

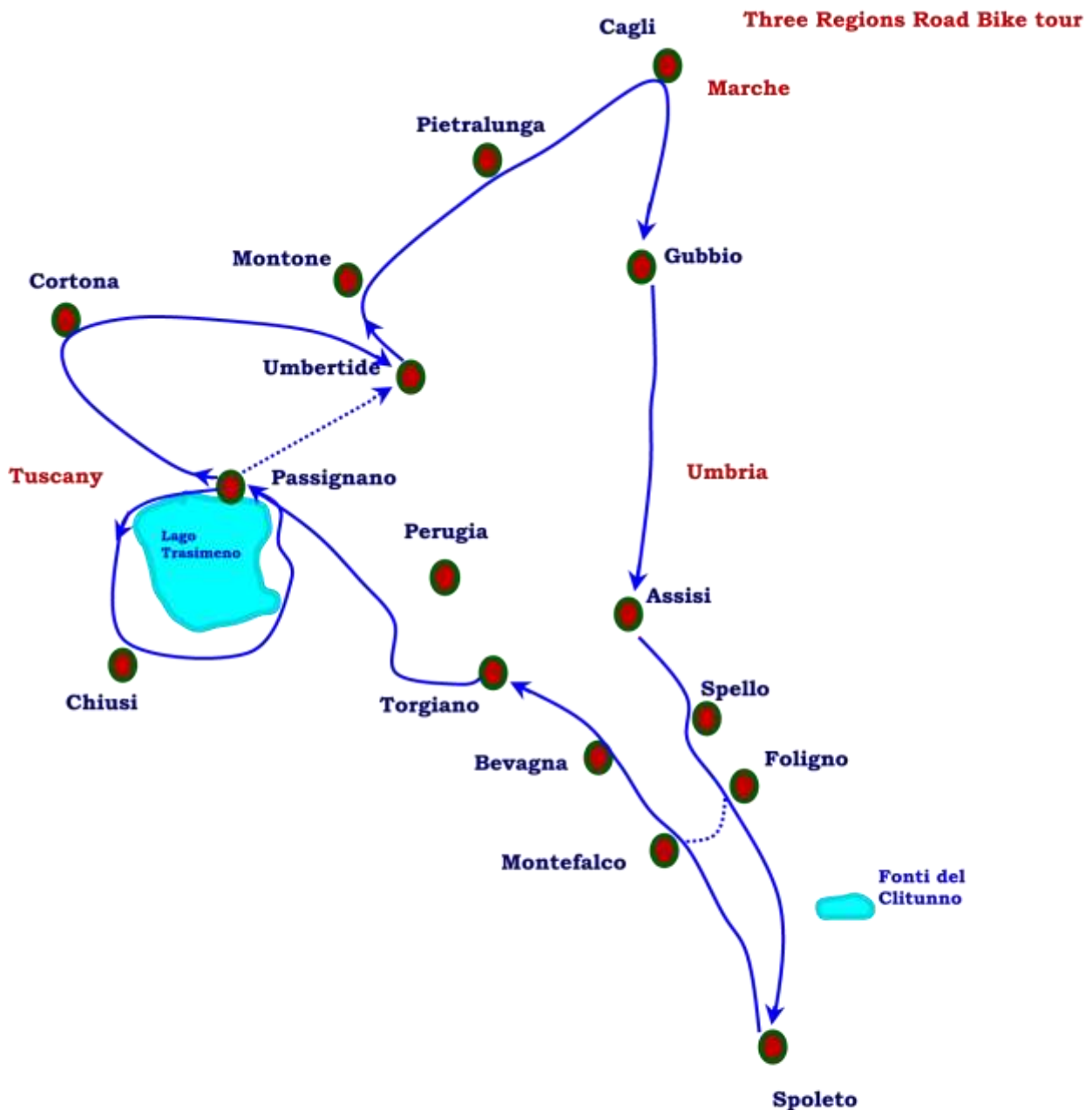


## Three Regions road bike tour: Umbria, Tuscany and Marche (C 004 UMB)

A 5- or 8-day cycling tour



This is the right tour for racing bike enthusiasts. It is for those who would like to discover Umbria in all its aspects, thanks to this perfect combination of nature, history, hospitality and local traditions. The Umbrian landscape consists of rolling hills covered with woodland, vineyards and silver-green olive groves alternated with colourful fertile valleys. The nature in the North of Umbria becomes more rough and unspoilt. Here friendly hills change into a mountain landscape with scenic views of the Apennines. However, everywhere after the tranquillity of nature you will find friendly, lively little towns with atmospheric town squares surrounded by monumental palazzos, little alleys and many impressive churches and castles that will take you back to a time long-gone.



**Period:** Every day of the week from 1 April until the end of October (except 07/08-20/08/2023)

**Participants:** 1 or more people

**Difficulty:** level 3/4

For who like challenging rides in a rolling hilly terrain. It is a tour for bikers with experience and a good physical condition. Hilly and mountain terrain with steep climbs and daily significant km/mi to cycle. Cycling on asphalted road, for the bigger part quiet

country roads. This tour is not suitable for children under 14 years old, because the terrain is too hilly and tour too strenuous.

Average daily distances:

Longer routes vary between 68 - 108 km

Shorter routes vary between 47 - 94 km.

Total km 8 day tour minimum 448 km / 278 mi - maximum 529 km / 328 mi

Total km 5 day tour minimum 242 km / 150 mi - maximum 282 km / 175 mi



