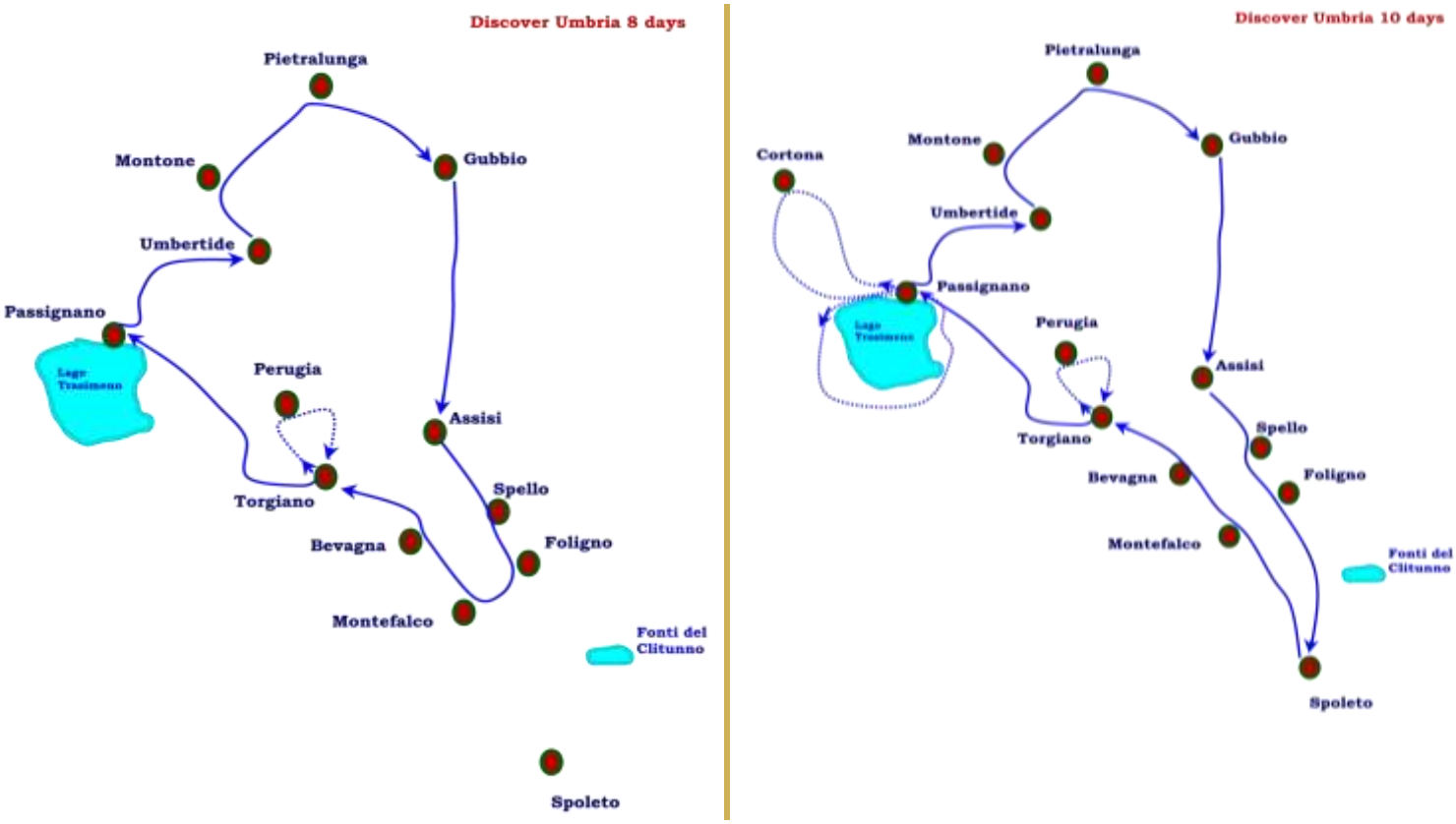
Discover Umbria (C 002 UMB)

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 Trip in a Nutshell



Number participants: 1 or more people.
This tour is not suitable for children under 14 years old, because the terrain is too hilly and the tour is too strenuous.

