Walking in a surprising Umbria (W002UMB)

Characteristic medieval towns, an astounding nature and a delicious cuisine
An 8- or 10-day walking tour



Meravigliosa Umbria

Discover the Real Umbria – Walking Tour Through Italy's Green Heart

Experience the authentic beauty of Umbria on this unforgettable walking tour through Italy's "green heart." Explore hidden corners of this enchanting region — from charming medieval towns and picturesque hilltop villages to unspoiled nature and delicious, traditional cuisine.

This **walking tour in Umbria** is available in 8- or 10-day versions and reveals the region's many faces: spirituality, tradition, and everyday life beautifully intertwined.

From Spello to Spoleto – Step by Step Through History and Nature

Your journey begins in **Spello**, a captivating medieval town built on the slopes of Mount Subasio. Its maze of flower-filled alleys, ancient squares, and Roman monuments creates an atmosphere of timeless charm. From here, a scenic walk through silvery **olive groves** leads you to **Assisi**, the spiritual heart of Umbria, whose majestic skyline of towers and ramparts is visible from afar.

In the following days, you'll walk along peaceful footpaths and quiet country roads, discovering the diverse landscapes of the **Monte Subasio Nature Park** and the lower Apennines. Highlights include the tranquil **Altolina waterfalls**, the **Benedictine Abbey of Sassovivo**, and the **Franciscan hermitage Eremo delle Carceri**.

Your route also passes through **Trevi**, the "capital of olive oil," where you'll follow a stretch of the historic **Way of Saint Francis** pilgrimage trail.

The tour concludes in **Spoleto**, a lively town brimming with art, culture, and gastronomy. Enjoy its bustling squares, artisan shops, and authentic Umbrian delicacies.

Accommodation is in welcoming, family-run hotels and traditional **farmhouse B&Bs**, where you'll receive a warm Italian welcome and savour genuine **Umbrian wines and dishes**.

This walking holiday is the perfect way to discover an **unknown Umbria** — rich in history, nature, and authentic Italian life.

The Trip in a Nutshell



Participants: Minimum 1 person

Period: From 1 April until 31 October 2027 (exclusive 08/08 - 22/08/2027)

8 days 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 days 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

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 23 km. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet country roads.

8-day tour: minimum 105 km/65 miles and maximum 112 km/69,5 miles.
10-day tour: minimum 124 km/77 miles and maximum 141 km/87,6 miles.

Program 8-days in short
Day 1 Arrival in Spello
Day 2 Walk to Assisi (11 km/6,8 mi or 17,5 km/10,8 mi)
Day 3 Walk to Balciano in the natural park of Monte Subasio (20,5 km/12,7 mi)
Day 4 Walk to Vescia (23 km/14,3 mi)
Day 5 Short transfer to start point of the walk and walking to Trevi passing the abbey of Sassovivo (19 km/11,8 mi)
Day 6 Walk to Campello Alto passing Trevi (12 km/7,4 mi)
Day 7 Walk to Spoleto (19,5 km/12,1 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 17,5 km/10,8 mi)
Day 3 Loop walk in surroundings Assisi (19,5 km/12,1 miles)
Day 4 Walk to Balciano in the natural park of Monte Subasio (20,5 km/12,7 mi)
Day 5 Walk to Vescia (23 km/14,3 mi)
Day 6 Short transfer to start point of the walk and walking to Trevi passing the abbey of Sassovivo (19 km/11,8 mi)
Day 7 Walk to Campello Alto (12 km/7,4 mi)
Day 8 Walk to Spoleto (19,5 km/12,1 mi)
Day 9 Loop walk on Monteluco (12 km/8 mi)
Day 10 Departure

