

6 days /5 nights

Abruzzo Bike to Coast and Trabocchi coast

The Green Way of the Trabocchi Coast



starting from **1070 €**

SKU: ISY0001

 Availability on Request

 Individual

 Itinerant

 Bike Touring ...

 6 giorni


 161 Km

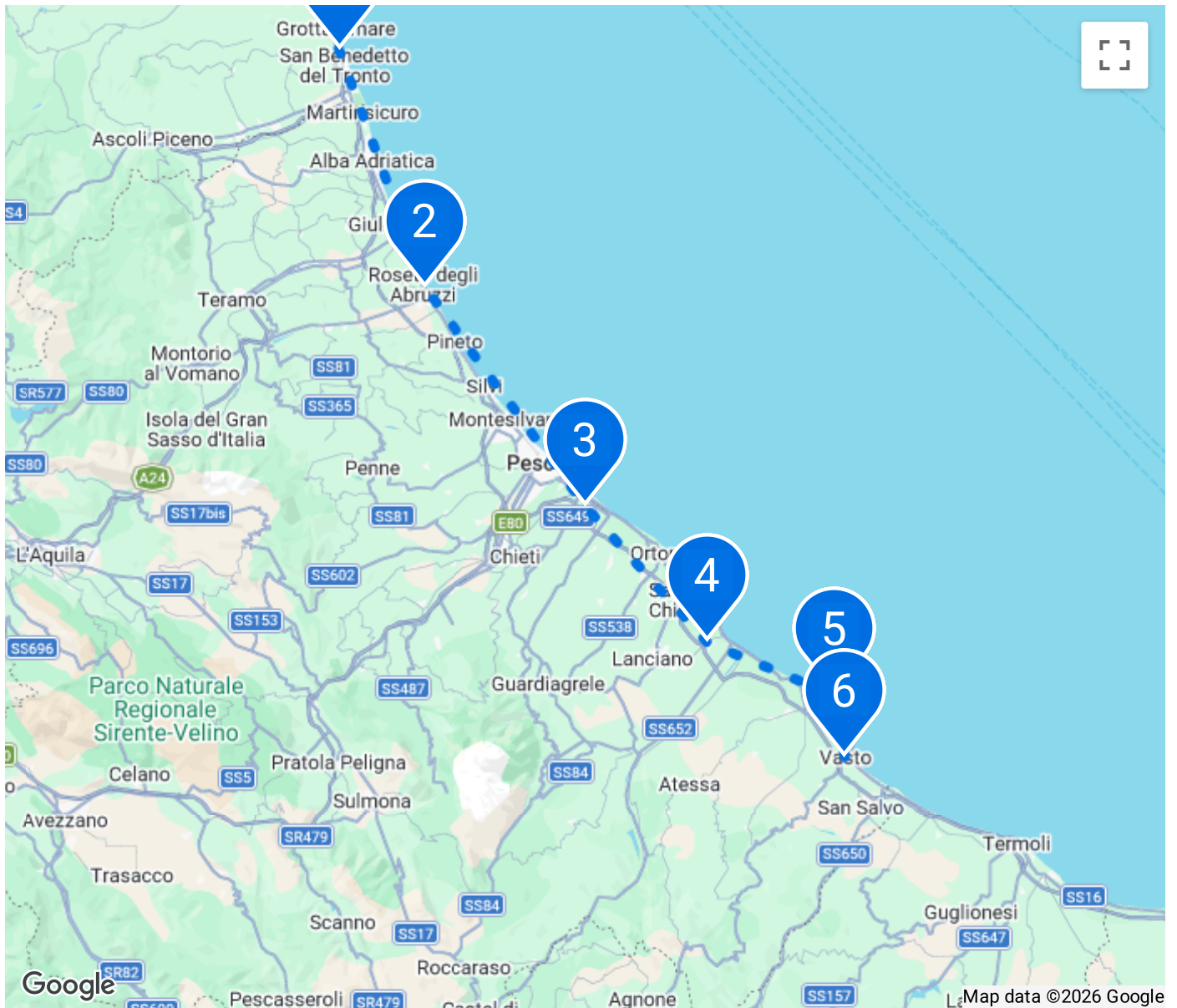
 **Easy**

 Operated by **BikeLife**

Tour Overview

The **Bike to Coast** tour features a 133 km route along the Abruzzo coast, passing beaches, cliffs, and charming villages. The itinerary includes local tastings and a special dinner on a Trabocco, with opportunities to unwind in a spa with aperitif. Luggage transfer, GPS tracks, and a travel document ensure a smooth and comfortable journey.

