Three Regions road bike tour: Umbria, Tuscany and Marche

A 5- or 8-day cycling tour (C 004 UMB)

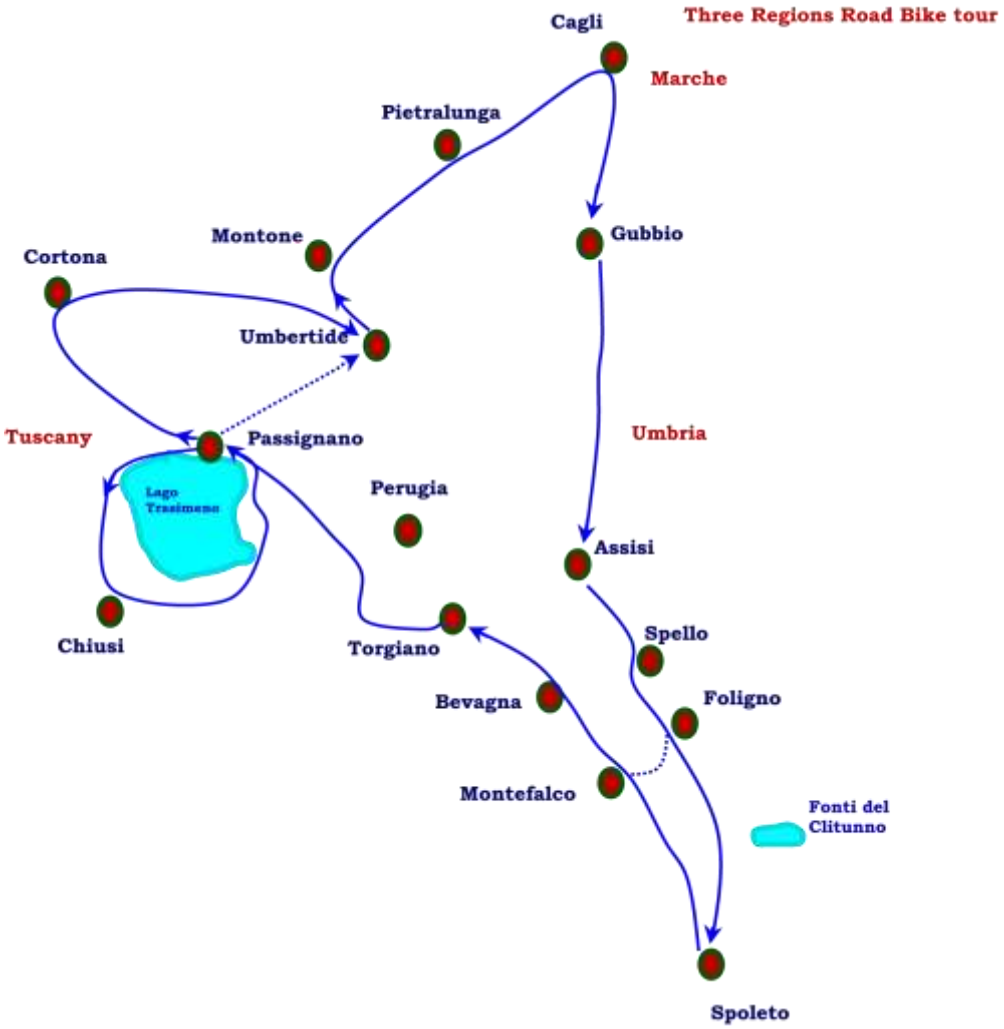


Meravigliosa Umbria

This tour is perfect for **racing bike enthusiasts** and those eager to **discover Umbria in all its facets**, with a **perfect mix of nature, history, hospitality, and local traditions**.
The **Umbrian landscape** is a tapestry of **rolling hills covered with woods, vineyards, and silver-green olive groves**, alternating with **fertile, colourful valleys**. In northern Umbria, the scenery becomes **more rugged and unspoiled**, where gentle hills transform into **mountain landscapes with spectacular views of the Apennines**.
Everywhere you pedal, the **tranquillity of nature** is complemented by **lively and friendly small towns**, featuring **charming squares surrounded by monumental palaces, narrow alleys, and numerous impressive churches and castles**, offering a **genuine step back in time** and unforgettable experiences in the heart of Italy.

