



Tuscany by bicycle by "Viaggiare in bici"

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## Umbria by bike

The "green heart" of Italy



6 days / 5 nights

Dates: From March to November

Self-Guided tour

Tour code: En07ind

Terrain: Paved roads with a little of dirt roads

Discover Umbria by bike with an holiday immersed in nature, among beautiful cities and the most significant places in the life of San Francesco d'Assisi.

A 7-day vacation that will take you to visit famous towns such as Gubbio, Assisi, Spoleto and Foligno and small walled towns along the San Francesco ancient pilgrimage route to Rome.

### PRICE PER PERSON:

2-3 participants

**595,00 €**

4 participants or more

**530,00 €**

### WHAT IS INCLUDED IN THE PRICE

- 6 nights in 3-4 star hotels
- 6 breakfasts buffet;
- luggage transfer;
- Maps, trip notes and detailed route directions;
- GPX tracks;
- medical and baggage insurance.

### SUPPLEMENTS

- bike rental: 75,00 € MTB; 100,00 € Hybrid bike
- single room: + 110,00 €
- half-breakfast: + 125,00 € (drinks not included)
- extra night in Perugia: 45,00 € (per person in double or twin room) / 65,00 € (per person in single room)

### NOT INCLUDED

Meals, Tourist tax to pay at the hotel (about 6,00 € per person for the entire holiday); admission to museums and anything else not mentioned in 'What is included in the price'.

### Difficulty

The tour is quite challenging and is aimed at medium-trained cyclists. The climbs are not particularly long, but the ups and downs of the trail require some practice in cycling and have already faced routes of 40-50 miles. The route is all paved except 5 km along the river Tevere in the first stage. You can deal with any bike, but in some stretches the road, although paved, is often disconnected so we suggest to use a MTB or Hybrid bike.

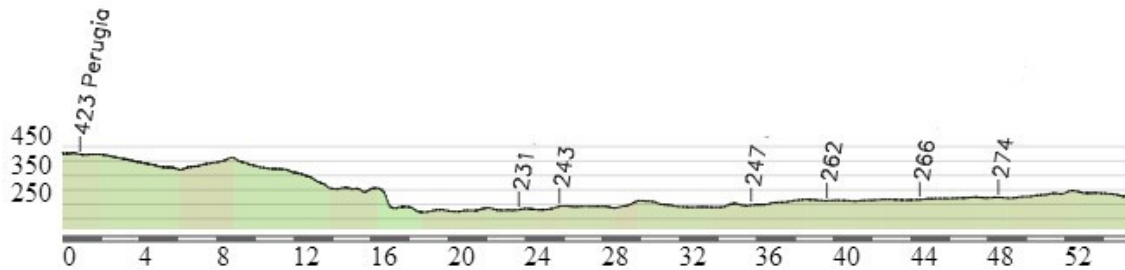


## ITINERARY

**Day 1:** individual arrival in Perugia and accommodation in 4 star hotel.

**Day 2:** Perugia - Città di castello, 56 km, elevation 350 m.

Stage without hard climbs along the river Tevere. Along the way you can visit the medieval town of Umbertide. Accommodation in 4 stars hotel in the city center.



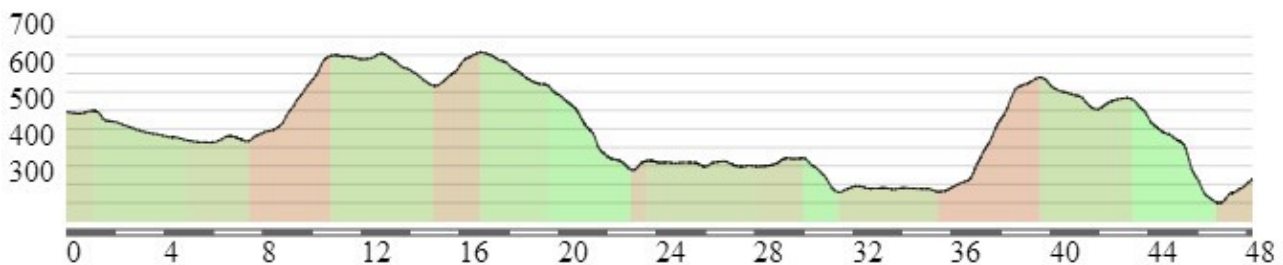
**Day 3:** Città di castello – Gubbio 59 km, elevation 1200 m

Itinerary more challenging and fascinating than the last one. 60 km of ups and downs entirely on the San Francesco's pilgrimage route. Accommodation in 4 star hotel in the city center.



**Day 4:** Gubbio – Assisi 49 km, elevation 900 m.

Another wonderful day entirely on the path of San Francesco. You will follow a beautiful country road and pass from the Benedictine abbey of Vallingegno and the town of Valfabbrica, a small medieval center. Once arrived in Assisi you can decide to cycle until the 'eremo delle carceri' (the famous cave where San Francesco retired to pray) with a climb of 6km. The accommodation is provided in 3 star hotel with swimming pool just outside the city (10 minutes walking).



