Treasures of the green valley (C006UMB)

Cycling in Umbria: Discover the Green Heart of Italy on Two Wheels
A 7-day cycling tour



Meravigliosa Umbria

Experience the charm of **cycling through Umbria**, a region often called *the green heart of Italy*, where quiet country roads lead you through a landscape of timeless beauty. Pedal among colourful fields that change with the seasons, framed by rolling hills covered with **silver-green olive groves** and **lush vineyards** producing some of Italy's finest wines.

Since Roman times, Umbria has been celebrated for its unspoiled nature and peaceful atmosphere. This region is blessed with an abundance of **lakes, rivers, springs, mountain streams and waterfalls**, offering cyclists a refreshing and scenic backdrop at every turn.
This **leisurely cycling holiday** is perfect for those seeking a relaxed pace. The route follows mostly flat terrain in the fertile valley known as the **Valle Umbra**, with only a few gently rolling sections. Each day's ride is comfortably short, allowing you plenty of time to stop, explore, and enjoy the many historical and cultural treasures along the way.
You'll cycle through **lively medieval towns and villages** such as **Assisi, Spello, Spoleto, Montefalco, Bevagna** and **Perugia**, each one rich in history, architecture and Umbrian charm.
Your journey begins and ends near **Assisi**, the birthplace of St. Francis, dramatically perched on the slopes of Monte Subasio. Its ancient castle crowns the town at 505 metres above sea level, offering magnificent views across the valley.

On your **first day of cycling**, you pass through the beautifully preserved medieval town of **Spello**, famous for its cobbled streets, stone houses, and colourful flower displays. From there, the scenic route winds through the fertile plains to **Casco dell'Acqua**, nestled on the banks of the **Clitunno River** — an idyllic oasis of peace and greenery.

The following day brings you to **Spoleto**, one of Umbria's most captivating towns. Here you can take time to explore its Roman theatre, impressive cathedral, and the iconic Ponte delle Torri, all testaments to the city's layered history and artistic heritage.

The **second part of the tour** leads you through the heart of the Valle Umbra to **Montefalco**, known as the "Balcony of Umbria" for its panoramic views and its celebrated **Sagrantino wine**. You then continue to **Bevagna**, with its medieval square and artisan workshops, and **Torgiano**, home to fine wines and olive oil traditions. Finally, you arrive in **Perugia**, the provincial capital, where elegant Renaissance palaces, fascinating museums, grand churches, and lively shopping streets await.
The final stage of the route takes you along quiet, scenic country roads back toward Assisi. As you approach, the view of this iconic hill town rising in the distance offers the perfect finale to your **cycling adventure in Umbria** — a journey through beauty, culture, and timeless Italian landscapes.

The Trip in a Nutshell



Period: Daily from 01 April till 31 October (exclusive 08/08-22/08/2027)

Participants: Minimum 1 person

Difficulty: Level 2
You cycle through a landscape of gentle, rolling hills. This generally easy route, mostly flat, with short daily distances makes this an ideal tour for leisure cyclists, but some cycle experience is needed. There are not too many climbs and if possible, there will be offered an alternative. The daily distances are restricted to between Cycle experience is needed.

Average daily distances: between 25 km - 54 km / 15,5 mi – 33,5 mi
Total km: minimum 178 km/110,6 mi or maximum 203 km/126,5 mi

Program in short

Day 1 Individual arrival at Assisi
Day 2 to Casco dell'Acqua (24 km / 15 mi)
Day 3 Loop to Spoleto overnight Casco dell'Acqua (44 km / 27,3 mi or 50,5 km / 31,3 mi)
Day 4 Pedalling to Torgiano passing or not Montefalco (51,5 / 32 mi or 54 km / 33,5 mi)
Day 5 loop to Perugia (33 km / 20,5 mi)
or
loop to Deruta (31 km / 19 mi or 47 km / 29,2 mi)
Day 6 To Assisi (27 km / 16,7 mi)
Day 7 Departure after breakfast





