

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

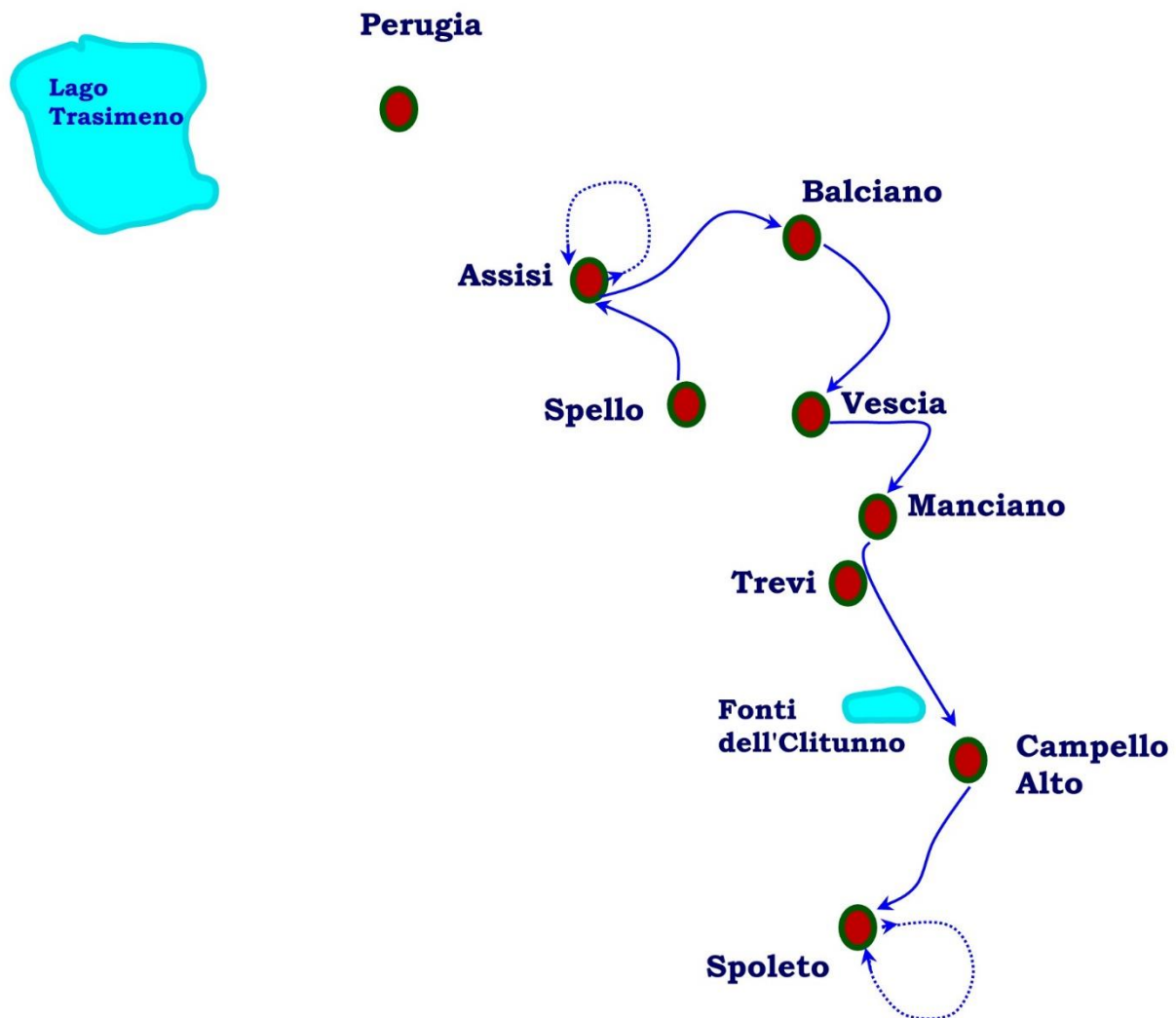


Characteristic medieval towns and villages, an astounding nature and a delicious genuine cuisine are the ingredients of this walking tour. You will through a green, hilly Umbria, also known as the green heart of Italy. Umbria is a region with many faces, where everyday life is mixed with the traditions and spirituality of its past. It is a tour 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 15 March until 01 November (other dates only on request)
8 day tour no start on Sunday (restaurant il Tartufaro is closed on Tuesdays)
10 day tour no start on Saturday (same reason)
Guided: On request

Participants: Minimum 2 persons (solo traveller on request)

Difficulty: Level 3

For walkers with experience 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 102 km / 63,4 miles and maximum 111,3 km / 69,2 miles.

