

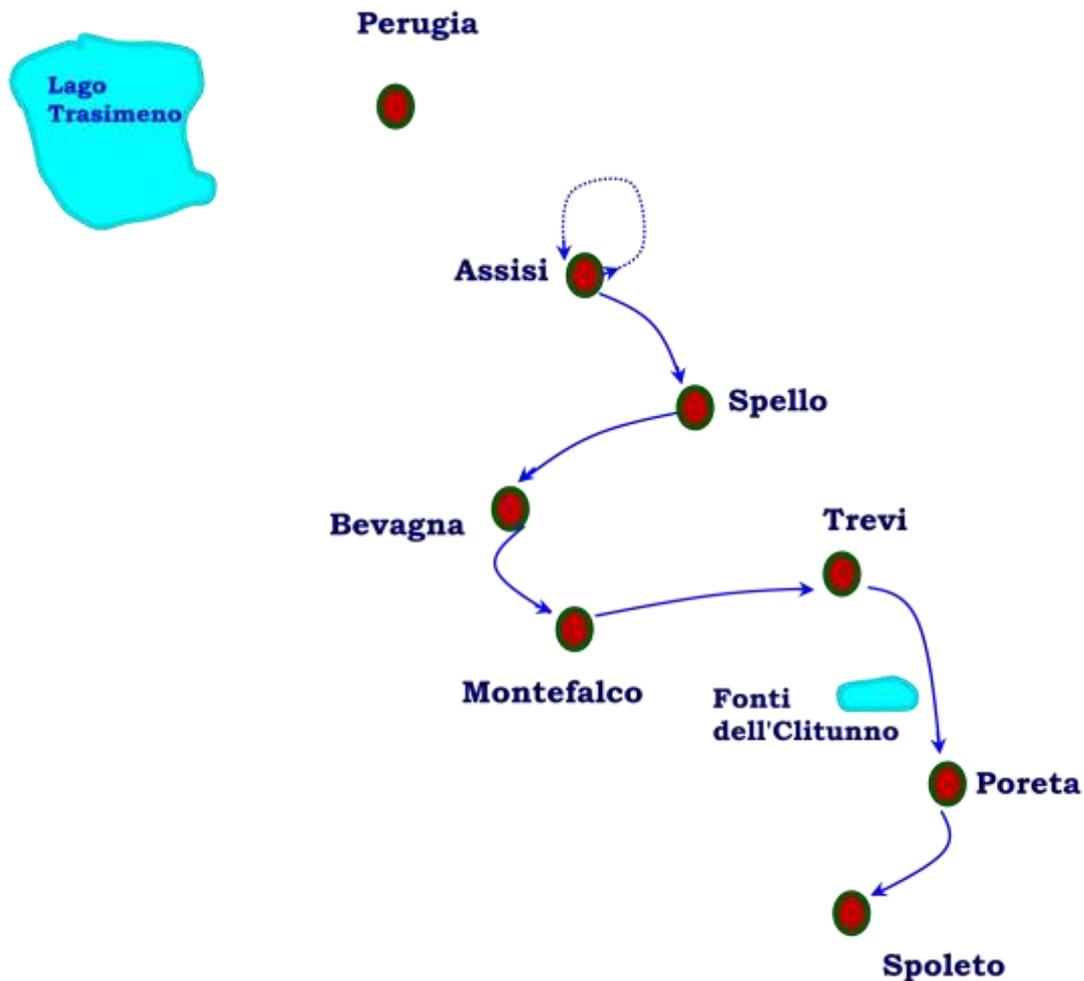
## Medieval Umbria: Assisi-Spoleto (W 001 UMB)

A 6-, 8- or 10-day walking tour



This tour is the perfect combination of visiting typical Umbrian medieval towns and walking through exciting colourful landscapes with unique views. Umbria has been praised for its pure beauty since Roman times, because of its greenness, many lakes, rivers, refreshing springs, mountain streams and waterfalls. The tour starts in the beautiful and fascinating town of Assisi, the pilgrims' town built against the slopes of Mount Subasio and it finishes in Spoleto, a very special town with many squares, lovely little streets, shops with local delicacies and handicrafts, restaurants and many sights to visit. Take your time to visit Assisi, impressively built overlooking the valley. The church of St. Francis is a real pearl with the frescoes of Giotto, Cimabue, Simone Martini and many other artists. But not only Assisi is a highlight of this walking tour, because in the Valle Umbra there are many small medieval towns. The following days you will walk from one art treasure to the other: Spello, Bevagna, Montefalco, Trevi and Spoleto. The routes are not too long, so you have enough time to visit the lovely old town centres and enjoy a nice dish and good glass of local wine on the cozy medieval squares.

