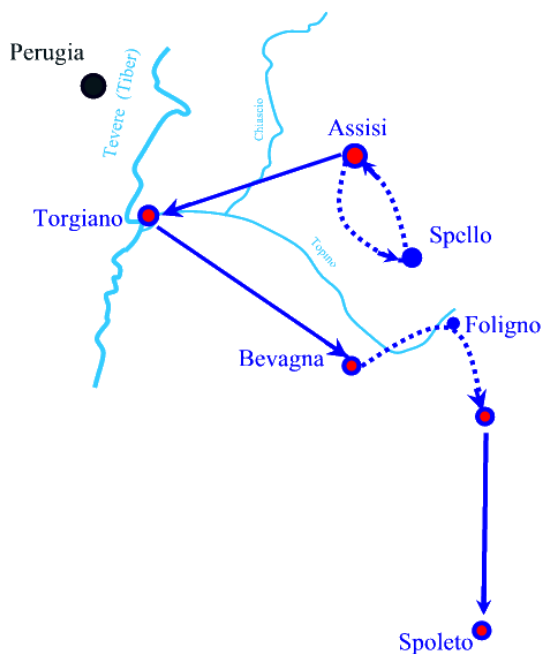


Honeymoon package: a wonderful valley, an easy cycle tour from Assisi to Spoleto



The Valle Umbra is a great starting point for exploring the beautiful Umbria. This fertile valley, full of water and surrounded by green mountains and hills covered with olive groves and vineyards is excellent place to have a relaxing cycling holiday. The valley is famous for its medieval towns and villages, because here we find them all: Assisi, Bevagna, Montefalco, Spello and Spoleto. Your tour begins in Assisi, the city of pilgrims, situated on the slopes of Mount Subasio. Walking in a maze of streets, alleys and crossing squares with medieval palaces and fountains you feel like you have travelled hundreds of years into the past. The first ride is a round tour taking you to Spello, a town of Roman origins as we are remembered by several features like the Porta Consolare, Porta Venere and the mosaics of a Roman villa. You return to Assisi cycling along a panoramic road. The next day you leave Assisi to reach Torgiano built on a hilltop covered by vineyards. It is worth visiting the Wine and Olive and Oil museums. The next ride will take you to the medieval town of Bevagna, which has a cosy square full of life with not one, but two Romanesque churches. Before arriving to Spoleto you first pass Foligno, famous for have been printing in 1472 the first edition of the Divine Comedy by Dante Alighieri and for its palaces with baroque ceilings. Pedalling along the

cycle path, you enter Spoleto and surely, you will be charmed by the late medieval and Renaissance monuments of this city and by the imposing castle that dominates the town from above.



Period: every day, all year (recommended from April to November).

Participants: 2 pax

Level: 1 (easy; also suitable for ebikes) The routes are along quiet country roads or cycle paths. The differences of level are less than 100m and daily distances between 20 and 35 km / 12,5 and 22 miles. Total: 136 km / 84 miles



Programme in short:

- Day 1** Individual arrival at Assisi
- Day 2** Ring tour to Spello (34 km)
- Day 3** Assisi-Torgiano (21 km)
- Day 4** Torgiano - Bevagna (28 km)
- Day 5** Bevagna- Foligno- Casco dell'Acqua (25 km)
- Day 6** Casco dell'Acqua - Spoleto (28 km)
- Day 7** Departure after breakfast