Departures: **Self-Guided:** Daily from April until end of October, except departures from 08/08 to 22/08/2027 inc.

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

8-day tour: between 35 – 65 km. **Total** 321 km/200 miles or 312km/193 mi
10-day tour: between 35 – 65 km. **Total** 432 km/268 miles or 420 km /261 mi

The 10-day tour. 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.

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) or a nature ride (47 km /29,2 mi))
Day 4 Passignano Lake 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 (61 km/38 mi/52 km/32,3 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) or a nature ride (47 km /29,2 mi))
Day 5 Passignano lake of Trasimeno (51 km/31,7 mi)
Day 6 Tour around the lake (59 km/36,6 mi) or loop to the Etruscan town of Cortona (56 km/34,8 mi)
Day 7 To Umbertide (47 km/29,2 mi)
Day 8 To Gubbio (58 km/36 mi)
Day 9 To Assisi (61 km/38 mi/52 km/32,3 mi)
Day 10 End of tour after breakfast

The Daily Program

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

Day 1 Individual arrival at your hotel in Assisi
Your cycling holiday in Umbria begins in the enchanting pilgrimage town of **Assisi**, beautifully situated on the slopes of Monte Subasio. The medieval town is easily recognizable from afar, with its impressive city walls, towers and historic buildings, crowned by the imposing **Rocca Maggiore** fortress overlooking the town.

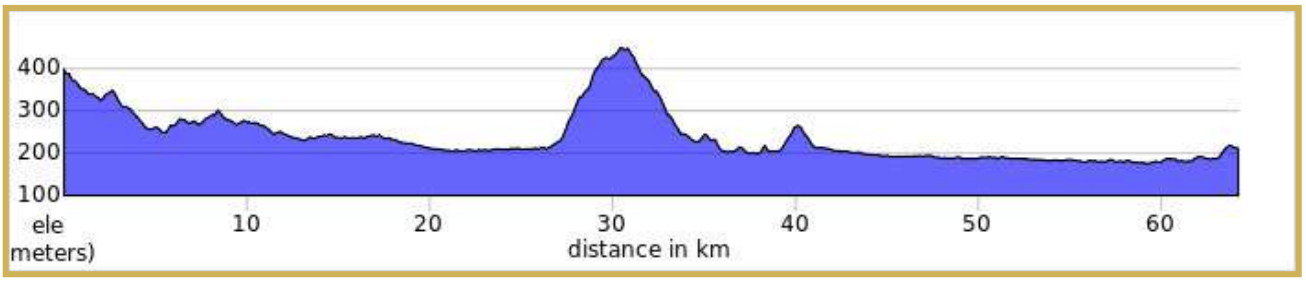
You will stay in a comfortable **3- or 4-star hotel** in or close to Assisi's historic centre. In the late afternoon, you will receive a short briefing at the hotel with all the practical information you need for your cycling tour. If you have rented a bicycle from us, it will be handed over to you during the briefing. Everything is then ready for your first day of cycling through the beautiful green heart of Umbria!

Day 2 Passing the medieval towns of Spello-Montefalco-Bevagna-Torgiano
Today you cycle through the beautiful **Valle Umbra**, the green heart of Umbria. From Assisi, you make your way towards **Spello**, before descending into the valley and continuing to Foligno. The route takes you through a wonderfully varied landscape of rolling hills, vineyards and open fields, crossed by the small rivers Topino, Chiascio and Clitunno.

From Foligno, the route gradually climbs through the countryside towards **Montefalco**, with quiet roads winding between fields and vineyards.
This charming medieval hilltop town is known as the **'Balcony of Umbria'**, thanks to its magnificent panoramic views across the Valle Umbra.

From Montefalco, you cycle downhill to **Bevagna**, one of Umbria's most charming medieval towns. Its beautiful Piazza Silvestri is framed by two remarkable Romanesque churches. After one final short climb, you reach **Torgiano**, a renowned wine town and the destination for today.

