

5 days / 4 nights

The Heart of Umbria by Mountain Bike

Weekend Adventure: Spoleto, Norcia, the Sibillini Mountains, and Marmore Falls



starting from **930 €**

SKU: ISY0014

 Availability on Request

 Individual

 Itinerant

 Mtb

 5 giorni


 153 Km

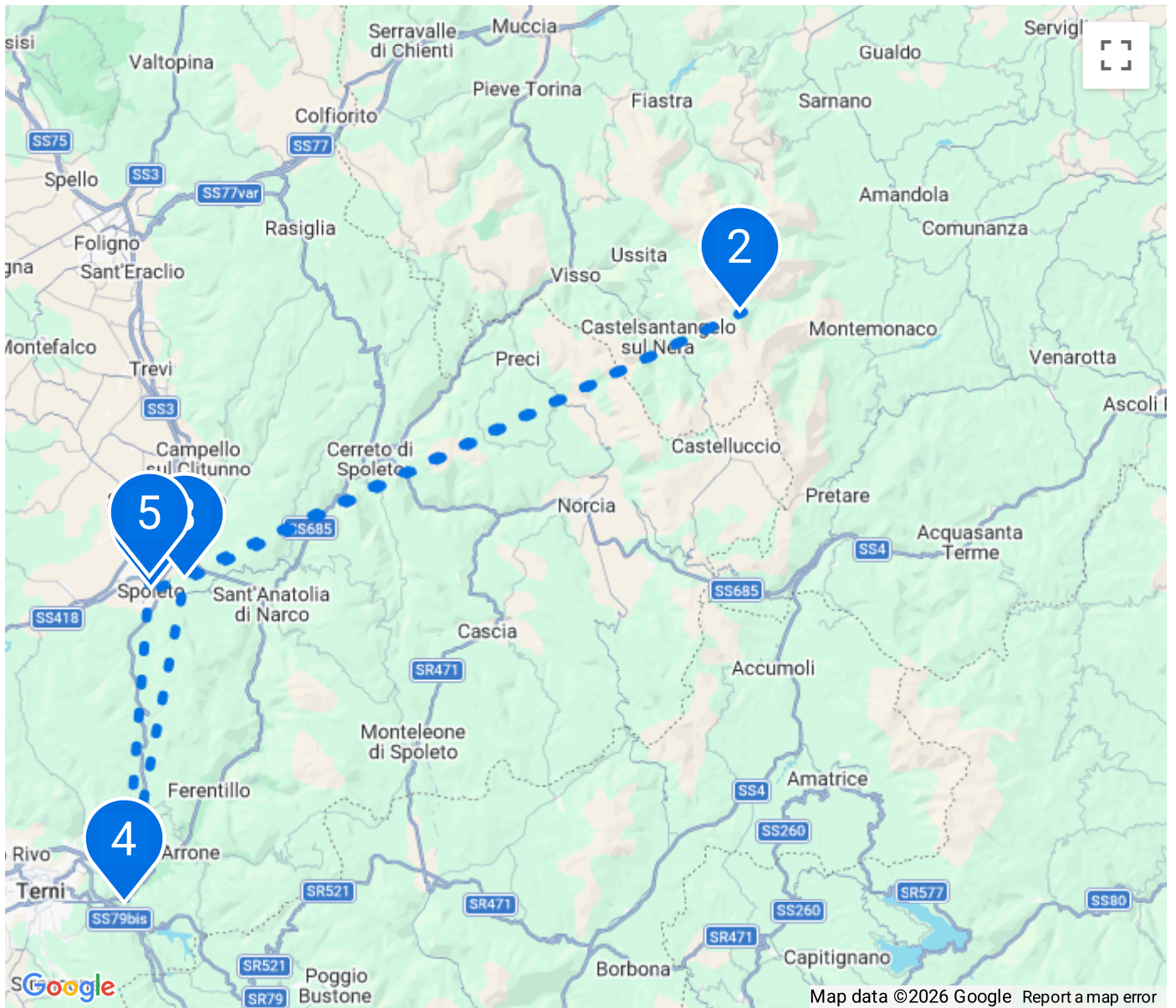
 **Difficult**

 Operated by **BikeLife**

Tour Overview

Discover Umbria by MTB with our tour that blends nature, history, and adventure! Ride through the Sibillini Mountains, explore the historic Spoleto-Norcia Railway, admire the Marmore Falls, and visit charming villages. Book now for an unforgettable experience!

 More information regarding the time and meeting point for the first/last day will be provided after the booking.



Itinerary

Travel Notes

Spoletto

Arrival in Spoleto with a free visit to the historic town. Explore the Ponte delle Torri, admire the Rocca Alborno, and stroll through the ancient streets that feature the Roman Theatre and the historic Arches of Drusus and Monterone. Discover the history of Spoleto and prepare for an exciting bike test. Dinner is on your own, followed by an overnight stay.

Duration:

Accommodation: Spoleto



La magia dei Piani

The day begins with a comfortable transfer from Spoleto to Rifugio Perugia, the ideal starting point for the excursion in the Sibillini Mountains. During the journey, admire the surrounding mountainous landscape. From the refuge, the biking adventure begins through the famous plateaus of Castelluccio. Cycle through Pian Grande, Pian Piccolo, and Pian Perduto, known for their spectacular summer blooms and breathtaking beauty during the autumn and winter. These landscapes offer a captivating panorama that changes with the seasons, providing a stunning view of the Sibillini Mountains. The tour is an off-road excursion that includes various types of terrain, from forest roads to mule tracks, trails, and meadows. This route allows you to experience the thrill of mountain biking while exploring the natural wonders of the park. After the excursion, return to Rifugio Perugia for the transfer back to Spoleto. Dinner is on your own, followed by an overnight stay.

