Cycling and enjoying the Umbrian landscape (DTC 007 UMB)
Guided cycling day tours in Umbria

Meravigliosa Umbria



Breathe in the scents of earth, forests and wildflowers as you cycle along quiet country roads surrounded by the unspoiled landscapes of Umbria. **Cycling with a guide in Umbria** means discovering the authentic green heart of Italy, far from mass tourism. This region is perfect for a memorable **cycling holiday in Italy**, combining nature, culture and gastronomy.
Our **guided cycling tours in Umbria** take you to both famous highlights and hidden gems, including medieval villages, vineyards and panoramic hills. Professional local guides **Paolo and Cristiano** accompany you, sharing their deep knowledge of the area's history, traditions and natural environment.
These **cycling day tours** can be combined with a **wine tasting at a local winery**, a traditional lunch or a visit to an agriturismo. It's the perfect way to experience Umbria both on and off the bike.
We offer **different difficulty levels**, from easy routes suitable for families and leisure cyclists to **challenging rides for experienced road cyclists and mountain bikers**. All tours can be customized, and **tailor-made cycling tours in Umbria** are available upon request.

A. The countryside of Assisi and Spello

Easy mostly flat cycling route passing S.Maria degli Angeli with its Franciscan Basilica and medieval Spello. You cycle with our guide along quiet country roads and make now and then a stop to relax. This cycling day tour departs from an organic winery close to Assisi or from our bike deposit in case you do not want to book the wine-tasting. The first stop is in Santa Maria degli Angeli with its impressive dome of the Franciscan Basilica, visible from afar. Along quiet country roads, you reach the medieval town of spello. Then you cycle back along a panoramic route to the winery. You visit the winery, talk with the winemakers' and will taste their excellent products. It is also possible to

book Bike & Lunch. You can use your own bikes or rent one from us. We have also trailers, follow-me tandem, children's bike for rent.

Level: easy suitable for anyone. For small children we advise a trailer or child seat. Children from 8 yrs. and older a children's bike. You cycle mostly through the valley and only back to the winery there is a short climb to conquer.

Level easy, though for children cycling experience is needed.
Duration: about 3-4 hours (incl. stops)
Distance: 28km/17,4 mi or 33 km /20,5 mi
Differences in level: + 150m
Roads: 90% tarmac and 10% dirt roads
Age: cycling on own bike from 8 years and on, but children must have cycle experience !

Price: see schedule below

B. Surroundings of Montefalco

A nice cycle experience in the valley between Montefalco and Trevi for MTB's or Trekking bikes. Almost all flat and with no technical difficulties. This tour can be done also with normal trekking bikes (hybrids). Start of tour in San Luca, at the foot of Montefalco. You can use your own bike or can rent a bike with us.

Level easy, though for children cycling experience needed.
Duration: about 4 hours (incl. stops)
Distance: 26 km / 16,1 miles
Differences in level: + 150m
Roads: 60% tarmac and 40% dirt roads

Prices: see schedule below

C. Loop from Montefalco

MTB (half day): A route for real MTB'ers, which starts and ends in Montefalco. It is a scenic route with views on the Valle Umbra You can use your own bike or can rent a bike with us.

Medium difficulty: real MTB route with technical difficulties. Only suitable for people who are trained cyclists and who know how to ride along trails
Duration: about 4 hours (incl. stops)
Distance: 26 km / 16,1 miles
Differences in level: + 650m
Roads: 30% tarmac and 70% dirt roads
Age: from 16 years and on

Prices: see schedule below

D. Road bikers loop from Montefalco

Road Bike (half day): This nice route starts and ends in Montefalco and passes nice towns like Bevagna, Torre del Colle and Bastardo. On request the distances of the routes can extended and it would become a full day. You can use your own bike or can rent a carbon road bike with us.

Medium difficulty: Only suitable for trained road bike cyclist, who are regularly cycling
Duration: about 4 hours (incl. stops)

Distance: 38 km / 24 miles (on request can be extended)
Differences in level: + 650m
Roads: 100% tarmac
Age: from 16 years and on

Prices: see schedule below

E. Bevagna's Castles riding bike
A sensational half day bike tour through medieval atmospheres of the little castles built on the hills during the Middle Age period to defend Bevagna. It is a tour suitable for MTB's, Trekking bikes or Gravel bikes. First part almost flat then start the climb to reach the castles with a unique short technical passage. Loop tour with start and ending in Bevagna. You can use your own bike or can rent a bike with us.

Level medium, not suitable for children.
Duration: about 4 hours (incl.stops)
Distance: 27,6 Km / 17.2 miles
Differences in level: +450m – 450m
Roads: 50% tarmac and 50% dirt roads

Prices: see schedule below

F Bevagna – Montefalco – Bevagna
A beautiful cycle experience riding through the Sagrantino wine area. You climb and descend in the hills between Montefalco and Bevagna.
A tour suitable for MTB's, Trekking bikes or Gravel bikes. A more demanding tour with some short passages, where you need to pay attention. Loop tour with start and arrival in Bevagna. You can use your own bike or can rent a bike with us.

Level medium-hard, not suitable for children.
Duration: about 4 hours (incl. stops)
Distance: 29,6 Km/18.4 miles
Differences in level: +750m -750m
Roads: 45% tarmac and 55% dirt roads

Prices: see schedule below

G. Montefalco – Colle del Marchese – Giano dell'Umbria – Montefalco
An intense full-day bike experience in the countryside between Montefalco and Giano dell'Umbria A tour discovering unknown area of the Valle Umbra territory. Suitable for MTB's, Trekking bikes or Gravel bikes. A undulating route with some technical passages suitable only for well trained and expert bikers. Loop tour with start and arrival in Montefalco. You can use your own bike or can rent a bike with us.

Level hard, not suitable for children
Duration: about 5 hours (incl.stops)
Distance: 40 Km / 24.9 miles
Differences in level: +950m
Roads: 50% tarmac and 50% dirt roads

Prices: see schedule below

Prices 2027:

Guided bike-tours (half day)
1 - 3 people: € 140
4 - 8 people: € 175
Youngsters under 18 do not pay

Guided bike-tours (full day)
2 - 3 people: € 170
4 - 8 people: € 205
Youngsters under 18 do not pay

(Rental bike not included in the prices)

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