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The Trip in a Nutshell



Participants: 1 or more people

Period: Every day of the week from 1 April until the end of October (except 08/08 - 22/08/2027)

Difficulty: level 3/4
For who like challenging rides in a rolling hilly terrain. It is a tour for bikers with experience and a good physical condition. Hilly and mountain terrain with steep climbs and daily significant km/mi to cycle. Cycling on asphalted road, for the bigger part quiet country roads. This tour is not suitable for children under 14 years old, because the terrain is too hilly and tour too strenuous.

Longer routes vary between 69 - 108 km / 43 – 67 mi
Shorter routes vary between 48 – 69 km. / 30 – 42 mi
Total km 5 day tour minimum 246 km / 153 mi – maximum 285 km / 177 mi
Total km 8 day tour minimum 451 km / 280 mi – maximum 535 km / 332 mi

Highlights

- Explore the **heart of Italy** by racing bike through Umbria, Tuscany, and Marche
- **Ride across rolling hills, olive groves, vineyards, and scenic valleys**
- **Experience unspoiled landscapes in northern Umbria with stunning Apennine views**
- **Discover charming towns, historic squares, and medieval alleys**
- **See monumental churches, castles, and palaces along your route**
- **Combine active cycling with culture, local traditions, and authentic Italian hospitality**

Program 5- days
Day 1 Individual arrival at Assisi
Day 2 Assisi-Torgiano (108 km / 67 miles or 69 km /43 mi)
Day 3 Torgiano – Passignano on Trasimeno lake (82 km / 51 mi)
Day 4 Ring tour around Lake Trasimeno (95 km / 59 mi)
Day 5 End of tour after breakfast

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Day 1 Individual arrival at Assisi
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Day 3 Torgiano – Passignano on Trasimeno lake (82 km / 51 mi)
Day 4 Ring tour around Lake Trasimeno (95 km / 59 mi)
Day 5 Passignano – Umbertide (93 km /57,7 mi or 48 km /30 mi)
Day 6 Umbertide – Gubbio (84,5 km /52,5 mi)
Day 7 Gubbio – Assisi (72 km/ 44,7 mi)
Day 8 End of tour after breakfast

The Daily Program

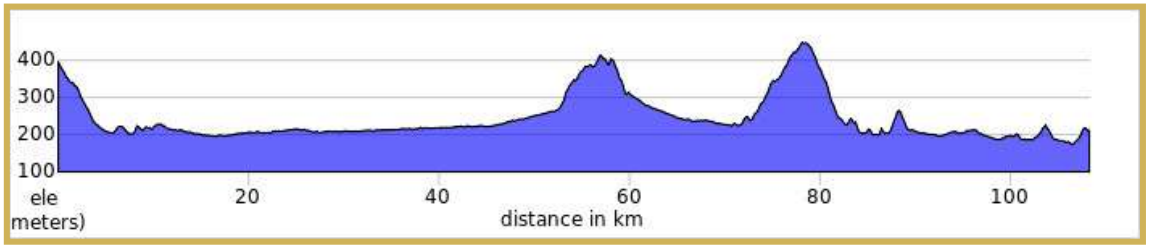
Daily program 8-day / 7-night tour

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.

Day 2 Assisi - Torgiano
Today you can choose between two routes: a longer ride or a shorter one. The day is dedicated to exploring the **Valle Umbra**, the heart of Spoleto.
Both itineraries end in **Torgiano**, a medieval fortified village perched above the confluence of the Chiascio and Tiber rivers. Highlights include the **Wine Museum** and the **Lungarotti family Osteria**, where you can taste some of Umbria's finest wines. Overnight stay in a *** or ***** hotel.

