Assisi-Spoleto Bike Path (C005 UMB)

A 4- or 5-day cycling holiday



Meravigliosa Umbria

The **Assisi–Spoleto cycling tour** is one of the most enjoyable routes for anyone interested in **cycling Umbria** at a relaxed and accessible pace. This easy itinerary follows the well-signed **bike path Assisi–Spoleto** and quiet country roads that cross the beautiful **Valle Umbra**, offering mostly flat terrain and constant panoramic views of Umbria's rolling hills.
Along the way, the route connects three remarkable historic towns: **Assisi, Bevagna, and Spoleto**. Travellers who want to enrich their journey can extend it with an additional loop to the medieval town of **Spello**, set against the slopes of Mount Subasio.

From Assisi, the tour begins with a gentle descent leading directly to the bike path. You pedal through one of the most scenic areas for **cycling in Umbria**, surrounded by vineyards, olive groves, and hilltop villages. Passing the small town of **Cannara**, famous for its red onions, you continue toward **Bevagna**, the ancient Roman Mevania and one of the officials "Most Beautiful Villages of Italy." Its Roman remains, medieval palaces and churches create an atmospheric setting for your overnight stay.
The next day you follow the peaceful banks of the **Maroggia River**, enjoying views of **Montefalco**, renowned for its Sagrantino wines, and **Trevi**, the olive-oil capital of Umbria. Near **Campello sul Clitunno**, you can leave the Assisi–Spoleto bike path to visit the enchanting **Clitunno Springs**, praised by poets like Goethe.

Your journey ends in **Spoleto**, whose imposing fortress dominates the skyline from afar. You stay in the historic centre, near the Roman Amphitheatre, cathedral, and the iconic **Ponte delle Torri**. This tour is a perfect introduction to **cycling Umbria**, combining nature, culture, and slow travel along the scenic **bike path Assisi–Spoleto**.

The Trip in a Nutshell



Participants: 1 or more people

Period: Daily from April until end of October 2027 (exclusive 08/08 - 22/08/2027)

Difficulty: 1 Easy cycling along cycle paths or quiet country roads. Suitable for those who do not have or have little training. Families can undertake them with young children, if children are used to cycle along roads. The gentle routes are along country lanes or cycle paths, usually flat or with little gradient (no more than 200m). Coming into or leaving the small towns along the route there can be some more traffic. You cycle about 2,5- 3 hours a day and therefore have enough time to enjoy the enchanting villages along the route

Average daily distances: between 24 - 35 km /15 – 21,7 miles
Total km/miles: 4 days 59 km/36,5 mi or 5 days 94 km/ 58,5 mi

Program 4 days
Day 1 Individual arrival at Assisi
Day 2 Assisi-Bevagna (24 km/15 miles)
Day 3 Bevagna – Spoleto (35 km /21,7 miles)
Day 4 End of tour after breakfast

Program 5 days
Day 1 Individual arrival at Assisi
Day 2 Assisi – Spello – Assisi (35 km /21,7 miles)
Day 3 Assisi-Bevagna (24 km/15 miles)
Day 4 Bevagna – Spoleto (35 km /21,7 miles)
Day 5 End of tour after breakfast

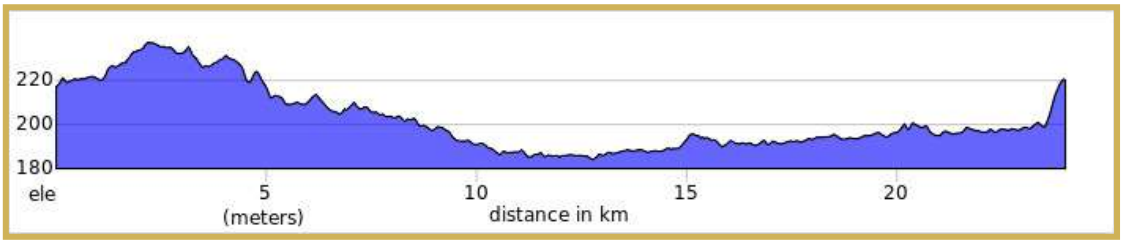
Daily Itinerary

Daily program 4-day / 3-night tour

Day 1 Arrival in your hotel in Assisi
Your cycling holiday starts in **Assisi**, a **UNESCO World Heritage Site** and spiritual heart of Italy famous for **Saint Francis and Saint Clare**. After checking into your hotel near the historic centre, stroll through its pink-stone medieval alleys and enjoy sweeping views over the **Valle Umbra**. Be sure to visit iconic landmarks like the **Basilica of Saint Francis**, the **Temple of Minerva**, and the **Rocca Maggiore**. In the late afternoon, our staff will meet you for **bike fitting, drop-off, and a full route briefing** for your journey along the **Assisi–Spoleto bike path**, followed by an overnight stay in a comfortable hotel near the centre.

