

# Cycling Safaris

## The Hill towns of Umbria 2018

Self guided

257 km | 7 nights / 8 days



Umbria is the green heart of Italy, the cradle of mysticism due to being the home and stomping ground of numerous saints. A mellow landscape where the delicate profiles of rolling hills, valleys, vines and olive trees, are dispersed between hilltop towns. A medieval aura still pervades Perugia, as in Orvieto, Spello, Spoleto and Todi, where the secrets of the past continue to live on in the present, in the magnificent synthesis of history, countryside and art forming the fabric of the region. Its typically earthy cuisine is enhanced by one of the most sought-after olive oils and famous, high-quality wines.

This is a tour through rolling countryside, featuring the best Umbria can offer. Not to miss the main hill towns you will be obliged to take on a few short climbs! We have chosen Terontola as an arrival point because it is an important railway station with easy connections to the whole of Europe.

### TOUR ITINERARY

#### Day 1

#### Cortona

You can arrive from Rome or Florence to Terontola railway station and we transfer you to Cortona.

#### Day 2

#### Cortona/ la Corte del Poggio

45 Km.

Our representative will meet you at your hotel and bring you the bikes and the informative kit. He will be ready to answer your questions about the tour. Trasimeno lake is known for its olive covered surrounding hills, the lovely villages and the bamboo ridden shores, a resting place for migrating birds. Take a boat to Isola Maggiore where old ladies weave their age-old laces and where you can taste a delicious fish at Sauro's. Discover Montecorognola view point over the lake, Monte del Lago and San Feliciano fisherman village; Spend the night in lovely country Inns.

#### Day 3

#### La Corte del Poggio/ Perugia

32 Km

Your day destination is Perugia, the main town in Umbria, with its fine square and communal palace, its renaissance painting collection, and the Rocca Paolina, the subterranean town. Perugia is also a lively town with shops and fashionable boutiques. Spend the night in town.

**Day 4****Perugia/Assisi****35km**

We are now in the heart of Umbria; visit Deruta a famous ceramic makers' place and Torgiano, Lungarotti wineries home town; if a wine tasting might be dangerous for your safety (!) a visit to the wine museum is advised. Spend the night in Assisi in a lovely country Inn within walking distance of the Basilica.

**Day 5****Assisi/Spello/Assisi****50 km**

Today visit this beautiful town; then ride to Spello a very nice and less touristy small town on the Subasio slopes. Coming back you may want to stop in Bevagna for a taste of the Sagrantino wine Night at the same Inn.

**Day 6****Assisi/Spoleto****53 km**

Down the central valley along the wine road, visit Montefalco, with nice building and beautiful frescoes from Benozzo Gozzoli. Then have a lovely ride along the River banks before arriving in Spoleto, famous for it world known Festival. Spend the night in town.

**Day 7****Spoleto/Todi/Orvieto****42 km**

Now that you have grown familiar with Umbrian hills you will get a bit more of them; the last two days are slightly tougher than the rest of the tour. There is some up and down on the way between Spoleto and Todi. Todi main square is said to be the most beautiful square in Italy and there are a couple of very fine churches to be visited. From Todi we will transfer you to your accommodation in Orvieto.

**Day 8**

End of our services with departure from Orvieto railway station to your next destination

**2018 TOUR PRICE**

€1,090.00 per person sharing

€1,270.00 for single occupancy

Tours are available throughout the summer.

**WHAT THE TOUR PRICE INCLUDES**

- 7 nights bed and breakfast
- 2 Dinners
- Bike rental
- Luggage transfers
- Collection from Terontola railway station to tour start
- Transfer to Orvieto railway station at tour end
- Maps and route notes
- 24-hour helpline

## WHAT TO BRING

Here is a checklist of items we suggest to take with you:

- Cycling Clothing: 2 jerseys, 2 padded shorts, waterproof jacket, gloves and sunglasses
- If you decide to take cycling shoes please bring your own spd pedals as our bikes are fitted with standard pedals
- Cycling helmet
- Hat
- High protection sun cream and after sun cream
- Swimming costume
- Casual evening dressing

## BIKE / FITNESS

Bike hire is included in the tour package



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Model : Hybrid BIANCHI - Camaleonte 4

Aluminium frame ( sizes 43/ 58 cm)  
Shimano gear system Sora ( triple front chain)  
27 speeds  
1 side bag on the rack  
water bottle carrier  
repair kit  
a map support

**Helmets are not included, please bring your own.**

**Level of difficulty:**- 1 stage easy, 4 medium + 1 difficult

The advantage of a cycling safari is that you can take the tour at your own pace. Longer options are available some days but the back-up van is also available for those who might decide to take it a bit easier. However there are hills en route and we would recommend that you do cycle before the tour on some "training" runs!

## TYPICAL ACCOMMODATION - subject to availability

Day 1	Cortona	San Michele -	<a href="http://www.hotelsanmichele.net/it/">www.hotelsanmichele.net/it/</a>
Day 2	Poggio delle Corti	la Corte del Poggio	<a href="http://www.poggiolo.it/">www.poggiolo.it/</a>
Day 3	Perugia	hotel Fortuna	<a href="http://www.perugiaonline.com/hotelfortuna/">www.perugiaonline.com/hotelfortuna/</a>
Day 4 & 5	Assisi	3 Esse country house	<a href="http://www.countryhousetreese.com/">www.countryhousetreese.com/</a>
Day 6	Spoletto	hotel Charleston	<a href="http://www.hotelcharleston.it/">www.hotelcharleston.it/</a>
Day 7	Orvieto	hotel Aquila Bianca	<a href="http://www.hotelaquilabianca.it/">www.hotelaquilabianca.it/</a>

## BACK UP SERVICE

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As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.

## TRAVEL INFORMATION

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Nearest airports: Rome, Pisa or Florence.

You will be picked up at Terontola-Cortona train station.

On day 8 we transfer you to Orvieto train station (1 Hour from Rome).

Website on trains in Italy: <http://www.trenitalia.com/>