Two wonderful Umbrian towns: Assisi – Spoleto (W003UMB)

A 7-day two centre walking tour



Meravigliosa Umbria

Walking Tour in Umbria: Assisi, Spello and Spoleto

Discover the green heart of Italy on this self-guided walking tour through some of Umbria's most beautiful landscapes and historic towns. Staying mainly in **Assisi and Spoleto**, this holiday is ideal for travellers who enjoy exploring on foot but prefer not to change hotels every day. It combines scenic walks through the Umbrian countryside with medieval towns, art, history and excellent local cuisine.

Your journey begins in **Assisi**, beautifully situated on the slopes of **Mount Subasio** and known throughout the world as the birthplace of Saint Francis and Saint Clare. Its remarkably well-preserved historic centre is a UNESCO World Heritage Site, with narrow medieval streets, atmospheric squares, churches and impressive monuments. During your stay, you will have time to discover the town as well as walk through the peaceful countryside surrounding it.

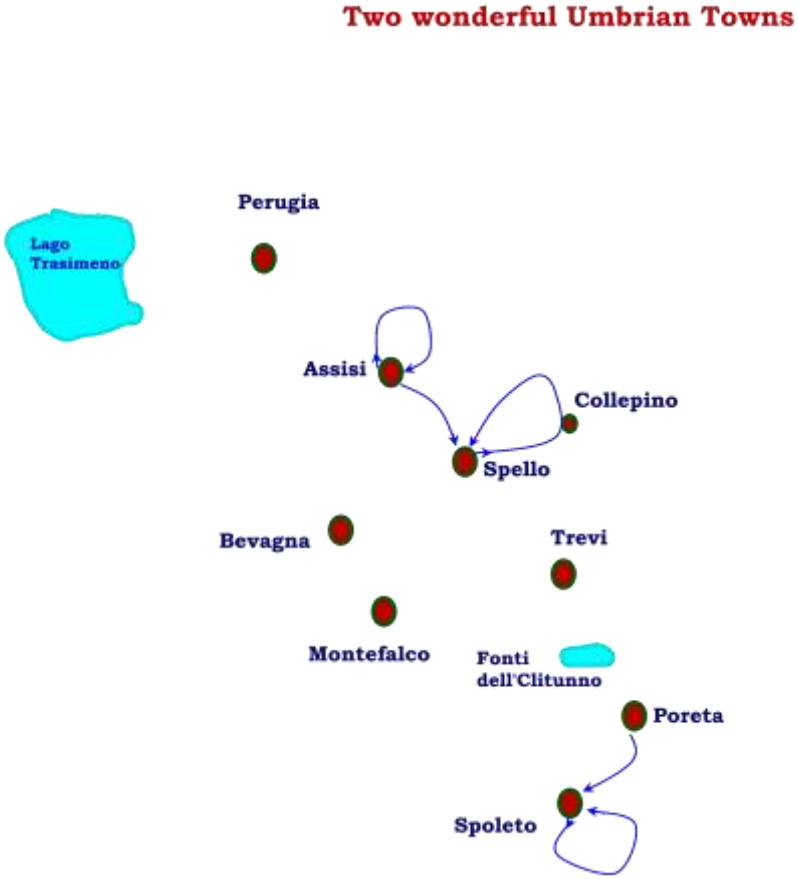
The Umbrian landscape is an essential part of this journey. Ancient olive groves cover the hillsides; vineyards stretch across the valleys and wooded paths lead to small villages and panoramic viewpoints. Walking at your own pace gives you plenty of time to enjoy the changing scenery and the quiet atmosphere of rural Umbria.

One of the highlights of the tour is the walk from **Assisi to Spello**, following paths through the beautiful landscape of Mount Subasio. Spello is one of Umbria's most charming medieval towns, known for its Roman remains, stone houses and narrow lanes decorated with colourful flowers. Take time to wander through its historic centre before continuing by a short train journey to **Spoleto**.

