

Eno-gastronomic cycling Tour (CG002UMB) **Cookery course, sampling delicious wines and excellent local food**

An 8-day cycling tour



This tour for foodies offers the possibility to get to know the beautiful green and hilly Umbria in a different way, thanks to this perfect combination of cycling in a natural environment, exploring around culturally interesting towns and discovering the excellent wines and gastronomic traditions of this lovely area. The tour starts in Spello, a lovely medieval town, built on the slopes of Mount Subasio. In the evening a tasting dinner in an enoteca to start to taste Umbria's delicacies. The next day you cycle to the cultural interesting town of Spoleto, where you will have a cooking class during which you will discover some secrets of the Umbrian & Italian cookery. There is a lot to see and taste. The you cycle to San Luca is short. In the village of San Luca, you will stay in a villa, the Zuccari residence since the 16th century, at the foot Montefalco. An extra loop ride will bring you to this captivating wine town, famous for its delicious Sagrantino wines. Again, in the saddle, you pedal to the medieval town of Bevagna and after it a short ride will bring you to Torgiano, also famous for its excellent wines. These wines you will taste in the Lungarotti winery. During the second day of your stay in Torgiano, you can choose to make a nature ride in the surroundings, visiting the town of Deruta, famous for its ceramics or to visit the county town of Perugia. In the evening, there is a very special dinner in a nearby restaurant. You will taste delicious Umbrian truffle dishes. Your last short ride will bring you to the graceful town of Assisi, the town of Saint Francis and Clare.



Period 2023: Every day of the week from April until end of October (exclusive Easter 07-10/04 and 07/08-20/08). During Spoleto Festival (23/06-09/07/2023) on request

Number of participants: minimum 2 people

Level of difficulty: 2

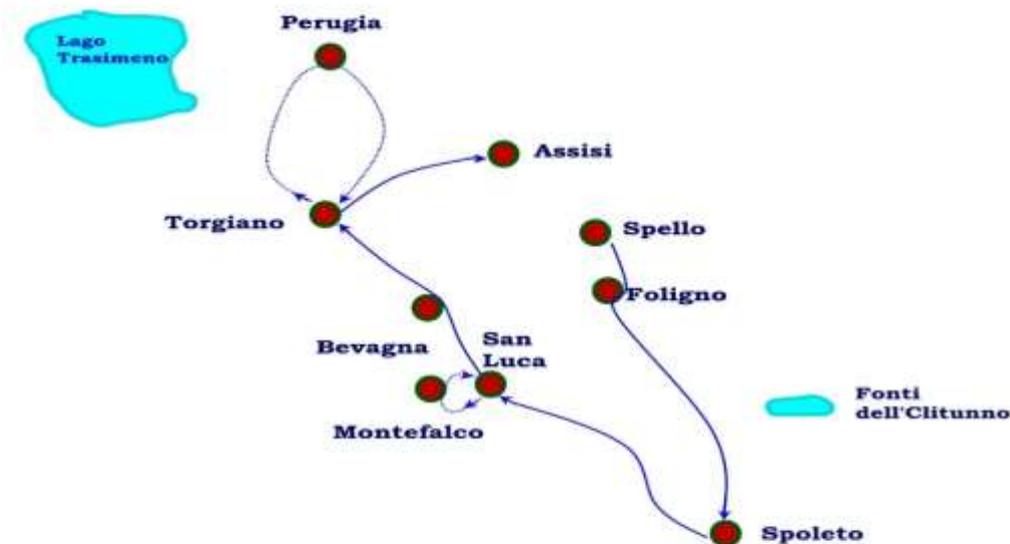
Medium difficulty.

You cycle through a landscape of gentle, rolling hills. Throughout these tours the steeper slopes are short and the longer ones are not too steep. Cycle experience is needed

The daily distances are restricted to between 15 km / 9,3 mi and 47 km / 29 mi

Total km: minimum 169 km / 105 mi and maximum 190km /118 mi

Umbria Gourmet by bike



Daily programme:

Day 1 Individual arrival at your hotel ** in Spello** The hotel is situated in the historical centre of the town and has a terrace offering a magnificent view of the Valle Umbra and the surrounding hills. At the end of the afternoon, there is a route briefing and bike set-up.

In the evening, 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

* The wines can be replaced by a similar brand, depending on availability

Day 2 Spello - Spoleto

Today you will leave Spello and cycling through the valley you cross the centre of Foligno, an alluring town with not only interesting monuments, but also many good restaurants, bars and shops. Then it goes up to Spoleto. Your hotel **** is situated at the border of the historical centre.

