Assisi-Spoleto Bike Path

A 4- or 5-day cycling holiday

Code tour: C005UMB



The **Assisi–Spoleto cycling tour** is one of the most enjoyable routes for anyone interested in **cycling Umbria** at a relaxed and accessible pace. This easy itinerary follows the well-signed **bike path Assisi–Spoleto** and quiet country roads that cross the beautiful **Valle Umbra**, offering mostly flat terrain and constant panoramic views of Umbria's rolling hills.
Along the way, the route connects three remarkable historic towns: **Assisi, Bevagna, and Spoleto**. Travellers who want to enrich their journey can extend it with an additional loop to the medieval town of **Spello**, set against the slopes of Mount Subasio.

From Assisi, the tour begins with a gentle descent leading directly to the bike path. You pedal through one of the most scenic areas for **cycling in Umbria**, surrounded by vineyards, olive groves, and hilltop villages. Passing the small town of **Cannara**, famous for its red onions, you continue toward **Bevagna**, the ancient Roman Mevania and one of the officials "Most Beautiful Villages of Italy." Its Roman remains, medieval palaces and churches create an atmospheric setting for your overnight stay.
The next day you follow the peaceful banks of the **Maroggia River**, enjoying views of **Montefalco**, renowned for its Sagrantino wines, and **Trevi**, the olive-oil capital of Umbria. Near **Campello sul Clitunno**, you can leave the Assisi–Spoleto bike path to visit the enchanting **Clitunno Springs**, praised by poets like Goethe.

Your journey ends in **Spoleto**, whose imposing fortress dominates the skyline from afar. You stay in the historic centre, near the Roman Amphitheatre, cathedral, and the iconic **Ponte delle Torri**. This tour is a perfect introduction to **cycling Umbria**, combining nature, culture, and slow travel along the scenic **bike path Assisi–Spoleto**.

Assisi-Spoleto bike path



Period: daily from April until end of October (exclusive 09/08 - 23/08/2026)

Participants: 1 or more people

Difficulty: 1 Easy cycling along cycle paths or quiet country roads. Suitable for those who do not have or have little training. Families can undertake them with young children, if children are used to cycle along roads. The gentle routes are along country lanes or cycle paths, usually flat or with little gradient (no more than 200m). Coming into or leaving the small towns along the route there can be some more traffic. You cycle about 2,5- 3 hours a day and therefore have enough time to enjoy the enchanting villages along the route
Average daily distances: between 27-35 km / 17-21 miles
Total km/miles: 4 days 68 km / 42,3 mi or 5 days 103 km/ 64 mi



Program 4 days
Day 1 Individual arrival at Assisi
Day 2 Assisi-Bevagna (24,7 km / 15,3 miles)
Day 3 Bevagna – Spoleto (34 km / 21,1 miles)
Day 4 End of tour after breakfast

Program 5 days
Day 1 Individual arrival at Assisi
Day 2 Assisi – Spello – Assisi (35 km / 21 miles)
Day 3 Assisi-Bevagna (24,7 km / 15,3 miles)
Day 4 Bevagna – Spoleto (34 km / 21,1 miles)
Day 5 End of tour after breakfast

Daily program 4-day / 3-night tour

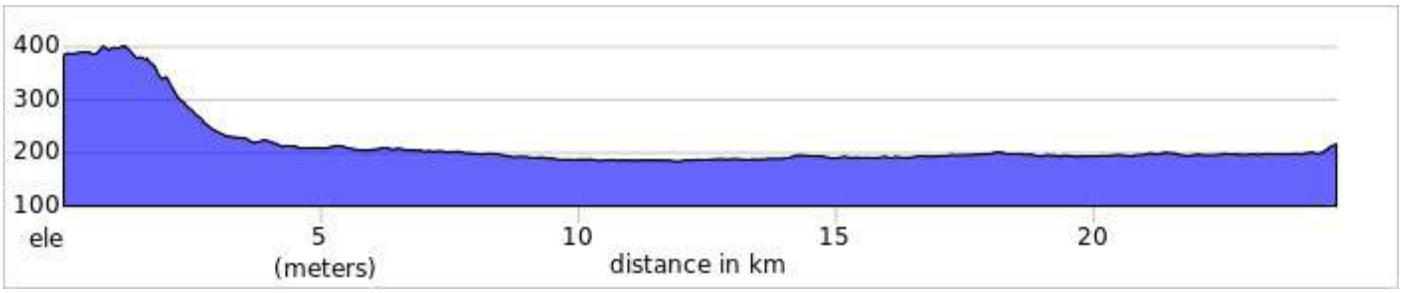
Day 1 Arrival in your hotel in Assisi
Your **cycling Umbria** holiday begins in the magnificent town of **Assisi**, a UNESCO World Heritage Site and one of the most spiritually significant destinations in Italy. Assisi is renowned for its deep connection to **Saint Francis** and **Saint Clare**, who lived here in the 13th century and left a lasting legacy reflected in the town's basilicas, convents, and peaceful atmosphere.
Upon arrival at your hotel, located near the historic centre, you can take your time to wander through the beautifully preserved medieval streets. Assisi's pink-stone buildings, narrow alleys, lively piazzas, and breathtaking views over the Valle Umbra create a perfect introduction to your journey along the **bike path Assisi–Spoleto**. Visit highlights such as the **Basilica of Saint Francis**,