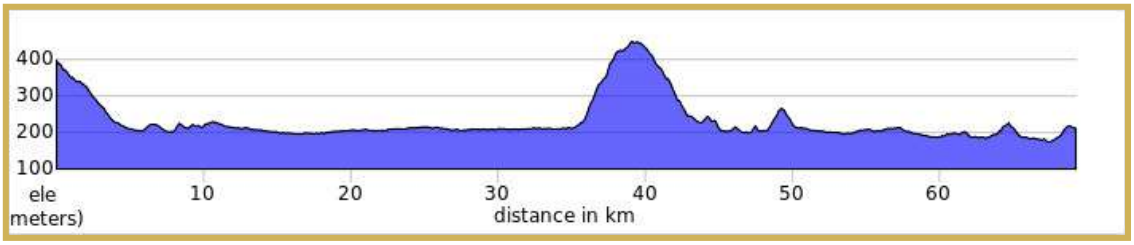
The **longer route** traverses the entire valley, offering **varied terrain from flat to hilly** and passing charming and caratheristich hilltop towns like **Montefalco**, renowned for its exquisite wines, and **Bevagna** with its **medieval square** and Romanesque churches.

Distance 108 km / 67 mi
Ascent/Descent: +870m -1049m
Paved: 100%



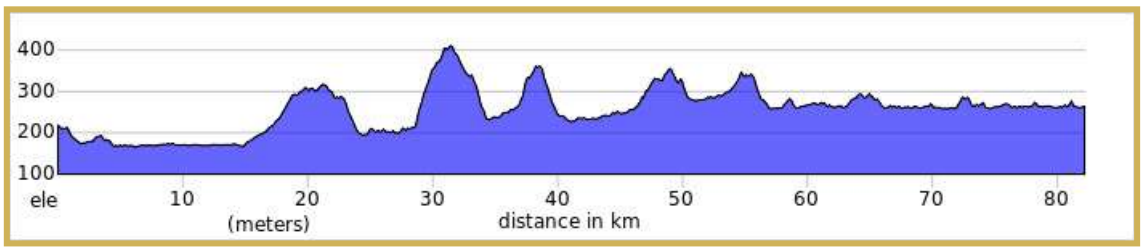
The **shorter route** also passes through **quaint medieval towns**. You start the day riding through the valley, passing **Spello** *and* **Foligno**, before ascending to **Montefalco**, also known as **"the balcony of Umbria"** for its stunning panoramic views. Discover the **Franciscan church decorated by Benozzo Gozzoli and Perugino**, now a museum featuring magnificent 15th- and 16th-century frescoes. Finally, you reach **Bevagna**, where *the* **characteristic medieval square** is home to **two Romanesque churches**, preserving the town's historic charm.

Distance 69 km /43 mi
Ascent/Descent: +599m -781m
Paved: 100%



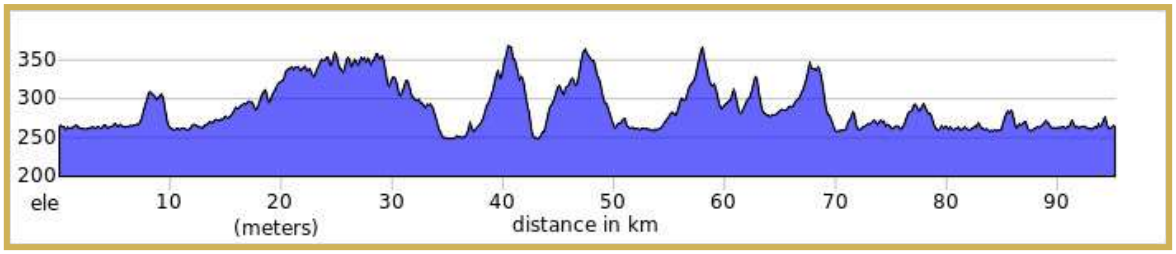
Day 3 Torgiano - Passignano on Lake Trasimeno
Today you cycle through **breathtaking Umbrian landscapes**, pedaling along **undulating hills** with occasional **steep climbs** rewarded by **panoramic views of Lake Trasimeno**.
You pass **charming hilltop borghi** such as **Castiglion del Fosco, Pietrafitta, and Panicale**, where the **13th-century Palazzo del Podestà** is still well preserved. Overnight stay is in **Passignano**, situated on the shores of **Lake Trasimeno**, featuring a **pleasant beach**, **swimming pool**, and **lively bars and cafés**. Hotel *** or Hotel **** with swimming pool.

