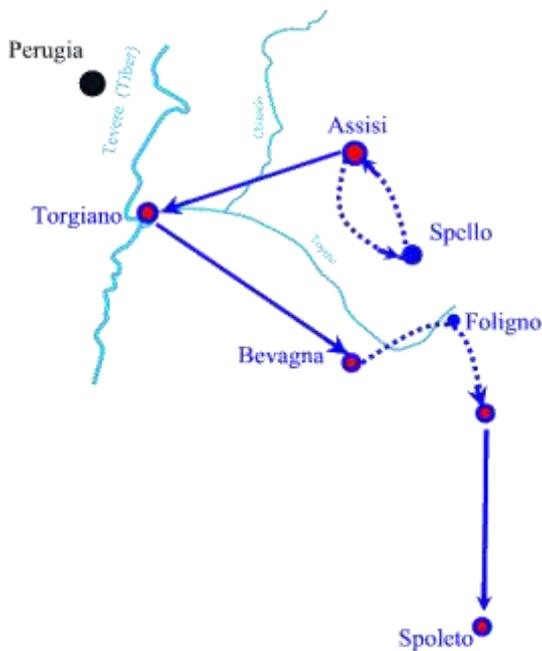


Honeymoon by bike: Amazing Umbria from Assisi to Spoleto



The Umbrian Valley is perfect for visiting beautiful Umbria and is a romantic setting for your Honeymoon by bike. This fertile valley, rich in waters and surrounded by green mountains and hills covered by olive groves and vineyards, is a perfect choice for a relaxing holiday. This valley is famous for its medieval villages: Assisi, Bevagna, Montefalco, Spello and Spoleto. Your journey starts in Assisi, situated on the slopes of Mount Subasio. As you walk through its alleys and squares with medieval palaces and Roman ruins, you feel you are really walking in the past. First, you cycle to Spello, a little town with Roman origins, witnessed by Porta Consolare and Porta Venere and mosaics of a Roman villa. Then you cycle back to Assisi through country roads with beautiful views of Spello and Assisi. Next, you leave Assisi and reach Torgiano, built on a hilltop and surrounded by vineyards: it is in the list of the most beautiful villages of Italy. It is worth visiting the two museums of Wine and Olive Oil. Next stage will be the medieval village of Bevagna, with its welcoming Piazza Silvestri and its Romanesque churches. Before reaching Spoleto, you will cycle through Foligno, known because the first edition of the Divine Comedy by

Dante Alighieri was printed here in 1472 and because of its numerous Baroque palaces. From Casco dell'Acqua, cycling on a cycle path, you arrive in Spoleto and admire fascinating medieval and Renaissance monuments and its fortress dominating the town and the valley.



Dates: every day from April to November

Participants: 2 people

Difficulty: 1 (easy; route is suitable also for e-bikes). Itineraries follow quiet country roads and cycle paths. Difference in level of less than 100 m and daily distances between 20 and 35 km. Total km: 136.



Programme in short:

- 1° day Arrival in Assisi
- 2° day Round trip of Spello (38 km)
- 3° day Assisi-Torgiano (32 km)
- 4° day Torgiano - Bevagna (28 km)
- 5° day Bevagna- Foligno- Casco dell'Acqua (25 km)
- 6° day Casco dell'Acqua - Spoleto (28 km)
- 7° day Departure after breakfast

