Fascinating ancient civilizations: Etruscans & Romans

An 8- or 10-day cycling holiday in Umbria & Tuscany

Code: C 003 UMB



Meravigliosa Umbria

An evocative bicycle tour in **the Etruscan and Roman** heartlands of **Umbria and Tuscany.** Water courses and magnificent scenery landmark these regions, which have been shaped by the forces of nature and by human hand.

The tour starts in **Assisi,** the most atmospheric and mystical town of Umbria. From here, you pedal in a scenery of palpable harmony, where each stretch of land and each citizen has an unmistakable identity: the fruit of millennia of civilizations, which have left thick layers of memories and timeless masterpieces**. Tuscany and Umbria** are lands of magnificence, where a single fresco can capture a thousand different facets and moods: paths set between rolling hills rich with vineyards and olive groves; water courses immersed in greenery and lakes of an intense shade of blue; **medieval villages**; necropolis and other Roman and Etruscan remains of incomparable value. By the end of the trip, having crossed these two regions, one thing is clear: that **humankind and nature** can achieve a balanced fusion.

The Trip in a Nutshell



Participants: Minimum 2 persons

Period:
Self-guided: daily from 1 April until 31 October (except 08/08-22/08/2027)
Guided: on request

Difficulty: Level 3,5
This tour is difficult! The 10-day tour is less strenuous because the longer stretches are divided in two. The tour is designed for those who like more challenging rides in a rolling terrain with hills. You have to be trained with a good physical condition. Cycling is an important part of the day, but there will be still time left to explore the towns you pass through. There are significant differences in height.

BE AWARE: even with an e-bike it is not a leisure tour. Not suitable for children under 14.

8-day tour: 33 and 79 km/20,5 and 49 miles. **Total:** 326 - 330 km / 202 mi - 205 mi
10-day tour: 32 and 64 km/19,8 and 39,7 miles. **Total:** 343 km / 213 mi

Program 8 days
Day 1 Arrival Assisi
Day 2 To Perugia (33 km/20,5 mi)
Day 3 To Passignano (64 km/39,7 mi)
Day 4 To Castiglione (51 km/31,7 mi)
Day 5 To Orvieto (75,5 km/47 mi or 79 km/49 mi)
Day 6 To Todi (47 km/29,2 mi)
Day 7 To Assisi (56 km/34,7 mi)
Day 8 Departure

Program 10 days
Day 1 Arrival Assisi
Day 2 To Perugia (33 km/20,5 mi)
Day 3 To Passignano (64 km/39,7 mi)
Day 4 To Castiglione (51 km/31,7 mi)
Day 5 To Città della Pieve (31,5 km/19,5 mi)
Day 6 To Orvieto (47 km/29 mi)
Day 7 To Todi (47 km /29 mi)
Day 8 To Bevagna (34 km/21 mi)
Day 9 To Assisi (35 km/21,7)
Day 10 Departure

The Daily Program

Daily Program 8-day tour

Day 1 Individual arrival at Assisi
You arrive at your hotel in Assisi, a medieval town of global renown. The town is rich in both famous and lesser-known artistic treasures. Embraced within its old town walls on the slopes of Mount Subasio. Assisi is a magical place and the fact that it has hardly changed since ancient times has preserved its charm. You cannot miss the opportunity to admire the Basilica of St. Francis, an architectural masterpiece that consists of two churches, one above the other, and is brimming with frescoes by great masters such as Giotto, Cimabue and Simone Martini.
To appreciate fully this historical town it is also worth visiting historical sites dating back to the Roman period, such as the Roman Forum with its archaeological remains and the Temple of Minerva. Wander the narrow streets and allow yourself to be enchanted by the beauty of all the town's buildings, both sacred and secular. The magic of this town can also be felt in the evening, sipping a glass of wine in one of the characteristic local wine bars, or at night when you wander the tastefully lit streets and alleys.

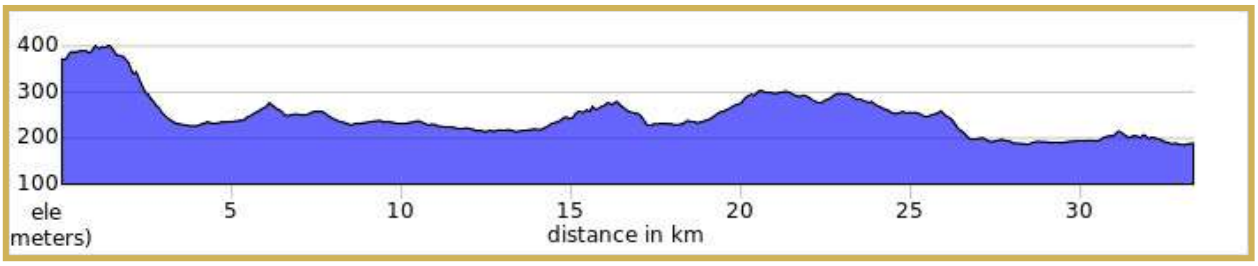
At the end of the afternoon, there is the briefing and bike setting

Your overnight stay is in Assisi at a *** hotel or **** star hotel

Day 2 Assisi – Perugia (Ponte San Giovanni)
Following quiet roads dominated by hills covered with vineyards and olive groves, you arrive at Ponte S. Giovanni, located at the foot of Perugia. Here you can visit the Ipogeo dei Volumni, which is an Etruscan tomb site discovered in 1840 and now classified as one of the most important monuments of the Etruscan period. This site, along with many other findings, is part of the Palazzone Archaeological Park. From Ponte San Giovanni you can also visit the old town centre of Perugia by public transport. In just 15 minutes you are in the heart of Etrusca Perusia (Perugia) and you can appreciate the extraordinary Etruscan civilisation by visiting the Etruscan Well (Pozzo Etrusco) and the necropolis in the suburbs as well as stopping to admire the old town walls and arches. Perugia is an eclectic and particularly beautiful city, which is rich in culture, architectural monuments, events, shops and characteristic wine bars where you can taste the famous Umbrian wines.

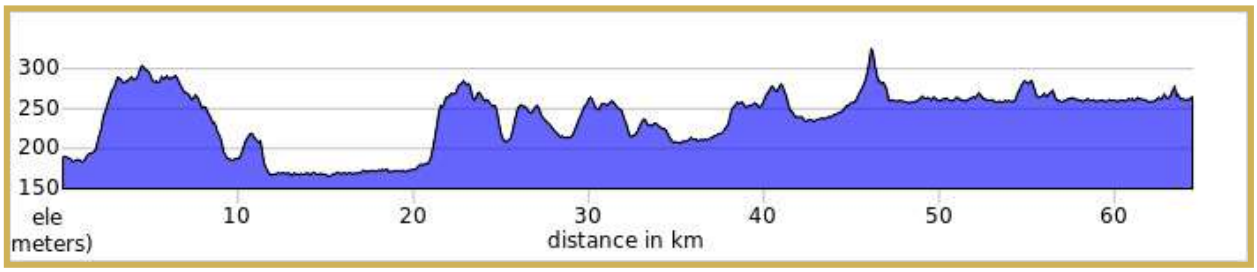
Overnight stay in **** star hotel in Ponte San Giovanni.

Distance: 33 km/20,5 mi
Ascent/Descent: +338m –521m
Paved: 100%



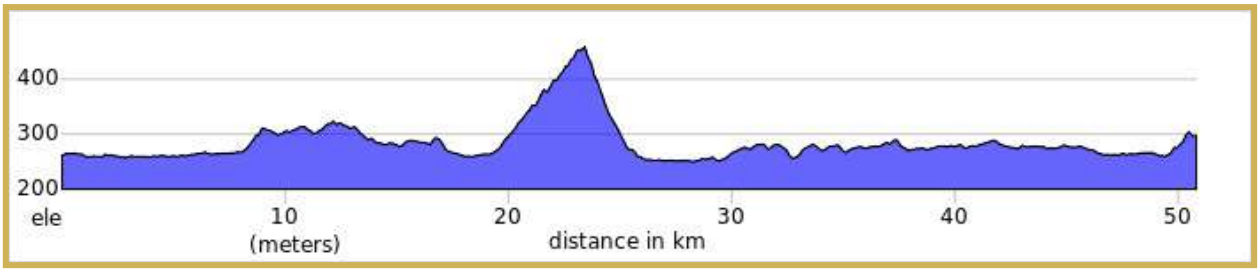
Day 3 Ponte San Giovanni – Passignano on Trasimeno Lake (64 km / 39,7 mi)
To reach Passignano you cycle along roads, from which you enjoy a panorama of the rolling green hills. Passignano is located on the gently sloping northern shores, where the lake meets the rocks. The town is often referred to as 'l'isola felice' ("the happy island") because it is a meeting place for nature and history, art and folklore, peace and vitality.
It was along these north shores, between Malpasso and Passignano, that the epic battle between the Carthaginians and the Romans took place; the battle which marked the beginning of the legendary 20 year war between Hannibal and the Romans. Overnight stay in Passignano at a *** hotel or **** with pool and room with lake view.

