



# Route Booklet Tour SilverFit Mile – Italy

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The theme of this Tour SilverFit Mile route booklet is 'A Holiday in Italy.' We've gathered a bunch of stunning routes across Italy that we'll be cycling together over the next two weeks!





## Tour SilverFit Mile - Italy theme

For some of you, taking part has become an annual tradition, while others are experiencing it for the first time.

We're really excited to see so many healthcare providers getting involved in this sports competition. We hope this event brings you, your colleagues, and of course your clients a lot of fun and excitement.

In this booklet, you'll discover a stage recommendation for each day of the Tour SilverFit Mile, plus some fun facts about each spot to make it even more enjoyable!

On the final page, there's a table for you to jot down the daily results. Feel free to share the results with the participants every week. So, who's in the lead?

If you have a service agreement, you can enjoy cycling on all the routes of the Tour SilverFit Mile. Not seeing the routes? Just connect your system to the internet or reach out to us at: [info@silverfit.nl](mailto:info@silverfit.nl)

Locations without a service agreement can explore other routes during these two weeks. You can also use Google Street View to check out routes in Italy.

If you have any more questions, don't hesitate to reach out to us at: [evenementen@silverfit.nl](mailto:evenementen@silverfit.nl)

We hope you have a blast during the Tour SilverFit Mile, and we can't wait to hear all your stories!

## We love keeping up with your progress!

During the event, feel free to post photos and short videos of clients and staff on your Facebook, Instagram, and LinkedIn accounts. Don't forget to tag us by mentioning **@SilverFitInternational** or in your posts and use these hashtags: **#TourSilverFitMile** **#SilverFit** **#SilverFitMile**

Does your institution not use social media? You can also send photos and videos to [evenementen@silverfit.nl](mailto:evenementen@silverfit.nl), and we can share them on SilverFit's social media channels.

When you share photos and videos, you really highlight how much fun it is to live in your area and how great it can be to work out together!

**The SilverFit team hopes you have a blast. Go for it!**





# Tour SilverFit Mile Routes



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You'll find the suggested routes for each day of the Tour SilverFit Mile below. Just click on 'film routes' in the menu and check out the **titles in bold**. If you're a passionate cyclist looking to tackle more than one route each day, you can also create routes using Google Street View. This way, you can ride to different spots.

## Week 1

### Day 1

The moment we've all been waiting for is here: the Tour SilverFit Mile is kicking off! Alongside the **Peloton**, we're heading to Italy, where we'll finish the rest of the Tour SilverFit Mile. The movie showcasing the Peloton Tour route was shot in the stunning town of Woerden during the summer.

### Day 2

Today, we're making our way along **Lake Como**. We'll wander through the historic center of Como, checking out the shopping streets and squares as we stroll around the Cathedral of Santa Maria Assunta. After that, we'll visit the Voltaino Temple before heading to the lake. With stunning views of the water and all the lovely villas, we'll explore the outskirts of Como.

### Day 3

The next stop is the stunning city of **Milan**. Milan is the second largest city in Italy, right after Rome, and it serves as the capital of the Lombardy region. The metropolitan area of Milan is home to around four million people. Alongside Rome, Florence, Venice, and Naples, Milan is one of the top city break spots in Italy.

### Day 4

Off to **Verona**! This city was super important during the Roman era, and after Rome itself, it boasts the most Roman buildings. Nowadays, it's more famous as the city of love, thanks to being the backdrop for Romeo and Juliet, that classic love story by William Shakespeare.

**Tip: Got some free time? Check out the Journey Through Time feature or play the Guess the Picture game with the album packed with Italian images!**





## Day 5

**Venice** is one of the most popular cities in Italy, known for its fascinating history and its one-of-a-kind setting on islands within a lagoon. Getting around is all about the water, with canals and gondolas being major highlights. But the city does face regular flooding. When that happens, the streets are usually only reachable through temporary footbridges.

## Day 6

We're heading out of northern Italy and making our way into the stunning region of **Tuscany**. It's like a huge open-air museum, filled with charming medieval villages, an array of artworks, and rolling hills dotted with lush cypresses, olive trees, vineyards, and sunflowers.

## *Week 2*

## Day 7

As we wrap up this first week, we're off to the charming city of **Siena**. It's known for its iconic circular square and has around 54,000 residents. The historic center was added to the UNESCO World Heritage List in 1995, making it a must-see stop on our journey through Italy.

## Day 8

We kick off the new week in stunning **Rome**. This city is packed with museums, lively squares, ancient Roman architecture, and plenty of other sights to see. Among its highlights are the Colosseum, the Pantheon, and the iconic Trevi Fountain, which is not just the most famous fountain in Rome but arguably in the whole world.

