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

Meravigliosa Umbria



Breathe in the scent of the earth, the woods and wildflowers as you walk along trails, mule tracks and country roads immersed in the unspoilt nature of Umbria. **Our guided walking** tours lead you to both iconic landmarks and hidden corners of this extraordinary region.
Each hike is led by **professional and experienced hiking guides**, perfect for anyone looking to enjoy an authentic experience surrounded by nature, history and breathtaking views.
Below you will find a selection of full-day trekking options, ideal for a pleasant and enriching day in Umbria.

Customised tours with different routes can be arranged on request.

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: You need some walking experience 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. 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

D. 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

E. 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 dellUmbria.
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 centrury. 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

Price: see schedule below

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 it 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 2027:

Guided trekking (half day)
1 - 3 people: € 115
4 - 7 people: € 145
8 - 15 people: € 180
Youngsters under 18 do not pay

Trekking (full day)
1 - 3 people: € 145
4 - 7 people: € 175
8 - 15 people: € 210
Youngsters under 18 do not pay

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