

## Assisi-Spoleto Bike Path

A 4- or 5-day cycling holiday

**Code tour:** C005UMB



The Assisi-Spoleto cycle tour has an easy level. It is a tour suitable for everyone. You cycle along a bike path or quiet country roads, substantially flat and crossing the Valle Umbra. This bike tour connects the three interesting historical towns: Assisi, Bevagna and Spoleto. It can be extended by a day in which you make a round trip to medieval Spello. Cycling along quiet country roads, you reach this lovely town, built against the slopes of Mount Subasio.

From Assisi you go downhill to reach the beginning of the signed bike path. You cycle through a wonderful landscape of the Umbrian valley, full of medieval towns, which are perched like little jewels on hilltops. You pass the little old town of Cannara, famous for its red onions, and continue pedalling to Bevagna, the Roman Mevania, on the list of the most beautiful 'Borghi' of Italy. It has numerous remains of the Roman age, many medieval town palaces (Palazzi) and churches. You have your overnight stay near or in the historic centre of town. After breakfast, again in the saddle and today you cycle mostly alongside the bank of the river Maroggia. You have a nice view of the wine town of Montefalco and Trevi, the capital of olive oil. At Campello sul Clitunno you can leave the bike path to visit the Clitunno sources, much praised by Goethe. You continue for Spoleto and from a distance, you have a beautiful view of the imposing fortress that rises above the town centre. You have your overnight stay in the historic centre close to the amphitheatre, cathedral and Ponte delle Torri.

## Assisi-Spoleto bike path



**Period:** daily from April until end of October (exclusive 07/08-20/08/2023)

**Participants:** 1 or more people

**Difficulty: 1** Easy cycling along cycle paths or quiet country roads. Suitable for those who do not have or have little training. Families can undertake them with young children, if children are used to cycle along roads. The gentle routes are along country lanes or cycle paths, usually flat or with little gradient (no more than 200m). Coming into or leaving the small towns along the route there can be some more traffic. You cycle about 3 hours a day and therefore have enough time to enjoy the enchanting villages along the route

Average daily distances: between 27-35 km / 17-21 miles  
Total km/miles: 4 days 68 km / 42,3 mi or 5 days 103 km/ 64 mi

#### **Program 4 days**

Day 1 Individual arrival at Assisi  
Day 2 Assisi-Bevagna (24,7 km / 15,3 miles)  
Day 3 Bevagna - Spoleto (34 km / 21,1 miles)  
Day 4 End of tour after breakfast

#### **Program 5 days**

Day 1 Individual arrival at Assisi  
Day 2 Assisi - Spello - Assisi (35 km / 21 miles)  
Day 3 Assisi-Bevagna (24,7 km / 15,3 miles)  
Day 4 Bevagna - Spoleto (34 km / 21,1 miles)  
Day 5 End of tour after breakfast

### **Daily program 4-day / 3-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.

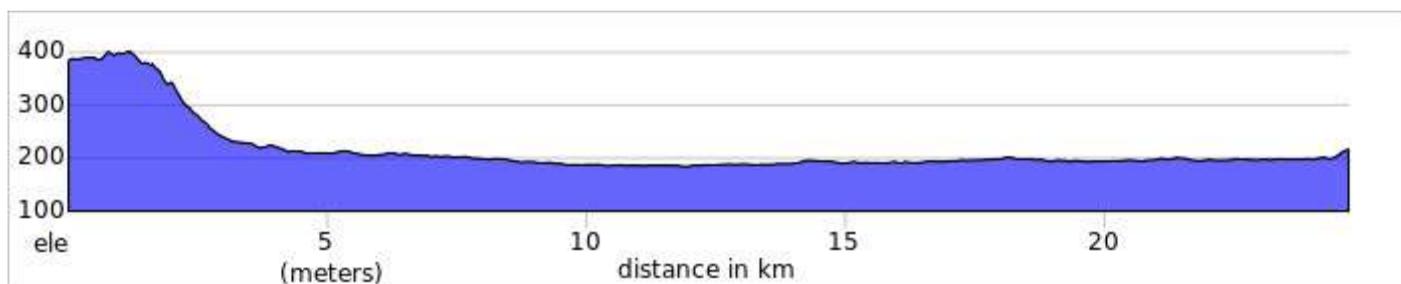
In the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. Overnight in \*\*\* or \*\*\*\* star hotel near Assisi old town centre.

#### **Day 2 Assisi - Bevagna**

Today you pass the village of Cannara that every year has a famous celebration, dedicated to the red onion that is grown here. The next stage will bring you to Bevagna, one rare example of a 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. You can also visit the Roman mosaics and a medieval house. The hotel is situated just outside or in the historic centre. Overnight with breakfast in Bevagna.