**Day 5:** Assisi – Spoleto 60 km, elevation 700 m.

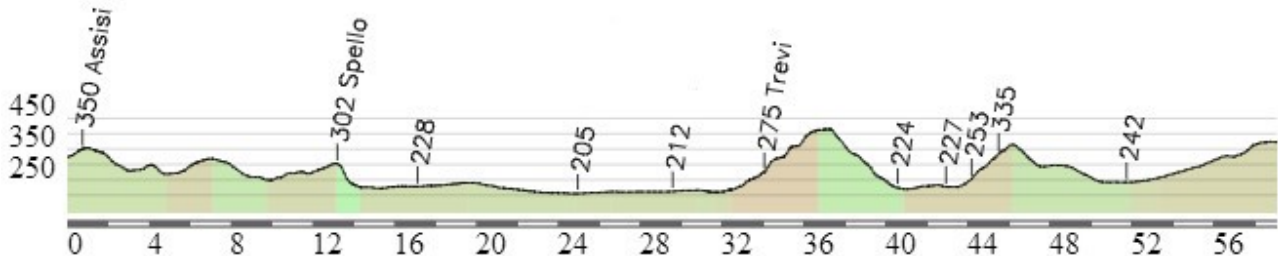
In the fourth leg of the tour you will visit some of the most characteristic villages of the hinterland of Umbria. The first important city you visit is Spello, a town in which there are numerous Roman and Renaissance



evidences. Continuing you'll pass through the cities of Foligno and Trevi.

Trevi and Spello are inserted among the most beautiful villages of Italy and they received the orange flag by Touring Club. The itinerary will end in Spoleto. Accommodation is provided in 4 stars hotel with pool.

Once you arrive in Spoleto you can cycle until the shrine of Monteluco (7km of climb), to visit the place where San Francesco retired to pray.



**Day 6: Spoleto – Perugia. 49 km , elevation 350 m.**

he Cycling to S. Maria degli Angeli, from there 20 min by train to Perugia.

Spoleto is the most southern point of the tour, from there you'll return in north direction towards Perugia.

During the stage you can visit the villages of Montefalco and Bevagna, inserted among the most beautiful villages of Italy and received the orange flag by Touring Club. Continuing you'll arrive at S. Maria degli Angeli, where the bike itinerary ends. There isn't a better place to conclude a tour on San Francesco's roads. Here you can visit "Porziuncula", a ruin where St. Francis founded, in 1209, the Order of Friars Minor. You go back to Perugia with a 20 minutes train from Assisi train station. Overnight at 4 star hotel.



**Giorno 7:** End of services and departure. Possibility to book extra nights.

**BIKE RENTAL**

Mountain Bike Bianchi 21 speed or similar; Bianchi Camaleonte Hybrid bike 27v or similar. You will be responsible for bicycles for the entire duration of the tour;

**OWN BIKE**

If you participate with your bike recommend that you check it is in good condition before departure, to avoid breakage and better address the planned stages.

**DOCUMENTS**

ID or Passport

**HOW TO BOOK**

Send an email at [info@tuscanbybicycle.com](mailto:info@tuscanbybicycle.com) with your request or fill in the registration form on our web-site. Once we receive the form or your email a member of our staff will confirm you the availability and the exact quotation for the tour and keep it in option for some days.

Then you have to fill in the booking form, sign it and send it us back via email or via fax and at the same time



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pay a deposit of 25% of the total amount of the tour price.

After receiving the deposit we will send you the booking confirmation.

The balance is due within 30 days before departure. After the balance we will send you the document by mail.

#### **HOW TO PAY**

You can pay per bank transfer on the following account:

#### **CAPONNETTO DANIELE VIAGGIAREINBICI**

IBAN: IT05R0616002809100000004744

BIC: CRFIT3F

REASON FOR PAYMENT: tour name or code + your last name

BANCA: Cassa di Risparmio di Firenze, filiale 00155 Viale dei mille 26/r - 50131 Firenze

#### **LUGGAGE TRANSPORT**

Your luggage will be transported from one hotel to another for the duration of the tour and will have to be accommodated in the hotel lobby before leaving on a bike. It is your responsibility to check that they are properly closed and, if necessary affix a name badge.

#### **SPECIAL REQUESTS AND DIETS**

If you are vegetarian, vegan, gluten-free, allergy, or follow special diets or if you have any other special request please report it at the moment of your reservation. It may not be possible to satisfy requests made at the last moment. Please inform us also of any possible health problems or need.

#### **IN SUITCASE**

Sportswear for cycling, sunglasses, raincoats, comfortable clothing for cycling, comfortable shoes for cycling and a change for the free time, shower sandals, clothes for the free time, bathing suit, camera, small backpack or fanny pack for personal belongings to take with you on the bike.

#### **INSURANCE**

The basic medical and baggage insurance **Amitour** is included.

The insurance provides the following services:

- Return of family members or traveling companion
- Journey of a family member in case of hospitalization
- Assistance to minors
- Return of the convalescent
- Reimbursement of medical expenses (up to € 600.00 in Italy, with fixed excess of € 50.00)
- Extension of stay
- Advance first aid expenses
- The cost of rescue, search and retrieval
- Reimbursement luggage up to 300,00 € in Italy in the event of theft, fire, theft, robbery and loss and failure, and failure to return from the carrier.

On the web-site you can download the information paper. In any case it will be sent before departure together with the invoice and other travel information.

We are also covered by professional liability insurance Filo Diretto Assicurazione Spa n. 1505000921 / V.