## Umbria Medievale



**Period:** Daily all the year round (best period April - June / end of August - October)  
**Guided:** On request

**Participants:** Minimum 1 person

**Difficulty:** Level 2

Moderate with the possibility making some more strenuous walks. You walk in hilly countryside without not too much climbing and descending. There is time to visit the medieval towns along the route. The duration of the walks are between 4 and 6 hours a day; 12 to 20 km with an average walking time of 3-4 km an hour. There is walking experience needed. Total km:

Total km to walk

5-day tour: minimum 50 km / 31 miles and maximum 60 km / 37,5 miles.

8-day tour: minimum 78 km / 48,5 miles and maximum 89 km / 55,5 miles.

9-day tour: minimum 100 km / 62 miles and maximum 109 km / 68 miles.



**Program 6-days:**

Day 1 Individual arrival at Assisi

Day 2 To Spello (17,4 km/10,8 mi or 10,8km/ 6,7 mi)

Day 3 To Bevagna (16,3 km / 10,1 mi)

Day 4 To Montefalco (12,4 km / 7,7 mi)

Day 5 To Trevi (13,5 km / 8,4 miles)

Day 6 End of tour after breakfast

**Program 8-days:**

Day 1 Individual arrival at Assisi

Day 2 To Spello (17,4 km/10,8 mi or 10,8km/ 6,7 mi)

Day 3 To Bevagna (16,3 km / 10,1 mi)

Day 4 To Montefalco (12,4 km / 7,7 mi)

Day 5 To Trevi (13,5 km / 8,4 miles)

Day 6 To Campello Alto/Poretta (13,6 km / 8,5 mi)

Day 7 To Spoleto (15,4 km / 9,6 mi)

Day 8 End of tour after breakfast

**Program 9-days:**

Day 1 Individual arrival at Assisi

Day 2 cultural walk, short walk or long walk in the surrounding hills (12 km / 7,5 miles or 20 km / 12,4 miles)

Day 3 To Spello (17,4 km/10,8 mi or 10,8km/ 6,7 mi)

Day 4 To Bevagna (13,1 km / 8,1 mi or 16,3 km / 10,1 mi)

Day 5 To Montefalco (12,4 km / 7,7 mi)

Day 6 To Trevi (13,5 km / 8,4 miles)  
Day 7 To Campello alto / Poreta (13,6 km / 8,5 mi)  
Day 8 To Spoleto (15,4 km / 9,6 mi)  
Day 9 End of tour after breakfast



### **Daily program 6-day / 5-night tour**

#### **Day 1 Individual arrival at Assisi**

When you arrive by train or by car, you see Assisi already from afar. It is a proudly looking over the Valle Umbra and especially the convent and church of Saint Francis make an impressive impression. If you arrive early, you can already discover the old town centre and wandering through its alleys and streets. Cafés are inviting you to sit down and enjoy a 'gelato', cappuccino or a good glass of local wine. Assisi, as a pilgrimage town, is full of monuments linked to the lives of the famous Franciscan saints, Clara and Francis. A must of course are the Basilicas of St. Francis, St. Clare and the monastery of San Damiano. Overnight stay in a \*\*\*\* or \*\*\* star hotel