Daily programme

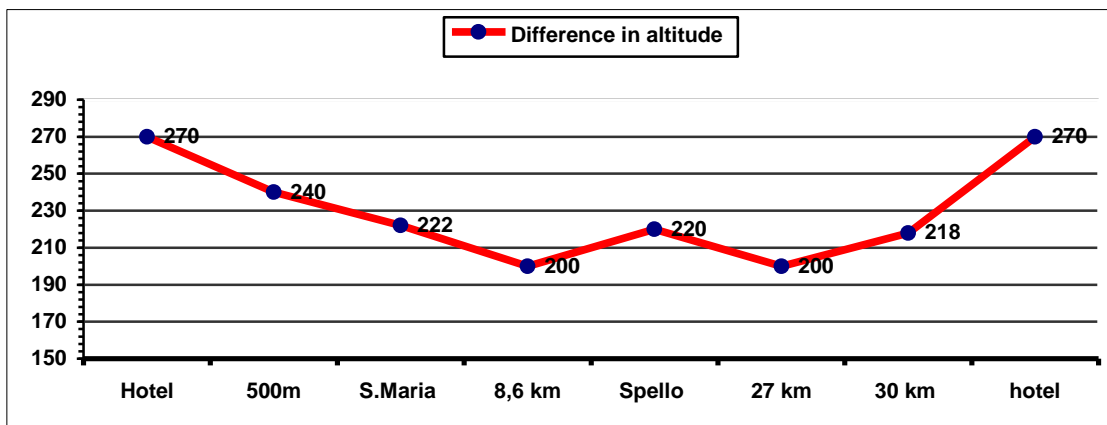
Day 1: Arrival in Assisi

Assisi is a romantic medieval city built on the slopes of Mount Subasio overlooking the Valle Umbra. It is a city where there is a harmonious combination of history, traditions and arts. If you arrive early you can discover this beautiful city wandering through its alleys, streets and make a stop at one of the cosy squares, where bars are inviting to sit down and enjoy an ice cream, cappuccino or a good glass of local wine. There is much to see: the Basilicas of St. Francis and of St. Clare, the fortress, museums and the Roman Forum. Your hotel is the best in town, a 5 star hotel with enchanting spa, gourmet restaurant and elegant suites or the best *** star hotel of Assisi, with swimming pool, garden and nice little spa. Romantic dinner in the elegant restaurant in the historic centre of Assisi



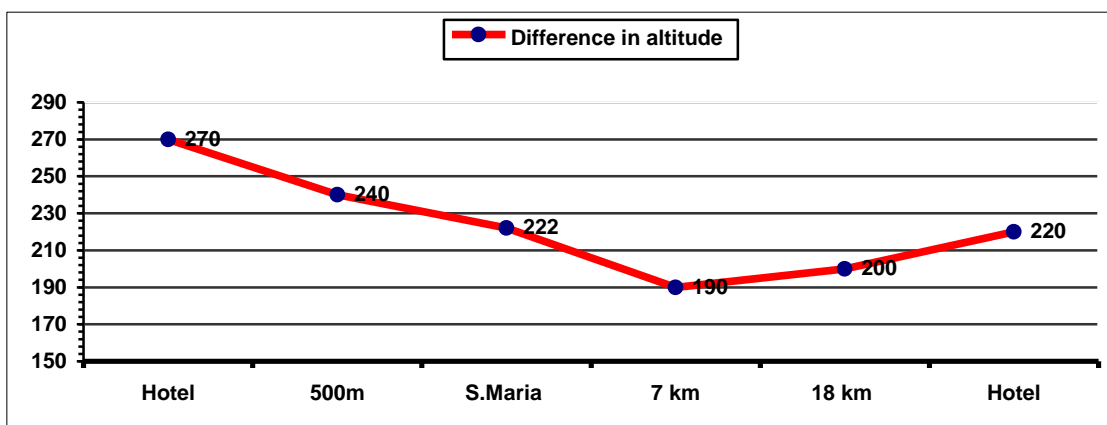
Day 2: round tour to Spello

After breakfast in the saddle for your first bike ride to discover the green Umbrian Valley. You cycle downhill into the valley and along quiet country roads, you come to Spello, proudly positioned at the slopes of Mount Subasio. The city has maintained well its medieval charm with a maze of small alleys, cheerful coloured by flowerpots, many small squares and beautiful churches. Leave your bicycles at the foot of the old town to visit the historic centre and its monuments: the church of S. Maria Maggiore with the Baglioni Chapel decorated by Pinturicchio, the Church of St. Andrew, the art gallery, the Roman mosaics and Roman town gate Porta Consulare. You ride back to Assisi along a panoramic road among olive groves. You have a wine-tasting at an organic winery. After the wine-tasting, a transfer by vehicle back to Assisi.



