

## **Umbria, Tuscany and Marche on road bike**



## Umbria, Tuscany and Marche

### Self guided cycling Tour Umbria. From April to November

For guided options from 4 persons or more send us an email.

Only need a bike for Umbria? Check: [BIKE RENTALS UMBRIA](#)

Only need a bike for Tuscany? Check: [BIKE RENTALS TUSCANY](#)



### Self guided cycling Tour Umbria, Tuscany and Marche on road bike

Self-guided road bike tour for 8 days starts in the old historic city Assisi exists since 13th century. Here begins the trip across the 3 regions of Umbria with a sniff of Tuscany and the Marche. The tour is for those who would like to discover Umbria in all its aspects. And that is because you will find a combination of nature, culture, history and local traditions. The tranquil Umbrian landscapes is almost one of the most beautiful places you can find. That is because of their rolling hills covered with woodland and vineyards.

Most noteworthy is the nature in the North of Umbria that is more rough and unspoilt. Here friendly hills change into a mountain landscape with scenic views of the Apennines. Everywhere you will find friendly and also you find lively little towns. And would you rather see historic culture? These atmospheric towns squares are surrounded by monumental palazzo's, little alleys in addition there are many impressive churches and castles which will take you back to a time long-gone.

### Cycle this beautiful Tour Umbria, Tuscany and Marche in Italy!

- Challenging routes with hilly landscapes and average distances of 70-100km a day!

- The start of this cycle tour is in the UNESCO world heritage city of Assisi
- The route goes up to Montefalco; also called 'the balcony of Umbria' with incredible panoramas
- Cycle around Lake Trasimeno : the fourth largest lake in Italy surrounded by green rolling hills covered with olive trees
- Discover Umbria and peddle through peaceful, friendly and historic medieval old villages
- Boutique 3\* star hotels

## Itinerary

### Day 1

#### Check in

Check in around 14.00 at your charming hotel in Assisi. There will be a briefing, bike fitting and the tour organizer explains the coming itinerary of this road cycling trip in Umbria. Airport transfers (on request). Overnight in Assisi Hotel Viole Hotel Viole \*\*\* near Assisi, where the tour starts and ends, is a good family-run hotel with air-conditioning, swimming pool, restaurant and bar. The hotel has a car park where our clients can leave their car during the cycling tour.

### Day 2

#### Assisi to Torgiano

Today you have the choice between a longer and shorter tour. The longer route crossing the valley passing Montefalco and Bevagna (104 km). Today's bike is through the valley of Spoleto. You will pass many little towns like Montefalco, built on a hilltop and famous for its excellent wines, and Bevagna with its medieval square. The shorter route you cycle through small medieval towns: Spello-Montefalco-Bevagna-Torgiano (65 km). The start will be in front of the hotel. The cycling journey goes through the valley of Spoleto, passing Foligno and up to Montefalco; also called 'the balcony of Umbria'. The Franciscan church, now a museum, is decorated with magnificent frescoes from the 15th and 16th century by artists like Benozzo Gozzoli and Perugino. The next town you will visit is Bevagna, whose characteristic medieval square still 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 the 'osteria' of the Lungarotti family, where you can taste their excellent wines. Overnight in Torgiano Hotel Al Grappolo d'Oro in Torgiano is a \*\*\* star B&B: all rooms are elegantly furnished and have private bathrooms, air-conditioning, safe, mini bar and satellite TV. The diner is in a nearby restaurant (150m). The B&B has a garden and swimming pool. [www.algrappolodoro.net](http://www.algrappolodoro.net)

### Day 3

#### Torgiano to S.Feliciano

You will bike through an undulating landscape with now and then a steep climb to conquer, to

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be rewarded with a magnificent view of Lake Trasimeno. You will pass small, typical Umbrian towns such as Montegiove with its impressive castle, Montegabbione and Panicale, which has still a good preserved 13th century Palazzo del Podestà (80 km). Overnight in Hotel La Vela \*\*\* in Passignano. Hotel la Vela is situated in the centre of Passignano and at only 500 meters away you find the beach. [www. hotellavela.it](http://www.hotellavela.it) (Dinner included). Overnight in Torgiano Hotel Al Grappolo d'Oro in Torgiano is a \*\*\* star B&B: all rooms are elegantly furnished and have private bathrooms, air-conditioning, safe, mini bar and satellite TV. The diner is in a nearby restaurant (150 m.). The B&B has a garden and swimming pool. [www.algrappolodoro.net](http://www.algrappolodoro.net)

#### Day 4

##### Tour around Lago Trasimeno

Today you can have a rest day or cycle around the lake (100 km). Lake Trasimeno is the fourth largest lake in Italy. It is surrounded on three sides by a backdrop of gentle rolling hills covered with olive trees. On the side facing Tuscany, a wide open plain stretches out. You will cross this plain going to the Tuscan town of Chiusi, which has an Etruscan origin. After your visit you return to your hotel at the lake. Overnight in Hotel La Vela \*\*\* in Passignano. Hotel la Vela is situated in the centre of Passignano and at only 500 meters away you find the beach. [www.hotellavela.it](http://www.hotellavela.it)

