

Cycling and tasting excellent Umbrian wines (CG001UMB)

A 4 or 5-day cycling tour



During this tour you will discover the Umbrian valley, Valle Umbra in all its aspects. This green fertile valley stretches out from Assisi until Spoleto. Throughout history, it has been an attractive place to settle and it is here that we find the most well-known towns of Umbria and also famous wine-areas. In the surrounding hills, there are no less than four listed areas of D.o.c. (denominazione di origine controllata) or D.o.c.g. (denominazione di origine controllata e garantita): Torgiano, Assisi, Montefalco and the Monti Martani. What better way to discover some of these lovely towns and delicious wines than during a relaxed cycling holiday!

The tour starts in Spello, a small medieval town, with Roman origins built on the slopes of Mount Subasio. In the evening, you taste the first Umbrian wines combined with local delicacies. The next day, passing through Foligno, you cycle to the culturally interesting town of Bevagna. There is a lot to see and taste. The next morning you have still time to visit the town centre, because cycling to Torgiano is short. Bevagna is situated in the Montefalco wine-area and in the restaurants or wine-bars, you can taste these tasty wines. Again in the saddle, you pedal to Torgiano, also famous for its delicious wines. You will be welcomed in the Lungarotti winery and, of course, taste their wines. In Torgiano there is also an interesting wine and olive-oil museum to visit. In the evening in a nearby restaurant is served a special dinner with local specialties, like the delicious Umbrian truffle. Your last ride will bring you to Assisi, the town of Saints Francis and Clare. Take some time to visit this lovely town! Before returning to Spello, you will visit an organic winery in the Assisi D.o.c. area.

Wine tasting cycling tour



Period: Daily from 01 April until 31 October (except 07/08-20/08)

Number of participants: minimum 2 people (solo traveller on request)

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 coming back to Spello. Some cycling experience is needed.

Daily distances.

5-day tour: between 24 km / 15 mi and 33 km / 20,5 mi

Total km 84 km / 52,2 mi

4-day tour: between 33 km / 20,5 mi and 52 km / 32,3 mi
Total km 84 km / 52,2 mi

Programme in short (5 days / 4 nights)

Day 1 Arrival in Spello

8 pm: Tasting-menu in restaurant & wine-bar 'Properzio'

Day 2 Cycling to Bevagna passing Foligno (24 km / 15 mi).

Day 3 Cycling to Torgiano (28 km / 17,4 mi)

Arrival in your hotel and around 4pm: visit winery and wine-tasting at the Lungarotti winery

8pm: tasting - dinner in Restaurant Si.Ro

Day 4 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

4pm: wine - tasting at the Tili winery or the Sportoletti winery

Return to Spello

Day 5 Departure after breakfast

Programme in short 4-days / 3-nights

Day 1 Arrival in Spello

Diner in restaurant & wine-bar 'Properzio'

Day 2 Cycling to Torgiano passing Bevagna (52 km/32,3 mi; Ascent/descent:+290m-360m)

Around 4pm: visit winery and wine-tasting at the Lungarotti winery

Arrival in your hotel

8pm: dinner in Restaurant Si.Ro

Day 3 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

4pm: wine-tasting at the Tili winery or the Sportoletti winery

Return to Spello

Day 4 Departure after breakfast

* maybe because of the weekly closing day of the wine-bars the wine-tasting and diner can be inverted

Daily programme of the 5 day / 4 night tour:

Day 1 You arrive at your 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.

At 18.15, you have a tasting-menu in a restaurant / wine bar 'Properzio':

- Bruschette with 2 different olive oils and fresh tomatoes / white wine Fendi*
- Tagliatelle with truffle (if you do not like truffle tagliatelle with fresh tomatoes) / wine Brunello or Super Tuscan*
- Meat balls of Chianina with salad / wine Sagrantino 25 anni Caprai*
- Dessert, caffè and grappa

* or a similar wine

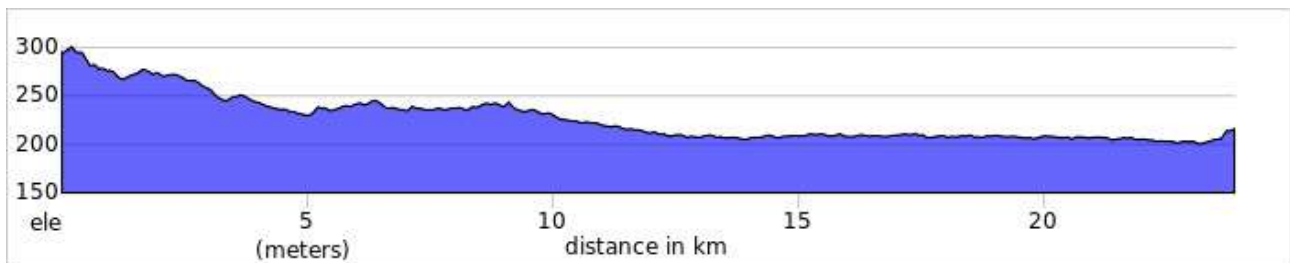
Day 2 Spello - Foligno - Bevagna

The next morning you will still have some time to visit Spello followed by a cycling tour through the colourful valley and a visit to Foligno. Interesting are the cathedral and archaeological museum in the Trinci palace or just linger through the shopping streets with its many boutiques. The Via Gramsci is a street full of cosy restaurants with choice for every ones taste ! Back in the saddle, you continue to Bevagna, a town of Roman origins situated in the famous wine area of the Sagrantino d.o.c.g. and the Rosso di Montefalco d.o.c. Your accommodation is in the medieval centre of town in a B&B, *** or Residence d'epoca.

