

Cycling Safaris

UMBRIA - The easy way 2010 Self-Guided 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**

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!

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.