

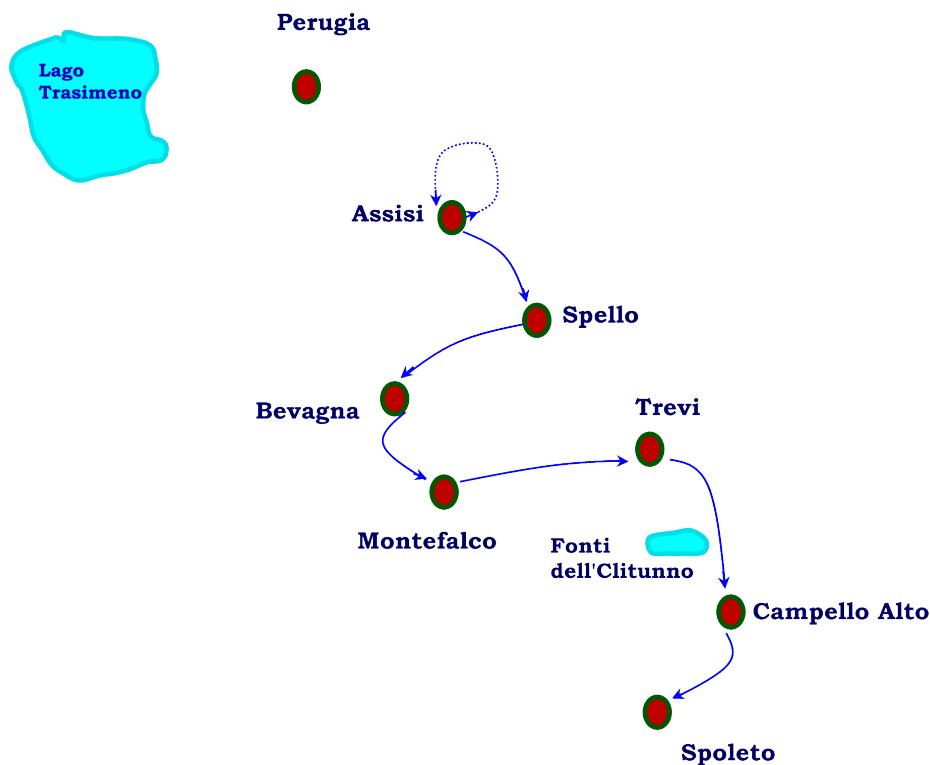
Medieval Umbria: Assisi-Spoleto (W 001 UMB)

A 6-, 8- or 9-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 9 days



Period: Daily from April until 31 October, except from 10/08 until 24/08 (included) 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 is 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

6-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 (12,5 km / 7,7 mi)
- Day 5 To Trevi (13,5 km / 8,4 miles)
- Day 6 End of tour

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 (12,5 km / 7,7 mi)
- Day 5 To Trevi (13,5 km / 8,4 miles)
- Day 6 To Campello Alto (13,6 km / 8,5 mi)
- Day 7 To Spoleto (15,4 km / 9,6 mi)
- Day 8 End of tour

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 (13,6 km / 8,5 mi)
- Day 8 To Spoleto (15,4 km / 9,6 mi)
- Day 9 End of tour

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

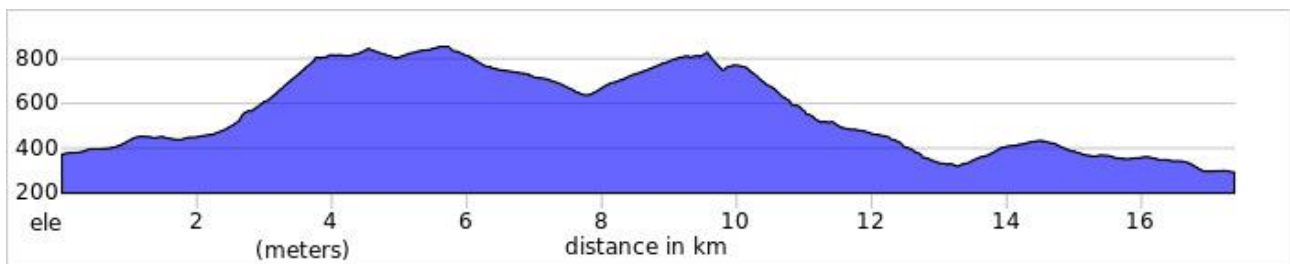
Day 2 Assisi - Spello

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.