### **Program 5- days**

Day 1 Individual arrival at Assisi

Day 2 Assisi-Torgiano (108 km / 67,1 miles or 68 km / 42,2 mi)

Day 3 Torgiano - Passignano on Trasimeno lake (80 km / 49,7 mi)

Day 4 Ring tour around Lake Trasimeno (94 km / 58,4 mi)

Day 5 End of tour after breakfast

### **Program 8- days**

Day 1 Individual arrival at Assisi

Day 2 Assisi-Torgiano (108 km / 67,1 miles or 68 km / 42,2 mi)

Day 3 Torgiano - Passignano on Trasimeno lake (80 km / 49,7 mi)

Day 4 Ring tour around Lake Trasimeno (94 km / 58,4 mi)

Day 5 Passignano - Umbertide (88 km / 54,6 miles or 47 km / 28 miles)

Day 6 Umbertide - Gubbio (91 km / 56,5 miles)

Day 7 Gubbio - Assisi (68 km / 42,2 miles)

Day 8 End of tour after breakfast

## Daily program 8-day / 7-night tour

### Day 1 Arrival in your hotel in Assisi

The start of this cycle tour is in Assisi, belonging to the Unesco world heritage. In Assisi many places and monuments have a strong unbreakable bond with the saints Francis and Clare, who lived here in the 13th century. The medieval character of Assisi is well-preserved and there is a lot to see.

In the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. Overnight in \*\*\* or \*\*\*\* star hotel near Assisi old town centre.

### Day 2 Assisi - Torgiano

Today you can choose of two routes: a longer route or a shorter route. Today's bike is dedicated to the valley of Spoleto, also named the Valle Umbra. Both routes end in Torgiano, which in medieval times was a fortified village and is situated on a hilltop above the confluence of the rivers Chiascio and Tiber. Interesting to visit are the wine museum and the 'osteria' of the Lungarotti family, where you can taste their excellent wines.

Overnight stay in \*\*\* or \*\*\*\*\* hotel.