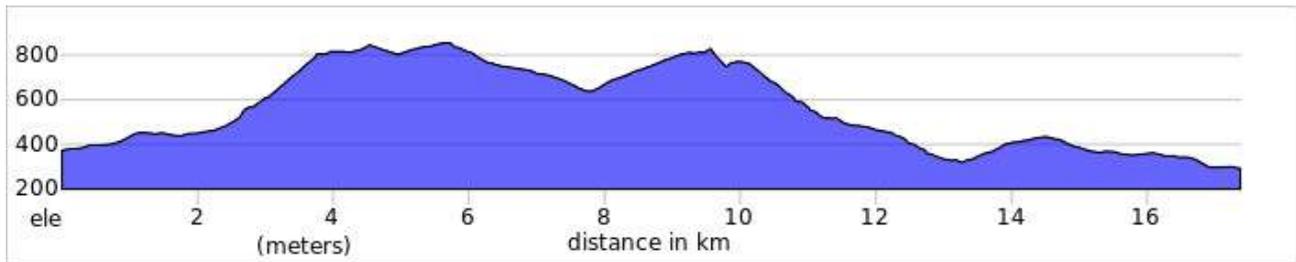
#### **Day 2 Assisi - Spello**

Today you say goodbye to Assisi and will walk to Spello. There are two routes to choose off, a longer one going uphill to the hermitage Eremo delle Carceri or a shorter one through olive groves along the slopes of Monte Subasio. From the porta Cappuccini a footpath will take you to the hermitage, situated at 830m a.s.l. In this mystic place Saint Francis and his companions used to retreat themselves to meditate in the woods. After St. Francis's death, a small monastery was built on this spot. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend to Spello, walking first through the woods and then amongst olive groves.

Total Ascent-descent: + 788m -870m

Walking time: 6 hours

Distance: 17, 4 km / 10,8 miles



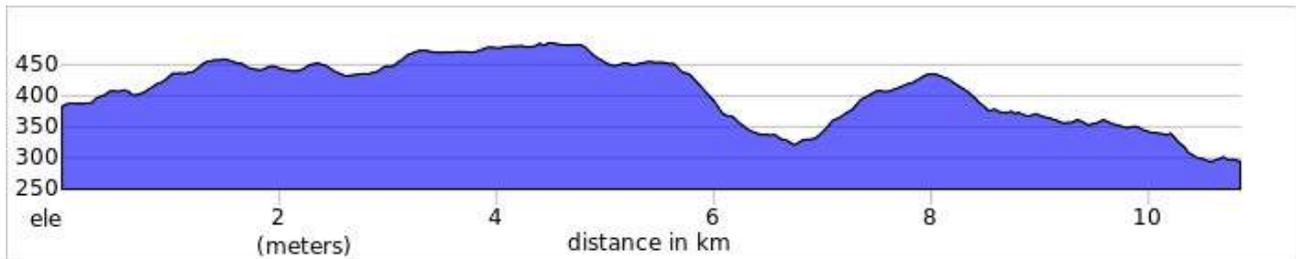
The lower route follows the slopes of Mount Subasio and involves less climbing, but it is the same a beautiful walk amongst olive groves with astounding views.

Spello is built, like Assisi on the slopes of Mount Subasio. This little town has Roman origins, as several features reminds us off, including the porta Venere and porta Consolare town gates, the Roman Mosaics and the remains of a Roman theatre. Do not forget to admire the colorful frescoes by Pinturicchio in the church S.Maria Maggiore.

Total ascent-descent: + 270m - 359m

Walking time: 3 hours

Distance: 10,8 km / 6,7 miles



### Day 3 Spello - Bevagna

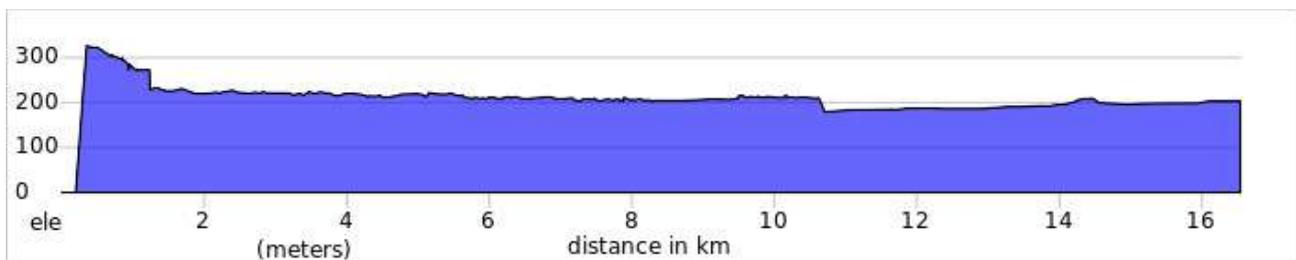
You will leave the hills for a while now and will descend into the valley 'Valle Umbra'.

