

ITALY – UMBRIA

8-day / 7-night one-hotel **GUIDED** walking based at Spello – with a choice of walks each day



Umbria, far from the crowds of Tuscany in central Italy, offers excellent walking in the deep green valleys, cloud-shrouded mountains, and charming medieval, Roman and Etruscan towns.

The enchanting hilltop town of Spello offers an excellent choice of walks 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.

- Stay in a family-run spa hotel, with beautiful views over the medieval village of Spello.
- Explore the medieval treasures of Assisi, birthplace of St Francis
- Admire the Bridge of Towers, a feat of engineering.
- Enjoy excellent examples of the unique local cuisine and get a taste for Umbrian wine in Montefalco.

Costs from: **\$3670** per person (twin share) Single room supplement \$455

2024 Departures: 27 April, 4, 11 & 18 May, 7, 14, 21 & 28 September 2024

Tour includes: 7 nights in comfortable hotel accommodation room with ensuite bathrooms, 7 breakfasts, 6 evening meals, 5 packed lunches, wine tasting, guided tour of St Francis Basilica, experienced walks leader, 5 guided day walks, local transport to & from the walks, standard coach transfers from Rome airport (at set times – ask for details, must be requested when making a booking)

Not Included: Other meals & drinks not mentioned, personal expenses, transport and excursions on your free day.

Accommodation: Located in Spello, at the top of this charming medieval village, **Hotel La Bastiglia** has been family run for the last 40 years. The hotel's location at the top of the town allows for wonderful views from its tranquil garden, this historic building has been tastefully made into a charming hotel complete with subterranean spa and outdoor pool with a view. The rooms are comfortable and well decorated with all modern amenities. The hotel's restaurant is well-known locally and is just a short walk from the main hotel.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Trip Grading: Walk moderate or longer distances. Sections of hilly or upland areas and may have sections of rough or steeper terrain and will require reasonable fitness. Choice of easier walks of 7-12km on mostly good paths with ascents up to 600m or harder walks of 14-16km with some steeper and rougher ascents up to 1000m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day

Plan to arrive in Spello before dinner.

Day 2: Aqueduct Ring Walk

Wander past the impressive Porta Montanara and follow the course of an ancient viaduct to climb above Spello into the olive groves for views of Monte Subasio and Vale of Spoleto.

Day 3: Spello to Assisi

Walk the trail along Monte Subasio, passing behind Villa Fidelia built by Mussolini. Continue past vineyards and olive groves to the picture-postcard town of Assisi, where we explore the medieval town and tour the Basilica of St Francis. The harder walk climbs the foothills of Monte Subasio, taking in spectacular views over the Vale of Spoleto, to the Hermitage of St Francis.

Day 4: Free day

Spend the day enjoying the medieval streets of Spello and visiting the church of Santa Maria Maggiore with its frescoes painted by Pinturicchio, Umbria's most famous artist. Or head to the region's capital Perugia for hilltop views, a subterranean Etruscan temple, and Piazza V Novembre with its gothic cathedral and impressive fountain.

Day 5: Wine Country

We head to the opposite side of the Vale of Spoleto to the walled medieval town of Bevagna then through the vineyards to Montefalco, the capital of Umbrian wine – most famous for its Sagrantino red wine.

Day 6: Assisi

Follow the ancient rocky path up to Assisi and through tranquil woods where you can visit the Hermitage of St Francis. Or choose the walk that climbs to the summit of Monte Subasio, known as the holy mountain, taking in beautiful spring flowers, ancient towns, forests, and meadows.

Day 7: Spoleto, Viaducts and Ancient Railways

Viaducts and Ancient Railways Head to Roman Spoleto, with its grand viaduct and Roman amphitheatre, crossing the Bridge of Towers, climbing through forested trails to Monteluco. Or follow the old railway line running between Spoleto and Norcia. Enjoy wine tasting in a local enoteca for our farewell dinner.

Day 8: Departure day

Tour ends after breakfast. Join the group coach transfer to Rome airport or depart Spello by train.

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

- Call Toll free 1800 331 582 or (03) 57551743
- Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia.