

A yummy bike path (CG 005 UMB)

A 5- or 6-day cycling holiday



This Assisi-Spoleto bike path tour has an easy level and is full eno-gastronomic surprises, a yummy cycle route. It is a tour suitable for everyone. You cycle along a nice bike path, substantially flat, crossing the Valle Umbra and connecting the three interesting historical towns of Assisi, Bevagna and Spoleto. This tour is a delightful mixture of cycling and a food & wine experience.

The tour starts in Assisi and you have time enough to discover this captivating town. You cycle through a wonderful landscape of the Umbrian valley, full of medieval towns, which are perched like little jewels on hilltops. You pass the little old town of Cannara, famous for its red onions, and continue pedalling to Bevagna, the Roman Mevania, on the list of the most beautiful 'Borghi' of Italy. It has numerous remains of the Roman age, many medieval town palaces (Palazzi) and churches. Just before reaching Bevagna you will visit of a winery for an appetizing wine-tasting combined with local cheese and bruschetta. The next day, after breakfast in the saddle again and today you cycle mostly alongside the bank of the river Maroggia. You have a nice view of the wine town of Montefalco and Trevi, the capital of olive oil. At Campello sul Clitunno you can leave the

bike path to visit the Clitunno sources, much praised by Goethe. You continue for Spoleto and from a distance, you have a beautiful view of the imposing fortress that rises above the town centre. At the end of this gourmet experience, a delicious Italian meal (fresh local products prepared with a modern touch) in one of the best restaurants in Spoleto. You have your overnight stay in the historic centre close to the amphitheatre, cathedral and Ponte delle Torri .

This tour can be extended with an extra night at Assisi. On this extra day, you will have a chance to make a round trip to visit medieval Spello. Cycling along quiet country roads, you reach this lovely town, built against the slopes of Mount Subasio. There is a lot to see, like the museum with Roman Mosaics, the frescoes of Pinturicchio in the S.Maria Maggiore church and the Roman town gate Porta Consolare.



Period: From April till the end of October (other months on request)

Participants: 2 or more people

Difficulty: 1

Easy cycling along cycle paths or quiet country roads. Suitable for those who do not have or have little training. Families can undertake them with young children. The gentle routes are along quiet country lanes or cycle paths, usually flat or with little gradient (no more than 200m). You cycle three hrs. a day and have enough time to enjoy villages along the route. Please note that the cycle path is sometimes a signed quiet country road.

Average daily distances: between 24-35 km / 15-21 miles

Total km/miles: 5 days 59 km / 36,7 mi or 6 days 93 km/ 57,8 mi

Assisi-Spoleto bike path



Program 5-day / 4-night tour

- Day 1 Individual arrival in Assisi
- Day 2 cooking class in winery and time to visit Assisi
- Day 3 Assisi-Bevagna (24,7 km / 15,3 miles)
- Day 4 Bevagna - Spoleto (34 km / 21,1 miles)
- Day 5 End of tour after breakfast

Program 6-day / 5-night tour

- Day 1 Individual arrival in Assisi
- Day 2 visit of Assisi and cooking class
- Day 3 ring route to Spello (35 km / 21 miles - Ascent / Descent: - 105m + 105m)
- Day 3 Assisi-Bevagna (27 km / 17 miles - Ascent / Descent: - 25m + 25m)
- Day 4 Bevagna - Spoleto (27 km / 17 miles - Ascent / Descent:- 10m + 100m)
- Day 5 End of tour after breakfast

Daily program 5-day / 4-night tour

Day 1 Arrival at your hotel in Assisi

The start of this cycle tour is in Assisi, belonging to the Unesco world heritage. In Assisi many places and monuments have a strong unbreakable bond with the saints Francis and Clare, who lived here in the 13th century. The medieval character of Assisi is well-preserved and there is a lot to see. Your comfortable **** hotel is in the new part of town 4 km from the old town centre.

At the end of the afternoon drop off bicycles, if rented, bike fitting and route briefing. In the evening a welcome dinner in the gourmet restaurant of your **** hotel

Overnight with breakfast en diner



Day 2 Assisi and food experience with cooking class

After breakfast at 9.45 you have a transfer by car to an organic winery positioned in the Assisi D.o.c. wine area. After a warm welcome, Annalaura and Maria will cook together with you a typical Umbrian meal consisting of an antipasto, handmade pasta or gnocchi

and Tozzetti or the Rocciata that combines well with the excellent dessert wine. During lunch, you taste the recipes you have made and every dish will be combined with a wine of the winery. With a transfer you are brought to Assisi old town centre and with a cultural description you can make a town walk passing the most important monuments of Assisi, a town where history, traditions and art are fused together in harmony. You can enjoy yourself wandering through the alleys, stepped streets and crossing the squares with many terraces, inviting you to enjoy a delicious Italian 'gelato' or drink a hot cappuccino. There is much to see such as the basilicas of St. Francis and St. Claire, the castle, many museums and the Roman Forum. By bus you return to your hotel in Santa Maria degli Angeli or on foot (3 km)

Overnight with breakfast and cooking lesson/lunch.

