Gourmet Cycling holiday in Umbria

Cookery course, sampling delicious wines and excellent local food

An 8-day cycling tour

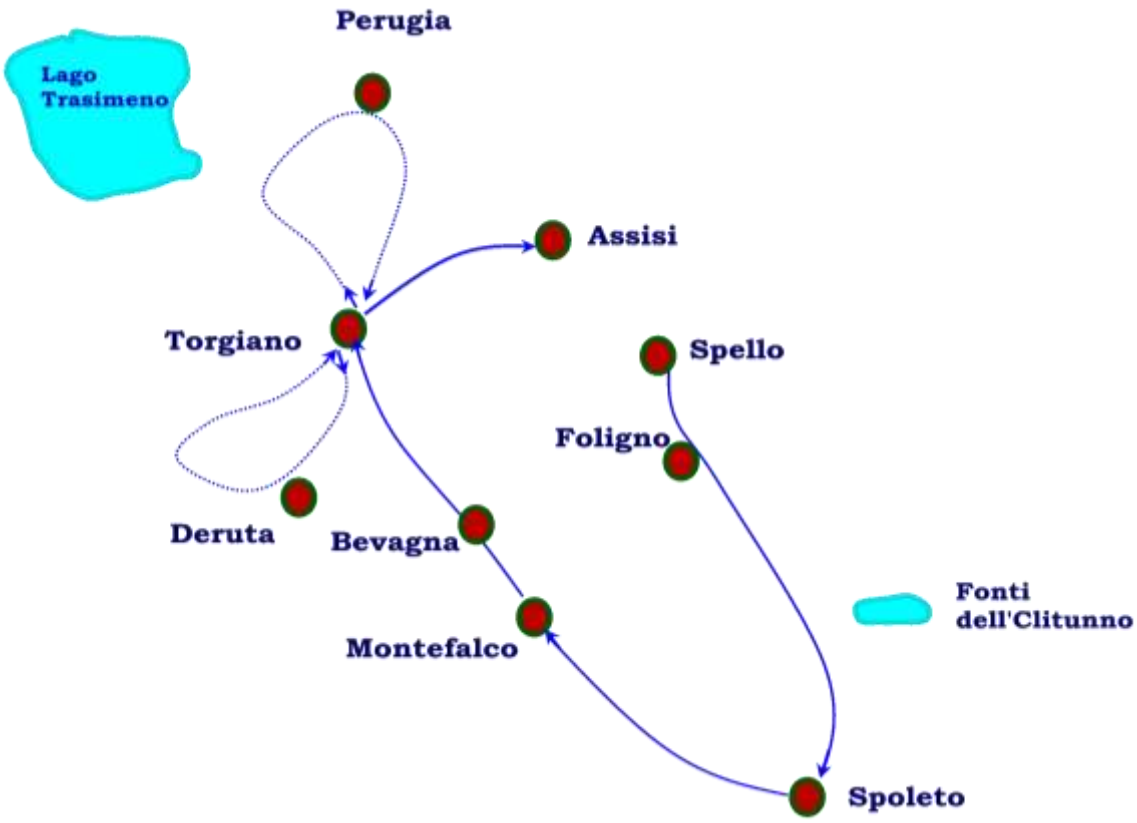
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Meravigliosa Umbria

This tour 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. There is a lot to see and taste. You will have a cooking class during which you will discover some secrets of the Umbrian & Italian cookery. Another highlight is the wine-town Montefalco, famous for its 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 Assisi, the town of Saint Francis and Clare.

The Trip in a Nutshell



Period 2027: Every day of the week from April until end of October 2027 (exclusive from 08/08-22/08). During Spoleto Festival (25/06-11/07/2027) on request

Number of participants: minimum 2 people

Level of difficulty 2
Medium. 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. Some cycle experience is needed.

