



This tour is also available as a **GUIDED** tour with English-speaking tour guide; cost and dates on request, subject to a minimum of 2 people. Please ask for a quote and more details.

### **Suggested itinerary:**

#### **Day 1 Arrive in Assisi**

Plan to arrive in the late afternoon for an evening briefing on the route ahead and to collect and adjust your bicycles.

#### **Day 2 Assisi – Casco dell’ Acqua**

**cycling @ 26km**

From Assisi, cycle along the contoured slopes of Mount Subasio to Spello. Allow time to explore this charming town with its architecture dating to Roman and medieval periods, and its many laneways embellished with colourful plants and flowers. After Spello, descend to Foligno in the valley to see the main square with its beautiful cathedral. Continue along the lively high street then cycle across the valley through fields and along waterways to Casco dell’Acqua, where you stay two nights.

#### **Day 3 Circular ride to Bevagna**

**cycling @ 35km**

From Casco dell’ Acqua, it’s a leisurely ride to Bevagna, a medieval town with Roman origins, in a beautiful valley. Explore the narrow streets and the medieval square and visit the Church of St Michele Arcangelo, which dates to the 12<sup>th</sup> century and has an impressive Romanesque façade, with Umbrian decorations around the rose window. Return to Casco dell’Acqua for a second night.

#### **Day 4 Casco dell’Acqua – San Luca, via Spoleto**

**cycling @ 46km**

Ride through olive groves to the popular town of Spoleto. Spoleto’s castle can be seen from a distance, dominating the hilltop on which part of the old town is built. The town centre is still largely inside the medieval walls. There is a lot to see in Spoleto, including the cathedral with its famous frescoes by Florentine painter Filippo Lippi, the Roman house and theatre and an impressive archaeological museum. Leaving Spoleto, cycle through the fields to San Luca, at the foot of Montefalco.

#### **Day 5 San Luca – Torgiano (option to visit Montefalco)**

**cycling @ 40km**

Choose a route that climbs to the wine town of Montefalco, known as *the balcony of Umbria*, or pedal a flatter route to Torgiano. Montefalco offers fantastic panoramic views, and its Franciscan church-museum is decorated with 15<sup>th</sup> and 16<sup>th</sup> Century frescoes. The town is also known for its excellent wines, Rosso di Montefalco and Sagrantino. Whatever route you select, you end the day in Torgiano, at the confluence of the rivers Chiascio and Tiber (Tevere), where you stay for two nights. Whilst in Torgiano, perhaps take time to sample the vintages from the region, which in 1968 was the first area in Umbria to achieve d.o.c. denomination status.

#### **Day 6 Cycle to Perugia or Torgiano loop ride**

**cycling @ 25, 35 or 45km**

Again, a choice of routes, either a combination of train and cycling to Perugia or a circular route around Torgiano. If you choose to head to Perugia, start with a ride to the station in Ponte San Giovanni, then take a local train to the historical city centre (or challenge yourself by cycling 7km uphill to the city centre). Perugia has numerous Renaissance palaces, medieval churches, museums, narrow lanes and small piazzas, and is a lively vibrant place.

Or take a loop ride in the Torgiano area. The nearby village of Deruta has retained many distinctive medieval buildings and is also famous for its ceramics, with origins dating back to Etruscan times. Cycling through rolling hills through a typical rural landscape you pass several traditional Umbrian farming hamlets like Casalalta. In the afternoon ride back to Torgiano through the Tiber Valley.

#### **Day 7 Torgiano – Assisi**

**cycling @ 25km**

Cycle across the valley on quiet country roads towards Assisi, which like many other Umbrian towns, is built on a hilltop. You have a short, steep climb to Assisi, but it is well worth the effort. Once there you have time to explore Assisi’s squares and shopping areas and the main monuments such as the basilica of Saint Francis with its beautiful frescoes by the painters Giotto, Simone Martini, Cimabue and Pietro Lorenzetti. Then just a final short ride to return to the same hotel you stayed in on the first night.

#### **Day 8 Departure day**

Tour arrangements end after breakfast. Ask about extra nights in Assisi (at additional cost) when booking.

**Other cycling holidays** – guided in small groups or self-guided inn-to-inn with luggage transfers – are available in Italy and across Europe through **Outdoor Travel**. We also offer **Bike & Barge** cycling cruises – ask for details:

#### **Contact Outdoor Travel for more itinerary details and reservations:**

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia