

# Cycling Europe

## ITALY - LA DOLCE VITA!

### THE BEST OF UMBRIA & TUSCANY ON A VESPA 8 DAYS/7 NIGHTS –Self Guided - 2020



*Imagine cruising along the winding country roads of Umbria and Tuscany on your Vespa: being greeted by picture-postcard vistas around every corner; zooming past endless rows of vineyards bearing some of the world's finest grapes; flying through Holm oaks, beech trees, olive groves, parks, gardens, yellow broom, cornflowers, red poppies and the green of the meadows. This is Italy on a vespa - a multitude of colours, fragrances and emotions.*

*Suddenly you come across a medieval village, a little parish church, a city gate, a castle. You sip espresso at an outdoor café, sample Umbrian prized wines, and savour a long, leisurely meal bursting with fresh vegetables, homemade pasta , meat from the*

*region's famed delicatessen (gastronomia) , local cheese, prized truffles, river fish and lentils. This is Italian country living, unaffected by modernisation or haste.*

*On this tour you do it all in the Italian fashion: riding a Vespa scooter, with the sun on your face and the open road before you. The freedom and laugh-out-loud fun of discovering Umbria by scooter will be an adventure to remember.*



## ITINERARY

### Day 1: Arrival in Perugia – Corte de Poggio

Perugia, the capital of the Umbria region, lies at the heart of Italy in a peaceful and beautiful landscape. You will be met and transferred from Perugia train station to Corte de Poggio, where you spend the night. If your arrival is before 2pm, there is the option to take a cooking class (cost not included in tour price). Orientation and vespa fitting will take place.

### Day 2: Corte de Poggio - Montefalco

You are now in the heart of Umbria - visit the famous ceramic makers and Lungarotti wineries home town, Torgiano. Be careful if wine tasting, this could impair your driving! A visit to the wine and olive oil museum is also recommended. Spend the night in a beautiful villa in Montefalco - once your vespa is safely home, enjoy a glass of Sagrantino, the best of Umbrian wines. Montefalco, famous for both its excellent Sagrantino wines and its wonderful hilltop position, is considered the "Balcony of Umbria". It boasts a number of interesting buildings, including the church of St. Francis, currently a museum, the Art Gallery and the crypt. The town is enclosed in 13th century walls and is dominated by the church of St. Augustine. **Distance: 55km**



Montefalco

### Day 3: Montefalco – Spello – Assisi - Perugia

Explore Montefalco then zoom off to Spello, a smaller, less touristy town on the Subasio slopes. Then its on to Assisi, a UNESCO World Heritage site. Assisi's innumerable artistic and architectural treasures include the Basilica of Santa Chiara, the Monastery of San Domenico and the splendid Basilica of St. Francis. End the day in Perugia, the capital of Umbria. This small town goes back to Etruscan times, with monuments more than 2000 years old - its medieval town is an

intricate net of narrow alleys and cobbled streets. **Distance: 60km**

**Meals: Breakfast**



Basilica of St. Francis of Assisi

### Day 4: Perugia - Cortona

Ride to Cortona, the town made famous by Frances Mayes' book, "Under the Tuscan Sun" passing Lake Trasimeno on your way. Lake Trasimeno (Italy's fourth largest lake covering some 126 km<sup>2</sup>) is classified as a Regional Park. The gently rolling hills that surround the lake are covered in olives and vines. You reach Passignano and, weather permitting, take a boat to Isola Maggiore for a succulent fish lunch (not included), then make the leisurely climb to Cortona where you spend the night. **Distance: 70km**

### Day 5: Cortona – Montepulciano

This is a day for meandering - enjoy the landscape, take photos and at the end of the day, you arrive in the beautiful town of Montepulciano, with its Renaissance palaces and numerous wine shops.

**Distance: 47km**

### Day 6: Montepulciano – Siena

The scenic route to Siena is twisting and full of ups and downs, but not traffic heavy. You will enjoy the ride! Pass through Murlo to reach Siena. What better ending to a day in Tuscany than a gelato, savoured while sitting and people-watching on "Piazza del

Campo". Spend the night in a friendly, centrally located hotel. **Distance: 55km**

### Day 7: Siena - Trequanda

Take some time to explore Siena before taking off into the rugged, eroded 'crete' landscape to reach the Abbey of Monte Oliveto Maggiore - an imposing brick building and beautiful cloister with frescoes by Signorelli. The road to the hill top town of

Trequanda is very scenic and almost traffic-less. Overnight in a lovely wine producing property in the area of Fattoria de Colle. **Distance: 55km**

### Day 8: Return of Vespas

Arrangements end this morning with a transfer to Terontola Train Station). There are more direct trains from Terontola to Florence or Rome.