the **Temple of Minerva**, and the **Rocca Maggiore**, or simply enjoy the unique atmosphere of this hilltop town.
In the late afternoon, if you have rented bicycles, our staff will meet you for the **bike drop-off, fitting and route briefing**, ensuring that you are fully prepared for the days ahead. You will spend the night in a comfortable **3-star or 4-star hotel** near the centre of Assisi, ideal for exploring the town before your cycling adventure begins.

Day 2 Assisi – Bevagna
Your second day of **cycling Umbria** begins as you leave Assisi and continue south along quiet country roads. Soon you reach the small village of **Cannara**, well known throughout the region for its delicious sweet **red onions**. Each year Cannara hosts a popular festival dedicated to this local product, transforming the village into a lively celebration of food, tradition, and Umbrian culture. From Cannara, the route leads you through the fertile plain of the **Valle Umbra**, offering a pleasant and mostly flat ride—perfect for enjoying the landscapes at a relaxed pace. As you follow the scenic line between vineyards and olive groves, you approach **Bevagna**, a charming town that stands out as one of the rare examples in Umbria of a historic centre located **on the plain rather than on a hilltop**.

Bevagna beautifully blends its **Roman origins** with a rich **medieval character**. Highlights include the elegant **Piazza Silvestri**, one of the most picturesque squares in Italy, framed by the Gothic **Palazzo dei Consoli** and two impressive Romanesque churches. You can also explore the well-preserved **Roman mosaics** depicting marine animals and visit a traditional **medieval craftsmen's workshop** that demonstrates ancient techniques.
Your hotel is located either just outside the old town or within the historic centre of Bevagna, allowing you to easily enjoy the peaceful atmosphere in the evening. Overnight stay with breakfast in Bevagna.

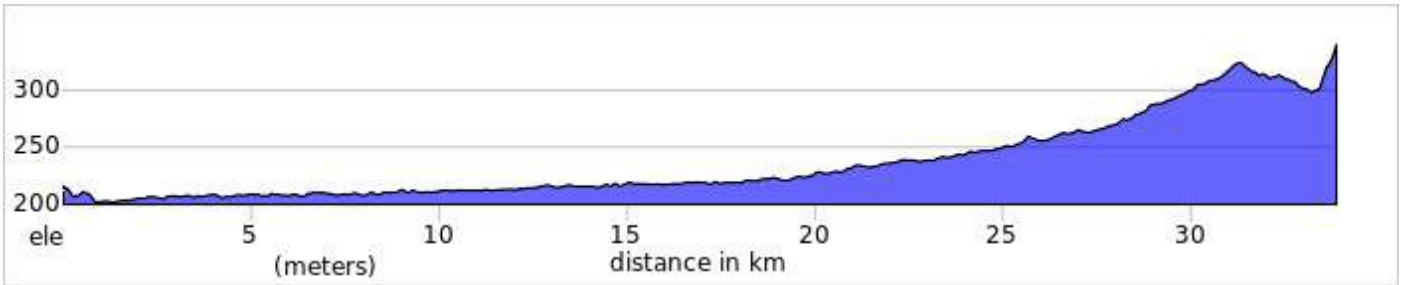
Distance: 24,7 km / 15,3 mi
Ascent/ descent: +99m – 217m



Day 3 Bevagna - Spoleto
Your final day of **cycling Umbria** leads you from Bevagna toward the beautiful town of **Spoleto**, one of the cultural treasures of central Italy. As you approach from the plain, Spoleto becomes visible from a distance thanks to its impressive **fortress**, the Rocca Albornoziana, which dominates the skyline from the top of the hill.