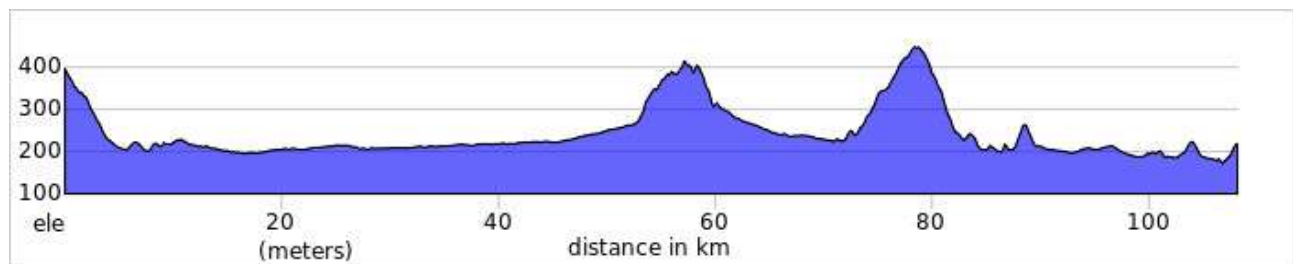
The longer route passes through the entire valley. The terrain is varied from flat to hilly. You pass many small characteristic towns, like Montefalco, built on a hilltop and famous for its excellent wines, and Bevagna with its medieval square.

Distance 108 km / 67,1 miles

Highest point 446m - lowest point 195m

Total ascent 774m

Total descent 946m



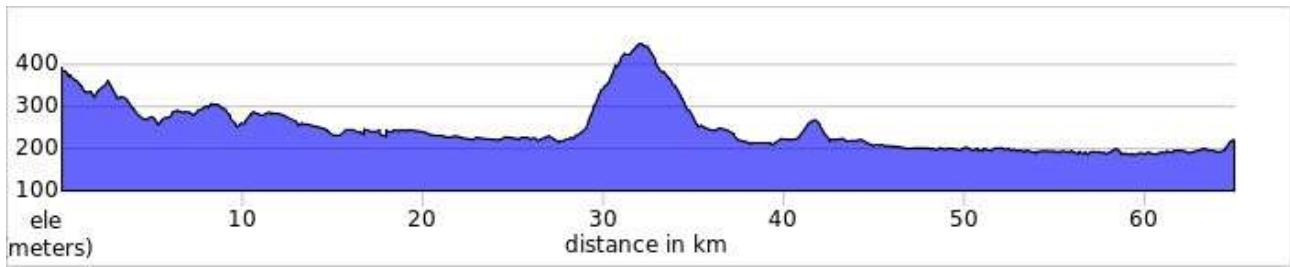
Shorter route also passes also the small medieval towns. Leaving your hotel you start your journey through the valley of Spoleto, passing Spello and Foligno, than your route goes up to Montefalco; also called 'the balcony of Umbria', because of its fantastic panorama. Artists like Benozzo Gozzoli and Perugino decorate the Franciscan church, now a museum, with magnificent frescoes from the 15th and 16th century. The next town you will visit is Bevagna, whose characteristic medieval square still hosts two Romanesque churches.

Distance 68 km / 42,2 mi

Highest point 450m - lowest point 205m

Total ascent 552m

Total descent 718m



### Day 3 Torgiano - Passignano on Lake Trasimeno

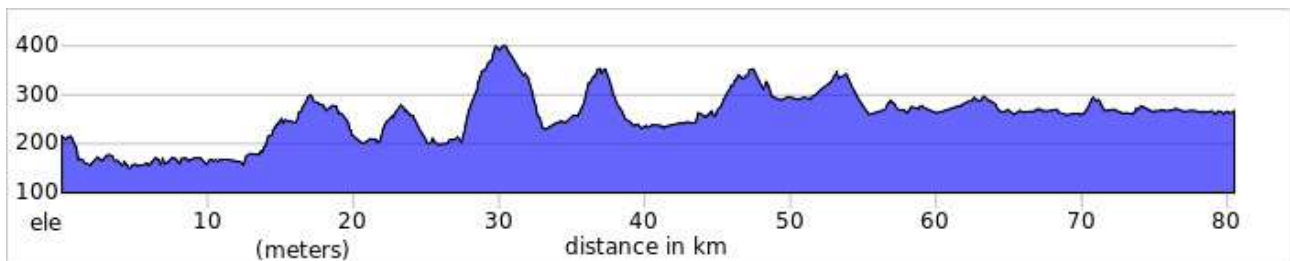
Today you cycle through a fantastic Umbrian scenery. You will bike through an undulating landscape with now and then a steep climb to conquer, but in the end to be rewarded with a magnificent view of Lake Trasimeno. You will pass small, typical Umbrian 'borghi' built on a hilltop such as Castiglion del Fosco, Pietrafitta and Panicale, which has still a good preserved 13th century Palazzo del Podestà. Your overnight is Passignano that lies on Lake Trasimeno. It has a nice beach with swimming pool and lively bars. Hotel \*\*\* or Hotel \*\*\*\* with swimming pool

