

Sample Inntravel Customer Documentation

These documents demonstrate the supportive style of the notes that we supply with the ticketing pack for your independent holiday. Please note that details in sample documents are not updated or checked for accuracy, and in some cases they are for holidays that are no longer available through Inntravel.

Umbria Plains, Valleys & Medieval Towns

Rewarding cycling, fascinating history, medieval towns, spectacular scenery. Discover Umbria, 'the soul of Italy', on two wheels.

We wish you a very pleasant cycling holiday.

Plains, Valleys & Medieval Towns

Assistance:

In the rare event that you should encounter any problems during your stay, please contact the owners/agents in the first instance as they act as our representatives. Please do not wait to report any dissatisfaction until you return to the UK as problems can only be rectified if you give us the chance to do so at the time.

24-hour emergency contact with Inntavel

If you need to contact Inntavel out of office hours on urgent matters, please phone **01653 XXXXXX**.

Your initial call to this number will be taken by our emergency assistance service. Please provide them with your contact telephone number, location, booking reference number (if you have this easily to hand) and a brief description of your problem; they will then immediately contact Inntavel's 24-hour Duty Officer, who will call you to assist.

Please do not call this emergency number for routine matters or enquiries which can be most effectively handled by our full team during office hours.

The local emergency services in Italy can be summoned on **113**.

The international dialling code for Italy from the UK is 00 39. The '0' of the prefix code should be included.

These notes have been compiled carefully by Inntavel with the best information available. We welcome any comments you might wish to make in order for us to improve our standards of service.

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Documentation for your holiday

Your information pack includes:

- Tickets (please double-check these)
- Accommodation vouchers
- Luggage labels
- Taxi vouchers (where transport is arranged by the hotel, the transfer is shown on the accommodation voucher)
- Emergency telephone numbers
- General information on your holiday
- List of hotels
- Information on the area where your holiday takes place
- Your cycling route notes
- Maps: Kompass Map 1; Assisi Map 2; 3 copies (1 x A3; 2 x A4)
Italian maps for Days 3, 4 and part Day 5
- Foreign Office Travel Advice

You should already have received the following documents with your holiday confirmation/invoice (please let us know if you have not received them):

- Your insurance policy documents (if applicable)
- 'Preparing for your Cycle' leaflet
- 'Driving in Europe' leaflet (if you are driving)
- Italy Country Information leaflet

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Your Hotels

Country House Hotel Tre Esse

Valecchie

06081 Assisi (PG)

Tel: XXXX XXXXXX

Hotel La Bastiglia

Salnitaria

06038 Spello (PG)

Tel: XXXX XXXXXX

Nuovo Hotel Clitunno

Sordini

06049 Spoleto (PG)

Tel: XXXX XXXXXX

L'Orto degli Angeli

Via Dante

06031 Bevagna (PG)

Tel: XXXX XXXXXX

Cycle Hire:

Angelucci Cicli

Becchetti

06088 S. Maria degli Angeli (PG)

Tel: XXXX XXXXXX

Transfers: Luca (Mobile tel: 00 39 XXX XXX XXXX)

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General Information

What you need to take: Please refer to our leaflet 'Journeys by Bicycle', for information on what clothing and equipment to take. The sun is very strong in this region and it is **essential** to bring a hat and some high protection sun barrier cream. We strongly advise you to bring and wear a cycle helmet for your own safety. Your shoulders and the back of your legs are particularly vulnerable and should be well protected from the sun's rays. You should also take a substantial supply of water with you and we recommend drinking 1.5-2 litres of water per person each day. If your holiday falls during the hotter months, we advise setting off as early as you can in the morning and resting when the sun is at its hottest; take regular breaks in the shade when possible.

Luggage: Please use the Intravel luggage transfer label to indicate the name of each hotel you will be visiting and the date, so the hoteliers can easily see where your bags are to be taken. Use the party name as shown on the Accommodation voucher. Ensure each piece of luggage is clearly marked with this name. Please try to limit your baggage weight to around 12kg per bag, as otherwise the hoteliers may struggle! You may like to take two bags instead of one to balance things out.