Ascent / Descent: + 788m - 870m

Walking time: 6 hours

Distance: 17, 4 km / 10,8 miles



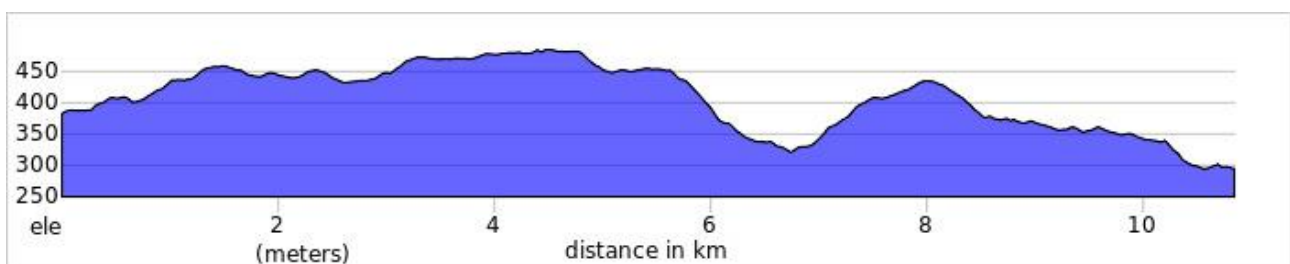
The lower route follows the slopes of Mount Subasio and involves less climbing, but it is the same a beautiful walk amongst olive groves with astounding views.

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.

Ascent/Descent: + 270m - 359m

Walking time: 3 hours

Distance: 10,8 km / 6,7 miles



Day 3 Spello - Bevagna

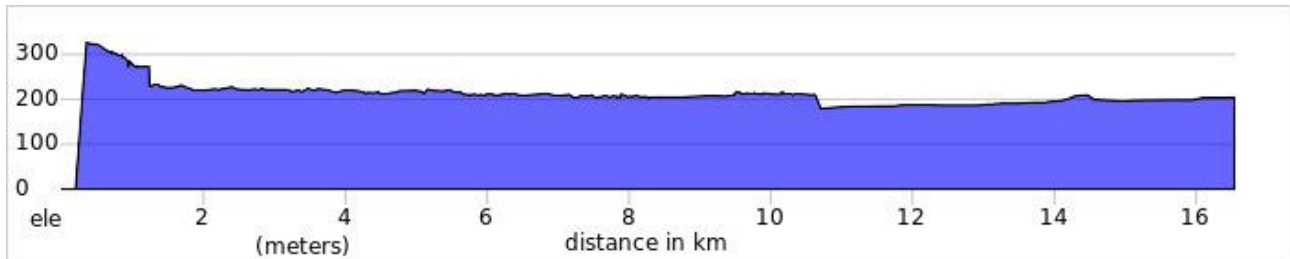
You will leave the hills for a while now and will descend into the valley 'Valle Umbra'. Walking on quiet little country roads you will arrive in Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Timia and Topino. During Roman times Bevagna 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

