Medieval villages and a fascinating lake (C 010UMB)

A bicycle trip in a region full of surprises



Meravigliosa Umbria

Rediscover the authentic beauty of Umbria on this unforgettable cycling holiday—a journey designed to immerse you in the very best of Italy's "green heart." This bike tour offers a complete and inspiring overview of the **Valle Umbra**, a fertile valley rich in water, framed by rolling mountains, olive groves, and vineyards. It is the perfect setting for a relaxing and scenic cycling experience.

The area is renowned for its **medieval hilltop towns**, including **Assisi, Spoleto, Bevagna, and Spello**, as well as many smaller villages that are equally captivating. Your trip begins in **Assisi**, where medieval monuments, ancient stone houses, and the impressive fortress overlooking the town immediately transport you into the region's storied past. As you wander its narrow streets, alleyways, and charming squares adorned with fountains and historic buildings, you will truly feel the magic of old Umbria.

Your first ride leads to **Spello**, reached via a panoramic road lined with olive groves. Known as the *"town of flowers,"* Spello preserves its Roman origins and medieval character with remarkable elegance. From here, you descend into the Umbrian Valley, cycling first to lively **Foligno** and then on to the beautifully preserved medieval town of **Bevagna**, famous for its welcoming **Piazza Silvestri** and Romanesque churches. The return route to Assisi takes you along part of the scenic **Assisi–Spoleto cycle path**.

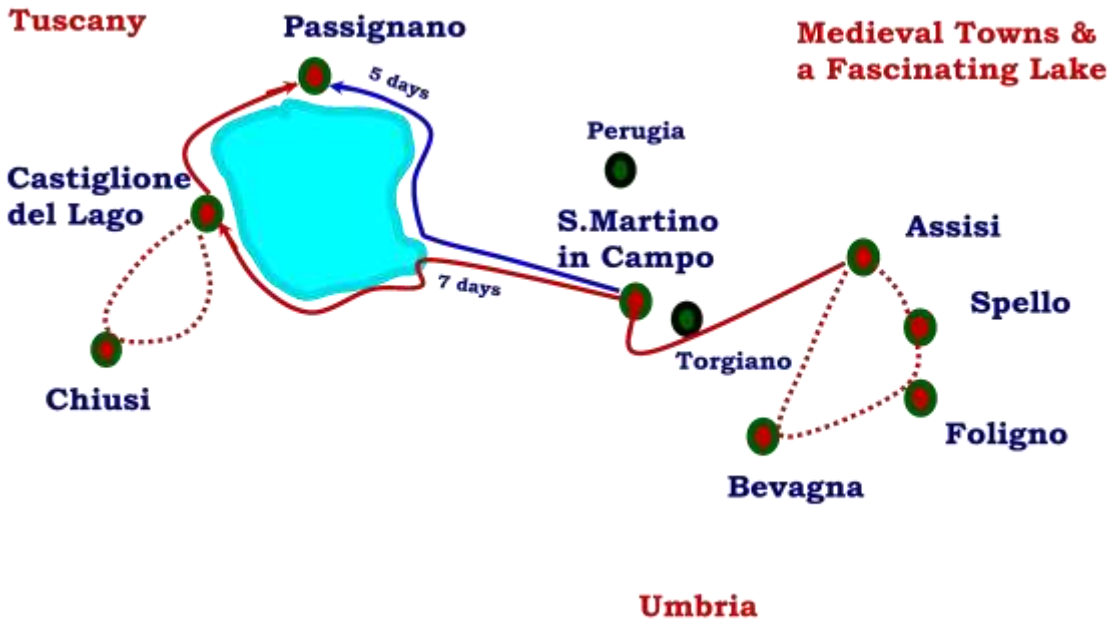
Your journey continues toward **Torgiano**, a renowned wine town celebrated for its excellent DOC and DOCG wines and its fascinating wine museum. Nearby **San Martino in Campo** provides a perfect base for an extra night to explore **Perugia**, easily reached by bus. Perugia's rich blend of Etruscan, Roman, medieval, and Renaissance heritage makes it a highlight of the tour.

Back on your bike, you join the **Perugia–Lago Trasimeno cycle route**, following a mix of bike paths and quiet country roads until you reach **Castiglione del Lago**, a spectacular town rising

above **Lake Trasimeno**. Here you enjoy a free day—ideal for relaxing by the water or taking a loop ride to the ancient Etruscan city of **Chiusi**.

Your **final stage** follows the shores of Lake Trasimeno, guiding you to **Passignano sul Trasimeno**, a delightful lakeside village. Stroll along its promenade with breathtaking lake views or take a boat to the peaceful **Isola Minore**—a perfect finishing touch to this immersive cycling tour through the natural and cultural treasures of green Umbria.

The Trip in a Nutshell



Participants: Minimum 1 person

Period: Daily from 1 April till 31 October 2027 (exclusive from 08/08 - 22/08/2027 inc.)

Difficulty level: 2 (medium; also suitable for e-bike) The routes follow quiet country lanes and cycle paths. You will ride in a hilly landscape with gentle up- and downhill cycling. Basic cycling experience and training is required.

Daily distances between 24 km/15 mi and 67 km/41,5 mi
Total km: ***5 days*** 137 km/85 mi or 161 km/100 mi and ***7 days*** 211 km/131 mi or 235 km/146 mi

5 days / 4 nights
Day 1 Arrival at Assisi
Day 2 Loop ride to Bevagna passing Spello and Foligno (44 km/27,3 mi or 56 km/34,7)
Day 3 Assisi – Torgiano- S. Martino in Campo (44,5 km/27,6 mi or 40,5 km/25 mi)
Day 4 S. Martino in Campo – Passignano sul Trasimeno (52 km/32 mi or 60 km/37,2 mi)
Day 5 End of tour after breakfast

7 days / 6 nights
Day 1 Arrival at Assisi
Day 2 Loop ride to Bevagna passing Spello and Foligno (44 km/27,3 mi or 56 km/34,7)
Day 3 Assisi – Torgiano- S. Martino in Campo (44,5 km/27,6 mi or 40,5 km/25 mi)
Day 4 S. Martino in Campo – Castiglione del Lago (59 km/36,6 mi or 67 km/41,6 mi)
Day 5 Loop ride to Chiusi (43 km/26,7 mi)
Day 6 Castiglione del Lago – Passignano sul Trasimeno (24 km/15 mi)
Day 7 End of tour after breakfast

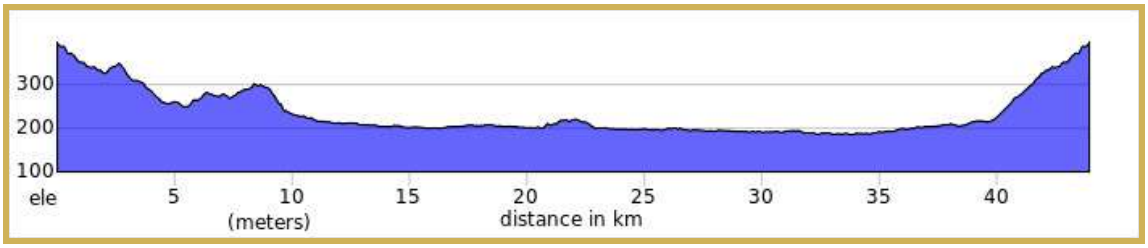
The Daily Program

Program day by day of the 5-day tour

Day 1: Arrival in Assisi – Start Your Cycling Holiday in Umbria
Your cycling adventure in Umbria begins in **Assisi**, the medieval jewel set on the slopes of **Mount Subasio** and overlooking the green Umbra Valley. This UNESCO World Heritage town is the perfect place to immerse yourself in history, spirituality, and authentic Italian atmosphere.
After your arrival, take your time to explore the charming alleyways, lively squares, and cafés where you can enjoy a cappuccino, a glass of local wine, or a refreshing gelato. Assisi offers countless highlights, including the **Basilica of St. Francis**, the **Basilica of St. Clare**, the medieval fortress **Rocca Maggiore**, the Roman Forum, and several excellent museums.
In the late afternoon, you'll meet our staff for **bike fitting and tour briefing**, ensuring a comfortable and smooth start to your cycling tour.
Overnight stay with breakfast in Assisi

