**Bicycle Tours in Italy: Bicycling Verdant Umbria Plus! Todi and Orvieto**

**OVERVIEW**

Experience the romance of the Middle Ages like never before on this tour in the heart of Umbria, home to quaint medieval cities and olive studded countryside. You'll begin in Spoleto and pedal through captivating small towns like Bevagna and Torgiano as well as the major cultural and art hubs of Assisi, Perugia, Todi and Orvieto. Bicycle along gentle country roads through olive groves that gift us with one of Italy's finest olive oils. Learn about Rubesco and Sagrantino, two precious Umbrian red wines, not to mention the famous Vin Santo, Italy's "Holy Wine," today served as a dessert liquor.

***If this sounds great but you prefer a shorter tour. Join us for the Bicycling Verdant Umbria which shortens this itinerary by 3 days.***

**HIGHLIGHTS**

- Two night stays in Bevagna, Assisi and Orvieto
- Ceramics in Deruta
- Perugina chocolate
- Classic hilltop villages
- Tour Orvieto "underground" the city beneath the city

**TOUR FACTS**

<table>
<thead>
<tr>
<th>Includes</th>
<th>The usual plus... 10 nights’ accommodation; all breakfasts, 1 lunch, 6 dinners with wine; guided visit of Assisi; 2 wine tastings</th>
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</thead>
<tbody>
<tr>
<td>Countries</td>
<td>Italy</td>
</tr>
<tr>
<td>Begin/End</td>
<td>Spoleto / Orvieto</td>
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<tr>
<td>Arrive/Depart</td>
<td>Rome (FCO), Florence (FLR)</td>
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<tr>
<td>Total Distance</td>
<td>362 - 390 km (223 - 241 miles)</td>
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<tr>
<td>Avg. Daily Distance</td>
<td>40 - 43 km (25 - 27 miles) average based on 9 days of riding per riding day</td>
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<tr>
<td>Tour Level</td>
<td>1.0: On days 3, 4 and 8 you will climb in excess of 1000 feet. Other days expect some climbs almost all less than 3 miles. Over 280 km (175 miles) of extra rides available to make this a 301 level tour.</td>
</tr>
<tr>
<td>Keep in Mind</td>
<td>We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Over 280 km (175 miles) of extra rides available to make this a 301 level tour.</td>
</tr>
</tbody>
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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/guided-bike-tours/italy/verdant-umbria-plus-orvieto
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### DATES & PRICES

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Single Supplement*</th>
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*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.*
Welcome to Spoleto and Umbria

**Highlights** The preserved town of Spoleto, its fortress, the Roman aqueduct

You'll begin your bike experience in 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. Arrive early to 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 fit bikes this afternoon before enjoying dinner together. Distance: Test Ride. Meals: D Lodging: Hotel Clitunno

Spoleto to Bevagna

**Highlights** Trevi, Bevagna

We leave Spoleto this morning bound for Bevagna and its beautiful medieval Piazza Silvestri, the core of town with Palazzo dei Consoli in the same square dating back to the XIII century. Along the way you'll pass through the town of Trevi, prized as one of the most beautiful villages in Italy so take time to explore this hill town as it captures the essence of this dazzling region. We suggest a picnic or restaurant lunch in Trevi, as it affords spectacular views across the entire Umbrian basin. Distance: 36 km (22 miles). Additional 27 km (17 miles) available. Meals: B, DLodging: Hotel Palazzo Brunamonti

Loop ride from Bevagna to Foligno and Montefalco

**Highlights** The Roman Via Flaminia and Montefalco and its wines

Your ride today (and yesterday) parallels the historic Via Flaminia, a Roman road built in 220 BC by Consul Gaius Faminius. The road provided Roman soldiers and their families' access to the region around Rimini where they settled. Foligno and Spello were Roman towns while Trevi and Montefalco, our lunch destination, were Medieval. Have lunch in Montefalco and pick up a bottle of Sagrantino, one of Italy's most famous wines, to bring home, or to compliment dinner on your own tonight. Back in Bevagna, we'll enjoy a wine tasting later in the afternoon. Distance: 50 km (31 miles). Additional 35 km (22 miles) available. Meals: BLodging: Hotel Palazzo Brunamonti
Day to Day Itinerary

Bicycle Tours in Italy: Bicycling Verdant Umbria Plus! Todi and Orvieto

Bevagna to Spello and Assisi

**Highlights** Bicycle to Assisi and the Roman town of Spello

Today you’ll ride through the beautiful Umbrian countryside, dotted with vineyards and olive groves. On your way to Assisi, you’ll go through the medieval walled town of Spello, 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. Stop for a cappuccino before climbing to Assisi along the pilgrimage route "Via degli Ulivi." This afternoon we’ll discover some of Assisi’s secrets and highlights with an expert guide.