10-day tour: minimum 132,7 km / 82,5 miles and maximum 142 km / 88,2 miles.



Program 8-days in short:

Day 1 arrival in Spello

Day 2 walk to Assisi (11 km / 6,8 mi or 17,1 km / 10,6 mi)

Day 3 walk to Balciano in the natural park of Monte Subasio (19,8 km / 12,3 mi)

Day 4 walk to Vescia (21,5 km / 13,4 mi)

Day 5 walk to Manciano passing the abbey of Sassovivo (18,4 km / 11,4 mi)

Day 6 walk to Campello Alto passing Trevi (15,8 km / 9,8 mi)

Day 7 walk to Spoleto (18,7 km / 11,6 mi or 15,5 km / 9,6 mi)

Day 8 departure

Program 10-days in short:

Day 1 arrival in Spello

Day 2 walk to Assisi (11 km / 6,8 mi or 17,1 km / 10,6 mi)

Day 3 loop walk in surroundings Assisi (20 km / 12,4 miles)

Day 4 walk to Balciano in the natural park of Monte Subasio (19,8 km / 12,3 mi)

Day 5 walk to Vescia (21,5 km / 13,4 mi)

Day 6 walk to Manciano passing the abbey of Sassovivo (18,4 km / 11,4 mi)

Day 7 walk to Campello Alto passing Trevi (15,8 km / 9,8 mi)

Day 8 walk to Spoleto (18,7 km / 11,6 mi or 15,5 km / 9,6 mi)

Day 9 loop walk on Monteluco (10,7 km / 6,6 miles)

Day 10 departure



Daily program 8-day / 7-night 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.

Day 2: Spello-Assisi (11 km / 6,8 mi or 17,1 km / 10,6 mi)

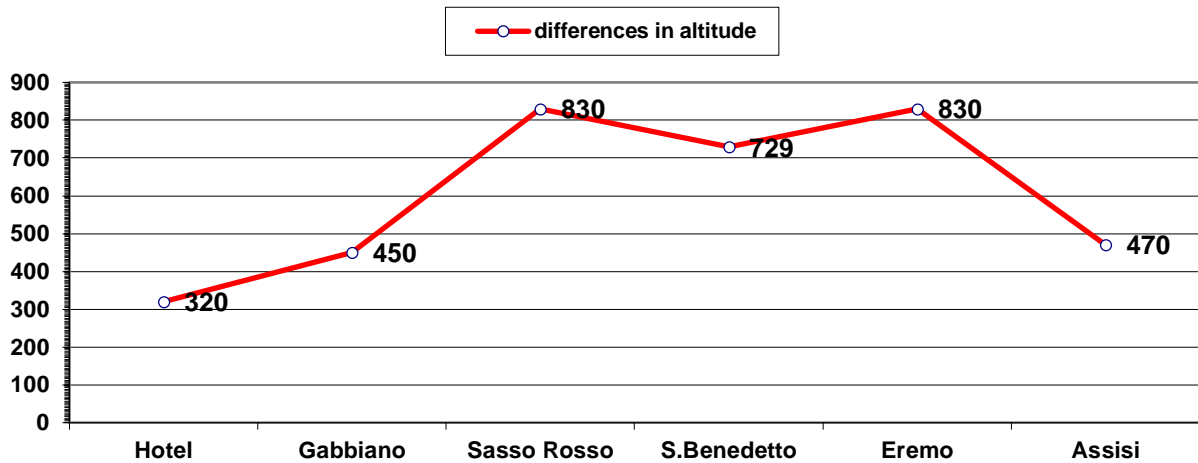
Spello is situated on the west edge of the Monte Subasio Natural Park and today you will be walking through this green Park. The route has different variants. The first stretch will lead you through the olive groves on the slopes of Monte Subasio. After about 8 km (475m a.s.l.) you can choose to go straight 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:

