

## Self-Guided Bicycle Tours in Italy: Bicycling Umbria, the Green Heart of Italy

### Tour Facts Sheet

Umbria is the birthplace of St. Francis, the heart of Roman Italy and home to some of Italy's best preserved medieval towns. Bicycle past vineyards, chestnut and oak forests, and across rolling hills to monasteries, castles, and hilltop villages unchanged since the Middle Ages. Enjoy Assisi, the home of Saint Francis, Deruta, famous for its pottery, Torgiano, known for its wines, and hilltop towns such as Spello, Montefalco, Todi and Orvieto.

<b>Highlights</b>	Assisi, Spello, Bevagna, Montefalco, Todi, Roman Ruins, and Orvieto
<b>Price</b>	€1590 Single supplement: 800 € (singles traveling with others pay a 300 € supplement) <b>GROUP DISCOUNTS 5%</b> (on groups of 4 or more)
<b>Includes</b>	9 nights accommodation in 3-4 star hotels; all breakfasts; use of a high quality racing or hybrid bicycle; bike delivery and collection; use of GPS with preloaded tracks; detailed route descriptions; map; suggestions for dinners; luggage transfers
<b>Countries</b>	Italy
<b>Begin/End</b>	Perugia/Orvieto
<b>Arrive/Depart</b>	Florence Airport (FLR) / Rome Fiumicino Airport (FCO)
<b>Total Distance</b>	201- 435 km (163- 272 miles)
<b>Daily Distance</b>	0 - 64 km (0 - 40 miles);
<b>What to Expect</b>	The tour starts easy then it gets hillier; some two night stays allow for easy options on rest days
<b>Rating</b>	201, 301 – <a href="#">View Tour Rating Descriptions</a>
<b>Terms</b>	<a href="#">Terms &amp; Conditions</a>





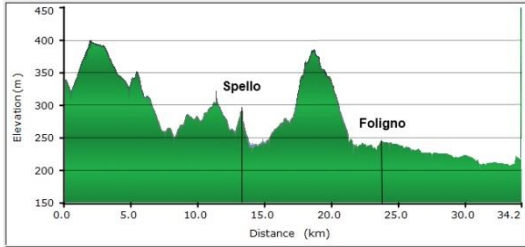
Visit our website for tour dates, price and full itinerary description at [Cycleeurope.com](http://Cycleeurope.com).

Do you need more information? Read our Self Guided Tour FAQ Sheet [here](#)

## Tour's Dates:

The tour can depart any day of the week.

## Your Itinerary

<p><b>Day 1: Welcome to Perugia and Umbria</b> <i>Highlights: the well-known artistic center of Italy: Perugia</i></p> <p>Arrive in Perugia today, the ancient and modern capital of Umbria. Perugia is famous for Perugina chocolate and its vibrant old town! Take time to explore it today or tomorrow morning. We'll meet you for bike fitting and briefing in the afternoon.</p>	<p><i>Accommodation:</i> <a href="#">Hotel La Rosetta</a></p>
<p><b>Day 2: Bicycle from Perugia to Assisi</b> <i>Highlights: Assisi, the town of Saint Francis</i></p> <p>Leave Perugia to enter the Umbrian Basin and arrive to Assisi. You'll want to explore the church of Saint Francis, the second most important pilgrimage destination in Italy after St. Peter's in Rome. If you arrive early you might enjoy an extra ride to the hermitage just outside the village where Francis often retreated for meditation.</p> <p>(Optional extra ride 13 km - 8 miles)</p>	<p>Mileage: 31-38 km (19-24 miles)</p>  <p><i>Accommodation:</i> <a href="#">Hotel Giotto</a></p>
<p><b>Day 3: Assisi – Loop ride to Deruta and Torgiano</b> <i>Highlights: Ceramics in Deruta and wine in Torgiano</i></p> <p>Your ride today takes you to Deruta where you can enjoy scores of ceramic studios. Deruta is one of the most important ceramics towns in all of Italy. Your route continues on to Torgiano, a major wine producer. The famous Lungarotti winery has a wine museum in the centre of the town. The route back to Assisi takes you through the hamlet of Brufa.</p>	<p>Mileage: 53 km (33 miles)</p>  <p><i>Accommodation:</i> <a href="#">Hotel Giotto</a></p>
<p><b>Day 4: Bicycle from Assisi to Bevagna</b> <i>Highlights: Roman ruins in Spello, medieval wall and Renaissance buildings</i></p> <p>You leave Assisi behind you this morning and head south to Spello, a puzzle made of Roman, Medieval and Renaissance pieces. 13th century town walls connect Roman gateways dating to the 1st century BC and AD. Take time to explore and you'll find the 13th century town hall dominating the Renaissance town square. From Spello you pedal to Foligno another Roman town but with fewer Roman ruins. Enjoy lunch in the square and then head across the Umbria valley to Bevagna. Bevagna is the picture of a well-preserved Medieval village. It, too, dates from Roman times and is centered on the 13th century square and town hall. Unlike most Medieval towns, Bevagna is located on the flat of the Umbrian Basin.</p>	<p>Mileage: 35 km (22 miles)</p>  <p><i>Accommodation:</i> <a href="#">Hotel Residenza Porta Guelfa</a></p>

