

Discover Umbria

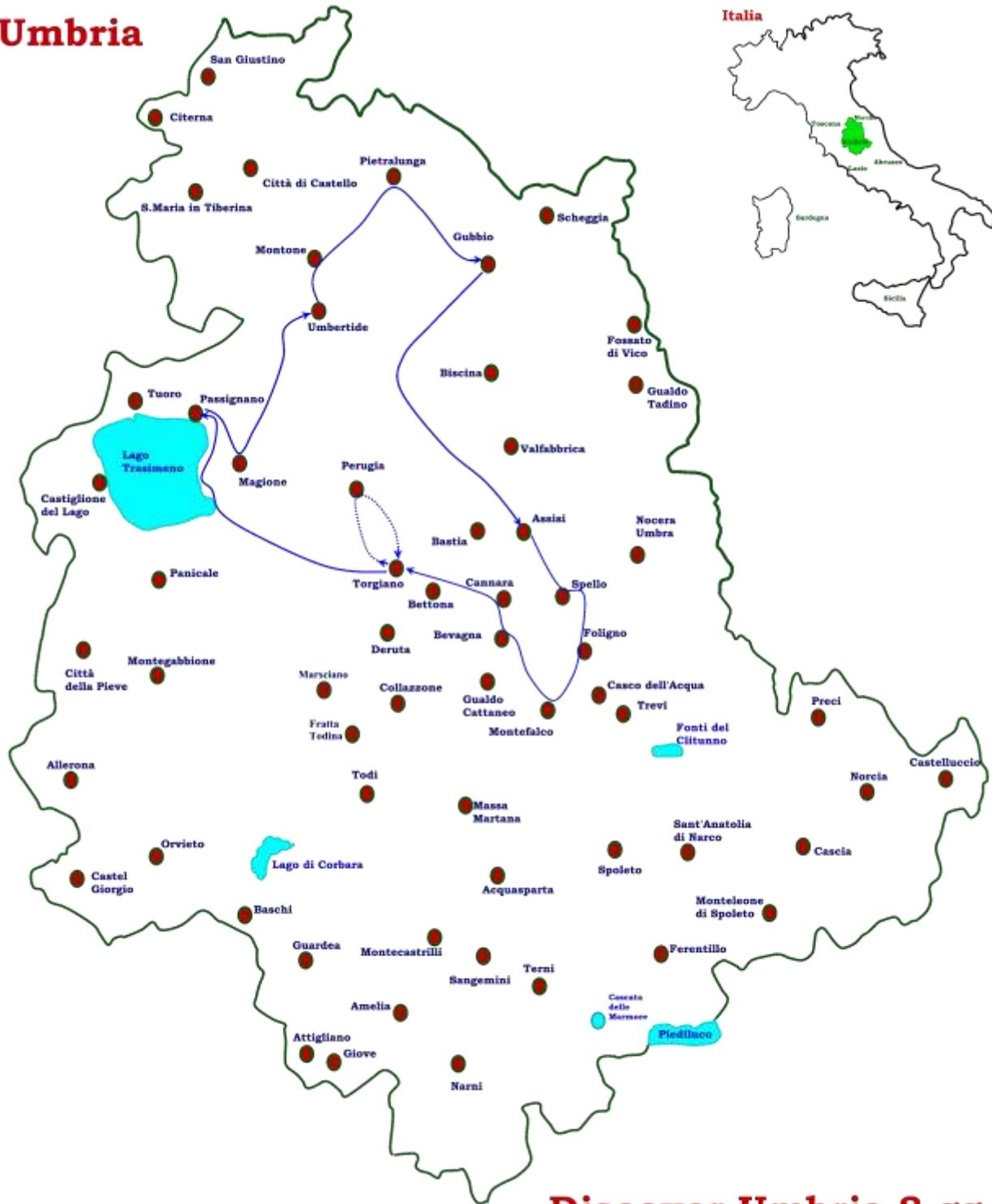
An 8- day cycling tour

Code tour: ITUMB02C



This cycle tour, which has an 8- and 10-day version, is perfect for those looking to personally experience the unique and unspoiled region of Umbria with its beauty and hospitality. Umbria is nestled 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 well 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.