Picnics: are not included leaving you free to buy your own in local shops or to stop at restaurants for lunch along the way. You should take plenty of water with you.

Diet: We have informed the hotels of any dietary requirements you have advised us of, but we do ask you please also to confirm this on arrival.

Swimming pools are usually available from May to September, although exact opening dates of these and other facilities will depend on weather conditions and other circumstances.

Directions by Air and Rail

Please refer to your itinerary for rail travel times. **Please double check the time of your connections locally and note that schedules are reduced on public holidays.** You need to validate your rail ticket before commencing your journey. Some trains (e.g. Express or IC trains) may require a supplement.

From Leonardo da Vinci (Fiumicino) Airport: The airport is about 35km from the city. Airport trains depart every 30mins between 0700 and 2200.

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The journey takes 30mins and costs around 9.50 euros. Please remember to validate your ticket ("*timbrare il biglietto*") in the automatic machine before boarding the train. The trains arrive at Termini station, where you take your onward train.

From Rome Ciampino Airport: Both Ryanair and Easyjet have transfer coaches to Rome Termini station. These can be pre-booked on their websites or purchased on arrival (8 euros one way, 13.50 euros return). The journey takes around 40 mins and departures are normally 40-50 mins after the flight arrives.

Cotral buses (tel: (800) 431 784) run from Ciampino airport to Anagnina metro station (line A) and cost 1.50 euros. From Anagnina, it is a direct 30-minute metro journey to Termini station.

From Rome: If you are travelling via Rome, you may have a reservation for an Italia train. If so, your ticket is also valid for any other train to Assisi. If your journey does **not** coincide with an Italia but with an ordinary Regional or Intercity train (no reservation necessary), your ticket is valid only for these trains and **not** for a Eurostar. Suggested rail times are shown on your itinerary.

From Perugia airport: if you have booked a direct taxi transfer, you will be collected by taxi company TaxiUmbria, Cannailoa, (PG) 06032. Tel: 00 39 XXX XXXXXX / Mobile: +39 XXX XXXXXX. The same firm will take you back to Perugia Airport at the end of your holiday.

At Assisi station: There is a taxi rank directly in front of the station, and usually a taxi waiting. The journey up to the old city and the hotel should cost around 11 euros. If you experience any difficulty finding a taxi, please call the hotel in Assisi (0039 XXXX XXXXX) and they will do their best to assist you.

For your return journey: If returning to Rome by train, you will have a taxi transfer with TaxiUmbria from your last hotel to the station.

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Umbria

Umbria has a special character, a combination of lyrical pastoral countryside and high mountain wilderness. The abiding image of the region is the hilltop town, built in a stone that seems to match perfectly the surrounding landscapes. Perhaps more than any other region in Italy, Umbria has the greatest spiritual heritage. St Francis walked along some of these ancient paths, and abbeys and hermits' caves give thought to the modern visitor of how people in former centuries lived their lives with very few of the facilities which we now think of as essential.

The region was inhabited in the 8th century BC by the Umbrians, a peaceable farming tribe. Later colonisers include the Etruscans and the Romans, and by the 13th century much of the region was made up of diverse city-states, later largely absorbed by the Papal States until Italian unification in 1861. Spoleto, famed for its great summer arts festival (usually in July), is an archetypal Umbrian hill-top town, with dark, brooding medieval streets, and a quite beautiful square and cathedral, the *Duomo*. In addition, you can visit a fine Roman theatre and walk across a 14th century bridge.

Eating and Drinking

Two distinct flavours epitomise Umbria – mushrooms and truffles, both harvested in the beautiful woodland. Other delicacies include trout, cured meats (especially from Norcia, a kind of capital of meats of this kind), and the prized lentils (*lenticchie*) of Castelluccio (used in both savoury and sweet dishes). Locally-produced ingredients include artichokes (*carciofi*), and chestnuts (*castagne*), used in a variety of ways. Of the local cheeses, *pecorino*, from sheep's milk, is a particular speciality, and comes in different forms: *dolce* is the youngest, eaten only 2-3 weeks after being made, while *pecorino stagionato* is matured for 4-6 months. The desserts, too, are delicious, and include some mouth-watering *semi-freddo* (semi-frozen) gateaux. Umbrian wines are gaining in prestige, especially the reds of Torgiano and Montefalco. For whites, the crisp wines of Orvieto do not have to travel far.

