Treasures of the Green Valley (C007 UMB)

An 8-day / 7-night leisure cycling tour in Umbria



Meravigliosa Umbria

Discover the quiet beauty of Umbria, Italy's "**green heart**," on a leisurely 7-day cycling adventure designed for comfort and enjoyment. Follow peaceful country roads through a landscape that seems unchanged by time — a mosaic of rolling hills, olive groves shimmering in the sun, and vineyards producing some of Italy's most celebrated wines.

Since ancient Roman times, Umbria has been cherished for its natural harmony and tranquil charm. Crystal-clear rivers, sparkling springs, and lush valleys create an ever-changing backdrop that makes every day of cycling a pleasure.

This relaxed version of our Treasures of the Green Valley tour offers an easy-going pace with mostly flat routes across the fertile **Valle Umbra**, and only a few gentle climbs. Daily distances are pleasantly short, giving you plenty of time to explore the historic towns, pause for a cappuccino, or simply enjoy the countryside views.

Your journey begins and ends near **Assisi**, the spiritual heart of Umbria and birthplace of St. Francis. From its hilltop castle, sweeping views extend across the valley below — a breathtaking panorama that sets the tone for the days ahead.

On your first day, cycle through **Spello**, a jewel of medieval architecture with flower-filled alleyways and ancient stone walls. Continue through the fertile plains to **Casco dell'Acqua**, a peaceful hamlet on the Clitunno River surrounded by greenery and birdsong.

The route then takes you to **Spoleto**, a captivating city rich in art and history. Explore its Roman theatre, the striking Duomo, and the dramatic **Ponte delle Torri**, an awe-inspiring symbol of medieval engineering.

In the second part of the tour, you'll ride through the heart of the Valle Umbra to **Montefalco**, known as the "Balcony of Umbria" for its sweeping views and renowned **Sagrantino wine**. Then it's on to **Bevagna**, where you'll enjoy an **extra night** to relax and wander its medieval square,

artisan workshops, and authentic trattorias. This pause allows for a shorter, more comfortable ride the following day toward **Torgiano**, a charming town famed for its fine wines and olive oil traditions.
Your adventure concludes in **Perugia**, the lively capital of the province. Renaissance palaces, elegant piazzas, museums, and bustling streets filled with cafés make it the perfect finale to your journey.

The Perfect Ending
Your journey concludes as you return toward **Assisi**, its gleaming basilica rising above the valley. It's a fitting finale to a week of discovery — through vineyards, historic towns, and the tranquil landscapes that make Umbria one of Italy's most enchanting regions.

The Trip in a Nutshell



Period: From 01 April till 31 October (exclusive 08/08-22/08/2027)

Participants: Minimum 1 person

Average daily distances: Between 24 km – 50,5 km / 15 mi – 31,3 mi
Total km: Minimum 179 km/111 mi or maximum 204 km/126 mi

Difficulty: Level 2
You cycle through a landscape of gentle, rolling hills. This generally easy route, mostly flat, with short daily distances makes this an ideal tour for leisure cyclists. There are not too many climbs and if possible there will be offered an alternative. It is a tour suitable for all. Cycle experience is needed, especially for children.

Who This Tour Is For

This leisure cycling holiday in Umbria is perfect for:

- Travellers who enjoy a relaxed pace and short daily rides
- Couples or friends seeking a blend of culture, nature, and cuisine
- Anyone new to cycling holidays who wants a comfortable introduction to the beauty of central Italy

Highlights of Your Cycling Tour

- **Assisi** – Start and end near the birthplace of St. Francis. Its castle and basilica offer unforgettable views across the valley.
- **Spello** – A beautifully preserved medieval town famous for its cobbled streets and colourful flowers.
- **Casco dell'Acqua** – A peaceful riverside hamlet surrounded by fields and greenery.
- **Spoleto** – One of Umbria's most captivating towns, home to the Roman theatre, Duomo, and the iconic Ponte delle Torri.
- **Montefalco** – The "Balcony of Umbria," celebrated for its panoramic views and bold **Sagrantino wines**.
- **Bevagna** – Enjoy an **extra night** in this charming town with a lively square, artisan workshops, and local trattorias.
- **Torgiano** – A small town famous for its fine wines and olive oil traditions.
- **Perugia** – The provincial capital, rich in Renaissance art, culture, and vibrant Italian life.

