

## A wonderful valley: Assisi-Spoleto

A 5- or 7-day cycling tour

**Code tour:** ITUMB01C



The valley 'Valle Umbra' is a great starting point for exploring the beautiful region of Umbria. This green and fertile valley, with many waterways and surrounded by the silhouette of mountains and hills covered with olive groves and vineyards, is an excellent place to have a relaxing cycling holiday. The valley has many well-preserved medieval towns and villages: here we find them all Assisi, Bevagna, Montefalco, Trevi, Spello and Spoleto. Your tour starts in Assisi, the pilgrim's town, situated on a spur of Mount Subasio. Walking through paved streets, tiny alleys and crossing squares with impressive medieval palaces, you feel like you are transferred into the past. The first ride is a round tour taking you to Spello, town of Roman origins, as several features like the Porta Consolare, Porta Venere and the mosaics of a Roman villa, remind us off. You return to Assisi cycling along a panoramic country-road. The next day you leave Assisi to reach the wine-town of Torgiano built on a hilltop covered by vineyards. It has an interesting Wine and Olive Oil museum. Continuing through the countryside, today your ride will take you to the medieval town of Bevagna, which has a nice square full of live with not one, but two Romanesque churches and medieval palaces. Before arriving to Spoleto you first pass Foligno, famous for have been printing in 1472 the first edition of the Divine Comedy by

Dante Alighieri and for its palaces with baroque ceilings. Pedalling along the cycle path, you enter Spoleto and surely, you will be charmed by the late medieval and Renaissance monuments of this city and by the imposing castle that from above dominates the town.



## A wonderful valley

**Period:** Daily all the year (best period April-June & September-October)

**Participants:** Minimum 1 person

**Difficulty:** Level 1,5

It is an easy tour, designed for those who have little experience with cycling. The tour is also suitable for families with younger children. The gentle routes are along quiet country lanes or cycle paths, usually flat or with little gradient (no more than 200m). You cycle 3-4 hrs a day and have enough time to enjoy villages or swimming pool.

Average daily distances

5 day tour: 24 and 38 km / 14,9 and 23,6 miles. Total: 89 km / 55,3 miles

7 day tour: 24 and 38 km / 14,9 and 23,6 miles. Total: 151 km / 93,8 miles



**Program 5 days:**

- Day 1 Individual arrival at Assisi
- Day 2 To Torgiano (34 km / 21,1 mi)
- Day 3 To Bevagna (28 km / 17,4 mi)
- Day 4 To Spoleto (27 km / 16,8 mi)
- Day 5 End of tour after breakfast

**Program 7 days:**

- Day 1 Individual arrival at Assisi
- Day 2 Ring tour to Spello (37,5 km / 23,3 mi)
- Day 3 To Torgiano (34 km / 21,1 mi)
- Day 4 To Bevagna (28 km / 17,4 mi)
- Day 5 To Casco dell'Acqua (27,5 km / 17 mi)
- Day 6 To Spoleto (24,6 km / 15,3 mi)
- Day 7 Departure after breakfast

**Program day by day: 5-day / 4-night tour**

**Day 1 Individual arrival at Assisi**

Assisi is a medieval town built on the slopes of Mount Subasio, overlooking the Valle Umbra. It is a place in which history, traditions and art are harmonious combined. If you arrive early, you can discover this beautiful city wandering through its alleys, streets and stop at one of the cosy squares, where cafés are inviting you to sit down and enjoy an ice

cream, cappuccino or a good glass of local wine. There is much to see: the Basilicas of St. Francis and of St. Clare, the fortress, museums and the Roman Forum. The \*\*\*\* hotel is set in a rural location, is situated at 7 km from Assisi. From the pool, you have a stunning view of Assisi. There are many activities free: swimming pool, soccer field, tennis and fishing pond. With supplement, you can play golf, enjoy the spa or have a wine tasting. The \*\* country house is situated at 800m from the old town centre. There is a nice pool with view of the Valle Umbra