You reach the town comfortably via the **bike path Assisi–Spoleto**, entering the city along a quiet and scenic route. From the lower part of Spoleto, you cycle gradually uphill to your hotel, enjoying views of medieval towers, stone alleys, and the city's characteristic terraced layout.
The historic centre of Spoleto is rich in monuments and artistic heritage. The **Cathedral (Duomo)** with its magnificent Romanesque façade, the striking **Ponte delle Torri**, the **Roman House**, the **amphitheatre**, and of course the fortress are all located in the upper part of the city. Take your time to explore this atmospheric destination, famous for its cultural events, traditional food, and timeless charm.
Your overnight stay includes breakfast in a comfortable **3-star or 4-star hotel** in the historic centre. In the **4-star hotel**, it is also possible to book an **Umbrian cooking lesson followed by dinner**, a delightful way to end your cycling journey through Umbria.

Hotel la Macchia
Distance: 34 km / 21,1 mi
Ascent/ descent: +212m – 89m



Hotel centre of Spoleto
Distance: 32,2 km / 20 mi
Ascent/ descent: +235m – 71m

Day 4 End of tour after breakfast

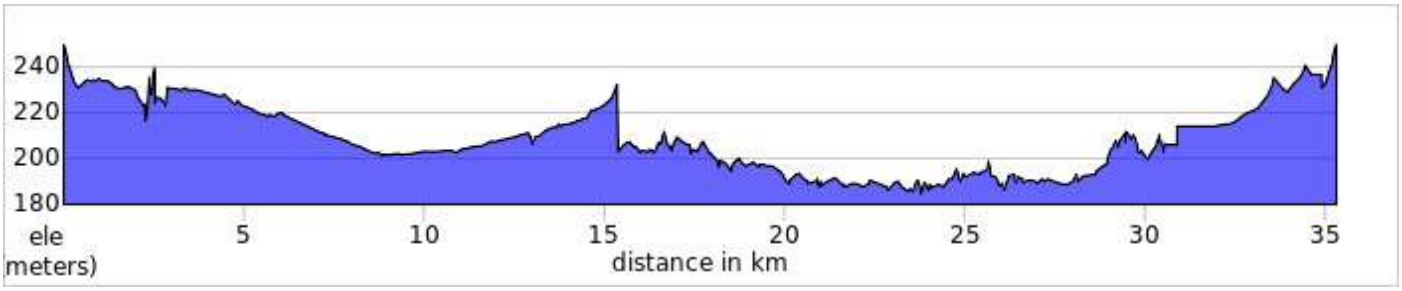
Daily program 5-day / 4-night tour

Day 1 see day 1 of the 4 day tour

Day 2 Assisi – Spello – Assisi
After breakfast, your second day of **cycling in Umbria** begins with a beautiful round tour through the peaceful **Umbrian Valley**. Leaving Assisi, you follow a route along **quiet country roads** (no bike paths on this section), surrounded by olive groves, vineyards, and fields dotted with farmhouses. The landscape opens toward the slopes of **Mount Subasio**, where the enchanting town of **Spello** appears, clinging proudly to the hillside.
Spello is one of the best-preserved medieval towns in Umbria, famous for its narrow alleys, stone houses with colourful flowered balconies, and its warm, authentic atmosphere. At the foot of the historic centre, you leave your bikes and continue on foot, walking uphill to explore its most important monuments.

Among the highlights of Spello are the **Church of Santa Maria Maggiore**, home to the extraordinary **Baglioni Chapel**, masterfully painted by Pinturicchio; the **Church of Sant'Andrea** with works by local artists; the **Pinacoteca**; the impressive **Roman mosaics**; and the ancient **Porta Consolare**, a monumental Roman gate that once marked the entrance to the city.
After your visit, enjoy the relaxing ride back to Assisi, following the same quiet agricultural roads with beautiful views of the valley.

Overnight stay with breakfast in your hotel in Assisi.
Distance: 35 km / 21 mi
Ascent/ descent: +151m – 149m



Day 3 Assisi – Bevagna
See day 3 of 4 days version

Day 4 Bevagna - Spoleto
See day 4 of four days version

Day 5 End of tour after breakfast

Hotels: Standard or Superior:

Rates per person 2026: prices from € 282 in standard hotel in double room. Ask the program with the prices

Included in the price:

- 3 / 4 overnight stays with breakfast in Cat. A or Cat B Hotels
- Access to the App Ride with GPS with the GPS tracks of the tour.
- Bike rental inclusive pick-up of the bikes in Spoleto
- Luggage transportation
- Clients assistance
- Cultural information

Not included in the price

- Local tourist tax, which has to be paid directly in the hotel.

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

Our bikes: Hybrid trekking bikes or E-bikes

How to reach the starting point
Start: Assisi / End: Spoleto

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