Program 8- days:

Day 1 Individual arrival at Assisi
Day 2 to Casco dell'Acqua (24 km / 15 mi)
Day 3 Loop to Spoleto (44 km / 27,3 mi or 50,5 km / 31,3 mi)
Day 4 To Bevagna (25 km/15,5 mi or 27 km/16,7 mi)
Day 5 To Torgiano (28 km/17,3 mi)
Day 6 Loop to Perugia (33 km/20,5 mi)
or
loop to Deruta (31 km/19 mi or 47 km/29,2 mi)
Day 7 To Assisi (27 km/16,7 mi)
Day 8 Departure after breakfast





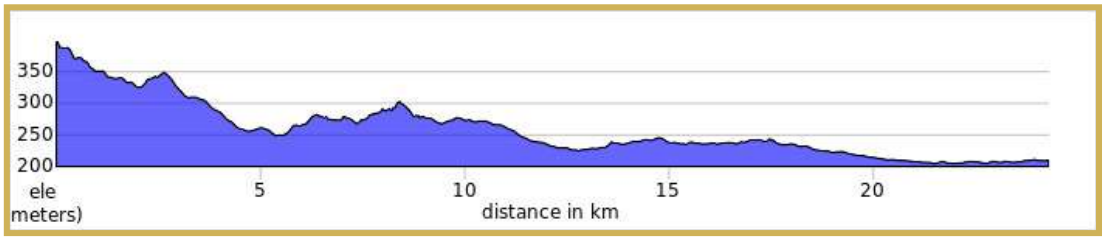
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The Daily Program

Day 1 Individual arrival at Assisi
Welcome to **Assisi**, one of Italy's most beloved pilgrimage destinations and a **UNESCO World Heritage Site**. Set gracefully on the slopes of **Mount Subasio**, overlooking the fertile **Valle Umbra**, Assisi blends spirituality, art, and history in a uniquely peaceful atmosphere.
If you arrive early, take time to discover this enchanting medieval town at your own pace. Stroll through its winding alleys and cobbled streets, admire the flower-decked balconies, and relax in one of the sunlit squares with a creamy **gelato** or a perfectly brewed **espresso**.
Assisi is a treasure trove of art and architecture. Don't miss the **Basilica of St. Francis**, adorned with magnificent frescoes by Giotto, or the **Basilica of St. Clare** and the **Rocca Maggiore** fortress high above the town. Explore the **Roman Forum**, visit local museums and artisan workshops, and take in the panoramic views that stretch across the Umbrian countryside.
You'll spend the night in a comfortable **3-star** (or, on request, **4-star**) hotel in Assisi — the perfect place to relax and prepare for your upcoming **cycling adventure through Umbria**.

Day 2 Assisi – Spello – Foligno – Casco dell'Acqua
After breakfast, your cycling journey begins. Leaving Assisi behind, you follow a scenic route along the gentle foothills of **Mount Subasio** toward the charming town of **Spello**.
Perched on the southern slopes of the mountain, **Spello** is a true jewel of Umbrian heritage. Enclosed by ancient Roman walls and crowned with medieval towers, it's famous for its flower-filled lanes and warm, welcoming character. Known as the *"Town of Flowers"*, Spello bursts with colour each spring and hosts the renowned **Infiorata di Spello** festival during Corpus Domini, when intricate floral carpets transform its streets into living works of art.
Take a break to wander through the narrow streets, visit **Santa Maria Maggiore** with Pinturicchio's beautiful frescoes, and enjoy a refreshing drink or light snack in one of the local cafés before continuing your ride.
From Spello, the route descends gently into the **Valle Umbra**, leading you to **Foligno**, a lively town where history meets modern life. Stop at **Piazza della Repubblica** to admire the Romanesque façade of the cathedral and soak up the local atmosphere in the surrounding streets lined with shops, bakeries, and bars.
Leaving Foligno, you continue along quiet rural roads framed by vineyards, olive groves, and shimmering fields. This tranquil landscape reflects the authentic soul of Umbria — serene, fertile, and timeless.
Your destination for the day is **Casco dell'Acqua**, a peaceful village nestled along the **Clitunno River**. Here you'll stay in a welcoming **country house**, surrounded by nature. Enjoy the calm of the countryside, the sound of flowing water, and the genuine hospitality that makes this region so special.

