

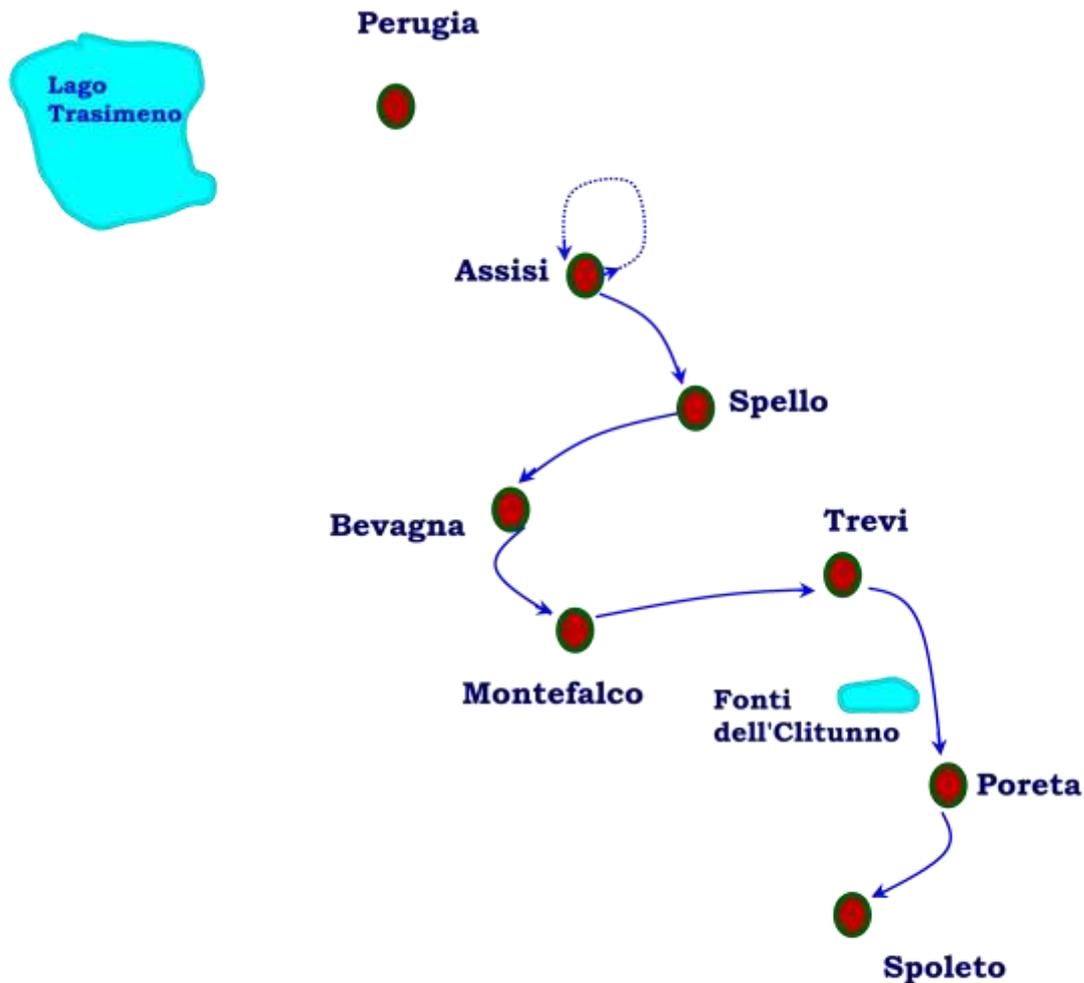
Medieval Umbra: Assisi – Spoleto (W 001 UMB)

A 6, 8 or 9 day 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 from 01 April until 31 October (except dates between 07/08 and 20/08 inc.)