Distance: 64 km / 39,7 mi
Ascent/Descent: +753m –678m
Paved: 96%; Unpaved: 4%



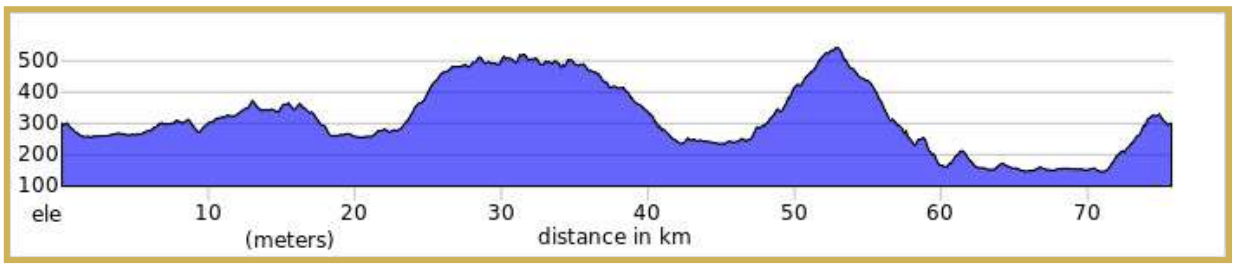
Day 4 Passignano – Cortona - Castiglione del lago
In the morning, you leave Passignano to head for Castiglione del Lago, a charming village at the western shore of Lake Trasimeno. Your journey through Tuscany begins here, in the farmlands of the Val di Chiana. Your route crosses a number of 'food trails' - cheese, fruit, olive oil, wine and Chianina beef - adding flavour to the list of attractions alongside history, art and water. Your Etruscan journey continues through legends and mysteries, ancient town walls and necropolis such as those of Cortona. This town is well worth exploring. Enjoy it in all its aspects. There is something of interest for everyone: art, food & wine and shops.
Castiglione del lago is built on a promontory and from the old centre; you have a nice view over the lake and its islands. Evidence can be found in the town of both Etruscan and Roman origins. There is also the 6th century castle Rocca Leone, built by Emperor Frederick II. The town is a real meeting place for the inhabitants of the surrounding villages. Overnight stay in Castiglione del Lago in a *** hotel or a B&B the Charme