Umbria



Discover Umbria 8 gg

Period: Self Guided: Daily from March till 5 November.
Guided: On request

Participants: Minimum 1 person

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 tours 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 This tour is not suitable for children under 14 years old, because the terrain is too hilly and tour to strenuous.

Average daily distances

8 day tour: between 35 – 65 km Total 313 km / 194,5 miles:

10 day tour: between 35 – 65 km. Total 421 km / 261,6 miles



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)
- Day 4 Passignano lake of 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 (59 km / 36,7 mi)
- Day 8 End of tour after breakfast

Program 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)
- Day 5 Passignano lake of Trasimeno (51 km / 31,7 mi)
- Day 6 Tour around the lake (57 km/35,4 mi) or loop to the Etruscan town of Cortona (54 km / 33,6 mi)
- Day 7 to Umbertide (47 km / 29,2 mi)
- Day 8 to Gubbio (58 km / 36 mi)
- Day 9 to Assisi (59 km / 36,7 mi)
- Day 10 End of tour after breakfast

Program day by day: 8-day / 7-night tour

Day 1 Individual arrival at Assisi

The start of this cycle tour is in Assisi, part of the Unesco World Heritage, the popular pilgrimage town built on the slopes of Monte Subasio. Its impressive ramparts, towers and palace roofs of the town are visible from afar. Assisi has a strong unbreakable bond with the saints Francis and Clare. On the day of your arrival, you might want to explore the town with its little alleys and cozy squares. Worth seeing are the famous basilica of St.

Francis, The basilica of Saint Clare, museums and the Roman temple of Minerva in Piazza del Comune. End of afternoon drop off bicycles, bike fitting and route briefing. Overnight in *** or **** hotel near Assisi old town centre

Overnight stay with breakfast in Assisi

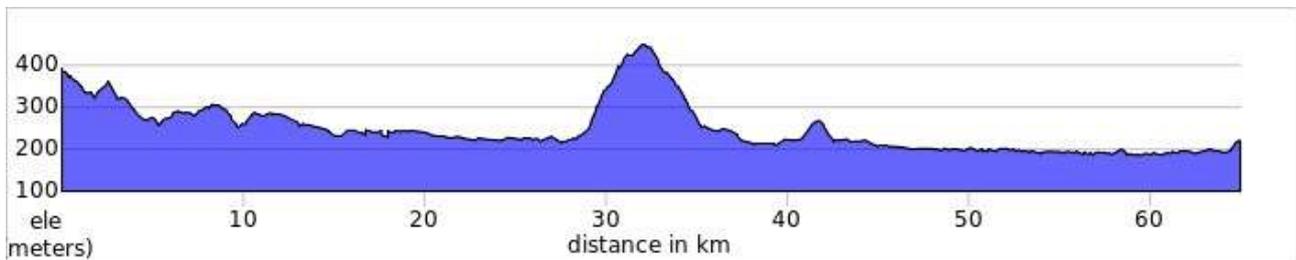
Day 2 Passing the medieval towns of Spello-Montefalco-Bevagna-Torgiano

A nice ride along a panoramic road among olive groves will bring you to Spello. There will be time enough to wander around in the lovely medieval town. After continuing your journey through the valley of Spoleto, passing Foligno, your route goes up to Montefalco; also called 'the balcony of Umbria', because of its fantastic panorama. Artists like Benozzo Gozzoli and Perugino decorate the Franciscan church, now a museum, with magnificent frescoes. The next town you will visit is Bevagna, positioned in the valley. It has a characteristic medieval square, which hosts two Romanesque churches. Your overnight stay is in Torgiano, which in medieval times was a fortified village and is situated on a hilltop above the confluence of the rivers Chiascio and Tiber. Interesting to visit are the wine museum and next-door in the 'osteria' you can taste the excellent wines of Lungarotti or you can visit their winery (only on reservation). You stay in a *** or **** hotel in the old town centre of Torgiano

