UMBRIA´S GREEN VALLEY

CIRCULAR TOUR UMBRIA

self-guided tour

Bike tour

205-250 km

●○○ Easy

Duration: 7 days / 6 nights

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. 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.

DETAILED ROUTES

Day 1: Assisi

The tour starts in the Middle Age city of Assisi, 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: Assisi / Viole - Casco dell'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 dell'Acqua - Spoleto - Casco dell'Acqua

(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. 51 - 53 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. 32 km or 45 km)

Today you can choose among 3 different roud trips.

Visiting Perugia (approx. 32)

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 bike to the peaceful, hospitable town of Torgiano.

A trip in the surroundings of Torgiano (approx.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

(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 th 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.

Day 7: Assisi

Individual departure or extension of your stay.

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GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 7 days / 6 nights
- **Distance:** ca. 205-250 km
- **Starting point:** Assisi
- **Arrival:**

  By plane: airport Florenz (approx. 180 km), Pisa (approx. 250 km), Rome (approx. 190 km) and Umbria regional airport (approx. 12 km). On request we can organise a transfer from the airport to your starting hotel.

- **Accomodation:**

  Standard: Hotels 3*** category or country house.
  Superior: Hotels 3*** e 4****category
  Attention: Tourist tax – if requested – has to be paid on the spot.

- **Parking:**

  More information according to booked hotel.

- **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)

- **Transfer:**

INCLUDED SERVICES

- Accomodation for 6 nights in double room incl. breakfast in your selected category
- Personal tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- App Ride with Gps with tracks and route information. Access with QR code 1 per room. Paper route descriptions and maps on request with supplement €10 per road book
- 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“

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STARTING DATES

Available - arrival possible Not Available Available for groups from 6 persons and on request

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

PRICES

Hotel La Terrazza

Package price in a double room		628 €
Package price high season		628 €
Single room surcharge		225 €
Half board supplement		210 €

Additional services

own bike		0 €
electric bicycle (Ecologico Tours 7/6)		190 €
hybrid bicycle (Ecologico Tours 7/6)		90 €
Follow-me Tandem (Ecologico Tours 7/6)		60 €
child bicycle (Ecologico Tours 7/6)		45 €
trailer (Ecologico Tours 7/6)		45 €

Hotel Viole/Da Angelo

Package price in a double room	from 01/04/2026 to 31/10/2026	565 €
Package price high season	from 01/04/2026 to 31/10/2026	565 €

Single room surcharge		222 €
Half board supplement		210 €

Additional services

own bike		0 €
electric bicycle (Ecologico Tours 7/6)		190 €
hybrid bicycle (Ecologico Tours 7/6)		90 €
Follow-me Tandem (Ecologico Tours 7/6)		60 €
child bicycle (Ecologico Tours 7/6)		45 €
trailer (Ecologico Tours 7/6)		45 €

Superior

Package price in a double room	from 01/04/2026 to 31/10/2026	700 €
Package price high season	from 01/04/2026 to 31/10/2026	700 €
Single room surcharge		273 €

Additional services

own bike		0 €
electric bicycle (Ecologico Tours 7/6)		190 €
hybrid bicycle (Ecologico Tours 7/6)		90 €
Follow-me Tandem (Ecologico Tours 7/6)		60 €
child bicycle (Ecologico Tours 7/6)		45 €
trailer (Ecologico Tours 7/6)		45 €