

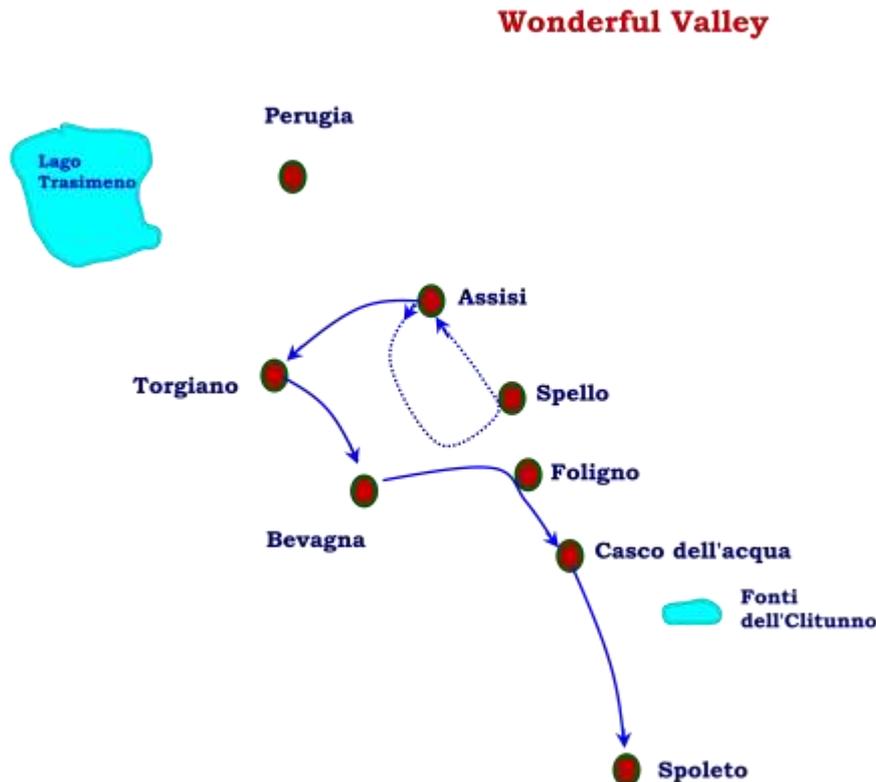
A wonderful valley: Assisi-Spoleto (C 001 UMB)

A 5-day or 7-day leisure cycling tour



The Valle Umbra is a great starting point for exploring the beautiful Umbria. This fertile valley, full of water and surrounded by green mountains and hills covered with olive groves and vineyards is an excellent place to have a relaxing cycling holiday. The valley is famous for its medieval towns and villages, because here we find them all Assisi, Bevagna, Montefalco, Spello and Spoleto. Your tour begins in Assisi, the city of pilgrims, situated on the slopes of Mount Subasio. Walking in a maze of streets, alleys and crossing squares with medieval palaces and fountains you feel like you have travelled hundreds of years into the past. The first ride is a round tour taking you to Spello, town of Roman origins, as several features like the Porta Consolare, Porta Venere and the mosaics of a Roman villa, remember us. You return to Assisi cycling along a panoramic road. The next day you leave Assisi to reach Torgiano built on a hilltop covered by vineyards. It is worth visiting the Wine and Olive Oil museums. The next ride will take you to the medieval town of Bevagna, which has a cosy square full of life with not one, but two Romanesque churches. Before arriving to Spoleto you first pass Foligno, famous for have been printing in 1472 the first edition of the Divine Comedy by Dante Alighieri and for its palaces with baroque ceilings. Pedalling along the cycle path, you enter Spoleto and surely, you will be charmed

by the late medieval and Renaissance monuments of this city and by the imposing castle that from above dominates the town.



Period: Daily all the year (best period April-June & September-October)

Participants: Minimum 1 person

Difficulty: Level 1,5

It is an easy tour, designed for those who have little experience with cycling. The tour is also suitable for families with younger children, who are used to cycle. The gentle routes are along quiet country roads or cycle paths, usually flat or with little gradient (no more than 200m). Entering or leaving a town there can be more traffic. You cycle 3-4 hrs a day and have enough time to enjoy villages or swimming pool.

