

Trails of Saint Francis (W 004 UMB)

An 8-day walking holiday



In the heart of the beautiful green Umbria lies the medieval town of Assisi, where St. Francis was born. The walks of this tour, along the trails of Saint Francis, will take you through exciting colourful landscapes with unique views, small hamlets and villages, past churches, hermitages and monasteries. It are all places, which preserve the memory of the beloved Saint Francis, patron saint of Italy. This tour largely follows the two well-known Franciscan walking trails: the 'Sentiero Franciscano', which connects Nocera Umbra with Assisi, and the 'Sentiero della Pace' between Assisi and Gubbio.

This tour starts in the medieval town of Assisi, the pilgrims' town built against the slopes of Mount Subasio. The impressive town, where many monuments have been erected in honour of Saint Francis and Clare, overlooks the green, fertile Valle Umbra. In Assisi, you will make a walk passing the hermitage 'Eremo delle Carceri', built on 830m in the woods of Mount Subasio. It was a place where Francis and his companions retreated themselves for meditation. The route continues passing the most important monuments of the old town centre of Assisi. The next town you visit is Spello, also a medieval town, but it has also remains dating back to Roman times. In Nocera Umbra you pick up the Franciscan trail, which crosses the natural park of Mount Subasio. The last three days you walk along

the Peace Path. This trail will bring you through the silence of an unspoilt nature to another Umbrian highlight, the town of Gubbio. In this lovely medieval town of Saint Ubaldo and Saint Francis, who tamed here the Wolf, ends this unforgettable walking tour.

In the footsteps of Saint Francis



Period: Daily from 1 April until 15 October

Guided: On request

Participants: Minimum 2 persons (solo traveller on request)

Difficulty: Level 3,5

For experienced walkers with good physical condition. Routes through hilly landscapes and walking in middle mountainous terrain with significant up- and downhill walking.

Daily distances are long: between 17 km / 10,6 mi and 23 km / 14,3 mi. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet asphalted country roads. Total km to walk: 112 km / 69,6 miles.

Program 8-day in short:

- Day 1 arrival Assisi
- Day 2 to Vescia passing Spello (20 km / 12,4 miles)
- Day 3 to Nocera Umbria (23 km / 14,3 miles)
- Day 4 to Costa di Tress (17,3 km / 10,8 miles)
- Day 5 to Valfabbrica (18 km / 11,2 miles)
- Day 6 to Biscina (17 km / 10,6 miles)
- Day 7 to Gubbio (22 km / 13,7 miles)
- Day 8 departure



Daily program 8-day / 7-night tour

Day 1 Arrival in Assisi.

Individual arrival at your hotel in ** or *** Assisi. At the end of the afternoon, you have a briefing and will have the opportunity to discuss your holiday. If you arrive early, you can explore Assisi!

Overnight stay with breakfast in Assisi

Day 2: Assisi – Spello – Vescia

Today's walk will take you first to Spello and then to the village of Vescia. The route follows the slopes of Mount Subasio. This beautiful walk passes along olive groves with astounding views of the valley.

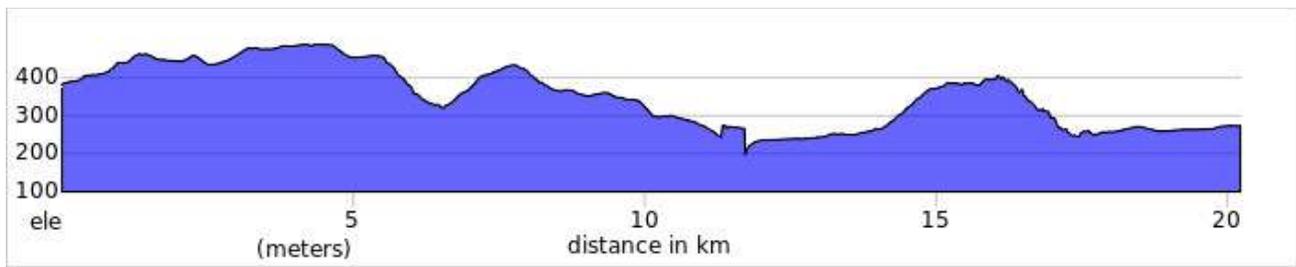
Spello is built on the slopes of Mount Subasio. This little town has Roman origins, as several features remind us of including the porta Venere and porta Consolare town gates and the remains of a Roman theatre outside the town walls. Beautiful are also the colourful frescoes in the Baglioni chapel by Pinturicchio in the church S.Maria Maggiore and the museum the mosaics of a Roman villa. After your visit to Spello you continue your walk to your B&B in Vescia.