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:

Program:

Assisi - Trevi (5 days)

Day 1 arrival Assisi
Day 2 to Spello
Day 3 to Bevagna
Day 4 to Montefalco
Day 5 to Trevi
Day 6 departure

Assisi-Spoleto (8 days)

Day 1 arrival Assisi
Day 2 to Spello
Day 3 to Bevagna
Day 4 to Montefalco
Day 5 to Trevi
Day 6 walking to Campello Alto
Day 7 walk to Spoleto
Day 8 departure

Assisi-Spoleto (9 days)

Day 1 arrival Assisi
Day 2 walk in Assisi or in the
surroundings of
Assisi
Day 3 to Spello
Day 4 to Bevagna
Day 5 to Montefalco
Day 6 to Trevi
Day 7 walking to Campello Alto
Day 8 walk to Spoleto
Day 9 departure

Level of difficulty **: moderate; walks in hilly countryside without too much ascent & descent; Walking experience is needed. Duration of the walks 4-6 hours a day; 12 -20 km (an average of 3-4 km an hour).

Period and starting days:

Daily from April until 31 October, except from 07/08 until 20/08 included

Number of Participants:

Individuals: 1 or more people

Program 8 days tour:

Day 1 arrival at Assisi

Your hotel ** or *** is in the new part of town, at only 900 meters from the historical centre. The hotels has rooms with airconditioning and private facilities, a free car park, a bar, restaurant and swimming pool. The *** star hotel a Spa centra. The upgrading hotel **** is in the old town centre and has no parking facilities

Day 2 Assisi-Spello:

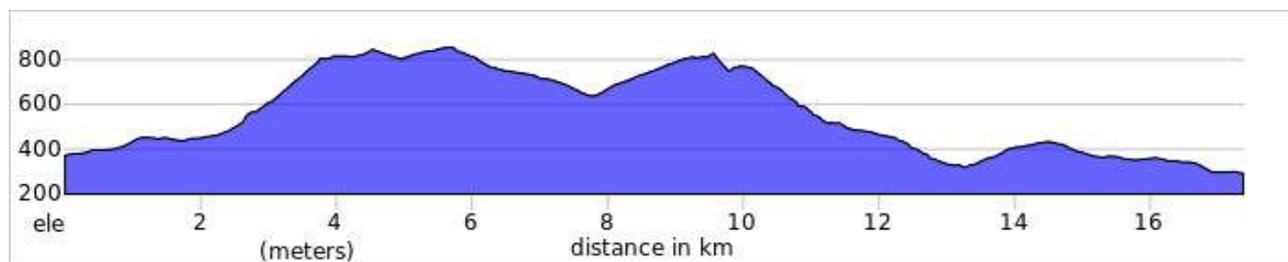
There are two routes to go to Spello: a longer one going uphill to the hermitage Eremo delle Carceri or a shorter one through olive groves along the slopes of Monte Subasio. From the porta Cappuccini a footpath will take you to the hermitage, which is situated at 830m a.s.l. Saint Francis and his companions 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 to Spello, walking first through the woods and then through olive groves.

Higher route

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 also a beautiful walk through olive groves with astounding views.

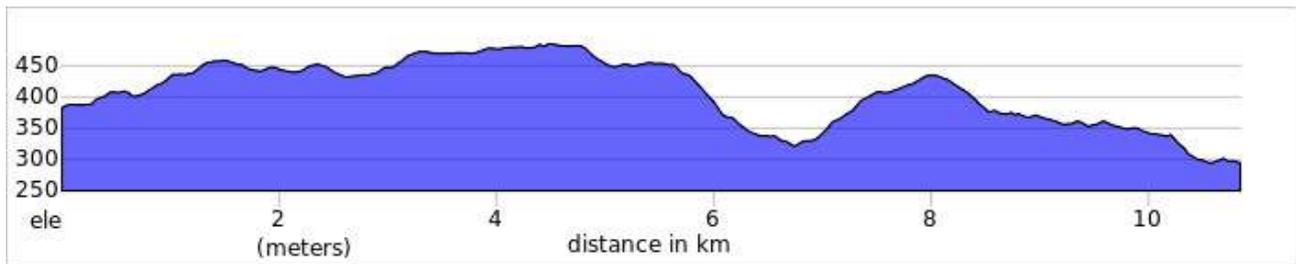
Spello is built on the slopes of Mount Subasio. This little town has Roman origins, as several features including the porta Venere and porta Consolare town gates and the remains of a Roman theatre outside the town walls remind us. Do not forget to admire the colorful frescoes by Pinturicchio in the church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