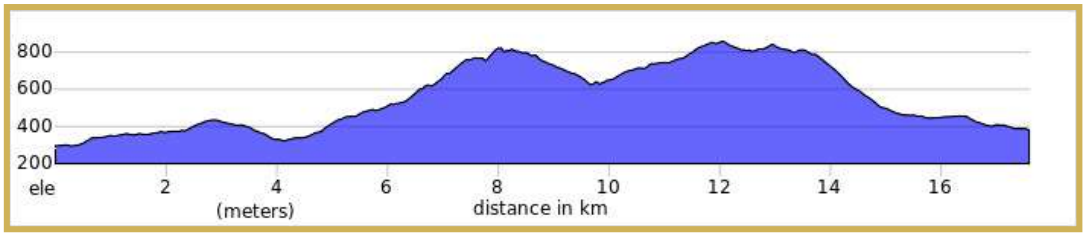
Daily Itinerary

Daily program 8 days / 7 nights tour

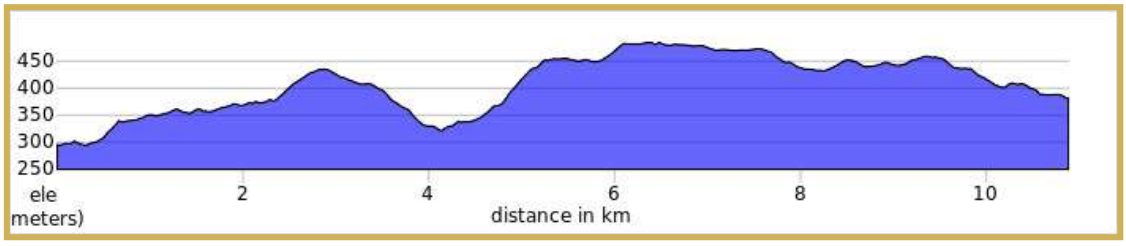
Day 1 | Arrival in Spello
Your walking holiday in Umbria begins in Spello, one of Italy's most enchanting medieval towns. Upon arrival, you'll have a welcome briefing and the opportunity to go over the details of your walking tour.
Spello invites you to wander through its narrow cobbled streets, beautifully decorated with colourful flowers and plants. Don't miss the Via Torre di Properzio, ending near the Roman Porta Venere, or the Roman mosaics in the local museum. The Santa Maria Maggiore Church, home to Pinturicchio's magnificent frescoes, is also a highlight worth visiting.
You'll spend the night in a charming *** or **** hotel in the medieval town centre.
Overnight stay with breakfast in Spello.

Day 2 | From Spello to Assisi
Today's walk takes you from Spello to Assisi, through the lush landscapes of the Monte Subasio Natural Park. The route offers several variants. The first part winds gently through olive groves on the slopes of Monte Subasio.
After about 8 km (475 m a.s.l.), you can choose to continue directly towards Assisi along a fairly level trail, or climb to the Eremo delle Carceri (830 m a.s.l.), a peaceful hermitage where Saint Francis and his companions once stayed. You can visit the cave where Francis used to meditate before descending through the forest to Porta Cappuccini, one of Assisi's ancient gates.
Assisi's medieval atmosphere is still beautifully preserved—its houses, churches, and towers are built from the pink-white stone of Monte Subasio.
You'll spend the night in a comfortable *** or **** hotel in or near the historic centre of Assisi.

Overnight stay with breakfast in Assisi.
Longer route
Overnight with breakfast in Assisi.
Distance: 17,5 km/10,8 miles
Ascent & Descent: +873m -786m
Paved: 34% Unpaved: 66

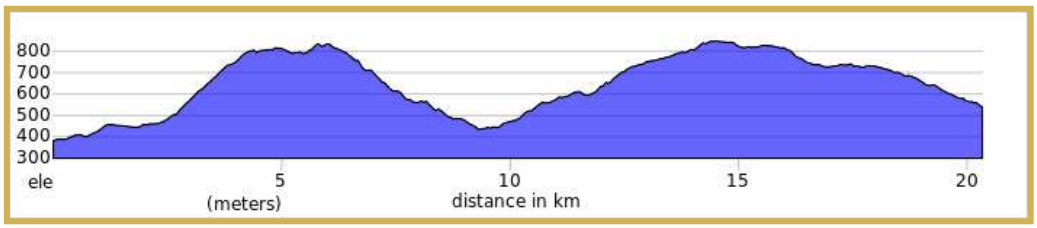


Shorter route
Overnight with breakfast in Assisi.
Distance: 11 km/6,8 miles
Ascent & Descent: +348m -262m
Paved: 41% Unpaved: 59%



Day 3| From Assisi to Balciano
Today's route offers one of the most beautiful walks of the entire tour, through the Monte Subasio Natural Park. You'll follow the Franciscan Trail 351, surrounded by pristine forests and rolling olive groves. Along the way, you'll pass the Fosso del Marchetto, a picturesque mini canyon, and the Chapel of Satriano, which commemorates the final journey of Saint Francis.
Your walk continues through tranquil countryside until you reach your charming country hotel. Here you can relax with a refreshing swim in the pool and enjoy a delicious dinner at the restaurant, renowned for its exquisite truffle-based dishes.

