

Assisi-Spoleto Bike Path

A 4- or 5-day cycling holiday

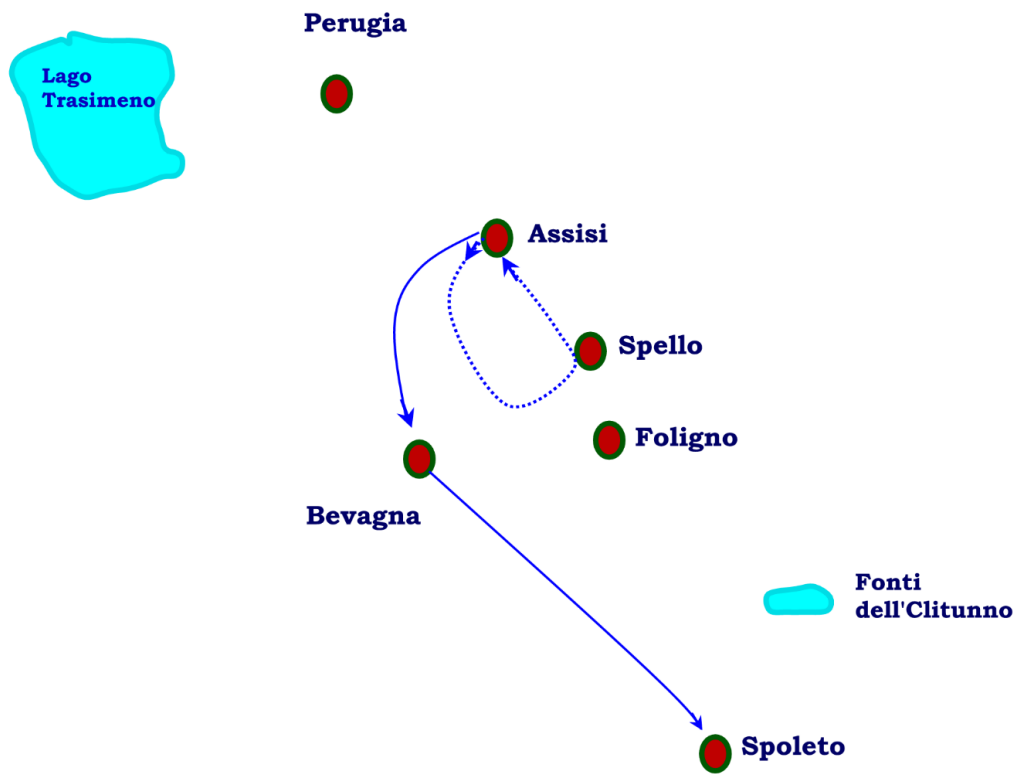
Code tour: C005UMB



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 04/08-18/08/2024)

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 2,5- 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.

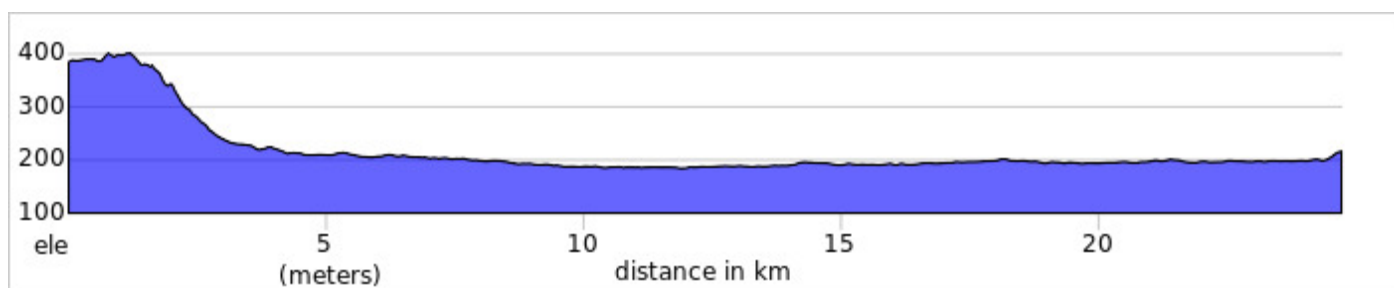
In the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. Overnight in ** or **** star hotel near Assisi old town centre.