Overnight stay with breakfast in Torgiano

Distance: 64 km / 39,8 mi

Ascent / Descent: + 552m -718m



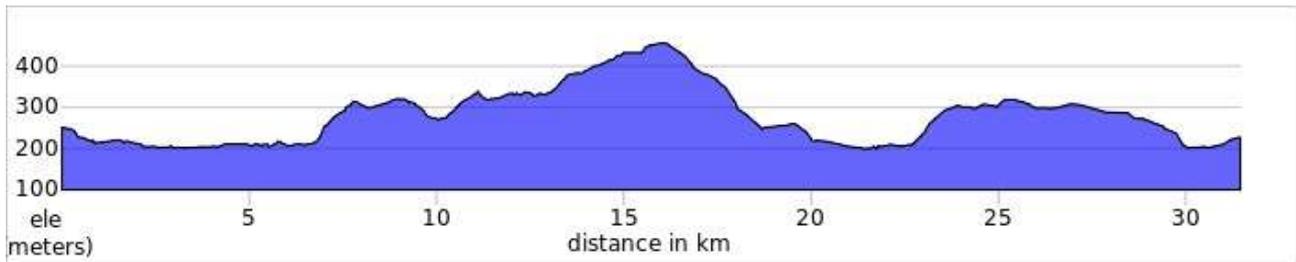
Day 3 Visiting Perugia

Today you can take a day of rest or visit the neighboring town of Perugia: the provincial capital and a lively, vibrant place. The medieval town centre with its little alleyways is at the highest point of the town. The renaissance palaces, churches, museums and many galleries make a lasting impression. You will spend the night once more in the peaceful, hospitable town of Torgiano. You stay the same hotel of yesterday.

Overnight stay with breakfast in Torgiano

Distance: 34 km / 21,1 mi

Ascent / Descent: + 503m -526m



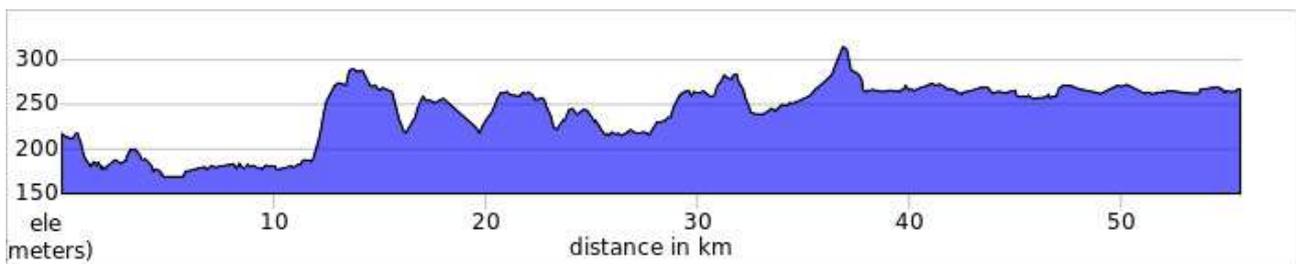
Day 4 Torgiano - Passignano on lake Trasimeno

On the fourth day you will cycle through a slight hilly landscape to be rewarded at the end with a magnificent view of Trasimeno lake and its islands. You pass the little fishing village of S. Feliciano from where the boats go to the Polvese Island. Cycling along the gravel bike path, you reach Passignano, a town on the shore of the lake, made of history and nature, art and folklore, peace and vitality. Passignano has a beach close to its center or you could visit the only inhabited island 'Isola Maggiore'. Overnight in *** or **** hotel