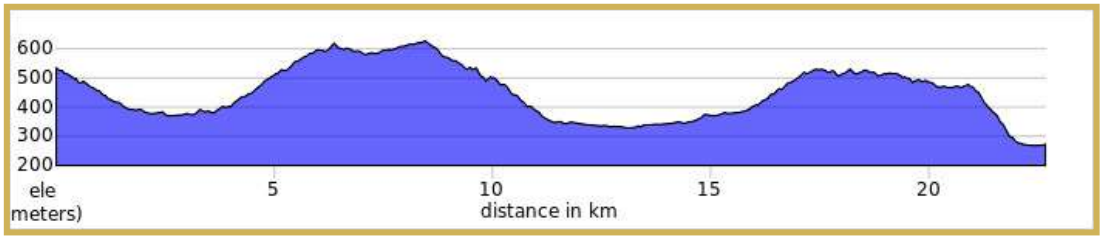
Overnight with breakfast in Balciano
Distance: 20,5 km /12,7 mi
Ascent & Descent: +903m -743m
Paved: 48%; Unpaved: 52%



Day 4| From Balciano to Vescia
Today's walk again unfolds among olive groves and open hillsides, offering spectacular panoramic views over the Umbrian landscape.
From your hotel, you descend into the Topino River Valley, then climb toward the castle of Il Poggio. After descending to the village of Capodacqua, a final ascent rewards you with wide views of Monte Subasio and the surrounding hills before a gentle descent to Vescia.
Tonight, you'll stay in a truly special place: a converted olive oil mill (frantoio), where high-quality Umbrian olive oil is still produced. Dinner will be served in a traditional local restaurant nearby.

Overnight stay with breakfast in Vescia (B&B).
Distance: 23 km/14,2 miles

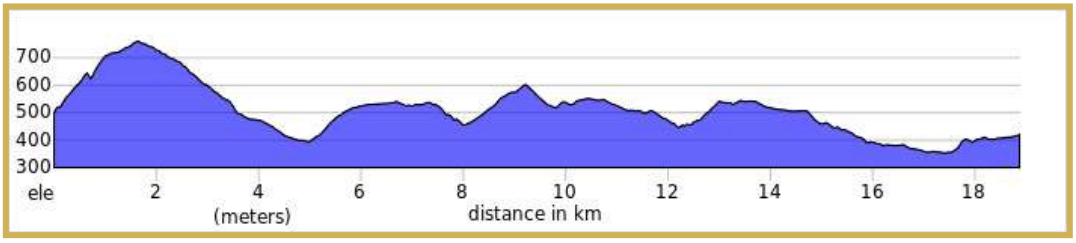
Ascent & Descent: +509m -766m
Paved: 74% Unpaved: 26%



Day 5| From Vescia to Trevi
Today's route takes you along a beautiful trail surrounded by olive groves and Umbrian countryside. At 9:00 a.m. (or earlier on request) you'll have a short transfer to Pale or to the Benedictine Abbey of Sassovivo, founded in the 11th century.
In the time of Saint Francis, this important abbey held vast influence and owned large estates across central Italy. Its most remarkable feature is the Romanesque cloister, with double rows of slender columns topped by lily-shaped capitals — a masterpiece of medieval architecture.
From the abbey, you'll walk through woods and olive groves, gradually descending towards Trevi, beautifully set on the lower slopes of Monte Serano. Trevi is known as the "capital of olive oil" and boasts a charming medieval atmosphere. Worth visiting are the Duomo and the Church of St. Francis, which houses a small museum of sacred art.

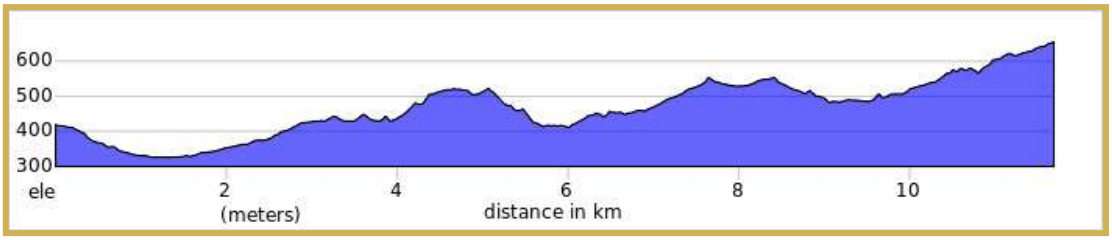
Overnight with breakfast in Trevi
Distance: 19 km/11,8 miles (from Pale) or 15,8 km/9,8 mi (from Abbey of Sassovivo)
Ascent & Descent: +692m -791m (Pale)
Paved: 33%; Unpaved: 67%