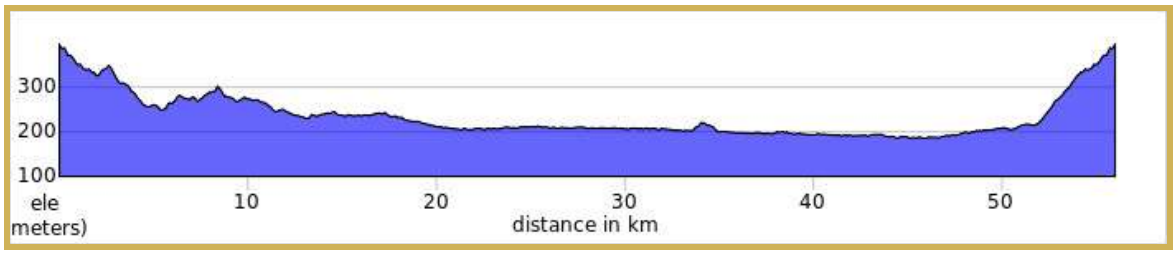
Day 2: Spello – Foligno – Bevagna
After breakfast, you hop on your bike for a beautiful ride through the lush Umbrian Valley. Your first destination is **Spello**, reached via the scenic *Via degli Olivi*, one of the most charming routes in the area. Spello has preserved its medieval soul, and as you wander through its narrow alleys and lively flower-filled squares, you'll understand why it is considered one of the prettiest villages in Umbria. The town is also famous for the **Infiorate**, the extraordinary flower carpets created each year for Corpus Domini.
Leave your bike for a while to explore the historic centre on foot. Highlights include the **Church of Santa Maria Maggiore** with the stunning Baglioni Chapel painted by Pinturicchio, the **Church of Sant'Andrea**, the art gallery, the Roman mosaics, and the **Porta Consolare**.
Back on your bike, you continue through the valley, cycling past fields of grain, sunflowers, vineyards and olive groves. After passing through the welcoming town of **Foligno**, you reach **Bevagna**, one of the few Umbrian towns built on the plain rather than a hilltop. With its Roman remains and enchanting medieval atmosphere, Bevagna is a true gem. Don't miss **Piazza Silvestri**, one of the most beautiful squares in Umbria, framed by the Palazzo dei Consoli and two impressive Romanesque churches. Other interesting sites include the Roman bath mosaics and a preserved medieval house.
You return to Assisi along a peaceful section of the **Assisi–Spoleto cycle path**, surrounded by nature and Umbrian countryside views.

Overnight stay with breakfast at Assisi
Short Track:
Distance: 44 km/27,3 mi
Ascent / Descent: +382m –381m
Paved: 99%; Unpaved: 1%



