

ASSISI TO SPOLETO - EXPLORING THE BEST OF UMBRIA

8-days / 7-nights *great value* self-guided inn-to-inn walking holidays



This 8-day self-guided easy to moderate walking tour offers an opportunity to explore several typical Umbrian towns and villages combined with walking through a colourful rural landscapes with some spectacular views. The tour begins in the medieval town of Assisi a celebrated destination for pilgrims and scholars full of history, art and splendour. We finish in the centre of Spoleto, a unique town with many traditional squares, narrow bustling streets full of shops selling local delicacies and handicrafts.

Umbria is very different to its neighbour Tuscany with a far more rugged and uncultivated landscape. It is far less visited but along this route you will find many wonderful highlights including classic Umbrian towns such as Spello (once home to the artist Norberto), Bevagna, Montefalco and Trevi.

Departs: Daily all the year round (best time of year is April to October)

Grade: Easy to Moderate walking in a hilly countryside.
 Walks of 4-6 hours a day /12-20 km (at an average of 3/4 km an hour)

Cost: AU\$995 per person in a twin/double room with bed & breakfast only
 AU\$1250 per person in a twin/double room with Half Board (breakfast & dinner)
 AU\$350 single room supplement

Tour includes:

- Overnight stays with breakfast in 2, 3 or 4-star hotels
- 7 dinners included on the Half Board option only
- Luggage transportation
- Route notes (in English) and route maps
- Tour information (hotel list, brochures)
- Local support / back-up service

Not included:

- Meals other than those shown or drinks with dinners
- Personal expenses
- Transport to the start or from the end of the walk
- Tour guide or support vehicle

Extra nights can be booked, when planning your itinerary, at extra cost – for additional exploration or a rest day in any of our overnight stops – especially Assisi or Spoleto

CONTACT OUTDOOR TRAVEL FOR MORE DETAILS & RESERVATIONS

Suggested itinerary:

Day 1 Arrival at Assisi

We suggest you plan to arrive at your first hotel in the mid-afternoon today. Your overnight stay will be in a 2-star hotel approximately 1km – a pleasant, easy walk - from the historical town centre of Assisi.

Day 2 City walk or a walk through the surrounding hills

A walk through Assisi will show some of the most important monuments, religious buildings and churches, mostly connected with St Francis or St Clare, who were born here. You can visit the Rocca, St. Francis' or St. Clara's Basilica, the Monastery of St. Damiano and Temple of Minerva.

Walking time: 3 - 4½ hours

The walk through the hills surrounding Assisi starts at the town gate (Porta Cappuccini) and immediately enters woodlands of the Mount Subasio natural park. Passing through the hamlets of Costa di Trex and Ponte Grande the route brings you back to Assisi along a easy countryside trail.

Walking time: 5½ hours (18 km)

Day 3 From Assisi to Spello

There are two routes to Spello: a longer route going uphill to the hermitage Eremo delle Carceri or a shorter one through the olive groves along the slopes of Mt. Subasio. The latter route involves less climbing, but it also offers astounding views. Your overnight stay is in a beautiful location in a 3-star hotel in the historical centre of Spello. This little town dates back to Roman origins and you can explore several historical features including the Porta Venere and Porta Consolare (town gates) and the remains of a Roman amphitheatre just outside the town walls.

Walking time: 6 hours (17 km) or 3 hours (12 km)

Day 4 From Spello to Bevagna

You leave the hills for a while now and descend into the valley 'Valle Umbra' walking on quiet little country roads to Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Topino and Timia. During Roman times Bevagna was a prosperous town situated along the busy trade road, the *Via Flaminia*, which connected Rome with the Adriatic coast. The heart of this town is the square Piazza Silvestri with its beautiful fountain and two Romanesque churches. Your 3-star hotel is in the historical centre of the town.

Walking time: 3½ hours (14 km)

Day 5 From Bevagna to Montefalco

Today your walk will once again be through a hilly undulating landscape where the olive groves soon are replaced by vineyards. The hills surrounding Montefalco are famous for their excellent wines *Rosso di Montefalco d.o.c.* and *Sagrantino d.o.c.g.* To reach the hilltop town is a steady climb but on arrival you will discover the St. Francis church, which is now a fine museum housing frescoes by the Florentine painter Benozzo Gozzoli. Your overnight stay is in a 3-star hotel in the old centre of Montefalco. We suggest you taste the delicious Montefalco wines in one of the many wine bars in the town.

Walking time: 4 hours (14 km)

Day 6 From Montefalco to Trevi

On the way to Trevi your route crosses a fertile valley with its various waterways. Trevi is called the capital of olive oil and indeed you will notice that the slopes of the surrounding mountains are covered with evergreen olive groves. Trevi has a dozen medieval churches: the most important are the romaneseque Duomo (S. Emiliano), the shrine of Madonna delle Lacrime notable for a fresco by Perugino and the former church of S. Francesco, now a museum. Your 4-star hotel is in the town's historical centre.

Walking time: 4 hours (13 km)

Day 7 From Trevi to Campello, then train to Spoleto

From Trevi the route takes you through the olives to the train station in Campello. You can choose between a rolling landscape, mainly following the old pilgrim route along the Roman Way (Via Francigena di San Francis)

Walking time: 5 hrs (12 km).

Or you can take an easier, lower level route through olive groves and typical Umbrian villages like Pigge and Pissignano.

Walking time: 4 hrs (about 11 km).

In either case, you then take the train from Campello to Spoleto (at your own expense). On Sundays these walks aren't possible because there are no trains going. As an alternative after breakfast you have a transfer to Campello and will walk the olive grove path to Spoleto

Walking time: 5 hours (15 km).

There is a lot to explore in Spoleto, including the cathedral with the frescoes of Filippo Lippi and Pinturicchio, a Roman house and a Roman theatre. There is the façade of the San Pietro church just outside town and, of course, the famous Ponte delle Torri aqueduct. Spoleto is also a very pleasant place just to wander around the friendly little shopping streets. Your 3-star hotel is located in the historical centre of the town.

Day 8 Departure

Tour ends after breakfast



Other walking holidays – guided in small groups or self-guided - are available in most parts of Europe through **Outdoor Travel**. In Italy we offer Tuscany, Lake Como, the Alps or Dolomites, the Amalfi or the Cinque Terre coast and the **Via Francigena** the pilgrims *Road to Rome* in Italy.

Other walks area available in France, Spain – including the **Camino de Santiago** pilgrim route – Portugal, Croatia, Austria, Switzerland and Germany.

Contact Outdoor Travel for more itinerary details and reservations

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