

The Best of Umbria

A land of lush rolling hills, ancient medieval villages, delectable wines and sumptuous regional cuisine, Umbria is an ideal destination for a bike tour. Less than half the size of Tuscany, Umbria lives up to its promotional slogan, "the green heart of Italy". The region's lush good looks result from a generous supply of water. Lake Trasimeno lies to the west, while the Tiber and its tributaries wind through Umbria's leafy valleys and ravines. This tour takes you to the iconic towns of Umbria including Assisi, Todi, and Orvieto. The tour starts in Assisi, Umbria's crowning glory. Recharge your soul in this rose-color hill town with a visit to Saint Francis' majestic basilica. A downhill ride takes you to the walled village of Bevagna. Cycle to the Arnaldo Caprai winery, where passionate wine-makers resurrected the tannic Sagrantino grape. Stay overnight in Todi, a fairy tale hilltop town undisturbed by the bustle of modern tourism. A lakeside ride past vineyards and olive groves leads to Orvieto. Set on a natural pedestal, Orvieto is unspoiled, uncrowded, and home to some of the most beautiful buildings in Italy. Ride to remote Civita. Perched on a pinnacle in a grand canyon, the traffic-free village of Civita is Italy's ultimate hill town. See the best of Umbria at your own pace on this six-day adventure. Excellent train connections from Orvieto make for an easy departure at the end of your tour.

Route Rating

Moderate: 15-30 miles (25-50 km) per day cycling over hilly terrain.

Meet / Finish

Florence / Orvieto

Highlights

- St. Francis Basilica in Assisi
- Enchanting hill towns of Assisi, Todi, and Orvieto
- Underground Orvieto caves
- Civita, a fairy tale village
- Beautiful Umbrian scenery and peaceful country roads

Other Questions?

Toll free 1 888 421 2418

info@charnestours.com



Day 1 Assisi

Assisi to Spello

15 miles (24 km) *Optional Ride*

We meet in the center of Florence and shuttle together by private van to Assisi. The drive takes approximately 2 hours. You check into your hotel and go to a restaurant for lunch (included in the tour price). Over lunch your tour coordinator explains the details of your bike trip and answers any questions. After lunch your tour coordinator returns to Florence. There is a lot to do in Assisi. You can tour the Basilica of Saint Francis, explore a medieval castle, or cycle to Spello for a taste of small-town Umbria. The warm-up ride is relatively flat, has little traffic, and offers great views over the valley below. Dinner is on your own in Assisi.

Hotel

Sorella Luna Gallery

Assisi (1 night)
The Sorella Luna Gallery Hotel has a beautiful mix of ancient and modern architecture.

www.hotelsorellaluna.it

The Ride

Day 1: 15 miles (24 km)

A beautiful flat ride through olive groves leads to a charming medieval town called Spello. (Optional warm up ride)



Sites

Basilica of Saint Francis

Assisi

Umbria's most important monument can be visited daily from 6:00 AM to 6:45 PM. Guided tours with Franciscan friars are available.

Arnaldo Caprai Winery

Montefalco

Sagrantino is a lesser known grape that grows exclusively in Umbria. To learn more you can visit the Arnaldo Caprai winery.

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Day 2 Bevagna

Assisi to Bevagna *17 miles (27 km)*

An easy downhill ride leads to sleepy Bevagna. Unlike its more famous hilltop neighbors, Bevagna rests in a flat valley and remains delightfully undiscovered. A butcher, a baker, and a greengrocer still occupy prime real estate in the town's historic center. To learn more about Umbrian wine take a short ride to the Arnaldo Caprai winery. In the 1970s Caprai resurrected the Sagrantino grape. Today Sagrantino is considered a rising star among Italy's elite circle of age worthy reds. For extra riding, head uphill to Montefalco, also known as the "balcony of Umbria" in tribute to its lofty location.

