

Cycling Safaris

UMBRIA - The Easy Way 2010 Group Tour



Umbria is the green heart of Italy, the cradle of mysticism due to being the home and stomping ground of numerous saints. A mellow landscape where the delicate profiles of rolling hills, valleys, vines and olive trees, are dispersed between hilltop towns. A medieval aura still pervades Perugia, as in Orvieto, Spello, Spoleto and Todi, where the secrets of the past continue to live on in the present, in the magnificent synthesis of history, countryside and art forming the fabric of the region. Its typically earthy cuisine is enhanced by one of the most sought-after olive oils and famous, high-quality wines.

This is a tour through rolling countryside, featuring the best Umbria can offer. Not to miss the main hill towns you will be obliged to take on a few short climbs! We have chosen Terontola as an arrival point because it is an important railway station with easy connections to the whole of Europe.

TOUR ITINERARY

DAY 1 **Arrival at Terontola railway station and transfer to Cortona**

You can arrive on a number of trains from Rome or Florence to Terontola, where our representative will meet you and bring you to your first night's accommodation (15 km – 25 min by car) in Cortona.

DAY 2 **Cortona to Poggio delle Corti** **45 km**

Our representative will meet you at your accommodation and bring you the bikes and the information pack. He will be ready to answer your questions about the tour. Trasimeno Lake is known for its olive covered surrounding hills, lovely villages and bamboo-ridden shores, a resting place for migrating birds. You can take a boat to Isola Maggiore where old ladies still weave their traditional lace and where you can taste delicious seafood at Sauros. You will take in the Montecolognola view over the lake, Monte del Lago and the fishing village of San Feliciano.

DAY 3 **Poggio delle Corti Loop** **50 km**

You can have a rest day with just a short loop to Panicale and back and a cooking class in the afternoon (not included in the price) or you can make a longer loop (50km) to Visit Deruta, famous for its ceramics.

DAY 4 **Poggio della Corti - Perugia** **32km**

Your day destination is Perugia, the main town in Umbria, with its fine square and communal place, its renaissance painting collection and the Rocca Paolina, the subterranean town. Perugia is also a lively town with shops and fashionable boutiques. We suggest you spend the night in town!!

DAY 5 **Perugia - Assisi** **35 km**

We are now in the heart of Umbria. Visits to Torgiano, Lungarotti wineries hometown and enjoy a bit of wine tasting, or just a visit to the wine museum is a treat! Assisi is probably the most famous town of Umbria. Spend the night there in a lovely country inn.

DAY 6 **Free day in Assisi**

Assisi deserves an entire day to enjoy and you Inn has a lovely swimming pool to relax. However if you want some exercise, we have a half day hike to reach the Eremo della Carceri, the San Francis retreat just above Assisi

DAY 7 **Assisi - Spello - Assisi** **50km**

A lovely ride among the olive groves will take you to Spello, one of the best preserved medieval towns in Umbria. It is impossible not to enjoy the narrow alleys and nice boutiques.

DAY 8 **Homeward Bound**

The tour will end with departure from Assisi railway station to your next destination.

TOUR DATES

October 2

TOUR PRICE

€1,100.00 per person sharing

€1,250.00 for single occupancy

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfast
- 3 Dinners
- Bike rental
- Luggage transfers
- All necessary transfers
- Maps and route notes

WHAT TO BRING

Here is a checklist of items we suggest to take with you:

- Cycling Clothing: 2 jerseys, 2 padded shorts, waterproof jacket, gloves and sunglasses
- If you decide to take cycling shoes please bring your own spd pedals as our bikes are fitted with standard pedals
- Cycling helmet
- Hat
- High protection sun cream and after sun cream
- Swimming costume
- Casual evening dressing

BIKE / FITNESS

Bike hire is included in the tour package



Aluminium frame
Shimano gear system
24 speed
2 side bags
Water bottle carrier
Repair kit
Map support

Helmets are **not** included.

Level of difficulty:- 1 stage easy, 4 medium + 1 difficult

The advantage of a cycling safari is that you can take the tour at your own pace. Longer options are available some days but the back-up van is also available for those who might decide to take it a bit easier. However there are hills en route and we would recommend that you do cycle before the tour on some "training" runs!

TRAVEL INFORMATION

How to get there

You can arrive in Terontola by train from Rome or Florence. Although there are a number of trains each day from both cities we would ask that you join one of the trains listed below, so that we do not have to meet every train in Terontola! It is very important that you **advise our office in advance** of what train you plan to get, so as that we can arrange for someone to meet you at the station (which isn't that big!)

Florence	Terontola:
08.36	09.43 (10.20 meeting time 1)
11.31	12.37 (12.40 meeting time 2)
14.10	15.37 (15.40 meeting time 3)
18.10	19.37 (19.40 meeting time 4)

Rome	Terontola:
08.12	10.17 (10.20 meeting time 1)
10.12	12.17 (12.40 meeting time 2)
13.40	15.24 (15.40 meeting time 3)
16.12	18.17 (18.20 meeting time 4)

The train cost approximately €13.00

All the details for the above train journeys are on the website

<http://reiseauskunft.bahn.de/bin/query.exe/en>

Or visit the Italian Rail Website for more information on trains in Italy: www.trenitalia.com

If you are unexpectedly delayed you can phone the first night's accommodation. Alternatively you can phone Beppe, one of our representatives in Italy on 0348 2543906.

The tour ends up in Todi which is close to Orvieto train station where we will bring you to on the Saturday.

Please note that the timetable may change, we advice that you check the website: www.trenitalia.it