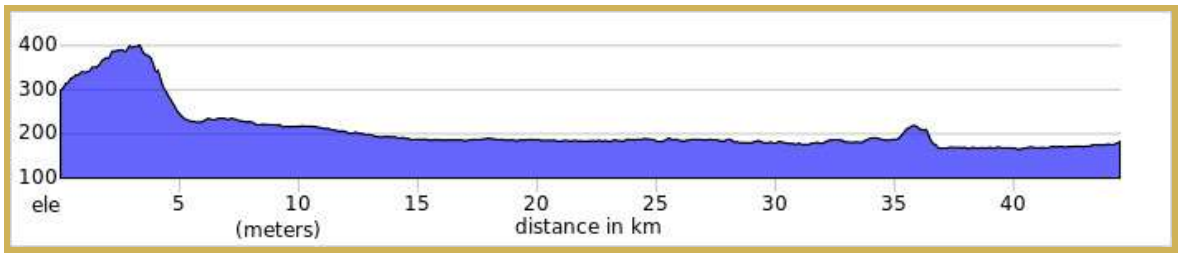
Long Track
Distance: 56 km/34,7 mi

Ascent / Descent: +434m –433m
Paved: 98%; Unpaved: 2%

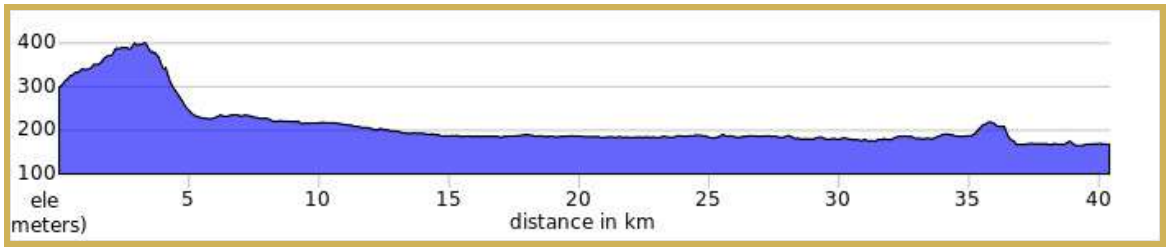


Day 3: Assisi – Torgiano – San Martino in Campo
Today's route takes you through the heart of Umbria, following quiet country roads from Assisi to the wine-producing town of Torgiano and onward to San Martino in Campo. After leaving Assisi, you cycle first to **Santa Maria degli Angeli**, home to the impressive basilica that shelters the **Porziuncola**, the tiny chapel where St. Francis lived and died.
You continue pedalling through peaceful farmland until you reach **Torgiano**, a charming hilltop village once known as an important river port. Surrounded by vineyards and olive groves, Torgiano is one of Umbria's most renowned wine areas and the first in the region to achieve the **DOC wine designation**. In the historic centre, you can visit the **Wine Museum** and the **Olive and Oil Museum**, both excellent stops for travellers interested in local culture and gastronomy.
From Torgiano, a final short ride leads you through the countryside to your destination: **San Martino in Campo**, where you can relax and enjoy the tranquillity of the Umbrian landscape.

San Martino in Campo
Overnight stay with breakfast
Distance: 44,5 km/27,6 mi
Ascent / Descent: +231m –352m
Paved: 82%; Unpaved: 18%



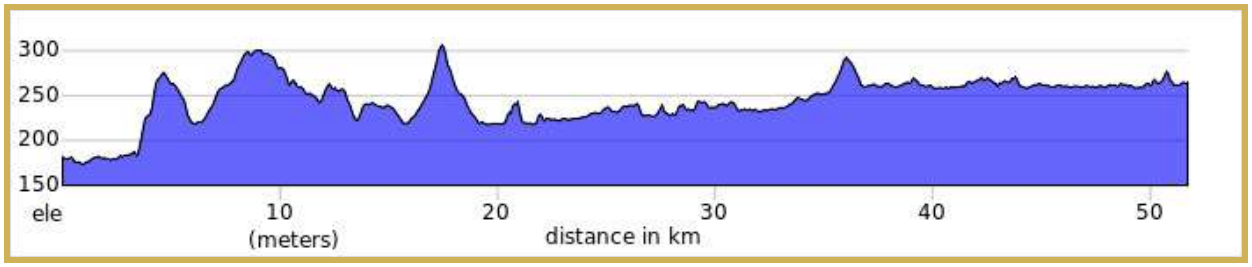
Country House Case Coloniche
Overnight stay with breakfast
Distance: 40,5 km/25 mi
Ascent/Descent: +217m –351m
Paved: 85%; Unpaved: 15%