Wildlife

Umbria is one of Italy's richest regions for wildlife. Wolves still roam the Sibillini mountains, though you are unlikely to encounter these shy

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creatures. We have seen foxes and wild boar, and deer are also commonly seen. Please watch out for adders (vipera in Italian) if you accidentally dislodge large stones, and keep well away if you do see one. Wild flowers are spectacular in the region, particularly on the Pian Grande at the end of May/beginning of June.

Climate

The table below shows the average monthly rainfall and average daily temperature for the region you are going to. Remember that as these are averages, daytime temperatures can be much higher, and night-time ones lower!

Average Temperature/Precipitation								
Month	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct
Temp (°C)	8.1	11.5	15.7	19.0	22.8	22.5	19.9	15.3
Rainfall (mm)	69.4	70.5	73.3	56.4	34.2	46.9	83.4	99.1

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The Cycles

Your bicycles are hired through Angelucci.

Your bicycles will be delivered to your first hotel and collected from your last hotel. Please inform the hirers of any serious damage to your bicycles that may have occurred.

The bikes supplied are touring/hybrid bicycles with a minimum of 21 gears and will be supplied with a puncture repair kit and pump; waterproof map case on the handlebars; a lock and key; water bottle and carrier and saddle bags/panniers.

In case of assistance please call 0039 XXXX XXXXXX during shop hours and 0039 XXXX XXXXXX at other times or on Sunday. Opening hours are 8.30-12.30 15.30-19.30

Abbreviations

Our cycling notes are written in a concise bullet-point style. Please familiarise yourself with the following abbreviations before setting off:

L	left
R	right
LH	left-hand
RH	right-hand
J	junction
TJ / YJ	T-junction / Y-junction
X-road	crossroad
SA	straight ahead, straight across or straight on
SB	<i>strada bianca</i> - unpaved road with a (usual) smooth surface, open to vehicles
PC	<i>pista ciclabile</i> – cycle path, asphalted and normally divided from car traffic, or a pedestrian and cycle zone.

Compass directions are also written in abbreviated form.

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Arrival in Assisi

Country House Hotel Tre Esse

Surrounded by olive groves, this former farm now provides spacious, comfortable accommodation and has an outdoor pool. Breakfast is taken either in the spacious drawing room downstairs, or on the terrace. Your stay is on a bed and breakfast basis, but we will have made a reservation for dinner on the day of arrival, should you wish to eat at the hotel.

Assisi

Assisi stretches out on the slopes of Monte Subasio, above the plain where the Topino and Chiascio rivers flow. Although of Roman origin, its present-day appearance and also the urban structure stems from the city's development during the Middle Ages. Assisi's oldest nucleus, which is protected by eight fortified entrance portals and a long belt of town walls, which are still perfectly preserved, is dominated by two medieval castles: the larger is called Rocca Maggiore, reconstructed by Cardinal Albornozi in 1367 and the smaller, Rocca Minore.

Assisi was hit by the devastating twin earthquakes that shook Umbria in 1997, but the recovery and restoration have been remarkable. Massive damage was caused to many historical sites, but the major attraction, the Basilica di San Francesco, reopened less than two years later.

Your hotel is only a ten-minute walk from the historic centre and the superb Basilica, a World Heritage Site with its magnificent 13th Century Giotto frescoes depicting the life of St Francis. Another must is the beautiful Piazza del Comune where you can visit the well-preserved temple to the Roman Goddess, Minerva. Also highly recommended is the scenic trail (or minor road of 4km – but the gradient is very steep for cycling) leading to the peaceful Franciscan shrine of Eremo delle Carceri, set at 791m on the slopes of Monte Subasio. This was St Francis's forest hermitage where he would preach to the birds from a simple stone altar and where you can witness his humble bed hollowed from the rock.

Please refer to the town map enclosed with your documents (also available from the tourist office in Piazza del Comune) providing further information on the key sights to visit. Should you prefer on day 2, time could also be allocated to explore the town, before taking an afternoon ride to Spello, as this route is short.

