

Bicycle Tours in Italy: **Bicycling Verdant Umbria**

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 through vineyards, past chestnut and oak forests, and over rolling hills to monasteries, castles, and hilltop villages virtually unchanged since the Middle Ages. Along the way, you'll enjoy two-night stays in Bevagna, Assisi plus a visit to central Italy's best known ceramics' town, Deruta and a taste of Sagrantino di Montefalco and other Umbrian wines. While enjoying all of the sights and scenery of its better known neighbor to the west, Umbria remains unspoiled by the tourists who flock to Tuscany each year - which makes it one of our favorite destinations.


If this sounds great but you prefer a longer tour. Join us for the **Bicycling Verdant Umbria Plus! Todi and Orvieto** which extends this itinerary 3 days.

HIGHLIGHTS

- Guided tour of Assisi
- 2 nights in Assisi and Bevagna
- Ceramics in Deruta
- Wine Museum
- Perugina chocolate
- Spoleto

TOUR FACTS

Tour Style	 : Learn more about our tours at https://www.experienceplus.com/tours/bike-tour-styles/-tours
Includes	8 days, 7 nights' accommodation; all breakfast, 1 lunch, 4 dinners with wine; guided visit of Assisi; wine tasting
Countries	Italy
Begin/End	Spoleto / Perugia
Arrive/Depart	Rome (FCO), Florence (FLR)
Total Distance	210-248 km (130-153 miles)
Avg. Daily Distance	Average per riding day 35-41 km (22-25 miles) per riding day
Tour Level	 Days 3 and 4 feature climbs in excess of 1,000 feet. Otherwise expect some climbs almost all less than 3 miles. There are over 175 (km) of extra mileage available to make this a 301 level tour.
Keep in Mind	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. There are over 175 (km) of extra mileage available to make this a 301 level tour.

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>

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DATES & PRICES

Dates	Price	Single Supplement*
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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.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1				
2				
3				
4				
5				
6				
7				
8				

Bicycle Tours in Italy: **Bicycling Verdant Umbria**

Welcome to Spoleto and Umbria

DAY 1

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

Meals Dinner

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

DAY 2

Highlights Trevi, Bevagna

Meals Breakfast, Dinner

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

DAY 3

Highlights The Roman Via Flaminia and Montefalco and its wines

Meals Breakfast

Your ride today (and yesterday) parallels the historic Via Flaminia, a Roman road built in 220 BC by Consul Gaius Faminus. 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

Bicycle Tours in Italy: **Bicycling Verdant Umbria**

Bevagna to Spello and Assisi

DAY 4

Highlights Bicycle to Assisi and the Roman town of Spello

Meals Breakfast, Dinner

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

DAY 5

Highlights Rest day or optional ride

Meals Breakfast

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

DAY 6

Highlights Ceramics in Deruta, wine museum

Meals Breakfast, Lunch

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). Meals: B, L Lodging: Hotel Il Grappolo D'Oro

Bicycle Tours in Italy: Bicycling Verdant Umbria**Torgiano to Perugia****DAY 7****Highlights** Perugia**Meals** Breakfast, Dinner

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, DLodging: Hotel La Rosetta

Perugia**DAY 8****Highlights** Tour ends in Perugia**Meals** Breakfast

Our tour ends after breakfast this morning. Enjoy more of Orvieto - head to Rome, Florence, or join us for the Bicycling Verdant Umbria Plus! Todi and Orvieto which extends this itinerary 3 days.Meals: B

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 the three most important aspects of a guided bike tour.

- 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. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

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/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)
- 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 our bikes page (<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 tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. 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 also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat, Spotlight 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 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.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your 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.

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 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.

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 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. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! 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, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: 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, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Spotlight Tours: Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- 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.
- Road Type: Pavement
- Navigation: 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, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**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 (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/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/>
- Choose a 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

- 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.
- 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 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 Lists: <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 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, Spotlight 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!