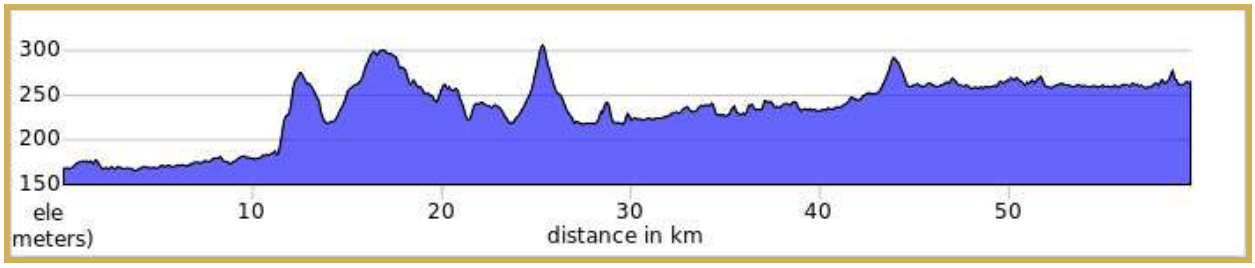
Day 4 S. Martino in Campo – Passignano sul Lago Trasimeno

Today you enjoy a wonderfully relaxing ride on quiet backroads before joining the scenic Perugia–Lago Trasimeno cycle path. The route is mostly easy, with just two short climbs at the start, and rewards you with sweeping views of olive groves, cultivated fields, and the gentle Umbrian hills. Once you reach the lakeshore, you follow the dedicated bike path almost entirely to Passignano sul Trasimeno. From the charming historic centre, ferries depart for Isola Maggiore, the only inhabited island on Lake Trasimeno and a lovely option for an afternoon visit.
In the evening, you can stroll along the lakeside promenade and enjoy dinner in one of the many restaurants overlooking the water—an ideal way to end another beautiful day of cycling in Umbria.

Overnight near the centre in a *** or **** star hotel
From San Martino in Campo
Overnight with breakfast in a Passignano
Distance: 52 km/32,3 mi
Ascent/Descent: +553m –469m
Paved: 78%; Unpaved: 22%



From Case Coloniche
Overnight with breakfast in a Passignano
Distance: 60 km/37,2 mi
Ascent/Descent: +589m –493m
Paved: 78%; Unpaved: 22%



Day 5 End of tour after breakfast
Your tour to discover the Umbrian Valley and Lake Trasimeno has come to an end. After breakfast, departure and end of our services.

Program day by day of the 7-day tour

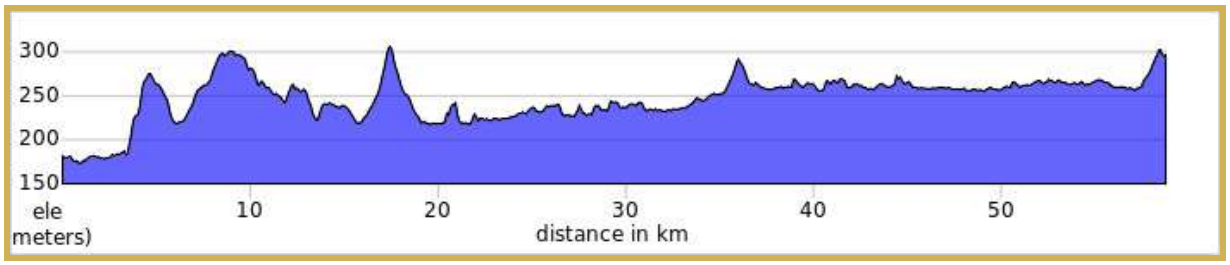
Day 1: Arrivo individuale ad Assisi
See program of day 1 of 5 day tour