Daily Programme

1° Day: arrival in Assisi

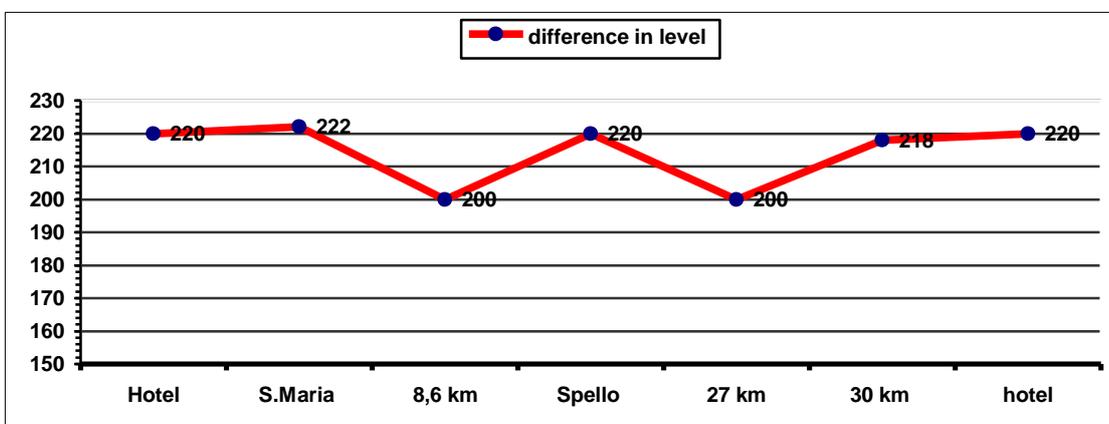
Assisi is a medieval town with Roman origins built on the slopes of Mount Subasio, dominating the Umbrian Valley. It is a city where harmony, history, traditions and arts merge perfectly. Once there, you can discover this amazing town strolling along its little alleys and streets and stopping by one of its cosy squares, which invite you to enjoy an ice-cream, a cappuccino or a good local wine. There is a lot to see: the Basilica of S. Francesco and the Basilica of S. Chiara, the Rocca (medieval fortress), the museums and the Roman Forum (Assisi Underground). Your Country House De Luxe is situated at the foot of Assisi. It has an excellent restaurant and boasts unique views. Tonight you will have a romantic candlelit dinner with view of Assisi.



2° Day Round trip of Spello

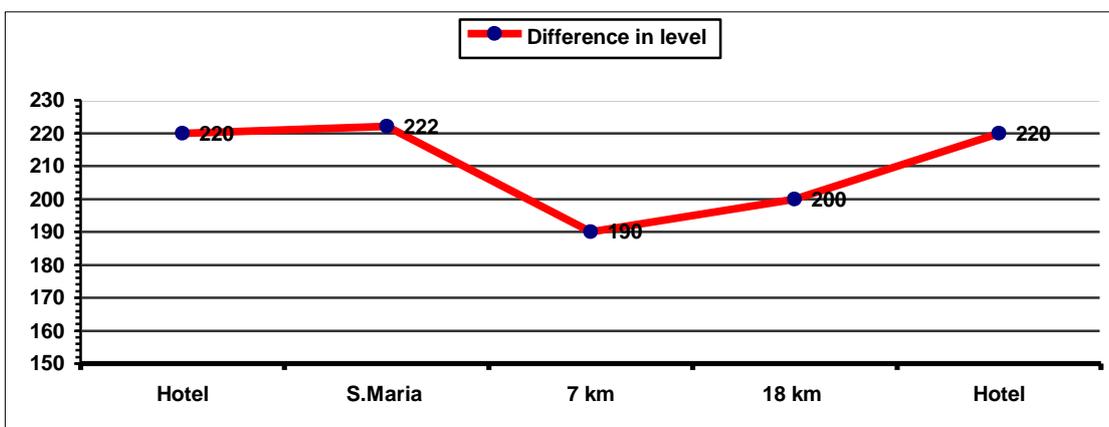
After breakfast, get ready to cycle and discover the green Umbrian valley.

You cycle along quiet roads and reach Spello, situated on the slopes of Mount Subasio. The little town has preserved its medieval charm: its alleys and squares are decorated by balconies with coloured flowers. You leave your bikes at the foot of the historic centre and go up on foot passing the most important monuments of the town: Church of S. Maria Maggiore with the beautiful Baglioni chapel decorated by Painter Pinturicchio, church of S. Andrea, the Pinacoteca, Roman mosaics and Roman Porta Consolare. You go back to Assisi cycling through the valley among fields cultivated with cereals, sunflowers, vineyards and olive trees.