Day 3 Todi

Bevagna to Todi *24 miles (39 km)*

A hilly ride through verdant countryside takes you to the scenic hill town of Todi. Despite a steady stream of visitors, Todi remains undisturbed by the bustle of modern tourism. It's tumbling streets and tiny alleys seem stuck in the Middle Ages. Your hotel is in the oldest part of town just steps from the central Piazza del Popolo, widely held to be among the most perfect medieval piazzas in Italy.

Hotels

Hotel Brunamonti

Siena (1 night)
The hotel is located in a medieval building in the center of beautiful Bevagna.
www.brunamonti.com

Hotel Fonte Cesia

Todi (1 night)
This family-run hotel is located in a beautifully restored 17th century palace.
www.fontecesia.it

The Rides

Day 2: 17 miles (27 km)
An easy downhill ride through farmlands takes you to Bevagna. For extra miles climb to Montefalco.

Day 3: 24 miles (39 km)
There is a lot of climbing today with a long gradual climb to Todi at the end.



Day 4 Orvieto

Todi to Orvieto

24 miles (39 km) or 29 miles (47 km)

A man-made lake separates Todi and Orvieto. You can follow the banks of the lake or for a more challenging ride, head up the steep hills surrounding the reservoir. On the far side of the lake you will see Orvieto sitting on its natural pedestal high above the valley floor. Orvieto is Umbria's grand hill town, busy with tourists by day, and quiet at night. The tourists come for the majestic Cathedral, colorful majolica ceramics, and a labyrinth of underground tunnels. Under Orvieto lies a network of tunnels, caves, and galleries that were dug out of volcanic rock. Guided tours take one hour. The best known underground attraction is the Pozzo di San Patrizio (Saint Patrick's Well), a deep well lined with spiraling ramps built so that donkeys could descend down to the water below. Your hotel is in the historic center, next to the Cathedral.

Hotel

Hotel Duomo

Orvieto (2 nights)

Run by a friendly family, the Hotel Duomo has a perfect position just steps from the Cathedral.

www.orvietohotelduomo.com

The Ride

Day 4: 24 miles (39 km)

Choose a low lakeside road or high hilly road. A funicular is available if you want to skip the climb up to Orvieto.



Day 5 Civita

Loop ride to Civita *29 miles (47 km)*

Today's loop ride is optional. Spend the day exploring Orvieto or do a challenging ride to Civita, a tiny town teetering atop a pinnacle in the midst of a grand canyon. Civita's only connection to the world is a long pedestrian bridge. Passing through Civita's gate, carved by Etruscans 2,500 years ago, you'll find a crumbling time capsule of ivy-clad arches, crooked cobblestoned lanes, and sun-flooded piazzas where the hamlet's handful of residents gather to socialize. The town's centerpiece is its 13th Century church where you can admire the embalmed remains of Bonaventure, the town's patron saint.

Day 6 Bike Tour End

After breakfast in the hotel check out and continue your travels. We can help you with your travel plans.

DEPARTURE ON LAST DAY OF TOUR

Your bicycle tour ends in Orvieto. The train station is located below the old town, 4 miles (6.4 km) away. You can travel down to the train station by funicular, bus, or taxi. Please ask at the hotel desk for assistance.

The Orvieto train station is well connected to Rome and Florence making for easy departures. Train travel times:

Orvieto to Rome: 1.5 hours (direct train)

Orvieto to Florence: 2.5 hours (direct train)



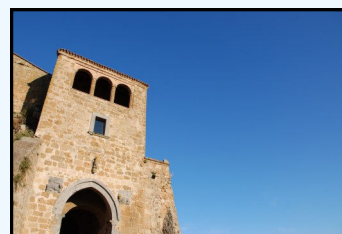
The Ride

Day 4: 29 miles (47 km)
A very hilly loop ride leads to Civita, a spectacular tiny hill town. Get an early start to leave time to relax in Civita.
(Optional Ride)

Sites of Interest

Civita

Civita sits on a rocky outcrop above a large valley. Over the centuries erosion has transformed this once thriving settlement into an isolated citadel.



Underground Orvieto

In the heart of the Medieval quarter of Orvieto there is a fascinating underground labyrinth of tunnels, wells, quarries, and cisterns. Guided tours take one hour.