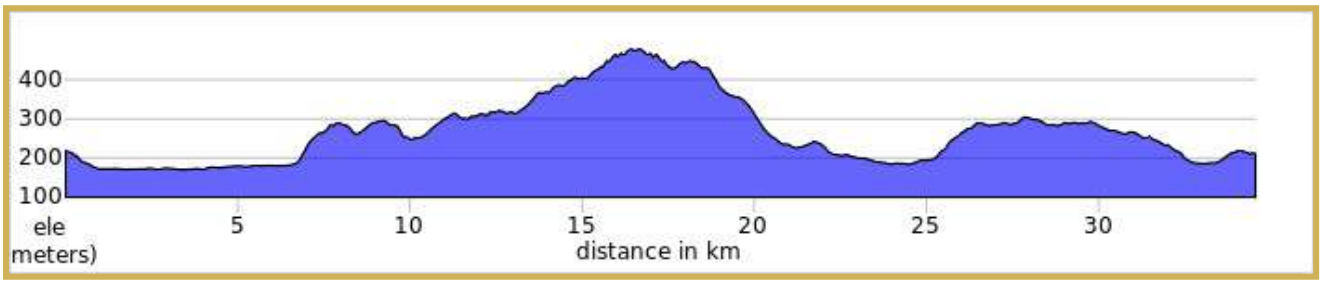
Overnight stay with breakfast in Torgiano
Distance: 64 km/39,7 mi
Ascent / Descent: +612m -797m
Paved: 97%; Unpaved: 3%



Day 3 Visiting Perugia or an enjoyable nature ride and Deruta
Option 1: Today you have plenty of time to discover **Perugia**, the lively capital of Umbria. From Torgiano, the historic city is easy to reach. The old town rises above the modern city and is surrounded by impressive medieval walls. As you wander through atmospheric streets, climb historic stairways and explore elegant squares, you will discover a city full of history and character.

Alternatively, you can spend some extra time in **Torgiano** and discover the region's long-standing wine tradition. The fascinating **Wine Museum of Torgiano (MUVIT)** tells the story of wine culture in Umbria.

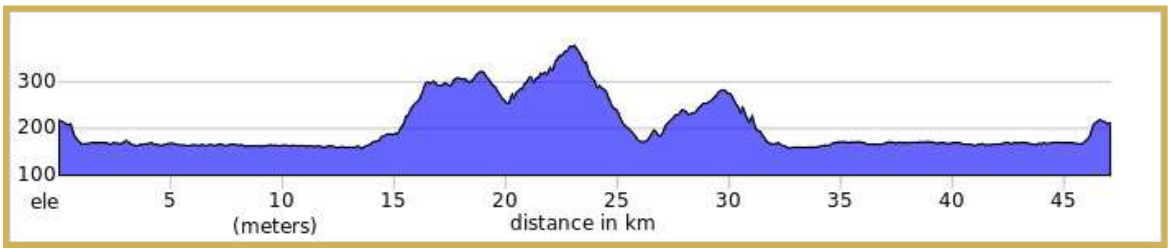
Overnight stay with breakfast in Torgiano
Distance: 34,5 km/21,4 mi
Ascent / Descent: +588m -593m
Paved: 96%; Unpaved: 4%



Option 2: A peaceful cycling tour in Umbria: Torgiano and Deruta
This quieter **cycling tour in Umbria** takes you through the gentle countryside around **Torgiano** and to **Deruta**, world-famous for its hand-painted ceramics. Visit the **Ceramics Museum**, the Town Hall Gallery and the **Sanctuary of Madonna dei Bagni**, home to more than 600 votive tiles. The route continues through the **Umbrian hills** and small villages such as Casalalta before descending into the fertile **Tiber Valley**.