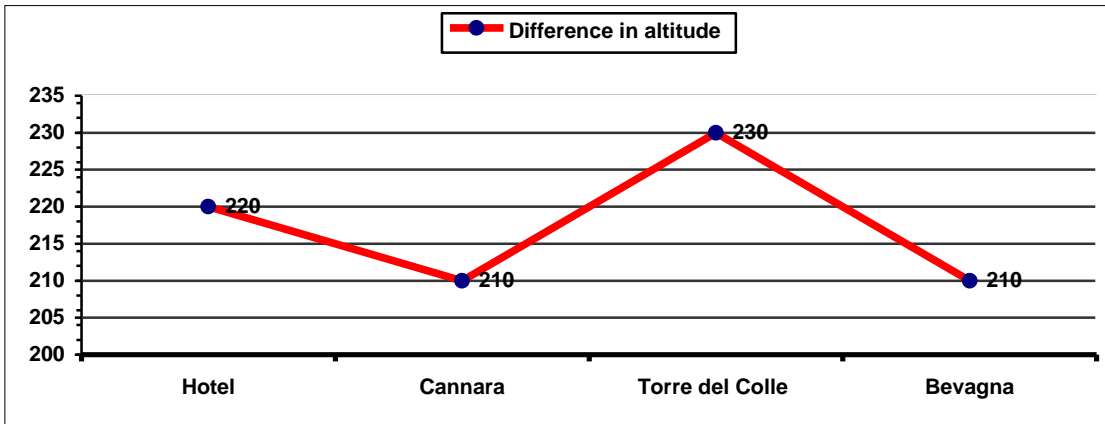
Day 3 Assisi- Torgiano

You head back down into the valley and arrive at the Franciscan basilica of Santa Maria degli Angeli. Its impressive dome covers the Porziuncola, where once lived Saint Francis and his companions. Discovering the beauty of the Valle Umbra landscape, you reach Torgiano, once a fortified village. Of this glorious period remained only the tower of the Baglioni and some remains of the ancient walls. Torgiano is located in a fertile wine area at the confluence of the Tiber and Chiascio. Interesting to visit is the wine museum housed in the seventeenth century Palazzo Graziani-Baglioni. The museum tells the history of viticulture, documented by archaeological finds and art pottery. Your accommodation is in the old town in excellent *** hotel with swimming pool. At the end of the afternoon a wine-tasting at Lungarotti Osteria.



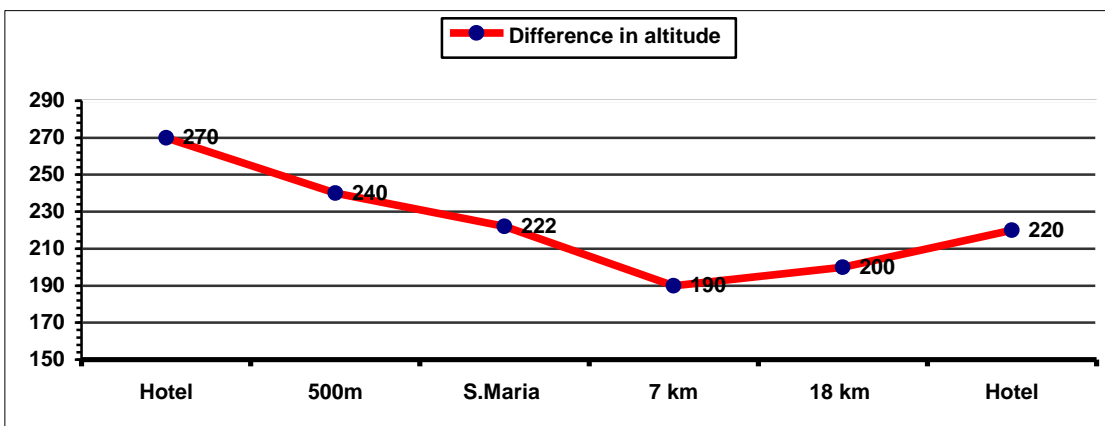
Day 4 Torgiano - Bevagna

Even today the Umbrian countryside is your travelling companion. You reach Bevagna, one of the rare historic centres built in the valley and not on a hilltop. Also this lovely town has a Roman past and a medieval appearance. Very special is the square 'Piazza Silvestri', a lively meeting place for the inhabitants, with the Gothic Palace of the Consuls and two Romanesque churches. Other sights worth to visit are the Roman mosaics and a medieval house. Your beautiful historic hotel is located in the city centre. Tonight you are free to dine in one of the cosy wine bars or restaurants. On request we can book a cookery course.



