

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

OVERVIEW

Located just east of Tuscany, Umbria is the birthplace of St. Francis and home to some of Italy's best preserved medieval towns. Join us as we pedal from Perugia to Spoleto through vineyards and olive groves and over gently rolling hills to monasteries, castles, and stone villages virtually unchanged since the Middle Ages. Along the way, you'll enjoy a two-night stay in Foligno and visits to important cities like Perugia, Assisi, Spello and Spoleto. These historic cities, built by Umbrians or Romans and then rebuilt or refurbished over the centuries, are a sight to see as are the small villages we pass through or stay in along the way. Add a visit to central Italy's best known ceramics' town, Deruta and a taste of Sagrantino di Montefalco and other Umbrian wines, and this tour is a classic Italian bike ride.

HIGHLIGHTS

Guided tour in Assisi, 2 nights in Foligno, Ceramics in Deruta, Wine Museum, Spoleto and its 5th Century BC walls, Spello and frescoes of Perugino and Pinturecchio, Olive oil tasting, 2 wine tastings

TOUR FACTS

Tour Style	■ Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	6 nights accommodation; 4 dinners with wine, all breakfasts; 2 wine and one olive oil tastings; guided visits in Assisi and Foligno
Countries	Italy
Begin/End	Perugia / Spoleto
Arrive/Depart	Rome (FCO) or Florence (FLR)
Total Distance	186 km (114 miles)
Avg. Daily Distance	37 km (23 miles) per riding day
Tour Level	▶▶▶▶▶

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/italy/bicycling-umbrias-medieval-Italy>

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	39km / 430m (24mi / 1410ft)	Hilly	▶▶▶▶▶	
3	34km / 234m (21mi / 768ft)	Rolling hills	▶▶▶▶▶	
4	42km / 241m (26mi / 790ft)	Gentle	▶▶▶▶▶	
5	25km / 160m (16mi / 525ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
6	45km / 539m (28mi / 1768ft)	Hilly	▶▶▶▶▶	
7	Last Day			

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

ARRIVAL INFO

Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

The airports closest to the tour start are Rome's Fiumicino Airport (FCO) and Florence's Amerigo Vespucci Airport (FLR)

If you arrive at FLR and continue to Perugia

1. Vola in Bus Airport Shuttle from the Airport to Florence S. M. Novella train station; runs every 30 min from 5:30 a.m. to 8:30 p.m. Purchase tickets: inside the airport, or on board (20 min/EUR 6) or taxi (15-20 min/fixed rates (plus luggage EUR 1/piece): Weekdays EUR 20; Weekend EUR 20; Night EUR 23)
2. Train From Firenze S. M. Novella to Perugia (2 hours 10 min/fares vary)

If you arrive at FCO and continue to Perugia

1. Leonardo Express train to Roma Termini station (32 min/EUR 14) or taxi (Authorized taxis are white and have license id number on the doors, back and inside the taxi. Taxi sign is on the roof.) (1 hr/EUR 48)
2. Train from Roma Termini to Perugia (2.5-3.5 hours/fares vary)

From Perugia train station to Day 1 Hotel

- Mini metro from the Perugia train station to Day 1 Hotel; station Piazza Italia (15 min/EUR 1.50; departs every 2 min)
- or Taxi from the Perugia train station to Day 1 Hotel (15-20 min/EUR 15-20)

Look up Italian train schedules at [Trenitalia.com](#) or [Trainline.eu](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

DEPARTURE INFO

Your trip ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

We recommend flying out of Rome's Fiumicino Airport (FCO) or Florence's Amerigo Vespucci Airport (FLR)

Flying out of FCO

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

1. Taxi from the Ending Hotel to the train station (10 min/EUR 12-15)
2. Train from Spoleto to Roma Termini (not all are direct) (1 hr 20-1 hr 50/fares vary)
3. Leonardo Express or taxi from Roma Termini to the airport (see arrival instructions).

Flying out of FLR

1. Taxi from the ending hotel to the Spoleto train station (see above)
2. Train from Spoleto to Firenze S. M Novella (not all are direct) (3.5-4.5 hours, fares vary)
3. Vola in Bus shuttle or taxi to the Florence Airport(see arrival instructions)

Look up Italian train schedules at Trenitalia.com or Trainline.eu. Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

Arrive in Perugia

Highlights Welcome to Perugia and Italy!

