

# Cycling Safaris

## The Hill towns of Umbria 2024

**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 tour information and of course 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 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. You will spend the night in town.

**Day 4**                      **Perugia/Assisi**                      **35km**  
You are now in the heart of Umbria. Your cycle includes the possibility to 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. The day finishes in magnificent Assisi where you stay in a lovely country Inn within walking distance of the Basilica.

**Day 5**                      **Assisi/Spello/Assisi**                      **50 km**  
A chance to visit this beautiful town. You can also cycle to Spello a wonderful and less touristy small town on the Subasio slopes. Coming back to Assisi you may want to stop in Bevagna for a taste of the Sagrantino wine

**Day 6**                      **Assisi/Spoleto**                      **53 km**  
Your journey continues down the central valley along the wine road where you can visit Montefalco, with its nice buildings and beautiful frescoes from Benozzo Gozzoli. There follows a lovely cycle along River banks before arriving in Spoleto, world famous for its music & opera 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 are some ups and downs between Spoleto and Todi. Your cycle finishes in Todi where its main square is said to be the most beautiful square in Italy and there are a many 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

## 2024 TOUR PRICE

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€1150 per person sharing  
€200 for single occupancy (if travelling with others)  
€330 for solo traveller (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 bed and breakfast
- Luggage transfers
- Collection from Terontola railway station to tour start
- Transfer to Orvieto railway station at tour end
- 24-hour helpline
- GPS reader application\*

### Not included:

€165.00	27 speed touring bike with water bottle cage, lock and a small pannier bag
€200.00	road bike
€275.00	Electric - bike

*\*In an effort to reduce our carbon footprint and contribute to a more eco-friendly business model, we have decided to discontinue the printing of route notes on paper starting from this year. Instead, we will be transitioning to a digital platform that utilizes a GPS reader application. The new app offers several advantages, making it easier to access and navigate routes seamlessly. You will be able to download the GPX files directly on your mobile device, allowing for greater flexibility and convenience, making navigation more accurate and efficient.*

## 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 RENTAL & FITNESS



Bike hire is not included in the tour package.  
However it is possible to rent:  
Model : Hybrid Cube

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 plenty of hills on this tour and we would highly recommend that you do cycle before the tour on some "training" runs!

Road bikes & Electric bikes are available on request.

#### **TYPICAL ACCOMMODATION – subject to availability**

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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.countryhousetreesse.com/">www.countryhousetreesse.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 (an hours journey to Rome).

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