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Day 1: Assisi Circuit via Torgiano

Route: Assisi – S.Maria d.Angeli – Tordandrea – Passaggio di Bettona – (Bettona) –

Torgiano – Brufa – Costano – Tordandrea – S.Maria d.Angeli - Assisi

Route Info: 39km / minor & main tarmac roads and sections of strada bianca / mainly flat with some short hill climbs

Route Description: A leisurely circuit through open and rolling countryside, passing through quaint villages on the way to Torgiano, a medieval village with ancient walls standing between the rivers Tiber and Chiascio. Explore the Museum of Wine before sampling the real thing in one of the many attractive restaurants in the centre, after which you can meander back to Assisi

Kompass Map 1 ref: your hotel is located SW underneath Assisi, close to the red sign Ostello della Pace, set at an altitude of 270m.

Cycling Notes:

- Turn R out of the hotel and follow the narrow tar lane downhill for 600m to reach a X-road.
- Turn L and follow the road for a further 200m to then turn R onto a narrow tar lane, Via H.A.Taine.
- Follow this as it winds across open countryside for 1 km until you reach a mini-roundabout at its end, in front of the railway station, now in S.Maria d.Angeli.
- Turn L and follow the road for 800m to reach a give way and TJ, having met with the Viale Patrono d'Italia, the main street of **S.Maria d.Angeli**.
- Turn R to cross the railway tracks and continue through the town passing the imposing basilica of S.Maria d.Angeli on your R, until you reach a roundabout.

Santa Maria degli Angeli is a small industrial centre on the outskirts of Assisi and a shrine for pilgrims, as it is the site of the Porziuncola, the small chapel where St.Francis founded the Franciscan Order in 1209. The Basilica, a Renaissance structure designed by Perugian architect Galeazzo Alessi in 1569, protects and incorporates the ancient rural chapel of Porziuncola. It also houses the Cappella del Transito, the ancient infirmary cell where St.Francis died. The church has a wide collection of Umbrian

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paintings from the 16th & 17th Centuries and a rose garden planted with thornless rosebushes, associated to a legend from the saint's life.

- Go R at the roundabout, (2nd exit) in the direction of Tordandrea-Perugia.
- Follow this road for 700m only, where you need to move carefully into its L lane, just where the road curves L in the direction of Perugia.
- Turn R here onto a minor road, Via San Bernardino da Siena and follow this in the direction of Tordandrea as it soon underpasses the dual carriageway.
- Follow this L heading into countryside, where after 1.4km you reach the small settlement of **Tordandrea**, where there are two snack bars on your R for refreshments.

6km

- Carry SA through the settlement and follow the road, SPN 408 as it twists and turns across open countryside, ignoring all turn-offs.
- After 3km and towards its end, you cross the River Topino and then the tiny settlement of Cerreto, to reach a TJ and stop sign at its very end, having met with a busier road.
- Turn L in the direction of Bettona and follow this main road for a further 4km to reach a roundabout in **Passaggio**, the lower and modern town underneath hilltop Bettona.
- Go R at the roundabout (2nd exit) in the direction of Bettona-Torgiano and after 500m you reach a RH turn-off, (with a blue sign for Bettona), where there is a choice of route.
- **Direct route to Torgiano:** carry SA along the main road as it skirts below Bettona.
- Follow this for 2km, passing through the small settlement of Colle until you reach a minor road on the L, (Via Etrusca) coming down from Bettona: keep to the main road here as it swings R in the direction of Perugia.
- **Optional route via Bettona:** this involves a slow and steady climb of 3km to reach the medieval walled town at its top, set an altitude of 350m – the maximum altitude of today's route.

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- Turn R off the main road, and after 50m at the next J by a shrine, turn R onto Via Palazzetta in the direction of Bettona.
- Follow this minor road as it starts to rise and then winds steeply uphill in places for just under 3km to reach its top, where you continue around the perimeter of the town walls, following signs for 'Centro'.
- At the end of this road, Viale Roma you reach a TJ with Via Etrusca: turn L for 'Centro', where further along you pass through the town gate to enter the historic centre, following its streets into the central square of Piazza Cavour.