**Day 5: Loop Ride from Bevagna to Montefalco**
*Highlights: The Roman Via Flaminia, Trevi, and Montefalco*

Yesterday and today you will parallel the historic Via Flaminia, a Roman road, built in 220 BC by Consul Gaius Faminus. The road allowed Roman soldiers and their families access to the region around Rimini where they settled. With the road came all the Roman settlements and military garrisons in the area. Foligno and Spello were Roman towns while Trevi and Montefalco, our lunch destination, were Medieval towns that developed on nearby hills hundreds of years later. Take time to explore these hill towns as they capture the essence of Italy. A variety of routes allow access to the hills south of Montefalco. Plan on a picnic or restaurant lunch in the village, though as it affords a spectacular view across the entire Umbrian basin where you just spent two days cycling. (And plan to pick up a bottle of Sagrantino in Montefalco, one of Italy's most famous wines, for your dinner tonight.)

Mileage: 45 km (28 miles) - or more, if you wish to venture into the hills south of Montefalco



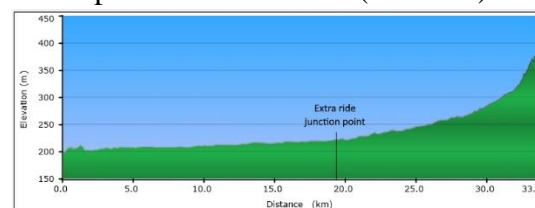
*Accommodation:*

[Hotel Residenza Porta Guelfa](#)

**Day 6: Bicycle from Bevagna to Spoleto**
*Highlights: The preserved town of Spoleto, its fortress, the Roman aqueduct*

Your ride today takes you to the well-preserved medieval town of Spoleto, famous throughout the world for the Festival dei due Mondi, a three week dance, music and opera festival. Arrive early to discover the hidden corners of this fabulous town that dates back to Roman times. Don't miss the Cathedral and a walk to the fortress Fortezza Alborno on top of Colle Sant' Elia.

Mileage: 34-39 km (21-24 miles).  
Optional Extra 17 km (11 miles)



*Accommodation:* [Hotel Clitunno](#)

**Day 7: From Spoleto to Todi**
*Highlights: Off the beaten track to the medieval Todi*

Your route today takes you away from the busy heartland of Umbria to the beautiful hilltop town of Todi. Todi's history is one of the region's oldest: three thousand years of continual inhabitation by Umbrians, Etruscans, and Romans. Today its main square "Piazza del Popolo" is often described as the most perfect medieval piazza in Italy. Discover why.

Mileage: 56km (35 miles)

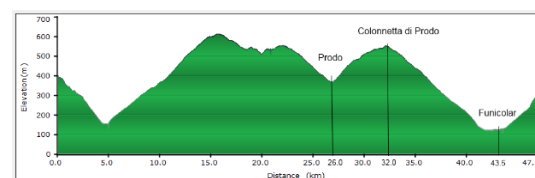


*Accommodation:* [Hotel Fonte Cesia](#)


**Day 8: Todi to Orvieto**
*Highlights: Orvieto and its Duomo*

A quiet ride along the shoulders of the Tiber Valley takes you to the spectacular Renaissance city of Orvieto. Perched on the remnant of a volcanic plateau, Orvieto is one of the most beautiful cities in Umbria. Its cathedral, a transition style between Romanesque and Gothic architecture, is richly decorated with a variety of colored marble and bright mosaics. Orvieto is also famous for its white wine.