Overnight stay with breakfast in Passignano

Distance: 51 km / 31,7 mi

Ascent / Descent: + 472m -422m



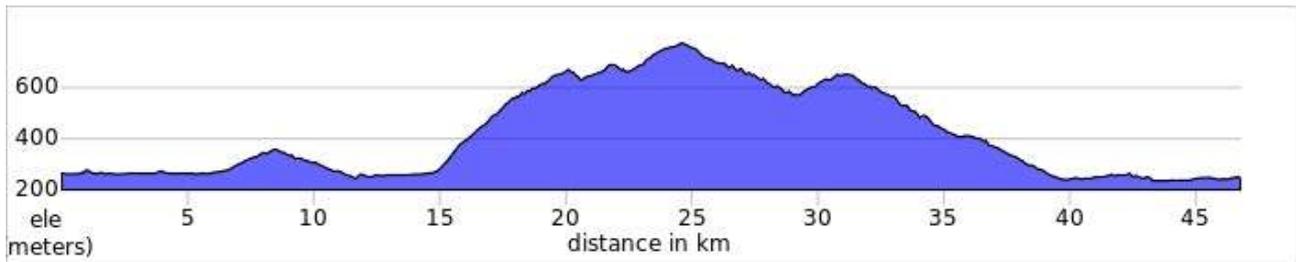
Day 5 Trasimeno lake to Umbertide

Today's route runs through an unspoiled scenery to the quiet little town of Umbertide, whose town centre is dominated by a majestic tower, the remains of a castle dating back to 1385. It is a hilly ride with gorgeous views. After a climb, you reach Castel Rigone, looking out over the lake. Then a nice ride follows along a ridge with nice views on both side. A well-deserved descend brings you into the Tiber Valley. Your hotel is a country hotel and is just outside Umbertide. It has a restaurant and nice swimming pool !

Overnight stay with breakfast in Umbertide

Distance: 47 km / 29,2 mi

Ascent / Descent: + 837m -855m



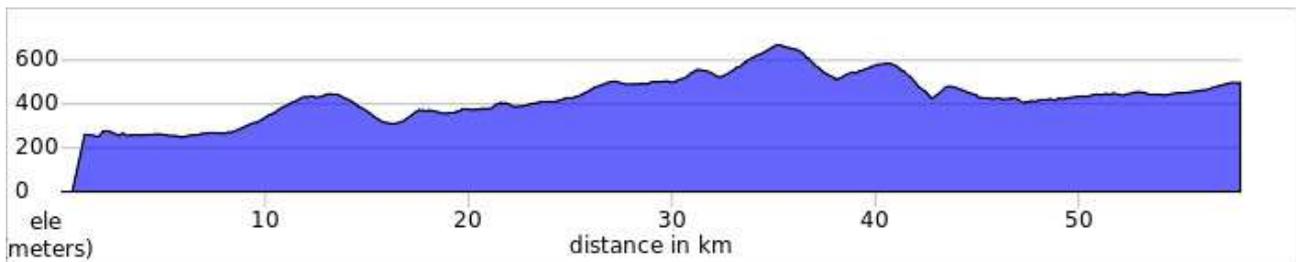
Day 6 From Umbertide to Gubbio

Today you first pass the centre of Umbertide and then it goes uphill to Montone, a typical Umbrian small walled-in town, where for centuries time stood still. After you cross another small hilltop town, Pietralunga, and you will reach the fortified hill town of Gubbio. Worthwhile visiting are the impressive palaces, the Roman theatre and the monastery of S. Ubaldo, which is built at 827m altitude and can be reached by cable car. Your overnight stay will be in the historical centre in a *** or **** hotel