From Pale



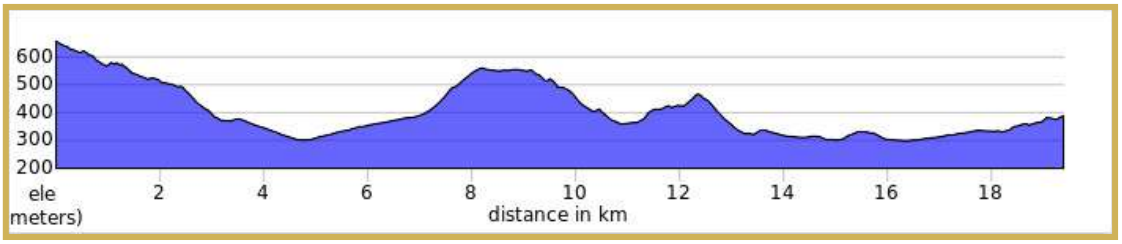
Day 6| From Trevi to Campello Alto
Leaving Trevi, you'll continue walking among olive groves, following a stretch of the Way of St. Francis, the famous pilgrimage route from La Verna to Rome.
Your destination today is Campello Alto, a walled hilltop village offering beautiful panoramic views of the Umbrian valleys.
Overnight stay in a comfortable hotel with swimming pool, or on request in a beautifully restored ex-monastery or a 4-star relais with spa facilities.

Overnight with breakfast and dinner in Campello Alto
Distance: 11,7 km/7,2 miles
Ascent & Descent: +510m -273m
Paved: 46%; Unpaved: 54%



Day 7| Campello Alto to Spoleto
Today you'll continue along the Olive Grove Trail and the Way of Saint Francis, walking through peaceful countryside towards the historic town of Spoleto. As the name suggests, much of today's route winds through scenic olive groves on the gentle slopes of Umbrian hills and mountains. You'll pass several picturesque hilltop villages, including Bazzano and Eggi, each offering lovely views and a glimpse of traditional rural life.
Your final destination, Spoleto, is one of Umbria's cultural treasures. Highlights include the stunning Cathedral of Santa Maria Assunta with frescoes by Filippo Lippi and Pinturicchio, a Roman house, and a Roman theatre. Just outside the town, don't miss the magnificent Church of San Pietro and the famous Ponte delle Torri, a spectacular medieval aqueduct bridge offering breathtaking views of the valley.
Spoleto is also a delightful town for a leisurely stroll — its charming streets, local shops, and inviting restaurants and cafés make it the perfect place to end your walking adventure.

From Fontanelle
Overnight with breakfast in Spoleto
Distance: 19,4 km/12 miles
Ascent & Descent: +481m -745m
Paved: 64%; Unpaved: 36%



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

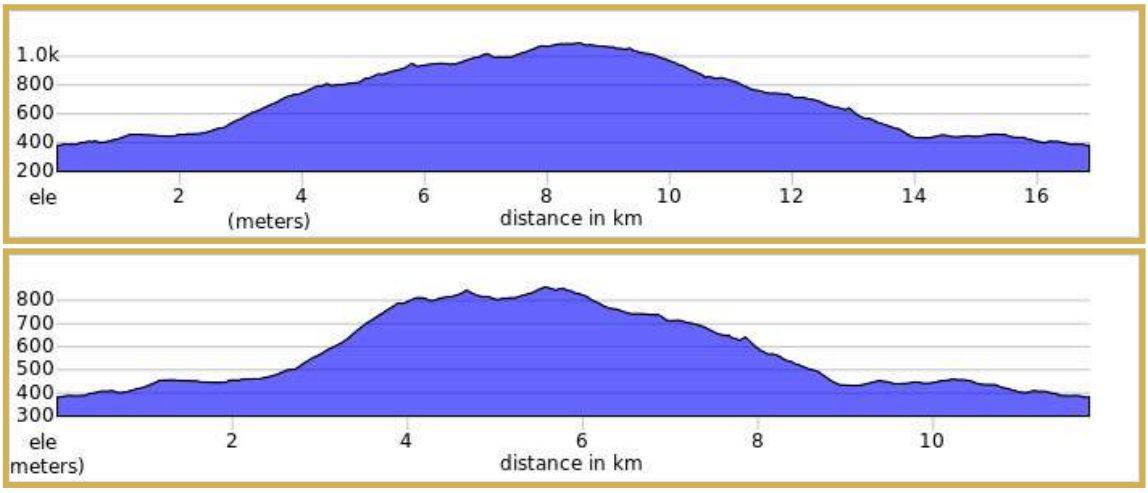
The 10-day version of this walking holiday includes an extra day in Assisi and an optional loop walk from Spoleto — perfect for those who want to explore more of Umbria's culture and nature.

