

## **Discover Umbria (C 002 UMB)**

An 8 or 10-day cycling holiday in Umbria



This cycle tour is perfect for those looking to personally experience the unique and unspoiled region of Umbria with its beauty and hospitality. Umbria is nestling between Tuscany, Marche and Lazio. It is maybe one of the smallest regions of Italy, but it has a wide range of different landscapes: from harsh gorges, to sweet green hills, wild woods to fertile plains transformed by varied cultivations; oases of fresh, crystal clear spring water and enchanting lakes. This cycle tour combines the beauty of nature with sightseeing in quiet little medieval towns. The trip starts and finishes in the fascinating town of Assisi, the pilgrims' town built against the slopes of Mount Subasio. Many monuments have been erected in honour of the saints Francis and Clare. Nevertheless, Assisi is not the only highlight of this tour. You will pass many other interesting small towns like Spello, which has Roman origins, as several features including the Porta Venere and Porta Consolare town gates, Montefalco, famous for its delicious wines, remind us and Bevagna, which has a lovely medieval square with two Romanesque churches. Two nights you will spend in Torgiano allowing time to visit the county town of Perugia. Its magnificent old town centre is certainly worth visiting, with renaissance palaces, medieval churches, museums and galleries, but of course, it is also nice just to wander around the evocative alleys, the characteristic

squares and the fashionable shopping street Corso Vannucci. During the second part of the tour, you bike through a beautiful unspoiled scenery. The biker-friendly roads, the lovely towns and the green hills with cypresses, vineyards and olive trees make this tour unforgettable.

The 8-day tour can be extended by 2 nights. An overnight stay in Spoleto, a town full of life, with many squares, lovely little streets, shops with local delicacies and handicrafts, restaurants and a lot of sights to visit. The second night is in Passignano on the fourth lake of Italy, Lago Trasimeno. There are many possibilities to discover the lake. One of them is to cycle around the lake, passing sunny little fishing villages such as Passignano, Tuoro and Castiglione del Lago with its castle. As an alternative, you make a loop ride to visit the Etruscan town of Cortona in Tuscany... or maybe you just like a day of rest and take the ferryboat to visit one of the islands.

**Difficulty:** level 3

For who like more challenging rides in a rolling hilly terrain. You have to be trained with a good physical condition. This tour is not suitable for children under 14 years. Cycling is an important part of the day, but there will be still time left to explore the towns you pass through. There are significant differences in height (no more than 800m). Mostly quiet asphalted and now and some dirt roads

Average daily distances

8-day tour: between 35 – 65 km. Total 313 km / 194,5 miles:

10-day tour: between 35 – 65 km. Total 421 km / 261,6 miles

**Departures:**

Self-Guided: Daily from April until end of October, except departures from 04/08 to 18/08 inc.

Guided: On request

**Number participants:** 1 or more people.

This tour is not suitable for children under 14 years old, because the terrain is too hilly and tour too strenuous.

