



These immersive trips marry local views and cuisine.

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Cycling tours are growing in popularity and for good reason: Being on a **bike** brings a more intimate experience with your surroundings, and allows you to immerse yourself in the native culture. Using your quads and hamstrings to **pedal** from point A to point B is a great way to stay **active while on vacation** and work up an appetite to indulge in local cuisine. Here, five itineraries fit for **foodies**.



1 of 5 Central Italy

Italy lies between the Adriatic and Tyrrhenian seas, and an [eight-day culinary cycling tour with DuVine Cycling + Adventure Co.](#) leads you from coast to coast. Starting in San Benedetto del Tronto on the Adriatic coast, the itinerary for intermediate-to-advanced riders goes across the hilly countrysides of Le Marche, Umbria, and Tuscany, with sights of villages, vineyards, and herds of sheep along the way. You'll ride with award-winning chef Seamus Mullen, who, along with local chefs, will prepare gourmet meals during the cross-country trip, featuring local lamb, truffles, wild boar, pecorino cheeses, and more. The Italian feasts collectively fuel your body for riding up to 57 miles per day, with an average elevation gain of about 3,400 feet.