Ascent/Descent: + 81m - 176 m

Walking time: 4 ½ hours

Distance: 16,5 km / 10,3 mi



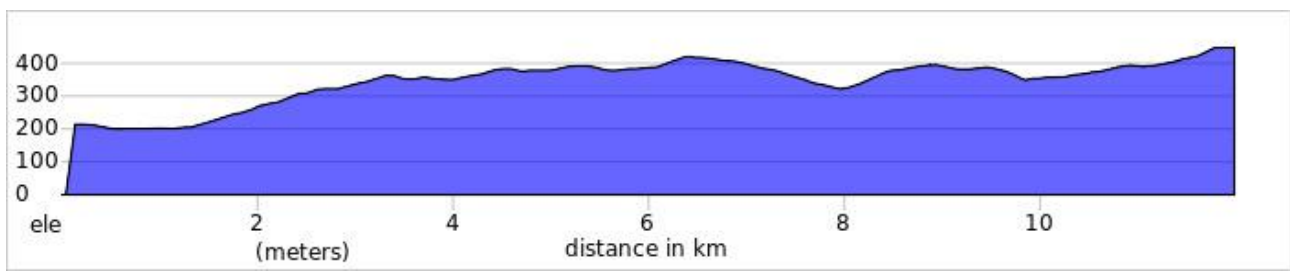
Day 4 Bevagna - Montefalco

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. Overnight in *** hotel or upgraded to a **** hotel

Ascent/Descent: + 395m - 166m

Walking time: 4 hours 10 min

Distance: 12,5 km / 7,7 miles



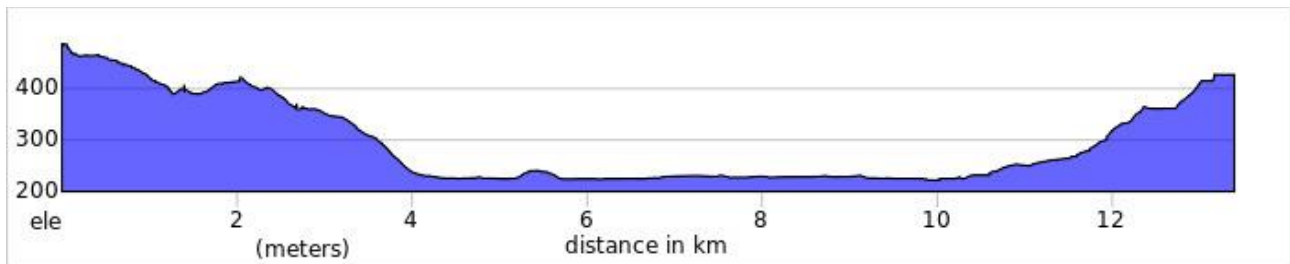
Day 5 Montefalco - Trevi

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 *** hotel with swimming pool at the border of the historical centre.

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

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. The overnight stay is in a hotel ** with swimming pool near Campello Alto or inside Borgo Campello in a former convent or Relais (upgrading).

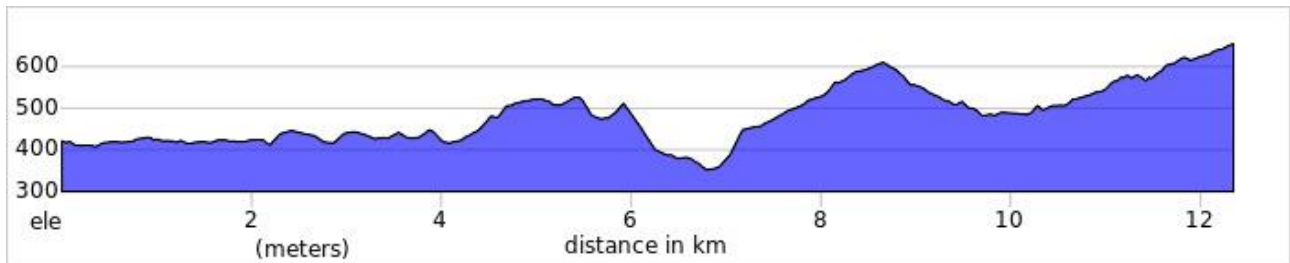
Overnight stay with breakfast and dinner.