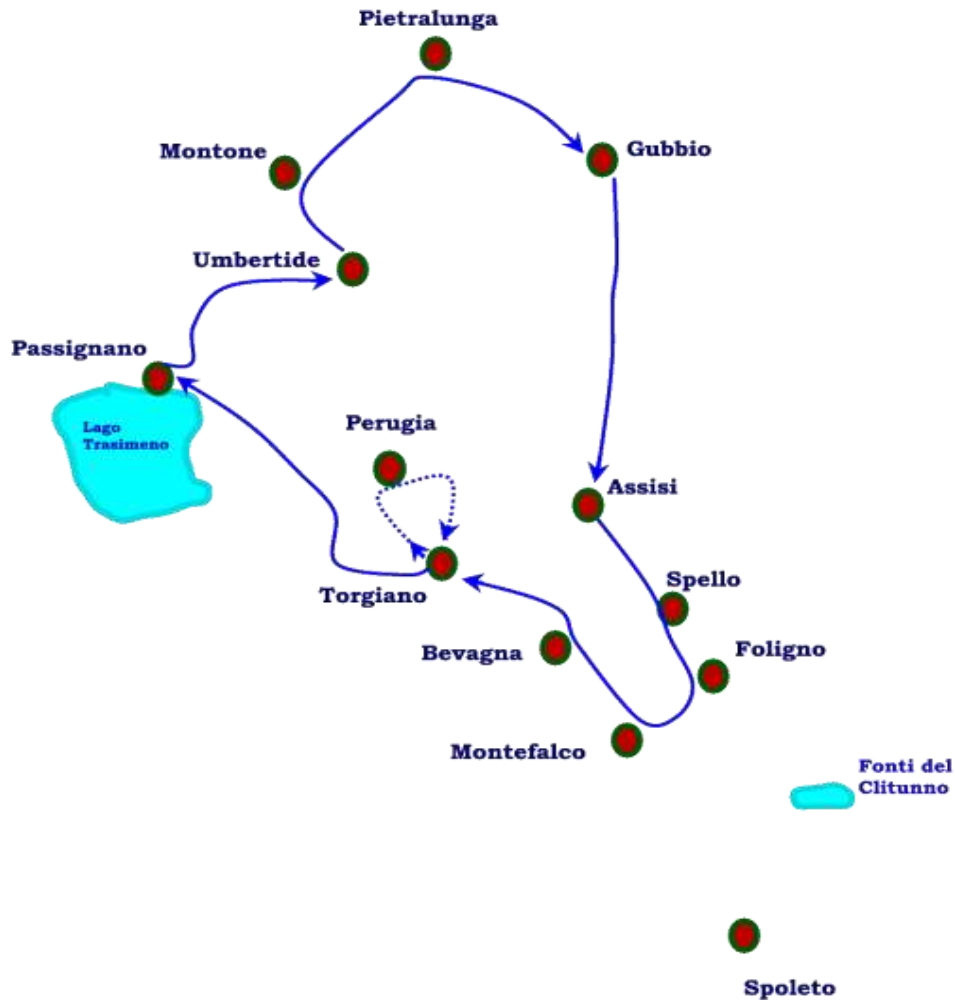
**Program of 8 days:**

- Day 1 Individual arrival at Assisi
- Day 2 to Torgiano (64 km / 39,8 mi)
- Day 3 Loop to Perugia (34 km / 21,1 mi)
- Day 4 Passignano lake of Trasimeno (51 km/31,7 mi)
- Day 5 to Umbertide (47 km / 29,2 mi)
- Day 6 to Gubbio (58 km / 36 mi)
- Day 7 to Assisi (59 km / 36,7 mi)
- Day 8 End of tour after breakfast

**Programme of 10 days:**

- Day 1 Individual arrival at Assisi
- Day 2 to Spoleto (52 km / 32,3 mi)
- Day 3 to Torgiano (63 km / 39,1 mi)
- Day 4 Loop to Perugia (34 km / 21,1 mi)
- Day 5 Passignano lake of Trasimeno (51 km / 31,7 mi)
- Day 6 Tour around the lake (57 km/35,4 mi) or loop to the Etruscan town of Cortona (54 km / 33,6 mi)
- Day 7 to Umbertide (47 km / 29,2 mi)
- Day 8 to Gubbio (58 km / 36 mi)
- Day 9 to Assisi (59 km / 36,7 mi)
- Day 10 End of tour after breakfast

## Discover Umbria 10 days



### Daily program of the 8-day / 7- night tour

**Day 1 Individual arrival at your hotel in Assisi** The start of this cycle tour is in Assisi, part of the Unesco World Heritage, the popular pilgrimage town built on the slopes of Monte Subasio. Its impressive ramparts, towers and palace roofs of the town are visible from afar. Assisi has a strong unbreakable bond with the saints Francis and Clare. On the day of your arrival, you might want to explore the town with its little alleys and cozy squares. Worth seeing are the famous basilica of St. Francis, The basilica of Saint Clare, museums and the Roman temple of Minerva in Piazza del Comune. \*\*\* or \*\*\*\* star hotel near Assisi old town centre

End of afternoon drop off bicycles, bike fitting and route briefing. from afar. Assisi has a strong unbreakable bond with the saints Francis and Clare. On the day of your arrival, you might want to explore the town with its little alleys and cozy squares. Worth seeing are the famous basilica of St.