Average daily distances

5 day tour: 24 and 38 km / 14,9 and 23,6 miles. Total: 89 km / 55,3 miles

7 day tour: 24 and 38 km / 14,9 and 23,6 miles. Total: 151 km / 93,8 miles

Type of cycling tour: from hotel to hotel and self-guided



Program 5 days:

- Day 1 Individual arrival at Assisi
- Day 2 To Torgiano (34 km / 21,1 mi)
- Day 3 To Bevagna (28 km / 17,4 mi)
- Day 4 To Spoleto (33,5 km / 20,8 mi)
- Day 5 End of tour after breakfast

Program 7 days:

- Day 1 Individual arrival at Assisi
- Day 2 Ring tour to Spello (37,5 km / 23,3 mi)
- Day 3 To Torgiano (34 km / 21,1 mi)
- Day 4 To Bevagna (28 km / 17,4 mi)
- Day 5 To Casco dell'Acqua (27,5 km / 17 mi)
- Day 6 To Spoleto (24,6 km / 15,3 mi)
- Day 7 Departure after breakfast

Daily program of the 5-day / 4-night tour

Day 1 Individual arrival at Assisi

Assisi is a medieval town built on the slopes of Mount Subasio, overlooking the Valle Umbra. It is a place in which history, traditions and art are harmonious combined. If you arrive early, you can discover this beautiful city wandering through its alleys, streets and stop at one of the cosy squares, where cafés are inviting you to sit down and enjoy an ice cream, cappuccino or a good glass of local wine. There is much to see: the Basilicas of St. Francis and of St. Clare, the fortress, museums and the Roman Forum. The **** hotel or country house F. are set in a rural location, situated at 6 km from Assisi old town centre. From the pool, you have a stunning view of Assisi. The ** country house is situated at about 900m from the old town centre. There is a nice pool with view of the Valle Umbra

Overnight stay with breakfast in Assisi

Day 2 Assisi - Torgiano

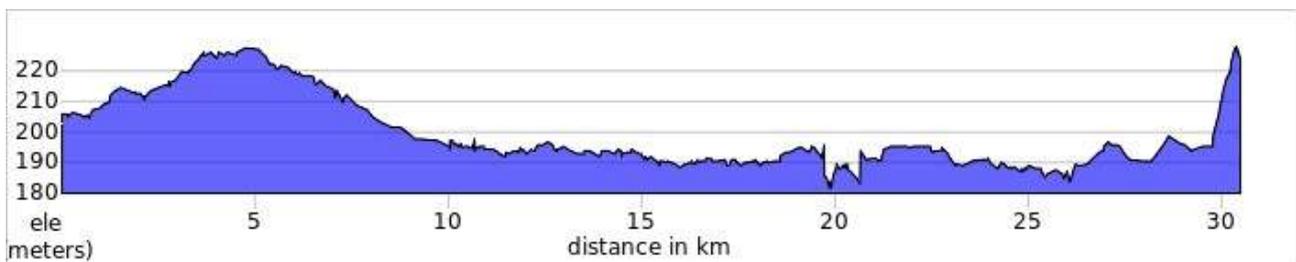
This morning you cycle first to Santa Maria degli Angeli, where you can visit the basilica with its impressive dome covering the small church Porziuncola, where Francis and his

friends lived for years. If you did not visit yet the old town centre of Assisi you could leave here your bikes and take the city bus up to Assisi, which is built on a hilltop. After your visit, you come back to pick up your bikes. Pedalling along quiet country roads, you will get to Torgiano, once a fortified village. There are some remains of its glorious past: the Baglioni Tower and remains of the ancient city walls. Torgiano is situated in a famous wine area and has an interesting museum dedicated to wine. Not only it tells you all about the history of cultivation of grapes, but there are also many archaeological finds and art ceramics exhibited. You will stay in a ***or ***** hotel with swimming pool in the historic centre of Torgiano.

