

## **UMBRIA BIKE & SLOW FOOD HOLIDAY**

*This "retreat" is a mix of active and local living experience, combined with some bike riding, hiking and cruising around with the comfort of a minivan. Ideal for those searching for an active holiday balanced with food and wine experiences, with the comfort of staying at the same home for the whole vacation. Get your hands doughy during a cooking class with Mama.*

*This is the perfect opportunity to immerse in the nature and culture of Umbria, also known as the green heart of Italy. We will ride and hike to explore the essence of the region while tasting our way through some of the country's best Slow Food product.*

*Let's go tasting some organic food at our friend's farm. It's fresh, healthy and yummy. It's fun. Let's have a glass of Sagrantino: the master of the wine in Umbria.*

*Also, have you ever dreamed of living in a Medieval Castle? Sitting on top of a beautiful hill in the middle of the Umbrian countryside, Torre del Colle is a hidden gem and the perfect get-away.*

*Escape from the stress, take care of yourself. The tiny medieval village will take you back in time.*



## **TOUR HIGHLIGHTS**

- √ *Live for a week in a fairy tale - like medieval village in the heart of the Italian countryside.*
- √ *Bike through olive groves, vineyards and lush green fields.*
- √ *Discover Umbria's food & Wine excellences through authentic and local experiences*
- √ *Enjoy a hands-on Cooking Class...the best mamma chef in the area, will teach you how to make home-made pasta and more typical Umbrian delicacies.*
- √ *Explore Umbria's wine region with a full day wine tasting tour.*
- √ *Discover the fascinating beauty and history of Assisi, the birthplace of San Francis. Hike through his hermitage and all the way up to the top of Mount Subasio for amazing views over the valley.*

## **THE VENUE**

*Sitting on top of a beautiful hill in the middle of the Umbrian country side, Ostello Bello Assisi Bevagna is a hidden gem, the perfect get-away. The tiny medieval village will take you back in time while allowing you to access everything the region has to offer. The accommodation is a boutique scattered hostel featuring 4 master double bedrooms with view over Assisi, 2 apartments and 2 shared bedrooms, a large cozy living space, where a freshly made breakfast is served every day. The place also includes a communal kitchen where our home cooked dinner are prepared and a lovely garden with hammocks with a swimming pool and a BBQ area to relax at the end of the day.*

*Torre del Colle has everything you need for a perfect regenerating holiday in contact with nature.*

### **Accommodation**

*Check-in Time:*

*14:00*

*Check-out Time:*

*12:00*

### **Facilities**

- *Swimming pool (outdoor)*
- *Kitchen*
- *Free Wi-Fi*
- *Laundry*

## TOUR BY DAY

### **DAY 1. ARRIVAL DAY**

*Benvenuto!* Welcome to Umbria. Your guide will pick you up at the arranged meeting point and drive you to our home for the week. Torre del Colle is an old Medieval castle sitting on top of a beautiful hill in the middle of the Umbrian countryside. A hidden gem and the perfect get-away. Now it's time to relax, enjoy a glass of wine at Sunset and get ready for a group dinner at the local trattoria.

➤ **Dinner at Serpillo Restaurant in town.**

Former Olive Oil Mill now restaurant, *Serpillo* attract every day both local and international visitors looking for a gourmet experience in a unique setting. Head Chef, Daniele Giorgietti, was born and raised only 3.4km away. At the age of 22, he took his motorcycle and traveled to countries like Georgia and India. After eating incredible foods and living through amazing experiences, he came back to Umbria and opened up this Michelin Guide restaurant.