Walking on quiet little country roads you will arrive in Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Timia and Topino. During Roman times Bevagna was a prosperous town, as it was positioned along the busy trade road, the Via Flaminia, which connected Rome with the Adriatic coast. Particularly characteristic are the 2km of 13th to 14th century town walls, which are draped around Bevagnas historic centre. The heart of this town is the square, 'Piazza Silvestri', with its beautiful fountain and two Romanesque churches. Do not forget to visit the mosaic of the former Roman baths. Your hotel \*\*\* is in the historic centre or just outside town.

Total ascent: + 81m - 176 m

Walking time: 4 ½ hours

Distance: 16,5 km / 10,3 mi



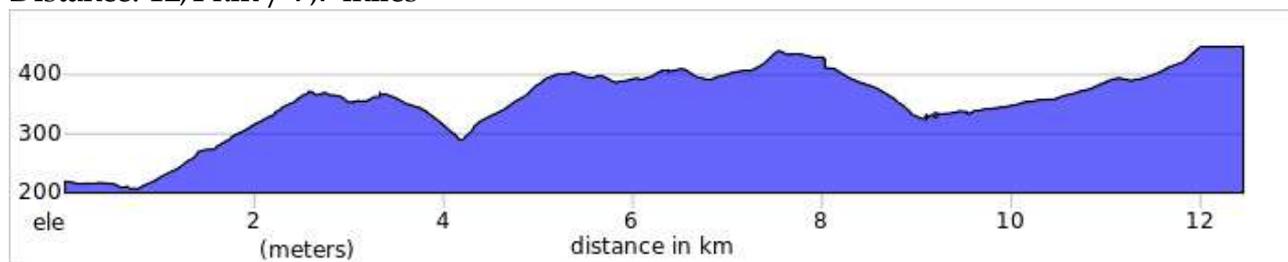
#### Day 4 Bevagna-Montefalco

You will again be walking through a slightly hilly landscape, but the olive groves soon make way for vineyards. The hills surrounding Montefalco are famous for the production of excellent wines: Sagrantino and Rosso di Montefalco d.o.c.g.. To reach the town you have to climb some, because Montefalco is –predictable- built on a hilltop. The town is also known as the balcony ('ringhiera') of Umbria, because of its beautiful panorama over the valley. The St. Francis church is now a fine museum, housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Do not leave Montefalco before tasting some of the delicious wines in one of the many wine bars.

Total ascent-descent: + 446m -220m

Walking time: 3 hours 45 min

Distance: 12,4 km / 7,7 miles



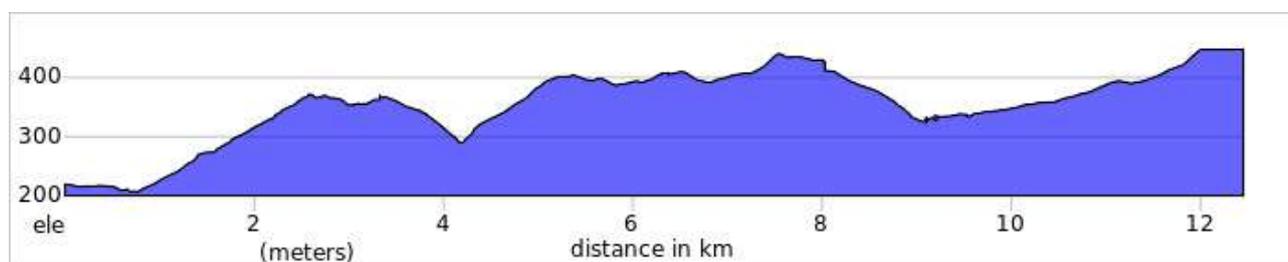
#### Day 5 Montefalco - Trevi

On your way to Trevi (420m a.s.l.), on the lower flank of Mt. Serano overlooking the wide plain of the Clitunno river, your route crosses the fertile valley with its various waterways. Trevi is also called the capital of olive oil and indeed, you will notice that the slopes of the surrounding mountains are covered with evergreen olive groves. Trevi has a dozen medieval churches: the most important are the Romanesque Duomo (S. Emiliano), the shrine of the Madonna delle Lacrime notable for a fresco by Perugino and the former church of S. Francesco, now a museum. You will stay in a \*\*\* or \*\*\*\* hotel in the historical centre.