Overnight stay with breakfast in Torgiano

Distance: 34 km / 21,1 mi

Ascent / Descent: +125m -106m

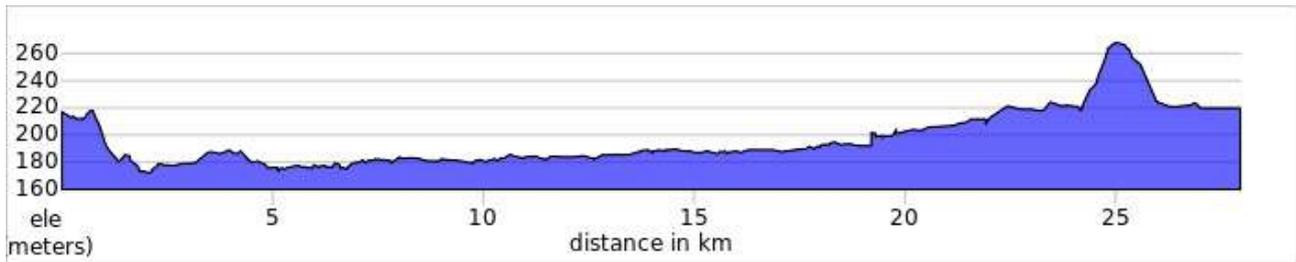


Day 3 Torgiano - Bevagna

Also today the typical Umbrian countryside will be your "travel companion". You will reach Bevagna, one rare example of historic centre built on the plain and not on a hilltop. Bevagna boasts both a Roman past and a medieval aspect. Piazza Silvestri is a very interesting square, a cheerful meeting place for the inhabitants, with its gothic Palazzo dei Consoli and two Romanesque churches. Other sites to visit are the Roman mosaics and a medieval house. The *** hotel or the Residenza d'Epoca are situated in the historic centre or on request you can have an overnight stay in a country house with swimming pool just outside the old town centre.

Overnight stay with breakfast in Bevagna

Distance: 28 km / 17,4 mi
Ascent / Descent: +132m -128m

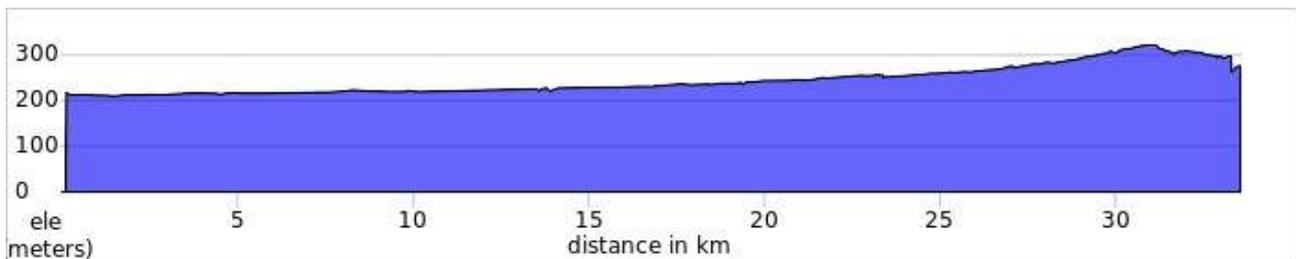


Day 4 Bevagna-Spoleto

On your last day you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will cycle from Bevagna to Spoleto along the Assisi-Spoleto bike path. At the town gate Porta Garibaldi, you can leave your bikes and discover Spoleto on foot. The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the Roman house and the amphitheatre are situated in the upper part of the city. After your visit of this lovely old town centre, you will cycle to your hotel. There is not much to pedal anymore. The *** hotel with pool is in a quiet position just outside town. On request, it is possible to book for a cooking class 'Making Pizza'. The hotel **** for the deluxe version is situated in the historical centre.

Overnight stay with breakfast in Spoleto

Distance: 33,6 km / 20,9 mi
Ascent / Descent: + 161m -102m



Day 5 End of Services after breakfast or book an extra night

For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station take a taxi; as an alternative we can organize a transfer for 45 euro (1-4 people). To be paid on site.



Daily program of the **7-day / 6-night tour**

Day 1 Individual arrival at Assisi

See day 1 of the 5 day tour

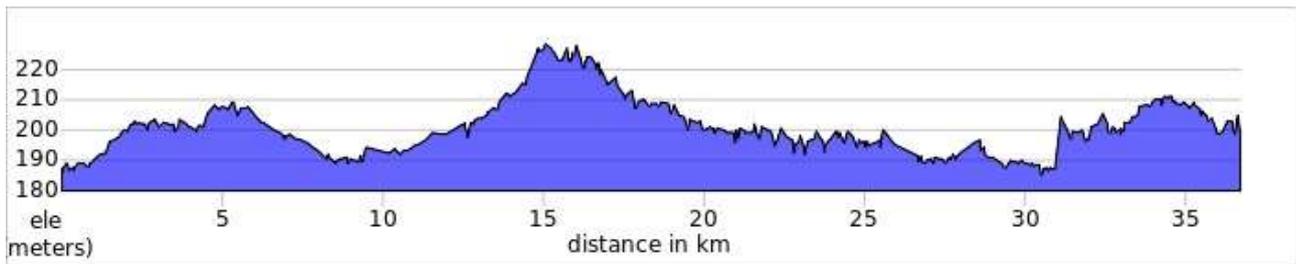
Day 2 A round trip visiting Spello

After breakfast in the saddle for the first bike ride and discover the green Umbrian Valley. You cycle along quiet country roads to reach Spello, fiercely situated on the slopes of Mount Subasio. The city has preserved its medieval charm very well: you will go through alleys and cheerful squares with flowering balconies. Leave your bikes at the foot of the historic centre and walk uphill to visit the main sights of the city: the church of Santa Maria Maggiore with inside the well-known Baglioni chapel painted by Pinturicchio, the church of S. Andrea, the Pinacoteca, the Roman mosaics and Porta Consolare (Roman Gate). Then cycle back through the valley among cultivated fields planted with cereals, sunflowers, grape and fruit trees.

