

Walking and enjoying the Umbrian landscape (DTW 006 UMB)
Guided walking day tour in Umbria



Breathe the scent of the earth, the wood, flowers and listen to the sounds of nature while you walk along dirt roads and footpaths immersed in the unspoilt and lush nature of Umbria, through known and less known places of this amazing land...this is the spirit of our walks with professional and expert tour guides. Here below you find some examples to have an enjoyable day in Umbria! On request other walks can be organized.

Short trekking:

A. Walk to the Franciscan hermitage Eremo delle Carceri on Mount Subasio at 830m / time to visit the hermitage and back along trails and quiet country roads to Assisi.

Level medium: some walking experience is needed because of the climb towards the hermitage is hard

Walking time: 3 ½ - 4 hours

Distance: 12 km / 7,5 miles

Differences in level: + 500m

Price: see schedule below

B. Loop walk from Spello

You will walk along the aqueduct trail to the small walled in village of Collepino. Along quiet country roads you walk back to Spello.

Level medium: some walking experience is needed because of the climb towards Collepino.

Walking time: 4 hours

Distance: 12 km / 7,5 miles

Differences in level: + 450m

Price: see schedule below

C. Collepino - Aqueduct trail and visit winery

You park your car at the winery and have a transfer to Collepino. A nice walk along the Roman Aqueduct trail brings you to Spello. Amongst olive groves, you reach a winery in the Assisi DOC area. You visit the winery and will have a wine-tasting. On request can be booked also a lunch in the winery.

Level: easy (suitable for children from 12 years and on)

Walking time: 4 hours

Distance: 9 km / 5,6 miles

Differences in level: + 130m – 410m

Price per person for half day guided walk, visit winery and wine-tasting:

2 adults € 90

3 adults € 85

4 adults € 75

5 adults € 70

6 adults € 65

7 adults € 60

Children under 18: € 30,00

D. Abbey of Sassovivo

Loop walk from the Sassovivo's water bottling factory.

A marvellous walk into the silent oak holm forest climbing along footpaths until reaching the ancient abbey of Sassovivo.

Level medium: some walking experience is needed because of the climb towards the abbey.

Walking time: about 3,5 hours (incl.stops)

Distance: 8,5 Km / 5.3 miles

Differences in level: +550m – 550m

Price: see schedule below

E. The convent of S. Francis and the Holy woods of Monteluco at Spoleto

Loop walk from San Pietro's church in Spoleto. A fantastic walk that allows you to jump back in the past. The woods exude the mystical atmosphere of S. Francis and even more in the Franciscan monastery you feel his presence.

Level medium: some walking experience is needed because of the climb towards the abbey and the Sacred Forest.

Walking time: about 4 hours (incl.stops)

Distance: 7,3 Km / 4.54 miles

Differences in level: +680m - 680m

Price: see schedule below

F The forgotten abbey of Santo Stefano in Manciano di Trevi

Loop walk from Manciano near Trevi. A quiet walk through the pine forest until reaching the forgotten Santo Stefano's abbey, a place full of memories and history.

Level easy: but some walking experience. Suitable for children.

Walking time: about 3 hours (incl.stops)

Distance: 6,7 Km / 4.2 miles

Differences in level: +330m - 330m

Price: see schedule below

F. L'Abbazia di San Felice

Loop walk from Giano dell'Umbria.

A spiritual walk among olive groves and surrounded by pure nature you arrive at San Felice's abbey, which dates back to the X-XII century. It is one of the most particular Umbrian abbeys, built alongside a branch of the Roman Via Flaminia connecting Narni with Mevania (Bevagna)

Level easy: some walking experience needed. Suitable for children.

Walking time: about 3 hours (incl.stops)

Distance: 7,5 Km / 4.7 miles

Differences in level: +340m



Long trekking (full day):

A. Montefalco and its vineyards

A ring walk in the hills covered with vineyards and olive groves around Montefalco. Start in this lovely medieval town famous for its Sagrantino and Montefalco wines. You need to bring a lunch package or we can book on request a wine-tasting.

Level medium: some walking experience is needed because of the up- and downhill walking

Walking time: about 6 hours (incl. stops)

Distance: 15 km / 9,3 miles

Differences in level: + 650m

Price: see schedule below

B. Assisi-Spello Way of Saint Francis walk

From Assisi the route is going uphill to the hermitage Eremo delle Carceri, which is situated at 830m a.s.l.

Saint Francis and his companions used to retreat here to meditate in the woods. After St. Francis's death, a monastery was built on this spot. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend along trails to Spello, walking first through the woods and then through olive groves.

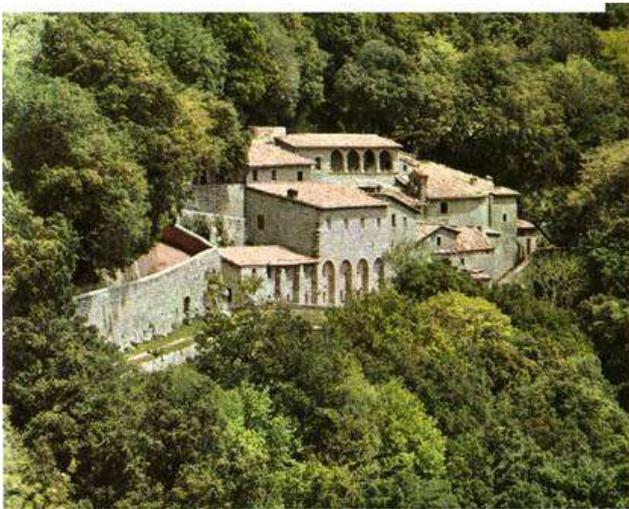
Level: difficult. A walk for experienced walkers. Lunch package is needed

Total Ascent-descent: + 900m -980m

Walking time: 6 hours

Distance: 17,4 km / 10,8 miles

Price: see schedule below



Prices 2023:

Guided trekking (half day)

€ 100 1-3 people

€ 125 4-7 people

€ 145 8-15 people

Youngsters under 18 don't pay

Trekking (full day)

€ 120 1-3 people

€ 145 4-7 people

€ 170 8-15 people

Youngsters under 18 don't pay



Ecologico Tours & Meravigliosa Umbria

www.ecologicotours.com

www.meravigliosaumbria.com

e-mail info@meravigliosaumbria.com

tel. (0039) 346 3254167 & (0041) (0) 79 2457505

