

# Umbria & Assisi

- Cycle from Montefalco to Assisi, the birthplace of St. Francis
- Tranquil countryside of meadows, woods, vineyards and olive groves – Italy’s ‘green heart’
- Visit some of the finest Umbrian hill towns on route – medieval Montefalco, Roman Spello and Bevagna
- Superb art, including frescoes by Giotto, Pinturicchio, Simone Martini and Gozzoli
- High, open pastures of Monte Subasio, and the path used by St Francis

## SOME HIGHLIGHTS

- ✓✓✓ **ASSISI** Superb Basilica di San Francesco with frescoes by Giotto depicting the life of St Francis. Also frescoes in lower church by Simone Martini, Lorenzetti and Cimabue, etc. 13C church of Santa Chiara and Roman Tempio di Minerva.
- ✓✓ **TODI** Splendid Piazza del Popolo and church of Santa Maria della Consolazione, a masterpiece of the Renaissance.
- ✓✓ **BEVAGNA** Walled Roman town with mosaic baths; fine Romanesque churches of S. Silvestro and S. Michele; perfectly restored 19C theatre in medieval palazzo.
- ✓✓ **SPELLO** Roman/medieval town, Augustan gate, 14C Rocca, church of Santa Maria Maggiore with frescoes by Pinturicchio.
- ✓ **MONTEFALCO** ‘The balcony of Umbria’ overlooking the Umbrian hills. Gozzoli frescoes.

## ITINERARY

### Day 1 Arrive in Todi

### Day 2 Todi to Giano dell’Umbria

A quiet road into Tiber valley, then gradual ascent (1000ft) to Giano (18 or 20.3 miles).

### Day 3 Giano dell’Umbria to Montefalco

Along lanes which lead through the renowned vineyards of this area to Montefalco (16.7 miles).

### Day 4 Montefalco to Bevagna

Explore Montefalco, then an afternoon cycle through country roads along a ridge to walled Bevagna (7.3, 11.2 or 14.5 miles).

### Day 5 Bevagna to Spello

Explore Bevagna, then an afternoon cycle along quiet lanes across a plain to Spello (11.1 or 13.3 miles).

### Day 6 Spello to Assisi

A fine ride across the hills (14.5 miles with an ascent of 760 metres); or the ‘classic’ route, for the experienced mountain biker; straight across the top of Monte Subasio (14.5 miles, 1,290m up).

### Day 7 Free day in Assisi

### Day 8 Departure day

Why not extend in Assisi or Todi (highly recommended by clients)? See extension hotels.

## TRIP INFORMATION

**TRIP LENGTH:** 8 days

**HALF-BOARD NIGHTS** (dinner included): 1

**ROUTE OPEN:** 01 Apr to 31 Oct

**PRICES** (excl. flights):

standard £775 / \$1,525 superior £875 / \$1,840

**SINGLE OCCUPANCY SUPPLEMENT:**

standard £240 / \$505 superior £380 / \$800



## GETTING THERE

### Recommended Destination Airports:

Rome Perugia

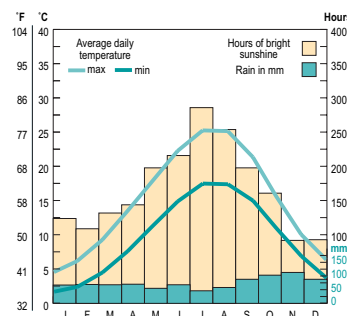
From Rome there are buses (2hrs) or trains (3hrs) to Todi. From Perugia there are trains to Todi (1-1.5hrs).

### TAXIS

From:	To:	Price:
Rome	Todi	from 20
Perugia	Todi	from €90

## TERRAIN

A mixture of small asphalt lanes, strade bianche (well surfaced gravel roads), and occasional short stretches of main road near towns.



## ACCOMMODATION

NIGHT 1 B&B



**Todi**  
**Fonte Cesia** ★★★★★  
Superior rooms are larger

NIGHT 2 Std HB



**Giano dell' Umbria**  
**San Felice Agriturismo**  
★ ★ ★ ★ ★

NIGHT 3 B&B



**Montefalco**  
**Degli Affreschi**  
★ ★ ★

NIGHT 4 Std B&B



**Bevagna**  
**Brunamonti** ★ ★ ★

NIGHT 4 Sup B&B



**Bevagna**  
**Orto degli Angeli**  
**Residenza d'Epoca**

NIGHT 5 Std B&B



**Spello**  
**Il Cacciatore** ★ ★ ★

NIGHT 5 Sup B&B



**Spello Palazzo**  
**Bocci** ★ ★ ★ ★ ★

NIGHTS 6 & 7 B&B



**Assisi**  
**Subasio** ★ ★ ★ ★ ★