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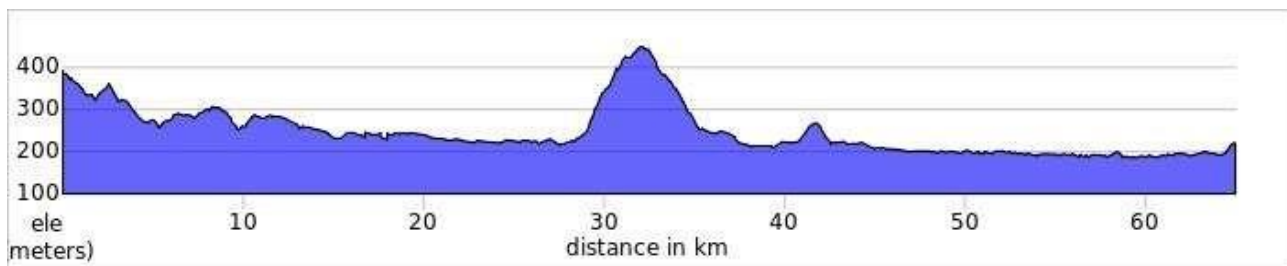
### Day 2 Passing the medieval towns of Spello-Montefalco-Bevagna-Torgiano

This morning there will be time to wander around in Spello. After continuing your journey through the valley of Spoleto, passing Foligno, your route goes up to Montefalco; also called 'the balcony of Umbria', because of its fantastic panorama. Artists like Benozzo Gozzoli and Perugino decorate the Franciscan church, now a museum, with magnificent frescoes. The next town you will visit is Bevagna, whose characteristic medieval square still hosts two Romanesque churches. Your overnight stay is in Torgiano, which in medieval times was a fortified village and is situated on a hilltop above the confluence of the rivers Chiascio and Tiber. Interesting to visit are the wine museum and next-door in the 'osteria' you can taste the excellent wines of Lungarotti or you can visit their winery (only on reservation). Overnight in \*\*\* or \*\*\*\* hotel

Overnight stay with breakfast in Torgiano

Distance: 64 km / 39,8 mi

Ascent / Descent: + 552m -718m



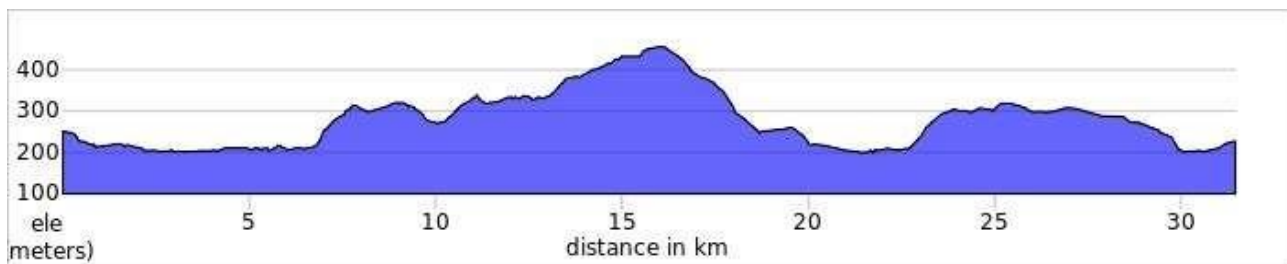
### Day 3 Visiting Perugia

Today you can visit the neighboring town of Perugia: the provincial capital and a lively, vibrant place. The medieval town centre with its little alleyways is at the highest point of the town. The renaissance palaces, churches, museums and many galleries make a lasting impression. You will spend the night once more in the peaceful, hospitable town of Torgiano.