Your second base is Spoleto, a fascinating town with a long history stretching back to Roman times. Its historic centre is rich in cultural treasures, including the magnificent Cathedral of Santa Maria Assunta, Roman remains, medieval buildings and interesting museums. High above the town stands the imposing Rocca Albornoziana, while the famous **Ponte delle Torri** is one of Spoleto's most recognisable landmarks.
From Spoleto, another beautiful walk takes you into the wooded hills of **Monteluco**, a place considered sacred since ancient times and later associated with hermits and religious communities. Surrounded by peaceful forests, you follow historic paths and sections connected with the **Way of Saint Francis**, enjoying wonderful views over Spoleto and the surrounding Umbrian countryside.

After a day of walking, the historic centres of Assisi and Spoleto offer plenty of opportunities to relax and discover traditional Umbrian cuisine. Small restaurants and trattorias serve regional specialities accompanied by local wines, adding another authentic flavour to this journey through the heart of Umbria.
With its combination of beautiful walks, historic towns, art, nature and Umbrian food and wine, this tour offers a relaxed way to experience some of the region's greatest treasures – **on foot and at your own pace**.

The Trip in a Nutshell



Period: ***Self-guided:*** from 1 April until 31 October (exclusive 08/08-22/08/2027)

Guided: on request with minimum 4 persons

Participants: Minimum 1 person

Difficulty: Level 2/3
For walkers with experience. Routes through hilly landscapes with up- and downhill walking. Daily distances between 11 and 19 km. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet country roads. Some days you can choose between longer or shorter less strenuous walks.

Total km to walk: minimum 58 km/36 miles and maximum 73 km/45 miles.

Program 7-day in short
Day 1 Arrival Assisi
Day 2 Town walk in Assisi (6,5 km/4 mi or 9,5 km/6 mi)
Day 3 Walk on Mount Subasio (17 km/10,5 mi or 12 km/7,5 mi)
Day 4 Higher or lower walk to Spello (19 km/11,8 miles or 12 km/7,5 mi)
or
Train/car to Spello & round walk along the acquaduct to Collepino (14,5 km/9 mi)
After the walks by train or car to Spoleto
Day 5 Walk on Monteluco (12 km/6,6 miles)
Day 6 Transfer to Poreta and walking to Spoleto (15,5 km/9,6 mi)
Day 7 Departure

Daily Itinerary

Daily program 7–day / 6-night tour

Day 1 Arrival in Assisi.
Individual arrival at your charming *** or **** hotel in **Assisi**, the spiritual heart of Umbria. This beautiful hilltop town, surrounded by olive groves and overlooking the Umbrian Valley, is the perfect place to begin your walking holiday.
In the evening, you'll receive a welcome briefing where you can discuss your itinerary, walking routes, and local highlights. Afterwards, you can enjoy a relaxing dinner in one of Assisi's excellent restaurants.

Overnight stay with breakfast in Assisi.

Day 2 – Discover Assisi: Town Walk and Saint Francis Trail
Today's walk invites you to explore **Assisi**, one of Italy's most atmospheric medieval towns and a UNESCO World Heritage Site. The route leads past the most important monuments linked to **Saint Francis and Saint Clare**, who both lived and died here.

From your hotel, you ascend to the **Porta Cappuccini** gate (470 m a.s.l.), then continue through a maze of narrow alleys and quiet medieval squares. Along the way, you'll pass the **Rocca Maggiore** fortress (506 m a.s.l.), offering panoramic views of the Umbrian countryside.
Descending again, you'll visit the **Basilica of Saint Francis**, famous for its magnificent frescoes by Giotto, and continue to the **Temple of Minerva**, **Chiesa Nuova**, and the **Basilica of Saint Clare**.

