

Umbria & Assisi



'Some of the finest Umbrian hill towns on route – Spello'

PHOTO: CHRISTOPHER WHINNEY

SOME HIGHLIGHTS...

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ASSISI
 Superb Basilica di San Francesco with frescoes by Giotto depicting the life of St Francis. Also frescoes in lower church by Simone Martini, Lorenzetti and Cimabue, etc. 13C church of Santa Chiara and Roman Tempio di Minerva.
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TODI
 Splendid Piazza del Popolo and church of Santa Maria della Consolazione, a masterpiece of the Renaissance.
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BEVAGNA
 Walled Roman town with mosaic baths; fine Romanesque churches of S. Silvestro and S. Michele; perfectly restored 19C theatre in medieval palazzo.
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SPELLO
 Roman/medieval town, Augustan gate, 14C Rocca, church of Santa Maria Maggiore with frescoes by Pinturicchio.
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MONTEFALCO
 'The balcony of Umbria' overlooking the Umbrian hills. Gozzoli frescoes.

ATG TRUST PROJECT BEVAGNA

Restoration of important 13C wooden sculptures, damaged in the 1998 Assisi earthquake, was completed in September 2001 and they can be visited. They include a crucifix once owned by Beato Giacomo, the town's Patron Saint.



- Walk from the Etruscan city of Todi to Assisi, the birthplace of St. Francis
- Tranquil countryside of meadows, woods, vineyards and olive groves – Italy's 'green heart'
- Visit some of the finest Umbrian hill towns on route – medieval Montefalco, Roman Spello and Bevagna
- Superb art, including frescoes by Giotto, Pinturicchio, Simone Martini and Gozzoli
- High, open pastures of Monte Subasio, and the path used by St Francis

ITINERARY – Walking or Cycling

- Day 1 Arrive in Todi**
- Day 2 Todi to Giano dell'Umbria**
Walking: Walk down to the Tiber valley, across farmland, up to the pastures of Monti Martani and down to Giano (13.4 or 14.5 miles, 6 or 6.5 hrs).
Cycling: A quiet road into Tiber valley, then gradual ascent (1000ft) to Giano (18 or 20.3 miles).
- Day 3 Giano dell'Umbria to Montefalco**
Walking: Walk through sheep pastures, vineyards and olive groves, then across wheat and barley fields to Montefalco (8.1 miles, 3.5 hrs).
Cycling: Along lanes which lead through the renowned vineyards of this area to Montefalco (16.7 miles).
- Day 4 Montefalco to Bevagna**
Walking: Explore Montefalco, then an afternoon walk down through vineyards and farmland to the walled medieval town of Bevagna (5.4 miles, 2.5 hrs).
Cycling: Explore Montefalco, then an afternoon cycle through country roads along a ridge to walled Bevagna (7.3, 11.2 or 14.5 miles).
- Day 5 Bevagna to Spello**
Walking: Explore Bevagna, then an afternoon walk across a fertile plain to Spello (7.2 miles, 3.5 hrs).
Cycling: Explore Bevagna, then an afternoon cycle along quiet lanes across a plain to Spello (11.1 or 13.3 miles).
- Day 6 Spello to Assisi**
Walking: Walk up through scrub and woods to Monte Subasio, then across high meadows and down the stony path used by St. Francis to Assisi (11 miles, 5 hrs 30). Alternative route along the side of the mountain to the Carceri Hermitage and down to Assisi (11 miles, 6 hrs).
Cycling: A fine ride across the hills (14.5 miles with an ascent of 760 metres); or the 'classic' route, for the experienced mountain biker, straight across the top of Monte Subasio (14.5 miles, 1,290m up).
- Day 7 Free day in Assisi**
- Day 8 Departure day**

Why not extend in Assisi or Todi (highly recommended by clients)?

TERRAIN

Walking: Flat plains and high hills but gradual ascents. *Strade bianche* (small gravel roads), woodland paths, grassy meadows and forest tracks.
Cycling: A mixture of small asphalt lanes, *strade bianche* (well surfaced gravel roads), and occasional short stretches of main road near towns.



ACCOMMODATION

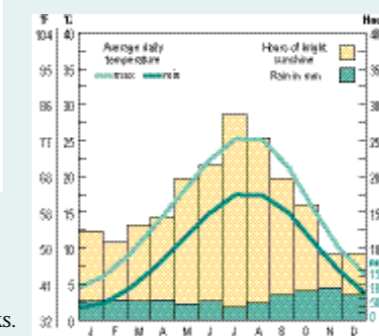
<p>Todi – Fonte Cesia ★★★★ Historic palazzo in medieval city. Superior rooms are larger. Night 1 B&B</p>	<p>Giano dell'Umbria San Felice Agriturismo Farmhouse with excellent restaurant. Night 2 HB</p>	<p>Montefalco Degli Affreschi ★★★ Converted historic palazzo in centre. Night 3 B&B</p>	<p>Bevagna Brunamonti ★★★ Comfortable hotel in medieval centre. Night 4 B&B</p>
<p>Bevagna Orto degli Angeli Residenza d'Epoca Elegant villa in medieval town centre. Night 4 B&B</p>	<p>Spello Il Cacciatore ★★★ Family-run hotel and terrace with views Night 5 B&B</p>	<p>Spello Palazzo Bocci ★★★★★ Converted palazzo, in historic town. Night 5 B&B</p>	<p>Assisi Subasio ★★★★★ Centrally located, with spectacular views. Nights 6&7 B&B</p>

TRIP INFORMATION

RESTAURANTS, FOOD & WINE

Good food everywhere along the route, and several very distinguished restaurants. The cuisine of the area is renowned for its delicate and subtle flavours. Game, mushrooms, asparagus, artichokes and both black and white truffles. Superb wines of Montefalco using unique Sagrantino grape. Try Sagrantino Passito (possibly Italy's finest dessert wine).

TEMPERATURE & RAINFALL



GETTING THERE

Recommended Destination Airports:
Rome Perugia

FLIGHTS

From Rome there are buses (2hrs) or trains (3hrs) to Todi. From Perugia there are trains to Todi (1-1.5hrs). There are trains to Foligno from Rome (1.5-2.5hrs) or from Perugia (40 mins), then bus to Montefalco.

TAXIS

From:	To:	Price:
Rome	Todi	from €220
Perugia	Todi	from €90
Rome	Montefalco	from €220
Perugia	Montefalco	from €90

TRIP LENGTH: 8 days

HALF-BOARD NIGHTS (dinner included): 1

ROUTE OPEN: 8 day: from 01 Apr to 31 Oct

PRICES Excluding flights:
8 day: Standard AU\$1870 Superior AU\$2295

SINGLE OCCUPANCY SUPPLEMENT:
8 day: Standard AU\$790 Superior AU\$1250

CYCLE HIRE: 8 Day: AU\$210