Overnight stay with breakfast in Torgiano

Distance: 34 km / 21,1 mi

Ascent / Descent: + 503m -526m



#### Day 4 Torgiano - Passignano on lake Trasimeno

On the fourth day you will cycle through a slight hilly landscape to be rewarded at the end with a magnificent view of Trasimeno lake and its islands. You pass the little fishing village of S. Feliciano from where the boats go to the Polvese Island. Cycling along the gravel bike path, you reach Passignano, a town on the shore of the lake, made of history and nature, art and folklore, peace and vitality. Passignano has a beach close to its center or you could visit the only inhabited island 'Isola Maggiore'. Overnight in \*\*\* or \*\*\*\* hotel

Overnight stay with breakfast in Passignano

Distance: 51 km / 31,7 mi

Ascent / Descent: + 472m -422m



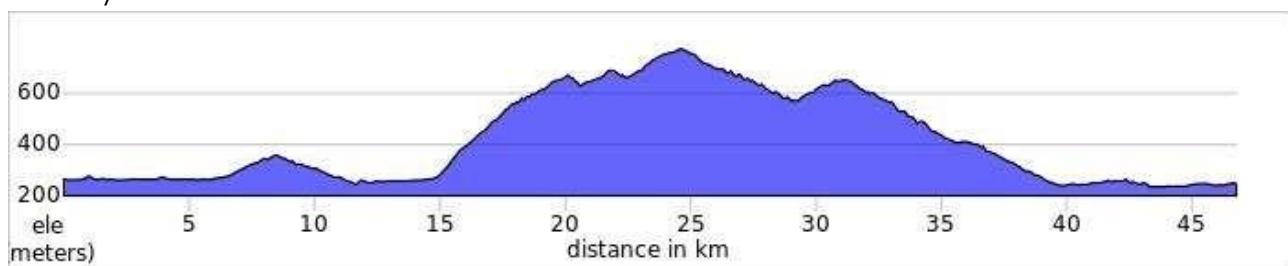
#### Day 5 Trasimeno lake to Umbertide

Today's route runs through an unspoiled scenery to the quiet little town of Umbertide, whose town centre is dominated by a majestic tower, the remains of a castle dating back to 1385. It is a hilly ride with gorgeous views. After a climb, you reach Castel Rigone, looking out over the lake. Then a nice ride follows along a ridge with nice views on both side. A well-deserved descend brings you into the Tiber Valley. Your hotel is a country hotel and is just outside Umbertide. It has a restaurant and nice swimming pool !

Overnight stay with breakfast in Umbertide

Distance: 47 km / 29,2 mi

Ascent / Descent: + 837m -855m



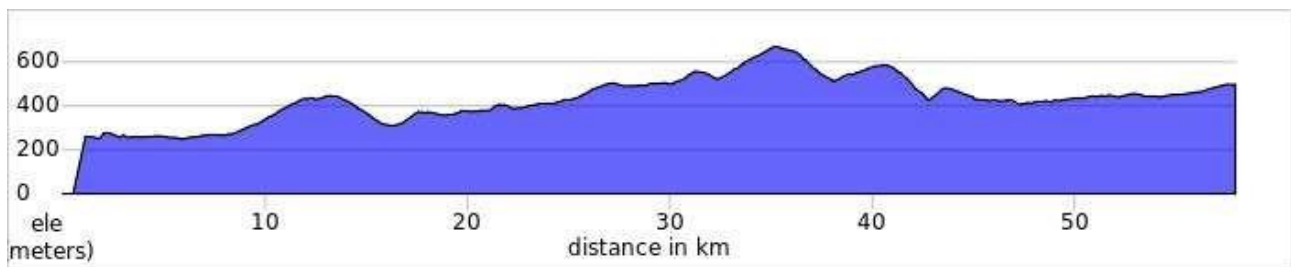
#### Day 6 From Umbertide to Gubbio

Today you first pass Umbertide and then it goes uphill to Montone, a typical Umbria small town, where time stood still. After another small hilltop town, Pietralunga, you will reach the fortified hill town of Gubbio. Worthwhile visiting are the palaces, the Roman theatre and the monastery of S. Ubaldo, which is built at 827m altitude and can be reached by cable car. Your overnight stay will be near the historical centre in a \*\*\* or \*\*\*\* hotel

