

Guided MTB tour on Mount Subasio

A captivating 3- or 4-day tour in close contact with nature

Code Tour: C011UMB



This MTB tour will be perfect for those who want to live a unique experience discovering a mountain where nature and spirituality are closely connected.

The Mount Subasio, the sacred mountain between Assisi and Spello where St. Francis and his first followers retired for long periods of meditation and contemplation. However, there is not only a deep spirituality of sacred places: in this tour, luxuriant nature will be the protagonist. You cycle surrounded by a well-preserved nature of the Regional Park that bears the same name as the mountain. You will ride with the bike guide in the shade of the woods, between meadows and olive groves, on dirt roads and even on exciting trails. You will discover uncontaminated places, medieval villages immersed in a wonderful landscape with views that will range over the entire Umbrian Valley, from Perugia to Spello. The itineraries start from the fascinating Spello, which preserves important Roman testimonies such as the Porta Venere and the Porta Consolare. Another highlight is the small but pretty walled-in village of Collepino that rises on the southern slopes of the mountain. However, Spello is not the only pearl of this trip. During the tour, there will be the opportunity to visit Assisi, a pilgrimage city rich in historical and artistic treasures of inestimable value. Its imposing appearance, with its magnificent fortress, towers and medieval buildings, will already manifest itself from afar. Assisi, closely linked

to the Saints Francis and Clare, has alleys and enchanting streets. If you arrive early you can visit it on the day of your arrival or during the afternoons after the bike rides. A must to see is the Basilica of Saint Francis, the Basilica of Saint Clare, the museums including the Roman Forum under the main square, Piazza del Comune, the Temple of Minerva and the fortress 'La Rocca'.

The bike rides have two levels of difficulty. A more easy one, both in ascent & descent as in technical difficulty. The more demanding version has more up and downhill cycling and includes passages on mountain trails.

You will cycle for half a day so there will remain the time to visit the cities of Spello and Assisi but also surrounding places, like the wine-town of Montefalco, the capital town of Perugia.

Level 3:

Moderate - difficult level. For those who love technically simple hilly and mountain routes such as dirt roads or mule tracks without too much technical difficulties and on not excessively bumpy terrain. Good physical condition and good training are required in addition to the ability to ride the bike on unpaved surfaces. This tour is not suitable for those under 18 years old. There are quite demanding elevations (800-900 m).

Average daily distance: 25 Km

Total: 50 km / 31 mi

Total ascent/descent: + 1.670m - 1.670m

Level 4:

Difficult-strenuous level. For those who love more challenging routes on hilly and mountain terrain. In addition to the passage on dirt roads and mule tracks there will be sections of the route on trails. Good athletic preparation and a good ability to ride the bike on even bumpy surfaces with sloping sections and on single tracks are required. This trip is not suitable for those under 18 years old. There will be significant daily elevations (1100-1250 m.).

Average daily distances: about 28 Km / 17,5 mi

Total: about 56 km / 34,8 mi

Total ascent/descent: +2.390m -2.390m

Tour Dates:

Every day from 1 April to October 31, on request during other months.

Number of participants: from 1 person up to 8. Larger groups on request.

This tour is not suitable for those under 18 years old, except if highly trained.

Program in short 3 days / 2 nights

Day 1 Individual arrival in Spello in the morning and Mtb Tour on mount Subasio

Day 2 Mtb Tour with free afternoon

Day 3 End of the tour after breakfast

Program in short 4 days / 3 nights

- Day 1 Individual arrival in Spello
- Day 2 Mtb Tour on mount Subasio with free afternoon
- Day 3 Mtb Tour with free afternoon
- Day 4 End of the tour after breakfast



Daily program of 4 days/ three night

Day 1 Individual arrival at your hotel in Spello

Arrival and accommodation in the *** hotel or **** hotel with the possibility of visiting the beautiful town that rises on the slopes of the mountain. In terms of urban planning, architecture and art, Spello is an extremely interesting city, with various testimonies from the Roman period. Spello is also called the city of flowers, due to its colorful alleys decorated with plants and flowers. The city is known for its Infiorata on the occasion of Corpus Domini.