Mileage: 47 km (29 miles)



*Accommodation:* [Hotel Palazzo Piccolomini](#)

<p><b>Day 9: Loop Ride to Civita and Bolsena</b>  <i>Highlights: "Ghost town" of Civita di Bagnoregio and Bolsena Volcanic Lake</i></p> <p>We suggest a loop ride today to one of several volcanic lakes in this part of Italy, the Lago di Bolsena. Before getting to the lake the ride will take you to the "ghost town" of Civita di Bagnoregio. Take time to explore this interesting village.</p>	<p>Mileage: 65 km (41 miles)</p>  <p>Accommodation: <a href="#">Hotel Palazzo Piccolomini</a></p>
<p><b>Day 10: Tour ends in Orvieto</b></p> <p>After breakfast your cycling experience in Umbria ends. We hope you have enjoyed cycling with us! Orvieto is conveniently located on the main rail line to Florence or to Rome. It is also beautiful enough to warrant a relaxing rest day if you are so inclined.</p>	

**NOTE:** This hotel itinerary is subjected to changes according to availability. City taxes are not included.

## GTA: How to get there and away

### Starting point:

Hotel La Rosetta, Piazza Italia 19 - Perugia

This hotel is located in the historical center of Perugia. You can fly into Rome, Florence or Perugia and reach Perugia by Train. The Hotel is a 10-minute taxi ride from the train station.

### Ending point:

Hotel Palazzo Piccolomini, Piazza Ranieri 36 – Orvieto

You can fly out from Rome or Florence that are connected to Orvieto by train.

Once you book the tour we will send you detailed information and different options on how to get to the starting point and away from the ending point of the tour.

## Luggage Transfers

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Luggage transfer is included in your package. Normally, the luggage is collected from 09.00 at the reception of the hotel and is delivered at the following hotel by 15.30.

Every luggage must be marked with a visible luggage tag. Please make sure yours have correct tags.

If your luggage is not ready by the time the driver comes to collect it, you may need to have to pay directly a local taxi for the service.

Please consider that the luggage is not insured during the transport. You need to have your own insurance. Do not leave valuables or fragile items in your luggage.

Normally you cannot use the luggage transport service to skip the stage. In case you need help to skip the stage, please contact our emergency number.

## Services available at an additional cost (ask for prices and availability)

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**Private transfers** (subject to change depending on arrival time and flight delays)

- from Perugia Airport to your hotel in Perugia: 65€/1-2 pax; 75€ 3-4 pax and 85€/5-8 pax
- from Roma Airport to Perugia: 320€/1-2 pax; 340€ 3-4 pax and 355€/5-8 pax

**Electric bikes** available for an extra charge (see below).

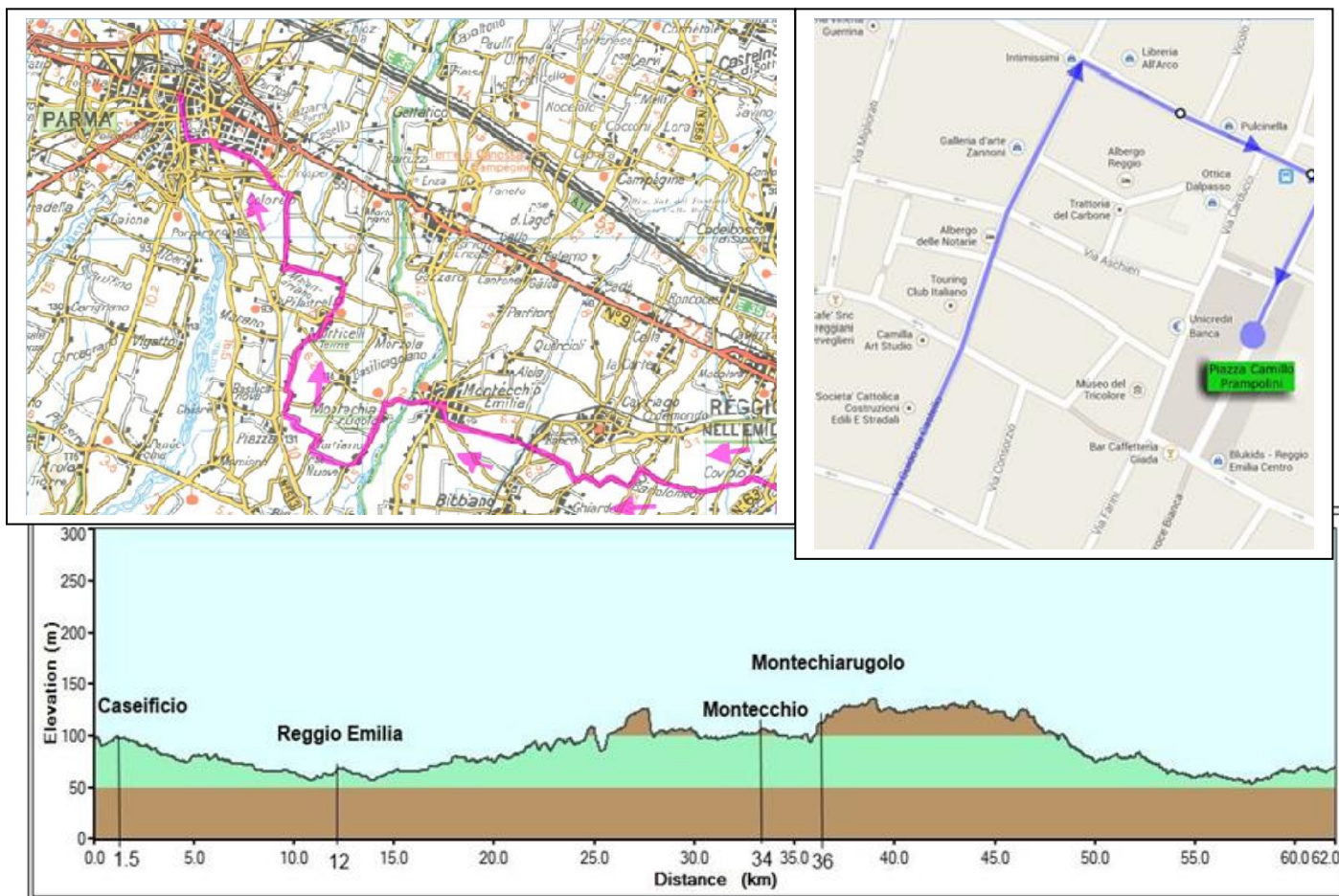
**Extra nights** are available in Perugia and Orvieto. Ask for availability. In Perugia the price is 100€ per room per night; in Orvieto the price is 140€ per room per night.




