

## Assisi-Spoleto bike path (C 005 UMB)

A 4 or 5-day cycling holiday



The Assisi-Spoleto cycle tour has an easy level. It is a tour for everyone. You cycle along a nice bike path, substantially flat, crossing the Valle Umbra and connecting the two interesting historical towns of Assisi 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 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:** Every day of the week from April until the end of October (excluded 01/08 - 31/08/2022)

**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 quiet country lanes or cycle paths, almost always flat or with little gradient (no more than 200m). Coming into or leaving the small towns there can be some more traffic. You cycle about 3 hrs. 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/mi: 68 km / 42,3 mi (4-day tour) or 103 km / 64 mi ( 5-day tour)



#### **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.

Overnight stay with breakfast in Assisi

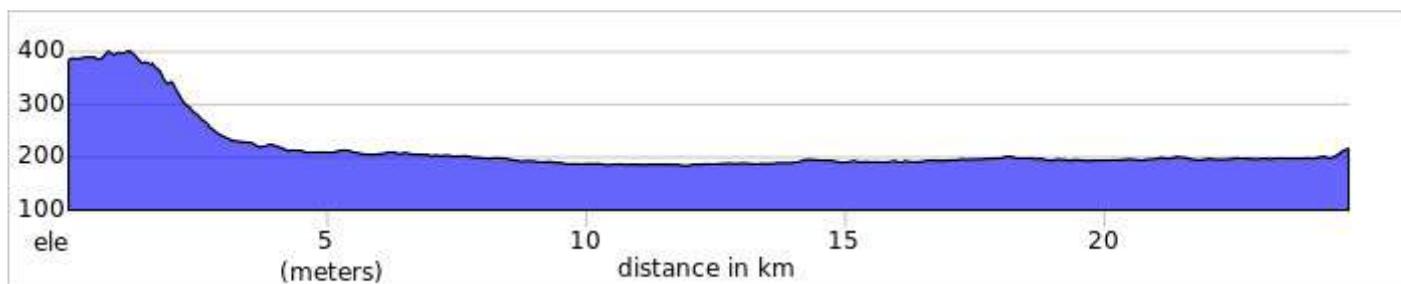
## Day 2 Assisi - Bevagna

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

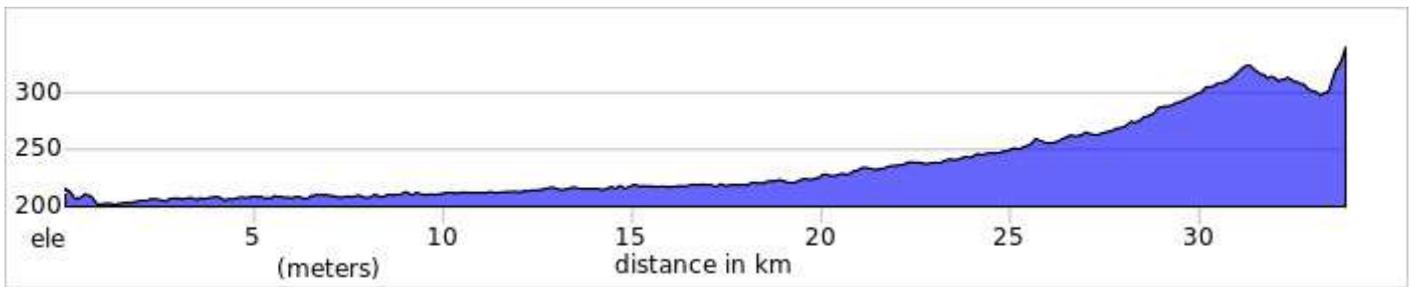
On this last day you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will get into the city from the bike path and cycle up to your hotel. The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the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

Overnight stay with breakfast in Spoleto

Hotel outside town centre

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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At 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.

Overnight stay with breakfast in Assisi

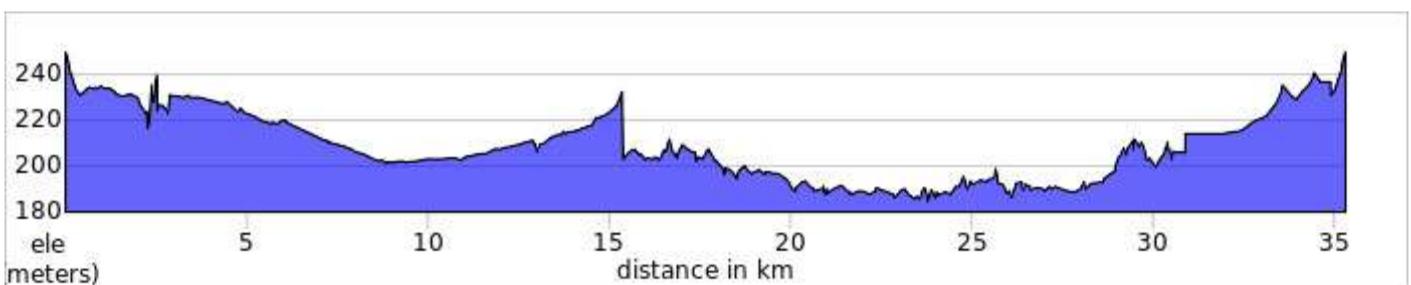
#### Day 2 Assisi - Spello - Assisi

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

#### Rates per person 2022

<b>4 days Hotels Category A</b>	<b>Price in Euro</b>
In double room	315,00
In single room	405,00
Travelling alone	425,00
3 <sup>rd</sup> person in triple	157,00
Half board supplement > 11 yrs	94,00
Half board supplement 6-10 yrs	70,00
Cooking lesson in Spoleto (only in the CAT A)	65,00
<b>4 days Hotels Category B</b>	<b>Price in Euro</b>
In double room	225,00
In single room	278,00
travelling alone	298,00
3 <sup>rd</sup> person in triple	127,00
Half board > 11 yrs	68,00
Half board 6-10 yrs.	45,00
Supplement Spoleto festival per night per person (24/06 -10/07)	16,00
Helmet	5,00

Supplement E-bike rental	40,00
Transfer back to Assisi at the end of the tour (1-4 people)	45,00
<b>5 days Hotels Category A</b>	<b>Price in Euro</b>
In double room	382,00
In single room	496,00
Travelling alone	516,00
3 <sup>rd</sup> person in triple room	178,00
Half board supplement > 11 yrs	117,00
Half board supplement 6-10 yrs	94,00
Cooking lesson in Spoleto (only in the CAT A)	65,00
Wine tasting at winery near Spello	18,00
<b>5 days Hotels Category B</b>	<b>Price in Euro</b>
In double room	285,00
In single room	367,00
travelling alone	387,00
3 <sup>rd</sup> person in triple room	150,00
Half board supplement > 11 yrs	85,00
Half board 6-10 yrs.	55,00
Supplement Spoleto festival per night per person (24/06 -10/07)	16,00
Helmet	5,00
Supplement e-bike	55,00
Wine tasting at winery near Spello	18,00
Transfer back to Assisi at the end of the tour (1-4 people)	45,00

#### Included in the price:

- 3 / 4 overnight stays with breakfast in Cat. A or Cat B Hotels
- route instructions and maps
- bike rental incl. 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.



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