Distance: 51 km / 31,7 mi
Ascent/Descent: +548m –512m
Paved: 91%; Unpaved: 9%

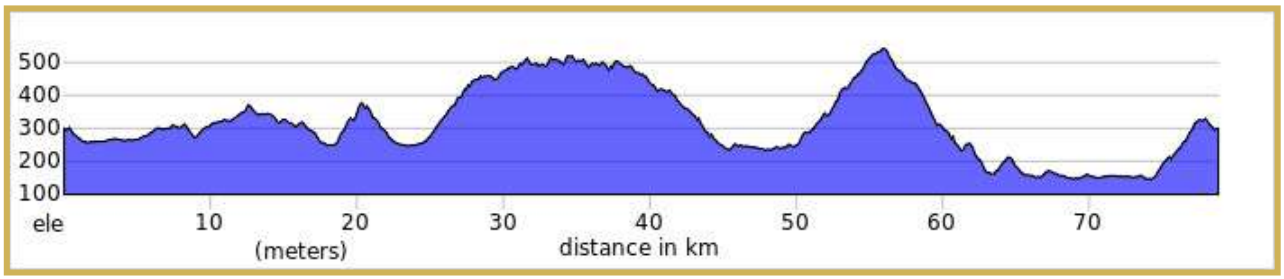


Day 5 Castiglione del Lago – Chiusi – Orvieto
The first part of this stretch offers you some wonderful atmospheric scenery. You pedal immersed in a green landscape hilly landscape with glimpses of Trasimeno Lake and Chiusi Lake. You can decide to make a detour and visit Chiusi, which rises on a hill on the southern side of the Valdichiana. Between 7th and 5th century B. C. Chiusi got to its greatest splendour under the King Porsenna's domination. Among the most interesting monuments to see in Chiusi we point out: the Cathedral, the Chiesa di San Francesco, the Bishop's Palace, the Museo della Cattedra, the remains of the Fortress and Porsenna's labyrinth. You then climb up to Città della Pieve, where are several important monuments from the 13th to 17th centuries. The town is the homeland of Perugino, the Maestro of Raphael. The city retains some of his most important works. Pedalling along a route with rises and dips until you reach Orvieto, an ancient town rich in art and culture. It is certainly worthwhile to book an extra night in this lovely town to dedicate to its old town centre.
Your overnight stay is in the historical centre of Orvieto at a *** star hotel or **** star

Route NOT passing Chiusi:
Distance: 75,5 km/47 mi
Ascent/Descent: +1299m –1298m
Paved: 90%; Unpaved: 10%



Route passing Chiusi:
Distance: 79 km/49 mi
Ascent/Descent: +1418m –1417m
Paved: 94%; Unpaved: 6%

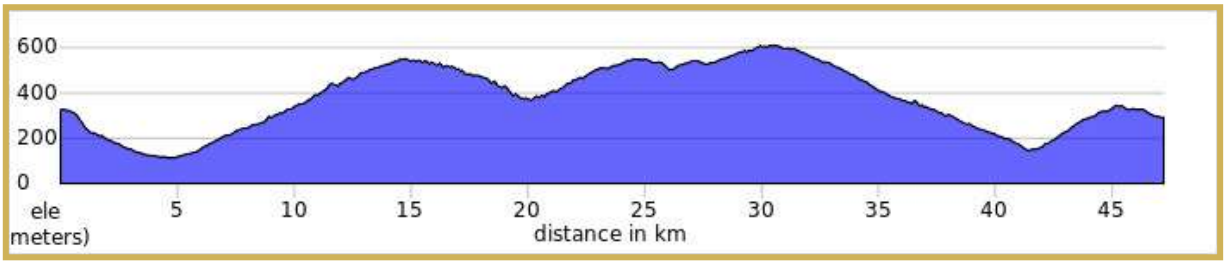


Day 6 Orvieto –Todi
Before leaving the splendid Umbrian town of Orvieto don't forget to visit the Duomo, a masterpiece of Italian Gothic architecture. Its façade is decorated with magnificent bas-reliefs and sculptures designed by the Sienese architect Lorenzo Maitani. Also not to be missed are the Pozzo

di San Patrizio, a great work of hydro engineering built by request of Pope Clement VII to ensure a water supply to the town in the case of a siege. He had taken refuge in Orvieto during the Sack of Rome in 1527.
In the saddle once more, you leave Orvieto to reach a panoramic road by Lake Corbara. Pedal slowly, enjoy all the shades of colour nature offers you and stop to breathe the fresh air. If you are a keen historian remember that near here, where the Paglia and Tiber rivers meet are the remains of what was an important river port in Roman times (The Roman Port of Pagliano).

Today's ride finishes in Todi, which in 1992 Prof. Richard S. Levine of U.S. Kentucky University defined as "the most livable town in the world". Todi is another Etruscan town, but was founded between the 8th and 7th centuries BCE by the Umbri (whose settlements were on the other side of the Tiber from the Etruscans) and named Tutere, which means 'boundary town'. In 340 BCE, the town developed significantly when it was conquered by the Romans. It acquired the name 'Colonia Julia Fida Tuder (1st century BCE) and was granted the right to mint its own currency. The town's most beautiful Roman constructions were built after it became part of the Roman Clustumina tribe.
Overnight stay in Todi at a *** star hotel or **** hotel