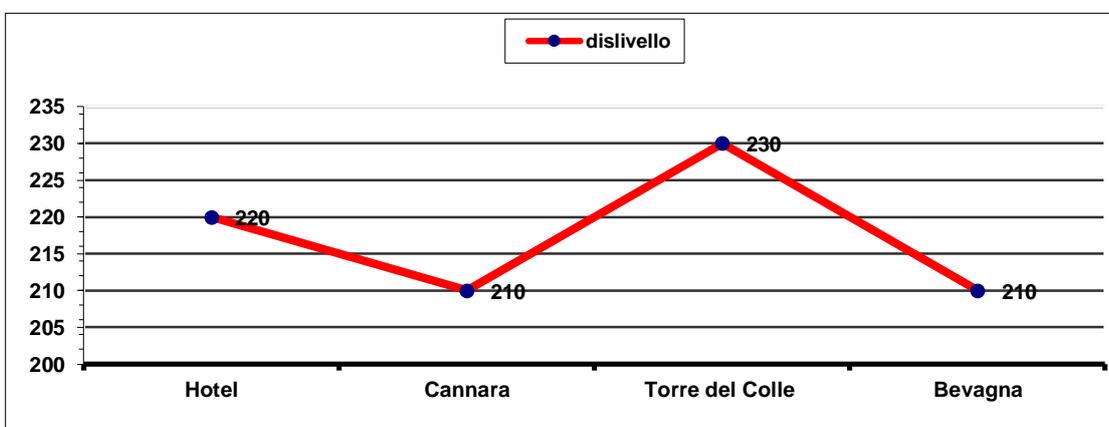
3° Day Assisi- Torgiano

This morning, first you cycle to the Franciscan Basilica of Santa Maria degli Angeli. Its impressive dome covers the Porziuncola, where St. Francis and his companions lived. Later, cycling through quiet streets, you will reach Torgiano, once a fortified village. Today, only the Baglioni's Tower and the ruins of the ancient walls still witness this glorious past. Torgiano is situated in a fertile wine area, at the confluence of the Tevere and Chiaschio rivers. Interesting and absolutely worth a visit is the Museum of Wine in the 17th century Palace Graziani-Baglioni. The museum tells the history of the cultivation of grapes, documented by archaeological finds and ceramic arts. In Torgiano you will have a tasting of local wines in the well known Lungarotti winery. Your overnight stay is in the historic centre, in a hotel with swimming-pool.



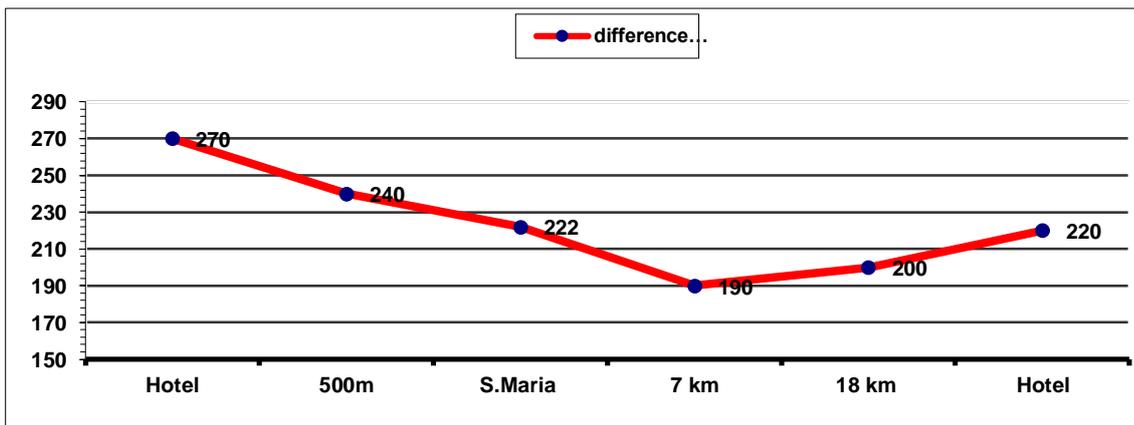
4° Day Torgiano - Bevagna

Today, the Umbrian countryside is one more time your travel companion. You reach Bevagna, one of the few historic towns in Umbria built in the valley and not on a hill. Bevagna has a Roman past and a medieval appearance. Remarkable is Piazza Silvestri, a lively meeting place for the inhabitants of Bevagna, with its Gothic Palazzo dei Consoli and two Romanesque churches, Roman mosaics and a medieval house. The hotel, a beautiful historic palace, is situated in the historic centre. Tonight, you are free to dine in one of the many little restaurants or wine bars.



