

Kat's Great Adventures

Italy – Umbria in One Hotel Bicycle Tour 2022

Self-Guided Tour

7 Days / 6 Nights



This new cycle tour takes you to Umbria, almost directly in the middle of the famous boot. This seven day cycle tour is intended for tourists who want to experience the quiet, idyllic face of Italy. Every stage of the tour leads through lush olive groves, or past beautiful expanses of water such as the Tiber River or Lake Trasimeno. Of course, you will also pass through typically Italian medieval towns, with the well-known names of Assisi, Todi or Bettona. You will return 'home' every night – to the four star Residenza d'Epoca alla Posta dei Donini. What awaits you over this cycle tour across Umbria will surprise you! The schedule begins and ends in San Martino in Campo and will take you to the most enchanting landscapes of Umbria. In south Tuscany, juicy grapes grow just as much as olives and sunflowers. Don't forget your camera!

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TICO # 50022092

Itinerary Day to Day

Day 1: Arrival in San Martino in Campo

Receive the travel documents and rental bikes by one of the hotel's employees. In the evening you enjoy a welcome drink on the sun terrace.



Day 2: Assisi 50 km

The river Tiber is not many kilometers away. You cycle along the river valley past the shimmering sunflowers and wheat fields. From afar you will then see the dome of Santa Maria degli Angeli, which is a pilgrimage church. It is well worth taking a break here especially if you haven't already. There is a short ascent up to Assisi after the church. The town of Saint Francis lies impressively on the edge of Mount Subasio. Finally, you cycle back down into the Tiber valley back to your luxury accommodation.

Day 3: Todi 50 km + transfer

The typical Umbrian landscape accompanies you today on your bike tour to Todi. Between the olive groves you keep on getting magnificent views across the Tiber valley. In the spring, the gorse shines vibrant yellow and in summer it is the turn of the sunflowers. In the distance you can see where you are headed for - Todi. Admire the medieval Piazza del Popolo whilst drinking a creamy cappuccino. In the evening you take the train back to San Martino in Campo.

Day 4: Montefalco 40 km + transfer

There are three cultural highlights making for an entertaining cycle today. Bettona perches majestically like a swallow's nest on a small hill and has a medieval flair with its narrow roads. You also immerse yourself into Bevagna and its ancient history. To top the day off you will visit Montefalco, which is a medieval town surrounded by a wall and that has breathtaking views at the ready for you across the valley. All of these amazing towns that you cycle through today meant that we almost forgot to mention that today's cycle route itself is magnificent... In the evening you return to the hotel by bus transfer.





Day 5: Trip to Umbrias wine 40 km

Some might say that Umbria comes across in a cliché way in today's stage. You cycle through golden wheat fields that are only interrupted by lush green vineyards and silver shimmering olive groves. The route gently undulates as you head from village to village. At the well-known Chiorri vineyard there is a wine tasting session waiting for you. But not just fine wine, you will also enjoy a traditional lunch on the terrace with a beautiful view all around you. Afterwards you have only to cycle a few kilometers to return to your hotel.

Day 6: Lake Trasimeno 60 km

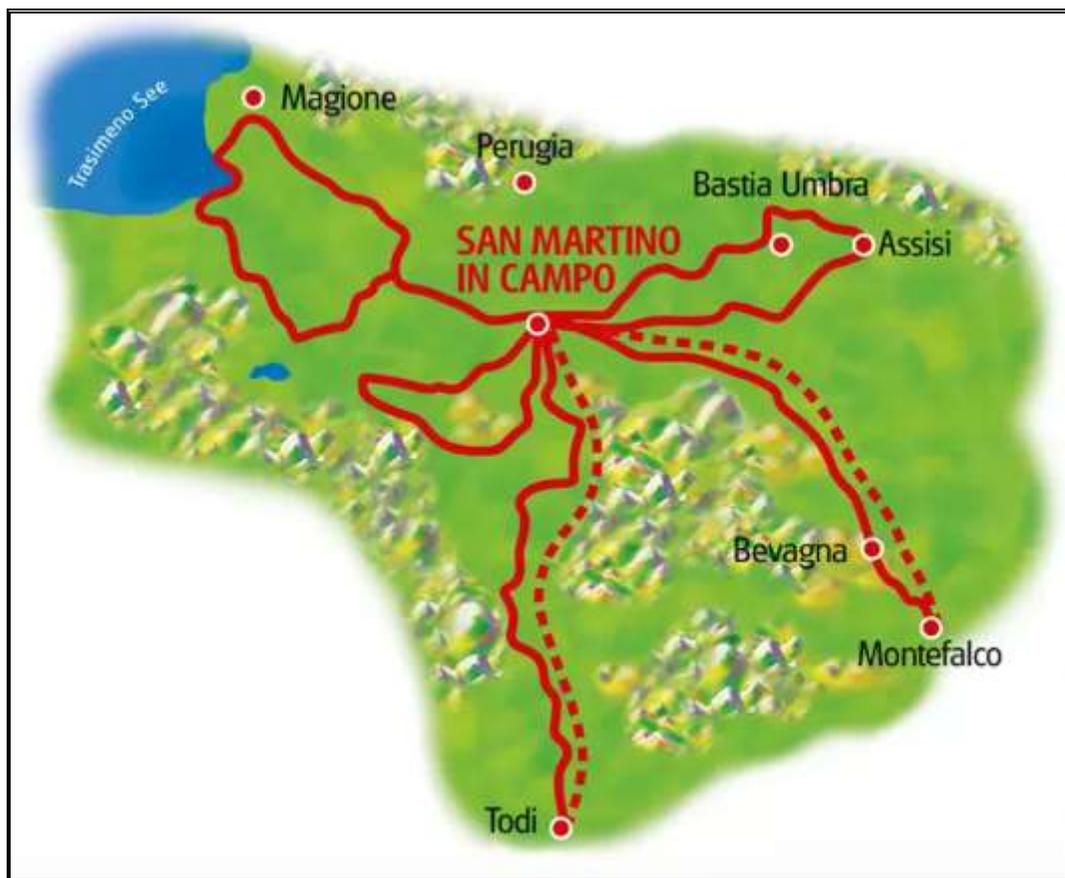
Today you pedal through olive groves and small Umbrian villages until you get to Lake Trasimeno. It will glisten in front of your eyes and will entice you in for a swim. Enjoy the extensive views of the surrounding area once again with the shining sunflower fields and the lush green vineyards. Take a break in one of the traditional Trattorias that you pass on your way and enjoy the Italian hospitality whilst drinking a good glass of Umbrian Grechetto.



