A Wonderful Valley: Assisi-Spoleto (C 001 UMB)

A cycling tour of 5 or 7 days, suitable for all



The **Valle Umbra** is one of the most scenic gateways to discover Umbria. This fertile plain dotted with vineyards, olive groves and fed by fresh spring water, is framed by gentle green hills and medieval hilltop towns. It's the ideal backdrop for a **relaxing cycling holiday** among culture, landscapes and timeless Italian charm.

Your journey starts in **Assisi**, the spiritual heart of the region. Here you wander through a maze of medieval alleys, stone squares, ancient fountains and noble palaces — a place where every step feels like travelling centuries back in time.

The first ride takes you on a circular loop to **Spello**, a Roman-origin town filled with preserved gates and mosaics — from **Porta Consolare** to **Porta Venere** — before returning to Assisi along a quietly panoramic road.

The following day you pedal towards **Torgiano**, perched above vineyards and deeply connected to wine culture. The **Wine Museum** and **Olive Oil Museum** are definitely worth a visit.

Next comes **Bevagna**, a rare example in Umbria of a medieval town built on the plain rather than on a hilltop — its main square is vibrant, framed by two Romanesque churches.

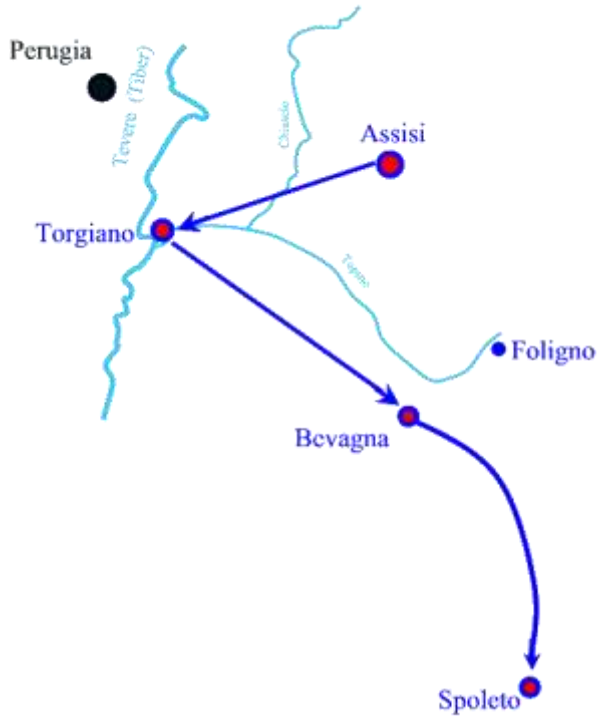
Finally, cycling along the **Assisi–Spoleto cycle path**, you reach **Spoleto** — an elegant city of late medieval and Renaissance monuments, crowned by its impressive fortress dominating the town from above.

Meravigliosa Umbria

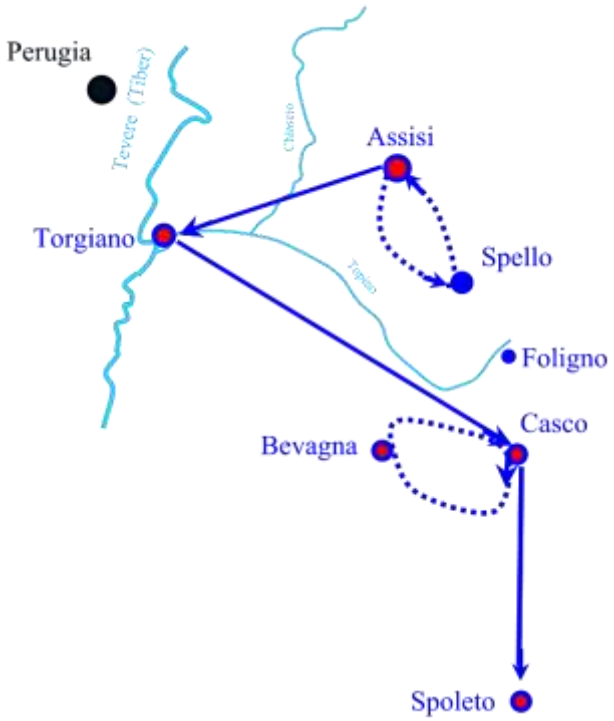
E-mail: info@meravigliosaumbria.com & info@ecologicotours.com Tel. (0039) 346 3254167 & (0041) (0) 79 2457505