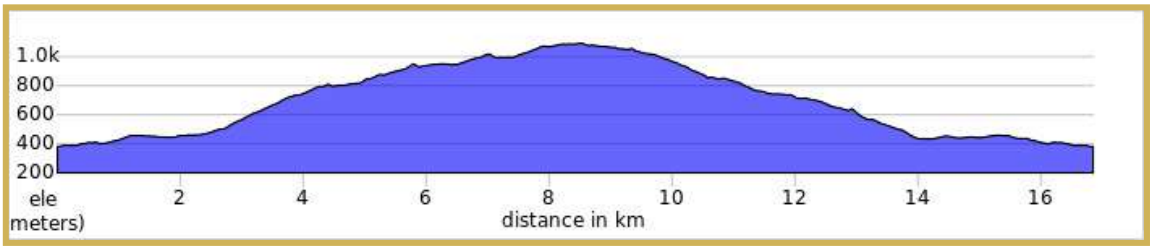
Your walk concludes at the peaceful **Monastery of San Damiano** (310 m a.s.l.), where Saint Francis is said to have received his divine calling.

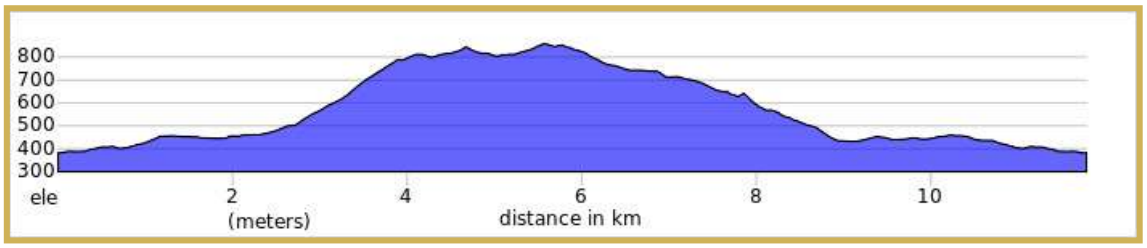
Walking time: 3 – 4 ½ hours
Distance: 6,5 km/4 mi or 9,5 km/6 mi (Depend on the starting point)
Overnight stay with breakfast in Assisi

Day 3 – Loop Walk on Mount Subasio: Forests and Meadows Above Assisi
Today's walk takes you into the heart of **Mount Subasio Natural Park**, a peaceful area of oak forests, mountain pastures, and panoramic viewpoints above Assisi. From the **Porta Cappuccini** town gate, you follow a scenic path through the woods. You can choose to continue upwards to the open meadows near the mountain ridge or walk to the **Eremo delle Carceri** (830 m a.s.l.), one of the most spiritual places in Umbria.

At the hermitage, **Saint Francis** and his companions once withdrew for prayer and contemplation. The stone monastery, built after his death, still preserves the simple cave where he meditated. After visiting this serene site, you descend along quiet trails and country roads through forests and olive groves back to Assisi.
The **longer route** includes an extra loop across the slopes of **Monte Subasio**, rewarding you with wide-open views over the Umbrian Valley and the surrounding hills.

Overnight stay with breakfast in Assisi.
Distance short walk: 12 km/7, 5mi or 17 km/10,5 mi
Ascent/descent: +530m –532m or +757m -759m
Paved: 53% o 32%; Unpaved: 47% o 68%