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

San Benedetto del Tronto

Arrival in San Benedetto del Tronto at the hotel. We recommend visiting the "Paese Alto." The ancient fortified village, strategically located in the upper part of the town, is centered around the Church of San Benedetto Martire and is a must-see on our journey. A special visit should be made to the Torre dei Gualtieri, with its distinctive hexagonal shape, also known as "lu Campanò" because of the two enormous bells inside. For centuries, it has been the symbol of San Benedetto. Free dinner and overnight stay.

Duration:

Accommodation: San Benedetto del Tronto



Roseto degli Abruzzi

We will depart from San Benedetto del Tronto, crossing through the Sentina Natural Reserve (first part unpaved), a landscape of water and sand spanning approximately 180 hectares within the municipality of San Benedetto del Tronto, between the town of Porto d'Ascoli to the north and the Tronto River to the south. After crossing the Tronto River, we will reach the starting point, known as point ZERO, of the Bike to Coast Abruzzo in the province of Teramo. The Abruzzo cycle path will begin here, allowing us to visit Martinsicuro, Alba Adriatica, Tortoreto Lido, Giulianova, and Cologna Spiaggia. We will then enter the Borsacchio Reserve, which preserves the pristine beauty of an area that maintains all aspects of the intact Abruzzo sandy coast, with its embryonic dunes of halophytic vegetation and stretches of Mediterranean scrubland. At the end of the Reserve visit, wine tasting at the historic Mazzarosa Winery in Roseto degli Abruzzi. Arrival in Roseto degli Abruzzi at the hosting facility. (If you're still feeling fresh, a visit to the upper part of Montepagano is recommended). Dinner will be themed around the Rosetano tradition. Free dinner and overnight stay.

Duration:

Height difference: 100 m

Accommodation: Roseto degli Abruzzi



Francavilla al Mare

We will cycle through the magnificent pine forest of Pineto and the stunning Marine Park of Torre Di Cerrano. In the Teramo stretch, between the towns of Pineto and Silvi, the marine area spans seven kilometers of coastline, complementing a program for environmental protection and enhancement alongside a network of underwater oases that have facilitated the preservation, restocking, and study of the marine ecosystem in recent years. After the visit, we will leave the province of Teramo and enter the province of Pescara, passing through Montesilvano and Pescara. Crossing the Ponte del Mare, we will arrive in Francavilla al Mare where we will stay overnight. (It is recommended to take an extra tour of the villages in the Teatine hills, such as Torrevicchia Teatina and Ripa Teatina, along with Chieti, or visit the MU.MI., the museum in Francavilla al Mare with the Michetti Convent, the gathering place of many artists including D'Annunzio, Barbella, Tosti, Scarfoglio, and Cascella, among others). Free dinner and overnight stay.

Duration:

Height difference: 100 m

Accommodation: Francavilla al Mare



Fossacesia

We head south again, crossing through the vast territory of the province of Chieti along the coast, with a visit to Ortona and its Aragonese castle. Returning to the sea from the Acquabella Reserve, we may also visit the Canadian Cemetery, established on the Gustav Line during World War II. The labyrinth of tunnels begins here, leading us to San Vito Chietino, gateway to the Costa dei Trabocchi. (By reservation and for a fee, a visit to the Trabocco Turchino is possible, as described in Gabriele D'Annunzio's *"The Triumph of Death"*). Here, we start to see these old fishing huts, resembling huge spiders suspended over the sea. We will continue to admire the sea and the surrounding hills as we venture along the Teatine coast towards Fossacesia. (Optional extra ride to the Abbey of San Giovanni in Venere and the village of Fossacesia). The evening holds a dinner on the Trabocco, a true culinary experience. Overnight stay.

