

Umbria Escape (C 008 UMB)

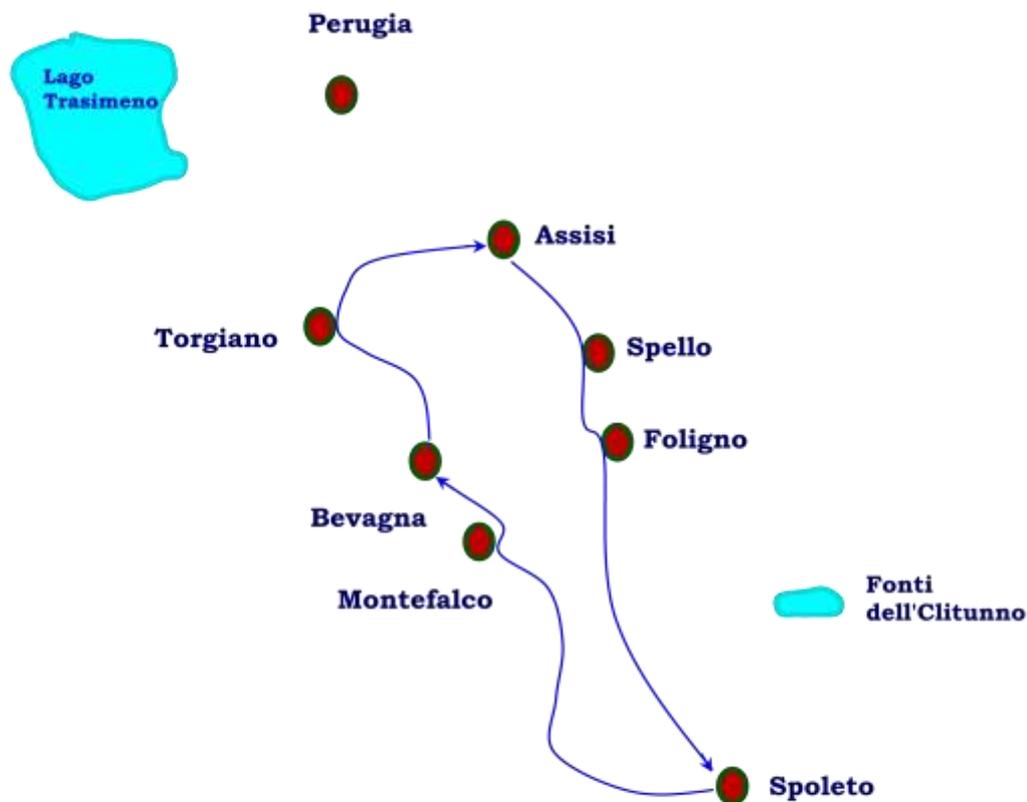
A 5-day cycling tour



This cycling tour leads you over quiet country roads among the sunny, colourful fields with a beautiful backdrop of hills covered with silver-green olive groves and fertile vineyards. Your discovery of the Valle Umbra starts in Assisi, a small jewel that attract millions of tourist each year, but you visit also Spello, Foligno, Spoleto, Montefalco and Bevagna which are by no means minor attractions. It are towns offering a blend of art, history, food, wine and nature. Spello and Assisi are hill towns striding up a spur of Monte Subasio. These splendidly intact towns are still walled-in and offer a maze of small alleys, which often, unexpectedly offer fascinating views of the surrounding green landscape. You continue your ride through the valley and reach Spoleto, ancient capital of the Lombard dukes. It is a friendly and welcoming town to tourists and walking up the small streets, you will have suddenly a surprising view of the 12-13th century cathedral S. Maria Assunta, which houses the stunning frescoes by Pinturicchio and Filippo Lippi. First stop of the next day is the wine town Montefalco. It stands on a hilltop carpeted with vineyard and silver green olive groves. Montefalco was one of the very few Italian cities where wine growing was also practiced in the urban centre. The town has a medieval setting, surrounded by medieval walls and towers. Do not leave it without tasting one of its excellent wines. A relaxed downhill ride brings you to Bevagna, included among the most beautiful villages in Italy. You come to the piazza Silvestri overlooked by the Gothic Palazzo dei Consoli and the Romanesque churches of San Silvestro and San Michele

Arcangelo. Interesting are the splendid mosaics depicting mythological or marine subjects such as dolphins, octopuses, lobsters of the Roman baths. On the last day, you can decide to visit Torgiano with its fascinating wine museum or to go directly to Assisi, to spend some extra time in this lovely town.