Total Ascent-Descent: +250m -305m

Walking time: 4 hours

Distance 13,4 km / 8,4 miles



#### Day 6 End of tour after breakfast

End of your tour through a wonderful valley. Trevi has a train station in the valley 4km from your hotel.



### **Daily program 8-day / 7-night tour**

#### **Day 1 Individual arrival at Assisi**

See program 5 day tour day 1

#### **Day 2 Assisi - Spello**

See program 5 day tour day 2

#### **Day 3 Spello - Bevagna**

See program 5 day tour day 3

#### **Day 4 Bevagna-Montefalco**

See program 5 day tour day 4

#### **Day 5 Montefalco - Trevi**

See program 5 day tour day 5

#### **Day 6 Trevi - Campello Alto / Poreta**

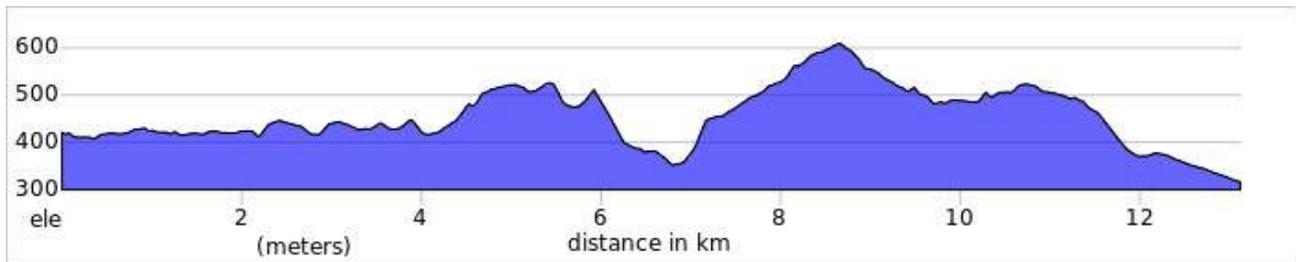
From Trevi you will pick up the pilgrimage route the Way of Saint Francis, which runs from La Verna in Tuscany, crosses Umbria and finishes in Rome. The route will lead you through olive groves and you will have astonishing views of the Valle Umbra. You pass one of the nicest 'Borghi' of Umbria, the walled in Campello Alto. If you stay in Hotel Fontanelle, you have a last climb to this mountain hotel with swimming pool and restaurant. If you stay in Borgo della Marmotta your route continues through olive groves until the hamlet Poreta. Overnight stay in Hotel \*\* or Relais

Ascent-Descent: + 461m -560m (Borgo Marmotta) or Relais Borgo Campello + 432m - 358m or Hotel le Fontanelle + 593m -359m

Walking time: 4 hrs (Borgo Campello), 4 hrs 30 mins (Fontanelle) or 4 hr. 45 min (Poreta)

Distance: 13 km/8 mi (Poreta Borga Marmotta) or 10,3 km/7 mi (Borgo Campello) or 12,3 km / 7,5 mi) albergo le Fontanelle

#### Trevi-Poreta



#### Day 7 Poreta / Campello alto - Spoleto

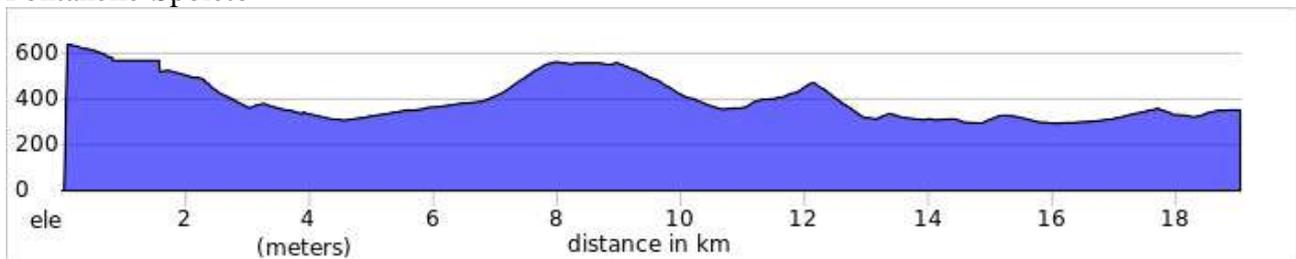
When you have the overnights stay in Hotel Fontanelle, you could have the next morning a transfer by car to Poreta arranged by the owners of the hotel. You leave Poreta and walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every summer (end of June beginning of July). In Spoleto worthwhile to visit are the cathedral, the castle, a Roman house, Roman theatre and many museums. Spoleto is not only art and culture, but also food & wine ! The town has some nice shops with fantastic local products, many cosy bars with terraces and excellent restaurants. Overnight stay in a \*\*\* or \*\*\*\* hotel