Assisi Town Walk – Discover the Spirit of Saint Francis
This cultural walking route takes you past the most important monuments of Assisi, closely linked to the lives of Saint Francis and Saint Clare, both born here.
From your hotel, you walk up to the Porta Cappuccini (470 m a.s.l.), entering a maze of narrow medieval alleys and atmospheric squares. Along the way, you'll see the remains of the Roman amphitheatre, the Rocca Maggiore fortress (506 m), the magnificent Basilica of Saint Francis, the Temple of Minerva, the Chiesa Nuova, and the Basilica of Saint Clare, before descending to the peaceful Monastery of San Damiano (310 m).

Distance: Between 6,5 km and 9,5 km (Depends on the starting point)

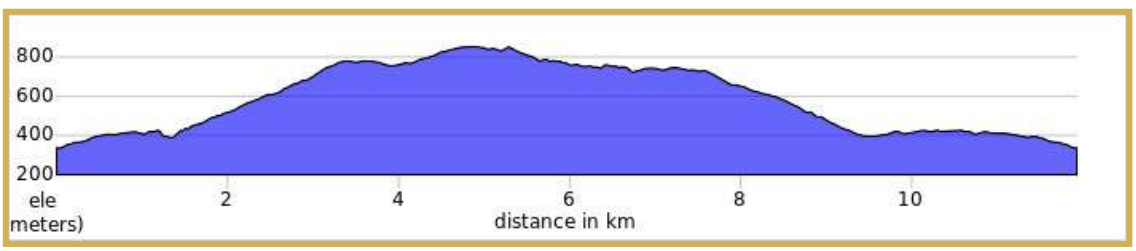
Walk Through the Mount Subasio National Park
Alternatively, enjoy a nature walk in the tranquil forests of Mount Subasio, offering shade, serenity, and sweeping views.
Starting from the Porta Cappuccini, you follow trails up to the Hermitage Eremo delle Carceri (830 m), a sacred place where Saint Francis often retreated for prayer and meditation. You then descend along quiet forest paths and rural lanes back to Assisi.
A longer version of this walk includes an extra loop through the higher slopes of Monte Subasio, offering broader vistas over Umbria's green hills.

Distance short walk: 12 km/7,4 mi or 17 km/ 10,5 mi
Ascent/descent: +530m -532m o +757m -759 m
Paved: 53% o 32%; Unpaved: 47% o 68%



Extra Night in Spoleto – The Sacred Woods of Monteluco
With an extra overnight stay in Spoleto, you can make a loop walk on Monteluco (Mount Luco) — a place steeped in history and spirituality.
The name *Lucu* (*lucus*) means *sacred woods*, recalling the ancient times when this mountain was considered holy. From the 5th century onwards, hermits lived here under Benedictine rule, and later the Franciscans built a monastery in these peaceful surroundings.
The evergreen oak forest of Monteluco has been protected since the Middle Ages and remains a haven for wildlife, including porcupines, wild cats, badgers, and squirrels.
An extra night in Spoleto to make a loop walk on Monteluco

Distance: 12 km/ 7,4 mi
Ascent / Descent: +578m -580m
Paved: 32%; Unpaved: 68%



Hotels & Prices & Info

Hotels: ** or * or *****

Rates per person 2027: Starting from 748€

Cancellation Policy:

- Up to 30 days: € 50,00 administration costs
- 29-21 days before the starting date: 30% of the tour cost
- 20-14 days before the starting date: 50% of the tour cost
- 13-6 days before the starting date: 75% of the tour cost
- 5 days-start of tour: 100% of the tour cost

The price includes

- 7 or 9 overnight stays with breakfast
- 2 dinners (Vescia, Borgo Campello)
- Luggage transportation
- App Ride with GPS with tracks, and cuesheets of the routes, tour information
- Emergency support hotline
- Transfer from Vescia B&B to start of the route
- 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. The amount depends of the hotel category and municipality.
- Everything not mentioned under 'the price includes'

Start of the tour: Spello / **End of the tour:** Spoleto

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