

Cycling and tasting excellent Umbrian wines (CG001UMB)

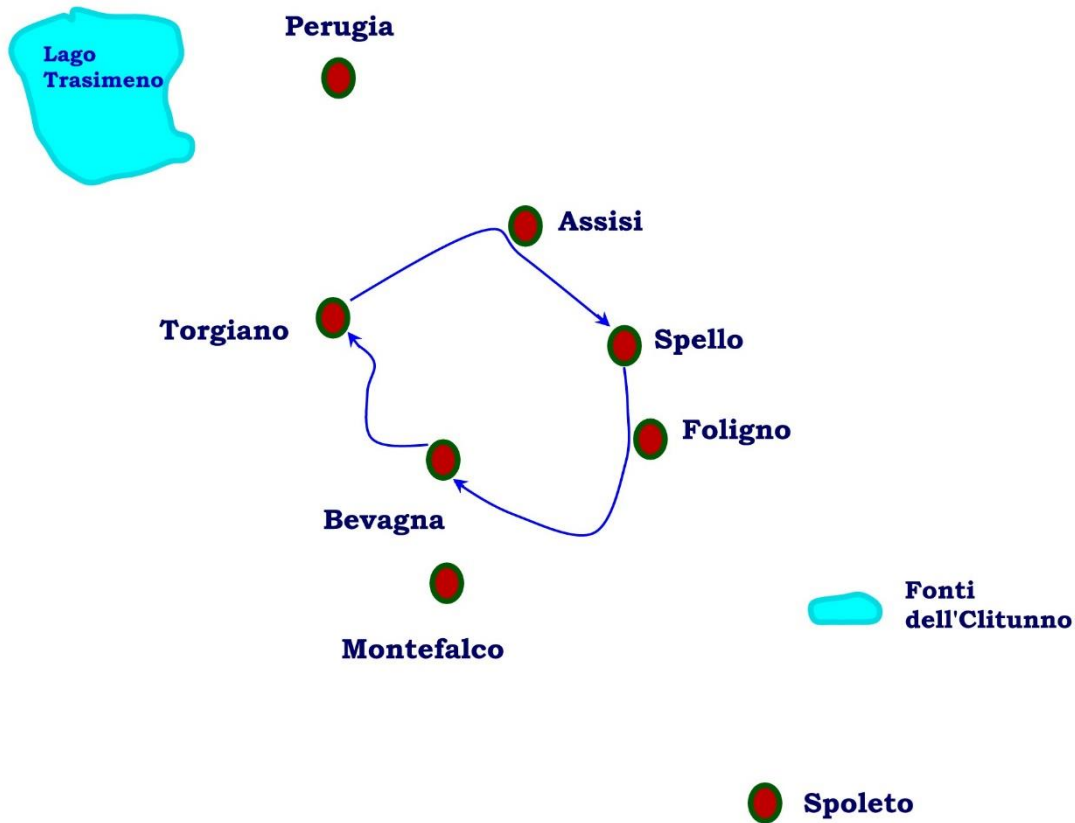
A 4 or 5-day cycling tour



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 a winery in the Assisi D.o.c. area.

Wine tasting cycling tour



Period: Daily from 01 April until 31 October (except 10/08-24/08 / 2025 included)

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 85 km / 53 mi

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

Total km 85 km / 53 mi

Programme in short (5 days / 4 nights)

Day 1 Arrival in Spello

18.15 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 15.30: visit winery and wine-tasting at the Lungarotti winery

20.00: tasting - dinner in Restaurant Si.Ro

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

16.00: wine - tasting at the Sportoletti or Saio winery

Return to Spello

Day 5 Departure after breakfast

Programme in short 4-days / 3-nights

Day 1 Arrival in Spello

18.15 Diner in restaurant & wine-bar 'Properzio'

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

Around 15.30: visit winery and wine-tasting at the Lungarotti winery

Arrival in your hotel

20.00pm: dinner in Restaurant Si.Ro

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

16.00 wine-tasting at the Sportoletti or Saio winery

Return to Spello

Day 4 Departure after breakfast

* it can be possible that 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 individual arrival at 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

* wine or dishes can be replaced if not available

Day 2 Spello - Foligno - Bevagna

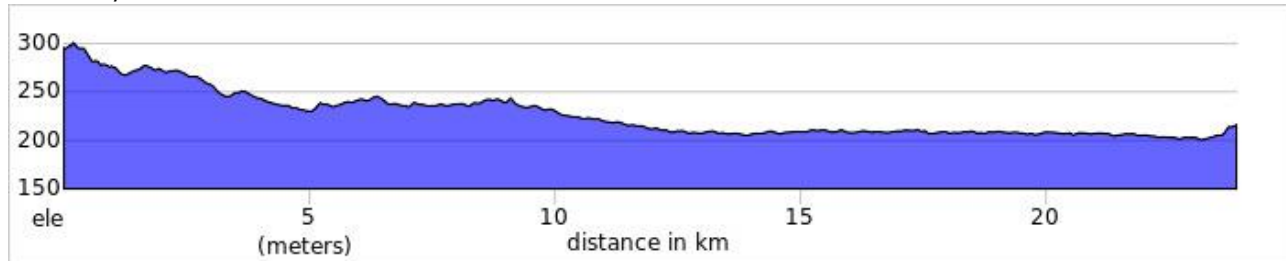
The next morning you will still have some time to visit Spello followed by a cycling tour through the colourful valley and a visit to Foligno. Interesting are the cathedral and archaeological museum in the Trinci palace or just linger through the shopping streets with its many boutiques.

