

Umbria Bike & Slow Food Retreat

~ 28 Sept - 05 October 2019 ~

This "retreat" is the perfect opportunity to immerse in the nature and culture of a beautiful area of Italy - Umbria - also known as the spiritual and green heart of Italy.

We will "slowly" explore the area by bike and by foot while tasting our way through some of the country's best Slow Food products that make this area of Italy a must visit especially for genuine, organic, and locally sourced food's lovers.

Have you ever dreamed of living in a Medieval Castle?

Sitting on top of a beautiful hill in the middle of the Umbrian country side, Torre del Colle is a hidden gem and 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.



DAY 1: WELCOME TO TORRE DEL COLLE

The village is located in a strategic position to explore Umbria. Assisi is less than 20km away and can be admired from your bedroom window. The nearest Airport (Umbria's International Airport) is located in Perugia, 22 km away. The closest train station is called Foligno.



➤ **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 Giogietti, 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: BIKE & WINE

A unique journey by bicycle through the Umbrian Valley featuring medieval villages, fortified castles and mostly flat green fields. A relaxing and fun ride through olive groves and vineyards of the Sagrantino's wine growing area completed with an exclusive visit to a boutique winery accompanied with delicious, genuine typical food samplings.

Ride Length: 30 Km

- **Home cooked Dinner tonight**



DAY 3: GOLD OF SPELLO BIKE TOUR

Located on the hills just a few kilometers south of Assisi, Spello is part of the "club" of the most beautiful villages of Italy. Known for its ORO DI SPELLO – The Gold of Spello – the town produces some of the best extra virgin olive oil in the country, and you are going to taste it and learn all about it during our Spello Bike Tour.

We will ride through the famous Olive Path, we will cross the Umbrian Valley and flavor the typical products that makes Spello a must see of the region!

Ride Length: 45km

- **Home Cooked Dinner**

DAY 4: ASSISI HIKING AND CITY WALKING TOUR

Depart from the City of Assisi, walk through San Francis's Hermitage all the way to the top of Mount Subasio. An immersing walk through the holy forest where Franciscan used to meditate and where 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.

➤ **Pizza night**



DAY 5: LAKE TRASIMENO BIKE TOUR OR SIMILAR

Lake Trasimeno is one of the largest lakes of Central Italy. Today's ride will take us around the lake following the cycle path, stopping at different villages

along the way enjoying the beautiful views and atmosphere.

The fresh fish from the lake along with the tiny lake's beans



salad are typical slow food products of this area that we will taste at lunch.

Ride Length: 40km

DAY 6: WINE TOUR

Let's give our active legs a rest and explore the valley by van.

We will reach the wine production area of Montefalco, the production center of the world-famous "Sagrantino" and "Grechetto" wines. We will visit 2 different wineries with different approaches to learn and taste all about the wine culture of Umbria along with some typical food samplings to enjoy along the wines.

➤ **Dinner at Serpillo restaurant**



DAY 7: COOKING WITH MAMMA

Get ready for a full hands-on cooking class with Mamma Doriana at a local Farm house then spend the afternoon relaxing or choose from a variety of outdoor optional activities.

➤ **Lunch at Local farmhouse – free dinner**

DAY 8: FAREWELL

Transfer to Perugia or Rome Airports.

Day to Day PROGRAM

Day 1. Arrival in Torre del Colle

Day 2. Bike&Wine Tour

Day 3. Gold of Spello Bike Tour

Day 4. Assisi Hiking Tour and guided walking Tour

Day 5. Lake Trasimeno Bike Tour

Day 6. Wine tour by minivan

Day 7. Cooking class with mama – Free afternoon

Day 8. Departure day



PACKAGE 1: SUPERIOR DOUBLE ROOM WITH PRIVATE ENSUITE BATHROOM

- Every room in your beautiful hostel 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!



FULL PRICE: EUR 1.292

SINGLE OCCUPANCY: 1.600

PACKAGE 2: STANDARD DOUBLE ROOM WITH PRIVATE ENSUITE BATHROOM

- The perfect solution for two inseparable travel buddies or for a couple: a room all to yourselves with a private ensuite bathroom, air conditioning, a hairdryer, towels, soap and shampoo.



FULL PRICE: EUR 1.263

SINGLE OCCUPANCY: 1.545

PACKAGE 3: 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



FULL PRICE: EUR 1.615

**(BASED ON TWO PEOPLE
SHARING THE APARTMENT)**

PACKAGE 4: SHARED 4 BED ROOM WITH BATHROOM



- If you're a people person who gets along with everybody, the 4bed mixed dorm is what you need.

Under each bed a nice big locker to safely store all of your belongings, an ensuite bathroom and A/C, because sharing is caring up until you start sweating...

FULL PRICE: EUR 1.165

➤ **PRICES ARE PER PERSON.**

➤ **EARLY BIRD BOOKING: 10% DISCOUNT ON EACH PACKAGE.**

WHAT'S INCLUDED:

- Accommodation for 7 nights 8 days
- 7 breakfast
- 5 dinners
- 6 lunches
- 3 Guided Bike Tours
- Cannondale trekking Bike with equipment
- Guided Hiking Tour
- Guided walking Tour of Assisi
- Olive oil Tasting
- Wine Tasting
- Wine Tour with minivan
- Cooking class
- Transfers from Foligno station or Perugia Airport



Greenways Italy Tours

Greenways Italy Tours is a Slow Travel company based in Umbria, Italy.

Born in 2017 from two former International Tour Leaders and Globetrotters- *Greenways Italy Tours* combines Daniele's passion for cycling and Laura's for Italian cuisine and *Slow Food* culture creating day bike tours and customized holidays in Umbria with a focus to outdoor activities, slow food culture and most importantly a genuine interaction with the local communities and its traditions.

They dreamed about starting their own business to fulfill their desire of a more peaceful lifestyle in contact with nature creating unique experiences for travelers from all over the world. In the winter they spend their time scouting for new Italian destinations for their tours and traveling around the world.