Lower and shorter route

Total ascent-descent: + 270m -359m

Walking time: 3 hours

Distance: 10,8 km / 6,7 miles



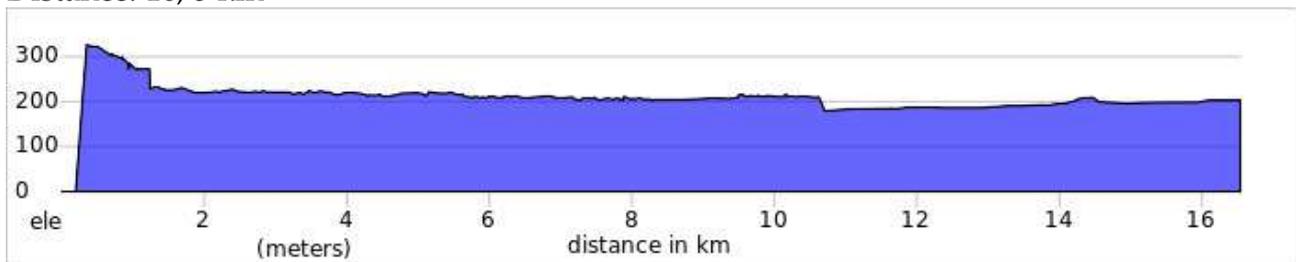
Day 3 Spello – Bevagna:

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 situated 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 surround most of Bevagna. 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 a former Roman baths. Your hotel is in the historical centre of the village.

Total ascent: + 81m – 176 m

Walking time: 4 ½ hours

Distance: 16, 5 km



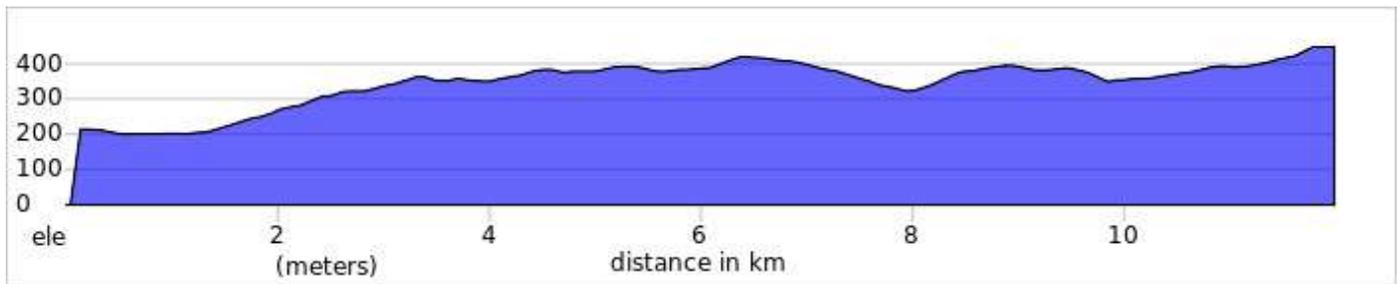
Day 4 Bevagna- Montefalco:

Here 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. To reach the town you have to climb, because Montefalco is –predictable- built on a hilltop. The town is also known as the balcony ('ringhiera') of Umbria, because of its beautiful panorama. The St. Francis church is now a fine museum which housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Do not forget to taste some of the delicious wine in one of the many wine bars.