**Make sure to tally up the results from the first week and share them with everyone involved! Who's currently in the lead?  
Who do you think will take home the win at the Tour SilverFit Mile?**



## Day 9

**Vatican City** is the second stop of the second week. This unique city sits right in the heart of Rome. It's the smallest state in the world and is governed by the Pope. Plus, it houses St. Peter's Basilica, a stunning church and a key symbol of the Roman Catholic faith. Of course, we'll be cycling past this spot on our lovely historical route.

## Day 10

The **Amalfi** Coast is well-known for its charming villages and scenic coastal roads, featuring historic towns perched on steep cliffs. We make our way through the village of Amalfi, which is recognized as a World Heritage Site in its entirety. The village boasts a flat main street along with narrow alleys and steps. The Duomo di Amalfi stands out as the highlight of our visit.

## Day 11

Our next stop is **Matera**. It's famous for the Sassi, those cave houses that have been home to monks since the eighth century. The city is like a maze of white houses, narrow streets, and rock churches, plus you get a stunning view from the historic center up top. So, it's definitely a place you won't want to miss as we wrap up our tour.

## Day 12

The last day of these incredible two weeks has come around. We're finishing up in the lovely **Alberobello**. The Valle d'Itria area is famous for its charming trulli, those white houses with cone-shaped roofs. Alberobello, the 'capital' of the trulli, is a historic spot with winding streets lined with over a thousand traditional round white houses. Let's make the most of this final stretch of the Tour SilverFit Mile. Have a great time!



**Make sure to total the results.  
Who spent the most time cycling?  
So, who was the oldest resident?  
Get set for a fun awards ceremony!**

**FINISH**



## Extra!

Along with the 12 stunning routes you can cycle this week, there's also a photo album on the SilverFit Mile. You can check it out under the **SilverFit albums** labeled **Italy**. Feel free to play Guess the Picture or watch the photos in a slideshow. All the images are shown below with a brief description.



So, where's Amalfi located?



Trees of Tuscany



Alberobello, Puglia



St. Peter's Plaza



the balcony of Romeo and Juliet



Tiramisu



Masks from Venice



The inside of St. Peter's Basilica



Trees of Tuscany



Prosciutto



Trevi Fountain



Ponte Vecchio in Florence



La Scala Theatre in Milan



Piazza del Campo, Siena



Lake Como



Caprese salad



Pizza in Naples is something special.



Pizza oven



Milan's Cathedral



Palermo's Cathedral



Pasta



Leaning Tower of Pisa



Lamborghini



St. Peter's Basilica



Ice



Roman Forum



Galleria Vittorio Emanuele, Milan



Florence's Cathedral



Fiat 500



Sistine Chapel ceiling, Vatican City



Flag of Italy



Espresso



David Statue, Florence



Dolomites



Colosseum



Cinque Terre



Chianti



Castle in San Marino,  
Guaita



Cannoli



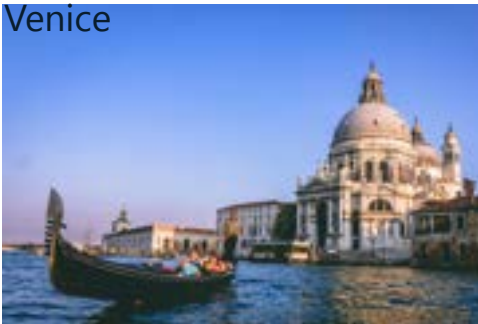
Gondola cruising  
through a canal in  
Venice



Cappuccino



Pompeii Archaeological  
Park



Basilica di Santa Maria  
della Salute, Venice



Vespa



Victor Emmanuel II  
Monument in Rome



Naples and Vesuvius

# Participation card for the Tour SilverFit Mile

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Day	Minutes spent cycling
1	
2	
3	
4	
5	
6	
Total	

Day	Minutes spent cycling
7	
8	
9	
10	
11	
12	
Total	



	Week 1	Week 2	Total
<b>Total minutes spent cycling</b>			
<b>Total participants</b>			

In the form above, you can easily monitor the total minutes cycled and the number of residents who took part.

It would be great to share this information not just within the team but also on your social media platforms, for instance.

Who knows, maybe next year you could make it a competition to beat this year's results!

During the event, feel free to post photos and short videos of clients and staff on your Facebook, LinkedIn, or Instagram accounts with the hashtags:

**#TourSilverFitMile #SilverFit #SilverFitMile**

We'd love it if you could tag SilverFit with: **@SilverFitInternational**