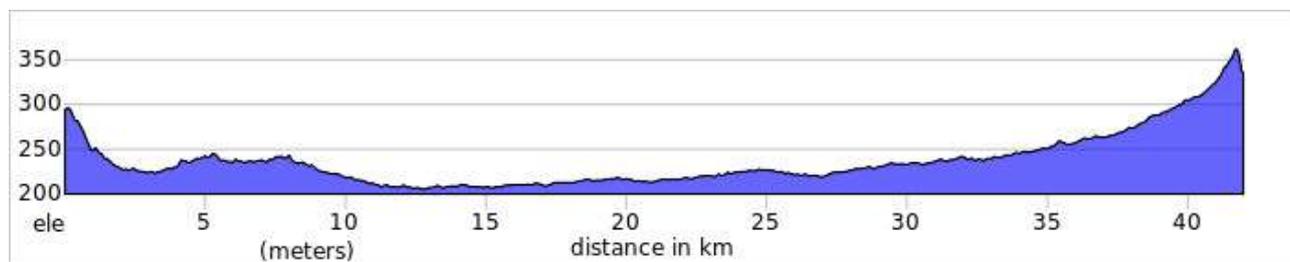
Distance: 42 km / 26 mi

Ascent / Descent: + 258m -217m

Starting point: + 290m

Ending point: 350m

Highest point: +320m



Day 3 Spoleto

Today is dedicated to the lovely town of Spoleto.

In the morning you have time to explore Spoleto or (on request) you can ask us the route descriptions of a loop walk of 11 km on Mount Luco. In Spoleto there is a lot to see: the castle, the medieval aqueduct Ponte delle Torri, a roman house, the roman theatre with archaeological museum, the cathedral, the modern art museum...

In the afternoon* you will have a cookery course (1 ½ hr) You will learn to make a delicious 'antipasto' and 'primo' (pasta or risotto) or an antipasto and secondo. During dinner, of course, you will taste these dishes.

*in some occasions the cookery lesson can be in the morning followed by a lunch

Day 4 Cycling to San Luca (Montefalco)

The ride of today is not so long, but more hilly. Climbing out of the valley, you cycle through an undulating landscape full of olive groves. San Luca, is situated in a small

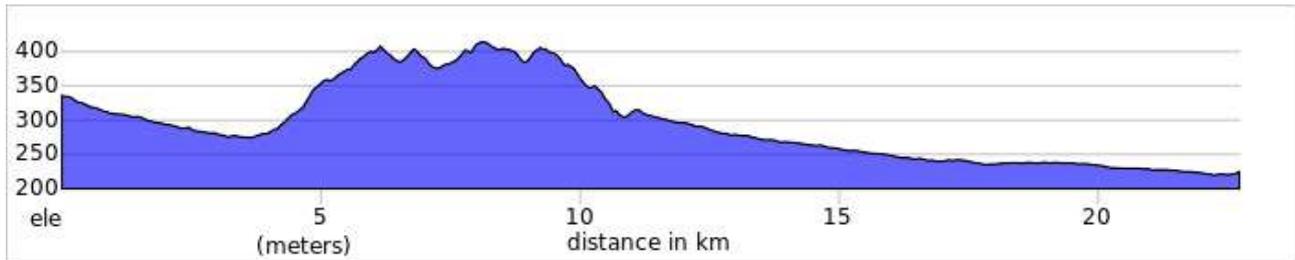
village at the foot of Montefalco. You can decide to make an extra loop to visit Montefalco or have a rest in the nice Villa Santa Barbara. To reach the lovely town of Montefalco you have to conquer the hill on which the town is built. Montefalco is famous for its Sagrantino dog wines and in the medieval town centre, there are some nice churches and the museum 'San Francesco' to visit. A relaxing downhill ride brings you to your hotel.

Overnight with breakfast and dinner gourmet

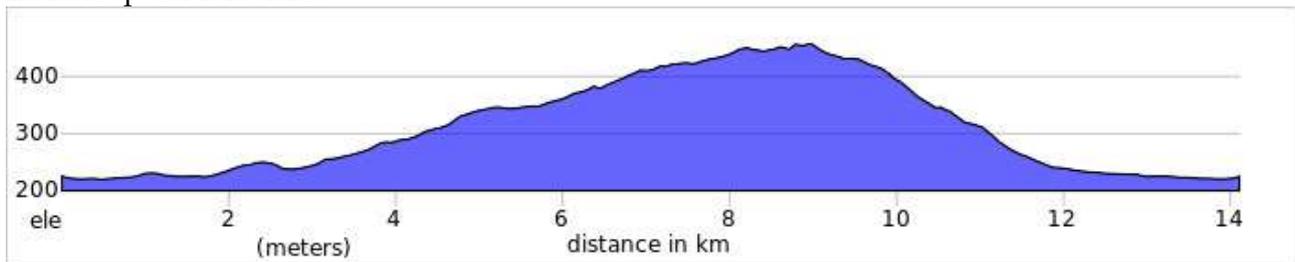
Distance: 23 km / 14,3 mi or 37 km / 23 mi (visiting Montefalco)

