Discovering the most beautiful villages of Umbria (W006 UMB)

A 7-day walking tour for more expert walkers



Meravigliosa Umbria

Walking Holiday in Umbria – Discover the Green Heart of Italy on Foot

This unforgettable **walking holiday in Umbria** takes you to some of the region's most charming towns and villages – both well-known and hidden gems – in the very heart of Italy. You'll walk along peaceful country roads and gentle hills, surrounded by a landscape of silver-green olive groves and fertile vineyards. Since Roman times, **Umbria** has been praised for its unspoiled nature, rolling valleys, clear rivers and lakes, fresh springs, and cascading waterfalls – a perfect destination for those who love to **experience authentic Italy on foot**. The route is moderate and follows mostly valley paths and gentle hills around the **Valle Umbra**, leading you through picturesque medieval towns such as **Assisi, Spello, Foligno, Bevagna, Montefalco, Collemancio, Torgiano**, and **Perugia**. Along the way, you'll have plenty of time to explore, wander through cobbled streets, and soak up the welcoming Umbrian atmosphere.

On the Footsteps of St. Francis: from Assisi to Spello

Your **walking tour in Umbria** begins in **Assisi**, beautifully set on the slopes of Monte Subasio. At the top stands the **Rocca Maggiore** (505 m), offering stunning panoramic views across the Umbrian hills. Assisi is a world-famous pilgrimage site, full of narrow lanes, charming piazzas, Roman remains, and impressive medieval monuments.

From Assisi, you'll follow the **Way of St. Francis (Via di San Francesco)** towards **Spello**, passing the peaceful **Eremo delle Carceri**, where St. Francis and his companions once meditated in silence. You'll continue along scenic trails through olive groves and forests to the fortified village of **Collepino**, then descend back to Spello. The path continues across flat terrain to **Foligno**, home to an imposing cathedral and the fascinating **Palazzo Trinci**.

Medieval Villages and the Flavours of Umbria

The second part of your **walking trip through Umbria** takes you to some of the region's most authentic *borghi*: the medieval **Bevagna**, **Montefalco** – renowned for its celebrated **Sagrantino**

wines – the small hilltop village of **Collemancio**, the wine town of **Torgiano**, and finally **Perugia**, the vibrant capital of Umbria.
Perugia enchants visitors with its medieval and Renaissance palaces, fascinating museums, and grand churches. Stroll through its winding streets, browse elegant Italian boutiques, and enjoy local Umbrian cuisine and fine wines in traditional restaurants or wine bars.

The Trip in a Nutshell



Dates: from 1 April until 31 October (exclusive 08/08-22/08/2027), except
7-day: not on Thursday and Friday

Participants: Minimum 1 people

Level: 3
A walking tour for expert walkers with a good physical condition. The differences in level are not too much, but daily km/miles are significant between 11 km/6,8 mi and 22 km/13,6 mi

Total km/miles on foot: 94 km/58,5 mi or 99 km/61,5 mi

Program in short 7-days
Day 1 Individual arrival in Assisi
Day 2 Spello (16 km/10 mi or 11 km/6,8 mi)

Day 3 Spello – Collepino - Foligno (20 km /12,5 mi)
Day 4 Foligno – Bevagna – Montefalco (21,5 km/13,3 mi)
Day 5 Montefalco - Bevagna – Collemancio (22 km/13,6 mi)
Day 6 Collemancio – Bettona - Torgiano (19,5 km/12,1 mi) and transfer to Perugia
Day 7 End of the tour after breakfast





