

Cycling and tasting excellent Umbrian wines

A 4- or 5-day cycling holiday

Code tour: CG001UMB



During this tour, you will discover the Umbrian valley, Valle Umbra in all its aspects. This green fertile valley stretches out from Assisi to Spoleto. Throughout history, it has been an attractive place to settle and it is here that we find the most well-known towns of Umbria and also famous wine-areas. In the surrounding hills, there are no less than four listed areas of D.o.c. (denominazione di origine controllata) or D.o.c.g. (denominazione di origine controllata e garantita): Torgiano, Assisi, Montefalco and the Monti Martani. What better way to discover some of these lovely towns and delicious wines than during a relaxed cycling holiday!

The tour starts in Spello, a small medieval town, with Roman origins built on the slopes of Mount Subasio. In the evening, you taste the first Umbrian wines combined with local delicacies. The next day, passing through Foligno, you cycle to the culturally interesting town of Bevagna. There is a lot to see and taste. The next morning you have still time to visit the town centre, because cycling to Torgiano is short. Bevagna is situated in the Montefalco wine-area and in the restaurants or wine-bars, you can taste these tasty wines. Again, in the saddle, you pedal to Torgiano, also famous for its delicious wines. You will be welcomed in the Lungarotti winery and, of course taste their wines. In Torgiano there is also an interesting wine and olive-oil museum to visit. In the evening in a nearby restaurant is served a special dinner with local specialties, like the delicious Umbrian truffle. Your last ride will bring you to Assisi, the town of Saints Francis and Clare. Take some time to visit this lovely town! Before returning to Spello, you will visit an organic winery in the Assisi D.o.c. area.

Umbria



Cycling & tasting wines

Period: Daily from April until the end of October (other dates on request).

Number of participants: minimum 2 people (solo traveller on request)

Level of difficulty 1,5:

Easy cycling tour. You cycle through the valley surrounded by a landscape of gentle, rolling hills. The only hilly stretch is to reach Assisi and the slightly up- and downhill cycling coming back to Spello.

Daily distances.

5-day tour: between 24 km / 15 mi and 33 km / 20,5 mi

Total km 84 km / 52,2 mi

4-day tour: between 33 km / 20,5 mi and 52 km / 32,3 mi

Total km 84 km / 52,2 mi



Programme in short (5-days / 4-nights)

Day 1 Arrival in Spello

8 pm: Tasting-menu in restaurant & wine-bar 'Drinking Wine'

Day 2 Cycling to Bevagna passing Foligno (24 km / 15 mi).

Day 3 Cycling to Torgiano (28 km / 17,4 mi)

Arrival in your hotel and around 4pm: visit winery and wine-tasting at the Lungarotti winery

8pm: tasting-dinner in Restaurant Si.Ro

Day 4 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

4pm: wine - tasting at the Tili winery

Return to Spello

Day 5 Departure after breakfast

* Maybe because of the weekly closing day of the wine-bars the wine - tasting and dinner can be inverted

Programme in short 4-days / 3-nights

Day 1 Arrival in Spello

Dinner in restaurant & wine-bar 'Drinking Wine'*

Day 2 Cycling to Torgiano passing Bevagna (52 km / 32,3 mi)

Around 4pm: visit winery and Wine - Tasting at the Lungarotti winery

Arrival in your hotel

8pm: dinner in Restaurant Si.Ro

Day 3 Cycling to Spello, passing Assisi (33 km / 20,5 mi)

4pm: wine-tasting at the Tili winery

Return to Spello

Day 4 Departure after breakfast



Daily programme of the 5-day / 4-night tour:

Day 1 You arrive at your in Spello

The *** or **** hotel is situated in the historical centre of the town and has a terrace offering a magnificent view over the Valle Umbra and the surrounding hills covered with olive groves. At the end of the afternoon, there is a route briefing and bike fitting.