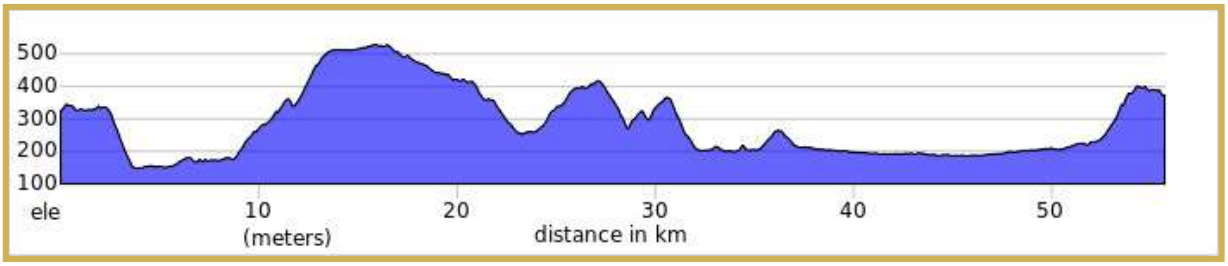
Distance: 47 km/29,2 mi
Ascent/Descent: +1015m –1048m
Paved: 100%



Day 7 Todi – Bevagna – Cannara – Assisi
In the morning, you leave Todi and pedal through a hilly landscape of farmed fields and vineyards to get to Bevagna. This charming medieval village, listed as one of the most beautiful villages in Italy, is rich in art, history and cultural events that celebrate folklore and traditions (such as the 'Mercato delle Gaite'). If you visit the village starting from the upper part, you find some important Roman monuments dating back to the 1st -2nd century AC.
You can see the remains of the Roman forum and of a Roman temple with half columns and pilasters. Not far from this is the site of the Roman baths, of which the frigidarium remains. This is decorated with a very fine mosaic in black and white tiles with designs inspired by the sea. Walking along the narrow streets, you come across the Roman theatre, of which evident, significant signs are still visible, and which determines the curve of the houses built on the remains of this great civilization. The other buildings are of medieval and renaissance origin and demonstrate a perfect example of architectural harmony between the forces of municipal hegemony and ecclesiastical power. Leaving Bevagna you pass through lush, fertile land which belongs to the Sagrantino DOCG area. This is a wine with definite character and intense flavour, which is famous worldwide. Your route takes you to Cannara, which rises on the left bank of the Topino River and is situated almost at the centre of the Valle Umbra in an area which in ancient times was wetland (known to the Romans as Lacus Umber). Cannara, in fact, derives its name from 'canna' (cane), an aquatic plant that still thrives today. Historians reckon that the first settlements in this marshy area were founded in around 1000 C.E.

You are now coming to the end of this evocative journey through the art, history and nature of the two unique and uncontaminated regions of Umbria and Tuscany. The last stretch of your trip brings you back to Assisi.
Overnight stay in Assisi at a *** star hotel or **** star hotel

Distance: 56 km / 34,7 mi
Ascent/Descent: +1037m –992m
Paved: 99%; Unpaved: 1%



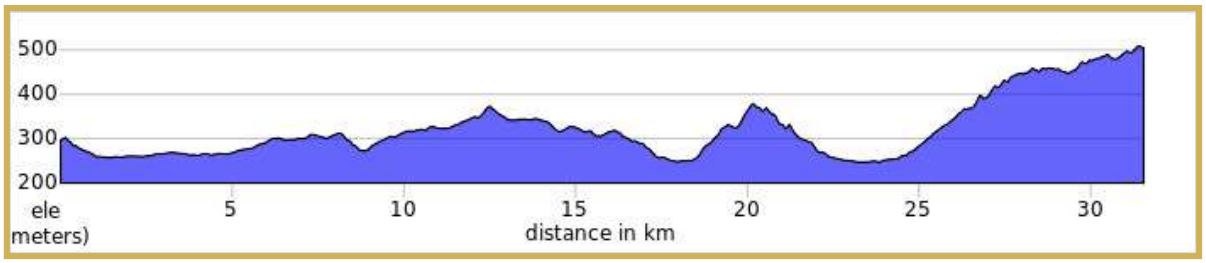
Day 8 End of the tour after breakfast

Daily program of the 10-day / 9-night tour

Day 1 See programme 8 day tour
Day 2 See programme 8 day tour
Day 3 See programme 8 day tour
Day 4 See programme 8 day tour

