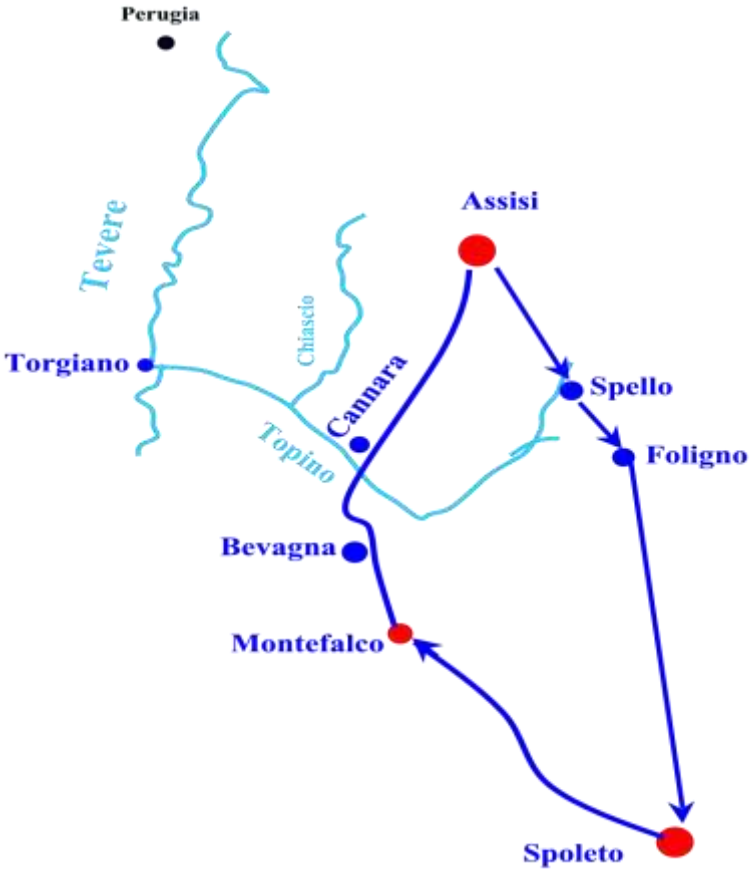
Umbria Escape: A 5-day cycling tour
(C008UMB)



Meravigliosa Umbria

This cycling tour takes you over **quiet country roads** through **sunny, colourful fields** with a backdrop of **hills covered with silver-green olive groves** and **fertile vineyards**. Your journey through the **Valle Umbra** begins in **Assisi**, a small jewel attracting millions of visitors each year. You will also explore **Spello**, **Foligno**, **Spoleto**, **Montefalco**, and **Bevagna**, towns that offer a perfect blend of **art, history, food, wine, and nature**. **Spello** and **Assisi** are **hill towns** perched on a spur of **Monte Subasio**. These towns are **perfectly preserved**, still **walled-in**, with a **maze of alleys** offering **unexpected panoramic views** of the surrounding green landscapes. Continuing through the valley, you reach **Spoleto**, the **ancient capital of the Lombard dukes**, a **friendly and welcoming town**. Walking its **small historic streets**, you will suddenly discover the **12th-13th century cathedral of S. Maria Assunta**, home to **stunning frescoes by Pinturicchio and Filippo Lippi**. A highlight of the tour is **Montefalco**, a **charming wine town** on a hilltop with **vineyards and silver-green olive groves**. Montefalco is one of the few towns where **wine cultivation extends into the urban centre**, with a **medieval setting** of **walls and towers**. Be sure to **taste the local wines**, including the famous **Rosso di Montefalco** and **Sagrantino**. The tour continues downhill to **Bevagna**, listed among the **most beautiful villages in Italy**. Here, **Piazza Silvestri** is dominated by the **Gothic Palazzo dei Consoli** and the **Romanesque churches of San Silvestro and San Michele Arcangelo**. Don't miss the **ancient Roman mosaics**, depicting **mythological and marine subjects**, including **dolphins, octopuses, and lobsters**. On the last day, you can choose a **longer ride** or a **shorter route directly to Assisi** to enjoy more time in this **stunning town**.

The Trip in a Nutshell



Participants: Minimum 1 person

Period: Daily from April until 31 October (exclusive 08/08-22/08/2027).

Highlights:

- Quiet country roads through sunny, colourful fields
- Valle Umbra, a perfect combination of art, history, food, wine, and nature
- Assisi and Spello, **hill towns perched on Monte Subasio**
- Spoleto, **ancient capital of the Lombard dukes**, with stunning cathedral frescoes
- Montefalco, **wine town with vineyards and medieval walls**
- Bevagna, **Piazza Silvestri, Gothic Palazzo dei Consoli, Romanesque churches**

Difficulty: Level 2/3
You cycle through a landscape of gentle, rolling hills. Throughout this tour the steeper slopes are short and the longer ones are not too steep. The level of this tour is not suitable for children under 12 years. Cycle experience is needed. The daily distances are restricted to between 30 and 53 km.