The daily distances: Between 30 km/ 18,6 mi and 46,7 km/29 mi
Total Km: Minimum 128 km/79,5 mi and Maximum 148 km/ 92 mi

Program Overview

Day 1 Individual arrival in Spello
6:15 p.m.: Wine tasting at Enoteca Properzio
Day 2 Spoleto (42,.6 km/26,4 mi)
Day 3 Free day in Spoleto
In the afternoon: Cooking class + lunch or dinner
Day 4 Montefalco (29,5 km/18,3 mi)
Day 5 Torgiano (33,8 km/21 mi)
Wine tasting at the Lungarotti winery
Day 6 Loop ride around Torgiano (31 km/19,2 mi or 46,7 km/29 mi) or Visit to the city of Perugia (32,7 km/20,3 mi)
Evening: Dinner at Si.Ro restaurant
Day 7 Assisi (30 km/18,6 mi or 25,2 km/15,6)

The Daily Program

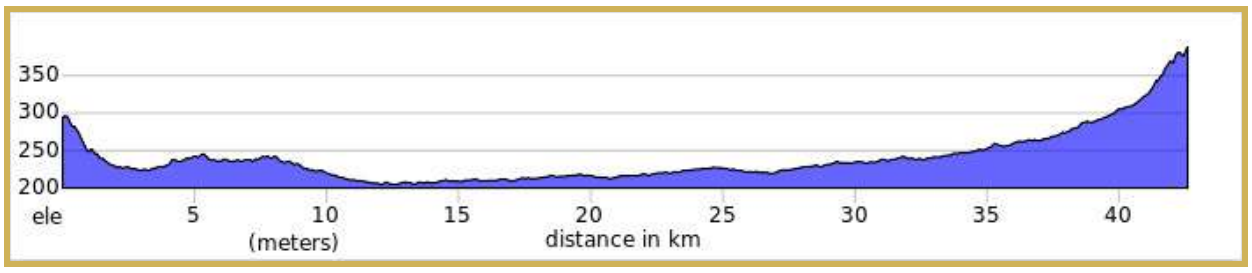
Day 1| Arrival in Spello
You arrive in the charming medieval town of **Spello**, where you will stay in a comfortable four-star hotel in the historic centre. From the hotel's beautiful terrace, you can enjoy breathtaking views over the green **Valle Umbra** and the surrounding hills.
In the late afternoon, you will meet our local representative for a welcome briefing. You will receive all the necessary information about your cycling holiday and the daily routes. If you have rented bicycles, these will also be handed over, so everything is ready for your first cycling day tomorrow.

In the evening 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

* or a similar wine

Day 2| From Spello to Spoleto through the Valle Umbra
After breakfast, you leave picturesque **Spello** and cycle downhill into the flat Valle Umbra towards **Foligno**, a lively town known for its pleasant shopping streets, cafés, and historic Piazza della Repubblica with the Cathedral of San Feliciano and Palazzo Trinci.
From Foligno, the route proceeds along quiet country roads and the **Assisi–Spoleto cycle path**, taking you through green landscapes, olive groves, and small villages with views of medieval hilltop towns. Your destination is **Spoleto**, famous for its rich history, magnificent cathedral, and the impressive Ponte delle Torri. You will stay in a comfortable four-star hotel near the historic centre, perfect for exploring the town and enjoying regional Umbrian cuisine.

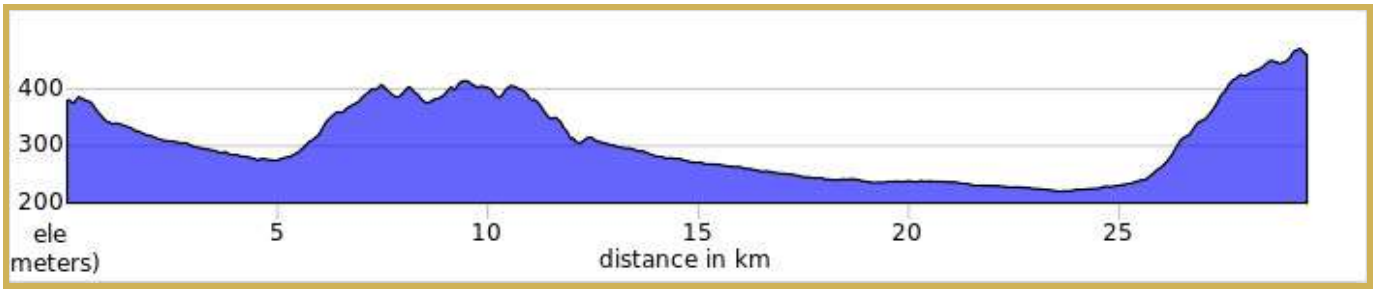
Distance: 42,6 km /26,4 mi
Ascent/ Descent: +293m -201m
Paved: 98%; Unpaved: 2%



