



## TOUR ITINERARY

RIDING  
LEVEL

1

Europe / Italy / Umbria

# Umbria Family Bike Tour

Italian Ideals and Old-World Family Traditions



## TOUR HIGHLIGHTS

- Get your hands into the dough during a cooking class at Antonelli Winery
- Bike to Assisi, the birthplace of Saint Francis, to explore its Renaissance art, historic hermitage, and the Basilica of Santa Maria degli Angeli
- Hike through pine and oak forests on Mount Subasio
- Go truffle hunting with a local truffle hunter and his dogs



## ARRIVAL + DEPARTURE

### Arrival Details

- ✈ **Airport City:**  
Rome, Italy
- 📍 **Pick-Up Location:**  
Spoleto Train Station
- 🕒 **Pick-Up Time:**  
9:30 am

### Departure Details

- ✈ **Airport City:**  
Rome, Italy
- 📍 **Drop-Off Location:**  
Foligno Train Station
- 🕒 **Drop-Off Time:**  
11:30 am

**NOTE:** DuVine provides group transfers to and from the tour, within reason and in accordance with the pick-up and drop-off recommendations. In the event your train, flight, or other travel falls outside the recommended departure or arrival time or location, you may be responsible for extra costs incurred in arranging a separate transfer.

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### Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or [emergency@duvine.com](mailto:emergency@duvine.com).

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### Travelers Take Note

Road quality in Umbria has been impacted by the 2016 earthquakes in the region.

Hiking shoes are recommended for the hike on this tour. We suggest hiking boots or trail shoes with good traction. You may also find moisture-wicking clothing or a daypack useful, but not required.

### Younger Travelers

- For safety reasons, children must be at least 7 years old to ride their own bike; trailers and tag-along bikes are available for younger children
- Safety triangles provided to all children on tour

# TOUR ITINERARY

## Tour By Day

DAY  
1

### Welcome to Umbria!

Your guides will meet you at the train station, and then we're off to the ancient Roman town of Spoleto where the imposing *Rocca* fortress dominates the skyline. Ride into the countryside of the Umbrian foothills to a local olive mill and enjoy a rustic lunch and olive oil tasting. From here it's a quick ride through the olives to our home for the next two nights: a reimagined farmhouse resort. Spend the afternoon relaxing by the pool, or continue your adventure with some uncharted extra riding. This evening we will dine at our farmhouse's restaurant, sampling some of Umbria's most characteristic dishes.

**Meals:** Lunch / Dinner

**Destinations:** Spoleto, Poreta

**Accomplished:** 15 miles / 24 km, elevation gain: 1,010 feet / 308 meters

**Longer Option:** 27 miles / 43 km, elevation gain: 2,148 feet / 655 meters

**Accommodations:** [Borgo della Marmotta](#)

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DAY  
2

### Trevi and Truffles

Our day begins with a truffle hunt in the local forests. Meet a *tartufaio* (truffle hunter) and the real star of the show, his dog, as they look/sniff for these hidden treasures. Then hop on the bikes to ride along the valley floor along peaceful canals to the Roman village of Trevi. Eat lunch here at our favorite trattoria hidden in the maze of medieval alleys. After lunch, explore the town before continuing on our bikes back to the hotel. Take a longer ride option or relax by the pool at our farmhouse estate before regrouping for dinner.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Fonte di Clitunno, Trevi, Poreta

**Accomplished:** 22 miles / 36 km, elevation gain: 1,381 feet / 421 meters

**Longer Option:** 26 miles / 42 km, elevation gain: 1,896 feet / 578 meters

**Accommodations:** [Borgo della Marmotta](#)

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## TOUR ITINERARY

DAY  
3

### The Olive Groves of Montefalco

Start your day with a ride through fields and farms to the gorgeous Antonelli Winery in the Sagrantino wine-producing region. Here, our host Wendy will teach us how to prepare typical Umbrian dishes during an unforgettable cooking class and lunch including wine pairings from the vineyard with each course. Save room for a glass of Sagrantino passito with her homemade dessert. After lunch, it's a quick ride through the olive groves to Montefalco, the historic hill town where we will spend the night in a stylish noble palace right on the main square. Relax, explore the town, or opt for some extra riding. Your guides can recommend the best local spots for dinner tonight.

**Meals:** Breakfast / Lunch

**Destinations:** Castel San Giovanni, Antonelli Winery, Montefalco

**Accomplished:** 23 miles / 37 km, elevation gain: 1,902 feet / 580 meters

**Longer Option:** 33 miles / 53 km, elevation gain: 2,709 feet / 826 meters

**Accommodations:** [Palazzo Bontadosi](#)

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DAY  
4

### The Trail of Saint Francis

Say goodbye to Montefalco as we descend to the walled Roman town of Bevagna. Ride along the cobbled streets that trace the ancient amphitheater and then out into the Valle Umbra and a small family farm where our hosts Fatima and Feliciano will greet you with open arms for a true taste of home-grown products and hospitality. Then it's on to Spello, another fascinating hilltown with a hidden chapel by the Renaissance master Pinturicchio. End the day with a final ride through the olive trees to Assisi and our incredible hotel, a former nunnery located just within the medieval walls. In Assisi, opt to visit important sites like St. Francis's hermitage, or relax in the peace of the spa, built inside the structure of a Roman bathhouse from 100 AD. Tonight, your guides will take you to our favorite pizzeria for a meal that everyone will love.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Bevagna, Spello, Assisi

**Accomplished:** 22 miles / 36 km, elevation gain: 1,086 feet / 331 meters

**Longer Option:** 27 miles / 43 km, elevation gain: 2,207 feet / 673 meters

**Accommodations:** [Relais Nun Assisi](#)

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DAY  
5

### The Serenity of Subasio

Depart the medieval gate of Assisi for a hike through the forests and high mountain pastures of Mount Subasio, with spectacular panoramas of wild Umbrian valleys. Stop for a picnic lunch featuring fresh local products prepared by your guides. Hike back down towards Assisi to spend the afternoon exploring or relaxing at the hotel's award-winning spa. Tonight enjoy your final dinner together in a restaurant that features recipes from the Middle Ages.

**Meals:** Breakfast / Lunch / Dinner

**Destinations:** Bevagna, Monte Subasio

**Accomplished:** 2-4 hours hiking

**Accommodations:** [Relais Nun Assisi](#)

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DAY  
6

### Goodbye in Foligno

After a delicious breakfast, choose to take a final morning bike ride or relax at the hotel before your guides transfer you to the train station in Foligno. Then it's on to your next destination!

**Meals:** Breakfast

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