Overnight stay with breakfast in Assisi

Distance: 37,5 km / 23,3 mi

Ascent / Descent: + 137m -124m



Day 3 Assisi - Torgiano

See day 2 of the 5 day tour

Day 4 Torgiano - Bevagna

See day 3 of the 5 day tour

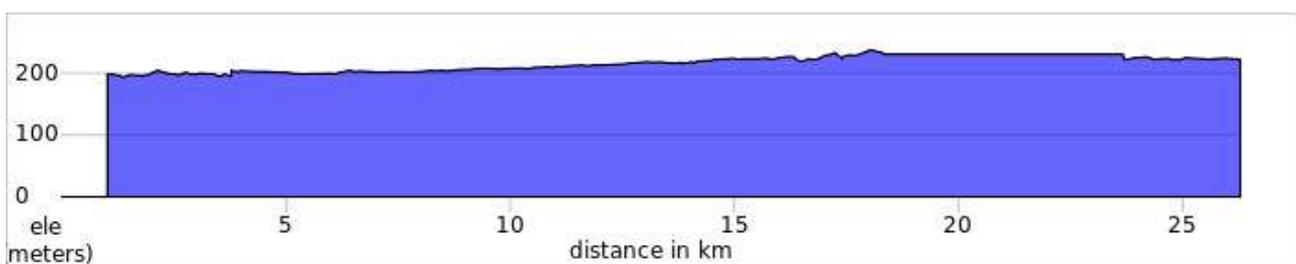
Day 5 Bevagna- Foligno - Casco dell'Acqua

This day is dedicated to Foligno, a welcoming city on the plain just like Bevagna, situated along river Topino. It is worth visiting the Duomo and its late Gothic Palazzo Trinci which hosts the Pinacoteca and the archaeological museum; you can do shopping in Corso Cavour or stop at Piazza della Repubblica for a cappuccino or a delicious ice cream. From Foligno you continue cycling among cultivated fields and canals. The country house, is situated along the Clitunno River.

Overnight stay with breakfast in Casco dell'Acqua

Distance: 27,5 km / 17 mi

Ascent / Descent: + 84m -60m



Day 6 Casco dell'Acqua - Spoleto

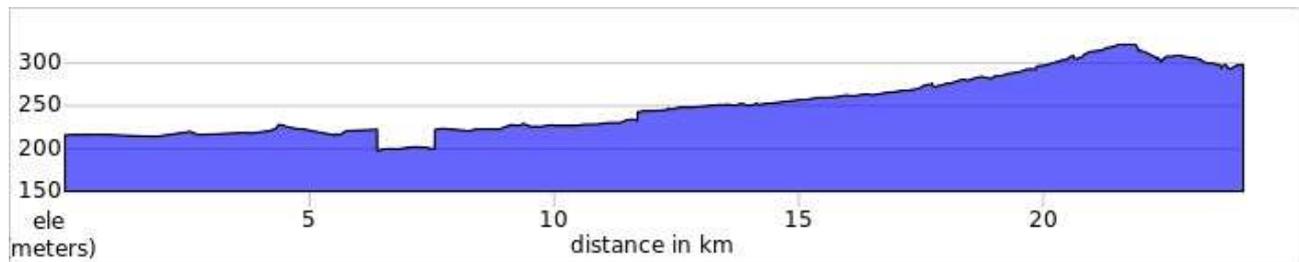
On your last day, you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will get into the city on the bike path and at Porta Garibaldi, you can leave your bikes and discover Spoleto on foot.