Umbria Escape



Period: Daily from April until the end of October (best period April-June & September-October). Other dates on request.

Participants: Minimum 1 person

Difficulty: Level 2/3

You cycle through a landscape of gentle, rolling hills. Throughout this tour the steeper slopes are short and the longer ones are not too steep. The level of this tour is not suitable

for children under 12 years. Cycle experience is needed. The daily distances are restricted to between 35 and 53 km.

Total: minimum 125,3 km / 77,9 mi or maximum 145 km / 90,1 mi



Short program 5- days:

Day 1 Individual arrival at Assisi

Day 2 To Spoleto (53 km / 33 mi)

Day 3 To Bevagna (33 km / 21 mi cycle path or 38 km / 23,6 mi or 40 km /25 mi not passing Montefalco)

Day 4 To Assisi (37 km / 23 miles or 52 km / 32,3 miles passing Torgiano)

Day 5 Departure after breakfast

Daily program 5-day / 4-night tour

Day 1 Individual arrival at Assisi

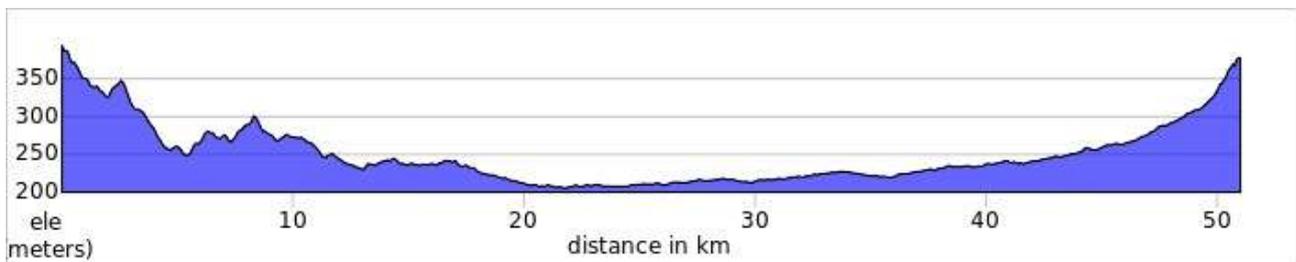
Assisi is a Unesco Heritage site. It is overlooking the Valle Umbra and it is a place in which history, traditions and art are harmoniously combined. A leisurely stroll through the town first is a good way to start your holiday. Take your time to absorb the town's atmosphere. Sit down on one of the cosy squares, where cafés are inviting you 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. Overnight stay in a **** or *** star hotel

Day 2 Assisi - Spoleto

Along the panoramic road 'Via degli Olivi' (olive grove road) you reach Spello, a charming ancient town pleasantly situated on the southern slopes of Mount Subasio. In

urban, architectural and artistic terms, Spello is an extremely interesting town, containing many features dating back to the Roman age. Spello is also called the town of flowers, because of its many colourful little alleys embellished with plants and flowers. The town is well known for its Flower Festival ('infiolata') for Corpus Domini. From Spello you descend in the valley and it goes up to Foligno, which contains a good number of interesting monuments and artworks, but has also a nice 'restaurant road' and is a local shopping centre. Quiet country roads and the Assisi-Spoleto cycle path bring you to Spoleto, a pretty hill-town filled with beautiful medieval and Renaissance architecture and there are also very interesting museums. An evergreen woodland and a hilly countryside surround the town. Your *** or **** hotel is situated in the historical centre of Spoleto.

Distance: 51 km/31,6 miles (starting Viore) or 53 km / 33 miles (starting Assisi)
Ascent/Descent: + 326m -338m



