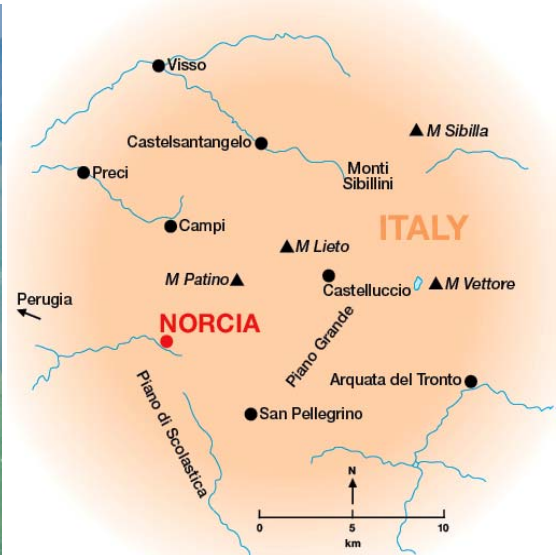


ITALY – UMBRIA

8-day / 7-night centre-based, one-hotel guided walking based at Norcia - a choice of walks each day



Umbria, far from the crowds of Tuscany in central Italy, offers excellent **walking** in the green rolling foothills of the **Appennines**. With a relaxing way of life you'll be absorbed into this tranquil countryside with rolling hills, hilltop villages and a unique cuisine. Our guided walks in the **Monte Sibillini National Park** include rambles through the stunning Piano Grande; a vast open plain full of wild flowers, to the sleepy village of Castelluccio.

The enchanting **walled town of Norcia**, set in a green bowl below the glorious Appennines, offers an excellent choice of walk and an insight into the charm and warm hospitality of another age. This is a wonderful place to explore narrow cobbled streets and alleyways to discover the town's medieval buildings, churches and history.

- Historic hotel in the walled town of Norcia with an award-winning restaurant
- Walk in the green rolling foothills of the Appennines
- Enjoy excellent local cuisine in our historic hotel's award-winning restaurant
- Explore the medieval treasures of Assisi, birthplace of St Francis
- Experienced friendly and welcoming leaders offer the choice of two different walks each day
- Choose the waling which best suits you - easier walking one day and harder the next or just explore independently or relax around the resort
- Our leaders are making your holiday fun and sociable

Our centre-based or one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option. There is usually a free-day midweek to relax or go sightseeing.

Cost per person: AU\$1125 per person (twin share) - Single room supplement \$190

Departs: 12, 19, 26 May, 9 June, 1, 8, 15, 22, 29 September 2012

On **special departures** the harder walks may be replaced with **more challenging** mountain walks – should you be interested in these, please ask for dates and details.

Tour includes: 7-nights in comfortable hotel accommodation room with ensuite bathrooms (4-star upgrade available – see details, 7-breakfasts, 7-evening meals, experienced walks leader, 5-guided day walks and a free-day midweek for relaxation or sightseeing.

Not Included: Airport transfers from Rome – these can be pre-booked at extra cost – ask for details when making a booking, meals & drinks not mentioned & any personal expenses.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



HOTEL GROTTA AZZURRA: Dating from the 15th century, this 3-star, family-run hotel is full of character and located right at the heart of the medieval walled town of Norcia. The hotel's excellent restaurant serves many local specialities. There are 46 en-suite bedrooms, and a bar, restaurant and meeting room.

A taste of luxury can be found with an upgrade to the nearby 4-star **Hotel Salicone**. This partner hotel is located a few minutes away on the edge of the village and more spacious bedrooms can be booked here with a **supplement of @ AU\$20** per person per night (twin share) – ask for details.

Suggested itinerary – Tour starts & ends at Norcia

Day 1: Arrival day – plan to arrive mid-afternoon before dinner (ask about transfers from Rome)

Day 2: head south from Norcia into the wide Santa Scholastica Valley and the typical Umbrian villages of San Pellegrino or Ospedaletto.

Day 3: wander through acres of wild flowers on a walk across Piano Grande, a vast open plain set in a bowl of green hills and mountains, towards the picturesque hilltop village of Castelluccio.

Day 4: return to the Southern Sibillini hills for beautiful walks to the village of Forca Canapine.

Day 5: free day - options could include visits to Assisi, the birthplace of St Francis, or the lesser known, but equally beautiful, walled town of Spoleto.

Day 6: enjoy part of the Grand Anello dei Sibillini trail that traverses along the hillsides of the Sibillini National Park, possibly via the summit of Monte Patino.

Day 7: shady walks lead along the Castoriana Valley past peaceful hamlets to the Abbey of San Eutizio and the historic walled village of Preci.

Day 8: Tour ends after breakfast - departure transfer available at extra cost

Please Note: This program should give you a good feel for the walks at this resort but is subject to change. Each year we listen carefully to the views of our guests and make improvements to our walking programmes. Further information will be sent to you prior to your holiday; however, the final selection of walks during each week will be made by your walking leaders.

Local transport to and from walks is not included in the cost of your holiday. Please allow Euro 65 (approximately AU\$120) per week for transport during the week, excluding your free day - payable locally.

Footpath information:



Easier Walks: 9 – 11km on well-graded tracks and paths with @140m to 305m of ascent in a day.



Harder Walks: 14 – 19km with some steeper gradients and rougher terrain from @ 225m to 585m of ascent in a day.

Contact **Outdoor Travel** or your travel agent for more details, travel brochures and reservations:

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