Food valley cycling tour – Modena to Parma

7 days, *€ 912*



ITALIAN **BIKE TOURS**
Bike, Breathe & Discover

Introduction



The **Food Valley cycling tour** is an unforgettable journey through one of Italy's most celebrated gastronomic regions, where culinary excellence meets scenic countryside. This e-bike adventure takes you from the historic city of Modena to the charming towns of Reggio Emilia and Parma, offering a fully immersive experience in the heart of Italian food culture.
Visit local producers and taste the world-famous Aceto Balsamico di Modena, discovering its unique sweet and tangy flavors. As you pedal through the rolling hills, vineyards and rural landscapes create the perfect backdrop for your culinary exploration. The route continues toward Reggio Emilia, birthplace of Parmigiano Reggiano cheese, where you visit a traditional dairy farm and witness the craftsmanship behind this iconic product.
Thanks to the gentle support of your e-bike, riding through the green hills is smooth and enjoyable. Enjoy guided tastings where the nutty, savory notes of Parmigiano Reggiano come to life, perfectly paired with local wines. The final stretch of the **Food Valley cycling tour** leads to Parma, a city synonymous with gastronomic excellence, where Prosciutto di Parma, regional wines and historic wineries complete your experience.

Day to Day

Day 1 **Arrival in Vignola**

Vignola is a charming town in Emilia-Romagna, Italy, famous for its sweet cherries and the impressive medieval Rocca di Vignola, a beautifully preserved fortress overlooking the Panaro River. Its historic center offers quaint streets, elegant arcades, and lively cafés, while the surrounding countryside is dotted with cherry trees and gentle hills—perfect for scenic walks and local food tastings.

Day 2 **Ride from Vignola to Modena** **37 km**

Today you start your holiday on a scenic cycle ride from Vignola to Modena, passing through the charming vineyards of Castelvetro and the historic Casa Museo Pavarotti. This route offers a delightful mix of rolling countryside, cultural stops, and picturesque views, perfect for cyclists of all levels. As you pedal through the lush landscapes, you'll enjoy a blend of natural beauty and cultural heritage before reaching the vibrant city of Modena, where your journey concludes. Mondea is a charming, lesser-known destination that offers a perfect blend of natural beauty, cultural richness, and relaxed vibes. Nestled in a scenic landscape, this hidden gem is ideal for travelers seeking tranquility away from the bustling tourist hotspots. You can explore its picturesque streets, enjoy local cuisine, immerse themselves in authentic cultural experiences and visit the Ferrari museum.

Challenge: 37 km, 369 m ascent, 440 m descent

Day 3 **Ride from Modena to Reggio Emilia** **38 km**

Today's ride offers a pleasant landscapes of the Emilia-Romagna region. Starting in Modena ride towards Reggio Emilia, passing through the tranquil Laghi Curiel and the picturesque countryside. This route offers a peaceful escape from city life, with scenic lakeside views, rolling fields, and charming rural landscapes. Ideal for nature lovers, the journey combines the best of Emilia-Romagna's natural and cultural treasures, culminating in the historic city of Reggio Emilia.

Challenge: 38 km, 49 m ascent, 25 m descent

Day 4 **Loop ride from Reggio Emilia via Albinea** **45 km**

Enjoy a delightful cycle loop from Reggio Emilia through the scenic Albinea countryside, where rolling hills and vineyards create a picturesque backdrop. The ride offers a peaceful escape into nature, with a visit to a local acetaia (traditional balsamic vinegar producer) on the way back. Here, you can savor the rich flavors of this regional specialty before continuing your journey, making this loop a perfect blend of cycling, scenery, and culinary culture.

Challenge: 45 km, 221 m ascent, 222 m descent

Day 5 **Ride from Reggio Emilia to Parma, or train to Fidenza and ride to Parma** **49 km**

Today you have two option you can choose from: An easy cycle from Reggio Emilia to Parma through the tranquil countryside, where quiet roads and scenic landscapes make for a relaxing journey or for a more adventurous option, take a train to Fidenza and cycle along the historic Via Francigena, a route rich in cultural heritage and natural beauty, leading you into the heart of Parma. Whether you choose the serene countryside route or the storied Via Francigena, this ride offers a perfect blend of tranquility and exploration.

Option A: Challenge: 49 km, 185 m ascent, 189 m descent

Option B: Challenge: 41 km, 295 m ascent, 312 m descent

Day 6 **Parma loop ride via Torrechiara** **45 km**

Set out on a scenic cycle loop ride from Parma through the charming countryside via Torrechiara village, where vineyards and rolling hills offer a picturesque ride. This route includes the option for an extended journey over the hills, providing stunning panoramic views and a more challenging ride for those seeking adventure. The ride perfectly balances natural beauty and the peaceful ambiance of the Emilia-Romagna region, making it a rewarding experience for cyclists of all levels.

Option A: Challenge: 45 km, 253 m ascent, 253 m descent

Option B: Challenge: 60 km, 380 m ascent, 380 m descent

Day 7 **Arrivederci Emilia-Romagna!**

The trip and our services end after breakfast.

From Parma train station you can easily reach your departing airport.

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	912.00
Rental bike		**€**
E-bike		250.00
Extra services		**€**
Bike helmet	per piece	28.00

Practical Info



6 nights included



3/4 Star Hotels



Breakfast included



APP, tracks and Maps



Bike rental available



7-days a week service-hotline



Luggage transport included



Vignola, Bologna & Parma central station



GPS-tracks available