Distance 82 km / 51 mi
Ascent/Descent: +1.018m -971m
Paved: 100%



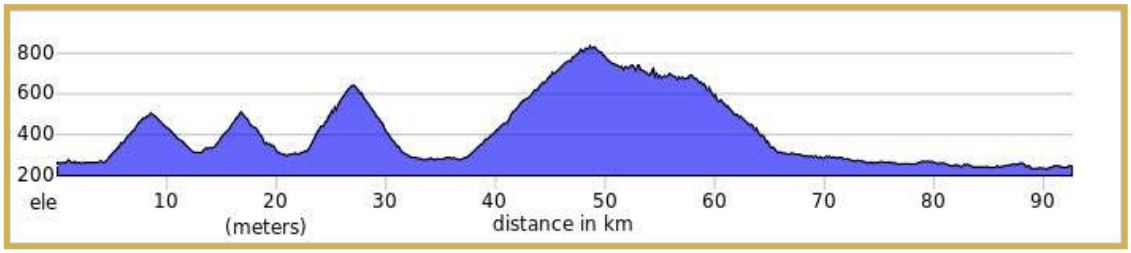
Day 4 Tour around Lake Trasimeno
Today you can choose to **take a rest day** or enjoy a **scenic bike ride around Lake Trasimeno**. The lake is the **fourth largest in Italy**, surrounded on three sides by **gentle rolling hills dotted with olive groves and vineyards**, creating a picture-perfect Umbrian landscape. On the Tuscany side, the land opens into a **wide, peaceful plain**. Cycle across this plain to reach the **historic town of Chiusi**, with its **Etruscan origins** and charming streets. After exploring Chiusi, return to your **hotel in Passignano** for another **overnight stay by the lake**.

Distance 95 km / 59 mi
Ascent/Descent: +1.073 -1.073
Paved: 100%



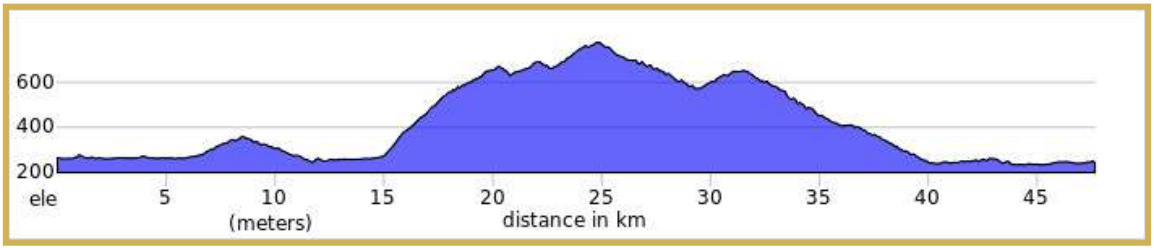
Day 5 Passignano - Umbertide
Also today you can choose between **two cycling routes** to reach **Umbertide**.
The **longer route passes through Cortona in Tuscany**. A beautiful ride through the **valley of the Tesse** brings you to this charming hilltop town. Leaving Cortona, the route climbs along a ridge through **mountainous terrain**, offering **magnificent panoramic views** of the surrounding Apennine mountains. **Overnight stay in a country house**.

Distance 93 km /57,7 mi
Ascent/Descent: +1.811 -1.829
Paved: 100%



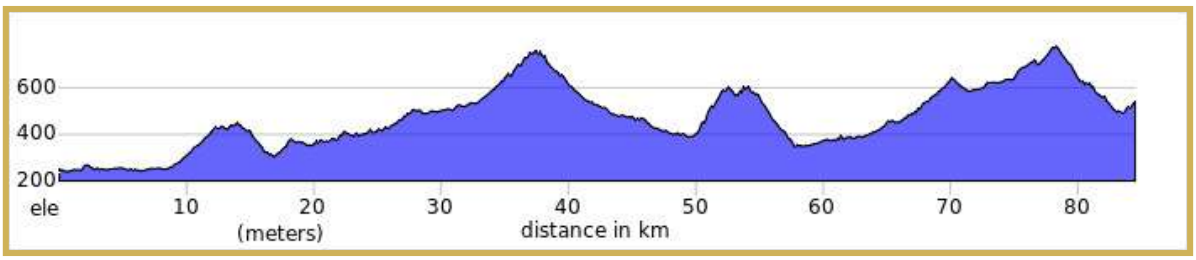
The **shorter route takes you through unspoiled landscapes** to the quiet town of Umbertide. A **steep climb** brings you to **Castel Rigone**, from where you enjoy **stunning views over the lake**. A **final scenic descent** leads into the **Tiber valley** and to **Umbertide**, whose historic centre is dominated by a **majestic tower** and the **remains of a 14th-century castle**. Your **overnight stay** will be just outside Umbertide in a **country house with swimming pool**.