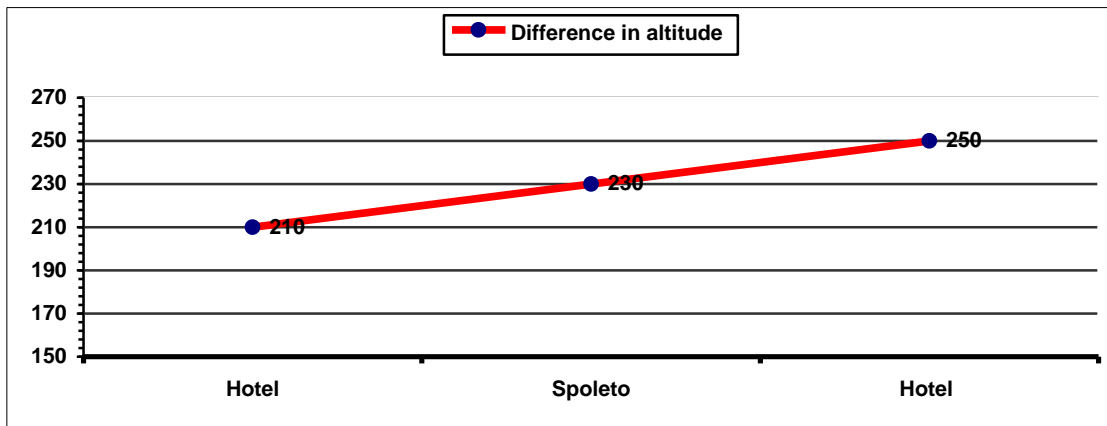
Day 5 Foligno and Casco dell'Acqua

Today is dedicated to Foligno, like Bevagna built in the plain. It is a hospitable town along the Topino river. Worth visiting are the Cathedral and the late Gothic Trinci palace, home of the art gallery and the archaeological museum, or you just can go shopping along the Corso Cavour or make a stop at the Piazza Repubblica for a hot cappuccino or a delicious ice cream. Leaving Foligno soon you will pedal again in the middle of cultivated fields and alongside canals. The country house, a beautiful eco-chic inn, is located along the river Clitunno and with good weather you can make a canoe trip or enjoy the sunshine and have some relax in the salt water pool. In the evening a dinner in the country house.



Day 6 Casco dell'Acqua - Spoleto

This last day you cycle along the bike path, which takes you to Spoleto. You can recognize the town from afar by the fortress, which thrones high above the old town centre. You pass through the Garibaldi town gate and here you can leave your bike to explore the city on foot. The historic centre with the Cathedral, the Ponte delle Torri (Tower Bridge), the castle, the Roman house and amphitheatre is located in the upper part of the city. Your hotel **** is in the old centre of town.



Day 7 departure after breakfast.

For those who have a car at the first hotel, you can return to Assisi by train and from the station by taxi to the hotel or we can arrange a transfer for 35,00 Euro (1-4 people). To be paid locally.

Hotels Deluxe:

Assisi: Relais ***.** All the 18 suites are unique: a perfect blending of history, design and technological comforts. This exclusive 5-star resort came about from a careful restoration of the ancient Saint Catherine monastery, which was originally constructed in 1275 for a community of Benedictine nuns. Each room is provided with a hair dryer, safe, climate control, memory effect bedding and pillows, free internet access, wellness center kit and a multichannel LCD television. There is free access to Nun Spa Museum (Nun Path with Tepidarium, Caldarium, Sudatorium, Frigidarium, multi-massage heated pool, Jacuzzi pool and herbal tea room).

Torgiano: Hotel *.** This elegant hotel seems a 4 star hotel and is situated in the historic centre of Torgiano. All rooms are elegantly furnished, have private facilities, air-conditioning, mini fridge and SAT Tv. The hotel features a gourmet restaurant and a lovely garden with swimming pool.
Friendly welcome and excellent service.

Bevagna: a historic villa from the 18th century, located in the historic centre of Bevagna. The residence d'epoca has fourteen rooms and apartments, all different and preserving most of their original fittings: antique furniture, paintings, kitchen, utensils and little things which have always been there and tell the history of the family, giving a special charm to these comfortable spaces. The hotel includes a small wellness area with hot tub and a massage room. The garden is an ideal place to relax in.

or

a typical B&B situated in the heart of the historic centre of Bevagna. Suites are large and with country style furnishings, cotto floorings and wooden beams. Suites feature a blend of ancient and new: rooms have traditional furniture and, at the same time, CD/DVD player, kitchenette with fridge and private bathroom with luxury slippers. In the morning, continental breakfast is being served. Free wifi.

Casco dell'Acqua: Country House is situated along the lovely Clitunno river and the bike path Bevagna-Spoleto. It is an eco-accommodation with 6 apartments with private facilities, air-conditioning and tv sat. There is a restaurant, free wifi, a saltwater pool and a large beautiful garden.

Spoletto: Hotel **** is situated in the historical centre of Spoleto.

The hotel's rooms offer guests a considerable number of amenities including a Wi-Fi internet connection, air conditioning, safe, queen or kingsize beds and 24-hour room service. There is a lovely inner court, bar and solarium.

Hotels Standard:

Assisi: excellent *** star quality hotel, in Assisi, 900 meters from the historical centre: restaurant, bar, swimming pool, air-conditioning and wellness centre (Turkish baths, mud treatment, sauna, tropical showers etc).

Torgiano: Hotel in Torgiano is an excellent *** star hotel: all rooms are elegantly furnished and have private bathrooms, air-conditioning, safe, mini bar and satellite TV. The B&B has a garden and swimming pool.

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Prices per person 2017:

Deluxe Hotels	
In double room	€ 1.250,00
Standard Hotels	
In double room	€ 822,00
Supplement for Ebike	€ 40,00

Included in the price:

- 6 nights with breakfast
- 2 dinners
- Luggage transportation
- road book with maps
- bike rental
- Route briefing upon arrival and information about the tour
- Ecologico Tours Honeymoon gift
- 2 wine-tasting
- transfer with bikes from the winery near Assisi back to hotel in Assisi
- Clients assistance