Overnight stay with breakfast in Gubbio

Distance: 58 km / 36 mi

Ascent / Descent: + 904m -667m



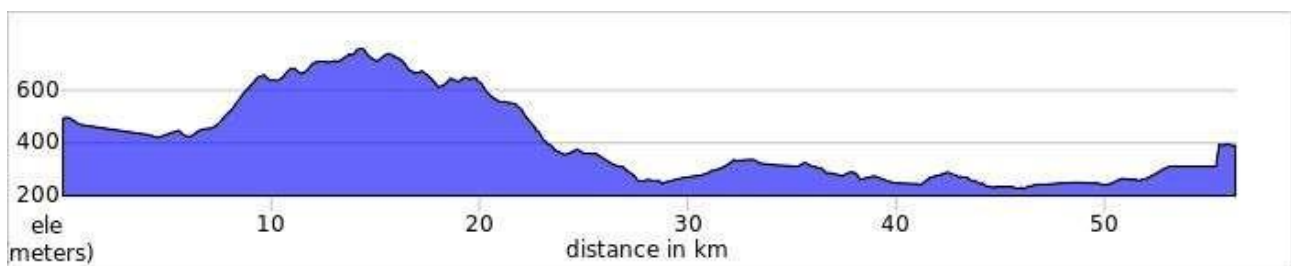
### Day 7 From Gubbio to Assisi

At the beginning of this last leg of the tour you still have some hard climbing to do, through a rolling still-life landscape, but after that you have a well-deserved easy descent to Assisi. Cycling through the centre of this little town you will pass its most important monuments, like the Basilica of St. Francis, the temple of Minerva and the basilica of St. Clare.

