

Mantua and the Mincio Park
A 4- day or 5- day cycling tour

Code tour: ITLOM01C



Mantua and its surroundings are rich of extraordinary natural and architectural beauties... and not only, because it is also an area of many food specialities, like the 'salami mantovano', pumpkin tortelli and Mantua mustard. The old town centre was declared a World Heritage site in 2007 and Mantua was Italian Capital of Culture in 2016. It is a town where history and old art are harmoniously mixed with a modern lifestyle. Mantua is situated in the middle of the Po-valley and is since its origins surrounded by water of three artificial lakes, which receive water from the Mincio. When, at the end of a sunny day, you make a stop at one of these lakes you will be enchanted by the sunset colouring the lake very red. During the months July, August and September standing on the lakeside of the 'lago Superiore' in the Belfiore park, you can admire the lotus' floating on the water like an island. In the 6th century BC Mantua was an Etruscan town and its name is derived from the Etruscan god Mantus. It was Gonzaga-family, in the Renaissance, who made the town flourishing and a cultural centre. The current city centre with its monuments and town walls are dating from this period. When you visit Mantua and you admire her profile you will feel yourself as between heaven and water, like the famous writers and musicians did like Virgil, Dante, Shakespeare, Verdi, D'Annunzio, etc.. They all wrote about the town's history, described its alleys, squares, palaces, lakes in their legends, stories and passionate love affairs. Visiting Mantua will be an unforgettable experience!

Lombardia



Italia

Period:

Thursday and Friday are recommended from 1 March until 30 October. Be aware that the boat tour is only possible on Saturday or Sunday, on the other days you cycle back to Mantua. In the winter only on request. The bus / bike is only possible on Sundays. The route can be swapped between them

Participants: minimum 2 persons

Level: 1,5

The routes are easy to follow, because they are flat. You cycle for a big part on cycle paths alongside the Mincio- and Po-rivers. There are some easy dirt roads and quiet country roads. Also suitable for families. Total km 125 / 78 miles or 170 km / 106 miles

Program in short of the 4- day tour:

- Day 1 Individual arrival at Mantua (40 km/25 mi)
- Day 2 Mantua-S.Benedetto-Borgoforte-Mantua (55 km/34 mi)
- Day 3 Mantua - Rivalta - Mincio - Park with the boat - Le Grazie - Mantua (30 km / 19 mi)
- Day 4 End of tour

Program in short of the 5- day tour:

- Day 1 Individual arrival at Mantua (40 km/25 mi)
- Day 2 Mantua-S.Benedetto-Borgoforte-Mantua (55 km/34 mi)
- Day 3 Mantua - Rivalta - Mincio - Park with the boat - Le Grazie - Mantua (30 km / 19 mi)
- Day 4 Mantua - Peschiera del Garda - Mantua (45 km /28 mi)
- Day 5 End of tour

Program day by day of the 4- day tour

Day 1 Individual arrival at Mantua

Today in the afternoon if you arrive early it is possible to make a tour through the old center and the lakes surrounding it. Mantua has a beautiful old town centre with nice Renaissance Palaces like the Ducal Palace of the Gonzaga family with 500 rooms and the Palazzo Te. The palazzo del Te has frescoes of Giulio Romano, which are rich with symbols and myths. It was also called the palace of Deception, because Frederico II Gonzaga used it for entertainment and his mistress lived here. There is also the Castel San Giorgio where Mantegna painted the Bridal chamber. After dinner, you can make a stroll through the old centre and discover the fascination of this Gonzaga town by night.

Overnight with breakfast and dinner in Mantua

Distance: 40 km /25 miles

Day 2 Mantua-S.Benedetto-Borgoforte-Mantua

Today you cycle along the lower Mincio in direction of the Po. You will pass the old court of the great Virgil till the Dam of Governolo, where according to the traditions the meeting between Pope Leo I and Attila found place. You return to Mantua after you cycled a stretch along the river Po, a beautiful intense green river landscape, far from hectic everyday life.