Total ascent-descent: +395m –166m

Walking time: 4 hours 10 min

Distance: 12,5 km / 7,8 miles



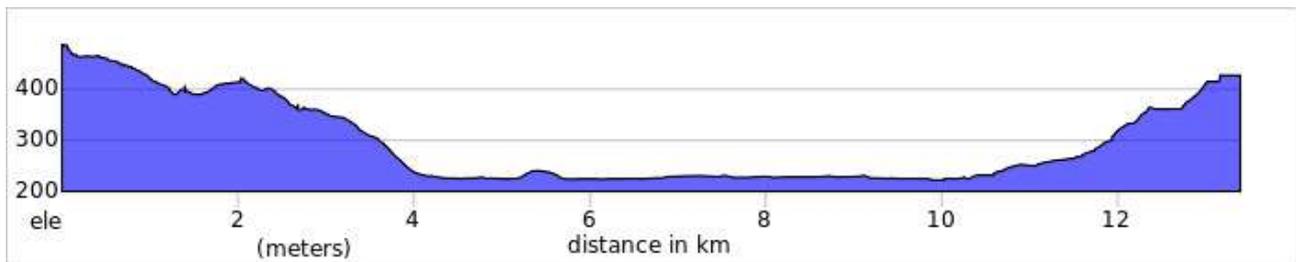
Day 5 Montefalco -Trevi:

On the 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 the historical centre of the town.

Total Ascent-Descent: +250m -305m

Walking time: 4 hours

Distance 13,5 km / 8,4 miles



Day 6 Trevi- Campello Alto

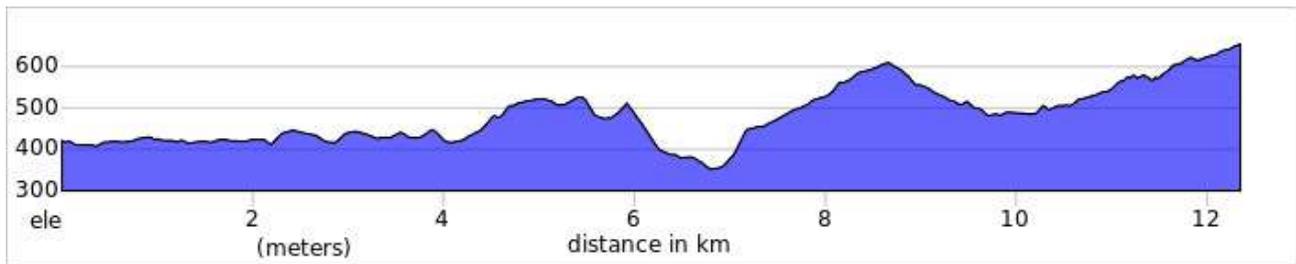
From Trevi you will pick up the pilgrimage route the Way of Saint Francis, which runs from La Verna in Tuscany, crosses Umbria and finishes in Rome. The route will lead you through olive groves and you will have astonishing views of the Valle Umbra. You will have an overnight stay in Campello Alto in a ex-monastery, a Relais (upgrading) or close by in a ** star hotel with swimming pool.

Ascent/ Descent: +432m -358m (Relais Borgo Campello Alto) or + 593m -359m (Hotel le Fontanelle Campello alto)

Walking time: 4 hours (Borgo Campello); 4 hours 30 min (Fontanelle)

Distance: 10,3 km / 6,4 miles (Relais Borgo Campello) or 12,3 km / 7,6 miles (hotel le Fontanelle)

Trevi-Le Fontanelle o Campello Alto)



Day 7 Campello Alto - Spoleto:

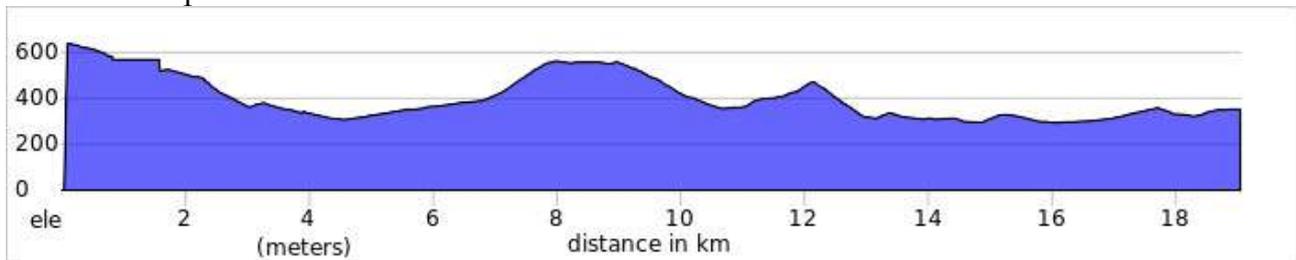
You leave your hotel and walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every 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. But 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.

