Short Break cycling tour in Umbria

A 4-day or 5-day cycling tour

Code: C009UMB



Meravigliosa Umbria

Short Break – Experience in the Umbra Valley

This enchanting cycling journey gives you the opportunity to explore the **beautiful Umbra Valley**, one of the most captivating areas in Umbria. This green and fertile valley, stretching from Assisi to Spoleto, has always been an ideal place to settle—home to some of the **most important and historic towns** in the region. Your itinerary begins in **Spello**, a medieval town of Roman origin, famous for its **picturesque alleyways** and balconies overflowing with flowers—an ideal setting for unforgettable photographs. From here, you will cycle down into the valley towards **Foligno**, a lively and culturally vibrant city, also perfect for those who enjoy shopping. Foligno features a charming street lined with **bars, restaurants, and traditional eateries**, ideal for a gourmet break.

You will then continue to **Bevagna**, a true cultural gem known for its **perfectly preserved medieval centre** and the historical events that bring the town to life throughout the year. Bevagna lies at the heart of the **Montefalco wine region**, homeland of the renowned **Sagrantino**, giving you the chance to taste excellent wines in its many wine bars and traditional trattorias. Back on your bike, you will reach **Torgiano**, another Umbrian town celebrated for its wine production.

Here, the **Wine and Olive Oil Museum** is particularly noteworthy—a must-visit for anyone interested in exploring the region's deep enogastronomic traditions.
On the final day of your journey, you will cycle back to **Spello**, but not before visiting the splendid town of **Assisi**, a UNESCO World Heritage site and birthplace of **Saint Francis** and **Saint Clare**. Assisi, with its remarkable historic centre, deserves an unhurried visit: take the time to admire its basilicas, its squares, and its truly unique views.

The Trip in a Nutshell



Number of participants: Minimum 1 person

Period: Daily from 1 April until 31 October (excl. 08/08- 22/08/2027).

Level of difficulty: 1,5
Easy cycling tour. You cycle through the valley surrounded by a landscape of gentle, rolling hills. The only hilly stretch is to reach Assisi and the slightly up- and downhill cycling to Spello.

5-day tour: Between 24 km/15 mi and 33 km/20,5 mi
Total km: 85 km/52,8 mi

4-day tour: Between 33 km/20,5 mi and 51 km/31,6 mi
Total km 84 km/52 mi

Tour Highlights

- **Umbra Valley:** lush landscapes, historic towns, and ancient traditions
- **Spello:** flowered alleys and medieval charm
- **Foligno:** shopping, local cuisine, and a lively city centre
- **Bevagna:** medieval heritage and Montefalco wines
- **Torgiano:** Wine and Olive Oil Museum and rich wine traditions
- **Assisi:** UNESCO site and Franciscan spirituality.

Programme in short 4-days / 3-nights
Day 1 Arrival in Spello
Day 2 Cycling to Torgiano passing Bevagna (51 km/31,6 mi)
Day 3 Cycling to Spello, passing Assisi (33 km /20,5 mi)
Day 4 Departure after breakfast

Programme in short (5-days/4-nights)
Day 1 Arrival in Spello
Day 2 Cycling to Bevagna passing Foligno (24 km/15 mi)
Day 3 Cycling to Torgiano (28 km/17,4 mi)
Day 4 Cycling to Spello, passing Assisi (33 km/20,5 mi)
Day 5 Departure after breakfast



The Daily Program

Daily programme of the 5-day / 4-night tour

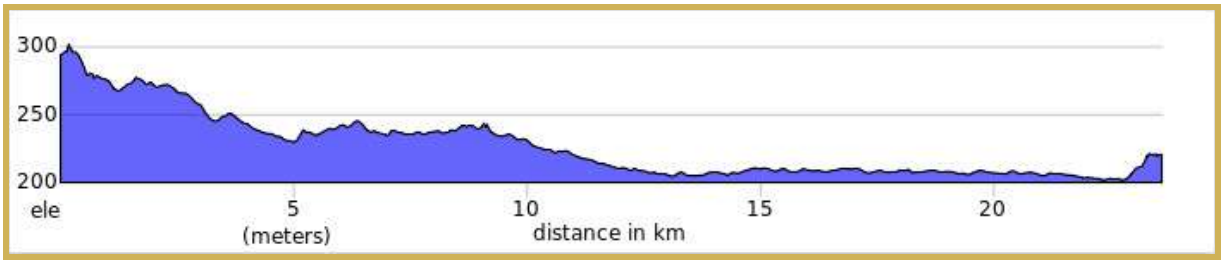
Day 1 You arrive at your hotel in Spello
The *** or **** hotel is situated in the historical centre of the town and has a terrace offering a magnificent view over the Valle Umbra and the surrounding hills covered with olive groves. At the end of the afternoon, there is a route briefing and bike fitting.

Overnight stay with breakfast in Spello

Day 2 Spello – Foligno - Bevagna
The following morning, you will have some time to explore **Spello**, one of the most charming towns in Umbria, famous for its **flower-filled alleyways** and its historic centre of Roman origin.