**Distance:** 38 km (24 miles). Additional 28 km (17 miles) available. **Meals:** B, D **Lodging:** Via Fontebella.

Loop ride from Assisi

**Highlights** Rest day or loop bike ride around Assisi

No need to pack today as you’ll enjoy a second night in the famous pilgrimage town of Assisi, home to Italy’s patron saint, St. Francis. Assisi is a picturesque medieval town built on a hill overlooking the Umbrian valley. We suggest a loop ride to visit the Hermitage of St. Francis, Eremo delle Carceri with great views of Assisi and Mount Subasio. **Distance:** Two options 18 km or 70 km (43 miles). **Meals:** B **Lodging:** Via Fontebella.

Assisi to Torgiano

**Highlights** Ceramics in Deruta, wine museum

Your ride today takes you to Deruta where you can enjoy scores of ceramic studios. Deruta is famous throughout Italy for classic Italian ceramics (these patterns will be familiar to you from any number of Italian restaurants in the U.S.). After a tour in a local artisan’s shop, you’ll pedal to a local "agriturismo" for lunch before heading to Torgiano. The famous Lungarotti winery has a museum in the center of Torgiano where you’ll have a wine tasting tonight. **Distance:** 35 km (22 miles). Extra mileage is possible however you will miss lunch at the agriturismo. **Meals:** B, L **Lodging:** Hotel Il Grappolo D’Oro
Day 7
Torgiano to Perugia

**Highlights** Perugia

We turn west and then pedal through the heart of Umbria today towards Perugia, the ancient and modern capital of Umbria. Perugia is famous for Perugina chocolate and its vibrant old town! We'll have a special farewell dinner together for those doing the 8-day itinerary and leaving tomorrow morning. Distance: 24 km (15 miles) or 43 km (27 miles). Meals: B, D Lodging: Hotel La Rosetta

**Meals** Breakfast, Dinner

Day 8
Perugia to Todi

**Highlights** Todi

We pedal to Todi today, another of Umbria's classic hilltop villages. If you aren't up for the climb into town we'll provide a shuttle to the top, or if you want to give it a go take your time and enjoy the Umbrian countryside. Distance: 64 km (40 miles). Meal: B, D Lodging: Hotel Fonte Cesia

**Meals** Breakfast, Dinner

Day 9
Todi to Orvieto

**Highlights** Renaissance Orvieto, visit to 14th-century cathedral, Orvieto underground

Today's ride features a few ups and downs as you go down to the valley of the Tiber River and then back up to the spectacular Renaissance city of Orvieto. Perched on the remnant of a volcanic plateau, Orvieto is another nominee for our most beautiful city in Umbria award. Its cathedral, a combination of Romanesque and Gothic architecture, is richly decorated with a variety of colored marble and bright mosaics. Orvieto is also famous for its white wine. This afternoon we've planned a visit to the "city" beneath Orvieto which features a labyrinth of underground tunnels and cavities created 2,500 years ago. Distance: 46 km (29 miles). Additional 28 km (17 miles) available. Meals: B Lodging: Hotel Palazzo Piccolomini

**Meals** Breakfast
Loop ride from Orvieto to Civita di Bagnoregio

**Highlights** Orvieto, Civita di Bagnoregio

We’ll be back in Orvieto again tonight so there is no need to pack this morning! We have a fabulous loop ride today to the ghost town of Civita di Bagnoregio also called “la città che muore” (the dying city) because it was constructed on a gradually eroding rock base. Take some time to explore this interesting town before cycling back to Orvieto. This evening, we’ll celebrate the end of our journey with a farewell dinner together. Distance: 41 km (25 miles) or choose a longer option of approximately 75 km (46 miles). Meals: B, D Lodging: Hotel Palazzo Piccolomini

Tour ends in Orvieto

**Highlights** Orvieto

Enjoy more of Orvieto or head off to Rome, Bologna or Florence. Thanks for joining us. Meals: B
BEFORE YOU LEAVE

- Traveler Services: Assistance with arrival and departure, booking extra nights at your starting and ending tour hotels.
- Bicycle Tour Training programs designed specifically for your tour and fitness level.
- Tour Planning tips on what to pack, reading and movie lists, hotel recommendations and many other helpful tips.
- A complimentary gift of your choice.