Overnight stay with breakfast in Assisi

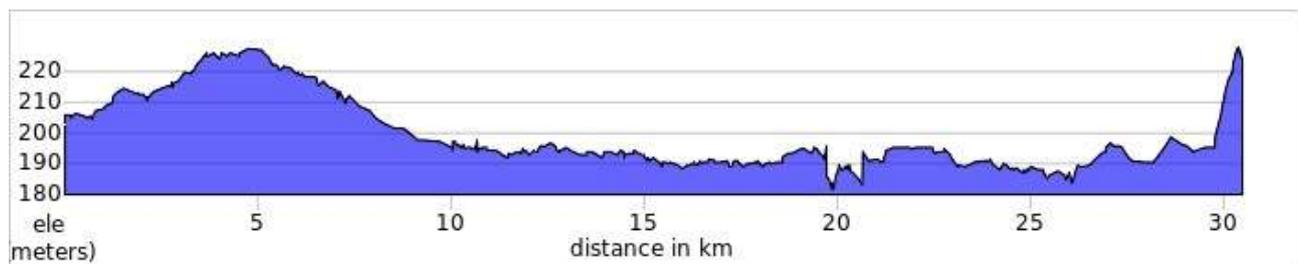
### Day 2 Assisi - Torgiano

This morning you cycle first to Santa Maria degli Angeli, where you can visit the basilica. The impressive dome covers the Porziuncola, where Francis and his friends lived. If you did not visit Assisi yet you can leave here your bikes and take the bus up to Assisi, which is built on a hilltop. After your visit, you take the bus back down into the valley to pick up your bikes. Cycling along quiet country roads, you will get to Torgiano, once a fortified village. There are some remains of its glorious past: the Baglioni Tower and remains of the ancient city walls. Torgiano is situated in a fertile wine area at the confluence of the river Tiber with Chiascio. The museums of Wine and Olive Oil are worth a visit. The wine-museum tells you all about the history of cultivation of grapes. There are many archaeological finds and ceramics to see. The olive oil museum is dedicated to the olive oil cultivation in Umbria. You will stay in a \*\*\* hotel with swimming pool in the historic centre of Torgiano.

Overnight stay with breakfast in Torgiano

Distance: 34 km / 21,1 mi

Ascent / Descent: +125m -106m





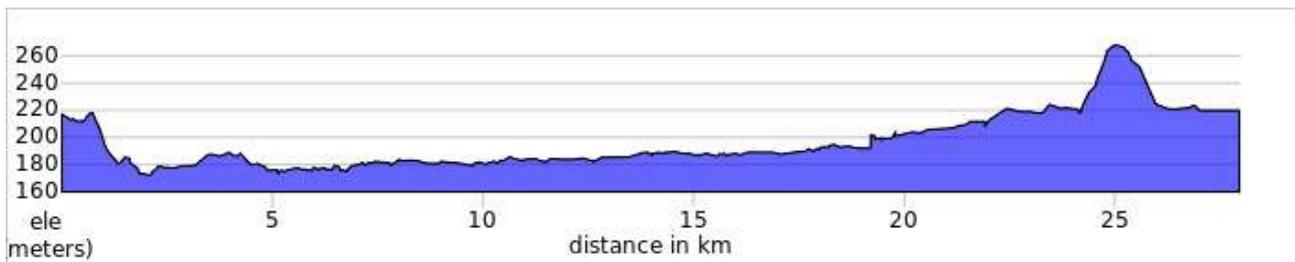
### Day 3 Torgiano - Bevagna

Also today the typical Umbrian countryside will be your “travel companion”. You will reach Bevagna, one rare example of historic centre built on the plain and not on a hilltop. Bevagna boasts both a Roman past and a medieval aspect. Piazza Silvestri is a very interesting square, a cheerful meeting place for the inhabitants, with its gothic Palazzo dei Consoli and two Romanesque churches. Other sites to visit are the Roman mosaics and a medieval house. The \*\*\* hotel is situated in the historic centre or just outside with swimming pool.