Day 2 Spello - Bevagna
See program of day 2 of 5 day tour

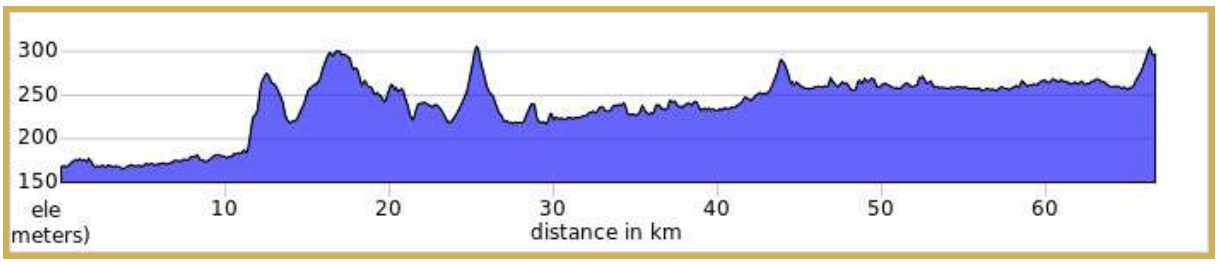
Day 3 Assisi – Torgiano – S. Martino in Campo
See program of day 3 of 5 day tour

Day 4: From S. Martino in Campo to Castiglione del Lago – Cycling to Lake Trasimeno
Today's stage offers a wonderfully relaxing ride through the Umbrian countryside. You start on quiet rural roads before joining the scenic **Perugia–Lake Trasimeno cycle path**. The route is mostly easy, with two steady climbs at the beginning, and rewards you with wide-open views of rolling hills, olive groves and cultivated fields.
As soon as you reach the shores of **Lake Trasimeno**, the itinerary becomes completely peaceful. You follow long stretches of the lakeside cycle path until reaching **Castiglione del Lago**, a picturesque town perched on a promontory at the northern tip of the lake, right on the border with Tuscany.
Castiglione del Lago features a charming small port with ferries to the lake's islands (Maggiore, Minore and Polvese). The historic centre offers beautiful lake panoramas and traces of its **Etruscan and Roman origins**, as well as the impressive 13th-century fortress **Rocca del Leone**, built by Emperor Frederick II. The lively squares and cafés make this an inviting spot to relax and enjoy the atmosphere of Trasimeno.
Tonight, you stay in the historic centre in a *** hotel or a boutique B&B.

From San Martino in Campo
Overnight stay with breakfast at Castiglione del Lago
Distance: 59 km/36,6 mi
Ascent / Descent: +617m –501m
Paved: 68%; Unpaved: 32%



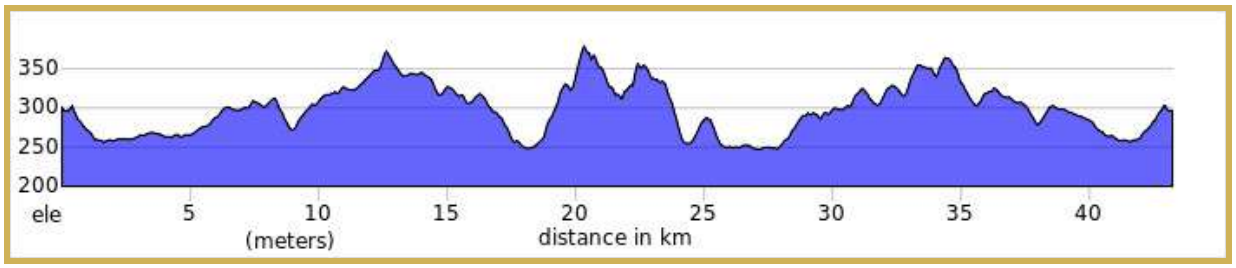
From Case Coloniche
Overnight stay with breakfast at Castiglione del Lago
Distance: 67 km/41,6 mi
Ascent / Descent: +651m –523m
Paved: 70%; Unpaved: 30%



Day 5: Scenic Loop Ride to Chiusi – Exploring Etruscan History Between Two Lakes
Today you enjoy a beautiful cycling route through the rolling hills between **Lake Trasimeno** and **Lake Chiusi**—an ideal setting for anyone who loves nature, culture, and slow travel. Your destination is **Chiusi**, an ancient town perched on a hilltop with stunning views over the Val di Chiana.