Distance: 24,7 km / 15,3 mi

Ascent/ descent: +99m - 217m





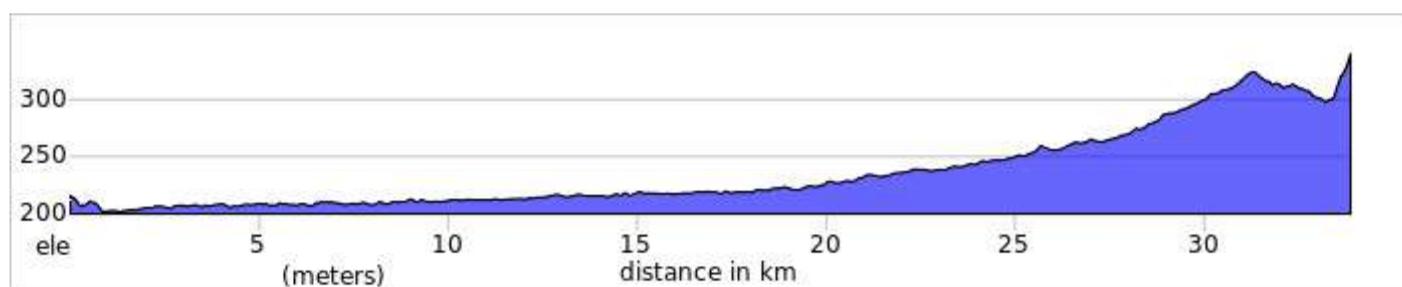
### Day 3 Bevagna - Spoleto

On this last day, you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating from above the city. You will get into the city from the bike path and cycle up to your hotel. 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. Overnight stay with breakfast in hotel \*\*\* or \*\*\*\* in the historic centre. In the \*\*\*\* hotel it is possible to organize a cooking lesson followed by a dinner

#### Hotel la Macchia

Distance: 34 km / 21,1 mi

Ascent/ descent: +212m - 89m



#### Hotel centre of Spoleto

Distance: 32,2 km / 20 mi

Ascent/ descent: +235m - 71m

### Day 4 End of tour after breakfast

## Daily program 5-day / 4-night tour

### Day 1 Arrival in your hotel in Assisi

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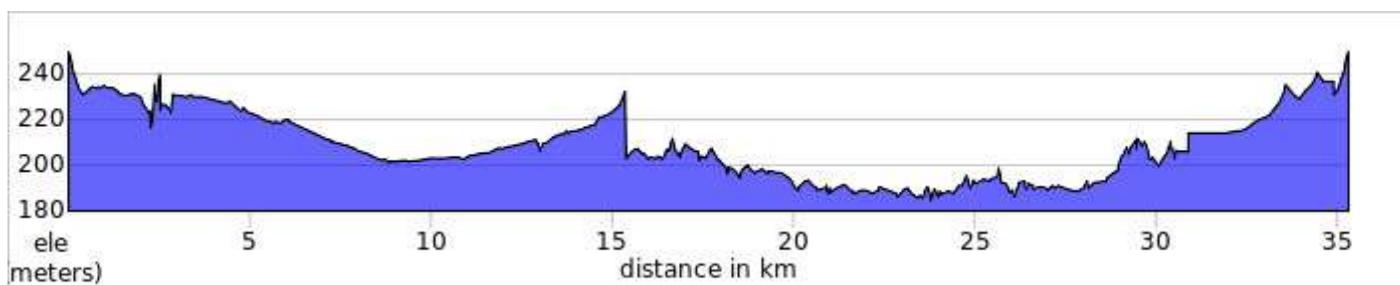
In the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. Overnight in \*\* or \*\*\*\* star hotel near Assisi old town centre.

### Day 2 Assisi – Spello – Assisi

After breakfast, get ready to ride your bike and discover the green Umbrian Valley. You cycle along quiet little country roads (no bike paths) and 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 cross 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). Overnight with breakfast in Assisi.

Distance: 35 km / 21 mi

Ascent/ descent: +151m - 149m



### Day 3 Assisi – Bevagna

See day 2 of 4 days version

### Day 4 Bevagna - Spoleto

See day 3 of four days version

### Day 5 End of tour after breakfast

#### Hotels:

standard or Superior

#### Rates per person 2023

<b>4 days Hotels Category A</b>	<b>Price in Euro</b>
In double room	325
In single room	435
Travelling alone	460
3 <sup>rd</sup> person in triple	160
Half board supplement	110
Cooking lesson in Spoleto (only in the CAT A)	60
<b>4 days Hotels Category B</b>	<b>Price in Euro</b>
In double room	235
In single room	290
travelling alone	315

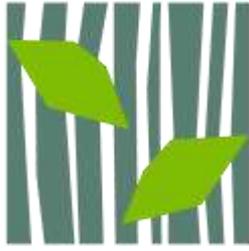
3 <sup>rd</sup> person in triple	145
Half board	70
Supplement Spoleto festival per night per person (23/06 -09/07)	16
Helmet	5
Supplement E-bike rental	40
Transfer back to Assisi at the end of the tour (1-4 people)	45
5-8 people	On request
<b>5 days Hotels Category A</b>	<b>Price in Euro</b>
In double room	395
In single room	540
Travelling alone	560
3 <sup>rd</sup> person in triple room	190
Half board supplement	140
Cooking lesson in Spoleto (only in the CAT A)	60
<b>5 days Hotels Category B</b>	<b>Price in Euro</b>
In double room	285
In single room	365
travelling alone	385
3 <sup>rd</sup> person in triple room	185
Half board supplement	90
Supplement Spoleto festival per night per person (24/06 -10/07)	16
Helmet	5
Supplement e-bike	55
Wine tasting at winery near Spello	20
Transfer back to Assisi at the end of the tour (1-4 people)	45
5-8 people	On request

**Included in the price:**

- 3 / 4 overnight stays with breakfast in Cat. A or Cat B Hotels
- route instructions and maps
- bike rental inclusive pick up of the bikes in Spoleto
- luggage transportation (on request discount for tour without luggage transportation)
- Clients assistance
- Cultural information

**Not included in the price**

- Local tourist tax, which has to be paid directly in the hotel.



**ECOLOGICO**TOURS

**ECOLOGICO TOURS**

Lumbreida B19

6565 San Bernardino

Svizzera/Schweiz/Suisse

[info@ecologicotours.com](mailto:info@ecologicotours.com)

tel. (0039) 3463254167 - (0041)(0) 79 2457505

[www.ecologicotours.com](http://www.ecologicotours.com)

[www.meravigliosaumbria.com](http://www.meravigliosaumbria.com)