The Daily Program

Day 1 – Individual arrival in Assisi
Welcome to Assisi, one of Italy's most iconic pilgrimage towns and a UNESCO World Heritage Site. Nestled on the slopes of Mount Subasio and overlooking the fertile Valle Umbra, Assisi is a place where history, spirituality, and art blend in perfect harmony.
If you arrive early today, take the opportunity to explore this beautiful medieval city at your own pace. Wander through the narrow alleys and cobbled streets, soak up the peaceful atmosphere, and stop at one of the many picturesque squares. Enjoy a delicious Italian *gelato* or an espresso in a sunny café terrace as you watch the world go by. Assisi is rich in artistic and cultural treasures. Be sure to visit the Basilica of St. Francis, with its magnificent frescoes by Giotto, the Basilica of St. Clare, the Rocca Maggiore fortress, and the Roman Forum. The town is also home to charming museums, artisan workshops, and viewpoints offering panoramic vistas of the Umbrian countryside.
You will spend the night in a comfortable *** or (on request) **** hotel in Assisi, where you can relax and prepare for the start of your cycling tour in Umbria.

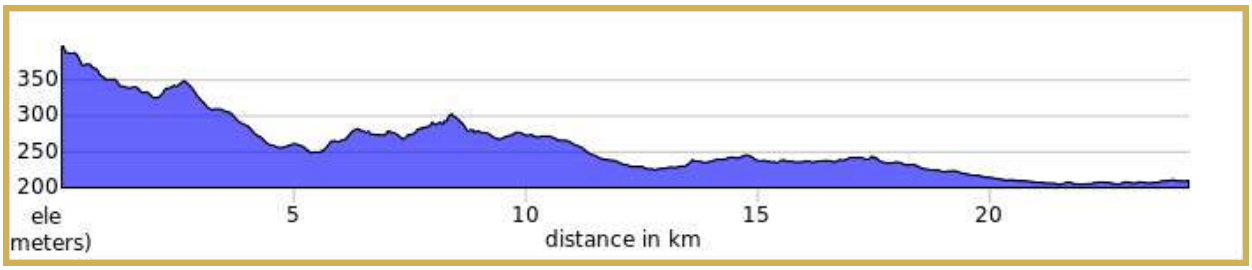
Day 2 Assisi → Spello → Foligno → Casco dell'Acqua
After breakfast, your **first cycling stage** begins. You leave Assisi and follow a scenic route along the gentle slopes of **Mount Subasio**, heading toward the enchanting town of **Spello**.
Spello, perched on the southern slopes of the mountain, is a true gem of Umbrian architecture and history. Its Roman walls, medieval towers, and narrow flower-filled streets make it one of Italy's most beautiful villages. Known as the **"Town of Flowers"**, Spello delights visitors with its vibrant balconies and alleyways. Every year, the town celebrates its famous **Infiorata di Spello**, a stunning flower festival for Corpus Domini, where intricate floral carpets decorate the streets.

Take your time to stroll through Spello's charming lanes, visit the **Santa Maria Maggiore church** with its Pinturicchio frescoes, and enjoy a local treat in one of the cafés before getting back on your bike.

From Spello, you descend into the **valley floor**, cycling toward **Foligno**. In the heart of the Valle Umbra, Foligno combines history with modern life. Stop at the **main square (Piazza della Repubblica)**, admire the **Romanesque cathedral façade**, and explore the town's lively streets lined with shops and cafés.

Leaving Foligno, the route leads you through the peaceful Umbrian countryside, along quiet country lanes surrounded by **colourful fields**, olive groves, and waterways. The landscape opens up to reveal the authentic charm of rural Umbria, where time seems to slow down.
Your destination for today is **Casco dell'Acqua**, a small village immersed in nature along the **Clitunno River**, where you will stay in a welcoming **country house**. Enjoy the tranquility of the countryside, the sounds of the river, and the warm hospitality typical of Umbria.