Overnight stay with breakfast in Casco dell'Acqua
Distance: 24 km/15 mi
Ascent/Descent: +146m –331 m
Paved: 95%; Unpaved: 5%



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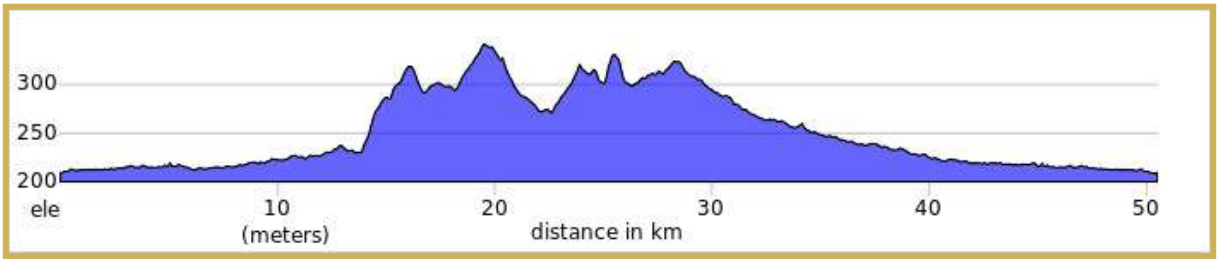
Day 3 Circular Ride: Casco dell'Acqua → Spoleto → Casco dell'Acqua
Today's ride takes you through a peaceful patchwork of **olive groves, vineyards, and gentle hills**, as you cycle toward **Spoleto**, one of the most captivating towns in central Italy. From a distance, you'll spot the imposing **Rocca Albornoziana**, the town's hilltop fortress standing proudly above the valley — a striking landmark that has guarded Spoleto for centuries.

As you draw closer, the skyline of **Spoleto** reveals itself — a graceful blend of towers, domes, and ancient stone buildings enclosed by well-preserved medieval walls. Within these fortifications lies a historic centre rich in **art, culture, and architectural beauty**.
Spoleto is internationally known for the **Festival dei Due Mondi** (*Festival of Two Worlds*), one of Italy's most prestigious performing arts events. Each summer, between late June and early July, the town bursts to life with music, theatre, and dance, attracting artists and audiences from around the globe.
Outside the festival season, Spoleto remains a cultural treasure. You can visit the **Cathedral of Santa Maria Assunta**, adorned with frescoes by **Filippo Lippi**, explore the **Roman Theatre** and its **Archaeological Museum**, or step inside the **Roman House** to admire its intricate ancient mosaics. A walk across the **Ponte delle Torri** — the dramatic medieval bridge and aqueduct — offers unforgettable views of the surrounding valley and forested hills.

