

Umbria Cycling Tour

Experience the beauty of Umbria on this unforgettable cycling journey through medieval towns, rolling vineyards, and historic landscapes. From Assisi to Spoleto, discover the heart of Italy on two wheels.

17 MAY: APT / ASSISI

Transfer from Fiumicino APT to the hotel, briefing and bike fitting.

Transfer to the center of Assisi and dinner at Il Menestrello Restaurant (drinks excluded).

Overnight in [Country house Sogno di Davide](#)



18 MAY: Assisi – Spello – Foligno - Spoleto ca. 53km

This morning you have time to wander the narrow streets of Spello and visit the church of Santa Maria Maggiore, where Pinturicchio left us one of his masterpieces. The itinerary continues into the Spoleto Valley, passing through Foligno. A flat route takes you to your hotel in the historic center of Spoleto, located on a hill surrounded by green woods. The historic center is largely surrounded by medieval walls. The city is famous for the Festival of the Two Worlds in July.

Overnight in [Hotel dei Duchi](#)



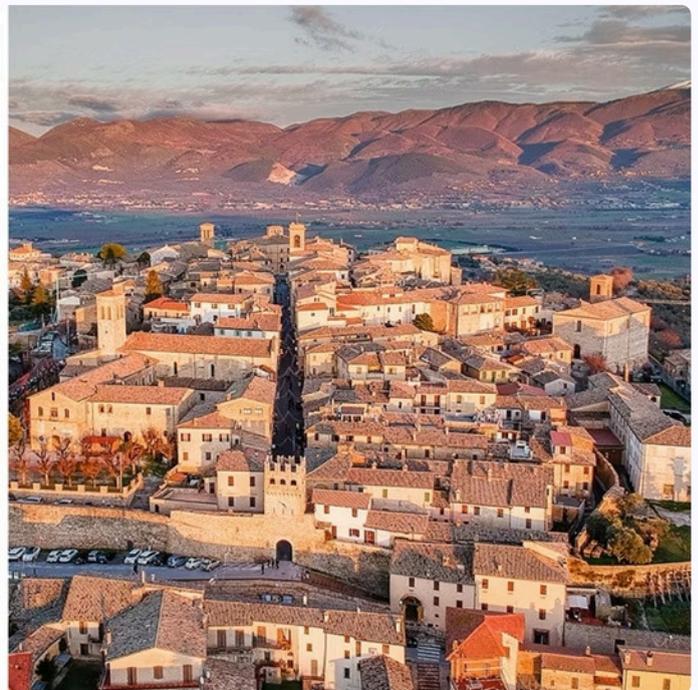
19 MAY: Spoleto – Montefalco ca. 54km

Cycling through a hilly landscape, among vineyards and fields, you'll see Montefalco in the distance, built on a hilltop. Along the route we pass by Gualdo Tadino. Montefalco is also known as the "balcony of Umbria" due to its fantastic views. Montefalco is also known for its excellent wines, Rosso di Montefalco DOC and Sagrantino DOCG, produced on the sunny slopes surrounding the town.

12:15 PM Visit to the Montioni winery, tasting, and lunch at the winery

Dinner at a restaurant

Overnight in Hotel Bontadosi



20 MAY: Montefalco – Bevagna – Assisi ca. 30/44km – Transfer to Roma after lunch

A pleasant descent will take you to Bevagna, whose main square, with its two Romanesque churches and town hall, offers a pleasant medieval atmosphere. Leaving Bevagna, take the bike path. You can choose between a longer or shorter version. The longer route follows quiet country roads past Santa Maria degli Angeli, where you can visit the Franciscan Basilica of Santa Maria degli Angeli. Beneath its imposing dome lies the humble Porziuncola chapel, where Saint Francis once came to pray. The shorter version follows the Assisi-Spoleto bike path from Bevagna. From afar, you'll have a beautiful view of Assisi, built on the slopes of Mount Subasio. Reaching the center requires a little effort, but it's certainly worth it.

Lunch at a café and arrival in Assisi - Private transfer to Roma