Overnight stay with breakfast in Torgiano
Distance: 47 km/29,2 mi
Ascent/Descent: +592m –598m

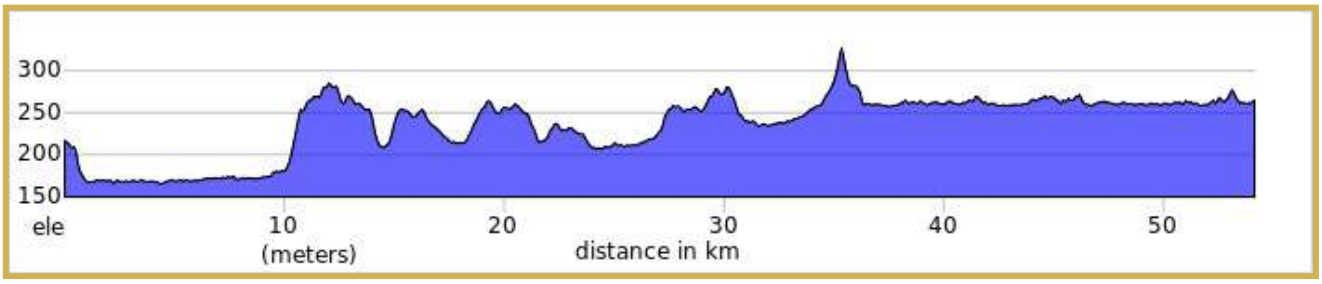
Paved: 71%; Unpaved: 29%



Day 4 Torgiano – Passignano on lake Trasimeno
Today you leave Torgiano behind and cycle towards beautiful **Lake Trasimeno**, the largest lake in central Italy and the fourth-largest lake in the country. The route takes you through the rolling green hills of Umbria, with quiet roads and beautiful countryside. As you cycle along, the lake suddenly comes into view, revealing a stunning panorama of deep blue water and its three islands: **Isola Maggiore, Isola Minore and Isola Polvese**.

Your destination is **Passignano sul Trasimeno**. This lively lakeside resort is the perfect place to relax after your ride. Take a stroll through the historic centre, enjoy a drink overlooking the water or take a refreshing swim at the small beach close to the centre.

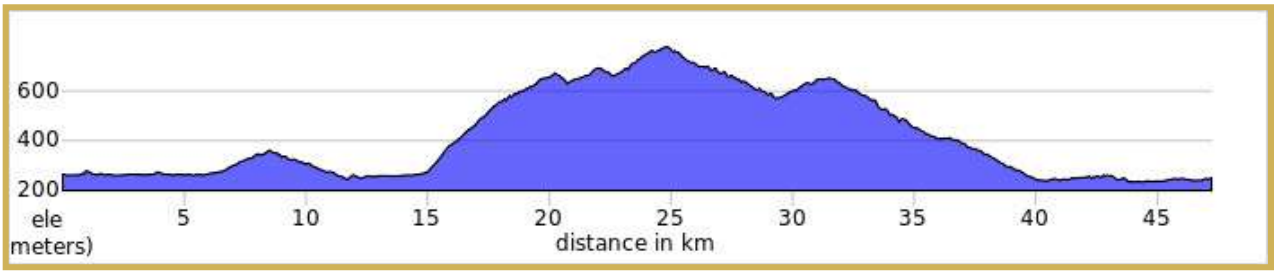
Overnight stay with breakfast in Passignano
Distance: 54 km/33,5 mi
Ascent / Descent: +571m -523m
Paved: 85% ; Unpaved : 15%



Day 5 Trasimeno lake to Umbertide
Today you leave Lake Trasimeno behind and cycle through some of the most peaceful and unspoilt countryside in **Umbria**. The route takes you through rolling green hills and quiet rural landscapes, with wonderful panoramic views along the way.

A challenging climb brings you to **Castel Rigone**, a charming hilltop village overlooking Lake Trasimeno. From here, you are rewarded with beautiful views across the lake and surrounding countryside. After the effort, a wonderful descent takes you towards **Umbertide**, situated in the green Tiber Valley.

