. Here, unlike in Emilia, the Byzantine heritage influenced many aspects of Romagna's culture; it is still evident in the stunning churches and mosaics of the city of Ravenna and in the prominence of terracotta-based cooking methods. Influenced more by the closeness of the sea than by the aristocratic tradition of the courts, Romagna's gastronomic tradition is simpler and closer to the land, but just as varied and deep as its counterpart in Emilia.

Source: [https://www.eataly.com/us\\_en/magazine/culture/food-guide-emilia-romagna/](https://www.eataly.com/us_en/magazine/culture/food-guide-emilia-romagna/)



## Arriving and Departing

Airport - Bologna (BLQ)

Other transportation - Private group transfer by Tourissimo from and to the airport.

While as accurate as possible at the time of creation, this program should be considered an approximate indication of the schedule and scope of activities and tour routing, rather than an inflexible schedule.

Very occasionally events that are out of our control mean we have to make some changes, but we'll ensure you still have the best time!

We will do our best to ensure that any change is communicated as soon as possible.

Should our first choice hotels not be available due to special events, limited space, renovation, we will offer alternatives of the same standard or superior, whenever possible.