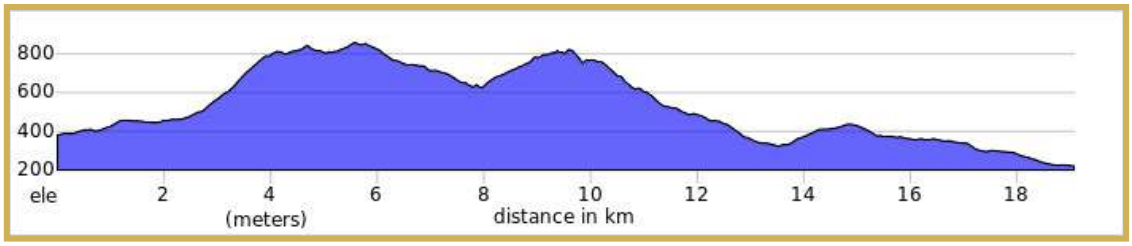




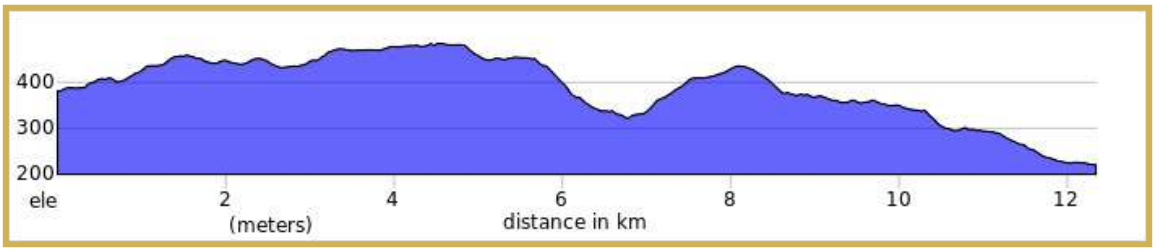
Day 4 - Assisi-Spello walk or loop walk from Spello Train or car to Spoleto / transfer
Today you can choose between **three beautiful walks around Assisi and Spello**, from a challenging hike across Monte Subasio to a gentler walk through the characteristic Umbrian olive groves.
The longer route takes you from **Assisi to Spello via the Eremo delle Carceri**, climbing into the forests of **Monte Subasio** before descending through woodland and olive groves towards Spello. Along the way, enjoy wonderful views across the Valle Umbra.
For an easier alternative, follow the lower route from **Assisi to Spello**, walking through peaceful olive groves along the southern slopes of Monte Subasio. With less climbing, this scenic trail leaves more time to explore Spello, with its Roman gates, medieval streets and colourful flower-filled alleys.

A third option is a **circular walk from Spello to Collepino**, following part of the ancient Roman Aqueduct through olive groves and Mediterranean woodland. The tiny fortified village of Collepino and the panoramic views over Spello and the Umbrian Valley make this a particularly charming walk.
Whichever route you choose, take time to discover the historic centre of **Spello** before continuing to **Spoleto** by train, your own car or a pre-booked transfer.

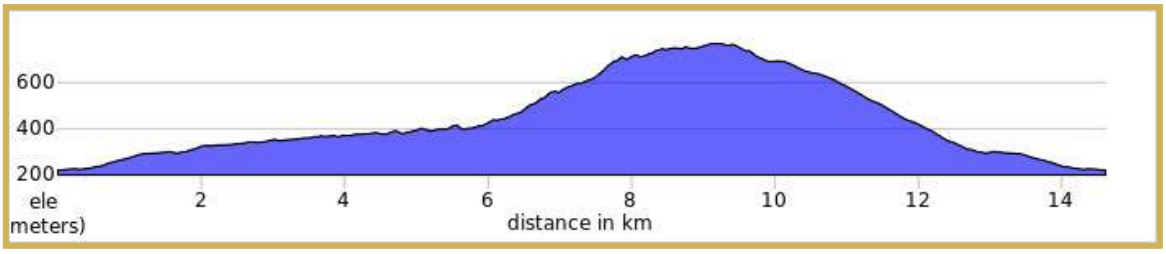
Option 1 - Assisi to Spello via the Eremo delle Carceri
Overnight stay with breakfast in Spoleto.
Distance: 19 km/11,8 miles
Ascent/Descent: +786m -949m
Paved : 46% ; Unpaved: 53%



Option 2 - The Lower Route: Olive Groves and Roman Heritage
Overnight stay with breakfast in Spoleto
Total ascent-descent: +242m -405m
Distance: 12 km/7,5 miles
Paved: 46%; Unpaved: 53%



Option 3 - Loop Walk from Spello – Along the Roman Aqueduct to Collepino
Overnight stay with breakfast in Spoleto
Distance: about 14,5 km/9 miles
Ascent - Descent: +556m -557m
Paved : 34%; Unpaved : 66%