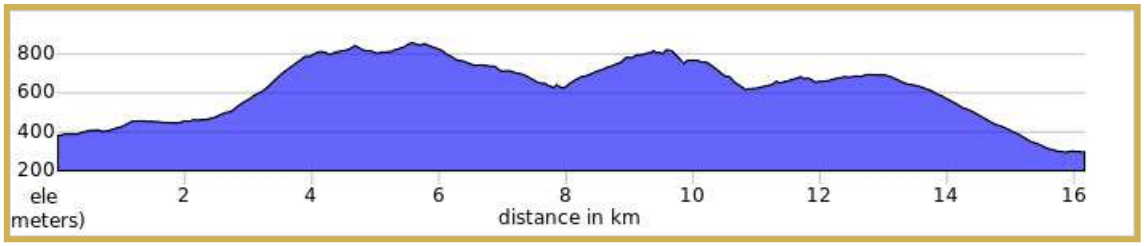
Daily Itinerary

Daily programme 7–days / 6-nights

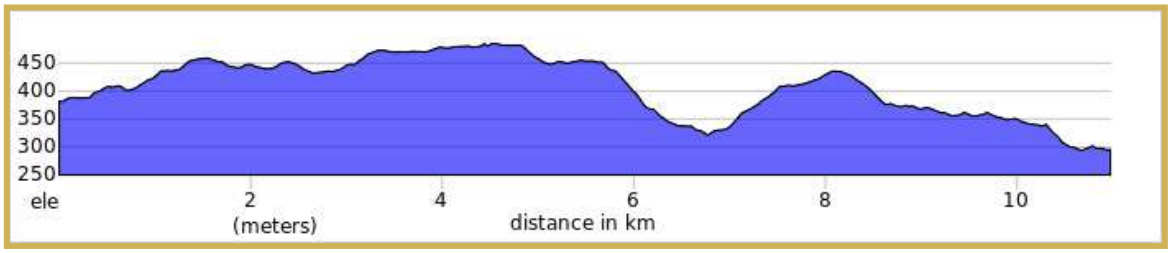
Day 1 Individual arrival in Assisi
Individual arrival at your hotel in Assisi.
Your walking tour begins in Assisi. If you arrive early, you can already visit this charming beautiful city. There is really a lot to see: many monuments have been built in honour of Saint Francis and Saint Clare, who were born and lived here. The most famous example is the Basilica of Saint Francis with its wonderful frescoes by Giotto, Simone Martini, Cimabue and Pietro Lorenzetti. In the late afternoon, you have a briefing about the route and delivery of the information material.
Overnight with breakfast in hotel *** or **** stars.

Day 2 Assisi – Spello
Today you leave Assisi and follow the Via di San Francesco to Spello. The route passes the Franciscan hermitage 'Eremo delle Carceri' at 830 m, built where Saint Francis and his companions retreated into the peaceful woods. You can visit the grottoes where they stayed. The path continues along scenic trails in Mount Subasio Nature Park and finally descends through quiet dirt roads lined with olive groves until reaching Spello.Overnight in Hotel *** or **** stars in the historic centre of Spello.

Overnight stay with breakfast in Spello
Long route:
Distance: 16 km/10 mi
Total difference in level: +762m -851m
Paved: 36%; Unpaved: 64%

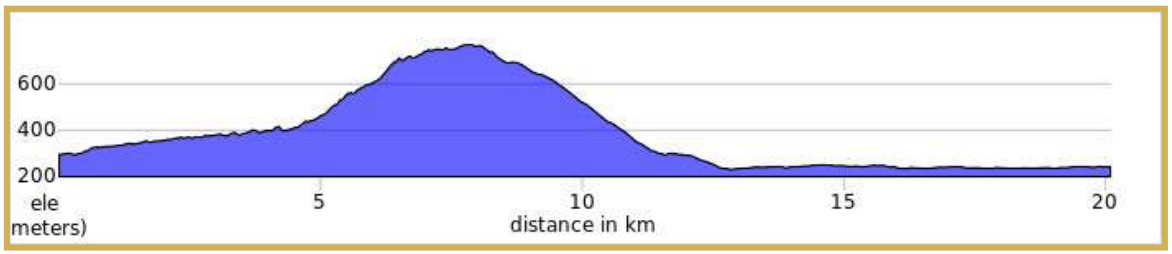


Short route:
Distance: 11 km/6,8 mi
Total difference in level: +241m -329m
Paved: 40%; Unpaved: 60%