Ascent-descent: +541m -664m (Campello alto) or +487m -771m (Le Fontanelle)

Walking time: 5 hours 10 (Campello Alto) or 5 hours 50 (Le Fontanelle)

Distance: 17,5 km / 10,9 miles (Campello Alto) or 19 km / 11,8 miles (Le Fontanelle)

Fontanelle-Spoleto



Day 8 departure

Transfer from Spoleto to Assisi to pick up your car at the end of the tour 1-4 pax (45,00 Euro to be paid in loco)

Program 9 days tour:

The 9 day tour has an extra day in Assisi with a choice of two walks

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 in Assisi. From the hotel, your walk goes up to the Porta Cappuccini town gate (470m a.s.l.). From here you will walk through a tangle of little alleys and medieval squares. You will pass the remains of an amphitheatre, the medieval castle (506m a.s.l.), the basilica of St. Francis, the temple of Minerva, the church 'Chiesa Nuova' and the

basilica of St. Clare, finally walking down to the monastery of St. Damiano (310m a.s.l.).
 Walking time 3 - 4 ½ hours

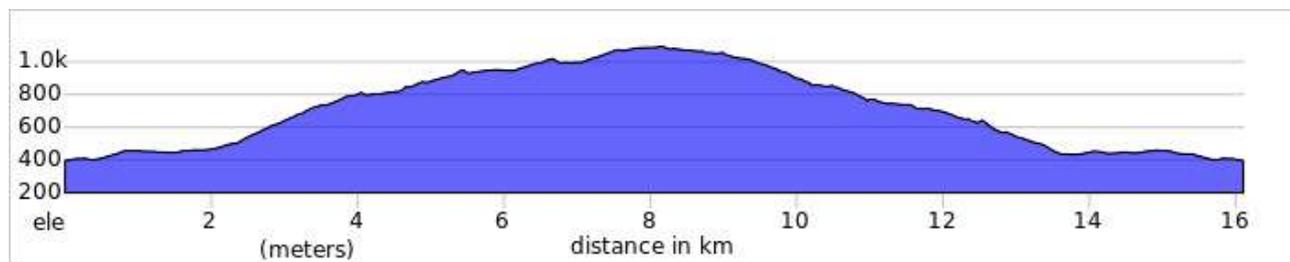
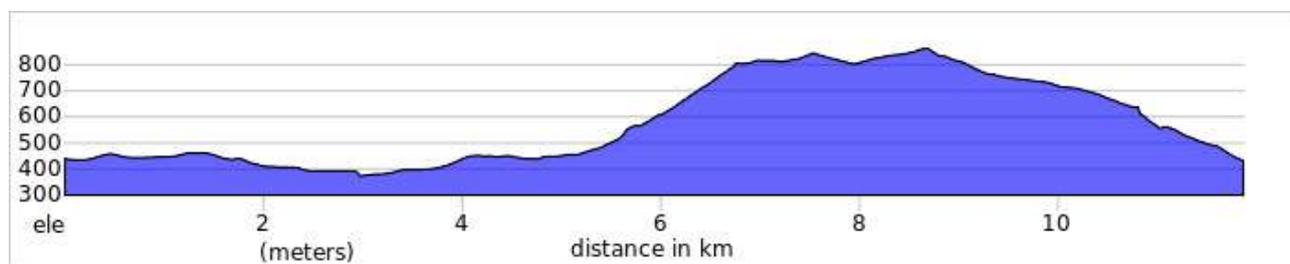
The shorter or longer walk through the national park of Mount Subasio :

This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up through the wood of the Mount Subasio. You can choose to continue your walk further uphill and reach the meadows of the mountain at 1100m or to go to 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: + 544 -544m or +740m -745m

