

## Walking in a surprising Umbria (W 002 UMB)

Characteristic medieval towns, an astounding nature and a delicious cuisine

An 8- or 10-day walking tour



Characteristic medieval towns and villages, an astounding nature and a delicious genuine cuisine are the ingredients of this walking tour. You will through a green, hilly Umbria, also known as the green heart of Italy. Umbria is a region with many faces, where everyday life is mixed with the traditions and spirituality of its past. The tour has an 8- or 10-day version, showing the real Umbria.

This tour starts in the fascinating medieval town of Spello, built on the slopes of Mount Subasio. It is a colourful town with a lively tangle of alleys and atmospheric squares. In some of its monuments, you still feel its Roman past. A walk amongst olive groves will bring you to Assisi. Its mighty stature with ramparts, church towers and palace roofs is already visible from afar. The following days you will walk on footpaths and quiet country roads, through rolling and changing landscapes in which lead you through a succession of marvellous places, medieval villages and cloisters. Your walks will take you through the Monte Subasio nature park, in the lower Apennines, among olive groves and will take you to the little waterfalls of the river Altolina, to the Benedictine abbey of Sassovivo and the Franciscan hermitage, Eremo delle Carceri. You pass the capital town of olive oil, Trevi, and you will walk a stretch of the pilgrimage route 'Way of Saint

Francis'. The tour ends in Spoleto, a town full of life, with many squares, shops with local delicacies and handicrafts. Your overnight stays are mostly in authentic small family hotels and farmhouse B&B's, where you will have a friendly and warm welcome and ...will enjoy the delicious Umbrian wines and dishes.

## A surprising Umbria



**Period:** From 1 April until 31 October (exclusive 07/08-20/08)

8 day tour no start on Sunday (restaurant il Tartufaro is closed on Tuesdays) and with a start on Thursday, in Vescia the dinner will be delivered in the hotel instead of dining in the restaurant because of weekly closure day

10 day tour no start on Saturday (same reason) and with a start on Wednesday, in Vescia the dinner will be delivered in the hotel instead of dining in the restaurant because of weekly closure day

**Participants:** Minimum 1 person

**Difficulty:** Level 3

For walkers with experience, well trained and good physical condition. Routes through middle/high level hilly landscapes with significant up- and downhill walking. Daily distances between 11 and 22 km. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet country roads.

Total km to walk:

8-day tour: minimum 100 km / 62 miles and maximum 111 km / 69 miles.

10-day tour: minimum 130 km / 80,8 miles and maximum 141 km / 87,6 miles.



<p><b>Program 8-days in short:</b>  <b>Day 1</b> arrival in Spello  <b>Day 2</b> walk to Assisi (11 km / 6,8 mi or 17,1 km /10,6 mi)  <b>Day 3</b> walk to Balciano in the natural park of Monte Subasio (19,9 km / 12,4 mi)  <b>Day 4</b> walk to Vescia (21 km / 13 mi)  <b>Day 5</b> walk to Manciano passing the abbey of Sassovivo (18,4 km / 11,4 mi)  <b>Day 6</b> walk to Campello Alto passing Trevi (15,8 km / 9,8 mi)  <b>Day 7</b> walk to Spoleto (18,8 km / 11,7 mi or 14,4 km / 8,9 mi)  <b>Day 8</b> departure</p>	<p><b>Program 10-days in short:</b>  <b>Day 1</b> arrival in Spello  <b>Day 2</b> walk to Assisi (11 km / 6,8 mi or 17,1 km /10,6 mi)  <b>Day 3</b> loop walk in surroundings Assisi (19,5 km / 12,1 miles)  <b>Day 4</b> walk to Balciano in the natural park of Monte Subasio (19,9 km / 12,4 mi)  <b>Day 5</b> walk to Vescia (21 km / 13 mi)  <b>Day 6</b> walk to Manciano passing the abbey of Sassovivo (18,4 km / 11,4 mi)  <b>Day 7</b> walk to Campello Alto passing Trevi (15,8 km / 9,8 mi)  <b>Day 8</b> walk to Spoleto (18,8 km / 11,7 mi or 15,5 km / 8,9 mi)</p>
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	<b>Day 9</b> loop walk on Monteluco (10,5 km / 6,5 miles) <b>Day 10</b> departure
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### **Daily program 8 days / 7 nights tour**

#### **Day 1 Arrival in Spello.**

On your first evening you have a briefing and will have the opportunity to discuss your holiday.