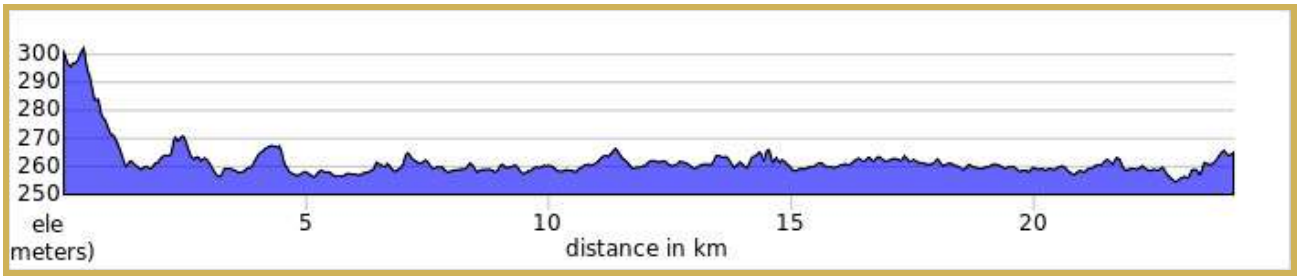
Chiusi reached its peak during the reign of the legendary **Etruscan king Porsenna** in the 6th century BC. Even today the town preserves an extraordinary archaeological heritage, with numerous **Etruscan and Roman remains**. You can visit the outstanding **Etruscan Museum**, which displays precious artifacts, or explore the fascinating **underground city**: a maze of tunnels running beneath Chiusi, filled with ancient tombstones.
The historic **Cathedral of San Secondiano**—one of Tuscany's oldest churches—is also worth a visit.
On the way back, your route leads past two important Etruscan sites: the **Tomba della Pellegrina** and the **Tomb of the Monkey**, before returning to Castiglione del Lago with wonderful panoramic views of both lakes throughout the ride.

Overnight stay with breakfast at Castiglione del lago
Distance: 43 km/26,7 mi
Ascent / Descent: +650m –652m
Paved: 85%; Unpaved: 15%



Day 6 Castiglione del Lago – Passignano sul Trasimeno
Today's ride takes you along one of the most scenic stretches of the **Lake Trasimeno cycle path**, a quiet and panoramic route perfect for relaxed cycling in Umbria. You follow the lakeside trail from Castiglione del Lago toward Passignano sul Trasimeno, enjoying wide views of the shimmering water, reeds, and gentle hills.
Since today is a shorter cycling stage, you'll have plenty of time to explore the charming lakeside village of Passignano. Relax on the small beaches, wander through the historic center, or take a ferry to **Isola Maggiore**, the only inhabited island on the lake. In the evening, enjoy a stroll along the lakeside promenade and choose from several cosy wine bars and fish restaurants overlooking the water.

Overnight stay with breakfast at Passignano sul Trasimeno
Distance: 24 km/15 mi
Ascent/Descent: +108m –143m
Paved: 63; Unpaved: 37%



Day 7 End of tour after breakfast
Your tour to explore the Umbrian Valley and Lake Trasimeno has ended. After breakfast, departure and end of our services.

Hotel & Prices & Info

Hotels: *** or ****

Prices per Person 2027: Starting from 430€

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:

- 4 or 6 nights with breakfast
- Luggage transportation
- Assistance during the tour
- Information about the tour
- Free carpark at hotel in Assisi (Not **** star in Santa Maria degli Angeli)
- App Ride with Gps, access with QR code, tracks and tour information. PDF paper road book inside the App or can be send by email
- Briefing at first hotel

The price does not include:

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

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, Gravel

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.

Start of the tour: Assisi/**End of the Tour:** Passignano sul Trasimeno