



Italy – Umbria in One Hotel Bike Tour (2025)
Individual Self-Guided
7 days / 6 nights



Are you yet to travel to Umbria? If so, you are missing out for sure! Just like in Tuscany, Umbria's better known neighbor, sunflowers grow wonderfully yellow, olive groves shine a gentle silver colour, the grapevines are bright green and the medieval towns reign up on the hilltops. The main difference between Umbria and Tuscany is that Umbria is much more quiet, traditional and charming. Enjoy the many cultural and scenic highlights on this bike tour based in one hotel. Even the cuisine is exquisite in this region of Italy. Top quality wine and olive oil are produced here, the chocolate from Perugia is world famous and even truffles can be found in the Umbrian hills. This tour is sure to provide you with an unforgettable cycle holiday!



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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 approx. 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.





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Day 5: Trip to Umbrias wine ca. 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 got 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.



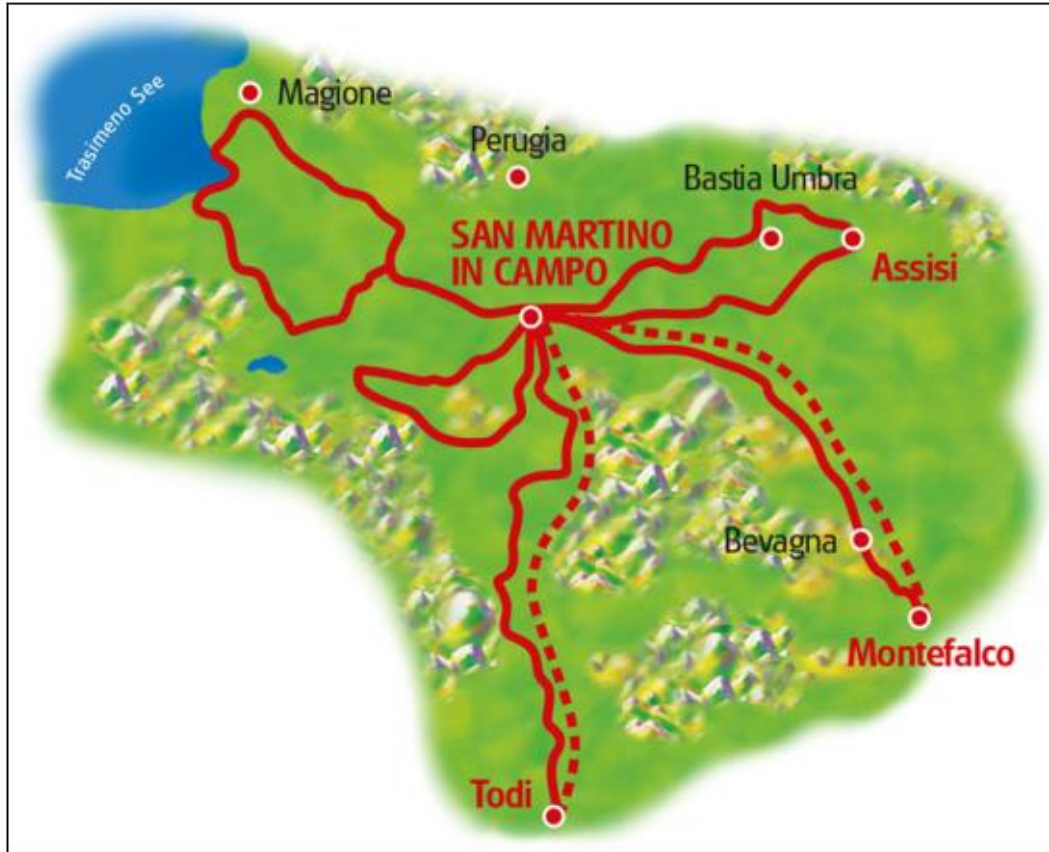
Day 7: Departure or Extension of Trip





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Route



Technical Characteristics:

Route Profile: Moderate. 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: Saturdays from 05.04.-11.10.

Season 1: 05.04. – 18.04. | 27.09. – 11.10.

Season 2: 19.04. – 09.05. | 06.09. – 26.09.

Season 3: 10.05. – 05.09.



Price per Person in euros:	Deluxe Room	Classic Room
Season 1 Double Occupancy B&B	€ 929	€ 849
Season 2 Double Occupancy B&B	€1029	€ 949
Season 3 Double Occupancy B&B	€ 1099	€ 1029
Surcharge Single Room	€ 429	€ 389
Surcharge half board (3x)	€ 149	€ 149
Rental Bike (21 or 7 gear)	€ 99	
Hybrid Bike Plus	€169	
Electric Bike	€ 269	
Extra nights	On request	

All prices subject to confirmation on booking

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
- Excellently planned routes
- Detailed travel documents 1 per room
- Transfer by bus from Todi to San Martino in Campo and from Montefalco to San Martino in Campo including your bike
- 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 aprox €20 per person for about 3 hours)
- Navigation App and GPS data
- Service hotline

Not Included:

- Visitors taxes payable locally

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Bikes

Bike Plus



From the saddle to the breaks and gears of higher quality (eg hydraulic Magura breaks HS 11, Shimano Deore XT) the 'plus' is noticeable in many parts of the bike.

Rental Bike PLUS allows for a sportier sitting posture, 27 speed gears offer maximum flexibility and a high quality Suntour suspension fork provides the best possible comfort on all paths. Of course, all our accessories are also available on Rental Bike PLUS.

Hybrid Bike



Unisex frame 21-gears with free wheel sizes: 56 / 51 / 46 / 43 cm

Unisex 7-gears-bikes with back pedaling brake sizes: 56 / 51 / 46 cm

Men's speed bikes 21-gears with free wheel and crossbar sizes: 64 / 60 / 56
"slopping" cm (note: a reservation is necessary!)

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

Electric Bike



A Pedelec is an electro bike which assists with electric support only when pedaling. Composed on basis of KTM-bikes, adequate for our missions. The bike is easy to handle as you have a good weight distribution and a low balance point. Overall weight amounts to approx. 23 kg. An illuminated LCD display, a computer and a wattage display add to the comfort.

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

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