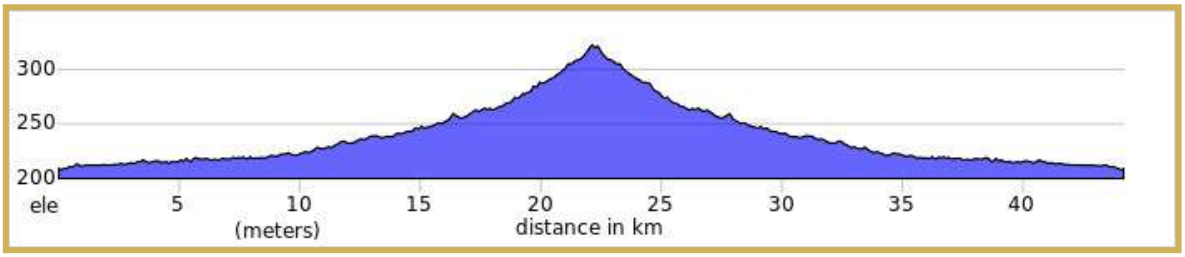
After soaking up Spoleto's history and atmosphere, enjoy a relaxed ride back along a **dedicated cycle path** through the tranquil Umbrian countryside to **Casco dell'Acqua**. Surrounded by the sounds of nature and the soft light of the valley, you'll return to your country accommodation — the perfect end to a day filled with discovery and beauty.

Overnight stay with breakfast in Casco dell'Acqua

Long route
Distance: 50.5 km/31,3 mi
Ascent/descent +292 – 292m
Paved: 94%; Unpaved: 6%



Short route
Distance: 44 km/27,3 mi
Ascent/Descent : +184 –184m
Paved : 99%; Unpaved: 1%



Day 4 Casco dell'Acqua – Montefalco – Bevagna
Today's route takes you through a gently rolling landscape, dotted with olive groves and vineyards, as you make your way toward **Montefalco**, one of the most scenic hill towns in Umbria. From a distance, you can already spot its medieval walls rising above the valley — a true sign that the "*Balcony of Umbria*" is near.

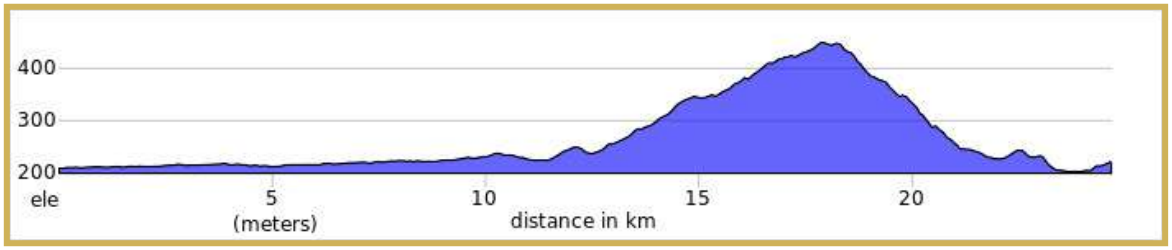
At the foot of the hill, you have two choices: continue along the valley floor directly to **Bevagna**, or challenge yourself with the rewarding climb up to **Montefalco** (472 m a.s.l.). The ascent is steep but short, and your efforts are quickly repaid with breathtaking views across the **Valle Umbra**.

Montefalco's charm lies in its panoramic position and its artistic and wine-making heritage. Inside the former **Franciscan church**, now a museum, you can admire splendid 15th- and 16th-century frescoes by **Benozzo Gozzoli** and **Perugino**. The town is also famous for its wines — the robust **Sagrantino DOCG** and smooth **Rosso di Montefalco DOC**, both produced on the sun-soaked slopes surrounding the village. Be sure to stop at one of the local **enoteche (wine bars)** for a tasting before descending again.