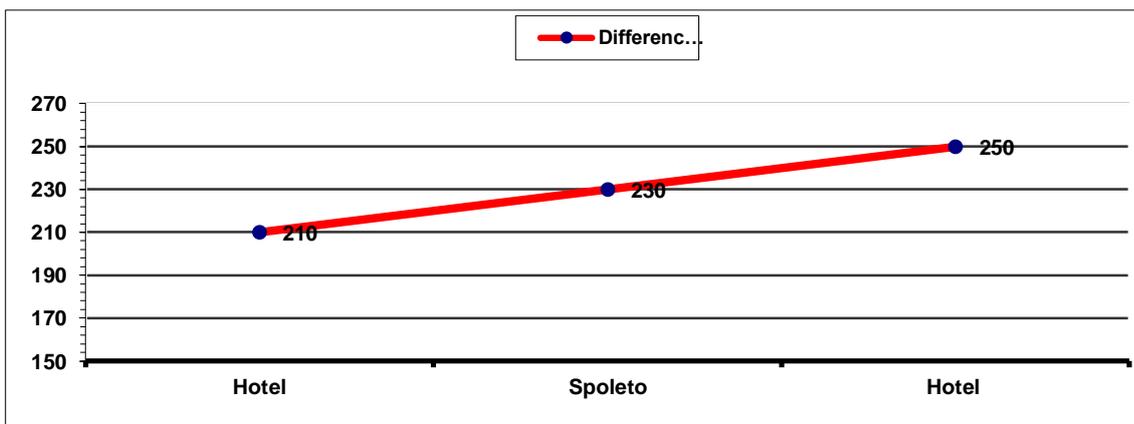
5° Day: Foligno and Casco dell'Acqua

Today you will pass and visit Foligno, a friendly town that, just like Bevagna, was built in the plain, along River Topino. The Cathedral and the Late Gothic Trinci Palace, which hosts the Pinacoteca and the archaeological Museum, are really remarkable. You can also go shopping in Corso Cavour or stop in the Piazza della Repubblica for a cappuccino or an ice-cream. You leave Foligno and cycle again between cultivated fields and canals. Your Country house is elegant and eco-friendly, is situated along the romantic river Clitunno and has a beautiful salt water swimming-pool. Today you will have an interesting and fun cooking course of typical Umbrian cuisine: later, dinner with the dishes prepared during the course and overnight stay.



6° Day Casco dell'Acqua - Spoleto

This is your last cycling day: you will reach Spoleto, that you can recognize from afar, dominated by the Rocca, situated on a hilltop. You enter the town from a cycling path and, after Porta Garibaldi, you can leave your bikes and are ready to discover the town on foot. The historic centre with the Duomo, Ponte delle Torri, the Rocca, the Roman House and the Amphitheatre are in the highest part of the town. After a visit, overnight in your elegant hotel situated in the historic centre.



7° Day: End of our services after breakfast.

If you have your car at your first hotel, you can go back to Assisi by train and from the station to the hotel by taxi. As an alternative, we can organize a transfer (40 euro for 2) to pick up the car. To be paid on site.

Rates per person in superior double room 2018

1115 € /CHF 1249

Included in the rate:

- 6 nights in superior rooms with breakfast
- Luggage Transportation
- Itineraries and maps
- Customer Service, assistance
- Information about the tour
- Free parking at your first hotel in Assisi
- Briefing upon arrival
- Hybrid bike hire
- Romantic candlelit dinner at Country House il Roseto
- Wine tasting in a famous winery in Torgiano
- Cooking class at Country House Casco dell'Acqua
- Typical dinner after cooking class at Country House Casco dell'Acqua

The rate does not included:

- Tourist tax (from 1 to 2 euro per person per night)
- Transfer (with supplement to be paid on site)
- Supplement e-bike: euro 95 per person

Our bikes:



Hybrid



E-bike



Ecologico Tours rents hybrid bikes. Bikes have 21 or 24 gears and are equipped with bag, repair kit, lock, odometer (1 per room), helmet, inner tube and pump. Upon request, with supplement, it is possible to hire e-bikes.