### **DAY 2. BEVAGNA BIKE & WINE TOUR**

*Buongiorno!* Start your day with a ride down to the walled Roman town of Bevagna, bike along the cobbled streets that trace the ancient amphitheater. Enjoy a cappuccino at the bar, dip yourself into the life "Italian Style". After a visit to the sleepy yet picturesque medieval town, head out to the Valle Umbra with its flat countryside roads and lush green fields. Stop at our friend's organic winery and be delighted by a wine tasting along and a home-made lunch. From here, it's a quick ride back to our home where you'll have time to relax and enjoy the sunset views before our homemade dinner. **Can you play the guitar?**

---

**Meals:** Breakfast, Lunch and Dinner

**Destinations:** Bevagna / wine tasting

**Accomplished:** 35km – 20 miles

*Greenways Italy is a registered Tour Operator / Travel Agency Company at Chamber of Commerce of Perugia REA PG-307713 - P.I.03695640130*

*Piazza del Castello,5 06031 Bevagna*

[Info@greenwaysitaly.com](mailto:Info@greenwaysitaly.com)

+39/3884779923 - +39/3477709129

[www.greenwaysitaly.com](http://www.greenwaysitaly.com)

- **Home cooked Dinner:** *Our home-cooked dinners are prepared using only local organic and seasonal products from the area. We prepare healthy & tasty meals like if you were invited in our own home. For Italian food is much more than just eating, it's the soul of our culture, the way we show love. Get ready, it's going to be Yummi!*

### **DAY 3. GOLD OF SPELLO BIKE TOUR**

*Our day begins with a ride across the beautiful Umbria Valley through the peaceful backroads all the way to the hill-top town of Spello. Walk around appreciate the beauty of the village, or opt for a bit more challenging climb to Collepinno. Yes, it's a bit of a climb but totally worth the effort. Oh, the last one buys espressos for everyone...*

*Flavor the world-famous Extra virgin olive oil, the so-called Gold of Spello known for its unique flavors and natural properties. After lunch, ride through the olive groves of the Olive Path all the way back. Hey, it's happy-hour before homemade dinner.*

*Relax before our evening meal.*

**Meals:** Breakfast, Lunch and Dinner

**Destinations:** Spello / Olive oil Tasting

**Accomplished:** 45 km / 25 miles

- **Home Cooked Dinner**

### **DAY 4. ASSISI HIKING AND CITY WALKING TOUR**

*Today we will drive to the City of Assisi to start our Hiking through San Francis's Hermitage and all the way to the top of Mount Subasio. Enjoy this immersing walk through the holy forest where Franciscans used to meditate and still today you can find peace and tranquility away from the city tourist crowds.*

*Relax for a home-made pic-nic lunch enjoying great views of the whole area. Return to Assisi city center after lunch and take a guided walking tour of the historical center with a local guide. Relax and get ready for a pizza night.*

**Meals:** Breakfast, Lunch (pic-Nic) and Dinner

**Destinations:** Assisi and Mount Subasio / Saint Francis Cathedral

**Accomplished (hiking):** 10 km / 7 miles

- **Pizza night**

## **DAY 5: LAKE TRASIMENO BIKE TOUR**

Wake up with an Italian espresso! Today's adventure will take you north, to the border with Tuscany: Lake Trasimeno. You'll ride following the cycle path visiting different fishing villages, small beaches, scenic spots of great beauty that make Lake Trasimeno a must-see when visiting Umbria and Tuscany. It's the longest ride of the week, but it's mostly flat with some short hills and plenty of stops for pictures opportunity. A very beautiful ride. Watch the sunset right into the water while having a drink before your guide will drive you back. Group dinner.

**Meals:** Breakfast, Lunch and Dinner

**Destinations:** Lake Trasimeno

**Accomplished:** 55 km – 35 miles

- Dinner at local Osteria

## **DAY 6: WINE TASTING TOUR**

Today, let's give our legs some rest and get comfy in the van. Engage your senses on a wine tasting tour through the vineyards and olive groves of the region. Learn about the art of making wine, and immerse yourself into the vineyards of Sagrantino's Land: The Master of the wine. Try some fruity white *Grechetto* and some sparkling Umbrian *Prosecco*. Why not taste a platter of organic sliced meat and local pecorino cheeses, while sipping your glass? Known for the production of *Sagrantino Montefalco DOCG* wine and *Grechetto Bianco*, winemakers and professional sommeliers will lead you through this sensorial experience.

In between tastings, treat your palate to a lunch of organic Umbrian products.