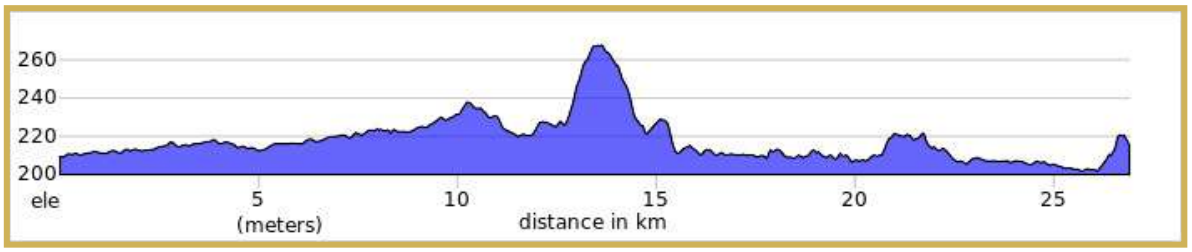
From Montefalco, a delightful downhill ride leads you to **Bevagna**, a beautifully preserved medieval town where time seems to stand still. Its central square, with a graceful fountain and two Romanesque churches, is the heart of local life — a place where residents gather for a chat, a coffee, or an evening stroll.
Enjoy the relaxed atmosphere and perhaps a glass of local wine as the sun sets over the rooftops — the perfect way to end another memorable day in Umbria.

Overnight stay with breakfast in Bevagna

Higher route passing Montefalco
Distance: 25 km / 15,5 mi
Ascent/Descent: +311m – 300m
Paved: 96%; Unpaved: 4%



Low route NOT passing Montefalco
Distance: 27 km /16,7 mi
Ascent/Descent: +170m – 164m
Paved: 85%; Unpaved: 15%

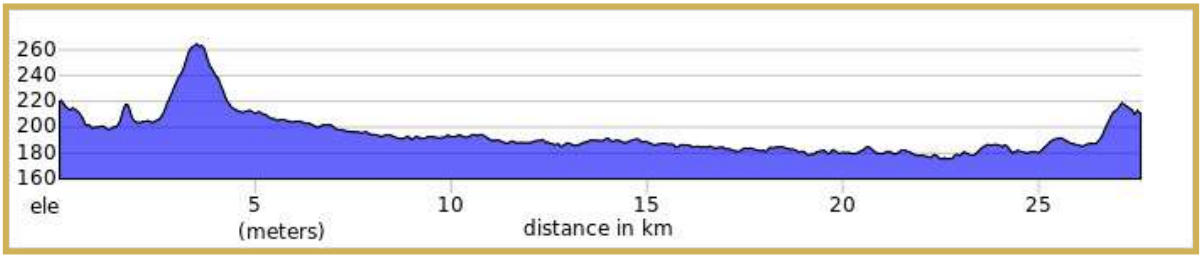


Day 5 Bevagna → Torre del Colle → Torgiano
This morning, take a little extra time to enjoy **Bevagna** before getting back on your bike. Wander through its charming historic centre, where every corner reveals traces of Roman and medieval history. Visit the elegant **Piazza Silvestri**, admire its Romanesque churches and graceful fountain, or browse the artisan workshops that still keep old traditions alive.
Leaving Bevagna, your route begins with a **gentle climb** to **Torre del Colle**, a tiny walled medieval hamlet perched on a hilltop. Its peaceful streets and panoramic views make it a perfect short stop before continuing your ride through the **Valle Umbra**.

The route then leads mostly across the valley floor, surrounded by fertile fields and vineyards, toward **Torgiano** — a delightful **borgo** set at the confluence of the **Chiascio** and **Tiber (Tevere)** rivers. Renowned for its fine wines and olive oil, Torgiano is one of Umbria's most respected wine towns. You can visit the excellent **Wine Museum (Museo del Vino)** and **Olive Oil Museum (Museo dell'Olio)** to learn more about these proud local traditions.

Your accommodation is located in the quiet **historic centre of Torgiano**, where you can unwind after your ride, enjoy a glass of locally produced **Torgiano Rosso Riserva DOCG**, and savour the tranquil charm of Umbrian village life.

