



ENCHANTING UMBRIA

self-guided tour
7 days / 6 nights
Variant: Option with 8 days / 7 nights

  →→ approx. 177- 305 km



DESCRIPTION

Umbria has been praised for its pure beauty since Roman times, because of its greenness, many lakes, rivers, refreshing springs, mountain streams and waterfalls. This not-too-strenuous cycle tour since it take place mainly in the valley with only a few rolling parts will bring you to lively, medieval villages and towns of the green valley; Valle Umbra', such as Assisi, Spello, Foligno, Spoleto, Bevagna and Perugia. Thanks to the reduced daily distances you will have enough time to visit these towns. The tour starts and finishes close to Assisi, which rises on a mountainous branch of the Monte Subasio. This beautiful pilgrimage town with its narrow alleys, cosy squares and many medieval monuments will make an unforgettable impression.

CHARACTERISTICS OF THE ROUTE

You cycle through a landscape of gentle, rolling hills. This generally easy route, mostly flat, with short daily distances makes this an ideal tour for leisure cyclists. There aren't many climbs and if possible there will be offered an alternative. The daily distances are restricted to between 35 and 60 km.

A DAY BY DAY ACCOUNT OF THE ROUTE

DAY 1: Individual arrival in Assisi /Viola

Individual arrival to Viola (3 km far away). Collect cycles, route briefing and instruction. The tour starts near the Middle Age city of Assisi (3 km), the pilgrims' town built against the slopes of Mount Subasio. Many monuments have been erected here in honor of the saints Francis and Clare.

DAY 2: Viola - Casco dall'Acqua (approx. 26 km)

You leave your hotel and cycle along the slopes of Mount Subasio to Spello. There is enough time to wander around this charming ancient town, pleasantly situated on the southern slopes of Mount Subasio. Spello is also called the town of flowers, because of its many colorful little alleys embellished with plants and flowers. After Spello you descend to Foligno, which is in the valley. You pass along the main square with its beautiful 'duomo' which still has a Romanesque façade. Continuing along the lively main shopping street you will leave the town to cycle the last kms of your route, across the fertile valley with its colorful fields and various waterways. Your country house is situated in the village of Casco dall'Aqua.

DAY 3: Casco dall'Acqua: round tour Spoleto (approx. 44 - 51 km)

This morning a short tour among olive groves will take you to Spoleto. You can already see Spoleto from afar, with its castle dominating the hilltop on which the medieval part of the town is built. The centre is still largely inside the medieval town walls. There is a lot to see in Spoleto, including the cathedral with its famous frescoes by the Florentine painter Filippo Lippi, the Roman house and the Roman theatre with an annexed archaeological museum. Leaving Spoleto you cycle among the fields back to Casco dall'Aqua.

DAY 4: Casco dall'Acqua -Bevagna - Montefalco- Torgiano (approx. 55 km)

Biking through a slightly undulating landscape you will already see Montefalco from a distance. At the foot of this town you have the option to continue along the valley directly to Bevagna or to visit Montefalco... but to reach this lovely town you first have to conquer a steep climb. Montefalco (472 m a.s.l.) is known as the 'balcony of Umbria', because of the fantastic panorama. Montefalco is also well-known for its excellent wines produced on the sunny slopes around the town, and of course it is almost impossible to leave the town without tasting them in one of the many wine bars. From Montefalco you go downhill to Bevagna. This town has a lovely medieval square with a fountain and two Romanesque churches. The square is a real meeting place for the friendly inhabitants of the town. After a last hill you will reach Torgiano, at the confluence of the rivers Chiascio and Tiber (Tevere). Your hotel is in the quiet town centre.

DAY 5: Torgiano: round trip to Perugia or surroundings Torgiano (approx.24 - 32 km or 30 -45 km)

Today you can choose among 3 different roud trips.

Visiting Perugia (approx. 24): This trip takes you to the neighbouring town of Perugia, which is the capital of the province. A short cycle tour takes you to the station in Ponte S.Giovanni at the foot of Perugia. From here a local train will take you into the historical centre of Perugia. The centre, with its little alleys and characteristic town squares, is a lively vibrant place. The renaissance palaces, medieval churches, museums and many galleries will make a lasting impression. After your visit you return by train and bike to the peaceful, hospitable town of Torgiano.

In alternative you can skip the train and cycle all the way uphill to Perugia (approx. 32 km).

A trip in the surroundings of Torgiano (approx. 30 - 45 km). Close to Torgiano is the village of Deruta which has, in part, managed to retain the highly distinctive features of its medieval buildings. Deruta is universally famous for its ceramics. The origins of this ancient art go back as far as the Etruscan times and nowadays the many local workshops still make excellent quality ceramics. The next stop is the sanctuary of Madonna dei Bagni, which has built after a miracle, which took place in the year 1657. Cycling through a beautiful hilly landscape you pass typical Umbrian hamlets like Casalalta. Your cycle back to Torgiano is through the Tiber valley.