**Lodging upgrade:** room upgrades are possible in some hotels. Ask for availability.

## Your roadbook

Here below you'll find a snapshot as a sample of what you'll have in your roadbook day by day.

As you can see you will find the map with the marked itinerary, the elevation profile, maps for entering and leaving a town and step by step instructions. Together with this we'll provide cultural information, lunch and dinner suggestions, list of bike shops and taxi numbers.



Total Distance	Partial Distance	Symbol	Descriptions
4,4	0,1	↑	Go straight on ZTL on Via Panciroli
4,6	0,2	↑	At  go straight on Via Guido da Castello
4,9	0,3	→	<b>TR</b> on Via Emilia (INA building)
5,0	0,1	→	<b>TR</b> at Albergo Posta on Piazza del Monte
5,1	0,1	 	You're in the main square in <b>Reggio Emilia</b> . (Piazza Camillo Prampolini). Several lunch options here

## Bicycle Specification

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All bikes come with a pump, rear rack, lock, and an under-seat pack that contains a spare tube, tire irons, and patch kit. We can provide flat pedals, with cage but no straps or with cage and straps: you can choose the type you prefer during the bike fitting. We don't provide clipless pedals as there are different kinds, so you'll have to bring your own pedals with you and we'll mount them on your rented bike. The bikes come also with a rear rack bag for carrying personal items.

## Accessories on request:



**Accessories provided:**



## Titanium road bike specifications



<b>Frame / Fork</b>	Van Nicholas Yukon 3AL/2,5V or Nevi titanium road frame and carbon fork
<b>Shifters/Crankset</b>	Shimano 105 shifters and 105 triple crank: 30-39-50 teeth or Shimano 105 shifters and double compact (2x11): 34-50 teeth
<b>Rear derailleur /Cassette</b>	Shimano 105 10 speed: 11-28 with triple crankset Shimano 105 11 speed: 11-32 with double crankset
<b>Weight</b>	8.3kg / 18.2 lbs. (size 56)
<b>Equipment</b>	cyclometer, bell, lock, pump, 2 water bottle cages, a water bottle, an under-seat pack that contains a spare tube, tire irons and patch kit. Rear rack and rear light (can be removed on request).

## Titanium hybrid bike specifications



<b>Frame / Fork</b>	Van Nicholas Amazon 3AL/2,5V titanium hybrid / mixte (step through) frame and VN SLx carbon fork
<b>Shifters/Crankset</b>	Shimano SLX 3x10: 24-32-42 or 26-36-46 teeth
<b>Rear derailleur /Cassette</b>	Shimano SLX long cage rear derailleur and 11-34 cassette 10 speed cassette
<b>Weight</b>	11,5 kg
<b>Equipment</b>	cyclometer, bell, lock, pump, water bottle cage/s, a water bottle, an under-seat pack that contains a spare tube, tire irons and patch kit. Rear rack and rear light.