Duration:

Height difference: 100 m

Accommodation: Fossacesia



Vasto/San Salvo

For those interested, wake-up will coincide with sunrise under a Trabocco, a unique experience, which we recommend you do. We are amidst the Costa dei Trabocchi, and after the evening dinner that will have allowed us to better understand what Trabocchi represent in these areas, we will begin our final day along the Bike To Coast Abruzzo heading south. This marks the most stunning part of the entire route. Here, we arrive at the reserves of Punta Aderci and Punta Penna, where the terrain returns to unpaved, amidst vegetation overlooking the sea. It feels like being on the coast of Scotland, with dramatic cliffside views making this last day truly magical. We will pass by the historic Trabocchi along the coast until reaching the Gulf of Vasto, where our tour concludes with a view from Loggia Ambling, offering glimpses of the Tremiti Islands on clear days. We will visit the old town with its castle, churches, and splendid views of palaces (D'Avalos). Free dinner and Overnight stay.

Duration:

Height difference: 100 m

Accommodation: Vasto



Vasto/San Salvo

After breakfast, depart for respective destinations. End of services.
(possibility of returning to the starting point in San Benedetto del Tronto via the "Treno dei Trabocchi.")

Duration:

Accommodation:

Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 10.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents of Italy).

[Download insurance details.](#)

Bike Touring

Rent the Bianchi C-Sport in Pescara and experience the thrill of sports cycling! This powerful bike lets you explore the best trails in Abruzzo, from the stunning Costa dei Trabocchi to lush hills. Perfect for those seeking a two-wheeled challenge. Book now for an intense and rewarding adventure! Images, colors, and patterns are to be considered as examples only and are not binding.

Size: 47 - 43 - 51 - 55

Price starting from: 93.00



E Bike E Omnia

Rent the E-Omnia T Type Bianchi Electric Bike for Your Vacation in Abruzzo The E-Omnia T Type Bianchi is the perfect choice for those looking to rent an e-bike for their vacation in Abruzzo. This versatile and powerful Bianchi e-bike is ideal for urban commuters and off-road adventure enthusiasts alike. Explore Pescara and its surroundings with ease, enjoying a comfortable and effortless riding experience. Perfect for both city routes and challenging trails, the E-Omnia T Type will take you wherever you want to go, making your vacation unforgettable. Rent today and discover the joy of cycling in Abruzzo with a high-quality electric bike. Images, colors, and patterns are to be considered as examples only and are not binding.






Size: M - L - S - XS

Price starting from: 148.00

Price and discount rooms




Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

Departures on request

starting from **1070 €**
June 2026

starting from **1070 €**
July 2026

starting from **1070 €**
**August
2026**

starting from **970 €**
**September
2026**

starting from **970 €**
**October
2026**

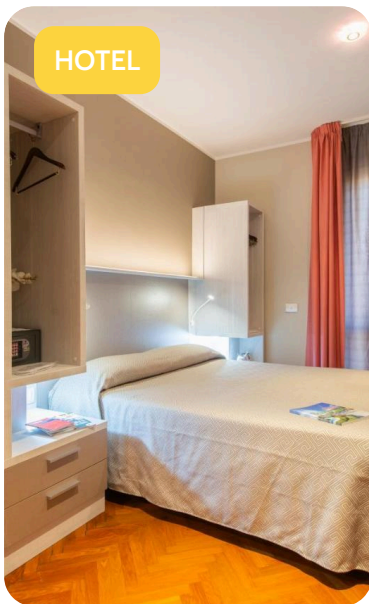
What's included

- ✓ Phone assistance
- ✓ Trabocco dinner
- ✓ Breakfast
- ✓ Travel document
- ✓ Tour Operator Guarantees
- ✓ Overnight stay in a Double Room
- ✓ Stay in a 4-star or similar accommodation
- ✓ GPX Tracks
- ✓ Luggage transport
- ✓ Videobriefing

What you will visit

- 📍 San Benedetto del Tronto
- 📍 Roseto degli Abruzzi
- 📍 Francavilla al Mare
- 📍 Fossacesia
- 📍 Vasto/San Salvo
- 📍 Vasto/San Salvo

Accomodation



San Benedetto del



Roseto degli Abruzzi



Francavilla al Mare



Fossacesia



Vasto

To know

✓ How to get there

By car: Exit A14 San Benedetto del Tronto

By train: San Benedetto del Tronto railway station

By plane: Abruzzo Airport and Ancona Airport

✓ Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you

✓ General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date.

The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

✓ Currency

Euro

✓ Vaccinations

No

✓ Documents and visas

Passport / ID card

✓ Emergency numbers

Emergency number: 112

✓ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!