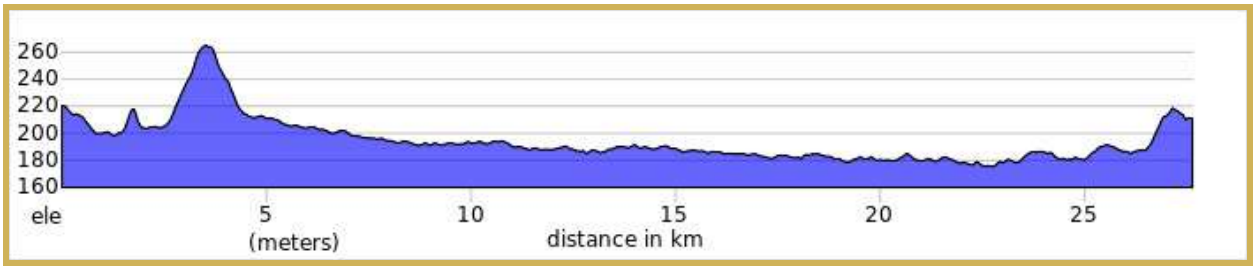
After your visit, you will continue cycling through the **Umbra Valley** towards **Foligno**, a lively city rich in history. In Foligno, you can visit the **Cathedral of San Feliciano** and the **Archaeological Museum at Palazzo Trinci**, a beautiful museum complex. Alternatively, you can wander through the elegant streets of the city centre, perfect for those who enjoy **shopping** and relaxing strolls. In particular, **Via Gramsci** is well known for its selection of local restaurants, ideal for tasting authentic Umbrian cuisine, with options to suit every taste and preference. Continuing your journey, you will cycle towards **Bevagna**, a town of Roman origin located in the prestigious wine region of **Sagrantino DOCG** and **Rosso di Montefalco DOC**. Your overnight stay will be in the heart of the historic centre, perfect for fully experiencing the **medieval atmosphere** and discovering the **authentic flavors of the region**.

Overnight stay with breakfast in Bevagna
Distance: 24 km/15mi
Ascent/descent: +99m –174m
Paved: 99%; Unpaved: 1%



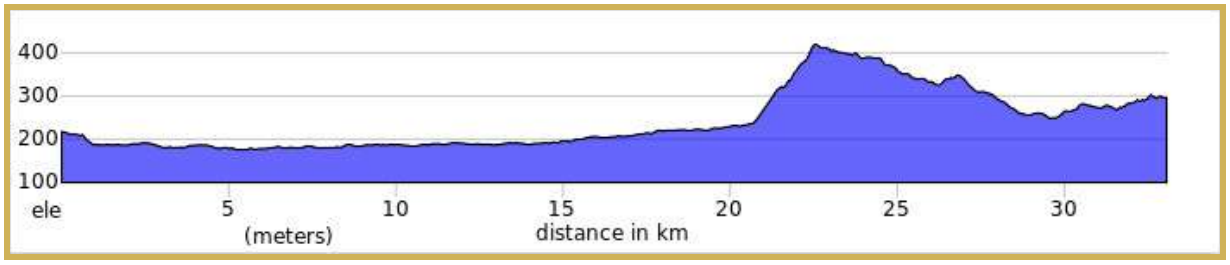
Day 3 Cycling to Torgiano
This morning, you will begin cycling towards **Torgiano**, immersed in one of the most characteristic landscapes of the **Umbra Valley**. The day starts with a short climb through the **fortified village of Torre del Colle**, followed by a pleasant descent into the valley.
In ancient times, **Torgiano** was also a fortified town, and the **Torre Baglioni** still dominates the landscape today as a testament to its **medieval history**. The town is set in a charming **hilly landscape**, right at the confluence of the **Tevere** and **Chiascio rivers**, a place rich in natural beauty and agricultural traditions. During the Early Middle Ages, **Benedictine monks** introduced olive groves and vineyards here, shaping the landscape and laying the foundations for one of Italy's most renowned **wine regions**. This is the area where the famous **Torgiano Rosso Riserva** is produced, one of Umbria's most appreciated wines. Part of the day will be dedicated to visiting the **Wine Museum**, housed in the elegant **Palazzo Graziani-Baglioni**. The museum offers a comprehensive overview of **winemaking techniques through the centuries** and preserves a rich artistic collection, with artifacts ranging from the **Etruscan period** to the **contemporary era**, a must-visit for lovers of history, art, and enology. Overnight stay at a *** star hotel.

Overnight stay with breakfast in Torgiano
Distance: 28 km/17, 4 mi
Ascent/Descent: +174m –183m
Paved: 90%; Unpaved: 10%



Day 4 Cycling to Spello, passing Assisi (33 km / 20,5 mi).
Today, you will cycle through the **Umbra Valley** along peaceful **country roads**, surrounded by a landscape of cultivated fields, rustic farmhouses, and centuries-old olive groves. Your destination is **Assisi**, one of the most iconic towns in Umbria. Before reaching the historic centre, you will face a **steep climb**, unavoidable since Assisi is perched on the slopes of **Mount Subasio**. However, once you arrive, you will immediately see that the effort was well worth it: Assisi welcomes you with its **immense artistic heritage**, **medieval streets**, and **breathtaking views** over the valley below. After your visit, you will continue cycling towards **Spello**, following a **scenic route through the olive groves**. This stretch is particularly enchanting, perfect for enjoying nature and returning leisurely to one of the most charming towns in the region.

Overnight stay with breakfast in Spello
Distance: 33 km/20,5mi
Ascent/Descent: +387m –309m
Paved: 93%; Unpaved: 7%



Day 5 End of tour after breakfast
After breakfast end of this short break cycling tour!

Hotel & Prices

If any of the listed hotels is not available, we will reserve an equivalent accommodation in the same category.

Hotel: Standard o Superior

Prezzi: from € 360

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:

- 3 or 4 overnight stays with breakfast
- Access to App Ride with GPS (one per room). Including PDF of route descriptions and maps inside the App
- Luggage transportation

The price does not include:

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

- Back-up service
- Route briefing in first hotel

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 and a spare inner tube.

Travel Information:

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

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