Walking time: 5 ½ hrs

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

Ascent & Descent: + 939 -915m

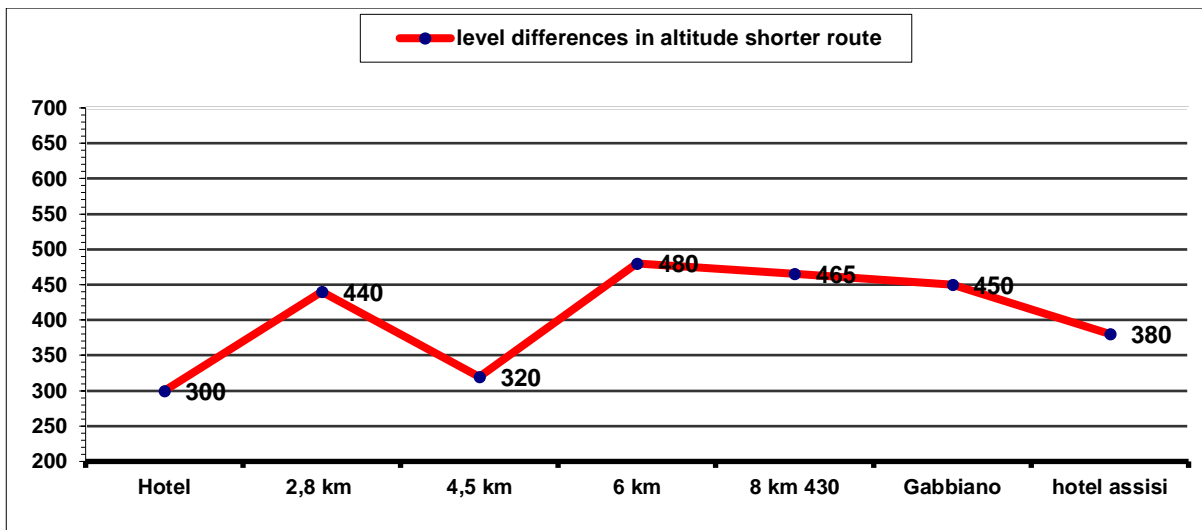


Shorter route

Walking time: 3 hrs

Distance: 11 km (6,8 miles)

Ascent & Descent: +387m -273m



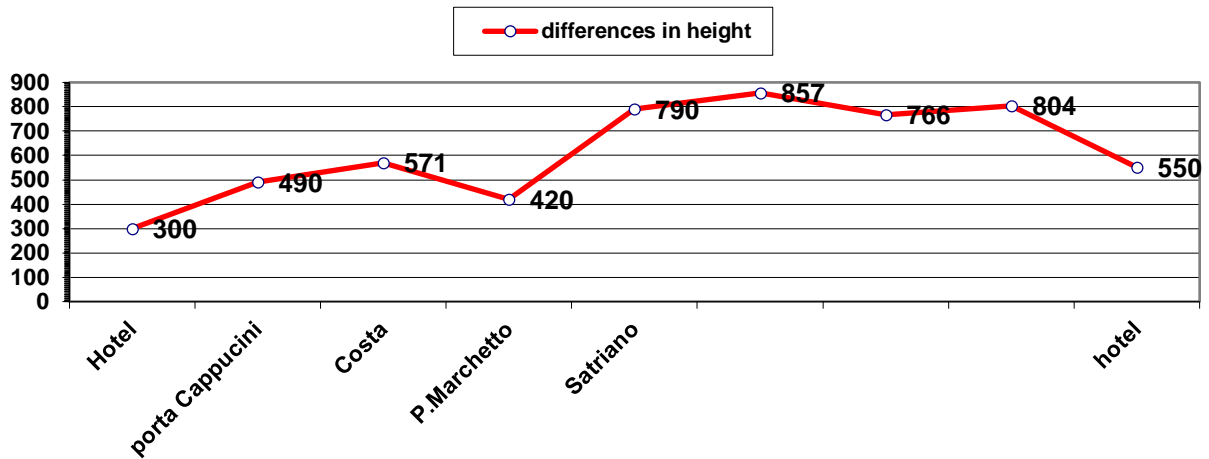
Day 3 Assisi - Balciano (19,8 km / 12,3 mi)

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.

