

## Short Break cycling tour in Umbria (CG 009 UMB)

A 4-day or 5-day cycling tour



During this tour, you will cycle through the Umbrian valley, Valle Umbra. This green fertile valley stretches out from Assisi until Spoleto. Throughout history, it has been an attractive place to settle and it is here that we find the most picturesque towns of Umbria.

The tour begins in Spello, a small medieval town, with Roman origins. Spello has small alleys brightened up with cheerful flowerpots. From Spello you descend into the valley to pedal towards Foligno, a pleasant shopping city with, very special, a street entirely devoted to restaurants. The next town you visit is the cultural interesting Bevagna. There is a lot to see and taste. Bevagna is situated in the Montefalco wine-area and in the restaurants or wine-bars; you can taste these delicious wines. Again, in the saddle, you go to Torgiano, another town dedicated to wine. Interesting to visit are the wine and olive oil museums. On your last day, you cycle back to Spello, but before you pass the town of Saints Francis and Clare, Assisi. Take some time to visit Assisi with its stunning medieval centre, there is a lot to see!



**Period:** Daily from 1 April until 31 October (excl. 07/08-20/08/2023).

**Number of participants:** minimum 1 person

**Level of difficulty \* to\*\*:** 1,5

Easy cycling tour. You cycle through the valley surrounded by a landscape of gentle, rolling hills. The only hilly stretch is to reach Assisi and the slightly up- and downhill cycling to Spello.

Daily distances:

5-day tour: between 24 km / 15 mi and 33 km / 20,5 mi

Total km: 85 km / 52,8 mi

4-day tour: between 33 km / 20,5 mi and 52 km / 32,3 mi

Total km 85 km / 52,8 mi

### **Programme in short 4-days / 3-nights**

Day 1 Arrival in Spello

Day 2 Cycling to Torgiano passing Bevagna (52 km / 32,3 mi; Ascent/descent:+290m-360m)

Day 3 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

Day 4 Departure after breakfast

### **Programme in short (5-days/4-nights)**

Day 1 Arrival in Spello

Day 2 Cycling to Bevagna passing Foligno (24 km / 15 mi).

Day 3 Cycling to Torgiano (28 km / 17,4 mi)

Day 4 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

Day 5 Departure after breakfast



### **Daily programme of the 5-day / 4-night tour:**

#### **Day 1 You arrive at your hotel in Spello**

The \*\*\* or \*\*\*\* hotel is situated in the historical centre of the town and has a terrace offering a magnificent view over the Valle Umbra and the surrounding hills covered with olive groves. At the end of the afternoon, there is a route briefing and bike fitting.

Overnight stay with breakfast in Spello

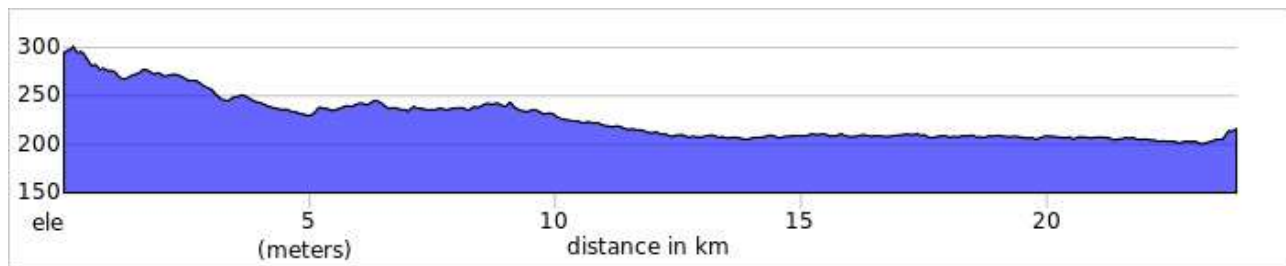
#### **Day 2 Spello-Foligno-Bevagna**

The next morning you will still have some time to visit Spello followed by a cycling tour through the colourful valley and a visit to Foligno. Interesting are the cathedral and archaeological museum in the Trinci palace or just linger through the shopping streets with its many boutiques. The Via Gramsci is a street full of cosy restaurants with choice for every ones taste ! Back in the saddle, you continue to Bevagna, a town of Roman origins situated in the famous wine area of the Sagrantino d.o.c.g. and the Rosso di Montefalco d.o.c. Your accommodation is in the medieval centre of town.

