

Aspects of Assisi

Hotel-to-hotel independent cycling

- Gentle mostly flat pedaling: olives, sunflowers, vineyards and apricot orchards
- Gorgeous summer climate, soft terracotta colors, sun-drenched landscapes, panoramic views
- Wonderfully friendly, high quality hotels, each with private swimming pool; superb cuisine, amazing value wines
- Beautiful hilltop villages and hamlets, each with its own hidden treasures
- Ancient Assisi - jewel in the Umbrian crown; gorgeous Spello, Etruscan Perugia, medieval Bevagna



Few places can stir emotions quite as intensely as Umbria and, to visit here is to embark on a journey into a timeless world of sun-drenched landscapes, ancient hill villages and some of the friendliest people we've ever met.

This 8-night independent cycling holiday combines gentle pedaling through olive groves, sunflower fields, vineyards and apricot orchards with the chance to explore some of the most fascinating towns and historic villages in the country. You'll freewheel along the stately Roman *Via degli Ulivi* and follow in the footsteps of emperors at the sacred springs of Campello sul Clitunno.

Highlights include the lovely hilltop wine village of Montefalco, 'the balcony of Umbria,' and the fascinating historic city of Spoleto crammed with exciting Roman remains including Emperor Vespasian's mother's house, and fascinating original atrium, baths and mosaics. And, of course, no trip here would be complete without spending time in magical Assisi - be sure to visit St Francis' Basilica with its beautifully ornate frescoes and his peaceful forest retreat on Monte Subasio where he used to stroll and preach to the birds.

The hotels we've selected for this holiday are pretty special too, ranging from an elegantly restored, antique-filled farmhouse in the heart of the Umbrian countryside, to a panoramic ★★★★★ hotel in Spello with a gourmet restaurant and one of the most prestigious wine cellars we've ever stumbled upon!



ASPECTS OF ASSISI | DAY BY DAY



Day 1 Arrive at Spello

We meet you at Foligno station and take you (25 mins) to picturesque Spello in time for dinner in your hotel's atmospheric restaurant.

Day 2 Spello to Spoleto 36km/22mi

Today is level cycling most of the way along the Teverone Valley with some of the best views of the week. We strongly recommend the short uphill detour to Trevi, a beautiful hilltop village dating back to Roman times and capital of the Umbrian olive oil industry. Finally through ancient San Giacomo and on to one of the friendliest hotels we've ever stayed in just outside of Spoleto.

Day 3 At Spoleto

Our hotel here is just 3km/2mi from the fascinating historic city of Spoleto. Apart from being a great art city, Spoleto has buildings seemingly reflecting every major architectural style in history, including a Roman arch, a C10 church, C12 Duomo and a 80m high C14 aqueduct. The castle here was a former prison and now houses an impressive art museum. Lots of lovely cobbled squares crammed with traditional *trattorie* for lunch.

Day 4 Spoleto to Bevagna 36km/22mi

The wines of Montefalco are known throughout the world, in particular the fine red Sagrantino. There is a climb up to the old village itself, 'the Balcony of Umbria', but you are well rewarded with winetasting, magnificent views and beautiful mediaeval streets. All downhill from here past lush green fields, poppies and buttercups with splendid views over Bevagna, Monte Cucco and the Marche Apennines beyond. Your hotel boasts a fabulous panoramic terrace for pre-dinner drinks - views across the entire valley.

Day 5 At Bevagna

This morning maybe wander into the mediaeval walled town of Bevagna, our absolute favourite in Umbria. Visit the C13 Gothic Palazzo dei Consoli, the golden mediaeval theatre, or the C2 Roman temple and baths that include a spectacular lobster mosaic. And then enjoy a relaxing afternoon by the pool with sleepy views over the 'green heart of Italy', the dreamy Umbrian countryside.

Day 6 Bevagna/Ripa 39km/25mi or 52km/33mi

Not long after leaving Bevagna this morning you find yourself freewheeling down into the tiny, circular walled village of Torre del Colle with its photogenic little streets. Then flat cycling across the plain into the old wine town of Torgiano with its famous Lungarotti cellars. Time for a visit and some tasting before cycling on the 'Wine and Art Road' to Brufa, perhaps stopping to try some of the local olive oil.

Day 7 At Ripa

Your luxury hotel here has a wonderful panoramic pool and terrace overlooking the stunning Chiona Valley if you just fancy a lazy day. Alternatively you can take the local bus or taxi (approx 25 mins) to the university town of Perugia, famous for one of Italy's finest art collections. Or cycle to Assisi - you will pass through tomorrow, however there's a great deal to see (the beautiful Piazza del Comune, the 13C Giotto frescoes and well-preserved temple of Minerva) so the short ride is well worth while.

Day 8 Ripa/Spello 26km/16mi

Your last day's cycling takes you through the Chiasco Valley, on country lanes passing sunflower fields, ochre-colored farmhouses and meadows redolent with wild apricots and figs. Enjoy spectacular views of Saint Francis' Basilica as you approach Assisi, your lunch spot for today, before cycling on along the lovely traffic-free *Via degli Ulivi* and through olive groves back to Spello.

Day 9 Leave Spello

Leave Spello after breakfast for your flight home. Alternatively, perhaps spend extra nights in Rome - we can easily arrange these for you.

Note: Please note that, from spring 2011, cycling helmets are compulsory in Italy for children under 16. As we cannot provide these, we strongly recommend that you bring your own.



Dates and Prices

| Departs every two days | Tour Only |
|------------------------------|-----------|
| 2012 departures | |
| Oct 2-14 | \$2,939 |
| May 3-Jun 30 | \$2,977 |
| Sep 10-30 | \$2,992 |
| Jul 2-Sep 8 | \$3,012 |
| Child (any dates, see notes) | \$1,865 |

Singles: Add \$36 per night for sole occupancy of a double room.
Child: Over 2 and under 12, sharing with 2 adults.
Room upgrade: Prices from \$19 per person, per night, based on 2 sharing.
Holiday type: Independent cycling, hotel-to-hotel, no minimum group size.
Departs: Every two days from May 3 to Oct 14.
Duration: 9 days (8 nights).
Meals: Continental breakfast and evening meals.
Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

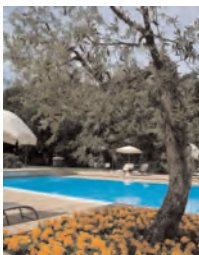
Nearest Arrival Airport: Rome Fiumicino Airport
 Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.
The above prices include our standard transfers: Foligno train station at 16:58 (transfer to hotel, 25 mins, provided). **Return:** Foligno train station by 10:16 (transfer provided).
Rail options: Rome Termini to Foligno 15:27/16:58. Return: Foligno to Rome Termini 10:16/12:23.
Second Class Italian Rail: Add \$167 per person, round trip.
First Class Italian Rail: Add \$314 per person, round trip.
Tour only: Transfers included from Foligno train station at 16:58, and back to Foligno train station departing hotel at 09:15.

C08UM

ASPECTS OF ASSISI | WHERE YOU STAY



La Bastiglia
★★★★
Spello
Days 1+8



Hotel La Macchia
★★★★
Spoleto
Days 2+3



Poggio dei Pettirosi
★★★★
Bevagna
Days 4+5



Ripa Relais Colle del Sole
★★★★
Ripa
Days 6+7

For extra nights we recommend Spello and Spoleto, and city add-ons can be arranged in Perugia and Rome.