In the evening, you have a tasting-menu in a restaurant / wine bar:

* Selection of Bruschette with cherry tomatoes, black truffle and olive oil from Spello

Wine: Grechetto dell'Umbria

* Scrambled eggs with black truffle

Wine: Trebbiano Spoletino

* Tagliatelle with Cacio cheese, pepper and black truffle

Wine: Montefalco: Rosso

* selection of cheeses and salami

Wine: Sagrantino di Montefalco

* Tozzetti Biscuits

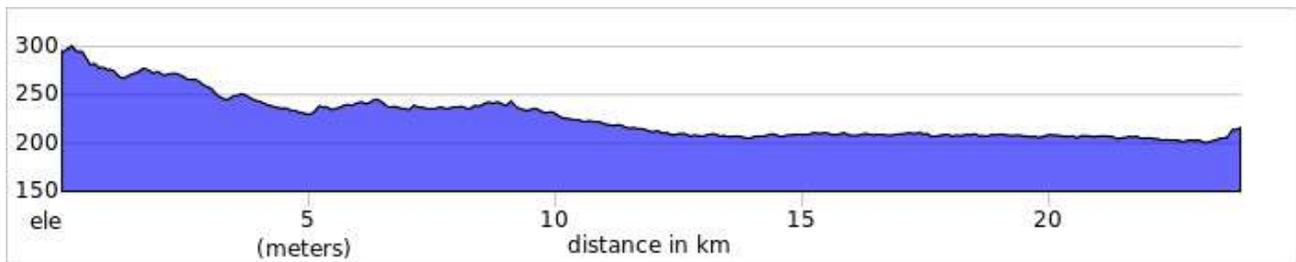
Wine: Sagrantino passito

Day 2 Spello - Foligno - Bevagna

The next morning you will still have some time to visit Spello followed by a cycling tour through the colourful valley and a visit to Foligno. Interesting are the cathedral and archaeological museum in the Trinci palace or just linger through the shopping streets with its many boutiques. The Via Gramsci is a street full of cosy restaurants with choice for every ones taste ! Back in the saddle, you continue to Bevagna, a town of Roman origins situated in the famous wine area of the Sagrantino d.o.c.g. and the Rosso di Montefalco d.o.c. Your accommodation is in the medieval centre of town in a *** or Residence d'epoca.

Distance: 24 km / 15 mi

Ascent / descent: +104m - 184m



Day 3 Cycling to Torgiano

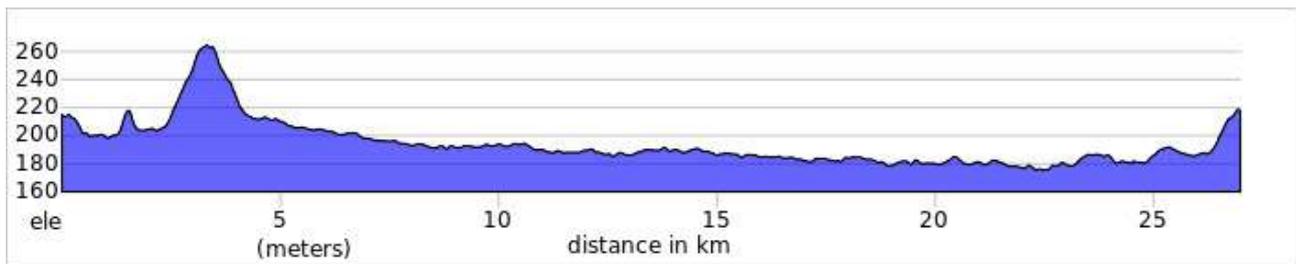
The next morning after breakfast, you cycle to Torgiano. First, a short climb passing the small walled-in Torre del Colle and then you descend into the valley. Torgiano was once a fortified town and the Baglioni tower remains as a silent witness to its history. The town is situated in a slightly hilly landscape at the confluence of the rivers Tiber and Chiascio. In the early Middle Ages, the Benedictines planted olive groves and vineyards in these fertile hills, sowing for what is now a listed d.o.c.g. area where the famous Torgiano Rosso Riserva is made. When you have time, you may well wish to visit the wine museum, housed in the 'palazzo Grazioni-Baglioni'. Here the visitor is provided with an insight into the various techniques associated with the viticulture and winemaking. The museum has a rich art collection from Etruscan until modern times. In the afternoon, you will visit the winery of the Lungarotti family and afterward will taste their special wines.