Total: Minimum 112 km/69,5 mi maximum 126 km/78,2 mi
Daily Distances from 30 km/18,6 mi to 52 km/32,3 mi

Program in short
Day 1 Arrival at your hotel in Assisi or close to Assisi
Day 2 To Spoleto (52 km/32,3 miles)
Day 3 To Montefalco (30 km/18,6 miles)
Day 4 To Assisi (44 km/27,3 miles or 30 km/18,6 miles)
Day 5 Departure

The Daily Program

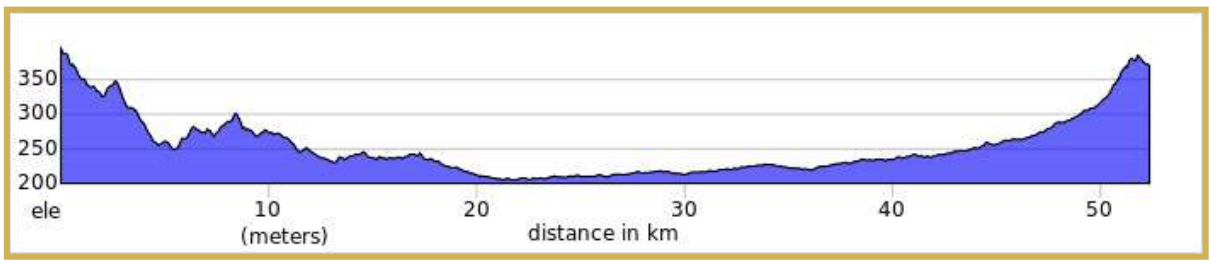
Day 1 Individual arrival at Assisi
Assisi is a Unesco Heritage site. It is overlooking the Valle Umbra and it is a place in which history, traditions and art are harmoniously combined. A leisurely stroll through the town first is a good way to start your holiday. Take your time to absorb the town's atmosphere. Sit down on one of the cosy squares, where cafés are inviting you 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. Handing over of the bikes, if rented, and route briefing

Overnight stay with breakfast in or near Assisi in a **** or *** star hotel

Day 2 Cycling from Spello to Spoleto through the heart of Umbria
Following the panoramic **Via degli Olivi**, you cycle towards **Spello**, one of Umbria's most enchanting hill towns, beautifully set on the southern slopes of **Mount Subasio**. Rich in **Roman and medieval history**, Spello invites you to slow down and explore its narrow stone-paved streets, colourful alleys, flower-filled balconies and charming little squares.
The town is also famous for the **Infiorata**, the spectacular flower festival celebrated each year during **Corpus Christi**. For this special occasion, Spello's streets are covered with intricate works of art created entirely from thousands of colourful flower petals.

From Spello, you descend into the fertile **Umbrian Valley** and continue towards **Foligno**, a lively town where historic monuments, elegant squares, local restaurants and bustling shopping streets offer a glimpse of everyday life in Umbria.
Leaving Foligno, the route continues along **quiet country roads** and the **Assisi–Spoleto cycle path**, surrounded by vineyards, olive groves and the gentle hills of the Umbrian countryside.
Your destination is **Spoleto**, one of Umbria's most fascinating historic towns. Its picturesque streets, impressive churches, museums and beautiful **medieval and Renaissance architecture** make it a wonderful place to explore at the end of your cycling day. Your *** or **** hotel is located in the **historic centre of Spoleto**.

Distance: 50 km/31 miles (starting Viole) or 52 km/32,3 miles (starting Assisi)
Ascent/Descent: + 326m –338m
Paved: 98%; Unpaved: 2%



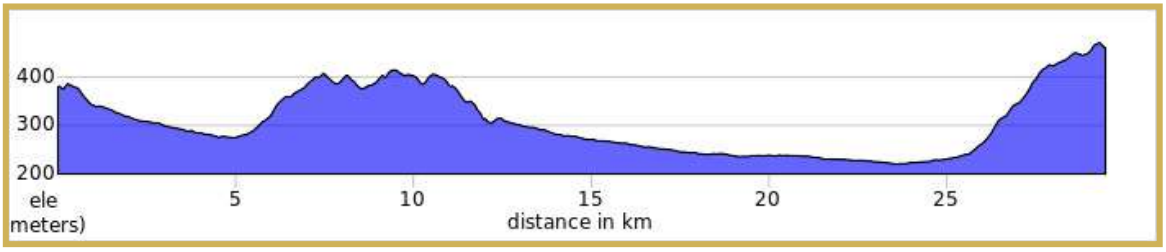
Day 3 – Spoleto to Montefalco
This morning, take some time to discover **Spoleto**, one of Umbria's most fascinating historic towns. Wander through its atmospheric medieval streets and admire ancient palaces, churches and impressive monuments before setting off on today's cycling route.

Leaving Spoleto behind, you cycle through the beautiful **Umbrian countryside**, following an undulating route surrounded by **olive groves** and enjoying wide views across the **Valle Umbra**. In the distance, you will soon see **Montefalco** perched high on a hill. Known as the **"Balcony of Umbria"**, the town offers magnificent views over vineyards, olive groves and the surrounding countryside.