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.

Overnight stay with breakfast in Bevagna

Distance: 24 km / 15 mi

Ascent / descent: + 104m - 184m



Day 3 Cycling to Torgiano

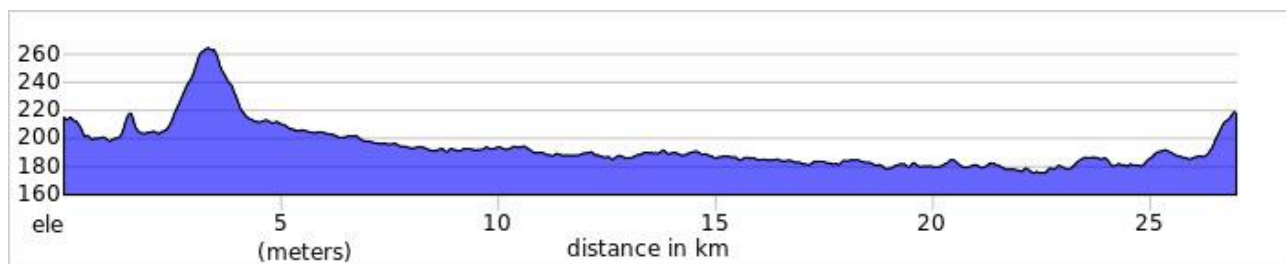
The next morning after breakfast, you cycle to Torgiano. First, a short climb passing the small walled-in Torre del Colle and then you descend into the valley. Torgiano was once a fortified town and the Baglioni tower remains as a silent witness to its history. The town is situated in a slightly hilly 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



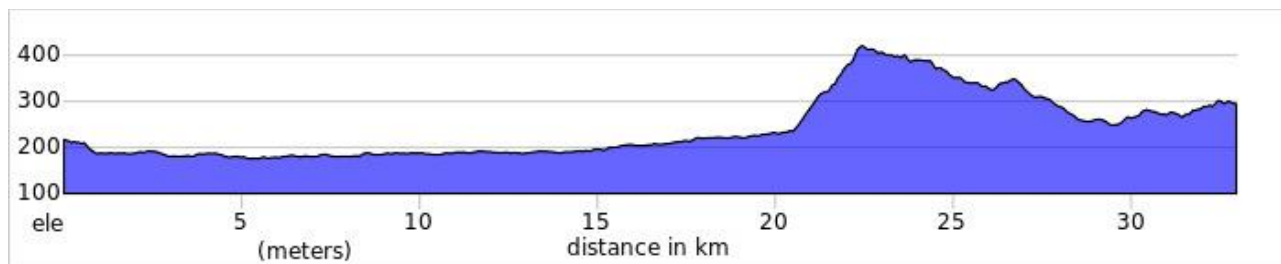
Day 4 Cycling to Spello, passing Assisi

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 a 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 (rooms)

Rates per person 2025:

Hotel Superior 5 days	Price in Euro
Sharing double room	669
Single room	835
3 rd person in triple	457
Supplement for Hotel tre Vaselle at Torgiano in double room	25
Supplement for Hotel tre Vaselle at Torgiano in single room	65
Hotels Classic 5 days	
Sharing double room	555
Single room	655
3 rd person in triple	397
Extra's	
Ebike rental	120
Bike rental	75
Helmet	5
Hotel Superior 4 days	
Sharing double room	560

Single room	684
3 rd person in triple	435
Supplement for Hotel tre Vaselle at Torgiano in double room	25
Supplement for Hotel tre Vaselle at Torgiano in single room	65
Hotels Classic	
Sharing double room	469
Single room	553
3 rd person in triple	343
Extra's	
Ebike rental	100
Bike rental	65
Helmet	5
Supplement Hotel Tre Vaselle Torgiano	25 p.p.p.n.

The tour price includes:

- 3 or 4 overnight stays with breakfast
- App ride with GPS with GPS tracks, route notes and tourinfo. PDF with paper route descriptions and maps on request send by email
- Gps tracks for your own GPS device or App
- 1 tasting menu in enoteca a Spello (incl wine)
- 1 wine-tasting in Torgiano
- 1 tasting dinner in Torgiano (excl. beverages)
- 1 wine-tasting at a winery in the Assisi / Spello area
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded:

- Local tourist tax to be paid directly in the hotel (Spello and Bevagna)

Our rental bikes: Hybrid bikes or E-bikes

Travel Information:

Individual arrival Spello and departure from Spello



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