Distance 48 km /30 mi
Ascent/Descent: +851m -868m
Paved: 100%



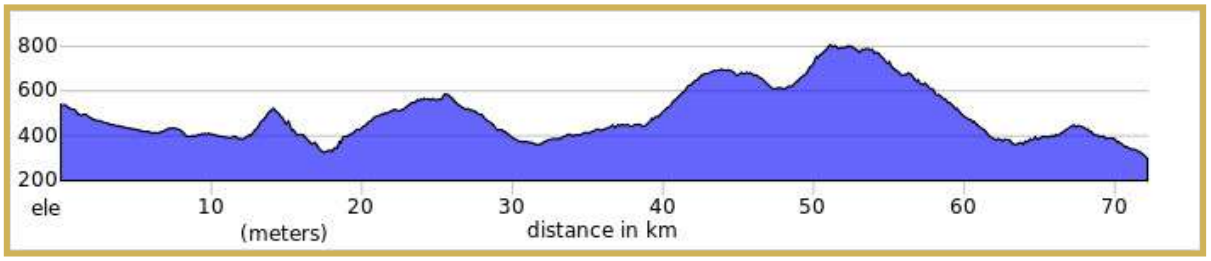
Day 6 Umbertide - Gubbio
Today, **cycling through a mountainous landscape**, you will reach the **fortified hill town of Gubbio**. Enjoy a **beautiful ride through the green hills of the lower Apennines**. Along the way, you will visit **Montone**, a quiet hilltop town built in 482, located between the **Lana and Carpina streams**, both tributaries of the **Tiber River**. The route continues **slowly uphill to Pietralunga**, whose **historic centre is partially walled** and features the **Longobard Castle dating back to the 8th century**. Enter the **Le Marche region** and cycle along **quiet country roads** until you arrive in **Gubbio**, where you will stay in a ***** or **** star hotel in the town centre.

Distance 84,5 km / 52,5 mi
Ascent/Descent: +1.703m -1.413m
Paved: 99%; Unpaved: 1%



Day 7 Gubbio - Assisi
On this **last day of the tour**, you will cycle through a **green hilly landscape**, passing **quiet mountain villages**. The **first stretch begins with a steep climb**, but soon the road **undulates gently**, leading you to the **bottom of a scenic valley**. The **final stretch** takes you through **charming little villages** and along **Mount Subasio**, from where you will **catch your first view of Assisi**, built on a **picturesque mountain spur**. Overnight in a *** or **** star hotel

Distance 72 km/ 44,7 mi
Ascent/Descent: +1.226m -1.465m
Paved: 100%



Day 8 End of tour after breakfast

Hotel & Prices & Info

Hotel: *** **or** ****

Rates per person 2027: **starting from 450 €**

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:

- 4 or 7 overnight stays with breakfast
- 4 or 7 dinners if booked for the half board version (excl. Drinks)
- Tour information
- Luggage transportation from hotel to hotel
- 7 days emergency support hotline
- Ride with gps App 1 access code per room: gps tracks / cue sheets / tour info. On request PDF with paper route instructions and maps
- Gps tracks for a gps device on request
- Briefing in first hotel
- Car park at first hotel (not at Hotel dal Moro Gallery)

Not included in the tour:

- Tourist tax to be paid directly in the hotel (Price depends on hotel category)
- Everything not mentioned under "Included in the tour"

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

Our rental bikes:

Carbon fiber road bike Model ***Wilier Carbon*** or ***Canondale Topstone 3*** Carbon gravel bike

Start of the tour: Assisi/**End of the Tour:** Passignano (5 days) or Assisi (8 days)

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