Overnight stay with breakfast in Casco dell'Acqua
Distance: 24 km / 15 mi
Ascent/descent: +146m –331m
Paved; 95%; Unpaved: 5%



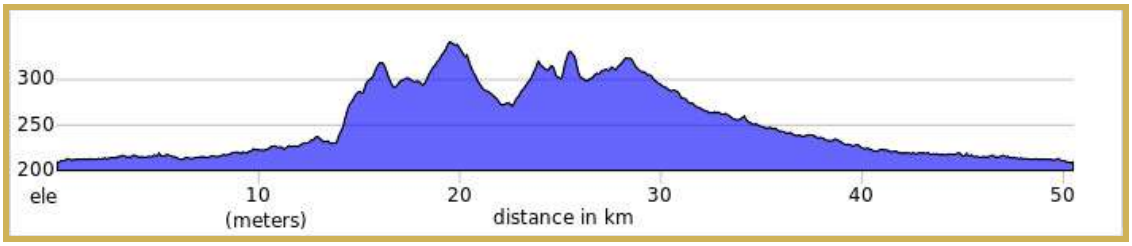


Day 3 Casco dell'Acqua - Spoleto – Casco dell'Acqua

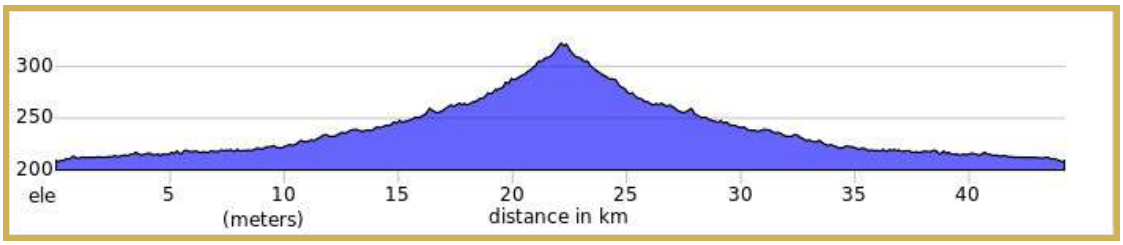
This morning's cycling route takes you through a peaceful landscape of **olive groves, vineyards, and rolling Umbrian hills** as you make your way to **Spoleto**, one of the most fascinating towns in central Italy. From afar, you can already spot **Spoleto's impressive fortress**, the **Rocca Albornoziana**, proudly overlooking the valley and the medieval town below.
As you approach, the skyline of Spoleto unfolds — a harmony of towers, domes, and stone houses encircled by **ancient city walls** that have protected the town for centuries. The historical centre,

largely preserved within these medieval fortifications, offers a wealth of artistic and architectural treasures.
Spoleto is world-renowned for its prestigious **Festival dei Due Mondi** ("Festival of Two Worlds"), one of Italy's most important performing-arts events, held every year between **late June and early July**. During this time, the town comes alive with music, theatre, and dance performances, attracting artists and visitors from across the world.
Even outside festival season, Spoleto is a cultural gem. You can visit the **Cathedral of Santa Maria Assunta**, famous for its frescoes by **Filippo Lippi**, admire the **Roman Theatre** and **Archaeological Museum**, and explore the **Roman House** with its ancient mosaics. Don't miss a walk across the **Ponte delle Torri**, the town's iconic bridge-aqueduct offering spectacular views of the valley below.
After enjoying Spoleto's rich heritage, you return along the **dedicated cycle path** through the tranquil Umbrian countryside back to **Casco dell'Acqua**, surrounded by the peaceful sounds of nature.

Long route
Distance: 50,5 km/31,3 mi
Ascent/descent: +329m –329m
Paved: 94%; Unpaved: 6%



Short route
Distance: 44 km / 27,3 mi
Ascent/descent: +184m -184m
Paved: 99%; Unpaved: 1%