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 mins (Fontanelle)

Distance: 10.3 km / 6,4 mi (Relais Borgo Campello) or 12.3 km / 7,6 mi (Hotel le Fontanelle)

Trevi - Le Fontanelle



Day 7 Campello Alto - Spoleto

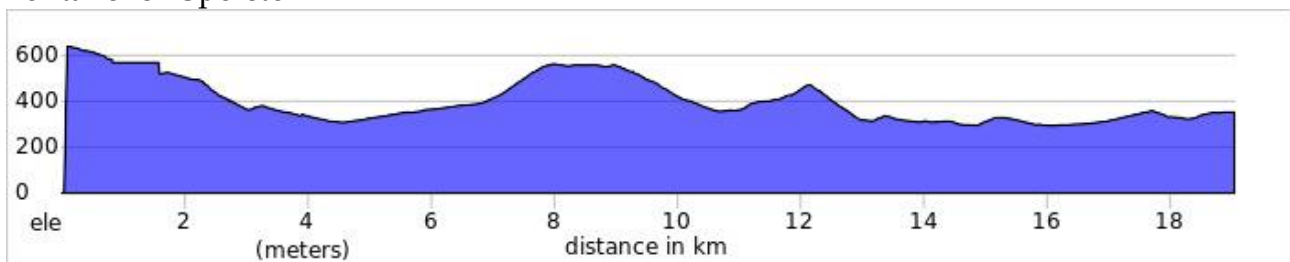
Today you walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every summer (end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

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

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

Distance: 17.5 km / 10,8 mi (Campello Alto) or 19 km / 11,8 mi (Le Fontanelle)

Fontanelle - Spoleto



Day 8 End of tour after breakfast

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 the 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

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

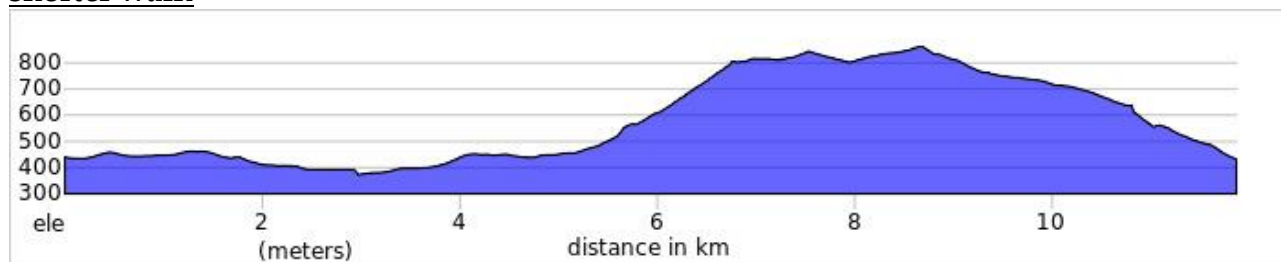
This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up through the wood of the Mount Subasio. You can choose to continue your walk further uphill and reach the meadows of the mountain at 1100m or to go to the hermitage Eremo delle Carceri (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

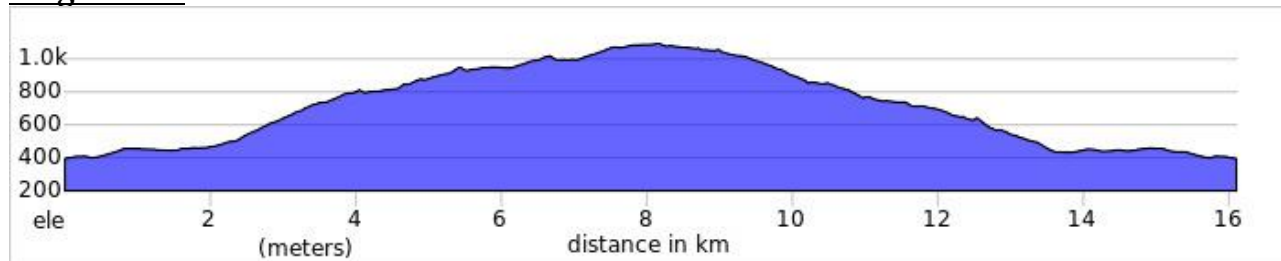
Distance: 12 km / 7,5 miles or 16,5 km / 10,2 miles