The Trip in a Nutshell

5 days



7 days



Participants: Minimum 1 person

Period: Daily from 1 April to 31 October (exclusive 08/08 - 22/08/2027)

Type of cycling tour: From hotel to hotel and self-guided

Difficulty: Level 1,5
It is an easy tour, designed for those who have little experience with cycling. It is a relaxing leisure tour. The gentle routes are along quiet country roads or cycle paths, usually flat or with little gradient (no more than 100m). Entering or leaving a town there can be more traffic. You cycle 3-4 hrs a day and have enough time to enjoy villages or swimming pool. Children need to have experience in road cycling.

5 day tour: 28 and 35 km / 17 and 22 miles. **Total:** 92 km / 57 miles
7 day tour: 25 and 39 km / 15,5 and 24 miles. **Total:** 166 km / 103 miles

Type of cycling tour: from hotel to hotel and self-guided

Program 5 days:
Day 1 Individual arrival at Assisi
Day 2 To Torgiano (29km / 18 mi)
Day 3 To Bevagna (28 km / 17,3 mi)
Day 4 To Spoleto (35 km / 22 mi)
Day 5 End of tour after breakfast

Program 7 days:
Day 1 Individual arrival at Assisi
Day 2 Ring tour to Spello (39 km / 24 mi)
Day 3 To Torgiano (29 km / 18 mi)
Day 4 To Casco dell'Acqua (38 km/23,5 mi)
Day 5 Round tour to Bevagna (35 km/22 mi)
Day 6 To Spoleto (25 km / 15,5 mi)
Day 7 Departure after breakfast

Highlights:

- Discover **five of Umbria's most iconic towns** in one itinerary: Assisi, Spello, Torgiano, Bevagna and Spoleto
- Cycle through **olive groves, vineyards and fertile countryside** — the authentic green heart of Italy
- Quiet panoramic roads and the **Assisi–Spoleto cycle path** for easy, enjoyable riding
- Explore cities rich in **Roman heritage, medieval architecture and Renaissance art**
- Taste Umbria's finest: **Sagrantino wines**, extra-virgin olive oil, local cheeses and seasonal specialties
- Stay in **charming small hotels / B&Bs** in historic town centres or countryside settings

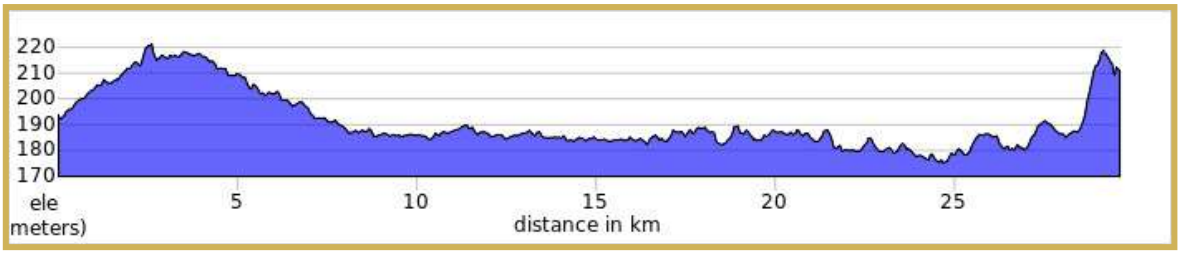
Daily Itinerary

Daily itinerary: 5 days / 4 nights

Day 1 Individual arrival at Assisi
Assisi is a medieval town built on the slopes of Mount Subasio, overlooking the Valle Umbra. It is a place in which history, traditions and art are harmonious combined. If you arrive early, you can discover this beautiful city wandering through its alleys, streets and stop at one of the cosy squares, where cafés are inviting you to sit down 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. The **** hotel or country house F. are set in a rural location, situated at 6 km from Assisi old town centre. From the pool, you have a stunning view of Assisi. The ** hotel se is situated at about 900m from the old town centre. There is a nice pool with view of Assisi
Overnight stay with breakfast in Assisi

