



# La Serena Activity Holiday

- Cycling Scenic Umbria -

**'Cycle your Way around Umbria'!**

**Fancy a holiday with a difference? Want to explore the Beautiful 'Green Heart of Italy' as Umbria is known on 2 wheels?**

**Umbria is a cyclists paradise - lakes, mountain-views, kilometre after kilometre of well-maintained lanes and tracks, abundant fauna & flora. Explore all these whilst staying in the welcoming luxury of La Serena.**



**Join us for delightful cycling - at your own pace! Non-participating guests are welcome - to enjoy lots of sights or for pure relaxation..**

**Escorts and Guides are English speaking  
Fitness level: Basic to Good  
Ideal for family, friends or business group holidays**

## **An Example 5-day Holiday Schedule:**

<b>Wed:</b>	Arrive at La Serena to be welcomed by Steph & Derek with a complementary drink. Meet your Activity Holiday colleagues, and relax at your leisure, ready for a traditional Italian four-course dinner at La Serena.
<b>Thurs:</b>	Enjoy an extensive La Serena buffet breakfast, followed by a leisurely cycle around the eastern edge of Lake Trasimeno. After lunch, take to the hills on a cycle trail north of the Lake with fantastic views. Dinner at a local Pizzeria.
<b>Fri:</b>	After your La Serena breakfast, spend a whole day cycling in the Monte Subasio National Park with stunning views of Assisi and other historic towns. Dinner at a local traditional Trattoria (large appetite needed!)
<b>Sat:</b>	After your La Serena breakfast, explore the many cycling trails following the 3 "M's": Mercatello, Marsciano and Migliano. Dinner at a local restaurant, or at La Serena.
<b>Sun:</b>	Enjoy a leisurely La Serena breakfast, say reluctant goodbyes and head for home.



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**La Serena Activity Holidays can often be extended to include a further 3 days of trips and relaxation.**

**Other cycling trips can include a whole day in the hills north of Perugia; a trip around the farms and towns around Lake Chiusi (just into Tuscany!); and the soft hillsides east of the River Tiber.**



**It is also an opportunity to sample a wider range of local restaurants for dinner or lunch - together with exploring a few of the local historic villages and towns.**



**Your accommodation will be in one of the La Serena luxury Guest Rooms - all inclusive within the cost of your Activity Holiday - see the Booking Form for price details or take a look at [www.laserenaumbria.com](http://www.laserenaumbria.com).**

**All transport for trips etc. is provided in the holiday cost. No need to hire your own car making your holiday even better value for money and environmentally friendly.**

**Group Bookings:** If you book a group holiday, an exclusive schedule can be tailored to your specific requirements

**To Book:** simply complete the Activity Holiday Booking Form and email, fax or post it to us. A deposit of 50% of the full holiday cost is payable upon booking - details for payment methods will be sent to you upon receipt of your booking form. Your booking is confirmed upon receipt of this deposit.

**The full programme and exact details of your Activity Holiday will be sent 4 weeks before you arrive - when the remaining balance will be due.**