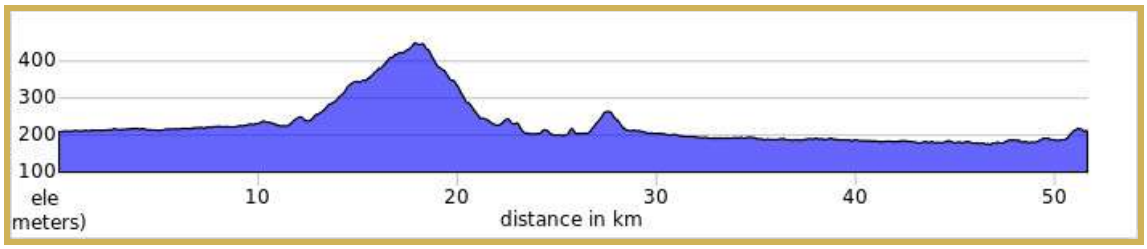
Day 4 Casco dell'Acqua – Montefalco – Bevagna – Torgiano
Today's ride leads you through a **slightly undulating landscape** dotted with vineyards and olive trees. From a distance, you will soon see **Montefalco**, elegantly perched on a hilltop. At its base, you can choose between continuing directly through the valley toward Bevagna or challenging yourself with the **climb up to Montefalco** — a rewarding ascent for any cyclist.
At 472 metres above sea level, Montefalco is known as the **"Balcony of Umbria"** for its breathtaking panoramic views stretching across the Valle Umbra to Assisi, Spello, and Perugia. Once you reach the top, you'll find a delightful medieval town filled with art, history, and hospitality. The former Franciscan church, now the **Museo di San Francesco**, houses extraordinary frescoes by **Benozzo Gozzoli** and **Perugino**, two masters of the Italian Renaissance. Montefalco is also the heart of **Umbrian wine country**, home to the celebrated **Rosso di Montefalco DOC** and **Sagrantino di Montefalco DOCG** wines, produced from grapes grown on

the sun-drenched slopes surrounding the town. Stop at one of the many **wine bars or enotecas** to sample these rich, full-bodied wines accompanied by local delicacies such as cured meats, cheeses, and bruschetta with fresh olive oil.

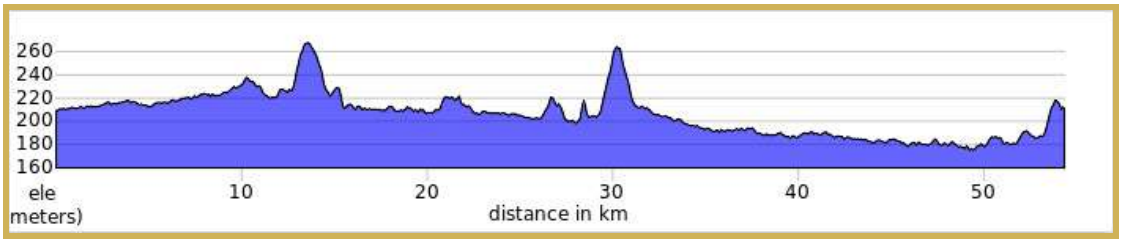
From Montefalco, a pleasant descent takes you to **Bevagna**, another jewel of the Valle Umbra. Its charming **medieval square**, framed by a fountain and two Romanesque churches, is a lively meeting point for locals and visitors alike. Wander through Bevagna's narrow lanes, discover traditional artisans at work, and enjoy the authentic, slow rhythm of Umbrian village life.
After a final gentle climb, you reach **Torgiano**, beautifully located at the confluence of the **Chiascio and Tiber (Tevere) rivers**. The town is known for its fine wines, elegant atmosphere, and proximity to Perugia. Your hotel is located in the **peaceful centre of Torgiano**, ideal for a relaxing evening after a fulfilling day of cycling. For those seeking extra comfort, accommodation in a **superior 5-star hotel** at 4 km from Torgiano is available on request.

Overnight stay with breakfast in Torgiano

Higher route passing Montefalco
Distance: 51,5 km/32 mi
Ascent/Descent: +485m –483m
Paved: 98%; Unpaved: 2%



Low route NOT passing Montefalco
Distance: 54 km /33,5 mi
Ascent/Descent: +360m –359m
Paved: 93%; Unpaved: 7%

