Calabria by bike

8 days / 7 nights

Far from the usual clichés, inland Calabria reveals lush forests, streams, waterfalls and spectacular views of Mount Etna and Stromboli.

This cycling route takes you from the turquoise waters of the Tyrrhenian coast to the wild forests of Aspromonte and the high plateaus of the Serre Calabresi, before reaching the beautiful coastline of Capo Vaticano.

Between hilltop villages, local traditions, unspoilt nature and regional cuisine, discover an authentic side of Calabria at the gentle pace of quiet roads, ideal for cycle touring and e-bikes. A journey between sea and mountains, through a still little-known part of southern Italy.

YOUR PROGRAMME

Day 1 - From Scilla to Gambarie

Your trip begins in Scilla, a charming coastal village known for its traditional fishing district of Chianalea. After a few kilometres along the seafront, you gradually leave the coast behind and head towards the mountains of Aspromonte. The climb is steady and offers beautiful views over the sea and, on a clear day, across the Strait of Messina. Olive groves gradually give way to chestnut trees and then beech forests. You arrive in Gambarie, in the heart of Aspromonte National Park, where the atmosphere changes completely and becomes peaceful and mountainous.

Distance: approx. 27 km – Elevation gain: 1,400 m



Day 2 - From Gambarie to Il Biancospino Refuge

You continue your journey through the heart of Aspromonte National Park. The road climbs gradually through extensive beech and pine forests, in a particularly peaceful and unspoilt environment. This shorter stage gives you plenty of time to enjoy the mountain scenery and appreciate the surrounding nature. You then reach Il Biancospino Refuge, set in a secluded and authentic location, ideal for a quiet evening after another day of cycling.

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Distance: approx. 22 km – Elevation gain: 480 m



Day 3 - Loop to the Forgiarelle Waterfalls

Today, you set off on a loop from the refuge towards the Forgiarelle waterfalls. The route alternates between forest tracks and more technical sections through wild, unspoilt scenery. The waterfalls are one of the highlights of the day and provide a pleasant place to stop and take a break. You then continue through the forests of Aspromonte before returning to Il Biancospino Refuge for a second night in the mountains.

Distance: approx. 54 km – Elevation gain: 1,500 m



Day 4 - From Il Biancospino Refuge to San Giorgio Morgeto

Today, you join the Calabria Parks Cycle Route and continue exploring the Aspromonte massif. The route follows forest roads and small paved secondary roads through beech and pine woods. The atmosphere remains distinctly mountainous, with the cool shade of the forest accompanying you for much of the stage. You then begin your descent towards San Giorgio Morgeto, where the scenery and climate gradually become milder.

Distance: approx. 49 km – Elevation gain: 779 m

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Day 5 - From San Giorgio Morgeto to Serra San Bruno

This stage takes you towards the wooded mountains of the Calabrian Serre. A steady climb leads you through landscapes of chestnut trees, fir forests and small mountain villages. You then reach Serra San Bruno, a town particularly known for its spiritual heritage and the famous Certosa di Serra San Bruno monastery. Its green surroundings and peaceful atmosphere make it a lovely mountain stop after a varied day of cycling.

Distance: approx. 54 km – Elevation gain: 878 m



Day 6 - From Serra San Bruno to Zambrone

Enjoy a gradual descent through increasingly rural landscapes, where rolling hills give way to open fields, green meadows, and ancient olive groves as you approach the lowlands of Calabria. Along the way, take in the peaceful countryside and the authentic charm of this beautiful region of southern Italy.

In Zambrone, a warm welcome awaits at a charming countryside farmhouse, where you can unwind in a relaxing setting surrounded by nature. Savour delicious local cuisine and experience the region’s genuine hospitality — the perfect reward after several days on the road.

Distance: approx. 58 km – Elevation gain: 876 m

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Day 7 - From Zambrone to Capo Vaticano

Your final day of cycling takes you along the Calabrian coast. You reach Tropea, one of the region's most iconic towns, perched high above the sea. Its historic centre and sanctuary overlooking the coastline offer magnificent views across the Mediterranean. After exploring this beautiful area, you continue towards Capo Vaticano, bringing your cycling journey to an end among coastal villages, Mediterranean landscapes and final views of the sea.

Distance: approx. 25 km – Elevation gain: 318 m



Day 8 - End of trip in Reggio Calabria

After breakfast, your cycling holiday comes to an end. Depending on your departure time, you can enjoy your final moments in the area by taking a stroll around town or relaxing on the white sandy beaches of Capo Vaticano before continuing your journey. Transfer by minibus to Reggio Calabria.

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Additional information

TARIFFS
Price from 1200 euros per person.

OPTIONS

Hybrid bike rental.

: 240 euros per person.

Electric bike rental

: 280 euros per person.
July supplement per person : 360 euros per person.
Single room supplement (limited availability) : 260 euros per person.
Extra night in Scilla at the beginning of the trip (double room with breakfast) : 100 euros per person.
Extra night in Scilla at the beginning of the trip in July (double room with breakfast) : 140 euros per person.

INCLUDED
Accommodation in a double or twin room
Breakfasts from Day 2 to the final day
Dinners from Day 1 to the penultimate day
Transfers to and from the airport or train station
GPX tracks
Luggage transfers at each stage
Local assistance in English and Italian

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NOT INCLUDED
Bike rental
Lunches
Drinks and personal expenses
Insurance
Any service not mentioned under “The price includes”

LEVEL OF DIFFICULTY
Challenging 4/5

LUGGAGE
Luggage is transferred by vehicle every day.

ACCOMMODATION
Traditional hotels, guesthouses, mountain refuges or agriturismos.

SIZE OF GROUP
From 2 people

DEPARTURES
Available from May to October, recommended from late May to late June and from 15 September to late October.

DEPARTURE
Reggio Calabria Airport

DISPERSION
Reggio Calabria Airport

IMPORTANT INFORMATION
Trip not available in August.

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