Walking time: 6 hrs 20 min

Distance: 19,8 km / 12,3 mi

Ascent & Descent: + 982 -816m



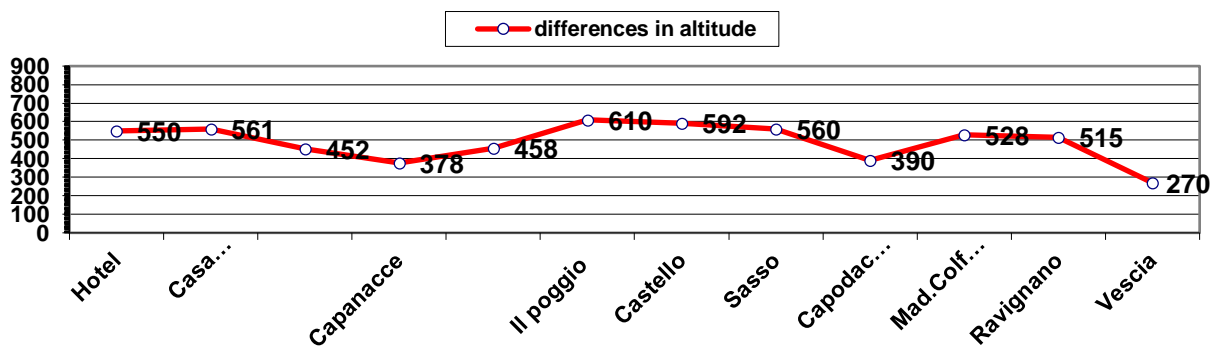
Day 4: Balciano - Vescia (21,5 km / 13,4 mi)

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.

Walking time: 6 hrs 15 min

Distance: 21,5 km / 13,4 mi

Ascent & Descent: + 557 -826m

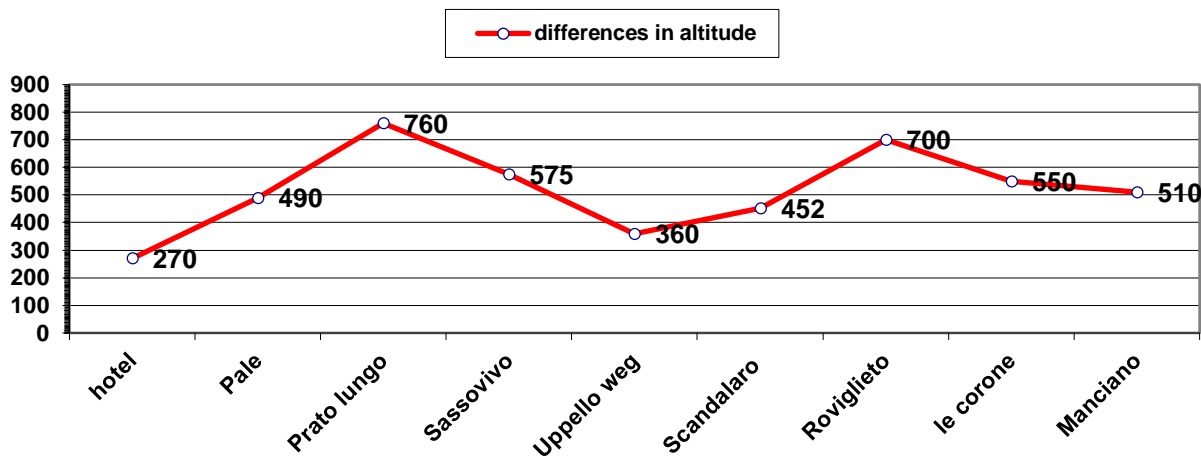


Day 5: Vescia - Manciano (18,4 km / 11,4 mi)

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. There is a nice pool to relax after your walk of today and you will eat a good Umbrian meal together with the kind family running the place.