A **steep final climb** takes you up to the historic centre of Montefalco, but the wonderful panorama makes the effort worthwhile. Once there, take time to explore this charming medieval **wine town**. One of its cultural treasures is the former **Church of San Francesco**, now a museum, with remarkable frescoes by artists including **Benozzo Gozzoli and Perugino**.

The sunny hills surrounding Montefalco are home to the vineyards of **Sagrantino di Montefalco**, one of Umbria's most renowned wines. Finish your day with a glass of local wine in an enoteca or enjoy **traditional Umbrian cuisine** in one of the welcoming restaurants in the historic centre.

Overnight stay in Montefalco
Distance: 30 km/18,6 mi
Ascent/Descent: +464m -382m
Paved: 92%; Unpaved: 8%

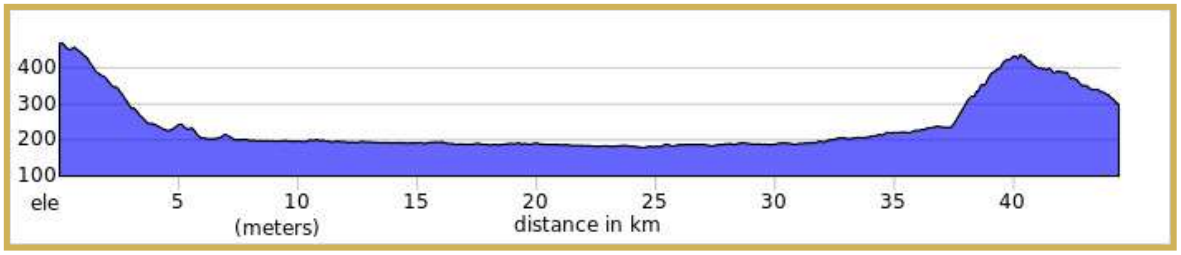


Day 4 Montefalco – Bevagna – Assisi
Leaving **Montefalco**, enjoy a pleasant downhill ride through the beautiful **Umbrian countryside** to **Bevagna**, one of the most charming medieval towns in the Valle Umbra. At its heart lies the picturesque **Piazza Silvestri**, framed by two remarkable Romanesque churches and still a lively meeting place for local residents.

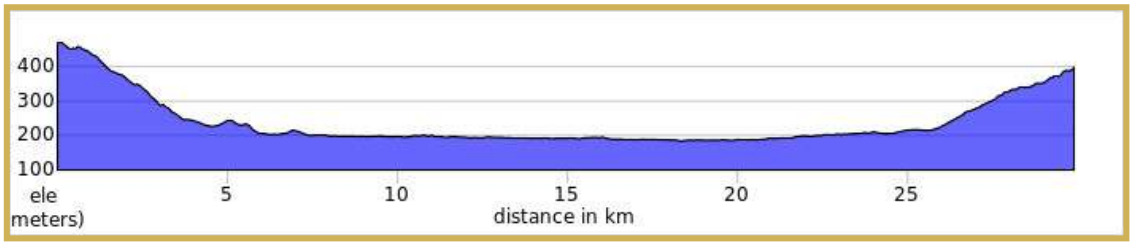
From Bevagna, the cycling route continues across the green **Umbrian Valley**, passing vineyards, olive groves and peaceful countryside on the way towards **Assisi**.
If you choose the longer route, you will pass through **Santa Maria degli Angeli**, where you can visit the impressive **Basilica of Saint Mary of the Angels**. Beneath its magnificent dome lies the tiny **Porziuncola**, one of the most important places in the life of **Saint Francis** and the early Franciscan movement.

The shorter route follows the **Assisi–Spoleto cycle path** directly towards Assisi. As you approach, the first view of **Assisi** rising on the slopes of **Mount Subasio** is unforgettable. A short but steep final climb takes you into the historic centre, where medieval streets, ancient stone buildings and magnificent monuments create a truly unique atmosphere.
Take your time to explore **Assisi and its Franciscan heritage** before returning to your starting hotel.

Longer route:
Distance: 44 km/31,6 miles
Ascent/Descent: +350m -518m
Paved: 90%; Unpaved: 10%



Shorter route:
Distance: 30 km/18,6 miles
Ascent/Descent: +271m -344m
Paved: 94%; Unpaved: 6%



Day 5 End of tour after breakfast

Hotel, bike rental & Prices

Hotel: standard *** or superior ***/****

Prices: from €439

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 includes:

- 4 overnight stays with breakfast
- Tour information: hotel list, brochures
- Luggage transportation from hotel to hotel
- Emergency support hotline
- App with Ride with GPS: 1 access code per room (gps tracks, tour info and pdf cue sheets). PDF with paper route descriptions and maps in the App
- Route briefing on arrival day

The price does not include:

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

- Free car park at first hotel (not Hotel dal Moro)

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

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

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

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