Total ascent-descent: + 481m -447m (Poreta) or +541m -664m (Campello Alto) or +487m - 771m (Le Fontanelle)

Walking Time: 4 hours 20 min (Poreta) or 5 hours 10 (Campello Alto) or 5 uur 50 (Le Fontanelle)

Distance: 15 km / 9,3 miles (Poreta village) - 17,5 km / 11 mi (Campello Alto) or 19 km / 11,8 mi ( Le Fontanelle)

#### Fontanelle-Spoleto



#### Day 8 End of tour after breakfast

End of your tour through a wonderful valley. Trevi has a train station in the valley 4km from your hotel.



### **Daily program 9-day / 8-night tour**

The program of this tour is the same as the 8-day/7-night tour. The only difference is an extra night in Assisi with the possibility to make a cultural walk in Assisi or a walk in the hilly surroundings.

You can choose of 2 following routes:

1. **The cultural town walk** will take you round the most important cultural monuments of Assisi, which are mostly connected with the lives of the saints Francis and Clare, who were born and died in Assisi. From the hotel, your walk goes up to the Porta Cappuccini, the highest town gate (470m a.s.l.) of Assisi. You will walk through a tangle of little alleys and crossing medieval squares passing the medieval castle, the basilica of St. Francis, the temple of Minerva, the church 'Chiesa Nuova' and the basilica of St. Clare. Arrived at the monastery of St. Damiano, you can choose to go back to your hotel or to continue your walk downhill to the village of S.Maria degli Angeli to visit the impressive basilica. From here, you take the local bus to go back to Assisi.

Walking time 3 - 4 ½ hours

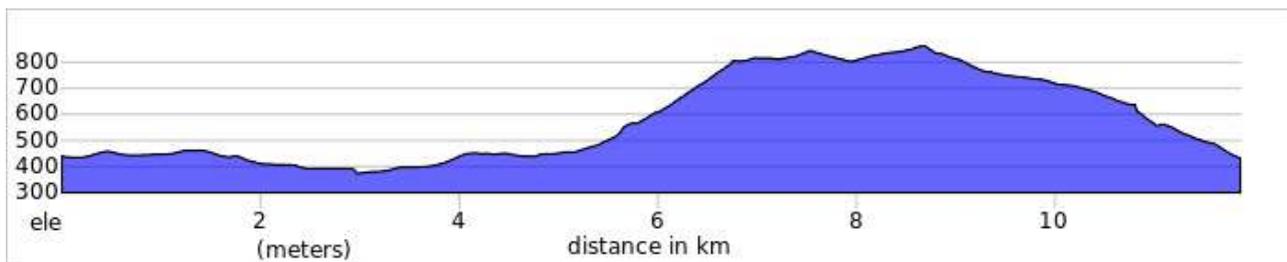
### **2. A walk through the national park of Mount Subasio:**

This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up the hermitage Eremo delle Carceri (830m a.s.l.) on Monte Subasio, a holy place where St Francis retreated himself. Then you descend along trails and quiet country roads back to Assisi.