Day 3 | Discover Spoleto and enjoy an Umbrian cooking class
Today you have plenty of time to explore historical **Spoleto**, a town featuring a rich combination of Roman remains, medieval monuments, and picturesque streets. Highlights include the **Rocca Albornoziana** fortress overlooking the city, the monumental **Ponte delle Torri**, the magnificent cathedral with its frescoes, the Roman theatre, and the Casa Romana.
For a more active option, you can choose an 11 km walk through the peaceful forest trails and ancient holm oaks of **Monteluco**, offering stunning views over the valley. In addition, a special 1.5-hour **Umbrian cooking class** is included, where under expert guidance you will learn to prepare traditional regional dishes (such as an antipasto and a pasta or main course) to enjoy for dinner or lunch.

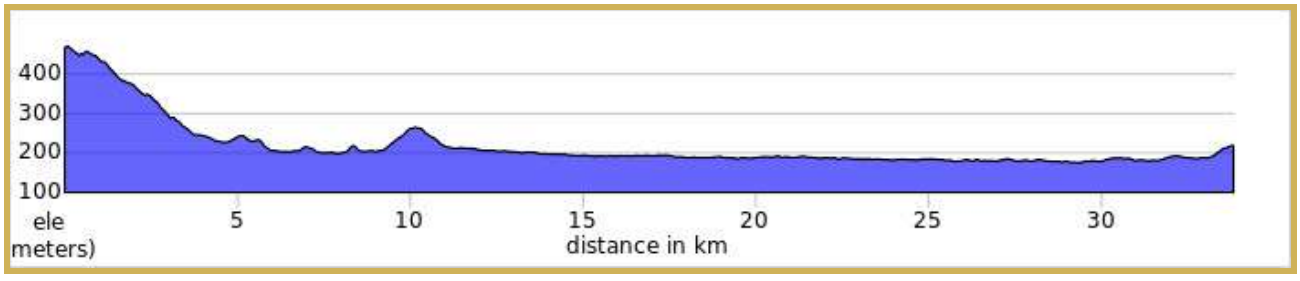
Day 4| Through olive groves to the wine town of Montefalco
Today you get back on your bicycle for a scenic ride through Umbria's rolling hills, cycling past olive groves and vineyards along quiet country roads towards the charming town of **Montefalco**. The climb up to the town rewards you with breathtaking panoramic views across the Valle Umbra, earning Montefalco its title as the **"Balcony of Umbria"**.
Montefalco features a beautifully preserved medieval centre, where a visit to the **Museo di San Francesco** is highly recommended to admire the fresco cycle by Benozzo Gozzoli. The town is also world-famous for its exceptional local wines, particularly the powerful **Montefalco Sagrantino DOCG** and **Montefalco Rosso DOC**, which you can sample at local wineries and wine bars alongside traditional Umbrian specialities.

Distance: 29,5 km /18,3 mi
Ascent/Descent: +464m -382m
Paved: 92%; Unpaved: 8%



Day 5| From Montefalco via Bevagna to Torgiano – Wine tasting at Lungarotti
Today you continue cycling through the Valle Umbra to **Bevagna**, one of Umbria's best-preserved medieval towns. Here you can discover Roman mosaics, the remains of an ancient theatre, and the picturesque **Piazza Silvestri**, home to the Palazzo dei Consoli and the Romanesque churches of San Silvestro and San Michele Arcangelo.
Following a pleasant, mostly flat route along quiet country roads, you continue past vineyards and olive groves towards the historic wine town of **Torgiano**. Here, visits to the **Museo del Vino (MUVIT)** and the nearby Olive Oil Museum (MOO) offer rich insights into regional traditions. In the late afternoon, enjoy a wine tasting at the renowned **Lungarotti winery** before settling into your comfortable three- or five-star hotel in the heart of Torgiano.

