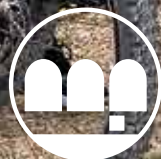


UMBRIA *in* BIKE



AgriSperanza
1892

EN

UMBRIA *in* BIKE

UMBRIA, FORGE OF EMOTIONS

Whether you are an off-road expert or a beginner intrigued by the thought of immersing yourself in nature on two wheels, Umbria has what you need thanks to its many MTB itineraries of varying difficulty.

MTB is a great way to immerse yourself in the landscape, to breathe in the woods, to regain

contact with the natural elements: if you are thinking of trying it out be careful, the risk of acute passion is really high!

But MTB is also a rather technical sport and it risks being no longer fun and very difficult if you choose routes that overestimate your abilities.

That is why we have selected a series of itineraries for beginners, with the intention of helping you by directing you towards routes that are neither too long nor too complex. You will thus be able to savour the effort without becoming discouraged and begin to practise your off-road cycling skills.



A fascinating and unforgettable 'little tour' through the vision and story of the millenary olive trees of Giano dell'Umbria, material and immaterial heritage of the territory. The olive groves of Giano dell'Umbria are rich in millenary olive trees that have been surveyed and have become the stars of a special itinerary in which the olive trees themselves "tell" their story. Of extreme importance is the Macciano olive tree, which still produces oil to this day and was and is used for votive lamps and medicine for pathologies. Tradition has it that its trunk was leaned on its trunk by Francis of Assisi himself.



IMMORTAL OLIVE TREE TOURS

- | | | | |
|----------|----------------|--|-------------------|
| A | ROCCIA D'ULIVO | | CAMPOREGGIANO |
| B | CROCEFISSO | | SAN FELICE |
| C | ECTOPLASMA | | CASTAGNOLA |
| D | L'ANNUSATORE | | BASTARDO |
| E | FANTASMULIVO | | SANT'ANDREA |
| F | LA CHIOCCIA | | OLIVO DI MACCIANO |
| G | L'EREMITA | | FABBRI |
| H | MARAVIGLIA | | FORMICARO |
| I | IL BACIO | | GIANO DELL'UMBRIA |



A journey back to the Middle Ages to reconstruct the life and traditions of the area, on a route that will touch upon several medieval castles.

The fulcrum of the route is the ancient castrum of Giano dell'Umbria, with its fortified structure, churches and history.

The castles of Castagnola and Montecchio, set in a very characteristic natural setting, will be encountered along the route.



TOUR AMONG THE CASTLES

A GIANO DELL'UMBRIA

B CASTAGNOLA

C MONTECCHIO



35 MINS (7.6 KM)



MINI TOUR AROUND US

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GIANO
DELL'UMBRIA

A

KM 2.2




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OLIVO SECOLARE MACCIANO

A

KM 5



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ABBAZIA
SAN FELICE

A



ROCCIA D'ULIVO
(CAMPOREGGIANO)

B

KM 5.5



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GIANO
DELL'UMBRIA

A



CASTELLO DI
CASTAGNOLA

B



ABBAZIA
S.FELICE

C



AGRISPERANZA
1892

D

KM 9



AGRISPERANZA
1892



ABBAZIA
SAN FELICE

A



CASTELLO DI
CASTAGNOLA

B



ANTIQUARIUM
MONTECCHIO

C

KM 16



AGRISPERANZA
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MORCICCHIA

A

KM 16



AGRISPERANZA
1892



GIANO
DELL'UMBRIA

A



CASTELLO DI
CASTAGNOLA

B



ANTIQUARIUM
MONTECCHIO

C

KM 20



AGRISPERANZA
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MONTEFALCO

A

KM 22



AGRISPERANZA
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GUALDO CATTANEO

A

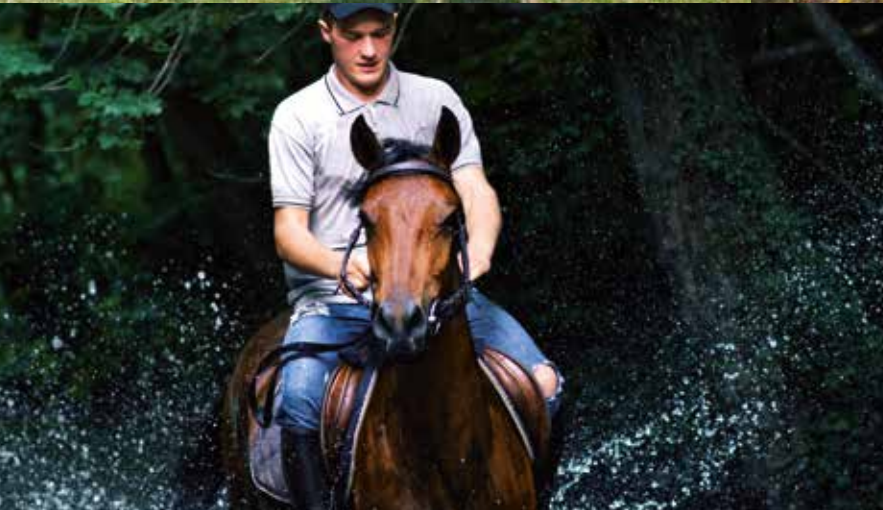
KM 26



SPORT AND ENTERTAINMENT

The Umbrian territory has large green spaces that will satisfy all your needs. Hills, lakes, mountains, rivers, and waterfalls will give you the opportunity to enjoy any activity you want to try.

At our facility you can receive all the information and advice you need to enjoy the other activities available such as, horse riding, hot air balloon rides and the prestigious truffle hunting.



WINE AND FOOD TOURISM

Umbria, the green heart of Italy, hosts numerous food and wine events throughout the year. Wine, oil, legumes and meat from animals reared in the wild are the masters, not to mention pork products, recognised the world over. Product tastings are often accompanied by entertainment events that allow visitors to spend a relaxing day immersed in Umbrian nature.

Some of the most renowned events include: Cantine aperte (open cellars), Frantoi aperti (open oil mills), Eurochocolate, Primi d'Italia (First Italian Meats), Porchettiamo (Porchettiamo), Vini nel Mondo (Wines in the World), etc.





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UNIONE EUROPEA
FONDO EUROPEO AGRICOLO PER LO SVILUPPO RURALE:
(l'Europa investe nelle zone rurali)

PSR UMBRIA 2014-2020
Intervento 6.21 - Aiuti all'avviamento di imprese per le
attività extra-agricole nelle aree rurali