Overnight stay with breakfast in Bevagna

Distance: 28 km / 17,4 mi

Ascent / Descent: +132m -128m



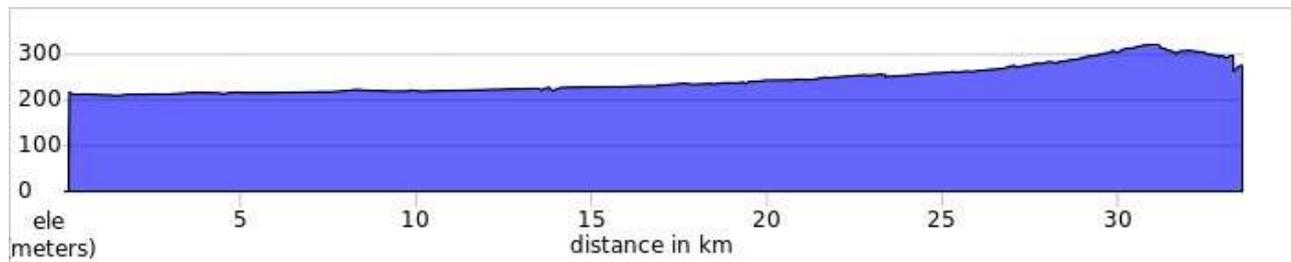
### Day 4 Bevagna-Spoleto

On your last day you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will cycle from Bevagna to Spoleto along the Assisi-Spoleto bike path. At the town gate Porta Garibaldi, you can leave your bikes and discover Spoleto on foot. The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the Roman house and the amphitheatre are situated in the upper part of the city. After your visit of this lovely old town centre, you will cycle to your hotel. There is not much to pedal anymore. The \*\*\* hotel with pool is in a quiet position just outside town. On request, it is possible to book for a cooking class ‘Making Pizza’.

Overnight stay with breakfast in Spoleto

Distance: 33,6 km / 20,9 mi

Ascent / Descent: + 161m -102m



### Day 5 End of Services after breakfast or book an extra night

For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station take a taxi; as an alternative we can organize a transfer for 40 euro (1-4 people). To be paid on site.



### Program day by day: 7-day / 6-night tour

#### Daily program 7-day / 6-night tour

#### Day 1 Individual arrival at Assisi

Assisi is a medieval town built on the slopes of Mount Subasio, overlooking the Valle Umbra. It is a place in which history, traditions and art are harmonious combined. If you arrive early, you can discover this beautiful city wandering through its alleys, streets and stop at one of the cosy squares, where cafés are inviting you to sit down and enjoy an ice cream, cappuccino or a good glass of local wine. There is much to see: the Basilicas of St. Francis and of St. Clare, the fortress, museums and the Roman Forum. The \*\*\*\* hotel is set in a rural location, is situated at 7 km from Assisi. From the pool, you have a stunning

view of Assisi. There are many activities free: swimming pool, soccer field, tennis and fishing pond. With supplement, you can play golf, enjoy the spa or have a wine tasting. The \*\* country house is situated at 800m from the old town centre. There is a nice pool with view of the Valle Umbra.

End of afternoon drop off bicycles, bike fitting and route briefing.

Overnight stay with breakfast in Assisi

### Day 2 A round trip visiting Spello

After breakfast in the saddle for the first bike ride and discover the green Umbrian Valley. You cycle along quiet country roads to reach Spello, fiercely situated on the slopes of Mount Subasio. The city has preserved its medieval charm very well: you will go through alleys and cheerful squares with flowering balconies. Leave your bikes at the foot of the historic centre and walk uphill to visit the main sights of the city: the church of Santa Maria Maggiore with inside the well-known Baglioni chapel painted by Pinturicchio, the church of S. Andrea, the Pinacoteca, the Roman mosaics and Porta Consolare (Roman Gate). Then cycle back through the valley among cultivated fields planted with cereals, sunflowers, grape and fruit trees.