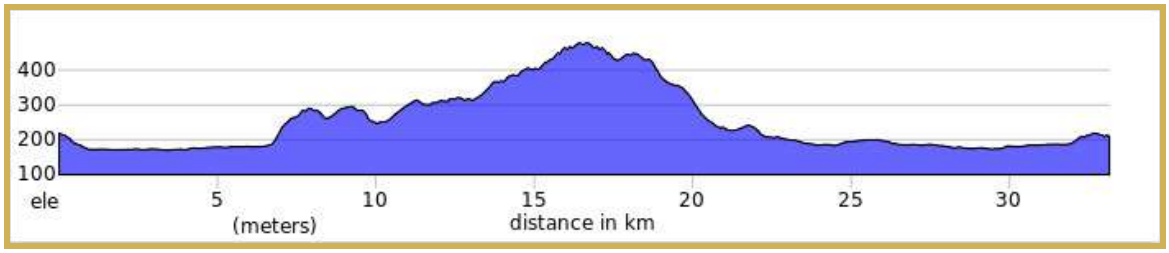


Day 5 Torgiano – Perugia – Torgiano or Torgiano – Deruta - Torgiano
Today offers two wonderful cycling options, one more highlighting the art & culture and the other the natural beauty of Umbria.

Option 1 – A Cultural Ride to Perugia
After breakfast, you set off from Torgiano along quiet country roads that wind through olive groves, vineyards, and gentle hills. Your destination is **Perugia**, the capital of the region, a city that perfectly combines its **Etruscan roots** with **Renaissance elegance**.
As you approach Perugia, a climb leads you up to the **old town centre**, perched on a hill with magnificent panoramic views over the Valle Umbra. Here, you can explore a labyrinth of narrow alleys, lively squares and impressive monuments. Among the must-sees are the **Palazzo dei**

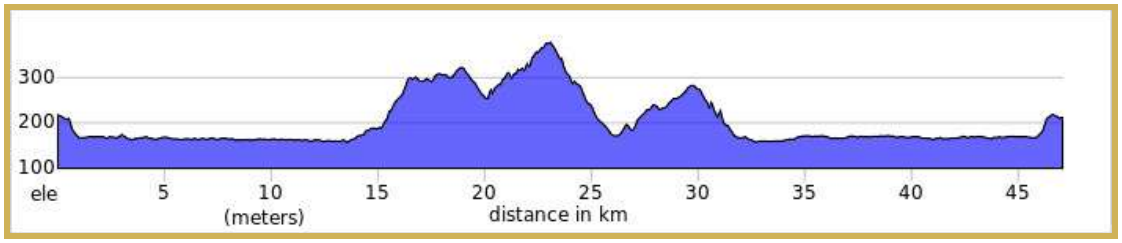
Priori, the **Fontana Maggiore**, the **Cathedral of San Lorenzo**, and the many **Renaissance palaces** and **museums** that tell the story of the city's long and fascinating history.
Perugia is also a city of culture and chocolate — home to the famous **Perugina factory**, known for the iconic *Baci* chocolates, and host of the **Umbria Jazz Festival**, one of the most prestigious jazz events in Europe.
After your visit, enjoy a relaxing downhill ride back to the tranquil wine town of **Torgiano**, where you can unwind with a glass of local Sangiovese or Grechetto in one of its welcoming wine bars.