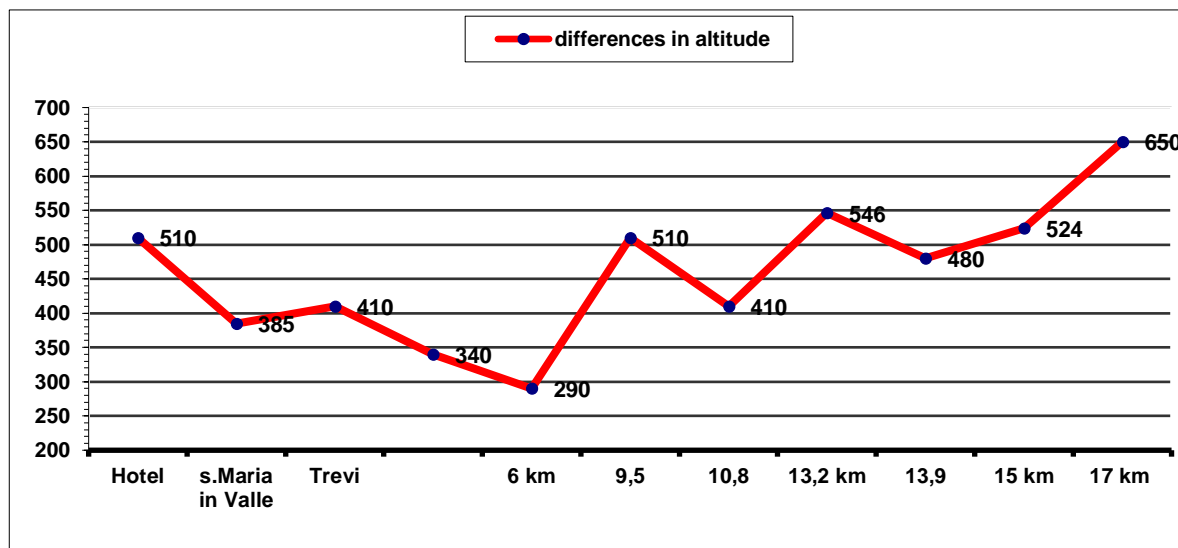
Walking time: 6 hrs 15 mins

Distance: 18,4 km / 11,4 mi
 Ascent & Descent: + 994 -741m



Day 6: Manciano - Trevi - Campello alto (15,8 km / 9,8 mi)

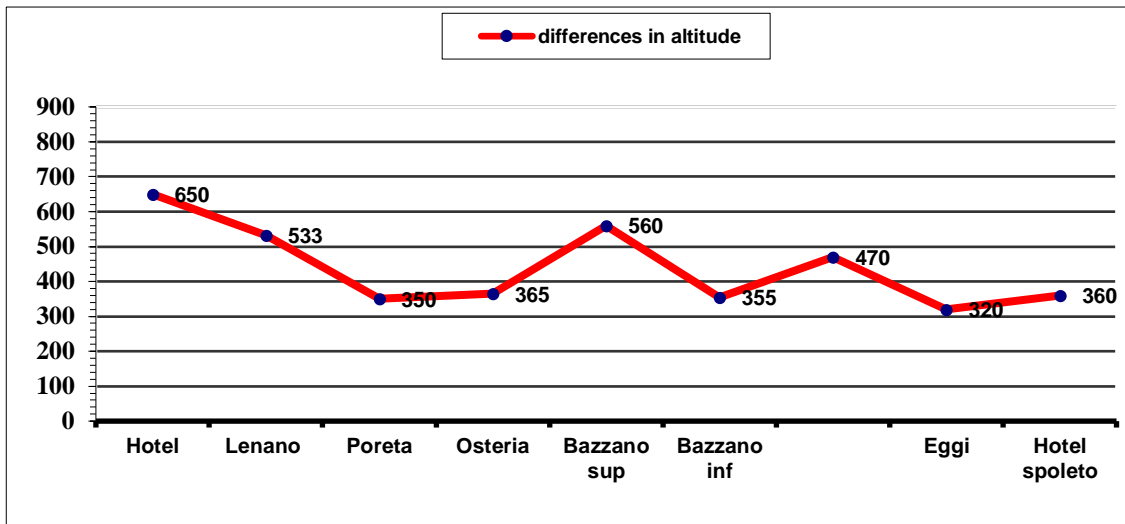
You leave Manciano and walk towards Trevi on the lower flank of Monte Serano, known as the capital of olive oil. Trevi has a medieval aspect and worthwhile to visit are the Duomo and the S.Francis church, which houses a museum. You leave the town walking among the olive groves mostly following the pilgrimage route 'Way of St.Francis', which runs from La Verna to Rome. You reach the walled village of Campello Alto and a last climb will bring you to your hotel 650m a.s.l. Overnight stay in a ** hotel with swimming pool or a **** Relais with Spa
 Walking time: 5 hrs 15 min
 Distance: 15,8 km / 9,8 mi
 Ascent & Descent: + 665 -518m