Overnight stay with breakfast in Assisi

Distance: 59 km / 36,7 mi

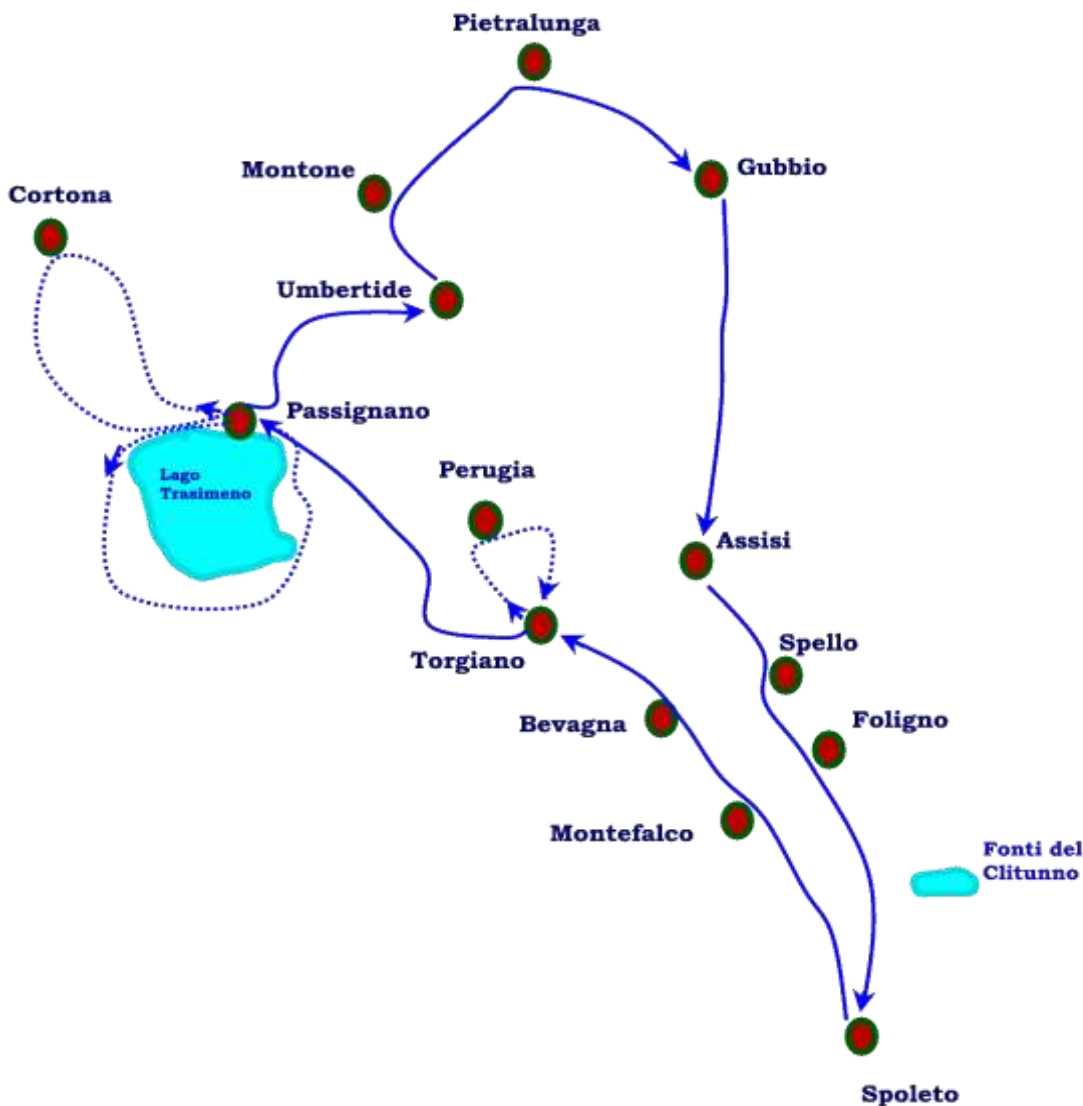
Ascent / Descent: + 807m - 908m



### Day 8 End of tour after breakfast

## Daily program of the 10-day / 9- night tour

### Discover Umbria 10 days



#### Day 1 arrival in the hotel in Assisi

See day 1 of 8-day tour

#### Day 2 To Spoleto passing Spello and Foligno

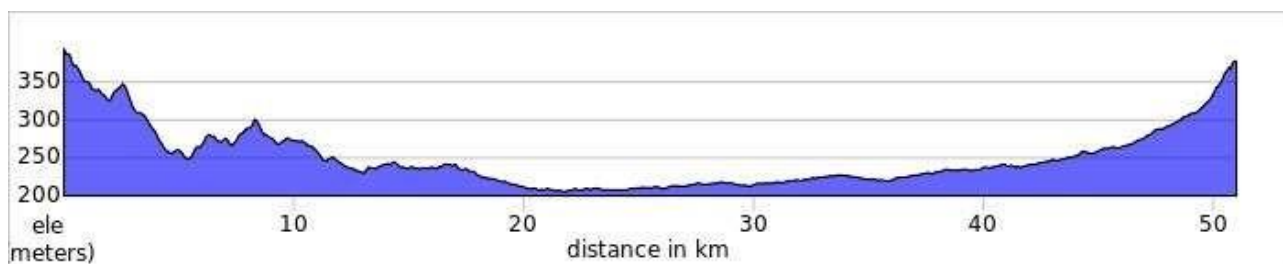
You leave your hotel and cycling along the slopes of Mount Subasio to Spello. There is enough time to wander around in Spello, a charming ancient town pleasantly situated on the southern

slopes of Mount Subasio. In urban, architectural and artistic terms, Spello is an extremely interesting town, containing many features dating back to the Roman age. Spello is also called the town of flowers, because of its many colourful little alleys embellished with plants and flowers. The town is well known for its special Flower Festival ('infiolata') for Corpus Domini. After continuing your ride through the valley, passing the centre of Foligno, it goes up to Spoleto. Your \*\*\* or \*\*\*\* hotel is situated in the historical centre of Spoleto.

Overnight stay with breakfast in Spoleto

Distance: 52 km / 32,3 mi

Ascent / Descent: +326m -338m



### Day 3 Spoleto -Montefalco-Bevagna-Torgiano

Cycling through a slightly undulating landscape you will already see Montefalco from a distance... to reach this picturesque town you first have to conquer a steep climb. Montefalco is well known as the 'balcony of Umbria', because of its fantastic panorama over the Valle Umbra. Artists like Benozzo Gozzoli and Perugino decorate the Franciscan church, now a museum. Montefalco is well known for its excellent wines, Rosso di Montefalco d.o.c. and Sagrantino d.o.c.g, produced on the sunny hill slopes around the town, and of course it is almost impossible to leave the town without tasting them in one of the many wine bars.