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer for dinners. See specific tour itineraries for details.
- On many tours we also have 1 or 2 lunches - see specific tour itineraries for details.
- Use of a high quality Titanium road bike, hybrid, or an aluminum tandem (aluminum road bikes or hybrid bikes in South America), geared specifically to cruise the flats and help ease you over the mountain. Our bikes come with an odometer so you can track your miles, an expandable rear rack pack to carry your stuff, and one water bottle that's yours to keep. Refer to our bikes page for full details.
- Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!
- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique and scenic routes, marked with our signature chalk dust arrows that ensure that you won't get lost and have the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and informational sheets each day that tell you more about the area where you will be riding.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel.
- Helmets - we ask that you bring your own to ensure the safest fit.
- Meals not listed in the itinerary
- Tour Leader gratuity (with the exception of Expeditions)

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our Re-Cycle Program. Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!
Travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. Our tour levels fall on a scale of 1 - 5. In addition to the overall tour level we have developed daily level summaries to provide an even more detailed look at what kind of cycling you can expect from each day on tour. You’ll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour.

LEVEL 1 - 1.5
This day will be mostly flat and the distance will rarely exceed 30 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:** 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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
This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage:** 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **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 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you’re riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage:** 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5
Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs, some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ Km) at a 4-6% grade.

- **Average daily mileage:** 70-90km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITIONPLUS!)
Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended 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.
- **Terrain:** Expect and be prepared for any and everything.

**REMEMBER**
It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

**Need More Miles?** On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the options.

**Need Fewer Miles?** If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

**Chalk Dust Arrows.** Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

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WHAT TO EXPECT

BICYCLES
Your bike will be equipped with: a men’s or women’s saddle, a quick release style seat post adjustment, rear rack and expandable pack, pump, patch kit, spare tube, cable lock, cyclometer, rear lights, a water bottle cage (or two) and a water bottle (or two) and a bell. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages available. For safety and hygiene reasons we recommend you bring your own helmet.

VAN SUPPORT
Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!

MEALS AND RESTAURANTS
Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We’ll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don’t feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We’ll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

TIPPING YOUR TOUR LEADER TEAM
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% of the tour cost per traveler – this for the entire tour leader team, not each Tour Leader. If you’d like to show your gratitude for your Tour Leaders’ excellent service 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, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

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 taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform

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DAILY ROUTINE (PROCEDURES AND LOGISTICS)

DAYSHEETS
Each day you’ll receive a daysheet with information on the day’s activities, meals and ride, which will be discussed during a briefing. The Daysheets also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR
Daily we provide you with a highlighted route map. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to “keep up” with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we’ll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

For the tech-loving riders out there we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device using RideWithGPS.com.

HOTELS
We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture. We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don’t feel pressured to be at a certain place in the middle of your ride.

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TO DO ONCE YOU’VE BOOKED!
- Read through your Reservation Confirmation Email, 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/blog/travel-planning/customer-information-form/
- We recommend you take out travel insurance. Find details at https://www.experienceplus.com/blog/travel-planning/travel-insurance/
- Download the bicycle training program: https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/
- Peruse our country-specific Travel Planning Pages: https://www.experienceplus.com/blog/travel-planning/

6 TO 3 MONTHS PRIOR TO TOUR START DATE
- Check the online itinerary of your trip and review the arrival and departure information under the “Travel Information” tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and 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.
- 12 weeks before your tour begin your training program https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/.
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received 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 List you’ll find on the country-specific Travel Planning Pages: https://www.experienceplus.com/blog/travel-planning/.
- Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at https://www.experienceplus.com/blog/travel-planning/packing/.
- We’ll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 30 days prior to departure.

DAY OF YOUR FLIGHT
Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on. See you soon!