Overnight stay with breakfast in Assisi

Distance: 37,5 km / 23,3 mi

Ascent / Descent: + 137m -124m



### Day 3 Assisi - Torgiano

This morning you cycle first to Santa Maria degli Angeli, where you can visit the basilica. The impressive dome covers the Porziuncola, where Francis and his friends lived. If you did not visit Assisi yet you can leave here your bikes and take the bus up to Assisi, which is built on a hilltop. After your visit, you take the bus back down into the valley to pick up your bikes. Cycling along quiet country roads, you will get to Torgiano, once a fortified village. There are some remains of its glorious past: the Baglioni Tower and remains of the ancient city walls. Torgiano is situated in a fertile wine area at the confluence of the river Tiber with Chiascio. The museums of Wine and Olive Oil are worth a visit. The wine-museum tells you all about the history of cultivation of grapes. There are many archaeological finds and ceramics to see. The olive oil museum is dedicated to the olive oil cultivation in Umbria. You will stay in a \*\*\* hotel with swimming pool in the historic centre of Torgiano.

Overnight stay with breakfast in Torgiano

Distance: 34 km / 21,1 mi

Ascent / Descent: + 125m -106m



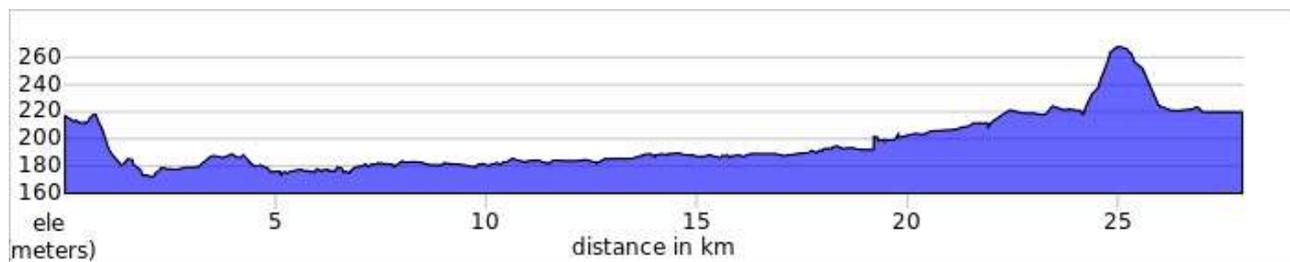
#### Day 4 Torgiano - Bevagna

Also today, the typical Umbrian countryside will be your “travel companion”. You will reach Bevagna, one rare example of historic centre built on the plain and not on a hilltop. Bevagna boasts both a Roman past and a medieval aspect. Piazza Silvestri is a very interesting square, a cheerful meeting place for the inhabitants, with its gothic Palazzo dei Consoli and two Romanesque churches. Other sites to visit are the Roman mosaics and a medieval house. The \*\*\* hotel is situated in the historic centre or just outside with swimming pool.

Overnight stay with breakfast in Bevagna

Distance: 28 km / 17,4 mi

Ascent / Descent: + 132m -128m



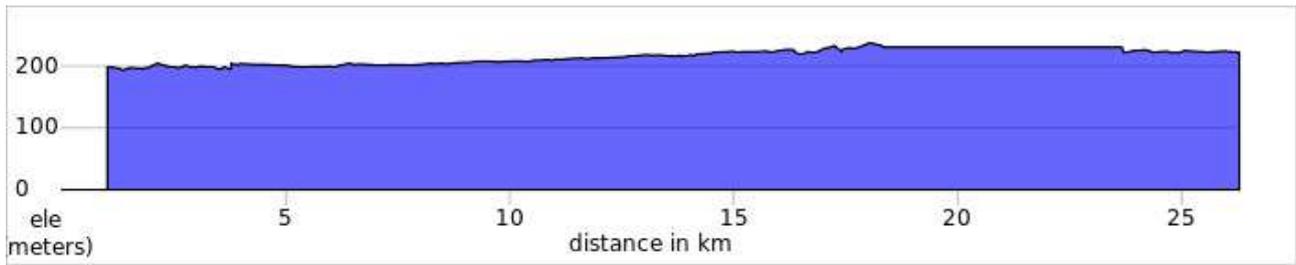
#### Day 5 Bevagna- Foligno - Casco dell'Acqua

This day is dedicated to Foligno, a welcoming city on the plain just like Bevagna, situated along river Topino. It is worth visiting the Duomo and its late Gothic Palazzo Trinci which hosts the Pinacoteca and the archaeological museum; you can do shopping in Corso Cavour or stop at Piazza della Repubblica for a cappuccino or a delicious ice cream. From Foligno you continue cycling among cultivated fields and canals. The country house, a beautiful eco guesthouse, is situated along the Clitunno River.