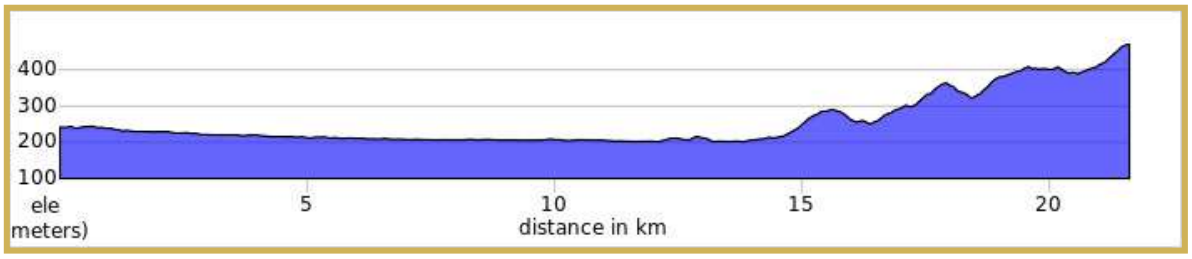
Day 3 Spello – Collepino – Foligno
This morning you leave Spello and follow a scenic path along an ancient Roman aqueduct, arriving at Collepino, a charming hilltop village overlooking Spello. After a short climb and a gentle downhill walk through fragrant olive groves, you return to Spello. Crossing the historic center, you continue along the Way of Saint Francis toward Foligno, nestled in the valley. Explore the main square with its stunning Romanesque cathedral, and visit Palazzo Trinci, home to two fascinating museums. Enjoy a stroll along lively shopping streets, dine at traditional local restaurants, and admire the town's baroque palaces. Overnight in *** or **** hotel

Overnight stay with breakfast in Foligno
Total difference in level: +524m -578m
Distance: 20 km/12,4 mi
Paved: 48%; Unpaved: 52%



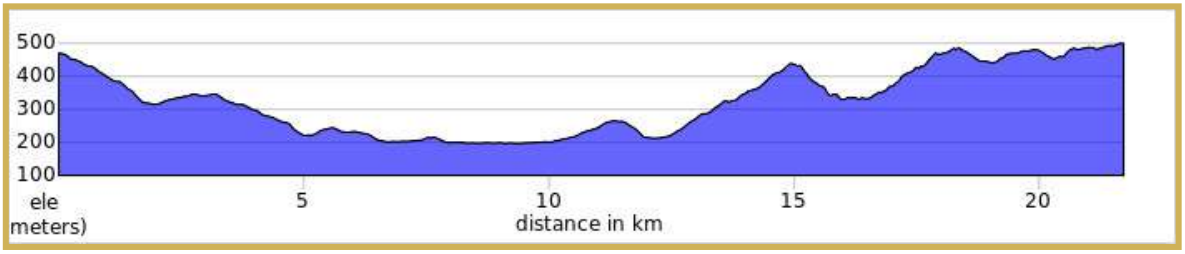
Day 4 Foligno - Bevagna - Montefalco
The stretch to Bevagna is entirely flat, following the Topino River for a while and then quiet country roads. You cross the valley to reach Bevagna, the ancient Roman town of Mevania. This charming town features a medieval square with a fountain and two Romanesque churches. Important Roman remains, including mosaics from an ancient bath, can also be seen. The route continues through rolling hills dotted with Montefalco DOCG vineyards and olive groves. Montefalco, a hilltop wine town, is renowned for its Sagrantino, available in both dry and sweet styles. Sample these fine wines in local enotecas and restaurants, and visit the delightful museum in the former Church of San Francesco, which houses masterpieces by Benozzo Gozzoli and Perugino. Overnight in the old town centre in a *** hotel, in a Guesthouse with Spa or **** hotel with spa

