Cycling and tasting excellent Umbrian wines (CG001UMB)

A 4 or 5-day cycling tour



Meravigliosa Umbria

On this journey, you will have the opportunity to explore the splendid Umbrian Valley in all its authenticity. This green and fertile valley stretches from Assisi to Spoleto and has always been a crossroads of civilizations, culture, and traditions. Since ancient times, peoples and travelers have been drawn to this unique territory, choosing to settle among its gentle hills and timeless villages. It is precisely in this area that some of the most well-known Umbrian towns are concentrated, as well as some of the region's most prestigious wine-producing areas.

Among the surrounding hills, there are as many as four denominations of origin between D.O.C. and D.O.C.G.: Torgiano, Assisi, Montefalco, and the Monti Martani. A wine heritage of the highest level, just waiting to be discovered.

What better way to experience it than with a relaxing cycling holiday? A journey that combines nature, culture, and flavor – perfect for those who love to explore slowly and in style.

The tour will start from **Spello**, an enchanting medieval town of Roman origin, nestled on the slopes of Mount Subasio. Here, on the first evening, you will begin your taste journey with a sampling of the first Umbrian wines, expertly paired with local specialties.

The following day, passing through **Foligno**, you will reach the charming **Bevagna**, one of the most fascinating villages in the area. You will have time to explore the historic center and enjoy local flavors. Bevagna is located in the heart of the **Montefalco wine region**, famous for its full-bodied reds, and offers many opportunities for tastings in restaurants and wine bars throughout the town.

Back on the saddle, you will then ride towards **Torgiano**, another gem of Umbrian wine production. Here, you will be welcomed at the **Lungarotti wine shop**, a benchmark for high-quality wine production in Umbria. The visit will be accompanied by a guided tasting of their finest wines. In Torgiano, you can also visit the interesting **Wine and Olive Oil Museum**, for a deeper insight into the region's food and wine culture.

The day will end with a typical dinner in a local restaurant, where the celebrated **Umbrian truffle**, a highlight of traditional cuisine, will surely be featured.
The final cycling stage will take you to the extraordinary town of **Assisi**, city of **Saint Francis and Saint Clare**. Be sure to allow enough time to visit this unique place, rich in art, spirituality, and breathtaking views. Before returning to Spello, you will conclude the experience with a visit to a local winery in the **Assisi D.O.C. wine area**, for one final toast to this journey through nature, culture, and fine wines.

The Trip in a Nutshell



Period: Daily from 01 April until 31 October (except 08/08 - 22/08/2027 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.

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 (23,6 km/14,5 mi).
Day 3 Cycling to Torgiano (27,6 km/17,1 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 (34,5 km or 38,3 km/21,5 mi or 23,7 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 Dinner in restaurant & wine-bar 'Properzio*
Day 2 Cycling to Torgiano passing Bevagna (51 km/31,7 mi)
Around ***15.30***: visit winery and wine-tasting at the Lungarotti winery
Arrival in your hotel
20.00 pm: dinner in Restaurant Si.Ro
Day 3 Cycling to Spello, passing Assisi (34,5 km or 38,3 km/21,5 mi or 23,7 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 Itinerary

Daily programme of the 5 day / 4 night tour

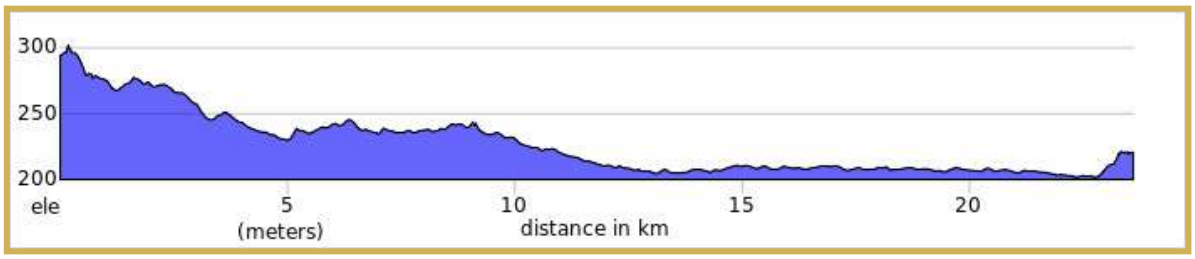
Day 1 You individual arrival at Spello
The *** or **** hotel is situated in the historical centre of the town and has a terrace offering a magnificent view over the Valle Umbra and the surrounding hills covered with olive groves. At the end of the afternoon, there is a route briefing and bike fitting.
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 salat / 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: 23,6 km / 14,5 mi
Ascent / descent: +99m –174m