Spello has lovely little streets to wander around, colourful decorated with plants and flowers. A very picturesque spot is the Via Torre di Properzio, which ends near the Roman 'Porta Venere', but also the Roman mosaics in the Museum and the S.Maria Maggiore church with the frescoes of Pinturicchio are worthwhile to visit. Your overnight stay is in a \*\*\* or \*\*\*\* hotel in the medieval town centre.

Overnight with breakfast in Spello.

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

Spello is situated on the west edge of the Monte Subasio Natural Park and today you will be walking through this green Park. The route has different variants. The first stretch will lead you through the olive groves on the slopes of Monte Subasio. After about 8 km (475m a.s.l.) you can choose to go straight on to Assisi, remaining more or less on level, or to climb up to the hermitage Eremo delle Carceri (830m a.s.l.) St. Francis and his companions often stayed here and you can visit the cave where Francis used to meditate. After your visit, you descend through the forest to the Porta Cappuccini town gate. Assisi's medieval character is well preserved; the houses, gates and churches are almost all built in the pink-white stone of Mt.Subasio.

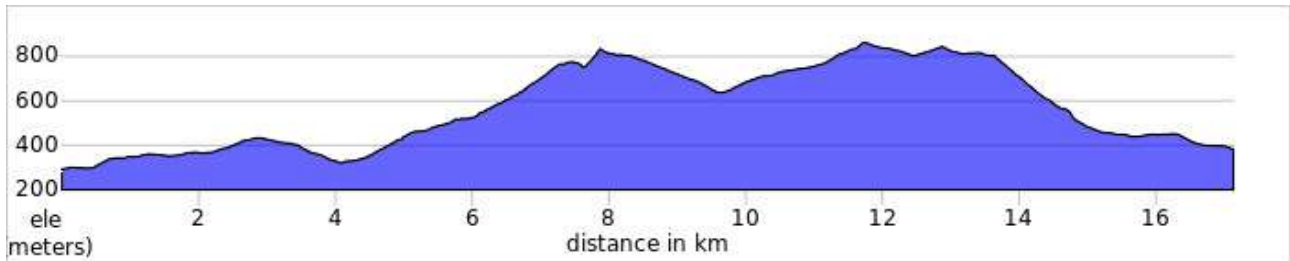
### Longer route:

Overnight with breakfast in Assisi.

Walking time: 6 hrs

Distance: 17,1 km / 10,6 miles)

Ascent & Descent: +879m -788m



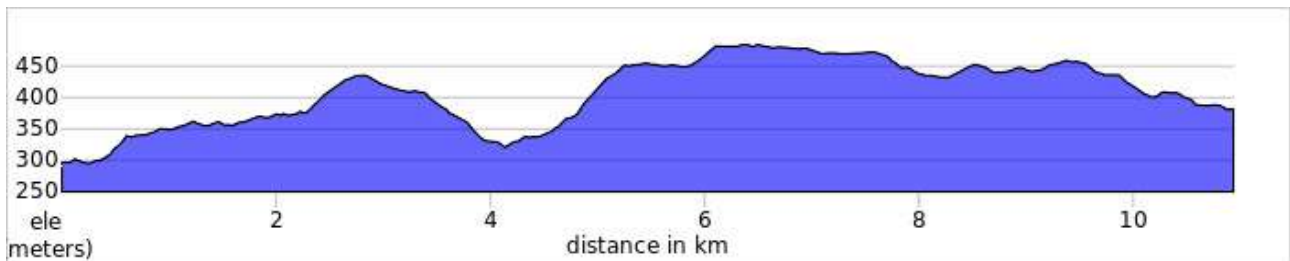
### Shorter route

Overnight with breakfast in Assisi.