Total ascent / descent: + 544m -544m

Distance: 12 km / 7,5 miles

Walking time: 4 ore



**Rates per person 2021:**

<b>6 days</b>	<b>Price in Euro</b>
<b>Standard hotels HOTEL DA ANGELO **</b>	
Sharing double room B&B	382,00
Single room B&B	500,00
Travelling alone B&B	530,00
3 <sup>rd</sup> person in triple	220,00
Half board supplement	126,00
<b>6 days Standard hotels HOTEL LA TERRAZZA***</b>	<b>Price in Euro</b>
Sharing double room B&B	400,00
Single room B&B	530,00
Travelling alone B&B	560,00
3 <sup>rd</sup> person in triple	260,00
Half board supplement	130,00
<b>6 day Deluxe hotels</b>	<b>Price in Euro</b>
Sharing double room B&B	575,00
Single room B&B	740,00
Travelling alone B&B	775,00
Half board supplement (4 diners; Assisi only B&B)	140,00
<b>8 days Standard Hotels HOTEL DA ANGELO**</b>	<b>Price in Euro</b>
Sharing double room B&B	595,00
Single room B&B	765,00
Travelling alone B&B	805,00
3 <sup>rd</sup> person in triple	362,00
Half board supplement	154,00
Suppl. Festival Spoleto 2 weeks end of June / beginning of July Not to be paid in Hotel la Macchia	16,00
<b>8 days Standard Hotels HOTEL LA TERRAZZA***</b>	<b>Price in Euro</b>
Sharing double room B&B	615,00
Single room B&B	795,00

Travelling alone B&B	835,00
3 <sup>rd</sup> person in triple	407,00
Half board supplement	161,00
Suppl. Festival Spoleto 2 weeks end of June / beginning of July Not to be paid in Hotel la Macchia	16,00
<b>8 days Deluxe Hotels</b>	<b>Price in Euro</b>
Sharing double room B&B	875,00
Single room B&B	1.115,00
Travelling alone B&B	1.155,00
Half Board supplement (6 dinners; Poreta)	216,00
Half Board supplement (5 dinners; Relais Campello alto)	178,00
<b>9 days Standard Hotels HOTEL DA ANGELO **</b>	<b>Price in Euro</b>
Sharing double room B&B	643,00
Single room B&B	825,00
Travelling alone B&B	865,00
3 <sup>rd</sup> person in triple	397,00
Half board supplement	172,00
Suppl. Festival Spoleto 2 weeks end of June / beginning July Not to be paid in Hotel la Macchia	16,00
<b>9 days Standard Hotels HOTEL LA TERRAZZA ***</b>	<b>Price in Euro</b>
Sharing double room B&B	680,00
Single room B&B	880,00
Travelling alone B&B	920,00
3 <sup>rd</sup> person in triple	460,00
Half board supplement	186,00
Suppl. Festival Spoleto 2 weeks end of June / beginning July Not to be paid in Hotel la Macchia	16,00
<b>9 days Deluxe Hotels</b>	<b>Price in Euro</b>
Sharing double room B&B	962,00
Single room B&B	1.253,00
Travelling alone B&B	1.293,00
Half Board supplement (6 dinners; Poreta)	216,00
Half Board supplement (5 dinners; Campello Alto)	178,00

**Supplement for hotel with pool at Bevagna:**

Bevagna Porta Guelfa
€ 10,00 p.p. B&B double /triple
Single room € 35,00

**The price includes:**

- 5/7/8 overnight stays with breakfast
- For the 8 and 9 days tour in standard hotel 1 dinner in Campello Alto / For the 8 en 9 days tour in superior hotels 1 dinner if booked in Campello Alto
- luggage transportation
- route instructions (in English, Italian, German or Dutch) and maps
- gps tracks for free available on request
- emergency support hotline
- route briefing evening of arrival in your hotel
- tour information

**The price doesn't include:**

- Local tourist tax to be paid directly in the hotel (Assisi & Spoleto) The amount depends on the category of hotel
- Everything not mentioned under 'the price includes'

**Travel Information:**

Individual arrival at Assisi and departure from Trevi (5 day tour) and Spoleto (8-10 day tour)

**By plane:**

Florence, [Amerigo Vespucci Airport](#) – 180 km from Assisi

Pisa, [Galileo Galilei Airport](#) – 250 km from Assisi

Rome, [Leonardo da Vinci International airport](#) (Fiumicino) – 190 km from Assisi

Rome, [Ciampino airport](#) – 190 km from Assisi

Umbria, [San Francesco Regional Airport](#) – 12 km from Assisi

**By Railway:**

From the North: Florence – Terontola - Passignano sul Trasimeno – Perugia – Bastia - Assisi

From the South: Rome – Orte – Terni – Spoleto – Foligno – Assisi

Time schedule on [Treni Italia](#)



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[www.ecologicotours.com](http://www.ecologicotours.com)  
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e-mail [info@meravigliosaumbria.com](mailto:info@meravigliosaumbria.com)  
tel. (0039) 346 3254167 & (0041) (0) 79 2457505