Overnight stay with breakfast in Bevagna

Distance: 24 km / 15 mi

Ascent / descent: + 104m - 184m



Day 3 Cycling to Torgiano

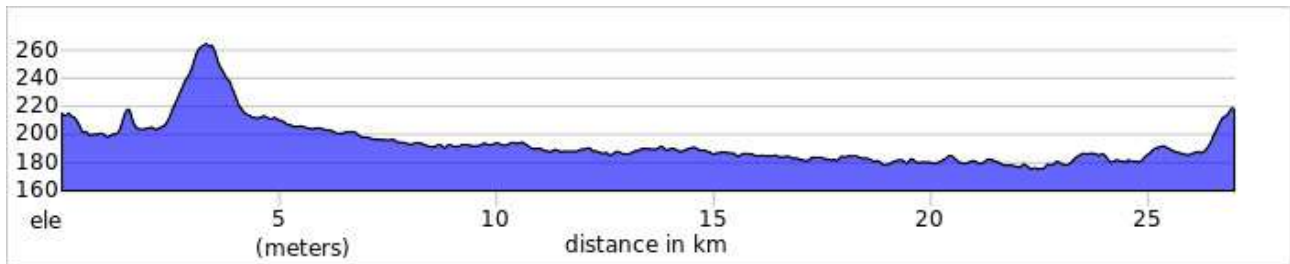
The next morning after breakfast, you cycle to Torgiano. First, a short climb passing the small walled-in Torre del Colle and then you descend into the valley. Torgiano was once a fortified town and the Baglioni tower remains as a silent witness to its history. The town is situated in a slightly hilly landscape at the confluence of the rivers Tiber and Chiascio. In the early Middle Ages, the Benedictines planted olive groves and vineyards in these fertile hills, sowing for what is now a listed d.o.c.g. area where the famous Torgiano Rosso Riserva is made. When you have time, you may well wish to visit the wine museum, housed in the 'palazzo Grazioni-Baglioni'. Here the visitor is provided with an insight into the various techniques associated with the viticulture and winemaking. The museum has a rich art collection from Etruscan until modern times. In the afternoon, you will visit the winery of the Lungarotti family and afterward will taste their special wines.

In the evening is served a very special dinner: you will taste some typical Umbrian dishes (appetizers, 'primi' (pasta -risotto), 'secondo' (main course), vegetables and a coffee with grappa or another after-dinner spirit). The lover of black truffle can also enjoy some dishes prepared with these "Diamonds of the Kitchen."

Overnight with breakfast in *** hotel (on request possible ***** hotel)

Distance: 28 km / 16,8 mi

Ascent / descent: + 190m - 187m



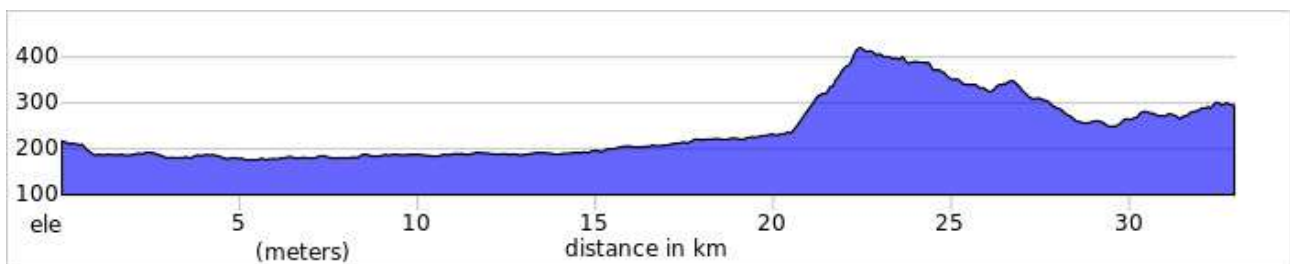
Day 4 Cycling to Spello, passing Assisi

The next day you will cross, cycling along quiet country roads, the valley to reach Assisi... but before entering town, you will first have to conquer the hill on which it is built. After this steep climb, you will enter this picturesque town and will agree that it was definitely worth the effort. After your visit you will continue cycling to Spello, but before reaching it you will be welcomed at an organic winery in the Assisi d.o.c. area. The kindly owners will explain all about their wine - making process and of course you will taste some of their excellent wines. After the wine - tasting you will cycle amongst olive groves, back to Spello.

Overnight stay with breakfast in *** or **** star hotel

Distance: 33 km / 29,5 mi

Ascent / descent: + 398m - 320m



Day 5 End of tour after breakfast

After breakfast end of this tasty wine & food tour!

Hotels

Standard or superior

Rates per person 2023:

Hotel Superior 5 days	Price in Euro
Sharing double room	662
Single room	810
3 rd person in triple	425
Hotels Classic	
Sharing double room	510
Single room	600
3 rd person in triple	363

Extra's	
Ebike rental	115
Bike rental	70
Helmet	5
Hotel Superior 4 days	
Sharing double room	504
Single room	615
3 rd person in triple	425
Hotels Classic	
Sharing double room	435
Single room	503
3 rd person in triple	330
Extra's	Price in Euro
Ebike rental	90
Bike rental	60
Helmet	5

The tour price includes:

- 3 or 4 overnight stays with breakfast
- Route descriptions and maps of the mentioned cycle tours.
- Gps tracks
- 1 tasting menu in enoteca a Spello (incl wine)
- 1 wine-tasting in Torgiano
- 1 tasting dinner in Torgiano
- 1 wine-tasting at organic winery near Spello
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded:

- Local tourist tax to be paid directly in the hotel

Our rental bikes:

E-bike or hybrid trekking bikes



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