Bettona, the only Etruscan settlement east of the Tiber in Umbria, still retains a complete circuit of medieval walls, including substantial portions of the original Etruscan walls. The Palazzo Podestarile has a small picture collection including a Perugino *Madonna* and Dono Doni's *Nativity*. In the "Oratorio of St. Andrea" is a series of paintings from the school of Giotto, dated 1394, which show the Passion of Christ. Refreshments can be found in Piazza Cavour.

- When you are ready to leave, retrace your tracks back to the J outside of the walls, by Via Etrusca, and follow this road downhill in the direction of Perugia.
- After 2km you reach its end in the settlement of Colle, where it joins the previous main road (and main route) in the direction of Perugia.
- **Both Routes:** follow the main road for just over 3km, passing through the settlement of Signoria and then across the River Chiascio to reach a J and traffic lights in Torgiano.
- Turn R uphill onto Via Assisi, following signs for 'Centro' to find the entrance into **Torgiano's** historic centre on your L

18km (add extra 3km if doing extension via Bettona)

Torgiano is situated on a hill overlooking the confluence of the Chiascio and Tiber rivers. The ancient part of the town is still partly surrounded by medieval walls as it was a medieval stronghold traditionally known for its wines – the municipal coat-of-arms shows a tower encircled by a scroll with bunches of grapes. One of the most inventive and progressive winemakers of Torgiano, Giorgio Lungarotti, together with his wife Maria Grazia, set up a foundation and conceived and created the Wine Museum, which opened in 1974 for the first time (Corso Vittorio Emanuele, 31). The Olive Oil

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Museum in Torgiano is also part of the Lugarotti foundation, (Via Garibaldi, 10). Torgiano was the first winemaking area in Umbria to obtain the DOC mark (Denomination of Origin) in 1968. In 1990 the Vino Torgiano was also certified as DOCG (Guaranteed Denomination of Origin).

- When you are ready to leave, return back to the previous J by traffic lights just underneath the village.
- Carry SA along Via Assisi in the direction of Assisi and Bastia: follow this road heading into the countryside and after 750m turn L onto a side road in the direction of Brufa.
- Follow this road, SPN 401 as it winds uphill then levels off across open countryside: keep with this panoramic road for nearly 4km until you reach the centre of **Brufa**, where the road swings sharp L by a church and belltower.
- Leave the road here by turning R in the direction of Bastia onto a wide avenue with a few shops and a post office: after a few metres continue along a minor road, Via Bastia that curves R and descends heading out of this settlement.
- Follow this as it winds downhill for 1.2km until you reach a very sharp bend in the road with crash barriers: this bend is marked on your Kompass map just above the letter 'm' of the words 'Le Lame'.
- Leave the asphalt here to join a SB going downhill: keep to the main SB for 400m as it passes around a farmhouse to reach a YJ on its far side.
- Take the R fork, and continue across open farmland where the SB soon swings L (by C.Ripare on your Kompass map): follow this SA for 750m, crossing a stream near its end, to reach a give-way sign, having met with a main road.
- Turn R onto it but take the first and immediate L onto a quiet tar lane, Via delle Monache.
- Follow this as it twists and turns across open farmland for 2km until you reach a J with Via Costone: carry SA along a slightly wider tar lane to maintain your course of direction, where after 200m you reach a X-roads with Via S.Anna.

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- Continue SA along a narrow tar lane, (marked with a 50km speed sign) and follow this as it winds across open farmland and passes between farm buildings.
- After 1.5km you reach a stop sign at its very end, having met with a busier road close to a bridge fording the River Chiascio.
- Turn hard R to cross the bridge and follow the busy road for 1km through the modern town of **Costano** to reach a TJ and traffic lights at its end.
- Turn L and follow another main road for 400m, where once past a cemetery you turn R onto a side road in the direction of Tordandrea.
- Follow this minor road for just under 2km to reach a stop sign at its very end, signed Via Guido Sorignani, having reached **Tordandrea** that you will recognise from earlier on.

33km

- Turn L to retrace your tracks back into S.Maria degli Angeli and towards Assisi.

39km