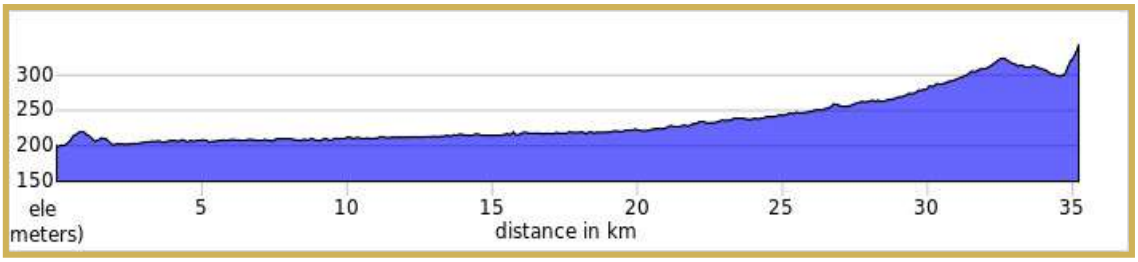
Day 2 Assisi – Bevagna
Your second day of cycling begins as you leave **Assisi** and follow quiet country roads south to **Cannara**, famous for its delicious sweet red onions and lively annual food festival. The route then leads through the flat, fertile plain of the **Valle Umbra**, offering an easy ride surrounded by vineyards and olive groves towards **Bevagna**, one of Umbria's rare historic plain towns. Here, you can admire Roman origins and medieval highlights, including the picturesque **Piazza Silvestri**, the Gothic **Palazzo dei Consoli**, two Romanesque churches, well-preserved **Roman mosaics**, and traditional **craftsmen's workshops**. Your day ends with an overnight stay and breakfast in a comfortable hotel located in or just outside the historic centre of Bevagna.

Distance: 24 km/15 mi
Ascent/ descent: +118m –115m
Paved: 96%; Unpaved: 4%



Day 3 Bevagna - Spoleto
Your final day of cycling leads you from **Bevagna** to **Spoleto**, one of central Italy's greatest cultural treasures, dominated by the hilltop **Rocca Albornoziana** fortress. You will reach the town comfortably along the **Assisi–Spoleto bike path**, cycling gradually uphill into the historic centre past medieval towers and scenic stone alleys. Spoleto is rich in artistic heritage, featuring iconic landmarks such as the **Cathedral (Duomo)**, the **Ponte delle Torri**, the **Roman House**, and the ancient **amphitheatre**. Your tour concludes with an overnight stay and breakfast in a historic centre hotel, with the option at the 4-star hotel to book an **Umbrian cooking lesson followed by dinner**.

Hotel la Macchia
Distance: 35 km/21,7 mi
Ascent/ descent: +247m –105m
Paved: 100%



Hotel centre of Spoleto
Distance: 35 km/21,7 mi
Ascent/ descent: +263m –91m
Paved: 100%

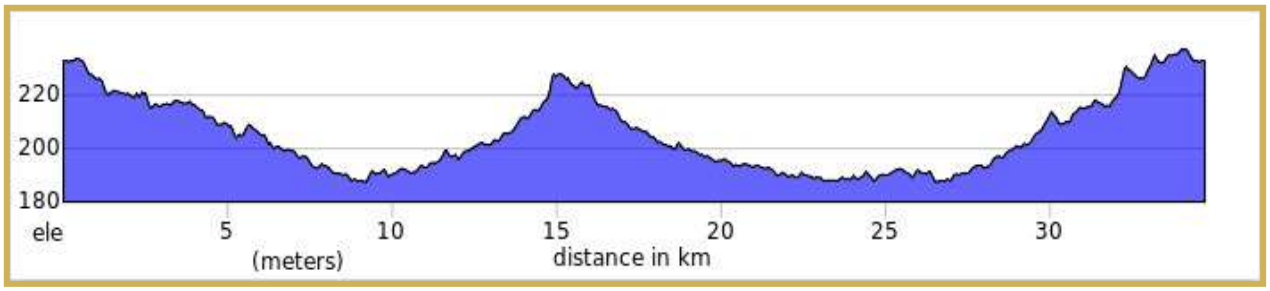
Day 4 End of tour after breakfast

Daily program 5-day / 4-night tour

Day 1 see day 1 of the 4 day tour

Day 2 Assisi – Spello – Assisi
After breakfast, your second day of cycling begins with a scenic round tour through the peaceful **Umbrian Valley**. Leaving **Assisi**, you cycle along quiet country roads lined with vineyards and olive groves toward **Spello**, proudly clinging to the slopes of **Mount Subasio**. Famous for its flower-adorned stone alleys, Spello is best explored on foot after leaving your bikes at the entrance of the historic centre. Must-see highlights include the **Church of Santa Maria Maggiore** with **Pintoricchio's Baglioni Chapel**, the **Church of Sant'Andrea**, the **Pinacoteca**, ancient **Roman mosaics**, and the monumental **Porta Consolare**. Afterwards, enjoy a relaxing ride back to Assisi along the same picturesque countryside route.

Overnight stay with breakfast in your hotel in Assisi.
Distance: 35 km/21,7 mi
Ascent/Descent: +148m –148m
Paved: 95%; Unpaved: 5%



Day 3 Assisi – Bevagna
See day 3 of 4 days version

Day 4 Bevagna - Spoleto
See day 4 of four days version

Day 5 End of tour after breakfast

Hotel & Prices & Info

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

Rates per person 2027: **Starting from 310€**

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 price:

- 3 / 4 overnight stays with breakfast in Cat. A or Cat B Hotels
- Access to the App Ride with GPS with the GPS tracks of the tour.
- Hybrid bike rental inclusive pick-up of the bikes in Spoleto
- Luggage transportation
- Clients assistance
- Cultural information
- Parking lot at the first Hotel except for Hotel dal Moro

Rates do not include:

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

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

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

The bikes are provided with rear pannier bags, tire levers, map holder (1 per party), pump, odometer (1 per party) and a spare inner tube

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

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