From Montefalco you go downhill to Bevagna. Here, the medieval square with its two Romanesque churches is a real meeting place for the friendly inhabitants of the village. After a last hill, you will reach Torgiano, at the confluence of the rivers Chiascio and Tiber (Tevere). Your hotel is in the quiet town centre. Interesting to visit is the wine museum and the 'osteria' of the Lungarotti family, where you can taste their excellent wines. Overnight in \*\*\* or \*\*\*\*\* hotel

Overnight stay with breakfast in Torgiano

Distance: 63 km / 39,1 mi

Ascent / Descent: +553m -721m



### Day 4 Via Perugia back to Torgiano

See day 3 of 8-day tour



## Day 5 From Torgiano to the lake Trasimeno

See day 4 of 8-day tour

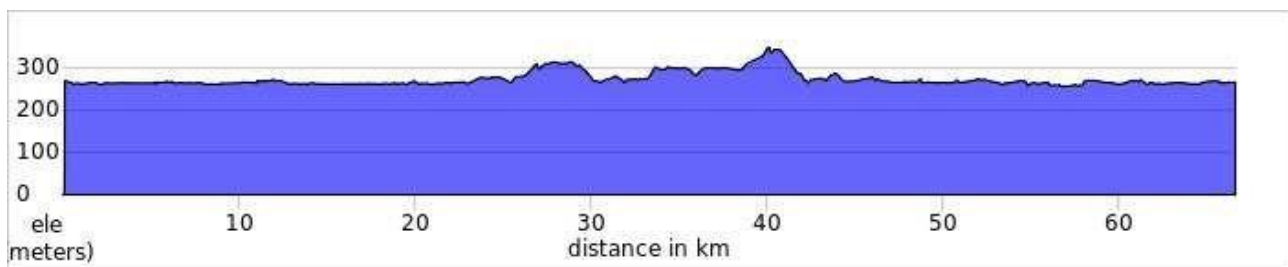
## Day 6 A tour around the lake Trasimeno

Today you can have a rest day or cycle around the lake, passing little towns like Passignano and Castiglione del Lago. For the biggest part you follow the cycle path around the lake, which offer stunning views on the islands and the green surrounding hills. In addition, a worthwhile trip is to visit one of the islands by boat.

Overnight stay with breakfast in Passignano

Distance: 57 km / 35,4 mi

Ascent / Descent: + 369 -373m



Or

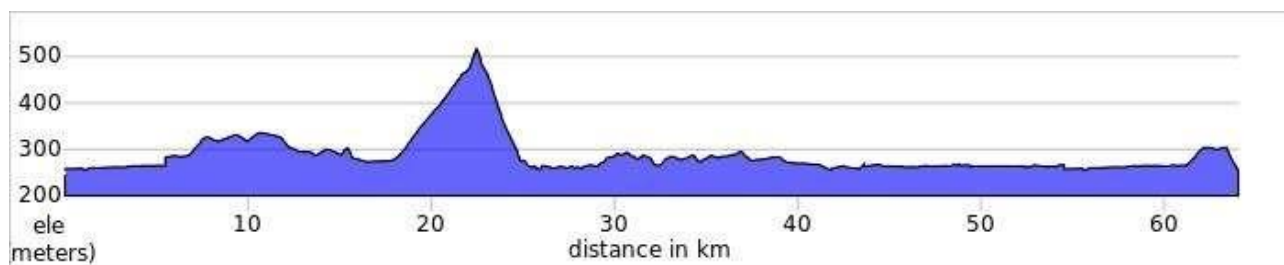
## A loop to the Etruscan town of Cortona

After breakfast in the saddle again with destination the Etruscan town of Cortona, situated in Tuscany. This lovely town is built on a hilltop and you have to climb some to reach it, but then you can enjoy a unique and amazing view of the Val di Chiana. The town is founded by the Etruscans (Original name was "Curtun") and it still retains many of its original remains from the Etruscan period. But not only Cortona encloses also the works of great Renaissance artists, such as Luca Signorelli and Beato Angelico, as well as Pietro di Cortona from the Baroque period Cortona is an important cultural and artistic centre for the valley and therefore well worth exploring. Something of interest can be found here for everyone: enthusiasts of history and art, lovers of nature and adventure, food and wine experts and those interested in fashion and shopping. Interesting are the archaeological museum and the Museo Diocesano with works of Signorelli, Lorenzetti and Fra. Angelico. After your visit, you descend again in the valley and along quiet country roads, you return to Passignano.