Day 5 Castiglione del Lago-Città della Pieve
Leaving Castiglione del Lago, you say goodbye to Lake Trasimeno. You cycle through a rural undulating landscape until the Etruscan town of Chiusi, which rises on a hill on the southern side of the Valdichiana. Between 7th and 5th century B. C. Chiusi got to its greatest splendour under the King Porsenna's domination. Among the most interesting monuments to see in Chiusi we point out: the Cathedral, the Chiesa di San Francesco, the Bishop's Palace, the Museo della Cattedra, the remains of the Fortress and Porsenna's labyrinth. You then climb up to Città della Pieve, where are several important monuments from the 13th to 17th centuries. The town is the homeland of Perugino, the Maestro of Raphael. The city retains some of his most important works.
Your overnight stay is in a **** star hotel

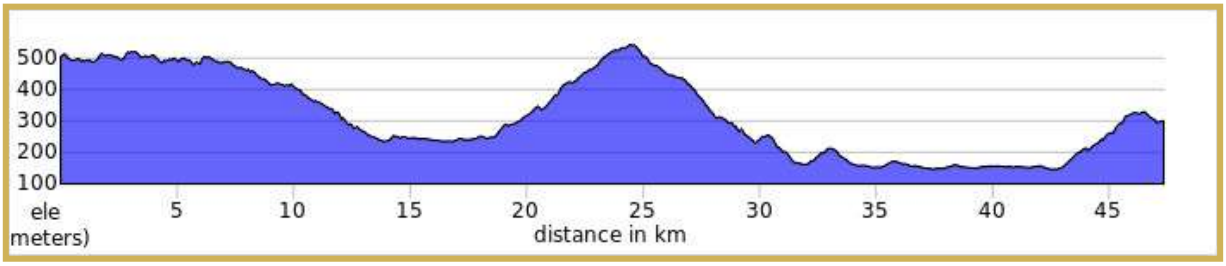
Distance: 31,5 km / 19,5 mi
Ascent/Descent: +644m –437m
Paved: 87%; Unpaved: 13%



Day 6 Città della Pieve-Orvieto
You leave Città della Pieve and pedalling along a route with rises and dips until you reach first the small town of Fabbro and then Orvieto, an ancient town rich in art and culture. It is worthwhile to book an extra night in this lovely town. Interesting to visit is the Duomo, a

masterpiece of Italian Gothic architecture. Its façade is decorated with magnificent bas-reliefs and sculptures designed by the Senesce architect Lorenzo Maitani. Also not to be missed are the Pozzo di San Patrizio, a great work of hydro engineering built by request of Pope Clement VII to ensure a water supply to the town in the case of a siege. He had taken refuge in Orvieto during the Sack of Rome in 1527.
Your overnight stay is in the historical centre of Orvieto at a *** star hotel or **** star

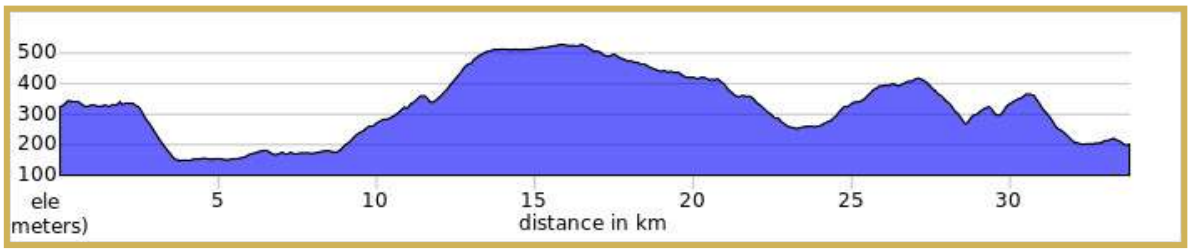
Distance: 47 km/29 mi
Ascent/Descent: +769m –975m
Paved: 100%