Day 3 Spoleto - Bevagna

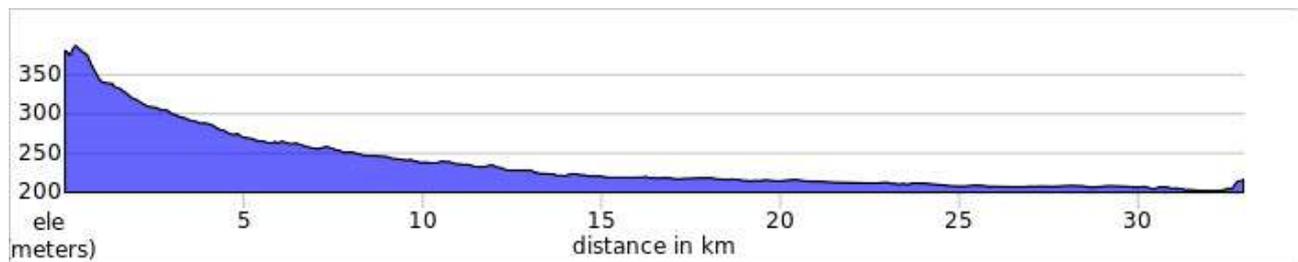
The route of today has different versions. There is the easy cycle path route without up and downhill cycling and which goes directly to Bevagna. Or the more strenuous route with biking through a slightly undulating landscape with olive groves. You will already see Montefalco from a distance. At the foot of this town you can choose to continue through the valley directly to Bevagna or to visit first Montefalco (470m a.s.l.)..., but to get to this town you first have to conquer a severe climb. Montefalco is also known as the 'balcony of Umbria', because of its fantastic panorama over the Valle Umbra. Artists like

Benozzo Gozzoli and Perugino decorate the Franciscan church, now a museum, with magnificent 15th and 16th century frescoes. Montefalco is well-known for its excellent wines, Rosso di Montefalco d.o.c. and Sagrantino d.o.c.g, produced on the sunny slopes around the town, and of course it is almost impossible to leave the town without tasting them in one of the many wine bars. From Montefalco you have a nice downhill ride to Bevagna, where the medieval square with the two Romanesque churches is a real meeting place for the friendly inhabitants. Your overnight stay is in the centre of the town or just outside the town walls in a *** hotel