Walking time: 3 hrs

Distance: 11 km (6,8 miles)

Ascent & Descent: +324m -239m



### **Day 3 Assisi - Balciano**

Today a stunning walk through the Monte Subasio Natural Park. You follow the Franciscan walking path 351. A highlight is the Fosso del Marchetto, a mini canyon and chapel of Satriano, a place reminding us of the last journey of Saint Francis. Walking through forest and olive groves you will reach your hotel, where you can enjoy a swim in the swimming pool and a good diner, because the restaurant is specialized in truffle dishes.

Overnight with breakfast in Balciano

Walking time: 6 hrs 30 min

Distance: 19,9 km / 12,3 mi

Ascent & Descent: + 919m -740m



#### Day 4: Balciano - Vescia

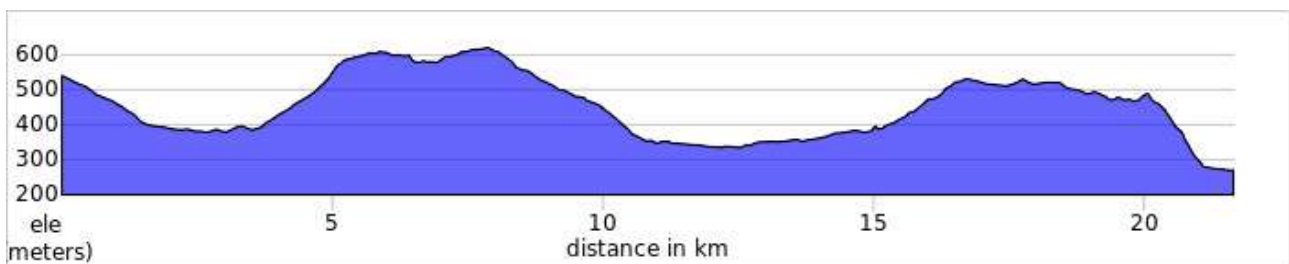
Also today, a walk amongst olive groves and accompanied by amazing panoramas. From your hotel you descend in the valley of the Topino river. Then you leave this valley climbing up to the castle il Poggio and descending again you reach the village of Capodacqua. One last uphill climb with beautiful views on the surrounding hills and Monte Subasio, followed by a downhill stretch to Vescia. Your overnight stay is in a real ancient olive oil mill (Frantoio), where excellent olive oils are produced. You will have diner in a local restaurant close by.

Overnight with breakfast and dinner in Vescia

Walking time: 6 hrs 30 min

Distance: 21 km / 13 miles

Ascent & Descent: +489m -753m



#### Day 5: Vescia - Manciano

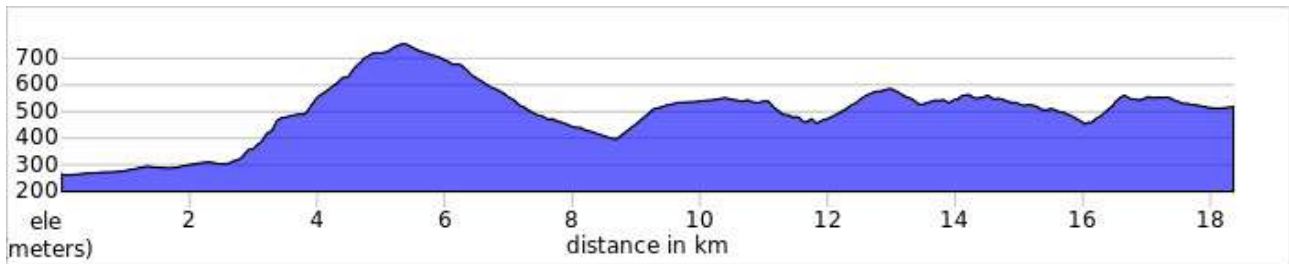
This beautiful route amongst olive groves will take you first along the waterfalls of the Altolina and then to the 11th century Benedictine Abbey of Sassovivo. During the time of St. Francis, this important abbey had vast powers of jurisdiction and a considerable patrimony spread out over the whole of central Italy. The finest architectural feature of the entire abbey is certainly the cloister with the double order columns, surmounted by lily-shaped capitols. Walking through the woods and olive groves you will reach farmhouse B&B in the hamlet Manciano. Also here is an olive oil mill and they produce good olive oil. You will be brought to Trevi for dinner and picked up

