

Cycle tour in Umbria

7 DAYS / 6 NIGHTS, APPROX. 240 KM
BOOKING CODE: IT-U6

DAILY ROUTE LENGTH ●●●●●●
TOPOGRAPHY ●●●●●●



Your tour

You want to experience a charming, scenic region in Italy off the beaten track? Then come with us on a star bike tour in Umbria. Experience the many cultural and scenic highlights of the region, where much is similar to Tuscany, but everything seems quieter and more pristine. Cycle past bright yellow sunflower fields and shimmering silver olive groves. Visit medieval towns like Assisi and Montefalco. Enjoy excellent wines, olive oils and chocolates produced in the best quality in Umbria. At the end of the day's tours, return to your cosy hotel. The hotel's beautiful pool and large garden provide relaxation. After a week full of impressive experiences, it's arrivederci in Umbria!

Itinerary

Day 1	Individual arrival to San Martino in Campo
Day 2	Excursion to Assisi, approx. 50 km
Day 3	Excursion to Todi, approx. 50 km + transfer
Day 4	Excursion to Montefalco, approx. 40 km + transfer
Day 5	Excursion to Sant'Enea, approx. 40 km
Day 6	Excursion to Lake Trasimen, approx. 60 km
Day 7	Individual departure

Travel time

Season A	04.04. – 12.04.	26.09. – 10.10.
Season B	18.04. – 02.05.	05.09. – 19.09.
Season C	09.05. – 29.08.	

Arrival Saturday 04.04. – 10.10.2026
The season is dictated by the arrival date.

Services

- 6 nights with breakfast in the 4* Hotel Alla Posta dei Donini in the selected room category
- Non-alcoholic drinks from the minibar
- Bustransfer Montefalco – San Martino incl. bike
- Bus transfer Todi - San Martino incl. bike
- Digital travel documents and route navigation via app
- Discount wellness area (approx. 35 € per person, duration approx. 2 hours)
- Use of the outdoor pool at the hotel (usually open from May)
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)
- Wine tasting and typical lunch at Chiorri Winery

Not included services

- Citys or visitors tax, if payable

Basic price per person	Category B	Category A
Doubleroom, Season A	899,-	979,-
Doubleroom, Season B	999,-	1089,-
Doubleroom, Season C	1089,-	1159,-
Additional fee single room	409,-	459,-

Additional night prices per person	Category B	Category A
San Martino in Campo DBL / BB	89,-	99,-
San Martino in Campo SGL / BB	149,-	165,-

Additional services per person	
E-bike / Pedelec*	289,-
Rental bike (21-gear)*	99,-

*including rental bike insurance

Exemplary hotel list Category A

San Martino in Campo	Residenza d'Epoca alla Posta dei Donini	http://www.postadonini.it/
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Exemplary hotel list Category B

San Martino in Campo	Residenza d'Epoca alla Posta dei Donini	http://www.postadonini.it/
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Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Languages Travel documents

→ German, English, French

Additional note

- All bookings are on request.
- Optionally bookable: Printed travel documents incl. maps, per room € 20
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Comfortable saddle
- Bike lock
- Air pump (1 x per room)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier
- Waterproof handlebar bag with map holder

Journey to San Martino in Campo

- Nearest airports: Florence
- Train station: San Martino in Campo or Perugia

Parking in San Martino in Campo

- Free parking spaces or parking garage, costs approx. 15 € / day, no reservation possible through Radweg-Reisen.

Stages description

Day 1: Individual arrival to San Martino in Campo

The small village of San Martino in Campo is not far from Perugia. After your arrival, you will receive your rental bikes and further information about your star bike tour in Umbria at the hotel. Depending on your mood, you can take a stroll through the small village. If you prefer to relax after your journey, unwind in the hotel park before enjoying your welcome drink on the sun terrace.

Day 2: Excursion to Assisi, approx. 50 km

Today you cycle through the Tiber Valley, surrounded by bright fields of sunflowers and wheat. Allow yourself time for a rest in a beautiful spot. You then tackle the short ascent to Assisi. The town sits proudly on the slopes of Monte Subasio. Visit the Basilica of St. Francis or the Rocca Maggiore castle. A magnificent view over the town and the entire valley awaits you. Then cycle back down into the valley to your hotel.

Day 3: Excursion to Todi, approx. 50 km + transfer

Today's cycle tour takes you through the typical Umbrian landscape. You cycle through fields and olive groves with wonderful views of the Tiber Valley. You soon discover Todi, your destination for today's stage. You have plenty of time to explore the Etruscan town. Stroll through the narrow streets and treat yourself to a creamy cappuccino in the lively Piazza del Popolo. Return to the hotel by train in the evening.

Day 4: Excursion to Montefalco, approx. 40 km + transfer

Today is all about culture. Medieval towns such as Bettona, Bevagna and, last but not least, Montefalco are on the way and are well worth a visit. With their narrow alleyways and quiet squares, all of these towns have their own unique medieval flair. Immerse yourself in times long past and let yourself be enchanted by the charm of the towns. Take the impressions of the day with you on your return journey to the hotel by transfer bus.

Day 5: Excursion to Sant'Enea, approx. 40 km

Gently undulating from village to village, today you cycle through an almost picture-book landscape. Accompanied by golden wheat fields, lush green vines and shimmering silver olive groves. The highlight of today's stage on the Star Cycle Tour in Umbria is a visit to the famous Chiorri winery. Enjoy not only the fine wines but also a typical lunch on the terrace with a wonderful view of the surrounding countryside.

Day 6: Excursion to Lake Trasimen, approx. 60 km

Today you set off on your last excursion on your cycle tour in Umbria. Tackle the stage to Lake Trasimeno, where you can expect some longer climbs. Glistening in the sun, the lake beckons for a refreshing, relaxing swim. You will come across rustic trattorias on the paths through fields of sunflowers and vineyards. Stop off and experience Italian hospitality with a good glass of Umbrian wine.

Day 7: Individual departure

After breakfast you start your individual return journey home or extend your stay.