Distance 80 km / 49,7 mi

Highest point 401m - lowest point 164m

Total ascent 986m

Total descent 934m



### Day 4 Tour around Lake Trasimeno

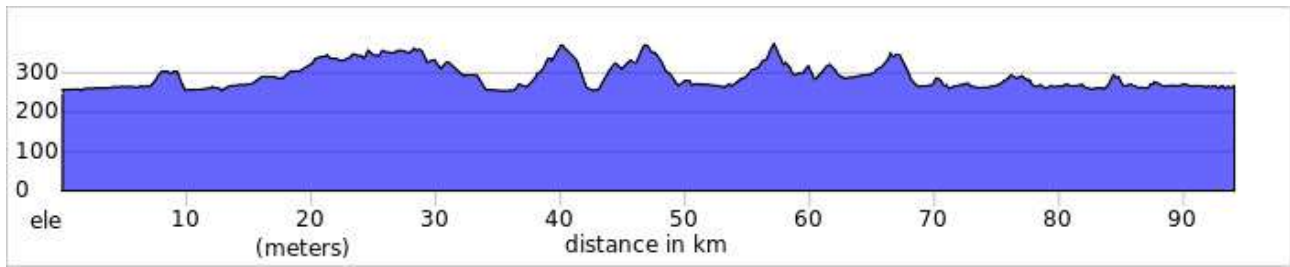
Today you can have a rest day or cycle around Lake Trasimeno. It is the fourth largest lake in Italy, surrounded on three sides by a backdrop of gentle rolling hills covered with olive trees. On the side facing Tuscany, a wide open plain stretches out. You will cross this plain going to the Tuscan town of Chiusi, which has an Etruscan origin. After your visit, you return to your hotel at Passignano for another overnight.

Distance 94 km / 58,4 mi

Highest point 396m - lowest point 255m

Total ascent 835m

Total descent 826m



### Day 5 Passignano - Umbertide

Also today you can choose of two routes to Umbertide

The longer route passes Cortona in Tuscany

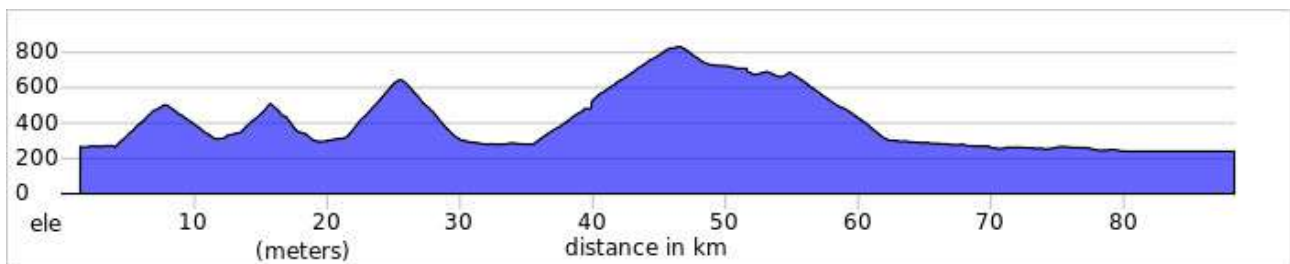
A very nice ride through the valley of the Tese brings you to Cortona. This lovely Tuscan town is built on a hilltop. Leaving it you will cycle over a ridge through a mountainous terrain with magnificent views over the surrounding mountains. Overnight stay in country house