Distance: 12 km / 7,5 miles or 16,5 km / 10,2 miles

Walking time: 4 hrs or 5,5 hrs



Standard Hotels:

** , *** or **** stars

Superior Hotels:

*** or **** stars

Prices p.p. 2023

6 days standard hotels DA ANGELO **	Price in Euro
Sharing double room	408
Single room	548
Supplement travelling alone for luggage transfers	€ 30
3 rd person in triple	255
Half board supplement (5 dinners)	125
6 days standard hotels LA TERRAZZA ***	Price in Euro

Sharing double room B&B	435
Single room B&B	575
Supplement travelling alone for luggage transfers	€ 30
3 rd person in triple	270
Half board supplement (5 dinners)	135
6 days Superior hotels	Price in Euro
Sharing double room B&B	607
Single room B&B	818
Supplement travelling alone for luggage transfers	+35
Supplement hotel Fontabella **** in double room	25
Supplement hotel Fontabella **** in single room	70
8 days Standard Hotels DA ANGELO **	Price in Euro
Sharing double room B&B	654
Single room B&B	857
Supplement travelling alone for luggage transfers	+35
3 rd person in triple	382
Half board supplement (6 dinners / Campello Alto already included)	155
Supplement Eastern 07/04-10/04 incl	25
Supplement Spoleto Festival Spoleto 23/06-09/07 incl.	16
8 days Standard Hotels LA TERRAZZA ***	Price in Euro
Sharing double room B&B	674
Single room B&B	878
Supplement travelling alone for luggage transfers	+35
3 rd person in triple	375
Half board supplement (6 dinners / in Campello Alto already included)	160
Supplement Eastern 07/04-10/04 incl	25
Supplement Spoleto Festival Spoleto 23/06-09/07 incl.	16
Superior Hotels	Price in Euro
Sharing double room B&B	897
Single room B&B	1.207
Supplement travelling alone for luggage transfers	+35
Supplement hotel Fontabella **** in double room	25
Supplement hotel Fontabella **** in single room	70
Supplement Eastern 07/04-10/04 incl	25
9 days Standard Hotels DA ANGELO **	Price in Euro
Sharing double room B&B	707

Single room B&B	928
Supplement travelling alone for luggage transfers	+35
3 rd person in triple	402
Half board supplement 7 dinners / in Campello Alto already included)	175
Supplement Eastern 07/04-10/04 incl	25
Supplement Spoleto Festival Spoleto 23/06-09/07 incl.	16
9 days	Price in Euro
Standard Hotels LA TERRAZZA	
Sharing double room B&B	750
Single room B&B	978
Supplement travelling alone for luggage transfers	+35
3 rd person in triple	432
Half board supplement 7 dinners / in Campello Alto already included)	185
Supplement Eastern 07/04-10/04 incl	25
Supplement Spoleto Festival Spoleto 23/06-09/07 incl.	16
Superior Hotels	Price in Euro
Sharing double room B&B	960
Single room B&B	1.247
Supplement travelling alone for luggage transfers	1.287
Supplement hotel Fontabella **** in double room	50
Supplement hotel Fontabella **** in single room	140
Supplement Eastern 07/04-10/04 incl	25

Supplement for overnight stay in Residence Porta Guelfa (Bevagna)

€ 10 p.p.p.n. in double room

€ 25 in single room

In the months July and August

€ 20 p.p.p.n. in double room

€ 45 in single room

Extra overnight stay: on request

The price includes:

- 5/7/8 overnight stays with breakfast
- for the 8 and 9 day tour 1 diner /excl. drinks) in Campello Alto
- luggage transportation
- route instructions (in English, Italian, German or Dutch) and maps

- emergency support hotline
- Route briefing evening of arrival in your hotel. If booked for Hotel Fontebella ****in Assisi briefing the next morning between 9.00-9.30
- tour information

The price doesn't include: tourist tax to be paid directly to the hotel (Assisi & Spoleto about 1,50-3,50 p.p.n; the amount depends on hotel category)



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