DAY 6: Torigiano - Assisi /Viola (approx. 26 km)

Today you will cross the valley, cycling on quiet country roads. You will already see Assisi from afar as, like many other Umbrian towns, it is built on a hilltop. Before reaching Assisi, however, you can stop for a moment to visit the Franciscan basilica in S.Maria degli Angeli. Under its impressive dome still lies the humble little chapel 'Porziuncola' where Saint Francis came to pray. To reach the beautiful historical centre of Assisi you have to make a short steep climb, but wandering through the town you will agree that it was worth the effort. Overnight stay in the hotel at Viola or Assisi.

DAY 7: Viola, individual departure

Individual departure or extension of your stay.

VARIANT 8 days/ 7 nights (approx. 170 - 203 km, suitable for families)

Day 1: Individual arrival in Assisi /Viola

Day 2: Assisi / Viola – Casco dell'Acqua (approx. 26 km)

Day 3: Casco dell'Acqua– Spoleto – Casco dell'Acqua (approx. 44 - 51 km)

Day 4: Casco dell'Acqua - Bevagna (approx. 28 km)

Day 5: Bevagna - Torgiano (approx. 30 km)

Day 6: Torgiano – Perugia – Torgiano (approx. 24 + train or 32 km) or roundtour Torgiano (approx. 30 - 45km)

Day 7: Torgiano - Viola (approx. 26 km)

Day 8: Individual departure from Viola

GENERAL INFORMATION:

- **Classification of the cycle-tour:** Self-guided tour
- **Duration:** 7 days / 6 nights or variant 8 days/ 7 nights
- **Distance:** Approx. 177 - 305 km
- **Starting point:** Viola (3 km from Assisi) Possibility of overnight stay in Assisi instead of Viola with a supplement.
- **Accommodation:** Accommodation in hotels 3*** category or country house.
Attention: Tourist tax – if requested – has to be paid on the spot.
- **Parking:** more information according to booked hotel.
- **Transfer:** Transfer (to be paid for on the spot): from Perugia airport to Assisi: € 40,00 for 1-3 pax, € 50,00 for 4-8 pax; from Assisi station to old town centre €20,00 (1-3 pax), € 30,00 (4-8 pax).
- **Rental bikes:**
21 or 24-gear women's or men's bicycle
Electro bike (unisex bike, on request, limited availability)
Children's bike, children's bike seat and trailer are available on request (limited availability)

INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation for 6 or 7 nights in double room incl. breakfast
- Personal tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (english, german and dutch) and maps
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks and all extras
- Tourist tax (to be paid at the hotel)
- Lunches and dinners (if not booked half board)
- Not mentioned entries
- All not expressly mentioned under the item „Included services“

STARTING DATES 2021

ARRIVAL

Arrival every day all the year round

The best period is from April to June and from September to October

PRICES 2021

SELF-GUIDED TOUR 7 DAYS, 6 NIGHTS STARTING IN VIOLE

Package price per person in a double room incl. breakfast	€ 497.00
Single room surcharge, per person	€ 133.00
Package price for SOLO traveller in single room incl. breakfast	€ 665.00
Price for the third person in a three bedded room incl. breakfast	€ 325.00
Half board surcharge	€ 135.00

SELF- GUIDED TOUR 7 DAYS, 6 NIGHTS - STARTING IN ASSISI

Package price per person in a double room incl. breakfast	€ 533.00
Single room surcharge, per person	€ 132.00
Package price for SOLO traveller in single room incl. breakfast	€ 705.00
Price for the third person in a three bedded room incl. breakfast	€ 385.00
Half board surcharge	€ 145.00

ADDITIONAL SERVICES

Rental bike € 80.00	E-bike € 165.00	Follow-me tandem € 60.00
Child-bike, trailer for kids € 45.00	Children`s bike seat € 18.00	

SELF-GUIDED TOUR 8 DAYS, 7 NIGHTS STARTING IN VIOLE

Package price per person and night in a double room incl. breakfast	€ 538.00
Single room surcharge, per person	€ 172.00
Package price for SOLO traveller in single room incl. breakfast	€ 755.00
Price for the third person in a three bedded room incl. breakfast	€ 355.00
Half board surcharge	€ 162.00

SELF-GUIDED TOUR 8 DAYS, 7 NIGHTS STARTING IN ASSISI

Package price per person and night in a double room incl. breakfast	€ 580.00
Single room surcharge, per person	€ 165.00
Package price for SOLO traveller in single room incl. breakfast	€ 790.00
Price for the third person in a three bedded room incl. breakfast	€ 385.00
Half board surcharge	€ 176.00

ADDITIONAL SERVICES

Rental bike € 85.00	E-bike € 190.00	Follow-me tandem € 65.00
Rental children bike, trailer bike € 50.00	Children`s bike seat € 20.00	

ADDITIONAL NIGHTS IN VIOLE

Per person and night in a double room incl. breakfast	€ 42.00
Surcharge single room, per night	€ 15.00

ADDITIONAL NIGHTS IN ASSISI

Per person and night in a double room incl. breakfast	€ 50.00
Surcharge single room, per night	€ 22.00