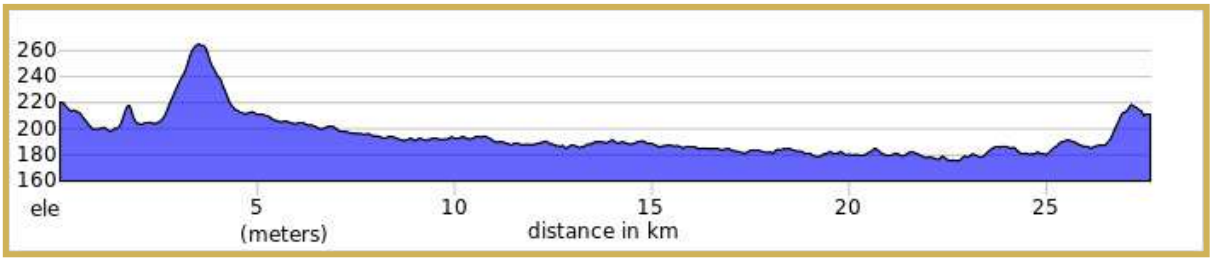
Paved: 99%; Unpaved: 1%



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."

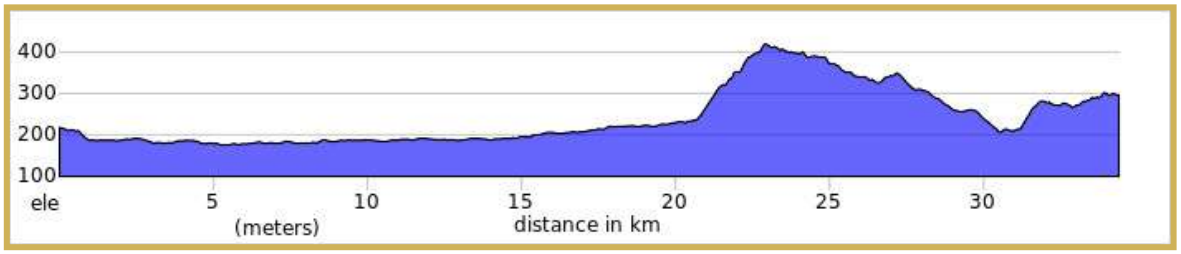
Overnight with breakfast in *** hotel (on request possible ***** hotel)
Distance: 27,6 km/17,1 mi
Ascent /Descent: +174m –183m
Paved: 90%; Unpaved: 10%



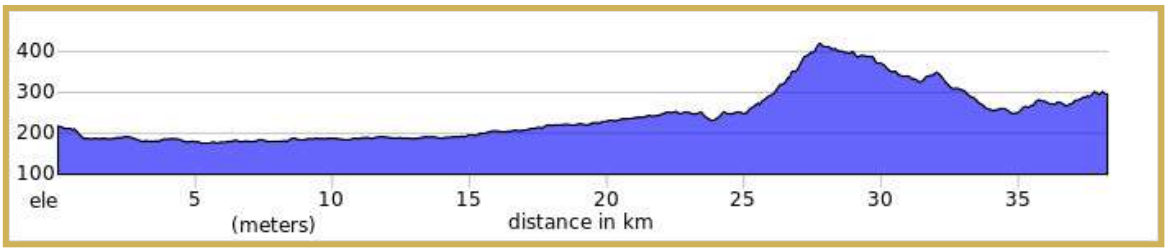
Day 4 Cycling to Spello, passing Assisi
The next day you will cross, cycling along quiet country roads, the valley to reach Assisi… but before entering town, you will first have to conquer the hill an which it is built. After this steep climb, you will enter this picturesque town and will agree that it was definitively 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
With wine tasting at SPORTOLETTI
Distance: 34,5 km / 21,5 mi

Ascent / descent: +433m –354m
Paved: 93%; Unpaved: 7%



With wine tasting at SAIO
Distance: 38,3 km/23,7 mi
Ascent / descent: +418m –339m
Paved: 90%; Unpaved: 10%



Day 5 End of tour after breakfast
After breakfast end of this tasty wine & food tour!

Hotel & Prices

Hotel: *** **or** ****

Rates per person 2027: **Starting from just € 540 p.p.**

Cancellation Policy:

- Up to 30 days: € 50,00 administration costs
- 29-21 days before the starting date: 30% of the tour cost
- 20-14 days before the starting date: 50% of the tour cost
- 13-6 days before the starting date: 75% of the tour cost
- 5 days-start of tour: 100% of the tour cost

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 are in the App.
- 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)

Rates do not include

- Local tourist tax to be paid directly in the hotel
- Everything not written under the ''tour price include''

- 1 wine-tasting at a winery in the Assisi / Spello area
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Bike insurance

To give you peace of mind, we offer optional bike theft insurance:

1. **Insurance Premiums**
   - € 20 for a hybrid bike
   - € 40 for an e-bike, gravel, or road bike

2. Liability without Insurance

If you do not take out insurance, you are fully responsible for the cost of the bike in case of theft:

- € 350 for a hybrid bike
- € 2,000 for an e-bike, gravel, or road bike

Our bikes: Hybrid, E-bikes and Kids' Bikes.

The bikes are provided with rear pannier bags, tire levers, map holder (1 per party), pump, odometer (1 per party) and a spare inner tube.

Start of the tour: Spello / **End of the tour:** Spello

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