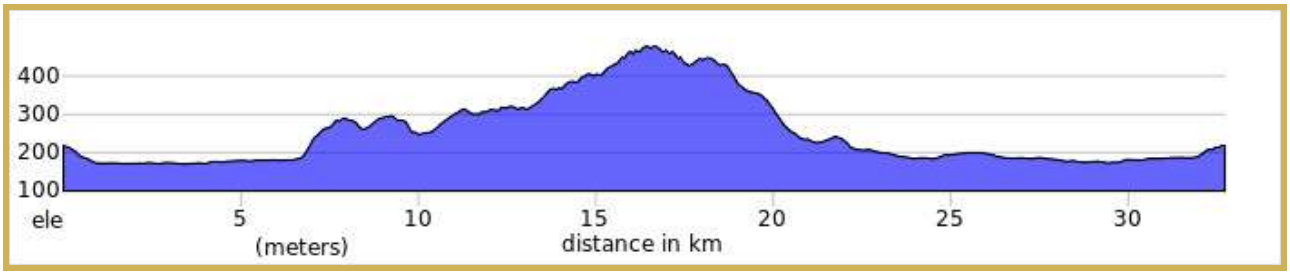
Distance: 33,8 km/21 mi
Ascent/Descent: +215m -465m
Paved: 97%; Unpaved: 3%



Day 6| Discover Perugia or the hills around Torgiano – A special Umbrian dinner
Today you can choose between two beautiful cycling options starting from Torgiano:

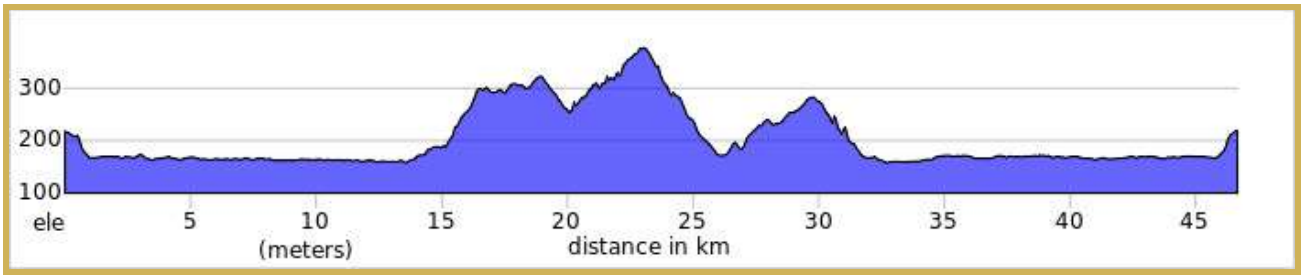
Option 1| Cycling to Perugia
Cycle up to Umbria's lively capital to explore **Piazza IV Novembre**, the **Fontana Maggiore**, the **Palazzo dei Priori**, and the Cathedral of San Lorenzo. You can also visit the **Galleria Nazionale dell'Umbria** for masterpieces by Perugino, stroll along **Corso Vannucci**, and explore the underground streets of the **Rocca Paolina** before returning to Torgiano.

Distance: 32,7 km/20,3 mi
Ascent/Descent: +488m -487m
Paved: 88%; Unpaved: 12%

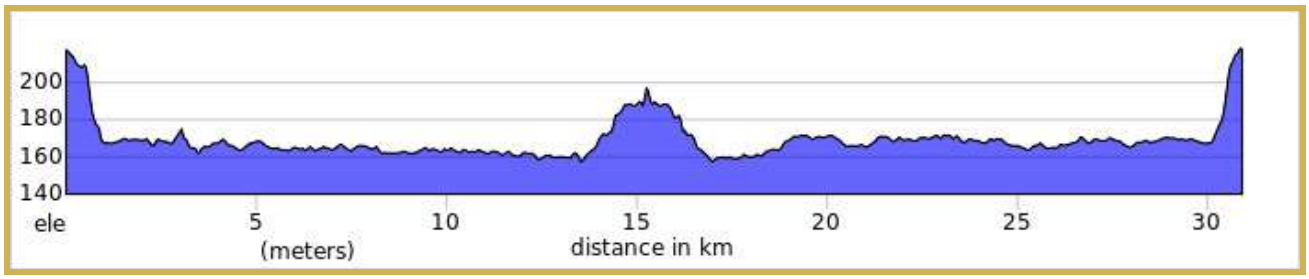


Option 2| Cycling through the countryside around Torgiano and Deruta
Enjoy a scenic loop through rolling hills, vineyards, and olive groves, stopping in **Deruta**, world-famous for its hand-painted ceramics and the **Museo Regionale della Ceramica**. Continue to the unique **Santuario della Madonna dei Bagni**, famous for its walls lined with hundreds of ceramic votive tiles, before cycling back through countryside hamlets to Torgiano.