Overnight stay with breakfast in Casco dell'Acqua

Distance: 27,5 km / 17 mi

Ascent / Descent: + 84m -60m



### Day 6 Casco dell'Acqua - Spoleto

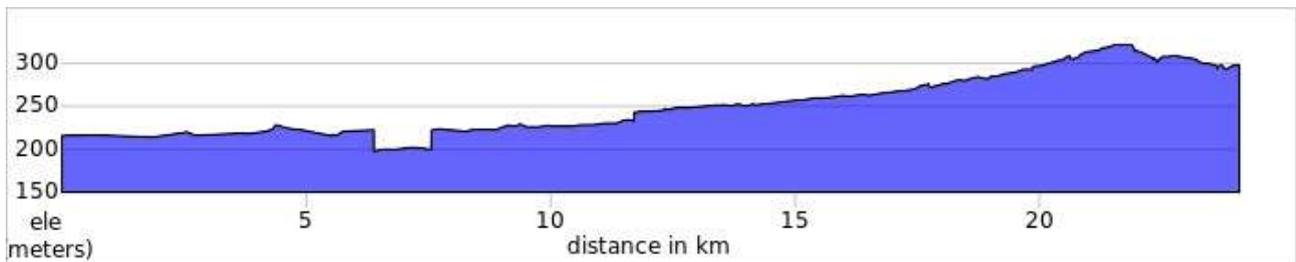
On your last day, you will reach Spoleto: you will recognize it from a distance, because of its fortress dominating the city from above. You will get into the city on the bike path and at Porta Garibaldi, you can leave your bikes and discover Spoleto on foot.

The historic centre and its Duomo, the Ponte delle Torri (Tower Bridge), the fortress, the Roman house and the amphitheatre are situated in the upper part of the city. After your visit of this lovely old town centre, you will cycle to your hotel. There is not much to pedal anymore. The hotel with pool is in a quiet position just outside town. On request, it is possible to book for a cooking class 'Making Pizza'.

Overnight stay with breakfast in Spoleto

Distance: 24,6 km / 15,3 mi

Ascent / Descent: + 179m -97m



### Day 7 End of the tour after breakfast

For those who have the car at the first hotel, it is possible to go back to Assisi by train and then from the station taking a taxi; as an alternative we can organize a transfer. To be paid on site

#### Hotels:

\*\*\* / \*\*\*\* star hotel and country house.

#### Bicycles:

Hybrid bikes, e-bikes, children's bikes, child seats and trailers. The bikes are delivered with a pannier, lock, repair kit, visibility vest, extra inner tube and pump. Per room a map holder and kilometre counter. Helmets for free available.

## Prices per person 2021:

<b>Standard 7 days Hotel **** in Assisi</b>	<b>Price in Euro</b>
Double room	458,00
Single room	655,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room till 11 yrs. (incl.) with two adults	210,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room from 12 yrs. and on. With two adults in room	265,00
Children up to 2 free of charge in double bed with parents	
Child cot	20,00
Supplement HB from 11 yrs and on	160,00
Supplement HB till children till 10 yrs (included)	90,00
<b>Standard 7 days Hotel - Country House **</b>	<b>Price in Euro</b>
Double room	430,00
Single room	580,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room with two adults	222,00
Children up to 2 free of charge in double room with parents	
Child cot	10,00
Supplement HB from 11 yrs and on	138,00
Supplement HB till children till 10 yrs (included)	90,00
<b>Superior hotel 7 days version</b>	<b>Price in Euro</b>
Double room	577,00
Single room	864,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room till 11 yrs. (incl.) with two adults	260,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room from 12 yrs. with two adults	320,00
Children up to 2 free of charge In double bed with parents	
Child cot	51,00
Supplement HB from 11 yrs and on	190,00
Supplement HB till children till 11 yrs (included)	137,00
Bike rental	80,00
E-bike	165,00
Bikes for children up to 12	45,00
Trailer, 3 <sup>rd</sup> wheel	45,00
Follw-me tandem	55,00
Child seat	18,00
<b>Standard Hotel 5 days- **** hotel</b>	<b>Price in Euro</b>
Double room	325,00
Single room	440,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room till 11 yrs. (incl.) with two adults	140,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room from 12 yrs. and on. With two adults in room	170,00
Children up to 2 free of charge in double bed with parents	
Child cot	5,00
Supplement HB from 11 yrs and on	95,00

