

ITALY - UMBRIA EXPLORING ASSISI, SPELLO, SPOLETO & PERUGIA

8-days / 7-nights **GREAT VALUE** self-guided inn-to-inn easy to moderate cycling holiday



One of our most popular tours in Europe, this great value self-guided cycling holiday explores a quintessential rural Italian landscape with a beautiful backdrop of forested hills, sunflowers and olive groves. Umbria has been renowned since Roman times for its natural beauty, its greenness and its refreshing lakes, rivers and waterfalls. This tour follows interesting and colourful routes along quiet country roads. There are a few rolling hills, allowing for wonderful vistas of the many lively medieval hilltop villages and towns overlooking the *Valle Umbra*. The tour starts and finishes in Assisi, the town of St Francis, a centre for religious art and culture known the world over. At the foot of Monte Subasio this beautiful pilgrimage town with its narrow lanes, small piazzas and medieval monuments leaves an unforgettable impression on visitors. You also visit the medieval towns of Spello, Bevagna, and Spoleto, with optional routes to the hilltop wine town of Montefalco and the lively capital of Umbria, Perugia.

Cost from: **\$1475** per person twin share Single room supplement from **\$570**
Half board supplement (6 dinners) **\$420** Upgrade to E-Bike for **\$265** per bike

Departs: Daily from 1 April to 31 October 2025, except not available 10-24 August

Includes: 7 nights' accommodation in good 3-star or 4-star hotels or B&Bs; 7 breakfasts; bike hire with pannier, repair kit and helmet; luggage transportation; arrival briefing; app with GPS tracks; digital copy of route notes, maps and information; local emergency support and hotline. If taking the Half Board option, 6 dinners are included (no dinner in Bevagna).

Not included: Lunches, dinners if not taking Half Board option, drinks, personal expenses, city tourist tax (approx. €2-3 per person, per night), transport to/from Assisi.

Grade: Easy to moderate cycling, mostly flat or gentle rolling hills, with daily distances of 25 to 45km.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

This tour is also available as a **GUIDED** tour with English-speaking tour guide; cost and dates on request, subject to a minimum of 2 people. Please ask for a quote and more details.

Suggested itinerary:

Day 1 Arrive in Assisi

Plan to arrive in the late afternoon for an evening briefing on the route ahead and to collect and adjust your bicycles.

Day 2 Assisi – Casco dell’Acqua

cycling @ 26km

From Assisi, cycle along the contoured slopes of Mount Subasio to Spello. Allow time to explore this charming town with its architecture dating to Roman and medieval periods, and its many laneways embellished with colourful plants and flowers. After Spello, descend to Foligno in the valley to see the main square with its beautiful cathedral. Continue along the lively high street then cycle across the valley through fields and along waterways to Casco dell’Acqua, where you stay two nights.

Day 3 Cycle to Spoleto

cycling @ 44 or 51km

Ride through olive groves to the popular town of Spoleto. Spoleto’s castle can be seen from a distance, dominating the hilltop on which part of the old town is built. The town centre is still largely inside the medieval walls. There is a lot to see in Spoleto, including the cathedral with its famous frescoes by Florentine painter Filippo Lippi, the Roman house and theatre and an impressive archaeological museum. The shorter route is an out and return ride, while the longer route is a loop ride with more ascent. Return to Casco dell’Acqua for a second night.

Day 4 Casco dell’Acqua – Montefalco – Bevagna

cycling @ 28km

Cycling through an undulating landscape you can spot the wine town of Montefalco on its hilltop from afar. You can ride up to Montefalco, known as *the balcony of Umbria*, or bypass it. Montefalco offers fantastic panoramic views, and its Franciscan church-museum is decorated with 15th and 16th Century frescoes. The town is also known for its excellent wines, Rosso di Montefalco and Sagrantino. From Montefalco it’s a leisurely, mostly downhill ride to Bevagna, a medieval town with Roman origins, in a beautiful valley. Explore the narrow streets and the medieval square and visit the Church of St Michele Arcangelo, which dates to the 12th century and has an impressive Romanesque façade, with Umbrian decorations around the rose window.

Day 5 Bevagna – Torgiano

cycling @ 30km

Start with a slight ascent to the medieval walled village of Torre del Colle, then cycle mostly through the valley to Torgiano, at the confluence of the rivers Chiascio and Tiber (Tevere). You stay two nights in Torgiano. Whilst here, perhaps take time to sample the vintages from the region, which in 1968 was the first area in Umbria to achieve d.o.c. denomination status.

Day 6 Cycle to Perugia or Torgiano loop ride

cycling @ 35 or 45km

A choice of routes, either a ride to Perugia, the capital of Umbria, or a circular route around Torgiano. If you choose to head to Perugia, cycle mostly uphill along quiet country roads to the city centre. Perugia has numerous Renaissance palaces, medieval churches, museums, narrow lanes and small piazzas, and is a lively vibrant place.

Or take a loop ride in the Torgiano area. The nearby village of Deruta has retained many distinctive medieval buildings and is also famous for its ceramics, with origins dating back to Etruscan times. Cycling through rolling hills through a typical rural landscape you pass several traditional Umbrian farming hamlets like Casalalta. In the afternoon ride back to Torgiano through the Tiber Valley.

Day 7 Torgiano – Assisi

cycling @ 25km

Cycle across the valley on quiet country roads towards Assisi, which like many other Umbrian towns, is built on a hilltop. You have a short, steep climb to Assisi, but it is well worth the effort. Once there you have time to explore Assisi’s squares and shopping areas and the main monuments such as the basilica of Saint Francis with its beautiful frescoes by the painters Giotto, Simone Martini, Cimabue and Pietro Lorenzetti. Then just a final short ride to return to the same hotel you stayed in on the first night.

Day 8 Departure day

Tour arrangements end after breakfast. Ask about extra nights in Assisi (at additional cost) when booking.

Other cycling holidays – guided in small groups or self-guided inn-to-inn with luggage transfers – are available in Italy and across Europe through **Outdoor Travel**. We also offer **Bike & Barge** cycling cruises – ask for details:

Contact Outdoor Travel for more itinerary details and reservations:

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