Overnight stay with breakfast in Passignano

Distance: 54 km / 33,6 mi

Ascent / Descent: + 533 -533m



### Day 7 From the lake to Umbertide

See day 5 of 8-day tour

### Day 8 From Umbertide to Gubbio

See day 6 of 8-day tour

### Day 9 From Gubbio to Assisi

See day 7 of 8-day tour

### Day 10 End of tour after breakfast

### Hotels

Standard: \*\*\* and \*\*\*\* stars

Superior hotels/rooms: \*\*\*, \*\*\*\* and \*\*\*\*\* stars

### Rates per person 2024:

<b>8 days Standard hotels HOTEL DA ANGELO/VIOLE (900m/3km from Assisi)</b>	<b>Price in Euro</b>
Sharing a double room B&B	658,00
Single room B&B	869,00
Single traveller B&B	+60,00
3rd person in a triple room B&B	350,00
Supplement half board	180,00
<b>8 days Standard hotels HOTEL LA TERRAZZA (900m from old town centre)</b>	
Sharing a double room B&B	710,00
Single room B&B	907,00
Single traveller B&B	+55,00
3rd person in a triple room B&B	385,00
Supplement half board	186,00

<b>8 days Superior hotels / room</b>	
Sharing a double room B&B	899,00
Single room B&B	1.275,00
Solo traveler B&B	+60,00
3 <sup>rd</sup> person in triple room	513,00
Supplement for Hotel la Terrazza in double room	35,00
Supplement for Hotel la Terrazza in single room	65,00
Supplement for paper roadbook and maps, on request with booking tour	10,00
Bike rental a week	85,00
E-bike	190,00
Gravel bike in carbon	200,00
Rental helmet	5,00

<b>10 days Standard hotels HOTEL DA ANGELO/VIOLE (900m/3km from Assisi)</b>	<b>Price in Euro</b>
Sharing a double room B&B	773,00
Single room B&B	1.032,00
Single traveller B&B	+65,00
3 <sup>rd</sup> person in a triple room B&B	425,00
Supplement half board	225,00
Supplement Spoleto Festival 28/06-14/07 incl.	19,00
<b>10 days Standard hotels HOTEL LA TERRAZZA (900m from old town centre)</b>	
Sharing a double room B&B	842,00
Single room B&B	1.107,00
Single traveller B&B	+65,00
3 <sup>rd</sup> person in a triple room B&B	473,00
Supplement half board	230,00
Supplement Spoleto Festival 28/06-14/07 incl.	19,00
<b>10 days Superior hotels / room</b>	
Sharing a double room B&B	1.145,00
Single room B&B	1.532,00

Solo traveler B&B	+65,00
3 <sup>rd</sup> person in triple room	603,00
Supplement Spoleto Festival 28/06-14/07 incl	19,00
Supplement for Hotel la Terrazza in double room	35,00
Supplement for Hotel la Terrazza in single room	65,00
Supplement for paper roadbook and maps, on request with booking tour	10,00
Bike rental	95,00
E-bike	230,00
Gravel bike	240,00
Rental helmet	5,00

**Upgrade to Hotel Lido \*\*\*\* with swimming pool (Trasimeno lake) supplement p.p.p.n. ONLY FOR CLASSIC HOTELS option: On request**

**Included in the tour:**

- Tour information on spot: brochures 7 or 9 overnight stays with breakfast
- 7 or 9 dinners if booked the half board Version
- Luggage transportation from hotel to hotel
- Emergency support hotline
- App Ride with Gps, access with QR code, tracks and tour information. On request with the booking a paper road book and maps with supplement € 10
- Route briefing on arrival day

**Excluded in the tour**

- Local tourist taxes to be paid in the hotels. Amount is depending from the category
- Everything not mentioned under 'included in the tour'



**Bikes:** Hybrid, E-bike and Gravel bike  
**Ecologico Tours & Meravigliosa Umbria**  
[www.ecologicotours.com](http://www.ecologicotours.com)  
[www.meravigliosaumbria.com](http://www.meravigliosaumbria.com)  
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 tel. (0039) 346 3254167 & (0041) (0) 79 2457505

