

# Cycling Safaris

## The Best of Umbria and Tuscany 2025

### Self-guided

290 km | 7 nights / 8 days



From San Francesco to Santa Caterina, a mystic land with the soft colours of olive trees and the strong tastes of home-made food, with beautiful landscapes and historical art cities, the best of both regions: the peacefulness and softness of Umbria, the sharpness and strength of the Tuscan landscape.

### TOUR ITINERARY

#### Day 1 **Arrival in Assisi**

You will be met at Assisi (Santa Maria degli Angeli) and transferred to your hotel. Visit this beautiful town which is within 10 minutes' walk from your accommodation.

#### Day 2 **Assisi/Assisi** **50 km**

This morning you are given your tour material: road book, maps, guide book and vouchers, and all the information you may need. You will also receive and test out your bikes. Today the ride takes you to Spello a very nice and less turistic small town on the Subasio Slopes. You will be riding through olive groves with no major uphill except for the final climb back to Assisi. Night at the same Inn. On the return road you can visit Bevagna going through the most famous wine area of Umbria, the Montefalco Sagrantino DOCG.

**Day 3** **Assisi/Borgo Mandoletto Solomeo** **50 km**  
On the way to Trasimeno Lake an intermediate stop to allows you to visit Deruta a famous ceramic makers' place and Torgiano, Lungarotti wineries home town; You bike through soft hills and nice villages until you reach Borgo Mandoletto Solomeo the cashmere village. The road is continuously rolling up and down hill so it is quite a tiring day.

**Day 4** **Around Trasimeno Lake- Cortona** **50 km**  
Discover Montecognola viewpoint over the lake, Monte del Lago and San Feliciano fisherman villages; 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. Then continue to Cortona where you spend the night.

**Day 5** **Cortona/Montepulciano** **45 km**  
Today you enter Tuscany through the wine country of Montepulciano; however, before getting there, a naturalistic tour of the small Chiusi and Montepulciano lakes. Once in Montepulciano, tour this beautiful renaissance town not forgetting a visit to the superb Cantine de Ricci with their vaulted cellars town; have a taste of the "Nobile di Montepulciano" at Gattavecchi winery, smaller, but very friendly

**Day 6** **Montepulciano/Buonconvento** **45km**  
After a visit of the San Biagio church, head for Pienza, the beautiful Renaissance town, home to Pope Pius the II and on the way discover the incredible "Crete" landscape with the barren hills, crowned by rows of cypresses. Stop in Montichiello, for a cappuccino (or a glass of wine) with a view

**Day 7** **Buonconvento/Siena** **50km**  
Today the ride takes you to Spello a very nice and less truistic small town on the Subasio Slopes. You will be riding through olive groves with no major uphill except for the final climb back to Assisi. Night at the same Inn. On the return road you can visit Bevagna going through the most famous wine area of Umbria, the Montefalco Sagrantino DOCG.

**Day 8** **Siena**  
Free time in Siena to visit the town before your departure for your next destination.

## 2025 TOUR PRICE

€1270 per person sharing  
€210 single supplement (if travelling with others)  
€330 solo traveller supplement (if travelling alone)

## TOUR INCLUSIONS

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- 7 nights Bed and Breakfast
- Luggage Transfers
- 24 hour helpline
- GPS reader application

### Not included:

€170.00	27 speed touring bike with water bottle cage, lock and a small pannier bag
€205.00	Road bike
€275.00	E- 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

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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

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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 hills en route and we would recommend that you do cycle before the tour on some “training” runs!

Electric Bikes and Road Bikes are available to rent, please [email](#) us for more details

## 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.

## TYPICAL ACCOMMODATION (subject to availability)

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Day 1	Assisi	3 Esse country house	<a href="http://www.countryhousetreesse.com/">www.countryhousetreesse.com/</a>
Day 2	Assisi	3 Esse country house	<a href="http://www.countryhousetreesse.com/">www.countryhousetreesse.com/</a>
Day 3	Poggio delle Corti	la Corte del Poggio or Il Poggiolo	<a href="http://www.poggiolo.it/">www.poggiolo.it/</a>
Day 4	Cortona	San Michele	<a href="http://www.hotelsanmichele.net/it/">www.hotelsanmichele.net/it/</a>
Day 5	Montepulciano	Marzocco Hotel	<a href="http://www.albergoilmarzocco.it/">www.albergoilmarzocco.it/</a>
Day 6	Buonconvento	Fattoria Pieve a Salti	<a href="http://www.pievesalti.it/english/index.htm">www.pievesalti.it/english/index.htm</a>
Day 7	Siena	Chiusarelli Hotel	<a href="http://www.chiusarelli.com">www.chiusarelli.com</a>
Day 8	Siena departure		

## TRAVEL INFORMATION

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Nearest airports: Rome, Pisa or Florence.

We will collect you at Assisi- S. Maria Degli Angeli train station or at the bus stop to bring you to your hotel.

There are direct buses from Rome Fiumicino airport to Assisi [www.sulga.it](http://www.sulga.it)

From Siena you can take a train (one hour to Florence) or a direct bus to Rome [www.sena.it](http://www.sena.it)

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