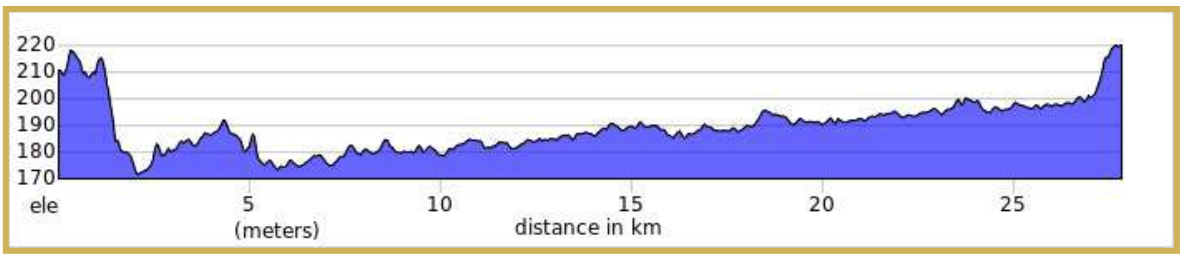
Day 2 Assisi – Torgiano
This morning you begin your first cycling stage across the green Umbrian countryside.
Your ride starts with a stop in **Santa Maria degli Angeli**, where you can visit the impressive basilica — its vast dome protects the tiny **Porziuncola**, the small chapel where **St. Francis lived with his earliest companions**. If you have not yet visited Assisi's historic centre, this is the perfect moment: you may leave your bicycles in Santa Maria degli Angeli and take the local bus up to Assisi — the medieval town built high on the slopes of Monte Subasio. After your visit, simply return by bus to pick up your bikes. Then continue cycling along **quiet country lanes**, surrounded by vineyards, wheat fields and olive groves, until you reach **Torgiano** — once a fortified village. You can still see signs of its medieval past: the **Baglioni Tower** and parts of the ancient walls. Torgiano lies in one of Umbria's most renowned wine areas. If you enjoy local culture and flavours, don't miss the **Wine Museum** — a fascinating journey through the history of viticulture, with archaeological finds, ancient tools and fine ceramic art on display.
You will stay in a *** hotel with swimming pool in the historic centre of Torgiano.

Overnight stay with breakfast in Torgiano
Distance: 29 km / 18 mi (Hotel la Valle)
Ascent / Descent: +152m -134m
Paved: 83%; Unpaved: 17%



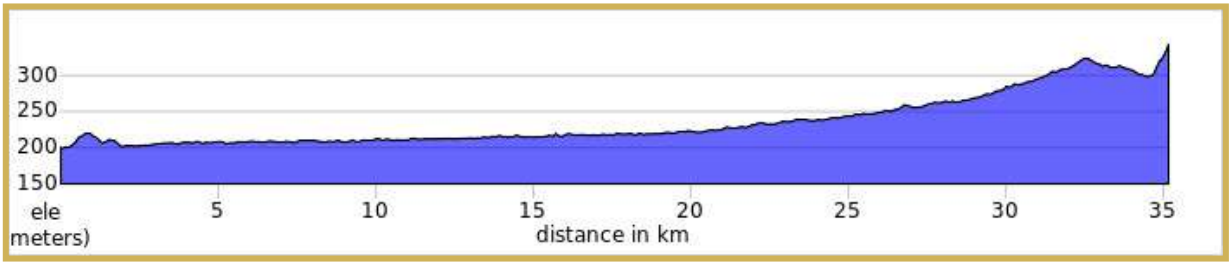
Day 3 Torgiano – Bevagna
Today the peaceful Umbrian countryside will once again be your travel companion.
You'll cycle along quiet rural roads, passing vineyards, olive groves and stone farmhouses, until you reach **Bevagna** — one of the few Umbrian towns built on the plain rather than on a hilltop. Bevagna perfectly combines **its Roman origins** with a charming **medieval character**. Its heart is **Piazza Silvestri**, a lively square and meeting place for locals, surrounded by the elegant **Gothic Palazzo dei Consoli** and two **Romanesque churches** that frame the scene beautifully.
Other highlights worth visiting include the **Roman mosaics**, evidence of the town's ancient past, and a **medieval house** preserved with its original structure