Ascent / Descent: +230m -341m or +488m -598m

To San Luca



Extra loop to Montefalco



Day 5 San Luca - Torgiano

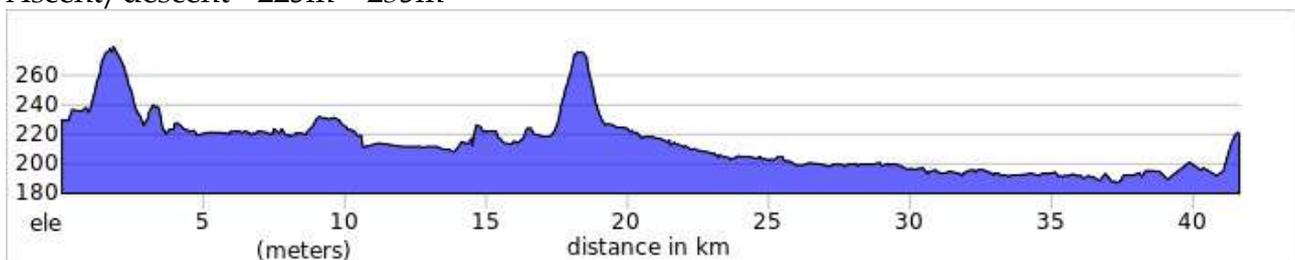
After breakfast in the saddle again and you cycle to Bevagna, which has a lovely medieval square with a fountain and two Romanesque churches. The square is a real meeting place for the friendly inhabitants of the town.

After visiting Bevagna a short ride mostly through the valley will lead you to the small town of Torgiano, in medieval times a fortified village, situated on the confluence of the rivers Chiascio and Tiber (Tevere). The town is famous for its excellent wines. You have enough time to visit the nice wine museum with its rich collection of ceramics and art (subject wine making) from Etruscan until modern times.

In the afternoon in the 'winery of the Lungarotti family, you will visit the winery and taste their excellent Torgiano wines. Your hotel is in the quiet town centre.

Distance: 41,6 km / 25,8 mi

Ascent/descent +225m - 235m



Day 6 Visiting the town of Perugia or a cycling tour in the surroundings of Torgiano

Today there are two options:

Visiting the town of Perugia

Perugia is the capital of the province. A short cycle tour takes you to the station in Ponte S. Giovanni at the foot of Perugia. From here, the train or bus will take you into the historical centre of Perugia. You can also choose to cycle all without a bus or train. The centre, with its little alleys and characteristic town squares, is a lively vibrant place. The renaissance palaces, medieval churches, museums and many galleries will make a lasting impression. After your visit, you return by train and bike back to the peaceful, hospitable town of Torgiano.

