



Umbria 2005

You have chosen to travel to the enchanting region of Umbria Italy. If Tuscany is known for the center of Renaissance, then Umbria is the medieval heart. Get ready to cycle through sun-drenched hills and feel as if you have transcended time. When we roll through this wonderful region, you will experience diverse landscapes of olive groves, vineyards, lakes, high ridges and fortified medieval villages. Our daily travels will take us past gothic cathedrals, monasteries, and weathered villas that are centuries old. Visit walled towns where traditional techniques are still practiced by local artisans. Dine on the fresh, seasonally prepared Umbrian dishes which accentuate the local game and harvests accompanied by an Orvieto Classico or Sangratinio Rosso. You will stay in unique properties which make you feel at home and allow you to enjoy your evenings in this fabulous foreign land.

A Great trip awaits. See you soon in Umbria, Italy.

A Basic Overview

May 31: Arrival Rome Fiumicino Airport by 12 noon : Pick up at the latest 1 pm
Transfer to La Badia in Orvieto. Estimate arrival 3:30, Welcome cocktail and snack.
Warm up cycling loop, 1 to 2 hours ride
Hotel La Badia : Group dinner at the hotel

June 1: Loop tour of Lago di Bolsena, Visit unique villages along the route such as Capodimonte and Bagnoregio. Take time on your return to Orivieto to visit the Gothic Cathedral. Cycling ride is about 70 km. Less biking available with van shuttle support
Hotel La Badia, Dinner at the hotel

June 2: Lets roll on the high ridges to Todi and then on to Relais Il Canalicchio
A beautiful but challenging route with great country vistas, Lunch enroute, Visit the village square in Todi before continuing on to our new country paradise.
Complete distance hotel to hotel: about 70 km , Shuttle van option always available
Hotel: Relais Il Canalicchio, Dinner at the hotel

June 3: Loop cycle tour in the valley and adjacent hills of the Tevere river. Check out Marsciano, a village dating to before the year 1004 and Torgiano which still preserves its medieval appearance and houses a wine museum within the ancient walls. Lunch after the ride at the hotel or enroute in a village restaurant. Shuttle by van to Perugia. Afternoon visit, shopping and evening dinner. Perugia known for its Etruscan walls was once a “Guelf strong-hold”. Return to Relais il Canalicchio

June 4: Ride to Spello via Assisi

We will encounter flatter terrain crossing river basins, however, we will have to climb up to get to beautiful Assisi. Visit Assisi and Basilica di San Francesco, Lunch on your own in town. Continue riding to Spello mostly downhill!!
Ride distance hotel to hotel: about 50 km
Hotel: Palazzo Bocci, Dinner at the hotel

June 5: Loop ride of the area via Bevagna, Montefalco

Follow our route through the scenic hills and vineyards of the Sangratin wine region. Wine tasting visit to be determined. Take a break in Bevagna, Have lunch in Montefalco. Continue rolling back to the hotel in Spello. 50 km loop with additional kilometers option.
Hotel Palazzo Bocci Final Group dinner

June 6: Departures Rome, Morning, One shuttle time to be determined

The above is a basic itinerary outline. Much more planning and detail will go into developing this great trip program which will incorporate our specific visits, suggested stops of curiosity, wine tasting, lunch locations and more.

The Cycling

Each day of the trip we will detail approximately 50 to 70 km of itinerary to cycle. This does not mean you will need to ride it all but we will have it ready for you. The terrain on your trip will be varied with some days cycling on flatter terrain with one or two climbs but most days your routes will encounter hilly roads with some climbing. (not unlike Tuscany). As usual, some of the most unique scenic routes gain some altitude from the valleys. Of course the routes to the medieval towns always go up such as into Todi, Assisi, Montefalco and even our hotel perched above the valley in Canalicchio. We will surely have options for longer rides on certain days for those willing to cycle a lot. It will never be a concern to us if someone wishes to ride much less. We will have a support van nearby to ensure that if someone wishes to catch a lift, they can do so at their own discretion. A minimum of three people will guide your trip so a cycling guide or a van driving guide will never be very far away to keep you on track and offer support.