Overnight with breakfast in Manciano

Walking time: 6 hrs

Distance: 18,4 km / 11,4 miles

Ascent & Descent: +884m -630m



### Day 6: Manciano - Trevi - Campello alto

You leave Manciano and walk towards Trevi on the lower flank of Monte Serano, known as the capital of olive oil. Trevi has a medieval aspect and worthwhile to visit are the Duomo and the St. Francis church, which houses a museum. You leave the town walking among the olive groves mostly following the pilgrimage route 'Way of St. Francis', which runs from La Verna to Rome. You reach the walled village of Campello Alto

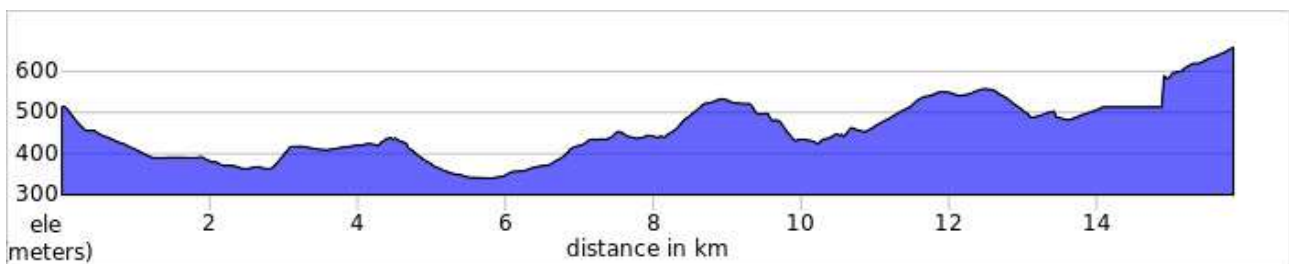
Overnight stay in a \*\* hotel with swimming pool, an ex-monastery or a \*\*\*\* Relais with Spa

Overnight with breakfast and dinner in Campello Alto

Walking time: 5 hrs

Distance: 15,8 km / 9,8 miles

Ascent & Descent: +571m -422m



### Day 7: Campello Alto - Spoleto

You will walk along the olive grove path and again the Way of Saint Francis till Spoleto. As the name indicates, you will mostly walk through olive groves on the slopes of the mountains and hills. You pass several little villages, mostly built on hills, like Bazzano and Eggi. In Spoleto, there is a lot to see, including the cathedral with the frescoes of Filippo Lippi and Pinturicchio, a Roman house and a Roman theatre. Also worth seeing are the façade of the church S.Pietro just outside town and, of course, the famous aqueduct bridge Ponte delle Torri. Spoleto is also a very pleasant place just to wander around the friendly little shopping streets with cosy restaurants and bars. Overnight stay in a \*\*\* or \*\*\*\* hotel