In the evening is served a very special dinner: you will taste some typical Umbrian dishes (appetizers, 'primi' (pasta -risotto), 'secondo' (main course), vegetables and a coffee with grappa or another after-dinner spirit). The lover of black truffle can also enjoy some dishes prepared with these "Diamonds of the Kitchen."

Overnight in *** hotel (on request possible ***** hotel)

Distance: 27 km / 16,8 mi

Ascent / descent: + 190m - 187m



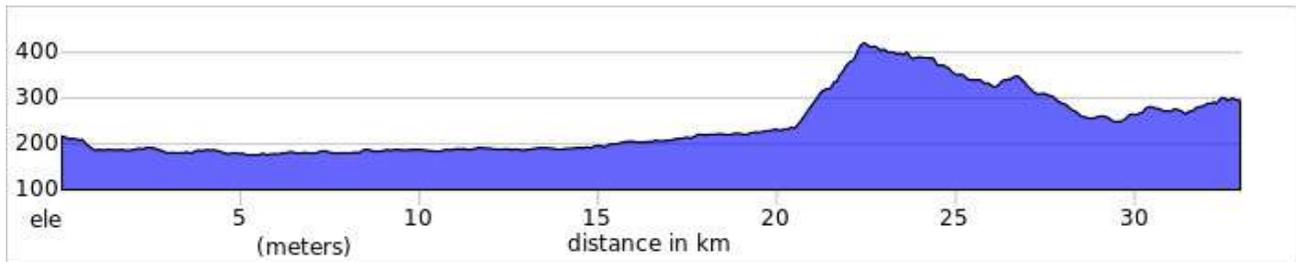
Day 4 Cycling to Spello, passing Assisi

The next day you will cross, cycling along quiet country roads, the valley to reach Assisi... but before entering the town, you will first have to conquer the hill and which it is built. After this steep climb, you will enter this picturesque town and will agree that it was definitively worth the effort. After your visit you will continue cycling to Spello, but before reaching it you will be welcomed at an organic winery in the Assisi d.o.c. area. The kindly owners will explain all about their wine-making process and of course you will taste some of their excellent wines. After the wine-tasting you will cycle amongst olive groves, back to Spello.

Overnight stay in *** or **** star hotel

Distance: 33 km / 29,5 mi

Ascent / descent: +398m - 320m



Day 5 End of tour after breakfast

After breakfast end of this tasty wine & food tour!

Hotels:

Standard version *** star hotels. The superior version a ****, Residence d'epoca and a *** star

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.

Rates per person 2022:

Hotel Superior 5 days	Price in Euro
Sharing double room	620,00
Single room	760,00
Hotels Classic	
Sharing double room	484,00
Single room	573,00
3 rd person in triple	370,00
Extra's	
Ebike rental	115,00
Bike rental	66,00
Helmet	5,00
Hotel Superior 4 days	
Sharing double room	480,00
Single room	570,00
Hotels Classic	
Sharing double room	420,00
Single room	488,00
3 rd person in triple	340,00
Extra's	
Ebike rental	90,00

Bike rental	56,00
Helmet	5,00

The tour price includes:

- 3 or 4 overnight stays with breakfast
- 1 tasting menu in enoteca a Spello (incl wine)
- 1 wine-tasting in Torgiano
- Route descriptions and maps of the mentioned cycle tours. Gps tracks on request available
- 1 tasting dinner in Torgiano
- 1 wine-tasting at organic winery near Spello
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded:

- Local tourist tax to be paid directly in the hotel



Ecologico Tours & Meravigliosa Umbria
www.ecologicotours.com
www.meravigliosaumbria.com
 e-mail info@meravigliosaumbria.com
 tel. (0039) 346 3254167 & (0041) (0) 79 2457505