Distance 88 km / 54,6 mi

Highest point 811m - lowest point 255m

Total ascent 1405m

Total descent 1430m



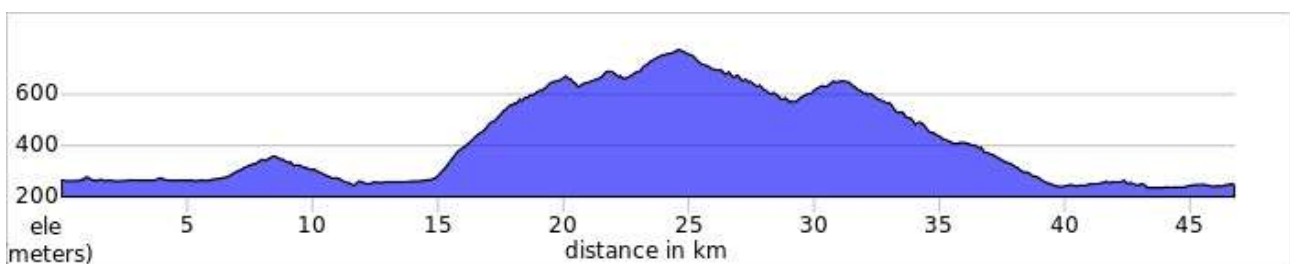
The shorter ride is through unspoiled scenery to the quiet little town of Umbertide. A steep climb brings you to Castel Rigone from where you will have a magnificent view over the lake. Then a final lovely descend into the Valley of the Tiber, will lead you to Umbertide, whose town centre is dominated by a majestic tower, the remains of a castle dating back to 1385. Your overnight stay will be just outside Umbertide in a country house with swimming pool.

Distance 45 km / 28 miles

Highest point 704m - lowest point 240m

Total ascent 837m

Total descent 855m



### Day 6 Umbertide - Gubbio

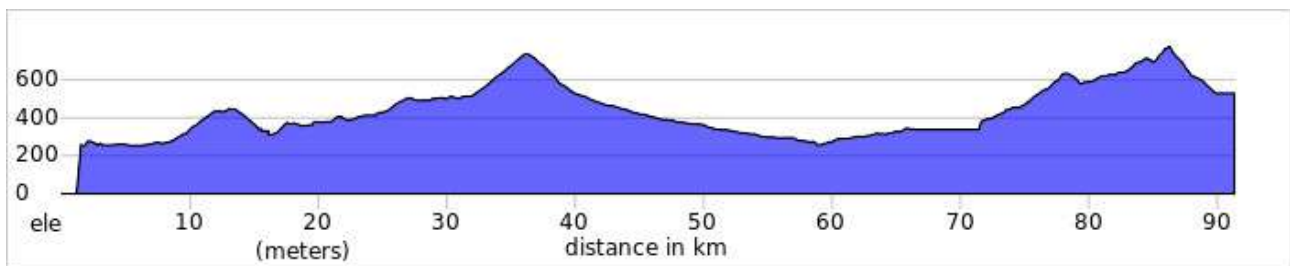
Today, cycling through a mountainous scenery, you will reach the fortified hill town of Gubbio. It is a beautiful tour through the green hills of the lower Apennines. You visit Montone, a quiet little town built (482m) on a hilly ridge, situated between the Lana and Carpina streams, which are both tributaries of the Tiber. Then it is going slowly uphill to Pietralunga with its old partially, walled-in centre and the Long bards Castle (8th century). You will pass Cagli in the region Le Marche and from there you arrive to Gubbio, where you will stay in a \*\*\* or \*\*\*\* hotel in the centre of town.