## E-bike specifications

Cycle Europe is excited to announce a growing fleet of e-bikes, mostly made up of Kalkhoff and Cannondale e-bikes. These bikes feature state of the art technology and are a fantastic option for bicycle travelers who need a little push. Are you afraid of that steep hill? You think the mileage is too much for you? Although you still have to pedal, the E-bike drive provides a nice boost for your efforts. Pedal assist e-bikes give you a constant nudge on your ride and conform to your pedal cadence and torque – up to 25km per hours, they are a solid help on the climbs and they increase your average speed! For example, when your pedal stroke increases to get up a hill so does the amount of power the electric motor outputs. Less effort on your part translates to less power assist.

These bikes come with rapid-fire shifters that operate in the same way as a regular hybrid bike. The drive train offer gear ratios that are very similar to what you'd find on a mountain bike, which means you have a great range for climbing.

### A few things to consider:

- These bikes are much heavier than a regular bike so they handle differently.
- Bikes come with 700x40 Schwalbe Energizer Pro tires that are made specifically for e-bikes. The tires feature an anti-puncture layer, good grip, and minimal rolling resistance.
- The e-bike drive automatically switches off if speeds exceed 25km/h (15 mph).
- Though the bikes are very quiet the electric engine does produce a light but constant noise.
- The bikes can be ridden without assist though as mentioned above they are much heavier than a regular bike.
- Operating range depends on many factors such as the assistance level, gear switching behaviour, route profile, head wind, temperatures but in general the average range of our battery packs is 110km (68 miles).
- Riding an e-bike is easy and we will offer you instructions at the bike fitting!
- E-bike rentals are not included in the tour price. For 7 to 8 day tours there is €205 fee, ask for price for a longer tour.





<b>Shifters</b>	9-10-11-speed drive train with gear ratios very similar to those on a mountain bike
<b>Tires</b>	700x47 Schwalbe Energizer Pro tires that feature an anti-puncture layer, good grip and minimal rolling resistance.
<b>Weight</b>	23 kg / 53 lbs.
<b>Equipment</b>	cyclometer, pump, lock and an under-seat pack that contains a spare tube, tire irons and patch kit. Rear rack, fenders and lights.

## Tandem Bike



<b>Frame / Fork</b>	Cannondale tandem road 6061 smart formed alloy frame and Cannondale Fatty tandem fork /Comotion tandem with zonally-buttet cro-moly steel tubing and taper gauge w/CNC tandem steerer fork
<b>Shifters/Crankset/Cassette</b>	Shimano 105 shifters, FSA triple crankset 30-39-52 teeth and 10 speed 11-32 cassette
<b>Weight</b>	10 kg
<b>Tires</b>	Schwalbe Marathon Racer 700x30
<b>Equipment</b>	Adjustable captain stem and stoker stem, cyclometer, bell, lock, pump, 2 water bottle cages, a water bottle, an under-seat pack that contains a spare tube, tire irons and patch kit. Rear rack and rear light (can be removed on request).

CoMotion Torpedo Periscope: <http://co-motion.com/bikes/periscope-torpedo>

Cannondale road tandem

<http://www.cannondale.com/it-IT/Europe/Bike/ProductDetail?Id=2c2c06f9-1d25-4b67-b357-70d84f53f672&parentid=undefined>

## Trailer for child XLC Mono BS-C01 2014

Single-seater with safety flag, stroller kit and walker kit (16" front wheel), double cover (against insects and bad weather).

Innovative folding system, parking brake easily usable in order to lock the wheels.

Reflective materials for the marking of the height and width of the trailer.

TÜV certificate with Toxproof quality seal.

- Places: Single-seater
- Shoulders width: 44cm
- Leg length: 60cm
- Head Height: 61cm
- Seat: 5-point harness
- L x W x H: 106cm / 70cm / 81cm
- L x W x H folded 109cm / 70cm / 26cm H
- Handle height: 95-107cm
- Weight / load: 14kg / 35kg
- Frame: steel, aluminum body, bumpers
- Wheel size: 47- 406/20 x 1.75 steel wheels with spokes in zinc
- Helm attack Ø 28.6mm
- Suitable for a baby seat (bottle holder Weber)



## Tag Along