Distance: 33 km /20,5 mi
Ascent/Descent: +488m –493m
Paved: 88%; Unpaved: 12%

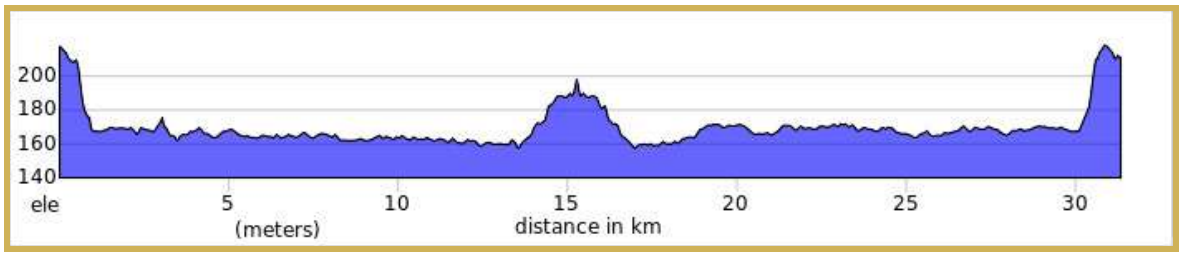


2 **A Scenic Loop around Torgiano and Deruta**
If you prefer a shorter route, the second option takes you through the **beautiful countryside around Torgiano**. Just 6 km away lies **Deruta**, a charming village that has preserved its medieval character and is **world-famous for its ceramics**. The tradition of Deruta ceramics dates back to **Etruscan times**, and even today, local artisans continue to produce masterpieces admired all over the world — from the **Victoria and Albert Museum in London** to the **Metropolitan Museum in New York**.
Take time to visit the **Ceramics Museum** and the **Art Gallery** housed in the town hall, and then continue to the **Sanctuary of Madonna dei Bagni**, a small but extraordinary church built after a miracle in 1657. Inside, you'll find over **600 votive ceramic tiles**, each one a testament to centuries of faith and craftsmanship.
The route continues through a **picturesque hilly landscape**, passing through small Umbrian hamlets such as **Casalalta**, before descending into the fertile **Tiber Valley**. Back in **Torgiano**, you can visit the **Wine Museum (Museo del Vino)** and the **Osteria Lungarotti**, where you can taste some of Umbria's best wines — including the region's acclaimed red and white DOC varieties.

Long & higher route
Distance: 47 km/29 mi
Ascent/Descent: +592m –598m
Paved: 70%; Unpaved: 30%

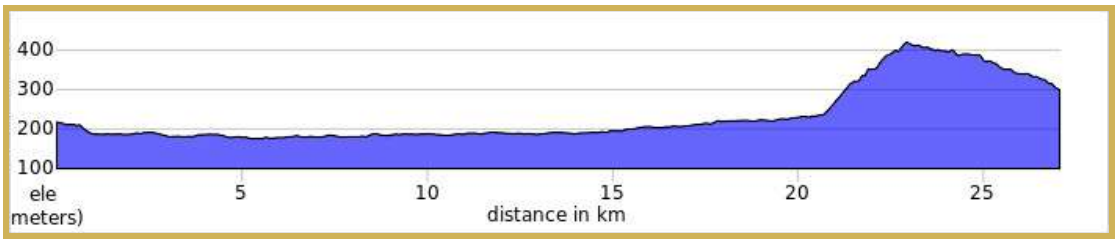


Short & lower route
Distance: 31 km / 19 mi
Ascent/Descent: +170m –175m
Paved: 73%; Unpaved: 27%



Day 6 Torgiano → Assisi
Your final cycling stage is both peaceful and inspiring. You leave Torgiano and cross the broad Valle Umbra, pedalling along quiet roads surrounded by vineyards, sunflower fields and olive trees.
From afar, you can already see Assisi, majestically perched on the slopes of Monte Subasio, its pink-stone buildings glowing in the Umbrian sunlight. Before climbing to the old town, make a short stop in Santa Maria degli Angeli to visit the Basilica that houses the Porziuncola, the small chapel where Saint Francis of Assisi once prayed and founded the Franciscan Order.
The final stretch involves a short but steep climb to reach Assisi's historical centre — but the effort is well rewarded. Once at the top, stroll through the winding streets, explore artisan shops, and take in the spiritual atmosphere of this sacred city. Don't miss the Basilica of Saint Francis, adorned with magnificent frescoes by Giotto, Simone Martini, Cimabue and Pietro Lorenzetti.
Your cycling journey ends where it began — in Assisi. You'll spend your last night here, reflecting on the beauty and serenity of Umbria.

Overnight stay with breakfast in Assisi
Distance: 27 km / 16,7 mi (Hotel Viole – Hotels Assisi 2km less)
Ascent/Descent: +292m –208m
Paved: 92%; Unpaved: 8%



Day 7 End of tour after breakfast

Hotels, Prices & Bike rental

Hotels: There is a standard and superior category: ***, **** and Country houses.

Prices: from € 580

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 price include:

- 6 overnight stays with breakfast
- Tour information: hotel list, cultural info
- Luggage transportation from hotel to hotel
- Emergency support hotline
- App Ride with Gps with tracks and route information. Access with QR code. PDF with paper route descriptions and maps in the App
- Route briefing on arrival day
- Free carpark at the first hotel in Assisi (not Hotel dal Moro)

The price does not include:

- Local tourist tax to be paid directly in the hotel
- Everything not mentioned under 'Included in the tour'

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

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

Travel Information:

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

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