

Cycling Safaris

Umbria - The Easy Way 2023

Self guided

212 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

Arrival at Terontola railway station and transfer to Cortona

You can arrive on a number of trains from Rome or Florence to Terontola, where our representative will meet you and bring you to your first night's accommodation (15 km – 25 min by car) in Cortona.

DAY 2 **Cortona to Poggio delle Corti** **45 km**

Our representative will meet you at your accommodation and bring you the bikes and the tour details and of course answer your questions about the tour. Trasimeno Lake is known for its olive covered surrounding hills, lovely villages and bamboo-ridden shores, a resting place for migrating birds. You can take a boat to Isola Maggiore where old ladies still weave their traditional lace and where you can taste delicious seafood at Sauros. You will take in the Montecolognola view over the lake, Monte del Lago and the fishing village of San Feliciano.

DAY 3 **Poggio delle Corti Loop** **50 km**

You can have a rest day with just a short loop to Panicale and back. There is an option to participate in a cooking class in the afternoon (not included in the price) or you can make a longer loop (50km) to Visit Deruta, famous for its ceramics.

DAY 4 **Poggio della Corti - Perugia** **32km**

Your day destination is Perugia, the main town in Umbria, with its fine square and communal place, its renaissance painting collection and the Rocca Paolina, the subterranean town. Perugia is also a lively town with shops and fashionable boutiques. We suggest you spend the night in town!!

DAY 5 **Perugia - Assisi** **35 km**

We are now in the heart of Umbria. Your cycle includes visits to Torgiano, a Lungarotti wineries hometown where you can enjoy a bit of wine tasting, or just a visit to the wine museum is a treat! Assisi is probably the most famous town of Umbria. You spend the night in a lovely country inn.

DAY 6 **Free day in Assisi**

Assisi deserves an entire day to enjoy and you Inn has a lovely swimming pool to relax. However if you want some exercise, we have a half day hike to reach the Eremo della Carceri, the San Francis retreat just above Assisi

DAY 7 **Assisi - Spello - Assisi** **50km**

A lovely cycle among the olive groves will take you to Spello, one of the best preserved medieval towns in Umbria. It is impossible not to enjoy the narrow alleys and nice boutiques before returning back to Assisi

DAY 8 **Homeward Bound**

The tour will end with departure from Assisi railway station to your next destination.

2023 TOUR PRICE

€940 per person sharing

€180 single supplement (if travelling with others)

€280 solo traveller supplement (if travelling alone)

Tours are available throughout the summer.

Note that bike hire is separated out / not included in the tour price

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfast
- Luggage transfers
- Maps and route notes
- Transfer from Terontola train station to Cortona on arrival day
- Transfer at tour end to Assisi railway station
- 24-hour help line

Not included:

€140.00	27 speed touring bike with water bottle cage, lock and a small pannier bag
€175.00	road bike
€240.00	Electric - bike

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

BACK UP SERVICE

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.

BIKE RENTAL & FITNESS



Bike hire is not included in the tour package.

However it is possible to rent:

Model : Hybrid BIANCHI - Camaleonte 4

Aluminium frame (sizes 43/ 58 cm)

Shimano gear system Sora (triple front chain)

27 speed

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. 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 -	www.hotelsanmichele.net/it/
Day 2 & 3	Poggio delle Corti	la Corte del Poggio	www.poggiolo.it/
Day 4	Perugia	hotel Fortuna	www.perugiaonline.com/hotelfortuna/
Day 5, 6 & 7	Assisi	3 Esse country house	www.countryhousetreesse.com/

TRAVEL INFORMATION

Nearest airports: Rome, Pisa or Florence, where you take a train to Terontola.

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