The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the Roman house and the amphitheatre are situated in the upper part of the city. After your visit of this lovely old town centre, you will cycle to your hotel. There is not much to pedal anymore. The hotel *** with pool is in a quiet position just outside town. On request, it is possible to book for a cooking class 'Making Pizza'. The **** hotel of the superior hotel version is situated in the old town centre

Overnight stay with breakfast in Spoleto

Distance: 24,6 km / 15,3 mi

Ascent / Descent: + 179m -97m



Day 7 End of the tour after breakfast

For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station taking a taxi; as an alternative we can organize a transfer for € 45,00. To be paid on site

Hotel:

*** / **** hotel and/or country houses.

Transfers (to be paid locally):

from airport Perugia to hotel Assisi

€ 40,00 (1-3 pax)

€ 50,00 (4-8 pax)

Transfer from Spoleto to airport Perugia

€ 50,00 (1-4 pax)

€ 100,00 (5-8 pax)

Transfer from Spoleto to Assisi Hotel

€ 45,00 (1-4 pax)

€ 100,00 (5-8 pax)

Rates per person 2022:

Standard 7 days Hotel - Country House TE ** in Assisi	Euro
Double room	439
Single room	593
Solo Traveller	633
3 ^e & 4 th person in triple room with two adults	243
Children up to 2 free of charge in double room with parents	
Child cot	12
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	25
Standard 7 days Hotel **** / Country House F. in Assisi	

Double room	473
Single room	674
Solo Traveller	714
3 ^e & 4 th person in triple room till 11 yrs. (incl.) with two adults	230
3 ^e & 4 th person in triple room from 12 yrs. and on. With two adults in room	274
Children up to 2 free of charge in double bed with parents	
Child cot	24
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	25
Superior hotel / rooms 7 days version	
Double room	650
Single room	930
Solo Traveller	960
3 ^e & 4 th person in triple room till 11 yrs. (incl.) with two adults	282
3 ^e & 4 th person in triple room from 12 yrs. with two adults	345
Children up to 2 free of charge In double bed with parents	
Child cot	75
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	30
Bike rental	80
E-bike	165
Bikes for children up to 12	45
Trailer, 3 rd wheel	45
Follw-me tandem	55
Child seat	18
Helmet	5
Standard 5 days - Country House TE ** in Assisi	
Double room	312
Single room	413
Solo Traveller	438
3 ^e & 4 th person in triple room with two adults	150
Children up to 2 free of charge	
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	15
Standard Hotel 5 days **** hotel / Country house F. in Assisi	
Double room	325
Single room	444
Solo Traveller	469

3 ^e & 4 th person in triple room till 11 yrs. (incl.) with two adults	149
3 ^e & 4 th person in triple room from 12 yrs. and on. With two adults in room	170
Children up to 2 free of charge in double bed with parents	
Child cot	7
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	15
Superior Hotel / room 5 days **** hotel / Country house F. in Assisi	
Double room	495
Single room	680
Solo Traveller	705
3 ^e & 4 th person in triple room < 12 yrs. (incl.) with two adults	194
3 ^e & 4 th person in triple room > 12 yrs. and on with two adults	238
Children up to 2 free of charge in double bed with parents	
Child cot	60
On Request: supplement HB from 11 yrs and on	
On Request: supplement HB till children 6- 10 yrs	
High Season supplement: Eastern and 01-26/08 (not for 3 rd and 4 th person)	20
Bike rental	66
E-bike	115
Bikes for children up to 12	35
Trailer, 3 rd wheel	35
Follow-me tandem	50
Child seat	14
Helmet rental	5

Supplement for hotel with pool at Bevagna:

Bevagna Porta Guelfa
€ 10,00 p.p. B&B double /triple
Single on request

The tour price include:

- 4 or 6 nights with breakfast
- If booked for half board 6 dinners
- Luggage transportation
- Route instructions and maps in English, German, Italian or Dutch
- GPS tracks
- Assistance
- Tour information
- Briefing at the hotel upon arrival

Rates do not include:

- Local tourist tax to be paid directly in the hotel (Assisi between € 1,50 -2,50 and children till 11yrs for free- Spoleto between € 1,50 -2,50 and children till 13 yrs. for free)

Travel Information:

Individual arrival at Assisi and departure from Spoleto

By plane:

Florence, [Amerigo Vespucci Airport](#) – 180 km from Assisi

Pisa, [Galileo Galilei Airport](#) – 250 km from Assisi

Rome, [Leonardo da Vinci International airport](#) (Fiumicino) – 190 km from Assisi

Rome, [Ciampino airport](#) – 190 km from Assisi

Umbria, [San Francesco Regional Airport](#) – 12 km from Assisi

By Railway:

From the North: Florence – Terontola - Passignano sul Trasimeno – Perugia – Bastia - Assisi

From the South: Rome – Orte – Terni – Spoleto – Foligno – Assisi

Time schedule on [Treni Italia](#)

Our rental bikes:





The bikes are provided with rear pannier bags, tool kit, map holder (1 per party), pump, odometer (1 per party) and a spare inner tube.



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