Overnight stay with breakfast and dinner in Vescia

Walking time: 6 hours

Distance: 20 km / 12,4 miles

Ascent/Descent: + 460m – 573m



Day 3 Vescia - Nocera Umbra

This walk through the hills of the Topino river valley, will take you through characteristic Umbrian villages like Capodacqua and past the ruins of castles and towers to Nocera Umbra. In the summer of 1226, St. Francis became very ill on one of his travels and had to be brought back urgently to Assisi. On the way back, he and his fellow travellers stayed for the night in the Franciscan monastery of Nocera. This monastery was just outside the town gate, where the 'Giardino delle Acque' is now to be found. The second Franciscan monastery has been preserved and is now a small museum. Your overnight stay will be in a ** hotel in the town centre.

Overnight stay with breakfast and dinner in Nocera Umbra

Walking time: 6,5 hours

Distance: 23 km / 14,3 miles

Ascent/Descent: + 729m – 506m



Day 4: Nocera Umbra – Costa di Trex

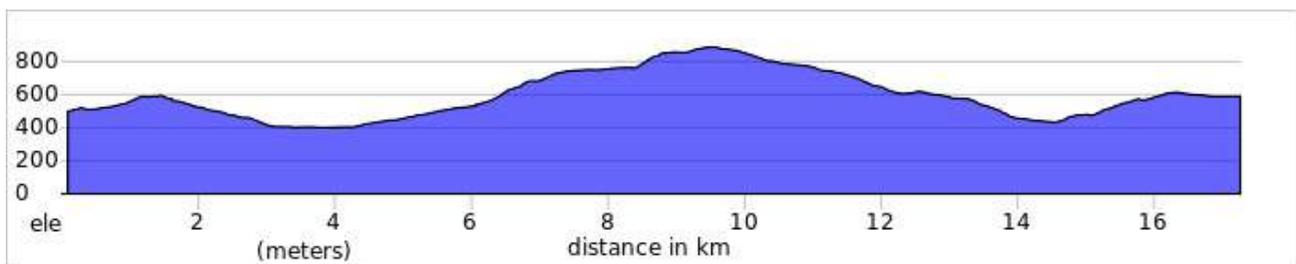
Today's route follows the Franciscan walking path 'Sentiero Franciscano', which reminds us of the last journey of St. Francis (September 1226). During this journey Francis became very ill and had to be brought back to Assisi, accompanied by a group of horsemen. Nowadays this last journey is still every year remembered with the 'Cavalcata di Satriano', when horsemen from all over Umbria, dressed in medieval clothes, ride the same trail as the horsemen of 1226. This route crosses the natural Park of Monte Subasio and passes the remains of the castle Rocca di Postignano, the little chapel of Satriano, where St. Francis had an overnight stay on his last journey, and the restored medieval bridge Ponte Marchetto, which crosses a mini-canyon. Your overnight stay will be on a holiday farm near Assisi (5 km).

Overnight stay with breakfast and dinner at Costa di Trex

Walking time: 5h 35

Distance: 17,3 km / 10,8 miles

Ascent/Descent: + 744m – 659m



Day 5: Costa di Trex- Valfabbrica

The Franciscan walking trail, route 351, continues until Assisi. You enter the town through the Porta Cappuccini town gates, cross the old town centre and you will leave it through the Porta S.Francesco gates. You will walk then along the Franciscan route 'Sentiero della

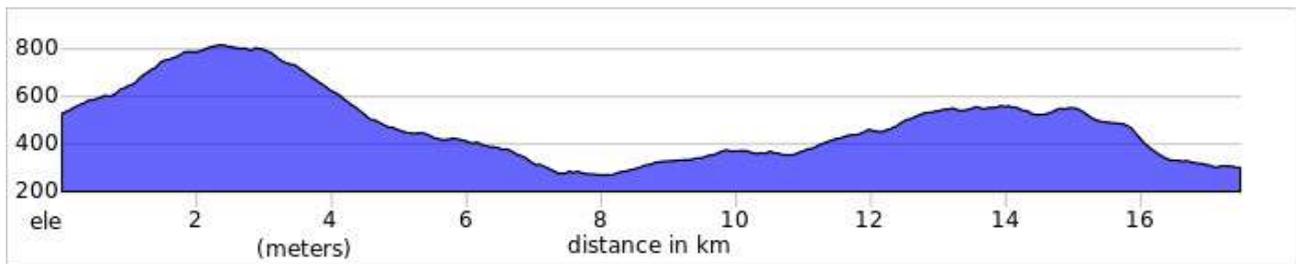
Pace', which connects Assisi with Gubbio and reminds us of the journeys of St. Francis between these two towns. This beautiful route, with splendid views of Assisi and marvellous panoramas of the surrounding valleys and mountains, ends in the town of Valfabbrica. You will stay in a farmhouse B&B with a restaurant and pool outside Valfabbrica.