Duration:

Height difference: 780 m

Accommodation: La magia dei piani



Ex Ferrovia Spoleto Norcia

Start your biking adventure by cycling from Spoleto to the entrance of the Spoleto-Norcia Railway, where you'll have the opportunity to explore this unique cycling path. The railway, characterized by a very gentle gradient and helicoidal sections similar to those of Swiss railways, winds through 19 tunnels and 24 viaducts that offer spectacular views of the Sibillini Mountains. Along the way, admire the beauty of the rock-cut tunnels and the impressive viaducts, extraordinary examples of past railway architecture. This biking adventure is a dive into history and an immersion in nature, with mountain landscapes that change with the seasons. At the end of the day, you will return to Spoleto following the same route. Dinner is on your own, followed by an overnight stay.

Duration:

Height difference: 700 m

Accommodation: Ex Ferrovia Spoleto Norcia



Fiume Nera e cascate delle Marmore

A day dedicated to exploring the unspoiled beauty of Valnerina and the Marmore Falls. The MTB route, with moderate difficulty, is suitable for cyclists of all levels. Ride along well-maintained trails immersed in lush vegetation, enjoying breathtaking views and the fresh mountain air. During the tour, you'll have the opportunity to admire the spectacular Marmore Falls, one of the most beautiful natural wonders in Italy. This excursion offers a day outdoors, combining physical activity and relaxation in an extraordinary natural setting. At the end of the tour, return to Sant'Anatolia di Narco for a well-deserved break. Dinner is on your own, followed by an overnight stay.

Duration:

Height difference: 500 m

Accommodation: Nera River and Marmore Falls



Spoletto

After breakfast, end of services and departure to your respective destinations.

Duration:

Accommodation:

Supplements

Cancellation Insurance (see terms and conditions)

Corresponds to 5.00% of the full participation fee, per person (terms and conditions, available only for residents in Italy). By choosing cancellation insurance, you will have to pay the full amount of the order at checkout.

[Download insurance details.](#)

Basic insurance (see terms and conditions)

Corresponds to 2.50% of the full participation fee, per person (terms and conditions, available only for residents of Italy).

[Download insurance details.](#)

Carbon Mountain Bike

Discover the trails of Abruzzo with the Bianchi MAGMA available for rent in Pescara! Whether you're a beginner or an experienced biker, this mountain bike is perfect for off-road adventures, sports, commuting, and tourism. It handles dirt paths, and easy climbs and descents with ease. Book now and get ready for an exciting biking experience! Images, colors, and patterns are to be considered as examples only and are not binding.

Size: M - L - S




Price starting from: 85.00



Price and discount rooms




Triple Room

Third place is entitled to:

-  60% discount if occupied by a child
-  40% discount if occupied by a child
-  10% discount if occupied by an extra adult

Quadruple Room

The two additional seats are entitled to:

-  60% discount for each child
-  40% discount for every child
-  10% discount for each extra adult

Sup. Single rooms: €

Departures on request

starting from **930 €**
April 2026

starting from **930 €**
May 2026

starting from **1080 €**
June 2026

starting from **1080 €**
July 2026

starting from **1080 €**
**August
2026**

starting from **930 €**
**September
2026**

starting from **930 €**
**October
2026**

What's included

- ✓ Phone assistance
- ✓ Breakfast
- ✓ Travel document
- ✓ Tour Operator Guarantees
- ✓ Overnight stay in a Double Room
- ✓ Stay in a 3-star establishment or similar
- ✓ GPX Tracks
- ✓ Excursion Transfers
- ✓ Videobriefing

What you will visit

- 📍 Spoleto
- 📍 La magia dei Piani
- 📍 Ex Ferrovia Spoleto Norcia
- 📍 Fiume Nera e cascate delle Marmore
- 📍 Spoleto

Accomodation



Spoleto



Spoleto



Spoleto

HOTEL



Spoletto

To know

✓ How to get there

By Train: Spoleto

By Car: A1 Valdichiana, Spoleto

By Airplane: Perugia "San Francesco d'Assisi" Airport

✓ Features of the trip

Open to travelers of all ages. You will travel either independently or in a group, with full support from the agency. On a group vacation, you may meet people from different countries with habits different from your own. For a cycling holiday, you might find yourself riding with people on e-bikes as well as those on traditional bikes. Respect everyone's space and enjoy yourself. The tour is organized by local guides and operators, carefully selected for you

✓ General travel information

Remember to bring a valid passport or ID card with an expiration date of at least 6 months from the departure date. The itinerary may be subject to changes before and/or during the trip. On a group tour and in certain specific villages, it may be necessary to use dispersed accommodation due to the lack of large facilities. Please inform us of any food intolerances at the time of booking; we will do our best to accommodate them, but we cannot guarantee it. Tourist taxes to be paid locally.

✓ Currency

Euro

✓ Vaccinations

No

✓ Documents and visas

Passaport/Id card

✓ Emergency numbers

Emergency Services Number: 112

✓ Electrical sockets

220v

Level of difficulty of the experiences

 **Difficult**

 **Medium**

 **Easy**

 **Hard**

Travel terms and conditions

We invite you to read the documentation regarding the general terms and conditions of sale for travel packages at the following link: [Travel Terms and Conditions](#)

Thank you for choosing our services. Be real. It's Isy!