Overnight stay with breakfast in Bevagna
Distance: 28 km / 17,3 mi
Ascent / Descent: +159m -150m
Paved: 93%; Unpaved: 7%



Day 4 Bevagna-Spoleto
On your last day you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will cycle from Bevagna to Spoleto along the Assisi-Spoleto bike path. At the town gate Porta Garibaldi, you can leave your bikes and discover Spoleto on foot. 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. After your visit of this lovely old town centre, you will cycle to your hotel. There is not much to pedal anymore. The *** hotel with pool is in a quiet position just outside town. On request, it is possible to book for a cooking class 'Making Pizza'. The hotel **** for the deluxe version is situated in the historical centre.

Overnight stay with breakfast in Spoleto
Distance: 35 km / 22 mi (Hotel La Macchia)
Ascent / Descent: + 246m -104m
Paved: 100%



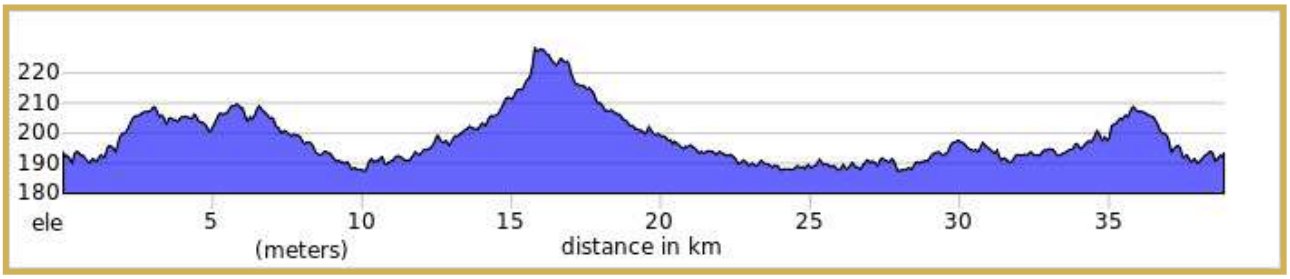
Day 5 End of Services after breakfast or book an extra night
For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station take a taxi; as an alternative we can organize a transfer to be paid on site.

Daily program of the 7–day / 6-night tour

Day 1 Individual arrival at Assisi
See day 1 of the 5-day tour

Day 2 A round trip visiting Spello
After breakfast, get ready for your first bike ride through the lush Umbrian Valley. You'll pedal along **quiet country roads**, surrounded by rolling hills, olive groves, vineyards and picturesque farmland, until you reach **Spello**, perched proudly on the slopes of **Mount Subasio**. Spello has preserved its **medieval charm**, with **narrow alleys**, **cheerful squares**, and **colorful flowering balconies**. Leave your bike at the foot of the historic centre and **walk uphill** to discover the main highlights: the **church of Santa Maria Maggiore** with the famous **Baglioni Chapel** frescoed by Pinturicchio, the **church of S. Andrea**, the **Pinacoteca**, **Roman mosaics**, and the **Porta Consolare**, a Roman gate reminding of the town's ancient origins. After exploring, **cycle back through the valley**, passing **fields of cereals and sunflowers**, **fruit orchards** and **vineyards**, soaking in the beauty and tranquillity of the Umbrian countryside.