Walking time: 4 hrs or 5,5 hrs

shorter walk



longer walk



Hotels: standard or superior

Rates per person 2025:

6 days standard hotels DA ANGELO ***	Euro
Sharing double room	433
Single room	578

Supplement travelling alone for luggage transfers	613
3 rd person in triple	277
Half board supplement (4 dinners in Bevagna only B&B)	117
6 days standard hotels LA TERRAZZA ***	
Sharing double room B&B	457
Single room B&B	600
Supplement travelling alone for luggage transfers	635
3 rd person in triple	280
Half board supplement (4 dinners in Bevagna only B&B)	122
6 days Superior hotels	
Sharing double room B&B	580
Single room B&B	860
Supplement travelling alone	895
3 rd person in triple	300
Half board supplement (4 dinners in Bevagna only B&B)	133
Supplement hotel Fontabella **** / Il Palazzo in double room valley view	20 p.p.
Supplement hotel Fontabella **** / il Palazzo in single room	30 p.p.
8 days Standard Hotels DA ANGELO ***	
Sharing double room B&B	682
Single room B&B	882
Supplement travelling alone for luggage transfers	927
3 rd person in triple	425
Half board supplement (5 dinners / Campello Alto already included / Bevagna only B&B)	142
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.
8 days Standard Hotels LA TERRAZZA ***	
Sharing double room B&B	707
Single room B&B	906
Supplement travelling alone for luggage transfers	951
3 rd person in triple	425
Half board supplement (5 dinners / Campello Alto already included / Bevagna only B&B)	147
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.
Superior Hotels	
Sharing double room B&B	874
Single room B&B	1.248
Supplement travelling alone for luggage transfers	1.293
3 rd person in triple	520
Half board supplement (5 dinners / Campello Alto already included / Bevagna only B&B)	165

Supplement hotel Fontebella **** / Il Palazzo in double room	20 p.p.
Supplement hotel Fontebella **** / Il Palazzo in single room	30 p.p.
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.
9 days Standard Hotels DA ANGELO ***	
Sharing double room B&B	738
Single room B&B	967
Supplement travelling alone for luggage transfers	1.012
3 rd person in triple	459
Half board supplement 6 dinners / in Campello Alto already included / in Bevagna only B&B)	162
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.
9 days Standard Hotels LA TERRAZZA	
Sharing double room B&B	797
Single room B&B	1.022
Supplement travelling alone for luggage transfers	1.067
3 rd person in triple	460
Half board supplement (6 dinners / Campello Alto already included / Bevagna only B&B)	177
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.
Superior Hotels / rooms	
Sharing double room B&B	978
Single room B&B	1.410
Supplement travelling alone for luggage transfers	1.455
3 rd person in triple	563
Half board supplement (6 dinners / Campello Alto already included / Bevagna only B&B)	195
Supplement hotel Fontabella **** /il Palazzo in double room (2 nights)	40 p.p.
Supplement hotel Fontabella **** / Il palazzo in single room (2 nights)	60 p.p.
Supplement Spoleto Festival Spoleto 27/06-13/07 incl.	20 p.p.p.n.

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

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
- Luggage transportation

- Route instructions (in English or Italian)
- App Ride with GPS with Gps tracks, tour info and cue sheets
- Emergency support hotline
- Route briefing evening of arrival in your hotel
- Tour information
- Free carpark at Hotel da Angelo or Hotel la Terrazza

The price doesn't include:

- Local tourist tax to be paid directly in the 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)



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