Today we'll meet in the well-preserved medieval town of Perugia, the ancient and modern capital of Umbria. Make sure to visit the piazza Matteotti and its Palazzo dei Capitani as the mixture of Medieval and Renaissance architecture makes this square and surrounding buildings a unique architectural blend. Present-day Perugia is famous for Peruginan chocolate, its vibrant old town, and its large Italian language school which serves thousands of foreigners annually. We'll fit bikes this afternoon before enjoying dinner together.

Ride to Assisi

Highlights Assisi the city of Saint Francis

Short ride today leaving Perugia and heading to Assisi, one of the many lures of Umbria. Our route stops below Assisi in St. Francis's first church which he saved from ruin in the 1200's by selling his possessions and renouncing his family and patrimony, he then lived there as a pauper repairing the chapel. You'll explore a bizarre chapel within a church that was his original Porziuncola and was later engulfed within a massive church (Santa Maria degli Angeli). This was erected in the 16th century to commemorate the beginning of the Franciscan Order. This afternoon we'll explore some of Assisi's highlights and hidden secrets with a local expert.

Assisi to Torgiano

Highlights Torgiano, Ceramics in Deruta, wine museum

Your ride today first takes you to Deruta where you can enjoy scores of ceramic studios. Deruta is famous throughout Italy for classic Italian ceramics (these patterns are frequently used in a number of Italian restaurants in the U.S.). Enjoy your exploration of Deruta before returning to Torgiano for a dip in the hotel pool. Later this afternoon we'll partake in a wine tasting together at the Lungarotti winery in the center of Torgiano.

DAY 1: Sun, May 5th

Meals Dinner

Lodging  Hotel La Rosetta

DAY 2: Mon, May 6th

Distance 39 km (24 mi)

Gain 430 m (1410 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Fontebella

DAY 3: Tue, May 7th

Distance 34 km (21 mi)

Gain 234 m (768 ft)

Terrain Rolling hills

Level 

Meals Breakfast

Lodging  Hotel Al Grappolo D' Oro

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

Ride from Torgiano to Foligno

Highlights Roman Spello and olive oil tasting, dinner together in Foligno

We leave Torgiano this morning bound for Spello, a medieval, walled town known for its Roman ruins and its two dozen small churches which are home to important works from the likes of Pinturicchio, a Renaissance super star. Enjoy a visit of the paintings and a coffee in the main square before continuing on to Foligno, our destination for tonight. Along the way we'll stop to visit an olive oil mill where the ripe green Umbrian olives are transformed into liquid gold.

DAY 4: Wed, May 8th

Distance 42 km (26 mi)

Gain 241 m (790 ft)

Terrain Gentle

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Villa dei Platani](#)

Ride to Bevagna and special winery visit and tasting

Highlights Guided walk in Foligno, bike ride to medieval Bevagna, wine tasting

We'll start this morning with a special, guided walk of town to visit Palazzo Trinci and its marvels. A short bicycle ride takes you to the small stone town of Bevagna with its beautiful medieval Piazza Silvestri and the core of town with Palazzo dei Consoli in the same square dating back to the XIII century. From Bevagna, you'll continue pedaling a short distance to reach the famous wine cellar designed by Arnaldo Pomodoro as the first sculpture in the world in which one can live and work. After a nearby wine tasting of the famous Sagrantino wine as well as a cellar visit, we'll shuttle back to Foligno.

DAY 5: Thu, May 9th

Distance 25 km (16 mi)

Gain 160 m (525 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  [Hotel Villa dei Platani](#)

Ride to Montefalco and Spoleto

Highlights Vineyards, Spoleto

Our last day we pedal to Montefalco, a hill town now famous for the wine we sampled last night. Riding through Sagrantino vineyards to the top of the small hill and back down, we'll then join a delightful bike path to pedal 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. Wander and 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 Albornoz on top of Colle Sant' Elia. We'll enjoy a final dinner together.

DAY 6: Fri, May 10th

Distance 45 km (28 mi)

Gain 539 m (1768 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Clitunno](#)

Bicycle Tours in Italy: Cycling Umbria's Medieval Towns

Spoletto

DAY 7: Sat, May 11th

Highlights Spoletto

Meals Breakfast

After breakfast, we'll say goodbye. Rome is just over an hour away by train so take time to extend your exploration of Italy.

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know.

*Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!