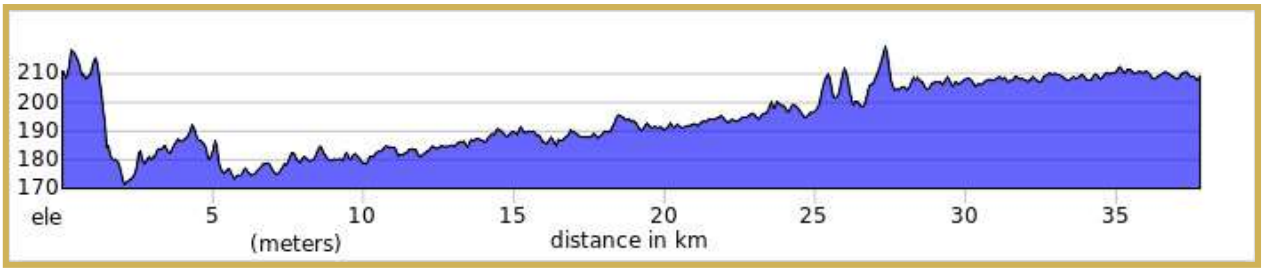
Overnight stay with breakfast in Assisi
Distance: 39 km / 24 mi (Hotel La Valle)
Ascent / Descent: + 162m -162m
Paved: 84%; Unpaved: 16%



Day 3 Assisi – Torgiano
See day 2 of the 5-day tour

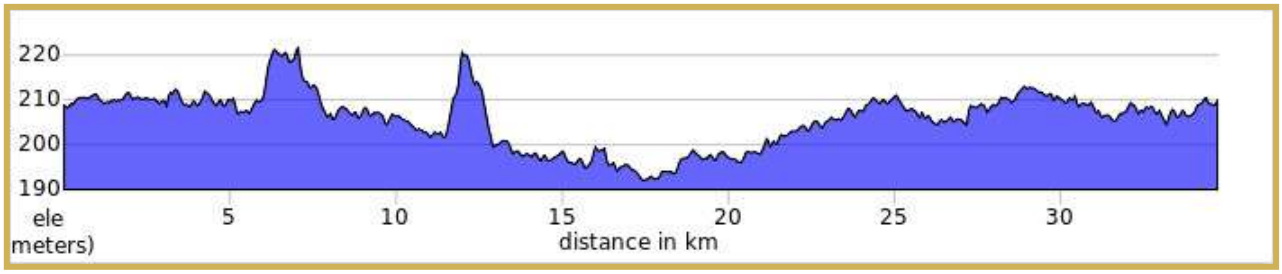
Day 4 Torgiano – Casco dell'Acqua
Also today the typical Umbrian countryside will be your "travel companion". You pass Cannara, a small country town famous for the cultivation of the red onion. Two times a year there is a festival dedicated to this onion and you can taste it in many different delicious recipes. It has a small old town centre. The last stretch to your hotel is along the Assisi-Spoleto cycle path. The country house is an eco-accommodation along the river Clitunno.

Overnight stay with breakfast in Bevagna
Distance: 38 km/23,5 mi
Ascent / Descent: +208m -209m
Paved: 92%; Unpaved: 8%