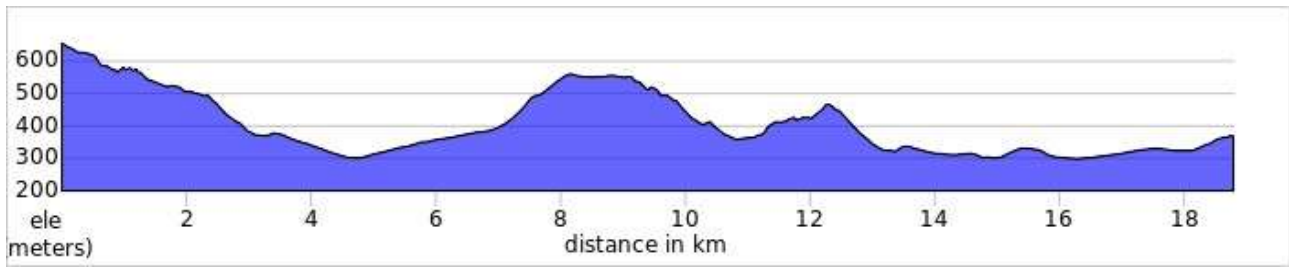
#### From Fontanelle

Overnight with breakfast in Spoleto

Walking time: 6 hrs

Distance: 18,8 km / 11,6 miles

Ascent & Descent: + 466 -745m



### Day 8 End of tour after breakfast

Today after breakfast end this tour through a spectacular Umbrian nature

### The 10-day tour

Has an extra day in Assisi, where you can make:

#### The town walk

This cultural 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 S. Damiano (310m a.s.l.).

Walking time: 3 - 4 ½ hours

About 7 KM

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

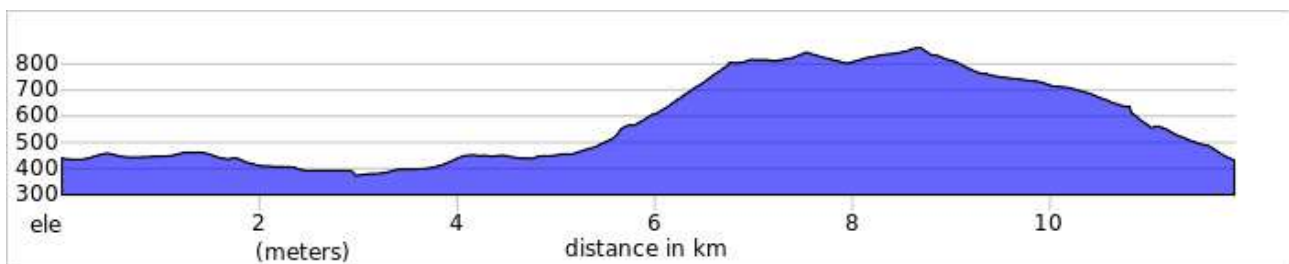
This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up the hermitage Eremo delle Carceri (830m a.s.l.) on Monte Subasio, a holy place where St Francis retreated himself. Then you descend along trails and quiet country roads back to Assisi.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

Distance short walk: 12 or 16 km from Porta Capuccini

Walking time: 4 hrs or 5hrs

Ascent/descent: + 544m - 544m or +731 m -744 m

Unpaved 73% Paved 27%



An extra night in Spoleto to make a loop walk on Monteluco

The walk today takes you to Monteluco (Mount Luco). The name 'Luco' (lucus) means 'sacred woods', and signifies that in ancient times the mountain was considered a holy



place. From the 5<sup>th</sup> century hermits lived under Benedictine rule on the mountain. Later the Franciscans also built a monastery here. The evergreen oak wood was always very important for the town and was therefore already a protected area in the Middle Ages.