Overnight stay with breakfast in Torgiano
Distance: 28 km/17,3 mi
Ascent/Descent: +192m –201m
Paved: 100%

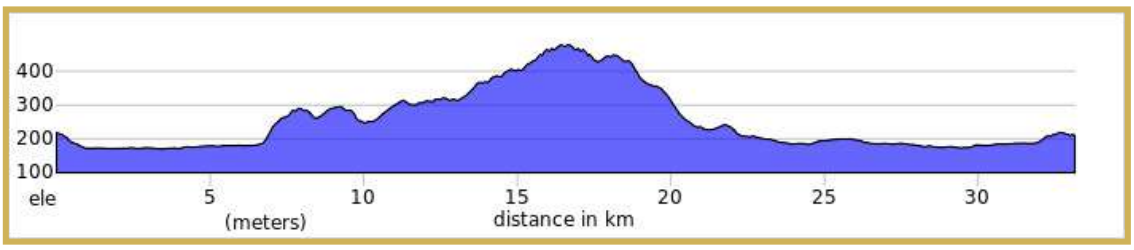


Day 6 Cycling Options: Perugia or Deruta Loop
Today offers two wonderful **cycling options**, allowing you to choose between a day rich in **art and culture** or one that celebrates the **natural beauty** and craftsmanship of Umbria.

Option 1 – A Cultural Ride to Perugia
After breakfast, set off from **Torgiano** along peaceful country roads winding through **olive groves, vineyards, and rolling hills**. Your destination is **Perugia**, the vibrant capital of Umbria — a city that beautifully unites its **Etruscan origins** with **Renaissance splendor**.
As you approach Perugia, a steady climb leads you to the **historic old town**, perched high above the **Valle Umbra** with magnificent panoramic views. Once at the top, take time to explore the city's maze of **narrow medieval streets**, elegant **piazzas**, and grand **palaces**. Must-see highlights include the **Palazzo dei Priori**, the **Fontana Maggiore**, the **Cathedral of San Lorenzo**, and the many museums showcasing the city's rich artistic heritage.
Perugia is also renowned for its **chocolate and music**. It's home to the famous **Perugina** chocolate factory, producer of the beloved **Baci chocolates**, and hosts the annual **Umbria Jazz Festival**, one of Europe's most prestigious cultural events.
After exploring, enjoy a **relaxing downhill ride** back to **Torgiano**, where you can unwind with a glass of local **Sangiovese** or **Grechetto** wine in one of the town's welcoming wine bars.

Distance: 33 km/20,5 mi

Ascent/Descent: +488m –493m
Paved: 88%; Unpaved: 12%

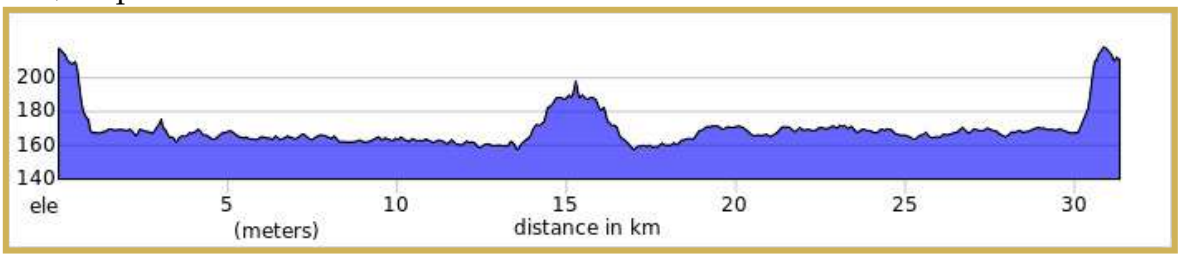


Option 2 – A Scenic Loop through Deruta and the Tiber Valley
If you prefer a **shorter and more leisurely route**, your second option takes you through the idyllic countryside surrounding Torgiano. Just 6 km away lies **Deruta**, a charming hilltop village world-famous for its **hand-painted ceramics**. This ancient craft dates back to **Etruscan times**, and today Deruta's ceramic art is admired in prestigious collections worldwide — from London's **Victoria and Albert Museum** to New York's **Metropolitan Museum of Art**.
Take time to visit the **Ceramics Museum** and **Art Gallery** housed in the town hall, then continue to the **Sanctuary of Madonna dei Bagni**, a small but fascinating church built after a miraculous event in 1657. Inside, over **600 votive ceramic tiles** tell heartfelt stories of faith, gratitude, and local devotion.
The route continues through a **picturesque landscape of rolling hills and small Umbrian hamlets**, such as **Casalalta**, before descending back into the fertile **Tiber Valley**.