Day 7: Departure or Extension of Trip



Route



Technical Characteristics:

Route Profile: Medium. On the stages to Lake Trasimeno and to Todi there are several longer ascents. All of the other day rides are predominantly flat or only have very small ascents. You cycle on wonderful, quiet side roads. Occasionally you cycle on good quality tracks. You only have to cycle on slightly busier roads on short connecting sections.

Distance: 240 km

Travel Season: Departures Saturdays between April 2 and October 8, 2022

Season 1: April 2 – April 15 and October 1 – October 8

Season 2: April 16 - May 13 and September 10 – September 30

Season 3: May 14 – September 9

Price per Person:	Deluxe Room	Classic Room
Double Occupancy B&B Season 1	€ 699.00	€ 649.00
Double Occupancy B&B Season 2	€ 749.00	€ 699.00
Double Occupancy B&B Season 3	€ 799.00	€ 749.00
Surcharge Single Occupancy	€ 289.00	€ 289.00
Surcharge Half Board (3x)	€ 129.00	€ 129.00
Rental Hybrid Bike Plus	€ 139.00	
Rental Electric Bike	€ 199.00	

Accommodation:

Residenza d'Epoca alla Posta dei Donini 4*

The elegant 4* hotel is located in a quiet location in front of Perugia's town gates. The historic villa is embedded in its own park with many pine trees providing shade as well as its own rose garden, dreamy paths, ancient amphorae and Etruscan urns. The lovely pool combined with its comfortable sun loungers are a great way to cool down after a wonderful day's cycling. The 450 meter squared spa area opened in 2017 and can be used by cyclists at a special price. The outstanding restaurant offers you with Umbrian specialties, which have been reinterpreted in a modern way. When the weather is good, the attentive employees enjoy being able to serve you your dinner on the terrace. As the rooms are fitted out extremely well, you will feel comfortable in either a classic room, which are in the side building or in one of the deluxe rooms, which are in the main building. As the 'residenza' is family run, on top of all the rest you also get a personal touch to your stay!

Included:

- Accommodation at Hotel Alla Posta dei Donini 4* in the chosen category
- Breakfast buffet
- Excellently planned routes
- Detailed travel documents 1 per room (route maps, route description, local attractions, important telephone numbers)
- Transfer by bus from Todi to San Martino in Campo and from Montefalco to San Martino in Campo including your bike
- Welcome drink
- Soft drinks from the minibar
- Wine tasting of three wines and traditional lunch at Chiorri vineyard
- Free access to the outdoor pool (open from about May)
- Access to the spa area (reduced price of €20 per person for about 3 hours)
- Tour signposting
- App for navigation and GPS data is available
- Service hotline

Not Included:

- Visitors taxes payable locally

Bikes



Hybrid Bike

Rental Bike Plus allows for a slightly sportier sitting posture, 27 gears offer the highest flexibility and a high quality Suntour suspension fork provides the best possible comfort across all surfaces.

Available in 63/60/56-51 sloping/46 cm sizes

Also includes Saddle bag (water-repellent), handlebar bag (water-repellent), service-Set with tools and extra bicycle tube, pump and combination lock



Electric Bike

You need no driver's license, the electric bike assists up to a speed of 25 km/h. The handling is easy and manageable after a short explanation. These bikes are supported through an electric motor that is fixed in the bottom bracket. The supply of energy takes place through a removable battery, which permits a reach of 120-180 kilometers.

Sizes: 56/51/46/46 "xs" cm