Overnight with breakfast in Montefalco
Total difference in level: +378m -151m
Distance: 21,5 km/13,3 mi
Paved: 60%; Unpaved: 40%



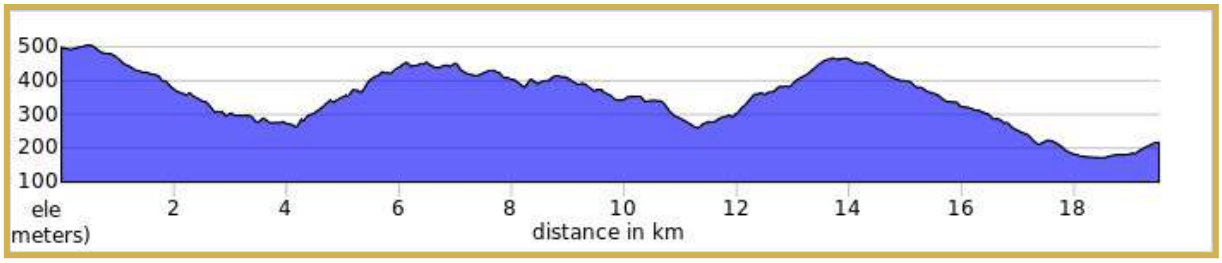
Day 5 Montefalco – Bevagna - Collemancio
Today you descend toward Bevagna, enjoying beautiful views of the surrounding landscape and town. You cross the medieval center before continuing to the small hilltop village of Collemancio, first along the plains and then ascending into the hills surrounding Valle Umbra. Perched near Cannara, Collemancio overlooks the valley and has Roman origins, as evidenced by the archaeological site of Urvinum Hortense, an ancient Roman Municipium in a stunning location. Within the castle, featuring a robust structure and the main village gate, be sure to visit the church of Santo Stefano and the historic Palazzo del Podestà.
Overnight with breakfast in a good hotel *** stars, B&B or agriturismo in Collemancio.

Total difference in level: +582m -552m
Distance: 22 km/ 13,6 mi
Paved: 51%; Unpaved: 49%



Day 6 Collemancio – Bettona - Torgiano & Transfer to Perugia
A nice walk through the hills surrounding the valley. The route follows trails and quiet country roads. A nice descend will bring you to the wine-town of Torgiano, famous for its excellent red and white wines. But before reaching Torgiano you pass Bettona, a small walled-in hilltop town with a nice museum to visit. Descending through olive groves, you come to Torgiano. There is an interesting wine and olive oil museum to visit and, right next-door, is an osteria, where you could taste the wines of the town.
End of the afternoon you have a transfer to Perugia and overnight stay in a **** hotel. On request the overnight stay can be also in Torgiano

Overnight stay with breakfast in Perugia
Distance: 19,5 km/12,1 mi
Total difference in level: +487m -767m
Paved: 36%; Unpaved: 64%



Day 7 End of the Tour after breakfast
This beautiful walking tour through the most beautiful villages of Umbria ends after breakfast.

Hotels & Prices

Hotels: standard *** or superior ***& ****

Price: from € 650

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

Price includes

- 6 nights with breakfast
- 3 or 5 dinners if you book half board (in Perugia only B&B / superior version only B&B)
- Luggage transportation
- Transfer from Torgiano to Perugia
- Access for App with GPS tracks and the route notes in the App
- Assistance in case of emergency
- Briefing in hotel the evening of arrival
- Information about the tour

Price does not include

- City tax to pay directly in hotel
- All which is not specified under "Price includes"

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

E-mail: info@meravigliosaumbria.com & info@ecologicotours.com Tel. (0039) 346 3254167 & (0041) (0) 79 2457505

Ecologico Tours & Meravigliosa Umbria
www.ecologicotours.com
www.meravigliosaumbria.com
e-mail info@meravigliosaumbria.com
tel. (0039) 346 3254167 & (0041) (0) 79 2457505