Overnight stay with breakfast in Gubbio

Distance: 58 km / 36 mi

Ascent / Descent: + 904m -667m



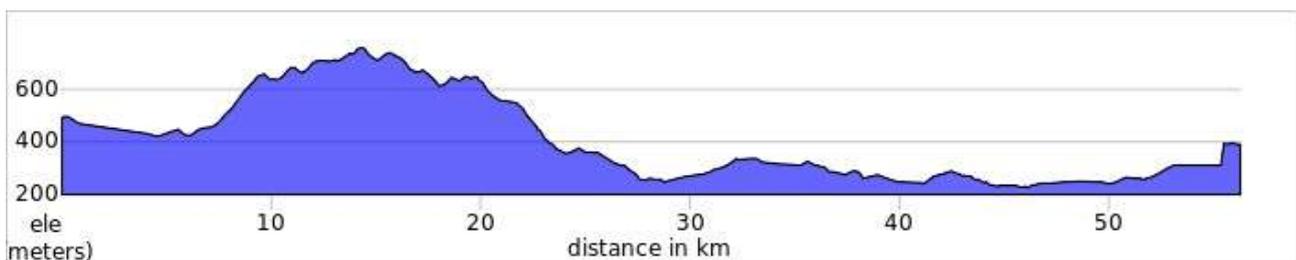
Day 7 From Gubbio to Assisi

At the beginning of this last leg of the tour, you still have some hard climbing to do through a rolling still-life landscape, but after that, you have a well-deserved easy descent. It is a day full of stunning views of hills, mountains and small villages. Another last climb to reach Assisi. Cycling through the centre of this little town you will pass its most important monuments, like the Basilica of St. Francis, the temple of Minerva and the basilica of St. Clare.

Overnight stay with breakfast in Assisi

Distance: 59 km / 36,7 mi

Ascent / Descent: + 807m - 908m



Day 8 End of tour after breakfast

After breakfast ends this discovery tour

Hotels:

*** and/or **** star hotel.

Bicycles:

Hybrid bikes, e-bikes and road bikes. 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 free available.

Rates for 8 day tour per person 2021:

8 days Classic Hotels with Hotel *** 3 km from Assisi	Price in Euro
Sharing a double room B&B	605,00
Single room B&B	740,00
Single traveller B&B	795,00
3 rd person in a triple room B&B	375,00
Supplement half board	140,00
8 days Classic Hotels with hotel *** 900m from old town centre	Price in Euro
Sharing a double room B&B	635,00
Single room B&B	780,00
Single traveller B&B	835,00
3 rd person in a triple room B&B	420,00
Supplement half board	152,00
8 days Superior hotels / room	Price in Euro
Sharing a double room B&B	805,00
Single room B&B	1.120,00
Solo traveler B&B	1.175,00
3 rd person in a triple room B&B	505,00
Half Board	214,00
Bike rental a week	85,00
Road bike in carbon	190,00
E-bike	190,00

Upgrade to Hotel Lido * with swimming pool (Trasimeno lake) supplement p.p.p.n.
ONLY FOR CLASSIC HOTELS option**

	B&B	MP
Double room sharing	€ 20,00	30
Single room	€ 35,00	45

The tour prices includes:

- Tour information on spot: brochures
- 7 overnight stays with breakfast
- 7 dinners if booked the half board Version
- luggage transportation from hotel to hotel
- emergency support hotline
- Route descriptions in English, German, Italian or Dutch, sightseeing information and maps
- Gps tracks on request available
- Route briefing on arrival day

Excluded in the tour

- Local tourist taxes to be paid in the hotels. Amount depends on the town and hotel category (Assisi, Passignano, Spoleto, Umbertide & Gubbio: about 1,00-2,00 p.p.p.n.)
- Everything not mentioned under 'the tour price includes'

How to reach the starting point

Start /End: Assisi

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

Transfers (to be paid locally):

from airport Perugia to hotel Assisi

€ 40,00 (1-3 pax)

€ 50,00 (4-8 pax)

Transfer from Assisi station to Hotel

€ 20,00 (1-3 pax)

€ 30,00 (4-8 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

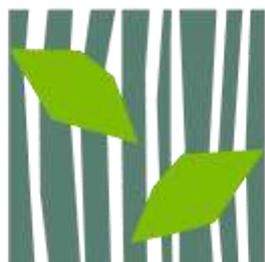
Rome, [Ciampino airport](#) - 190 km from Assisi

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](#)
[Gubbio](#)
[Lake Trasimeno](#)
[Perugia](#)



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