Overnight stay with breakfast and dinner at Valfabbrica

Walking time: 5h 20

Distance: 18 km / 11,2 miles

Ascent/Descent: + 608m - 844m



Day 6: Valfabbrica - Biscina

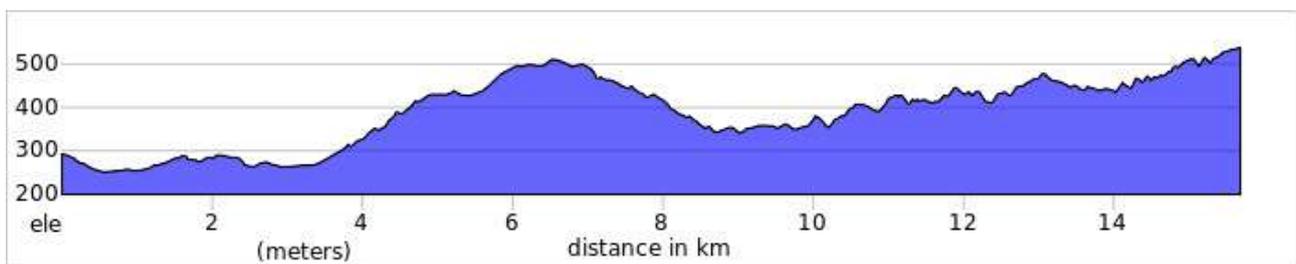
Today's walk will bring you to the remains of the castle of Biscina. This section passes through the hills along the valley of the river Chiascio. It will take you past the Benedictine church of Barcaccia, the ruins of the castle and the monastery of Coccorano. You will stay the night at a holiday farm B&B with a restaurant and pool at 100 m. from the castle.

Overnight stay with breakfast and dinner at Biscina

Walking time: 4h 30

Distance: 17 km / 10,6 miles

Ascent/Descent: + 560m - 340m



Day 7: Biscina - Gubbio

The last stage of the 'Sentiero della Pace' and of this walking tour takes you to Gubbio, a town built on the slopes of Monte Ingino. You will pass the church of Caprignone and the hermitage of S.Pietro in Vigneto. You descend into the valley of Gubbio. This town is closely linked with the life of St. Francis, who came here as a beggar. In this town he found shelter thanks to his friend the textile merchant Spadalunga, who not only gave him a place to sleep but clothes to dress himself. This simple straight dress became the prototype

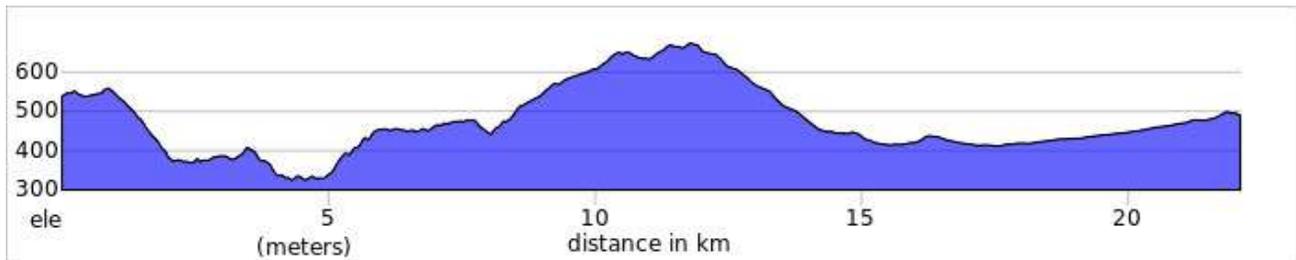
of the Franciscan tunic. The church and monastery of St. Francis is built on the site of Spadalunga's house. You will stay in a hotel *** near the church of St. Francis.

Overnight stay with breakfast in Gubbio

Walking time: 6h 10 min

Distance: 22 km / 13,7 miles

Ascent/Descent: + 543m - 595m



Day 8 End of tour after breakfast

Today after breakfast end this tour through a typical Umbrian nature, past medieval villages and along the trails of Saint Francis.

Rates per person 2021 :

8-day Tour	Price in Euro
In a double room	694
In a single room	828
Travelling alone	875
Supplement half board (2 dinners)	38
Supplement per night for staying in *** Hotel in Assisi	Price in Euro
In a double room B&B	14,00
In a single room B&B	23,00

The price includes:

- 7 overnight stays with breakfast
- 5 dinners
- 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 & Gubbio)
- Everything not mentioned under 'the price includes'

Travel Information:

Individual arrival to Assisi and departure from Gubbio

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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