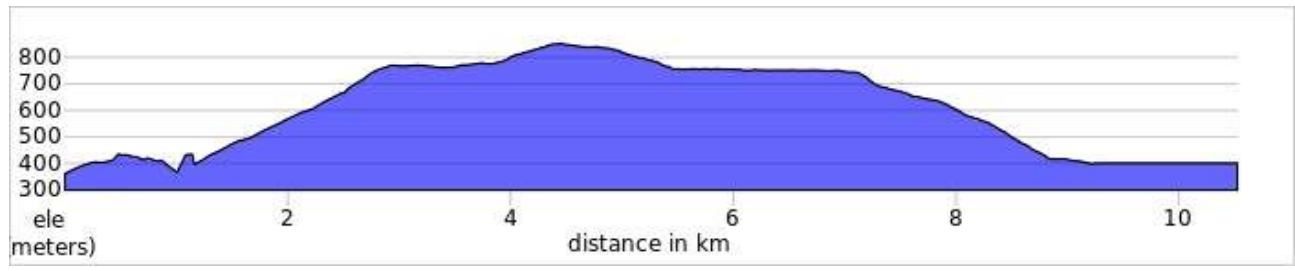
The animals living here include porcupines, wild cats, badgers and squirrels

Walking time: 4 hours

Distance: 11 km

Ascent / Descent + 510 -483m

Unpaved: 72% paved 28%



**STANDARD HOTELS**

Agriturismo, \*\*, \*\*\* or \*\*\*\* stars hotel

**SUPERIOR HOTELS**

Agriturismo, \*\*, \*\*\* or \*\*\*\* stars hotel

**Rates per person 2023:**

<b>8 days / 7 nights Standard hotels, Hotel da Angelo ** Assisi</b>	<b>Price in Euro</b>
In double room	648
In single room	822
Travelling alone	+60
3 <sup>rd</sup> person in triple room	326
Suppl. Eastern (07-10/04) & Music festival Spoleto (23/06-09/07)	16
Supplement half board in 4 dinners (not in Manciano)	95

<b>8 days / 7 nights standard hotels Hotel la Terrazza *** Assisi</b>	
In double room	675
In single room	850
Travelling alone	+60
3 <sup>rd</sup> person in triple room	432
Suppl. Eastern (07-10/04) & Music festival Spoleto (23/06-09/07)	16
Supplement half board 5 dinners	102
<b>8 days Superior Hotels (Spello/Assisi/Campello/Spoleto)</b>	
In a double room	802
In a single room	1.060
Travelling alone supplement luggage transfer	+60
3 <sup>rd</sup> person in triple room	455
Eastern supplement (07-10/04)	16
Discount superior room Hotel la Terrazza instead of Hotel Giotto/Fontebella in double room	10
In single room	35
<b>10 days / 9 nights Standard hotels, Hotel da Angelo ** Assisi</b>	<b>Price in Euro</b>
In a double room	750
In a single room	950
Travelling alone supplement luggage transfer	+60
3 <sup>rd</sup> person in triple room	475
Suppl. Eastern (07-10/04) & Music festival Spoleto (23/06-09/07)	16
Supplement half board 6 dinners (Manciano only B&B)	136
<b>10 days / 9 nights standard hotels Hotel la Terrazza *** Assisi</b>	
In a double room	800
In a single room	1.010
Travelling alone supplement luggage transfer	+60
3 <sup>rd</sup> person in triple room	515
Suppl. Eastern (07-10/04) & Music festival Spoleto (23/06-09/07)	16
Supplement half board 6 dinners (Manciano only B&B)	149
<b>10 days Superior Hotels (Spello/Assisi/Campello/Spoleto)</b>	
In a double room	1.013
In a single room	1.355
Travelling alone supplement luggage transfer	+ 60
3 <sup>rd</sup> person in triple room	557
Eastern supplement (07-10/04)	16
Discount superior room Hotel la Terrazza instead of Hotel Giotto/Fontebella in double room	10
In single room	35

**Extra nights:** on request

**The price includes:**

- 7 or 9 overnight stays with breakfast
- 2 dinners (Vescia, Borgo Campello)
- Luggage transportation
- Route instructions (in English, Italian, German or Dutch) and maps
- Gps tracks
- Emergency support hotline
- Route briefing evening of arrival in your hotel
- Tour information

**The price does not include:**

- Local tourist tax to be paid directly in the hotel (Assisi - Spoleto)
- Everything not mentioned under 'the price includes'



**Ecologico Tours & Meravigliosa Umbria**  
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