Day 7: Campello Alto - Spoleto (18,7 km / 11,6 mi or 15,5 km / 9,6 mi)

Your 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
 Walking time: 5 hrs 35 min (or 4. 20)
 Distance: 18,7 km / 11,6 mi (or 15,5 km / 9,6 mi)
 Ascent & Descent: + 565 -810m (or +565m -605m)



Day 8 End of tour after breakfast
Today after breakfast end this tour through a spectacular Umbrian nature



Daily program 10-day / 9-night tour

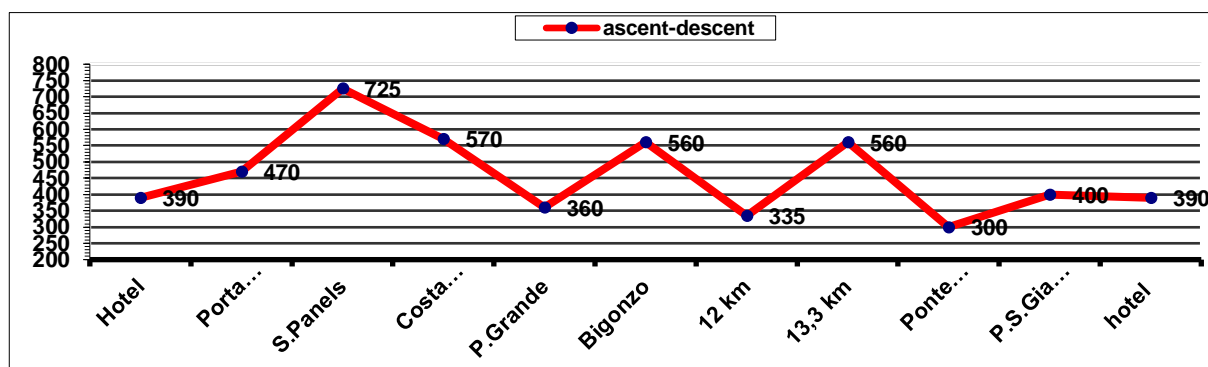
The 8 days tour can be extended with two extra days. You will stay an extra night at your hotel in Assisi and make a nice walk through the hilly countryside and the woods of Mount Subasio.. Another extra night you will have in Spoleto, where you make a walk on Monteluco.

Day 3 The longer walk through the hills around Assisi starts from the Porta Cappuccini town gate (470m a.s.l.). You walk along the walking path 51 until the hamlets of Costa di Trex (570m a.s.l.) and Ponte Grande, where you can enjoy a well-deserved rest in a restaurant or bar. Your route will then bring you back to Assisi through a gentle, rolling countryside. You will enter the town through the Porta S.Giacomo town gate and pass through the old centre of Assisi to walk back to your hotel.