Day 3 Assisi - Bevagna and a tasty wine-tasting

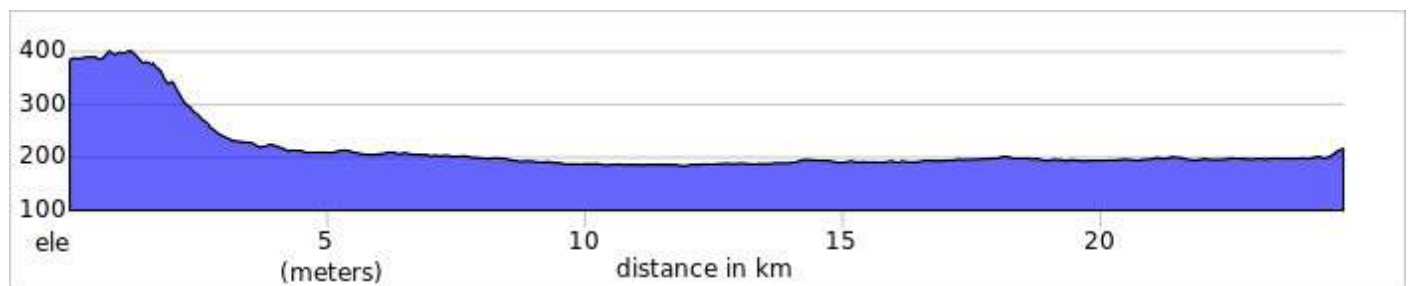
Today on your first ride, you pass the village of Cannara, that every year has a famous celebration, dedicated to the red onion that is grown here. You leave for a moment the cycle route to go to a winery to taste some delicious Umbrian wines in the Montefalco Rosso and Sagrantino win area. A short ride left to reach Bevagna, one rare example of a historic centre built on the plain and not on a hilltop. Bevagna boasts both a Roman past and a medieval aspect. Piazza Silvestri is a very interesting square, a cheerful meeting place for the inhabitants, with its gothic Palazzo dei Consoli and two Romanesque churches. You can also visit the Roman mosaics and a medieval house.

Your hotel is situated in the historic centre of town.

Overnight with breakfast in Bevagna.

Distance: 24,7 km / 15,3 mi

Ascent/ descent: +99m - 217m



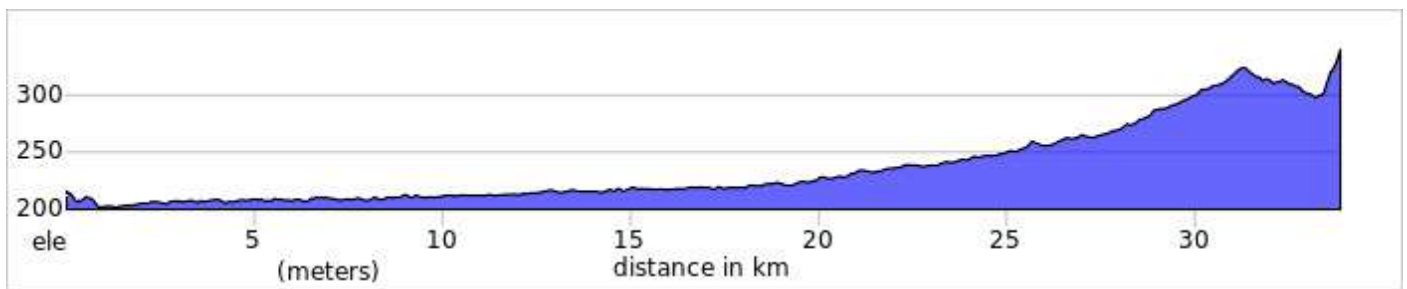
Day 4 Bevagna - Spoleto and a delicious farewell dinner

On this last day, you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will get into the city from the bike path and cycle up to your hotel. The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the Roman house and the Amphitheatre are situated in the upper part of the city. On your last night of the tour, a delicious Italian meal (fresh local products prepared with a modern touch) in one of the best restaurants in Spoleto.

Overnight stay with breakfast and dinner in hotel **** in the historic centre.

Distance: 34 km / 21 mi

Ascent/ descent: +235m - 71m



Day 5 End of tour after breakfast

After breakfast finish your gourmet cycling tour

This tour can be extended with an extra night in Assisi to visit Spello

Assisi - Spello - Assisi (35 km)

After breakfast, get ready to ride your bike and discover the green Umbrian Valley. You cycle along quiet little country roads (no bike paths) and reach Spello, fiercely situated on the slopes of Mount Subasio. The city has preserved its medieval charm very well: you will go through alleys and cross cheerful squares with flowering balconies. Leave your bikes at the foot of the historic centre and walk uphill to visit the main sights of the city: the church of Santa Maria Maggiore with inside the well-known Baglioni chapel painted by Pinturicchio, the church of S. Andrea, the Pinacoteca, the Roman mosaics and Porta Consolare (Roman Gate). Overnight with breakfast in Assisi.

Rates per person 2022

5 days	Price in Euro
In double room	500
In single room	595
Bike rental	66

e-bike	115
Helmet	5
Transfer back to Assisi at the end of the tour (1-4 people) to pick up your car in Assisi	45
6 days	
In double room	555
In single room	670
Bike rental	75
e-bike	140
Helmet	5
Supplement for overnight stay in a residence d'Epoca in Bevagna	
In double room	45
In single room	78
Transfer back to Assisi at the end of the tour (1-4 people) to pick up your car in Assisi	45

Included in the price:

- 4 or 5 overnight stays with breakfast
- Dinner first evening
- Food experience with cooking class / lunch and wine-tasting in winery near Assisi
- Transfer to the winery and pick up
- Wine tasting in Bevagna
- Gourmet dinner in Spoleto
- route instructions and maps
- Gps tracks
- luggage transportation (on request discount for tour without luggage transportation)
- if rented bikes is included pick up of the bikes in Spoleto
- Clients assistance
- Cultural information

Not included in the price

- Local tourist tax, which has to be paid directly in the hotel (around 2 euro per person per night in Assisi and Spoleto, depending on the category of the hotel).



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