Overnight with breakfast and dinner in Mantua

Distance: 55 km /34 miles

Day 3 Mantua- Rivalta- Mincio-Park with the boat*-Le Grazie-Mantua

Today you cross the Mincio Park, a protected area including 13 municipalities. Here you find the widest inland wetlands a perfect habitat for herons, little egrets, western marsh harriers and other species. In the park are many castles, canals and also the sanctuary of S.Maria delle Grazie, the church of S.Maria degli Angeli and many Gonzaga Villas.

* The boat tour is only possible on Saturday or Sunday. On other days you return to the town by bike

* The daily division of the routes can be changed if you like

Overnight with breakfast in Mantua

Distance: 30 km /19 miles

Day 4 End of tour after breakfast



Program day by day of the 5- day tour

Day 1 Individual arrival at Mantua

See program of day 1 of 4- day tour

Day 2 Mantua-S.Benedetto-Borgoforte-Mantua

See program of day 2 of 4- day tour

Day 3 Mantua- Rivalta- Mincio-Park with the boat*-Le Grazie-Mantua

See program of day 3 of 4- day tour

Day 4 Mantua - Peschiera del Garda - Mantua

In the morning by bus with your bike you leave for Peschiera on Lake Garda. You have time to visit the town of Peschiera, and then you cycle along the Mincio bike path, which connects Peschiera con Mantua. Peschiera del Garda, whose Roman ancient name was Acrilica, still preserves evidences of its history attracting every year many visitors curious to discover signs of the work of man. Near the military defensive works, you will find houses and religious buildings such as the sixteenth-century Sanctuary of Madonna del Frassino (Our Lady of Ash) visited every year by thousands of pilgrims. Besides it, Peschiera offers its visitors peaceful and relaxing moments in the natural environment surrounding it. In the oasis of the Laghetto del Frassino (little lake of Ash) and in the Mincio Valley crossed by a park having the same name, you will have the possibility of walking in contact with an unpolluted and luxuriant nature. The stretch of territory reaching Sirmione from Peschiera is called 'Lugana' and it is well known for the production of a wine having the same name. Lugana wine, which (in 1967) was one of the first Italian wines bearing a DOC trademark, can be served with some local dishes of Lake Garda's tradition such as 'I

Bigoli con le sarde' (home made spaghetti served with a sauce of sardines), 'Le Sarde in saor' (Sardines cooked with onions) and 'risotto con la tinca' (risotto cooked with tench).

Overnight with breakfast in Mantua

Distance: 45 km /28 miles

Day 5 End of tour

Departure after breakfast



Hotel: *** star hotel

Price p.p. 2021 of the 4- day tour:

In double/twin room € 352

In single room € 427

Bike rental € 60

Children 0-1 years for free

Children 2-11 years 50% discount

Price p.p. 2021 of the 5- day tour:

In double/twin room € 455

In single room € 555

Bike rental € 80

Children 0-1 years for free

Children 2-11 years 50% discount

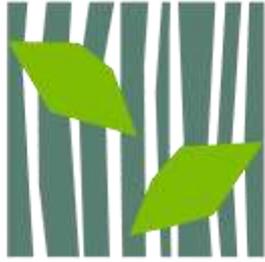
Included in the price:

- 3 or 4 overnight stays in *** hotel sup.
- Breakfast buffet
- 3 dinners (4 day tour) or 4 dinners (5 day tour)
- Detailed route instructions in Italian, English or German and maps
- Boat excursion in the Mincio-park from Rivalta to Mantua on Saturday or Sunday)
- Assistance helpline

Not included:

- Journey to reach Mantua
- Drinks during dinner

- Bus & bike to Peschiera (about € 12,00 p.p.)
- Tourist tax to be paid in the hotel
- All not mentioned under “included in the cycle tour”



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