Total ascent / descent: + 810m -665m

Walking time: 6 hours

Distance: 20 km / 12,4 miles



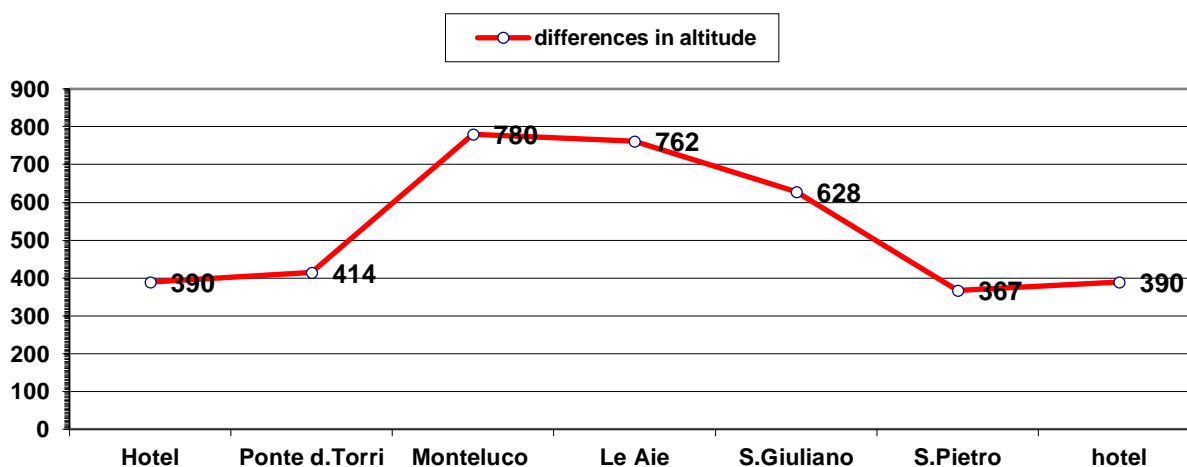
Day 9 Loop walk on Monteluco (10,7 km / 6,6 miles)

Today's walk takes you to the Monteluco (Mount Luco). The name 'Lucu' (lucus) means 'sacred woods', and signifies that in ancient times the mountain was considered a holy place. From the 5th 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 hrs

Distance: 10,7 km (6,6 miles)

Ascent & Descent: + 770 -610m



Rates per person 2020 :

8 days / 7 nights in standard hotels Hotel Da Angelo ** Assisi	Price in Euro
In a double room	615
In a single room	745
Travelling alone	808
3 rd person in triple room	368
Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	18
Supplement half board in Spello, Balciano, Assisi and Spoleto	86
8 days / 7 nights in standard hotels Hotel la Terrazza *** Assisi	Price in Euro
In a double room	635
In a single room	769
Travelling alone	819
3 rd person in triple room	410
Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	18
Supplement half board in Spello, Balciano, Assisi and Spoleto (4 dinners)	95
Upgrading Hotels Spello/Assisi/Campello/Spoleto 8 gg	Price in Euro
Supplement in double room B&B and 1 dinner	177
Supplement single room on request	
10 days / 9 nights standard hotels Hotel da Angelo ** Assisi	
In double room	725
In single room	860
Travelling alone	922
3 rd person in triple room	432
Supplement half board in Spello, 2 x Assisi, Balciano and 2 x Spoleto	126
Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	36
10 days / 9 nights standard hotels Hotel la Terrazza *** Assisi	Price in Euro
In double room	750
In single room	919
Travelling alone	969
3 rd person in triple room	505
Supplement half board in Spello, 2 x Assisi, Balciano and 2 x Spoleto	140
Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	36
Upgrading Hotels (Spello/Assisi/Campello/Spoleto 10 gg	Price in Euro
Supplement in double room B&B and 1 dinner	258
Supplement single room on request	

The price includes:

- 7 or 9 overnight stays with breakfast
- 3 dinners (Vescia, Manciano and 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 does not include:

- Local tourist tax to be paid directly in the hotel (Assisi € 1,50-2,50 - Spoleto € 1,50-2,50)
- Everything not mentioned under 'the price includes'

Travel Information:

Individual arrival Spello and departure from Spoleto

By plane:

Florence, [Amerigo Vespucci Airport](#) - 190 km from Spello / 230 from Spoleto

Pisa, [Galileo Galilei Airport](#) - 260 km from Spello / 300 from Spoleto

Rome, [Leonardo da Vinci airport](#) (Fiumicino) - 180 km from Spello / 240 km from Spoleto

Rome, [Ciampino airport](#) - 180 km from Assisi/ 240 km from Spoleto

Umbria, [San Francesco Regional Airport](#) - 20 km from Assisi / 60 km from Spoleto

By Railway:

From the North: Florence - Terontola - Passignano sul Trasimeno - Perugia - Bastia - Assisi - Spello- Foligno-Spoleto

From the South: Rome - Orte - Terni - Spoleto - Foligno - Spello

Time schedule on [Treni Italia](#)



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