Cycle Path / easy route

Distance: 35 km

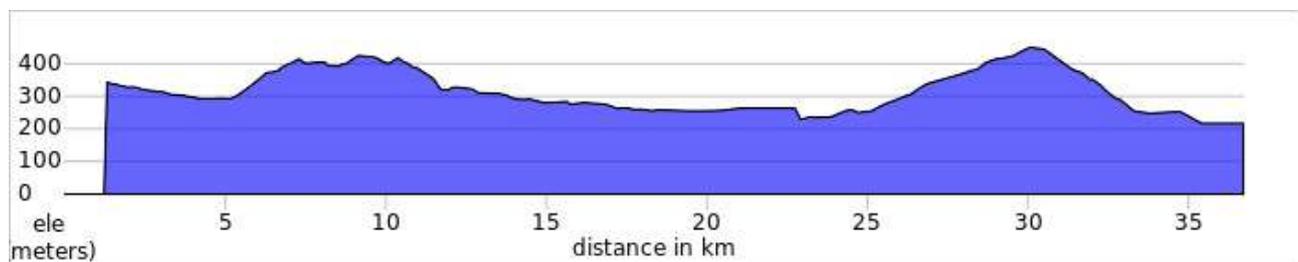
Ascent/Descent: + 42m -206m



Hilly route passing Montefalco

Distance: 37 km

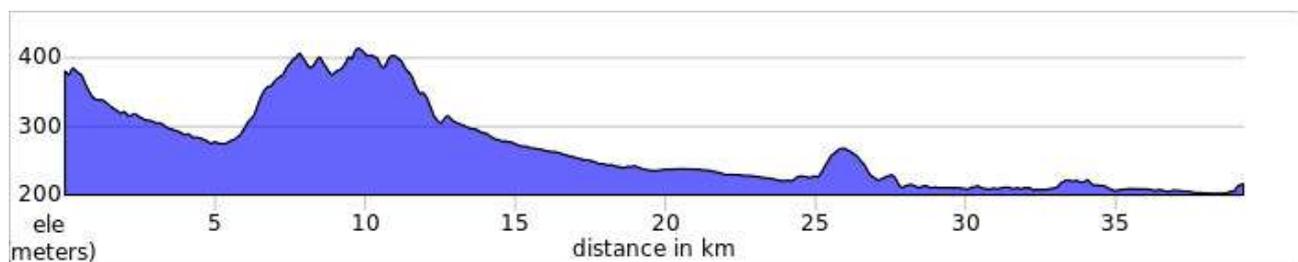
Ascent/Descent: + 395m -517m



Hilly route NOT passing Montefalco

Distance: 39 km

Ascent/Descent: + 292m -456m

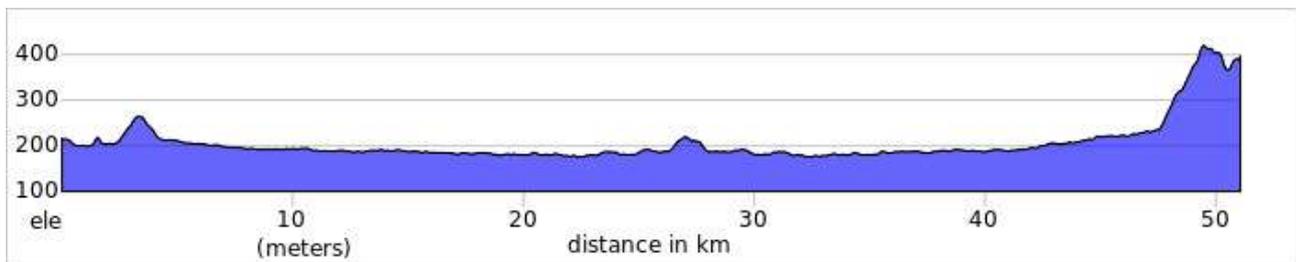


Day 4 Bevagna-Assisi

Today a nice ride through the green valley. You can choose to visit Torgiano, which in medieval times was a fortified village. It is situated on the confluence of the rivers

Chiascio and Tiber (Tevere) in a fertile area. Torgiano is certainly worth stopping off, which like Montefalco is famous for its excellent red and white wine. You could visit the wine museum with (next-door) the 'osteria' of the Lungarotti family, where you can taste the wines produced in this area. After Torgiano you will cross the valley, cycling along quiet country roads. The first sight of Assisi, perched halfway up the slopes of Mount Subasio is extraordinary. Before reaching Assisi, you can stop for a moment to visit the Franciscan basilica in S.Maria degli Angeli. Under its impressive dome still lies the humble little chapel Porziuncola, where St. Francis once came to pray. To get to the beautiful historical centre of Assisi you have to make a short but steep climb, but wandering through the town you will agree that it was worth effort. After your visit of Assisi you return to your starting hotel

Distance: 51 km / 31,6 miles (passing Torgiano) & 37 km / 23 miles (not passing Torgiano)
 Ascent/Descent: + 463m -264m



Day 5 End of tour after breakfast



Rates per person 2022:

Standard hotels	Price in Euro
Hotel Viole (3 km from town centre Assisi)	
Sharing a double room B&B	365,00
Single room B&B	460,00
Single traveller B&B	505,00
3 rd person in a triple room B&B	218,00
Half board supplement	98,00

Easter and Spoleto music festival supplement p.p.p.n. (Two weeks End of June beginning July).	16,00
Hotel la Terrazza (900m from town centre Assisi)	Price in Euro
Sharing a double room B&B	405,00
Single room B&B	505,00
Single traveller B&B	550,00
3 rd person in a triple room B&B	245,00
Half board supplement	103,00
Easter and Spoleto music festival supplement p.p.p.n. (Two weeks End of June beginning July).	16,00
Superior hotels or room	Price in Euro
Sharing a double room B&B	533,00
Single room B&B	677,00
Single traveller B&B	722,00
3 rd person in triple room	290,00
Half board supplement Hotel Moro in Assisi	130,00
Bike rental	Price in Euro
Bike rental	66,00
E-bike rental	115,00
Helmet	5,00

Supplement for hotel with swimming pool at Bevagna

Bevagna Porta Guelfa
B&B double /triple: on request
Single: on request

The tour price include:

- 4 overnight stays with breakfast
- Tour information: hotel list, brochures
- Luggage transportation from hotel to hotel
- Emergency support hotline

- Route descriptions (Italian, English, German or Dutch), sightseeing information and maps
- Route briefing on arrival day

The tour price does not include:

- Local tourist tax to be paid directly in the hotel



Ecologico Tours & Meravigliosa Umbria

www.meravigliosaumbria.com

www.ecologicotours.com

e-mail info@meravigliosaumbria.com

tel. (0039) 346 3254167 & (0041) (0) 79 2457505