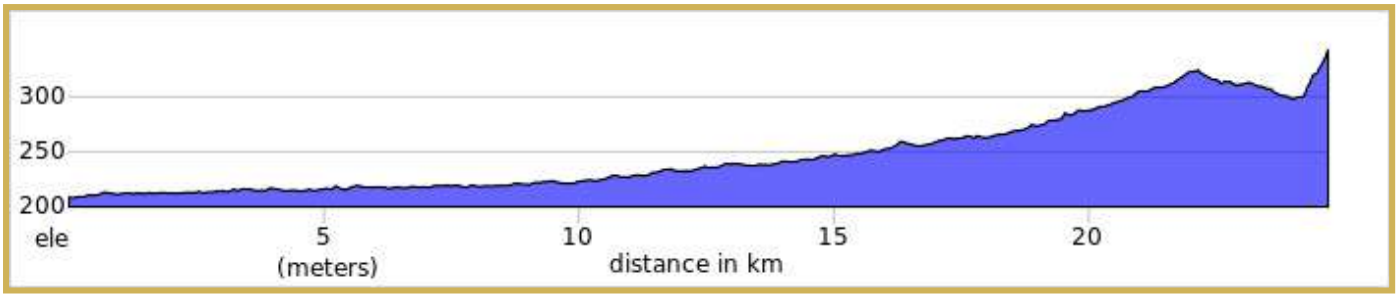
Day 5 Visiting Bevagna
Today the typical Umbrian countryside will once again be your travel companion.
You'll cycle along **quiet country roads**, passing **vineyards, olive groves and rustic farmhouses**, until you reach **Bevagna**, a rare example of a historic centre built on the **plain** rather than a hilltop. Bevagna reveals **both its Roman origins and its medieval charm**. **Piazza Silvestri** is the heart of the town,a lively square framed by the **gothic Palazzo dei Consoli** and **two Romanesque churches**. Don't miss the **Roman mosaics** and a well-preserved **medieval house**, which together tell the story of the town's long history. Situated in the **Montefalco Sagrantino wine region**, Bevagna offers **plenty of opportunities to taste the local wines**, renowned for their quality and character. After your visit, **cycle back to your country house** for a relaxing overnight stay.

Overnight stay with breakfast in Casco dell'Acqua
Distance: 35 km / 22 mi
Ascent / Descent: +140m -139m
Paved: 88%; Unpaved: 12%



Day 6 Casco dell'Acqua - Spoleto
Today the Umbrian countryside will guide you to your final destination: Spoleto.
From Bevagna, **cycle along the scenic Assisi–Spoleto bike path**, enjoying fields, olive groves, and vineyards, until the **imposing Rocca di Spoleto** comes into view, dominating the city from above. At **Porta Garibaldi**, leave your bikes and explore **Spoleto's historic centre on foot**. The upper town is full of highlights: **the Duomo, Ponte delle Torri, the fortress, a Roman house, and the amphitheatre**. Walking through these streets, you will be immersed in the rich history and **medieval and Renaissance architecture** that make Spoleto unique. After your visit, **cycle back to your hotel**, located in a quiet position just outside the town. The *** hotel with pool offers a peaceful retreat. On request, you can also join a **cooking class to learn how to make pizza**, adding a delicious local experience to your journey.
The **** hotel of the superior hotel version is situated in the old town centre

Overnight stay with breakfast in Spoleto
Distance: 25km /15,5 mi (Hotel La Macchia)
Ascent / Descent: +193m -61m
Unpaved: 99%; Unpaved: 1%



Day 7 End of the tour after breakfast
For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station taking a taxi; as an alternative we can organize a transfer for € 50,00. To be paid on site

Hotel & Prices & Info

Hotel: *** or ****

Price starting at: 385€

Our bikes: **Hybrid, E-bikes and Kids' Bikes**

The tour price include

- 4 or 6 nights with breakfast
- If booked for half board 6 or 3 dinners. Children from 0-5 yrs pay locally
- Luggage transportation
- App ride with GPS with tracks and tour info. Access with QR code (1 per room)
- Paper route instructions on request send by email in pdf
- Assistance during your tour
- Tour information
- Briefing at the hotel upon arrival
- Free car park (not at Hotel dal Moro Gallery)

Rates do not include

- Local tourist tax to be paid directly in the hotel
- Everything not written under the ''tour price include''

Cancellation Policy

- Up to 30 days: € 50,00 administration costs
- 29-21 days before the starting date: 30% of the tour cost
- 20-14 days before the starting date: 50% of the tour cost
- 13-6 days before the starting date: 75% of the tour cost
- 5 days-start of tour: 100% of the tour cost

Travel Information

Start of the tour: Assisi / **End of the tour:** Spoleto

Ecologico Tours & Meravigliosa Umbria
www.ecologicotours.com
www.meravigliosaumbria.com
e-mail info@meravigliosaumbria.com
tel. (0039) 346 3254167 & (0041) (0) 79 2457505