Long & higher route
Distance: 47 km/29 mi
Ascent/Descent: +592m –598m
Paved: 71%; Unpaved: 29%



Short & lower route
Distance: 31 km/19,2 mi
Ascent/Descent: +170m –175 m
Paved: 73%; Unpaved: 27%



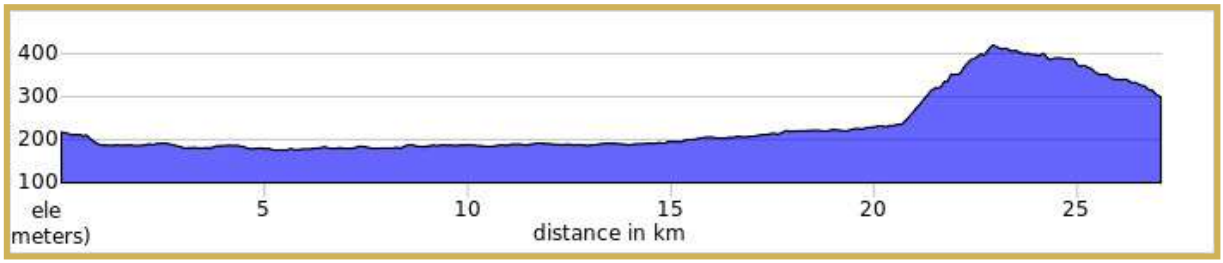
Day 7 Torgiano → Santa Maria degli Angeli → Assisi

Your final day in the saddle is both peaceful and uplifting, a perfect conclusion to your cycling journey through Umbria. Leaving Torgiano, you follow quiet country roads across the broad Valle Umbra, surrounded by a tapestry of vineyards, sunflower fields, and olive groves.
From a distance, the silhouette of Assisi appears on the slopes of Monte Subasio, its pink-stone buildings glowing softly in the Umbrian sunlight — a view that seems to capture the spirit of the region itself.

Before climbing up to the historic centre, take time to stop in Santa Maria degli Angeli, where you can visit the grand Basilica that shelters the Porziuncola, the humble chapel where St. Francis of Assisi once prayed and founded the Franciscan Order. It's a place of deep serenity and reflection, offering a meaningful pause before your final ascent.
The last stretch involves a short but steep climb up to Assisi's medieval heart, but the reward is unforgettable. Once at the top, stroll through the winding streets, browse the artisan workshops, and absorb the tranquil, spiritual atmosphere that makes this town so unique.

Don't miss the magnificent Basilica of St. Francis, decorated with frescoes by Giotto, Simone Martini, Cimabue, and Pietro Lorenzetti — masterpieces that have inspired pilgrims and travellers for centuries.
Your cycling adventure ends where it began, in the timeless beauty of Assisi. Spend your final evening reflecting on a week filled with art, nature, and the gentle rhythm of Umbrian life — memories that will stay with you long after you've left the "green heart of Italy."

Overnight stay with breakfast in Assisi
Distance: 27 km/15,7 mi
Ascent/Descent: +292m –208m
Paved: 85%; Unpaved: 15%



Day 8 End of tour after breakfast

Hotel & Prices

Hotels: standard *** or superior hotels/rooms ***/****

Prices: from € 678

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

The tour price include:

- 7 overnight stays with breakfast
- Tour information: hotel list, brochures
- Luggage transportation from hotel to hotel
- Emergency support hotline
- App Ride with Gps with tracks and route information. Access with QR code 1 per room. PDF with paper route descriptions and maps in the App
- Route briefing on arrival day
- Free carpark at the first hotel (not Hotel dal Moro)

The price does not include:

- Local tourist tax to be paid directly in the hotel
- Everything not mentioned under 'Included in the tour'

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

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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