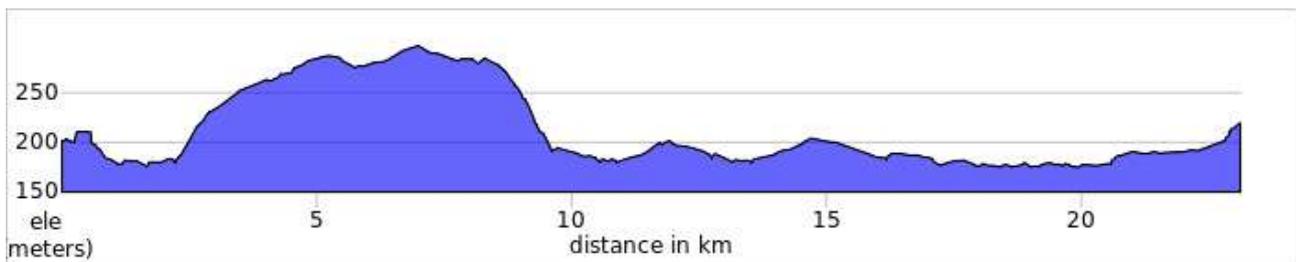
Distance: 24 km / 14,9 miles

Ascent / Descent: + 218 m -212m

Starting point: + 220m

Ending point: 220m

Highest point: +297m



Cycling all the way up to Perugia

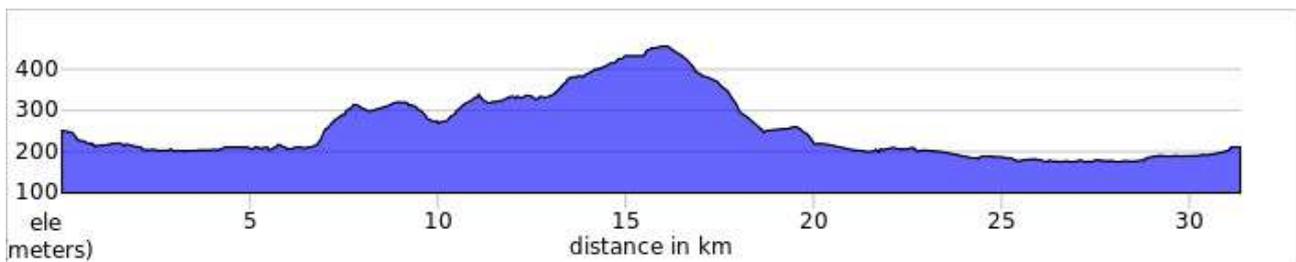
Distance: 33 km / 20,5 miles

Ascent / Descent: + 400m -442m

Starting point: + 220m

Ending point: 220m

Highest point: +457m



or

A trip in the surroundings of Torgiano

Close to Torgiano (6 km) is the village of Deruta, which has, in part managed to retain the highly distinctive features of its medieval buildings. Deruta is universally famous for its ceramics and there are many ateliers to visit. The origins of this ancient art go back as far as the Etruscan times and nowadays the many local workshops still make excellent quality ceramics. Numerous Italian and foreign museums have pieces of Deruta ceramics on show, including the Victoria and Albert Museum. The town hall hosts the art gallery and the ceramics museum. The next stop is the sanctuary of Madonna dei Bagni, which has built after a miracle, which took place in the year 1657. Inside the church, there are more than 600 votive tiles, all testimony to the tradition of the Deruta ceramics. Cycling through a beautiful hilly landscape, you pass typical Umbrian hamlets like Casalalta. Your cycle back to Torgiano is through the Tiber valley.

Longer route

Distance: 51 km / 32 mi

Ascent / Descent: +604m - 603m



Shorter route

Distance: 35 km / 22 mi

Ascent / Descent: + 209m - 208m



Tonight a very special dinner will await you in the restaurant Si.Ro. 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). For the lover of black truffle, you can also enjoy some dishes prepared with these "Diamonds of the Kitchen."

Day 7 Cycling to Assisi

Today a short ride in which you will cross the valley, cycling along quiet country roads. Already from afar, you will see Assisi, like many other Umbrian towns built on a hilltop. Before reaching Assisi, however, you can stop for a moment to visit the Franciscan basilica in S.Maria degli Angeli. Under its impressive dome still lies the humble little chapel 'Porziuncola' where Saint Francis came to pray. You will have enough time to visit the main monuments of the town, like the basilica of Saint Francis with its beautiful frescoes by the painters Giotto, Simone Martini, Cimabue and Pietro Lorenzetti.

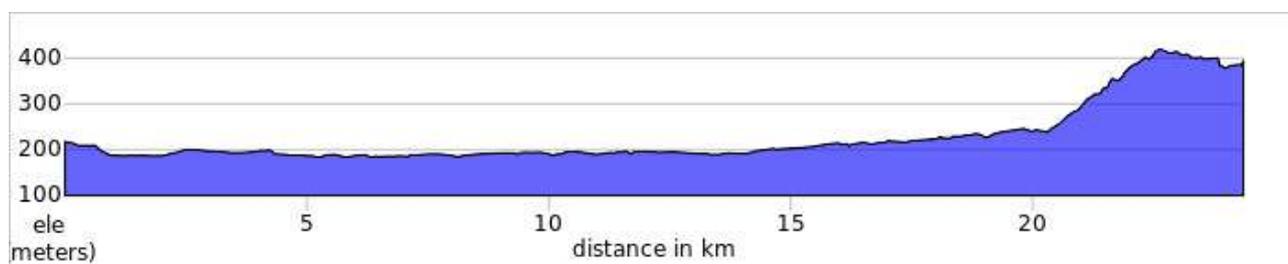
Distance: 24,4 km / 15,2 miles

Ascent / Descent: + 251 -54m

Starting point: + 220m

Ending point: 380m

Highest point: +380m



Day 8 End of tour after breakfast

Hotels standard / rooms standard:

*** or **** stars

Hotels superior / rooms superior:

**** or ***** stars

Rates per person 2023:

Standard rooms & hotel *** in Assisi	price
Double room	880
Single room	1.094
Upgraded rooms & hotel **** in Assisi	
Double room	1.065
Single room	1.408
Bike rental hybrid	85
e-bike	190
Helmet to be booked with the reservation of the tour	5

The tour price includes:

- 7 overnight stays with breakfast
- 1 tasting menu in enoteca a Spello (incl wine)
- 1 gourmet dinner in San Luca (excl. drinks)
- 1 tasting dinner in Torgiano
- 1 cookery lesson, dinner or lunch after the cookery lesson in Spoleto
- 1 wine-tasting in Torgiano
- Route descriptions and maps of the mentioned cycle tours. Gps tracks on request available
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded:

- Local tourist tax to be paid directly in the hotel



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