Distance 91 km / 56,5 mi

Highest point 765m - lowest point 240m

Total ascent 1292m

Total descent 1018m



### Day 7 Gubbio - Assisi

On this last day of the tour, you will cycle through again a green hilly landscape passing quiet mountain villages. The first stretch begins with a steep climb, but after that, the road undulates gently until it brings you to the bottom of a valley. The last stretch brings you

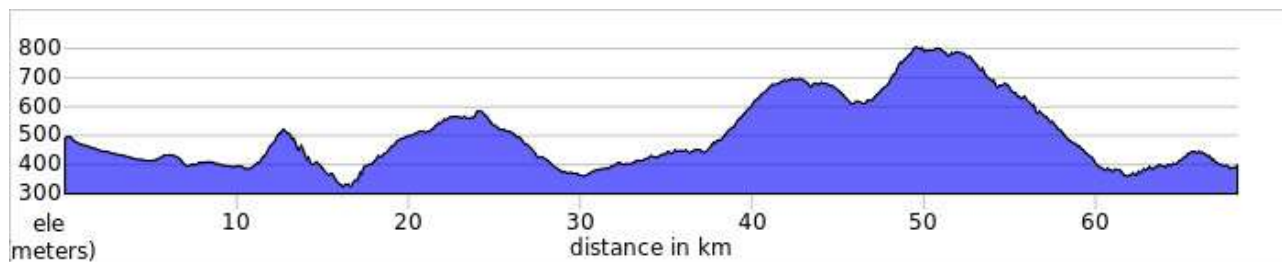
through characteristic little villages and cycling over Mount Subasio finally, you will see Assisi from afar, built on a spur of this mountain. Overnight in a \*\*\* or \*\*\*\* star hotel

Distance 68 km/ 42,2 mi

Highest point 830m - lowest point 328m

Total ascent 1158m

Total descent 1254m



### Day 8 End of tour after breakfast

#### Rates per person 2023:

<b>8 days Standard hotel - Hotel Viole (3 km from Assisi)</b>	<b>Price in Euro</b>
Sharing a double room B&B	650
Single room B&B	844
Solo traveler B&B	899
3 <sup>rd</sup> person in a triple room B&B	383
Supplement half board	170
<b>8 days Standard hotel - Hotel la Terrazza (900m from centre)</b>	<b>Price in Euro</b>
Sharing a double room B&B	689
Single room B&B	882
Solo traveler B&B	937
3 <sup>rd</sup> person in a triple room B&B	403
Supplement half board	170
<b>8 days Superior Hotel</b>	<b>Price in Euro</b>
Sharing a double room B&B	905
Single room B&B	1.257
Solo traveler B&B	1.312
Half board supplement	206
Bike rental carbon RB	190
Helmet	5
<b>5 days Standard hotel - Hotel Viole (3 km from Assisi)</b>	<b>Price in Euro</b>
Sharing a double room B&B	384



Single room B&B	482
Solo traveler B&B	517
3 <sup>rd</sup> person in a triple room B&B	233
Supplement half board	92
<b>5 days Standard hotel - Hotel la Terrazza (900m from centre)</b>	<b>Price in Euro</b>
Sharing a double room B&B	494
Single room B&B	625
Solo traveler B&B	660
3 <sup>rd</sup> person in a triple room B&B	313
Supplement half board	107
<b>5 days Superior Hotel</b>	<b>Price in Euro</b>
Sharing a double room B&B	565
Single room B&B	763
Solo traveler B&B	798
3 <sup>rd</sup> person in triple room	357
Half board supplement	124
Bike rental carbon RB (Inc. pick-up at lake Trasimeno)	130
Helmet	5

**Included in the tour:**

- 4 or 7 overnight stays with breakfast
- 4 or 7 dinners if booked for the half board version (excl. Drinks)
- Tour information
- Luggage transportation from hotel to hotel
- 7 days emergency support hotline
- Route descriptions, sightseeing information and maps / for free gps tracks on request available
- Route briefing on arrival day

**Not included in the tour:**

- Tourist tax to be paid directly in the hotel
- Everything not mentioned under "Included in the tour"



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