Overnight stay with breakfast in Umbertide
Distance: 47 km/29,2 mi
Ascent / Descent: +888m -902m
Paved: 100%

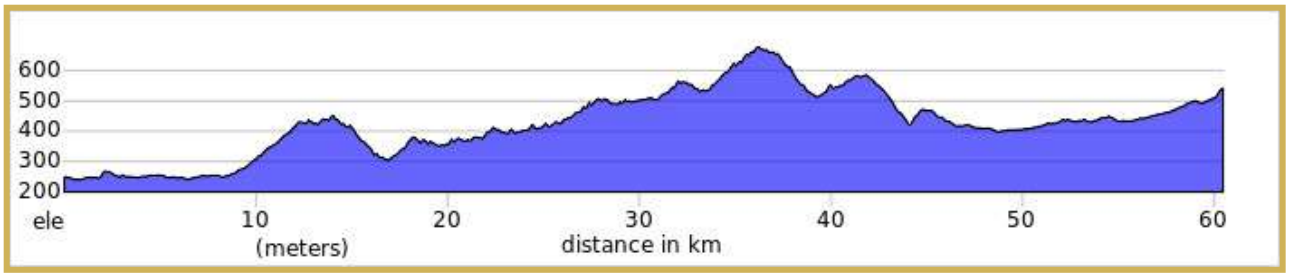


Day 6 From Umbertide to Gubbio
Today's cycling adventure takes you through the beautiful green heart of **Umbria**. From Umbertide, the route first climbs towards **Montone**, one of the region's most charming medieval hill towns. Surrounded by ancient walls and perched on a hilltop, Montone has preserved its authentic character over the centuries.

Another lovely town is Pietralunga and then you continue towards **Gubbio**, one of the most fascinating medieval towns in Umbria.

You will stay in a comfortable **3- or 4-star hotel in the historic centre of Gubbio**, allowing you to experience the atmosphere of this remarkable medieval town in the evening as well.

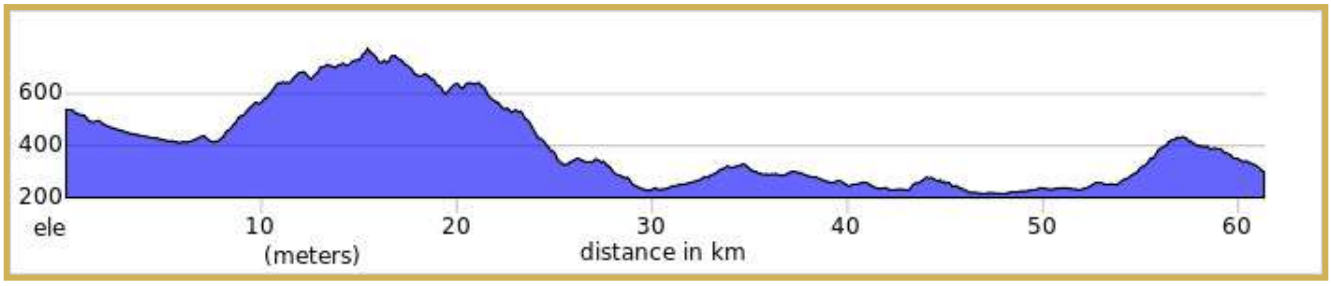
Overnight stay with breakfast in Gubbio
Distance: 60 km/37,2 mi
Ascent / Descent: +1.107m -815m
Paved: 100%



Day 7 From Gubbio to Assisi
Today is the final cycling stage of your **cycling holiday in Umbria**. Leaving Gubbio, the day begins with a challenging climb as you make your way up and away from the high plateau. It is a rewarding start to the day, and your effort is soon repaid with beautiful and ever-changing views.

Before long, the familiar outline of **Assisi** appears in the distance. The impressive Rocca Maggiore and the medieval town create a memorable final view of your journey. You cycle through the historic centre, passing some of Assisi's most important monuments before arriving at your hotel.

Overnight stay with breakfast in Assisi
Distance: 61 km/38 mi or 52km/32,3 mi
Ascent / Descent: +1.033m -1.273m or +757m -996m
Paved: 99%; Unpaved: 1%



Day 8 End of tour after breakfast

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

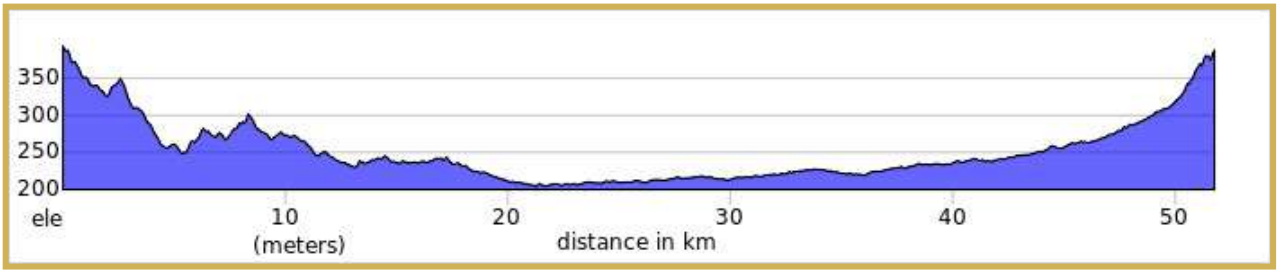
Day 1 arrival in the hotel in Assisi
See day 1 of 8-day tour

Day 2 To Spoleto passing Spello and Foligno
Today you leave **Assisi** and follow a beautiful panoramic route towards **Spello**, one of Umbria's most charming medieval hill towns. Spello is particularly fascinating for its Roman heritage, historic architecture and rich artistic treasures. Wander through its atmospheric streets and discover the colourful flower pots and plants that have earned the town its nickname, the **'Flower Town'**.

After exploring Spello, a pleasant descent takes you to **Foligno**, situated in the heart of the Valle Umbra. This lively town is a great place for a short break or a stroll through its attractive historic centre. From here, you continue cycling towards **Spoleto**, one of the most fascinating historic towns in Umbria.

You will stay in a comfortable **3- or 4-star hotel in the historic centre of Spoleto**, allowing you to enjoy the atmosphere of this fascinating city well into the evening.

Overnight stay with breakfast in Spoleto
Distance: 52 km/32,3 mi
Ascent / Descent: +398m -402m
Paved: 94%; Unpaved: 6%



Day 3 Spoleto -Montefalco-Bevagna-Torgiano
Today you cycle through the beautiful rolling hills of **Umbria** towards **Torgiano**, a region renowned for its excellent wines and olive oil. Before long, **Montefalco** comes into view on the hilltop. Perched high above the Valle Umbra, the medieval town is known as the **'Balcony of Umbria'** thanks to its spectacular views across the surrounding countryside.

From Montefalco, you continue through the green Umbrian countryside to **Bevagna**, a charming medieval town in the Valle Umbra. The final part of the ride takes you to **Torgiano**, set in a fertile wine-growing area near the confluence of the **Chiascio and Tiber rivers**.

Overnight stay with breakfast in Torgiano
Distance: 64,5 km/40 mi
Ascent / Descent: +682m -850m
Paved: 98% ; Unpaved : 1%



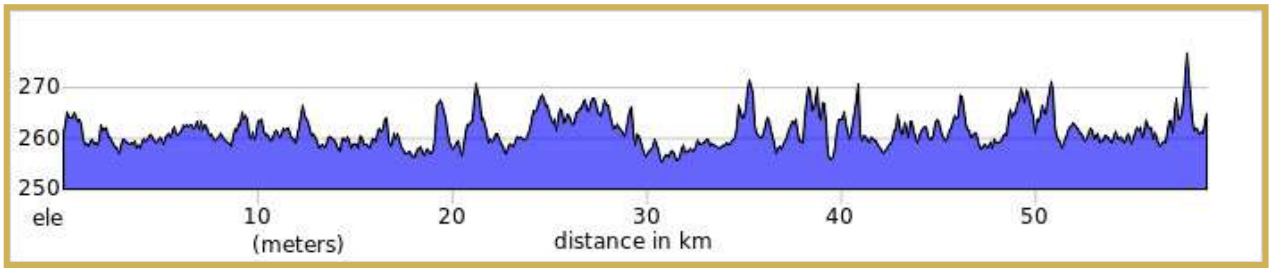
Day 4 Via Perugia back to Torgiano
See day 3 of 8-day tour