## 2020 TOUR COST - EUROS PER PERSON

**Double / Twin Share €1288**

**Single supplement (travelling with others) €190**

**Vespa Rental - €295** per vespa

**Solo traveller** - price on request

**Optional cooking class on Day 1** (if arrival before 2pm) **€70**

**Extra nights Perugia pre-/post-tour €65 per person share twin / €75 per person single room**

## DEPARTURES

Start any day April - October

## 2020 TOUR COST INCLUDES

- o 7 nights in charming authentic accommodation
- o Breakfast daily
- o 3 dinners (Days 1, 2 and 7)
- o Detailed maps, road books and directions
- o Luggage transfers
- o Transfer from and to train station
- o GPS included

## INCLUDED IN VESPA RENTAL

- o 7 Days Vespa rental
- o Vespa Insurance (third party)
- o 2 Helmets
- o 1 Side Bag

## CONDITIONS

You must be over 21 years of age, have a vehicle license (car) and an INTERNATIONAL driver's license to rent a Vespa in Italy. Of course, anyone can be a passenger. **It is highly recommended all drivers have previous experience on a scooter or motorbike - If you have not ridden a scooter or motorbike before, then you should take some lessons, and practice before you do this trip.**

**\*\*A driver with pillion passenger must be an experienced motorbike or scooter driver.**

**TIME DOES NOT ALLOW FOR OUR OPERATORS TO TEACH YOU HOW TO DRIVE A SCOOTER.**

**YOU MUST ARRIVE AT THE START OF THE TRIP ALREADY A COMPETENT RIDER.**

You will be driving a motor vehicle on public roads. You are responsible for your safety but also for the safety of other motorists, bikers and pedestrians. You must be able to control the Vespa and drive it competently.

High-tech features complemented with sophisticated and elegant design, make this scooter highly desirable, whilst still paying a tribute to the classic Vespas of the 60s. The Vespa LX 125cc has a 4 stroke engine, electric start and automatic transmission. To drive the vespa 125 LX in **Umbria**, the **italian** law requires only a valid car drivers license.

## INSURANCE

Adequate insurance to cover medical and associated expenses, cancellation, luggage, vespa hire, vespa excess, money and personal liability is a pre-requisite for this holiday.

Recommended: Extra Insurance for the Rental Vespa **can be purchased in Italy for €10 euros per day. This will reduce the excess to €500 Euros.** Without this insurance you will be responsible for all damage caused by your own fault. Please request a copy of rental contract when you book.

## HEALTH & FITNESS

Bookings are accepted on the understanding that all persons travelling are normally in good health and physically equal to the demands of the trip. Passengers over the age of 60 years must have a doctor's certificate confirming their fitness to travel.

## USEFUL LINKS

<http://en.wikipedia.org/wiki/Vespa> Vespa on Wikipedia: very complete, interesting site with lots of trivia!

<http://www.petermoore.net/books/vwav/vwav.html> Vroom with a View: check out Peter Moore's lively account of his solo trip from Milan to Rome on a vintage Vespa. Cool website with lots of pictures & info.

<http://scootnz.blogspot.com> Scoot NZ: a really great website with useful info about Vespas, scooters, and related links. Plus Vespa weekend meets.

## BOOKS TO READ

**An Italian Education – Tim Parks**

**A Room with a View- Edward Forster**

**Under the Tuscan Sun – Frances mayes**

**The Hills of Tuscany – Ferenc Mate**

*To enjoy your stay in Italy you will need to indulge in the Italian way of life. Italy requires that you do everything with 'gusto'. Taste the variety of food, sample the multitudes of different wines, be energetic in conversation and mean what you do! Here, hospitality knows no bounds. If you are willing to live life to the full you will be welcomed with open arms and maybe you will know what it is like to be 'Italiano' for just a short time.*

## BOOK THROUGH

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