Supplement HB till children till 10 yrs (included)	58,00
<b>Standard 5 days Hotel - Country House Tre Esse</b>	<b>Price in Euro</b>
Double room	310,00
Single room	402,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room with two adults	150,00
Children up to 2 free of charge	
Supplement HB from 11 yrs. and on	85,00
Supplement HB till children till 10 yrs. (included)	57,00
<b>Superior Hotel / room 5 days</b>	<b>Price in Euro</b>
Double room	425,00
Single room	615,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room < 12 yrs. (incl.) with two adults	165,00
3 <sup>e</sup> & 4 <sup>th</sup> person in triple room > 12 yrs. and on with two adults	213,00
Children up to 2 free of charge in double bed with parents	
Child cot	38,00
Supplement HB from 12 yrs and on	130,00
Supplement HB till children till 11 yrs (included)	105,00
Bike rental	66,00
E-bike	115,00
Bikes for children up to 12	35,00
Trailer, 3 <sup>rd</sup> wheel	35,00
Follow-me tandem	50,00
Child seat	14,00

### Supplement for hotel with pool at Bevagna:

Bevagna Porta Guelfa
€ 10,00 p.p. B&B double /triple
Single € 35,00

### The tour price include:

- 4 or 6 nights with breakfast
- If booked for half board 6 dinners
- Luggage transportation
- Route instructions and maps in English, German, Italian or Dutch
- Assistance
- Tour information
- Briefing at the hotel upon arrival

### Rates do not include:

- Local tourist tax to be paid directly in the hotel (Assisi between € 1,50 -2,50 and children till 11yrs for free- Spoleto between € 1,50 -2,50 and children till 13 yrs. for free)

- all what is not mentioned under “included in the price”

### **How to reach**

Start /End: Assisi / Spoleto

From Rome airport Leonardo da Vinci (Fiumicino) there is a train line Termini main train station in Rome. From Rome airport Ciampino there is a shuttle to the station in Ciampino and from here, you take the train to Termini or Tiburtina train station. At Termini / Tiburtina train station change train to Assisi (travelling time about 3 hrs)

Perugia has an airport: San Francesco airport. From here take a taxi to Assisi or book a transfer

From Spoleto has a train station.

Transfers (to be paid locally):

from airport Perugia to hotel Assisi

€ 40,00 (1-3 pax)

€ 50,00 (4-8 pax)

Transfer from Spoleto to airport Perugia

€ 45,00 (1-4 pax)

€ 100,00 (5-8 pax)

Transfer from Spoleto to Assisi Hotel

€ 40,00 (1-4 pax)

Florence, [Amerigo Vespucci Airport](#) - 180 km from Assisi

Pisa, [Galileo Galilei Airport](#) - 250 km from Assisi

Rome, [Leonardo da Vinci International airport](#) (Fiumicino) - 190 km from Assisi

Rome, [Ciampino airport](#) - 190 km from Assisi

Umbria, [San Francesco Regional Airport](#) - 12 km from Assisi

[Flixbus](#)

[Italian Trains](#)

### **Useful information**

[Italy wikipedia](#)

[Italy Travel Board](#)

[Safe travelling to Italy](#)

[Umbria](#)

[Meravigliosaumbria](#)

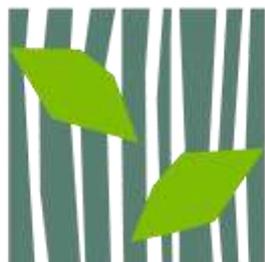
[Assisi](#)

[Spello](#)

[Spoleto](#)

[Bevagna](#)

[Wine museum Torgiano](#)



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