Day 7 see day 6 programme 8 day tour

Day 8 Todi - Bevagna
Also today, you pedal through a hilly landscape of farmed fields and vineyards to get to Bevagna. This charming medieval village, listed as one of the most beautiful villages in Italy, is rich in art, history and cultural events, which celebrate folklore and traditions (such as the 'Mercato delle Gaite'). You can see the remains of the Roman forum and of a Roman temple with half columns and pilasters. Not far from this is the site of the Roman baths, of which the frigidarium remains. This is decorated with a very fine mosaic in black and white tiles with designs inspired by the sea. Walking along the narrow streets, you come across the Roman theatre, of which evident and significant signs are still visible and which determines the curve of the houses built on the remains of this great civilization. The other buildings are of medieval and renaissance origin and demonstrate a perfect example of architectural harmony between the forces of municipal hegemony and ecclesiastical power. You will stay in the centre in a *** hotel or B&B

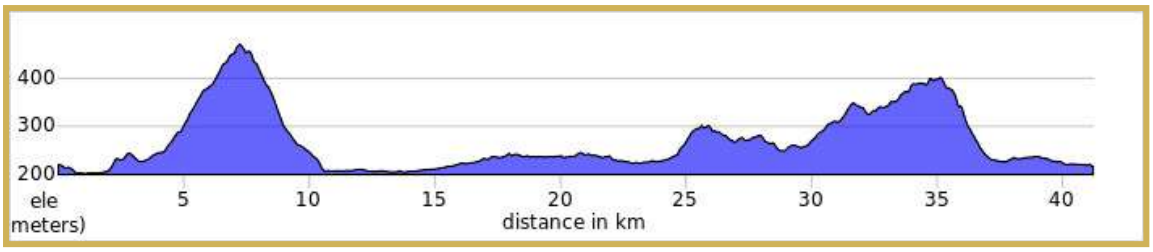
Distance: 34 km/21 mi
Ascent/Descent: + 731m –859m
Paved: 100%



Day 9 Bevagna –Montefalco - Spello – Assisi
Leaving Bevagna you go to Montefalco cycling through lush, fertile land which belongs to the Sagrantino DOCG area. This is a wine with definite character and intense flavour, which is famous worldwide. In addition, Montefalco is a hilltop town, called the balcony of the Valle Umbra, because of its stunning views over the valley. The town has a nice museum in the Saint Francis church. Then you descend into the valley and you pass Foligno, a lively town famous for its cosy

restaurants and shopping streets. Your route takes you to Spello, another medieval town, which is well preserved, like Assisi. It has Roman past and the museum of Mosaics is certainly a visit worth. A panoramic road amongst olive groves will bring you back to Assisi, start point of this tour.

Distance: 35 km / 21,7 mi (Hotel Terrazza, Da Angelo e Sogno di Davide)
Ascent/Descent: +628m –631m
Paved: 86%; Unpaved: 14%



Day 10 End of tour after breakfast

Hotels & Prices

Hotel: Standard or superior version

Price 2027: from € 915

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

Included in the tour:

- 7 or 9 nights in hotels according to the category with breakfast
- Luggage transportation
- If booked half board 6 or 7 dinners (classic hotel) / exclusive drinks
- Client assistance
- App Ride with GPS. 1 Access per room with QR code. App has gps tracks, cue sheets and tour info. On request we can send by email PDFs with the paper route instructions

Not included:

- Tourist tax to be paid in the hotel
- Everything not mentioned under 'Included in the tour'

- Route briefing
- Free carpark (not at Hotel dal Moro)

Bike Rental

Bike insurance:
To give you peace of mind, we offer optional bike theft insurance:

1. **Insurance Premiums**
   - € 20 for a hybrid bike
   - € 40 for an e-bike, gravel, or road bike

2. Liability without Insurance
If you do not take out insurance, you are fully responsible for the cost of the bike in case of theft:

- € 350 for a hybrid bike
- € 2,000 for an e-bike, gravel, or road bike

Bikes for hire: Hybrid bikes, E-Bikes, Gravel
The bikes are provided with rear pannier bags, tire levers, map and phone holder (1 per room), pump, odometer (1 per room) and a spare inner tube.

Travel Information:
Start of the tour: Assisi/**End of the Tour:** Assisi

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