Day 5 From Torgiano to the lake Trasimeno
See day 4 of 8-day tour

Day 6 Around Lake Trasimeno or Cycling to Etruscan Cortona
Today you can choose between two beautiful cycling experiences. Enjoy a relaxed **ride around Lake Trasimeno**, or take on a more challenging excursion to the Etruscan town of **Cortona** in Tuscany.

Option 1 – Cycling around Lake Trasimeno
Lake Trasimeno and the surrounding hills have had a magical attraction for centuries. The landscape also inspired artists throughout history. The famous Umbrian painter **Perugino**, teacher of Raphael, frequently used the countryside around the lake as a backdrop for his paintings. Today you cycle around the lake, enjoying ever-changing views across the water and the surrounding hills. Along the way, you pass the attractive lakeside towns of **Passignano sul Trasimeno** and **Castiglione del Lago**, both perfect for a coffee break or a leisurely lunch overlooking the water.

Overnight stay with breakfast in Passignano
Distance: 59 km /36,6 mi
Ascent / Descent: +316m -313m
Paved: 46%; Unpaved: 54%



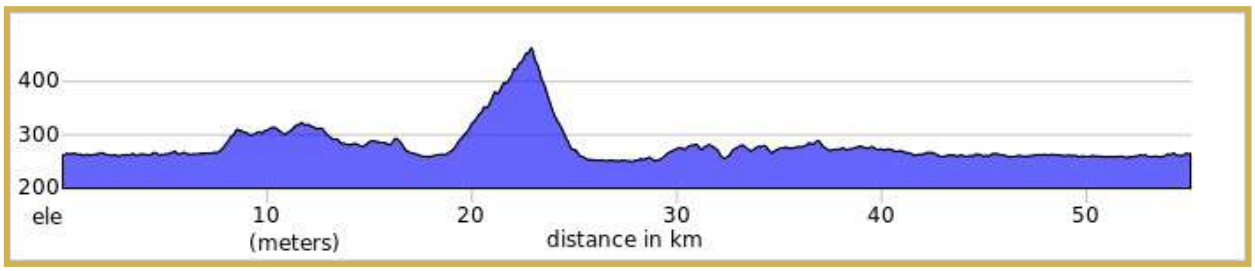
Or

Option 2 – Cycling to Etruscan Cortona
After breakfast, set off by bike towards **Cortona**, just across the border in Tuscany. Today's route is more challenging, as Cortona sits high on the hillside and is reached via a rewarding climb. Your effort is rewarded with wonderful views across the Val di Chiana and the Tuscan countryside.

In the historic centre, you can visit the **Museo dell'Accademia Etrusca e della Città di Cortona (MAEC)** and the **Diocesan Museum**.

After exploring Cortona, you cycle back towards **Passignano**. A beautiful descent brings you down into the valley, followed by quiet country roads and a section of gravel cycle path leading back to your hotel.

Overnight stay with breakfast in Passignano
Distance: 56 km/34,7 mi
Ascent /Descent: +544m -545m
Paved: 83%; Unpaved: 17%



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

Hotel & Prices

Hotel: *** or ****

Prices: from € 715

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

Included in the tour

- 7 or 9 overnight stays with breakfast
- 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. PDFs of the paper road book can be send by e-mail **on request**
- Route briefing on arrival day
- Car park available for free (not in Hotel dal Moro)

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'

Bikes for hire: Hybrid bikes, E-Bikes, Gravel

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.

Travel Information:

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

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