Longer route
Distance: 46,7 km/29 mi
Ascent/Descent: +592m –591m
Paved: 70%; Unpaved: 30%



Shorter route
Distance: 31 km /19,2 mi
Ascent / Descent: + 209m – 208m
Paved: 72%; Unpaved: 28%

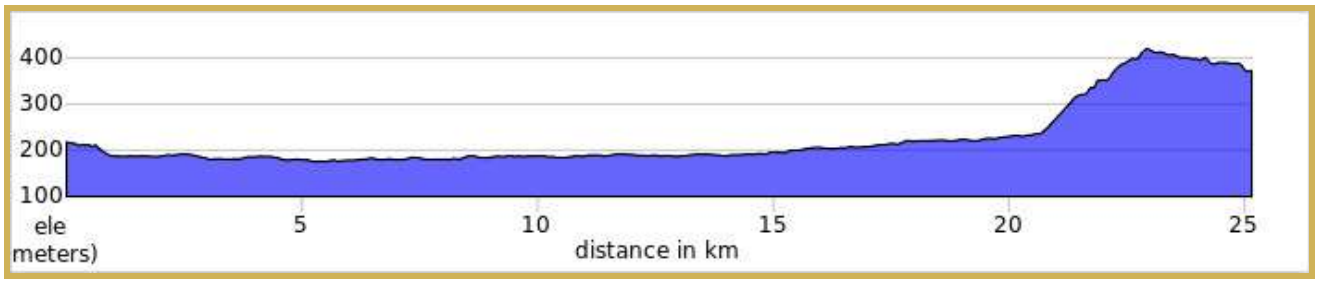


A special culinary evening
Whichever route you chose today, a special culinary experience awaits you this evening at a restaurant near Torgiano. You will enjoy an authentic Umbrian dinner featuring an antipasto, a primo, a secondo, and a seasonal vegetable side dish. Truffle lovers can also opt for the **"Diamonds of the Kitchen" menu**, which highlights the prized local aromatic black truffle for a memorable gastronomic end to the day.

Overnight stay in Torgiano, including breakfast and dinner.

Day 7| Cycling to Assisi – In the footsteps of Saint Francis
Today's relatively short cycling route leads from Torgiano through the green Valle Umbra toward **Assisi**, beautifully situated on the slopes of Monte Subasio. Before reaching the hilltop town, you pass through Santa Maria degli Angeli to visit its magnificent basilica, which houses the simple **Porziuncola Chapel** where the Franciscan movement began, as well as the **Cappella del Transito**, marking the site of Saint Francis's death in 1226. After a final climb into the historic centre of Assisi, a UNESCO World Heritage Site, you are rewarded with panoramic views across the valley. Highlights include the world-famous **Basilica di San Francesco** with its crypt and extraordinary frescoes by Giotto and Cimabue, the **Basilica di Santa Chiara**, the Roman **Temple of Minerva** on Piazza del Comune, and the soaring fortress of **Rocca Maggiore**. Enjoy a memorable final day of cycling surrounded by Umbria's rich history and scenery.

Distance: 25,2 km/15,6 mi
Ascent /Descent: +291 -135m
Paved: 91%; Unpaved: 9%



Day 8: End of tour after breakfast

Hotel & Prices & Infos

Hotels: *** or **** or *****
If any of the listed hotels is not available, we will reserve an equivalent accommodation in the same category.

Price per person 2027: starting from 1.050 €

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

- 7 overnight stays with breakfast
- 1 tasting menu in enoteca a Spello (incl wine)
- 1 tasting dinner in Torgiano
- 1 cookery lesson, dinner or lunch after the cookery lesson in Spoleto
- 1 wine-tasting in Torgiano
- App Ride with GPS: 1 QR code Access per person (gps tracks / tour info / cue sheets). PDF with paper route descriptions and maps in the App or send on request send by email.
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded in the tour

- Local tourist taxes to be paid in the hotels. Amount is depending from the category (from 1,50 – 4,50)
- Everything not mentioned under 'included in the tour'

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

Bikes for hire: Hybrid bikes or E-Bikes

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

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

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