Overnight stay with breakfast in Bevagna

Distance: 24 km / 15mi

Ascent/descent: +107m - 187m



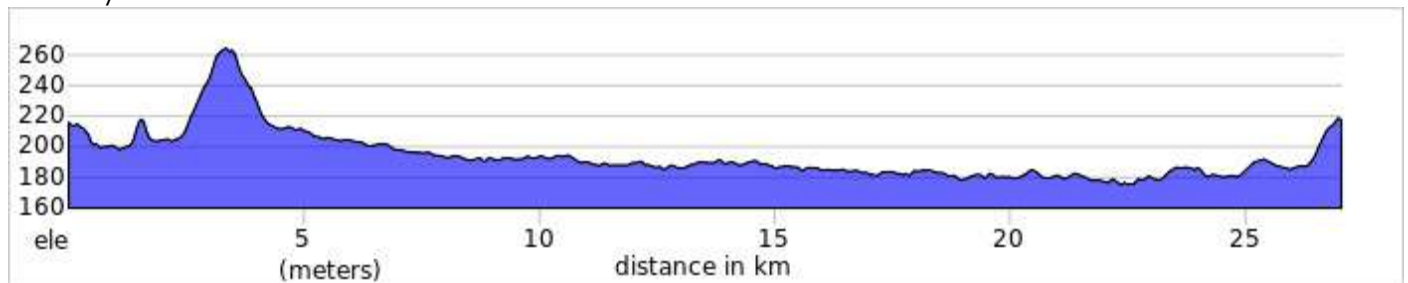
### Day 3 Cycling to Torgiano

The next morning after breakfast, you cycle to Torgiano. First, a short climb passing the small walled-in Torre del Colle and then you descend into the valley. Torgiano was once a fortified town and the Baglioni tower remains as a silent witness to its history. The town is situated in a slightly hilly landscape at the confluence of the rivers Tiber and Chiascio. In the early Middle Ages, the Benedictines planted olive groves and vineyards in these fertile hills, sowing for what is now a listed d.o.c.g. area where the famous Torgiano Rosso Riserva is made. Take your time to visit the wine museum, housed in the 'palazzo Grazioni-Baglioni'. Here the visitor is provided with an insight into the various techniques associated with the viticulture and winemaking. The museum has a rich art collection from Etruscan until modern times. You will stay in a \*\*\* or \*\*\*\*\* star hotel.

Overnight stay with breakfast in Torgiano

Distance: 28 km / 17, 4 mi

Ascent/descent: +189m - 186m



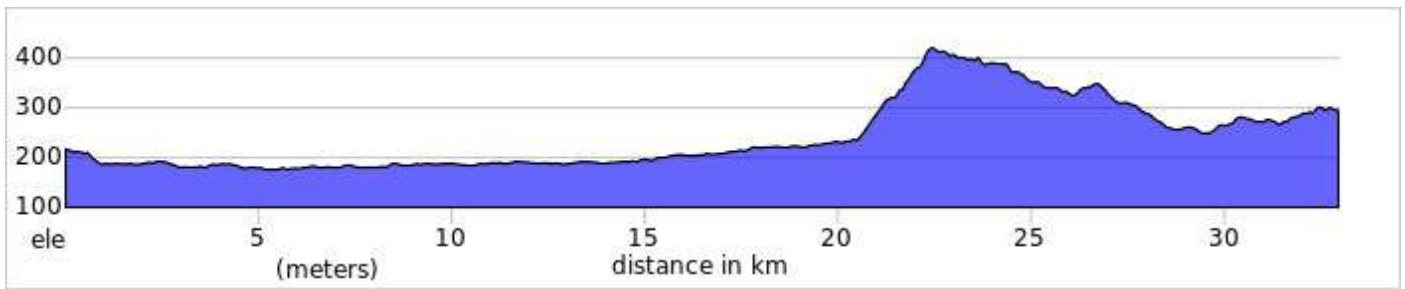
### Day 4 Cycling to Spello, passing Assisi (33 km / 20,5 mi).

The next day you will cross, cycling along quiet country roads, the valley to reach Assisi... but before entering town, you will first have to conquer the hill on which it is built. After this steep climb, you will enter this picturesque town and will agree that it was definitely worth the effort. After your visit of Assisi, you continue cycling to Spello along a panoramic route amongst olive groves.

Overnight stay with breakfast in Spello

Distance: 33 km / 20,5mi

Ascent/descent: +398 - 320m



### Day 5 End of tour after breakfast

After breakfast end of this short break cycling tour!

### Hotel

Standard or superior

### Rates per person 2023:

<b>Hotel Superior 5 days</b>	<b>Price in Euro</b>
Sharing double room	570
Single room	774
Solo Traveller	799
3 <sup>rd</sup> person in triple	282
Half board supplement	163
<b>Hotels Classic</b>	<b>Price in Euro</b>
Sharing double room	357
Single room	462
Solo traveller	487
3 <sup>rd</sup> person in triple	190
Half board supplement	94
<b>Extra's</b>	<b>Price in Euro</b>
Ebike rental	115
Bike rental	70
Helmet	5
<b>Hotel Superior 4 days</b>	<b>Price in Euro</b>
Sharing double room	445
Single room	587
Solo Traveller	612
3 <sup>rd</sup> person in triple	232
Half Board supplement	120
<b>Hotels Classic</b>	<b>Price in Euro</b>
Sharing double room	304
Single room	377
Solo traveller	402
3 <sup>rd</sup> person in triple	165
Half Board supplement	68
<b>Extra's</b>	<b>Price in Euro</b>

Ebike rental	90
Bike rental	60
Helmet	5

**The tour price includes:**

- 3 or 4 overnight stays with breakfast
- Route descriptions and maps of the mentioned cycle tours. Gps tracks on request available
- Luggage transportation
- Back-up service
- Route briefing in first hotel

**Our rental bikes:**

Hybrid trekking bikes or E-bikes



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