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

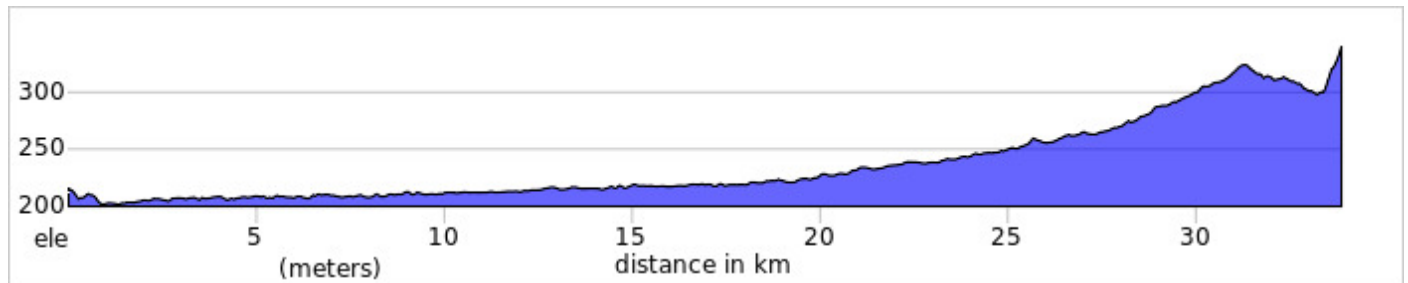
On this last day, you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating from above the city. You will get into the city from the bike path and cycle up to your hotel. The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress,

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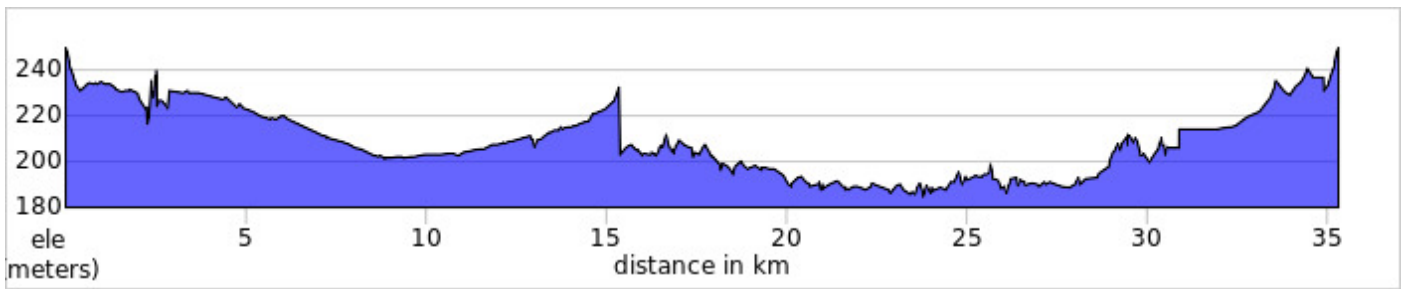
In the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. Overnight in ** or **** star hotel near Assisi old town centre.

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 2024

4 days Hotels Category A	Price in Euro
In double room	290
In single room	390
Travelling alone	425
3 rd person in triple	160
Cooking lesson in Spoleto (only in the CAT A)	60
4 days Hotels Category B	Price in Euro
In double room	240
In single room	311
travelling alone	346
3 rd person in triple	164
Supplement Spoleto festival per night per person (28/06 -14/07)	19
Helmet	5
Supplement E-bike rental	40
Transfer back to Assisi at the end of the tour (1-4 people)	50
5-8 people	On request
5 days Hotels Category A	Price in Euro
In double room	365
In single room	508
Travelling alone	543
3 rd person in triple room	202
Cooking lesson in Spoleto (only in the CAT A)	60

5 days Hotels Category B	Price in Euro
In double room	295
In single room	390
travelling alone	425
3 rd person in triple room	210
Supplement Spoleto festival per night per person (28/06 -14/07)	19
Helmet	5
Supplement e-bike	55
Wine tasting at winery near Spello	25
Transfer back to Assisi at the end of the tour (1-4 people)	50
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.

Our bikes: trekking bikes or E-bikes

How to reach the starting point

Start: Assisi / End: Spoleto



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