**Meals:** Breakfast, Lunch

**Activity:** Wineries tour/ wine tastings

- Free time for dinner

*Greenways Italy is a registered Tour Operator / Travel Agency Company at Chamber of Commerce of Perugia REA PG-307713 -*

*P.I.03695640130*

*Piazza del Castello,5 06031 Bevagna*

[\*Info@greenwaysitaly.com\*](mailto:Info@greenwaysitaly.com)

*+39/3884779923 - +39/3477709129*

[\*www.greenwaysitaly.com\*](http://www.greenwaysitaly.com)

## **DAY 7: FARM TO TABLE EXPERIENCE AND COOKING CLASS**

Enjoy a free morning and choose from a wide variety of optional activities or simply relax in our village. In the afternoon, walk to our friend's family-owned organic farm, get to know their animals, goats, pigs, geese, donkey, and learn all about their production. Explore their orchard selecting and picking their seasonal vegetables which will be used during the cooking class as part of our evening meal. You will learn how to prepare the typical Umbrian home-made pasta and much more... At dinner, taste what you have prepared and enjoy a typical Italian feast! *Salute!*

**Meals:** Breakfast, Dinner

**Destinations:** Farm and Cooking Class

- Dinner at the Farm / Free time for lunch

## **Day 8: FAREWELL**

*After a delicious breakfast, it is time to say good-bye! Your tour leader will drive you to Foligno train station around 10 am. Then it's on to your next adventure!*

**Meals: breakfast**

- *Please note that itineraries are subject to change due to weather conditions*

## **PACKAGE 1: SUPERIOR DOUBLE ROOM WITH PRIVATE ENSUITE BATHROOM**

Every room in your beautiful scattered hotel is a work of art, with its own personality and characteristics that make it unique and unforgettable. You can choose to sleep in a gym, a magical forest with your bed mid-air or in the mind of a painter. We can assure you it won't be every day that you'll come across rooms like these, but just wait to see the bathrooms!

**PRICE per person in Double shared room: EUR 2100**

**SINGLE OCCUPANCY: From EUR 500**

## **PACKAGE 2: MEDIEVAL TOWER APARTMENT**

To sleep in a Medieval village is a dream, but to sleep in a medieval tower is a fairy tale! Choose to live like Rapunzel in the most special room this scattered hostel offers, with a panoramic terrace from which the view is stunning, you'll never want to

leave.

The bedroom, on the upper floor, has an independent entrance, on the middle floor you have the quaintest living room, with room for two extra beds, and on the ground floor you'll find a dining room with an open-plan kitchen

**PRICE per person in Double shared room: EUR 2.300**

**SINGLE OCCUPANCY: From EUR 500**

### **TERMS & CONDITIONS**

- Available Dates: **May 10-17 / June 3-10 / September 27- Oct 04 2020**
- Min. 4 Max 8 people per tour
- Cancellation Policy: The tour will be confirmed if the minimum number of people is reached. Confirmation will be given 45 days prior the tour start.

### **CANCELLATION POLICY**

- A reservation requires a deposit of 30% of the total price.
- The deposit is non-refundable if the booking is cancelled.
- If the tour is not confirmed, the deposit will be refunded.
- The rest of the payment should be paid 28 days before arrival through credit card or bank wire transfer.

*Greenways Italy is a registered Tour Operator / Travel Agency Company at Chamber of Commerce of Perugia REA PG-307713 -*

*P.I.03695640130*

*Piazza del Castello,5 06031 Bevagna*

*[Info@greenwaysitaly.com](mailto:Info@greenwaysitaly.com)*

*+39/3884779923 - +39/3477709129*

*[www.greenwaysitaly.com](http://www.greenwaysitaly.com)*

## WHAT'S INCLUDED

- Accommodation for 7 nights 8 days
- 7 breakfast, 5 dinners, 6 lunches
- 3 Guided Bike Tours
- Bike Rental: Cannondale dual sport Hybrid Bike with equipment
- 1 Guided Hiking Tour
- Guided walking Tour of Assisi
- Olive oil Tasting Experience
- Wineries Tour and Wine tastings Experience
- Hands-on Cooking class & Farm Tour
- Transfers from Foligno station or Perugia Airport

## WHAT'S NOT INCLUDED

- International Air-fare
- Travel Insurance
- Everything not stated in "What's Included"