#### Day 5

##### Lago Trasimeno to Umbertide

The longer route passes Cortona in Tuscany (98 km). A very nice ride through the valley of the Tessa brings you to Cortona. This lovely Tuscan town is built on a hilltop. Leaving it you will cycle over a ridge through a mountainous terrain with magnificent views over the surrounding mountains. The shorter route is from Lake Trasimeno to Umbertide (45 km) This shorter ride is through unspoiled scenery to the quiet little town of Umbertide, whose town center is dominated by a majestic tower, the remains of a castle dating back to 1385. A steep climb brings you to Castel Rigone from where you will have a magnificent view over the lake. From here and the route goes up and down to Umbertide. Hotel \*\*\*\* Poggiomanente just outside Umbertide. The hotel has a nice garden, bar and swimming pool. [www.poggiomanente](http://www.poggiomanente)

#### Day 6

##### Umbertide to Gubbio

Today you will reach the fortified hill town of Gubbio (95 km). You will cycle through the mountains. It is a beautiful tour through the green hills of the lower Apennines. You visit Montone, a quiet little town built (482m) on a hilly ridge, situated between the Lana and Carpina streams, which are both tributaries of the Tiber. It's going slowly uphill to Pietralunga with its old partially, walled-in centre and the Long bards Castle (8th century). You will pass Cagli in the region Le Marche and from there you arrive to Gubbio, where you will stay in hotel San Marco situated close to the old medieval centre. The hotel has a restaurant and private internal garden. [www.hotelsanmarcogubbio.com](http://www.hotelsanmarcogubbio.com)

#### Day 7

## Gubbio to Assisi

On this last day of the tour you will cycle through a beautiful hilly landscape passing quiet mountain villages (75 km). The first stretch begins with a steep climb, but after that the road undulates gently till it brings you to the bottom of a valley. The last stretch brings you through characteristic little villages and finally you will see Assisi from afar, built on a spur of mount Subasio. Overnight in Assisi Hotel Viole Hotel Viole \*\*\* near Assisi, where the tour starts and ends, is a good family-run hotel with air-conditioning, swimming pool, restaurant and bar. The hotel has a car park where our clients can leave their car during the cycling tour.

## Day 8

### Departure day

Departure day.....Time to say goodbye, a good flight back home or a pleasant stay in Italy. Transfers upon request.

## Airport

- Roma Fiumicino airport is the most important hub to all kind of destinations. There are many connections to almost every domestic airport in Italy and all important cities in Europe. The airport has 4 terminals.
- Perugia airport. The small airport at Sant'Egidio, 12km from Perugia, is reachable by bus from the city from the bus stop in Piazza Italia and from the main railway station. There are shuttle buses to Perugia Railway station. Tickets are €8.00 per person.
- Florence international Airport is named after one of the most famous Italians - Amerigo Vespucci. There is no train connection with the airport. From Florence railway station there are good connections to all kinds of cities in Italy. The airport is lies only four kilometers away from Florence. Shuttle buses leaving every 30 minutes. Florence airport is only 80 kilometers away from the airport of Pisa, Galileo Galilei.
- Pisa Airport is two kilometers from Pisa, 20 kilometers from Lucca and 80 kilometers from Florence. You can find the train station just outside the terminal. Pisa Airport lies directly on the highway Florence-Pisa-Livorno. Because the airport is so close to the city a ride (to the center of Pisa) does not take more than ten minutes.

## Car

- Assisi - Pisa 248 km
- Assisi - Florence 175 km
- Assisi - Roma 177 km
- Assisi - Perugia 28 km

## Train

- Roma's main train station is, Roma Termini Station downtown. There is a direct train from Fiumicino Airport with the Leonardo Da Vince express. From Roma's main Railway station Termini you can take the train to Assisi or Perugia. The Assisi Central

Train Station is located in the valley below the historical town of Assisi. Frequent train service is available from the station to Rome, Florence and many other Italian cities.

## **Booking Information**

### ***Add your start date***

- All prices are based on double rooms - for bookings & inquires: send an email to [info@cycleclassictours.com](mailto:info@cycleclassictours.com)

## **Extra Information**

1. Fill out and submit the online booking request or send an email to [info@cycleclassictours.com](mailto:info@cycleclassictours.com)
2. Once we receive your request we contact our local tour operator if the tour is available.
3. When the tour operator confirms to us. We confirm to you and send you over to our tour operator
4. We tend and try to send all over within 48 hours.
5. You will receive an invoice, the tour program and the terms and conditions of the tour operator.
6. Please do not make travel plans until you receive our confirmation.
7. Please be advised that we make every effort to ensure that all the information given on this site is accurate. All statements and information has been researched and supplied by third parties.
8. The information given is accurate and reliable, to the best of our knowledge. Should errors be found, we will rectify them as quickly as possible. However, we accept no responsibility for errors or inaccuracies.

## **Included**

- Overnight stays in good 3\* star hotels on the basis of B & B (Half Board and upgrades are possible)
- Luggage transportation
- Route notes in English, Italian, German or Dutch and maps
- Local backup service
- Route briefing in starting hotel
- Tour information

## Not Included

- Lunches
- Dinners
- Single supplement 3\* Hotel € 140
- Single supplement 4\* Hotel € 260
- Quality Carbon Wilier GTR € 235
- E Bike Lady-Men Model € 210
- Half Board 3\* Hotel € 160
- Half Board 4\* Hotel € 190
- Airport transfers
- Insurance & Airfares
- Wine tasting
- Tracks for Gps