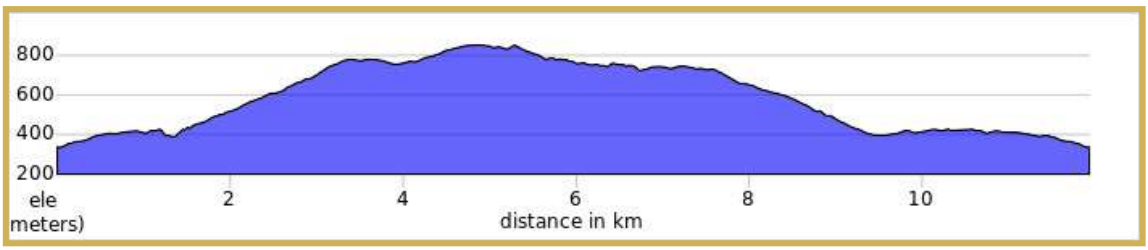


At the end of today's walk, you continue from **Spello to Spoleto**. You can take the train, travel with your own car, or, if you have pre-booked a transfer, you will be driven to Spoleto.
Spoleto will be your base for the next part of the walking holiday.
You stay in a **** hotel in the city center.

Day 5 – Walk on Monteluco: Sacred Woods Above Spoleto
Today's walk takes you to the **holy mountain of Monteluco**, a place of peace and spirituality just above Spoleto. The name *Lucu* (from Latin *lucus*, meaning "sacred wood") already hints at its ancient role as a **sacred forest**, venerated since pre-Christian times.
From the 5th century onward, hermits lived here under **Benedictine rule**, seeking solitude among evergreen oak trees and wild nature. Later, the **Franciscans** also established a monastery, creating a tradition of contemplation and prayer that continues to this day.
The **trail to Monteluco** winds through dense oak forest alive with wildlife — porcupines, foxes, badgers, wild cats, and squirrels — before reaching viewpoints offering sweeping panoramas over the **Spoleto Valley**. The Monteluco area has been protected since the Middle Ages, preserving its serene atmosphere and ancient woodland character.
This is a walk that invites reflection — a perfect blend of nature, history, and silence.

Overnight stay with breakfast in Spoleto.

Overnight stay with breakfast in Spoleto
Distance: 12 km/7,5 miles
Ascent & Descent: +578m -580m
Paved: 32%; Unpaved: 68%



Day 6 – The Way of Saint Francis: Along the Olive Trail
After breakfast, a short **transfer to Poreta** marks the start of your final walk — a section of the **Way of Saint Francis (Via di Francesco)** following the scenic **Olive Trail (Sentiero degli Olivi)**. This route winds through a landscape shaped by centuries of olive cultivation, connecting small **hilltop villages** such as **Eggi** and **Bazzano**, each with stone houses, narrow alleys, and ancient churches. The silvery olive groves, framed by cypress trees and distant mountains, embody the timeless beauty of Umbria.
For those who prefer a shorter day, it's possible to begin in **Bazzano Superiore**, reducing the walk by about 3 km.
Walking the **Olive Trail** offers a gentle, contemplative conclusion to your Umbrian adventure — an ideal ending that combines **nature, spirituality, and tradition** on one of Italy's most evocative pilgrimage routes.

Overnight stay with breakfast
Distance: 15,5 km/9,6 miles
Total ascent-descent: +477m -424m
Paved: 60%; Unpaved: 40%



Day 7: End of tour after breakfast
Today after breakfast ends this tour through a typical Umbrian nature and past medieval villages

Hotels & Prices

If any of the listed hotels is not available, we will reserve an equivalent accommodation in the same category.

Hotels: standard *** / **** & superior ****

Price start from: € 506

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

- 6 overnight stays with breakfast
- luggage transportation from Assisi to Spoleto
- PDF of route instructions (in English or Italian) and maps send by email
- Acess to the App Ride with GPS with gps tracks and tour information
- 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
- Train ticket Spello-Spoleto or transfer by car
- Everything not mentioned under 'the price includes'

Travel Information
Start of the tour: Assisi / **End of the tour:** Spoleto

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