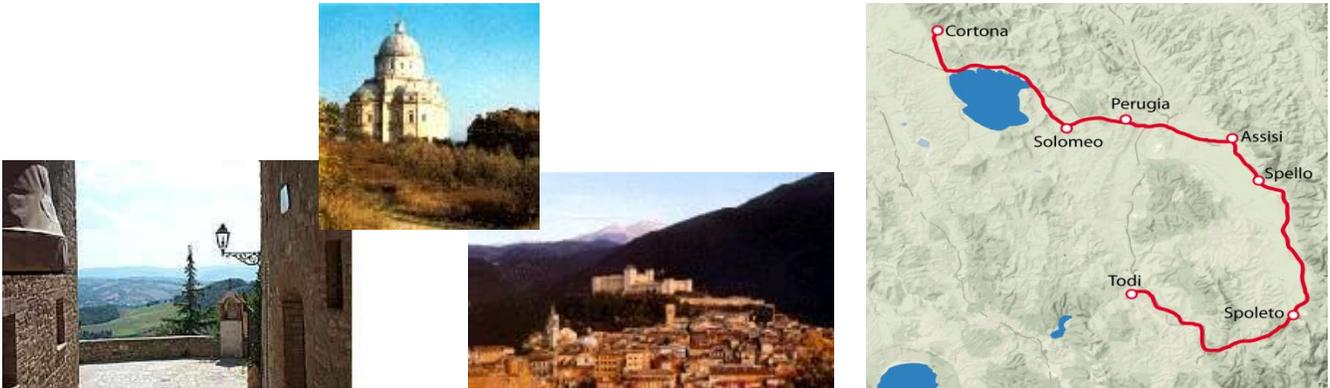


Cycling Safaris

The Hill towns of Umbria 2017

Self guided

257 km | 7 nights / 8 days



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

Cortona

You can arrive from Rome or Florence to Terontola railway station and we transfer you to Cortona.

Day 2

Cortona/la Corte del Poggio

45 Km.

Our representative will meet you at your hotel and bring you the bikes and the informative kit. He will be ready to answer your questions about the tour. Trasimeno lake is known for its olive covered surrounding hills, the lovely villages and the bamboo ridden shores, a resting place for migrating birds. Take a boat to Isola Maggiore where old ladies weave their age-old laces and where you can taste a delicious fish at Sauro's. Discover Montecorognola view point over the lake, Monte del Lago and San Feliciano fisherman village; Spend the night in lovely country Inns.

Day 3

La Corte del Poggio/Perugia

32 Km

Your day destination is Perugia, the main town in Umbria, with its fine square and communal palace, its renaissance painting collection, and the Rocca Paolina, the subterranean town. Perugia is also a lively town with shops and fashionable boutiques. Spend the night in town.

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



Bike hire is included in the tour package
Model : Hybrid BIANCHI - Camaleonte 4

Aluminium frame (sizes 43/ 58 cm)
Shimano gear system Sora (triple front chain)
27 speeds
1 side bag on the rack
water bottle carrier
repair kit
a map support

Helmets are not included, please bring your own.

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!

TYPICAL ACCOMMODATION - subject to availability

Day 1	Cortona	San Michele -	www.hotelsanmichele.net/it/
Day 2	Poggio delle Corti	la Corte del Poggio	www.poggiolo.it/
Day 3	Perugia	hotel Fortuna	www.perugiaonline.com/hotelfortuna/
Day 4 & 5	Assisi	3 Esse country house	www.countryhousetreese.com/
Day 6	Spoletto	hotel Charleston	www.hotelcharleston.it/
Day 7	Orvieto	hotel Aquila Bianca	www.hotelaquilabianca.it/

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.

TRAVEL INFORMATION

Nearest airports: Rome, Pisa or Florence.

You will be picked up at Terontola-Cortona train station.

On day 8 we transfer you to Orvieto train station (1 Hour from Rome).

Website on trains in Italy: <http://www.trenitalia.com/>