Overnight stay and breakfast in Spello.

Day 2

After breakfast, meeting your guide Cristiano and departure from the hotel for the guided MTB tour.

Level 3 route:

You cycle along secondary roads surrounded by olive groves that dominate the landscape. Once on the outskirts of Assisi we will climb up to the edge of the wood pedaling on a dirt

road with a wonderful view over the valley below. We will then cycle up the slopes of Subasio and a well-deserved descend along the southern slope of the mountain will bring us to the marvelous village of Colleplino. After a short break we will descend back to Spello. Free afternoon.

Overnight stay and breakfast in Spello.

Distance: 26 km

Elevation: + 850m -850m



Level 4 route:

After a warming-up we will begin to climb Calvarone's hill, first among olive groves and then surrounded by woods. The long climb will take us to the summit meadows of Subasio Mount, all the way up to the little church of Madonna della Spella. From there, a little more climbing awaits us and we arrive almost at the top of the mountain. Here we can admire the Mortaro Grande while enjoying a view that extends across half of Umbria. Then we will descend a long section over trails until we reach the splendid hamlet of Colleplino. After a short break downhill again, to return to Spello along the famous path of the Roman aqueduct. Free afternoon.

Overnight stay and breakfast in Spello.

Distance: 26,8 km /

Elevation: + 1140m -1140m



Day 3

After breakfast, departure from the hotel for the guided MTB tour.

Level 3 route:

After a few kilometers of warm-up we will begin to climb the Ciano hill from where we can admire splendid views of Foligno in an environment characterized by lush meadows and woods. Once we have almost reached the top of the hill, near the village of Cupacci, we will start to descend to return to Spello. Free afternoon.

Overnight stay and breakfast in Spello.

Distance: 24 km

Elevation: + 820m -820m



Level 4 route:

Through the Via degli Olivi you will cycle towards Assisi. Once on the outskirts of the city the route starts to climb decisively through the woods until we reach the summit meadows of a place called Gli Stazzi. From there, through the Vallocchia valley, we will cycle on paths in the middle of the meadows towards Sasso Piano, a place full of spirituality with a breathtaking view of the valley below. We will then begin to descend towards Spello along a series of paths and mule tracks among the most evocative places of the Monte Subasio Park.

Bed and breakfast in Spello.

Distance: 29,5 km

Elevation: + 1250m -1250m



Day 4 End of the tour

Breakfast and end of our services.



Prices per person 2023:

Persons	3 Days Hotel ***	Euro
1 person	In single room solo traveller	395
2 persons	In double room	230
	In single room	275
3-4 persons	In double room	190
	In single room	235
5 persons	In double room	170
	In single room	215
6-7 persons	In double room	160
	In single room	205
8 persons	In double room	150
	In single room	205
3rd person	In triple room	65
Persons	4 Days Hotel ***	Euro
1 person	In single room solo traveller	450
2 persons	In double room	280
	In single room	330
3-4 persons	In double room	240
	In single room	290
5 persons	In double room	220
	In single room	270
6-7 persons	In double room	210
	In single room	260
8 persons	In double room	200
	In single room	250
3rd person	In triple room	90
Persons	3 Days superior Hotel ****	Euro
1 person	In single room solo traveller	460
2 persons	In double room	270
	In single room	340
3-4 persons	In double room	230
	In single room	300
5 persons	In double room	210
	In single room	280
6-7 persons	In double room	200
	In single room	270
8 persons	In double room	190
	In single room	260
3rd person	In triple room	95
Persons	4 Days superior Hotel ****	Euro

1 person	In single room solo traveller	550
2 persons	In double room	335
	In single room	430
3-4 persons	In double room	295
	In single room	390
5 persons	In double room	275
	In single room	370
6-7 persons	In double room	265
	In single room	360
8 persons	In double room	255
	In single room	350
3rd person	In triple room	130

Included in the tour:

- Information about the tour and information material
- 2 or 3 nights in the category chosen by you
- breakfast
- an expert Environmental Hiking and cycling Guide (English/Italian speaking)

Not included in the tour

- All what isn't mentioned under 'Included in the tour'



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