

## Bike Trip Umbria



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**Self guided bike Trip Umbria. Every day all year long**  
For guided options from 4 persons or more send us an email.

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## **Self guided bike Trip Umbria on Road bike, E bike or Trekking bike.**

This cycling Tour is perfect for those looking to personal experience the unique and unspoiled region of Umbria with its beauty and hospitality. Umbria, nestling between Tuscany, Marche and Lazio, is maybe one of the smallest regions of Italy, but is 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 surroundings of the beautiful and fascinating town of Assisi, the pilgrims' town built against the slopes of Mount Subasio. Assisi isn't the only highlight of this tour. You will pass many other interesting small towns such as Spello, which has Roman origins,

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,

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.

### **Jump on your bicycle and cycle through the wonderful region of Umbria**

- Spello the interesting place, containing many features dating back to Roman and medieval times.
- Montefalco (472 m a.s.l.) also known as the 'balcony of Umbria '.
- The Franciscan church, now a museum, what is decorated with magnificent 15th and 16th century frescoes by artists such as Benozzo Gozzoli and Perugino.
- Montefalco with its lovely medieval square with a fountain and two Romanesque churches.
- Torgiano, a small 'borgo' at the confluence of the rivers Chiascio and Tiber (Tevere).
- Perugia. The aristocratic Renaissance palace with medieval churches and museums
- Visit the Franciscan basilica in S.Maria degli Angeli.

### **Itinerary**

## Day 1

### Check in

Check in around 14.00 at your charming hotel. There will be a briefing, bike fitting and the tour organizer explains the coming itinerary of this tour. The start of this cycle tour is in the lovely medieval town of Assisi, 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 squares. Worth seeing are the famous basilica of St. Francis and the Roman temple of Minerva in Piazza del Comune. Your overnight stay is in a hotel between Assisi and Spello, another beautiful fortified town with old town gates and an amphitheatre (on request a hotel in Assisi is possible)

## Day 2

### Spello-Montefalco-Bevagna-Torgiano 68 km

This morning there will be time to wander about in Spello. 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. 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.

## Day 3

### Visiting Perugia 35 km

Today you can visit the neighbouring city 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

## Day 4

### Torgiano to lake Trasimeno 53 km

On the fourth day you will bike through a hilly landscape to be rewarded with a magnificent view of the lake and its islands. Your hotel is in the centre of the little fishing village of Passignano, a town made of history and nature, art and folklore, peace and vitality.

## Day 5

### Lake to Umbertide 46 km

Today's bike is through 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. There will be some uphill and downhill cycling. Your hotel is a lovely country hotel just outside town.

## Day 6

Umbertide to Gubbio 55 km

Today you will reach the fortified hill town of Gubbio, which preserved well its medieval character. Worthwhile visiting are the town 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 near the historical centre.

## Day 7

Gubbio to Assisi 54 km

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 to 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. After your visit of Assisi you return back to the starting hotel.

## 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
- All day departures
- For bookings and inquiries contact us : [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. We tend and try to send all over within 48 hours.
3. Please do not make travel plans until you receive our confirmation.
4. Please be advised that we make every effort to ensure that all the information given on this site is accurate. All statements and information have been researched and supplied by third parties.
5. 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

us : [Info@cycleclassictours.com](mailto:Info@cycleclassictours.com)

- 7 Overnight stays in \*\*\* star hotels with breakfast (half board and upgrades are possible)
- Luggage transportation
- Route notes (English-German-Italian-Dutch) and maps (on gps available)
- Local back-up service
- Tour information
- Route briefing

### **Not Included**

- Lunches
- Dinners
- E bike lady-Men Models € 210
- Trekking bike € 100
- Carbon Wilier GTR € 235
- Single supplement + € 190
- Half board supplement + € 140

### **On request**

- Gps tracks
- Wine tasting