Umbria an eno-gastronomic surprise (WG 003 UMB)
A 5- or 7-day gourmet walking tour



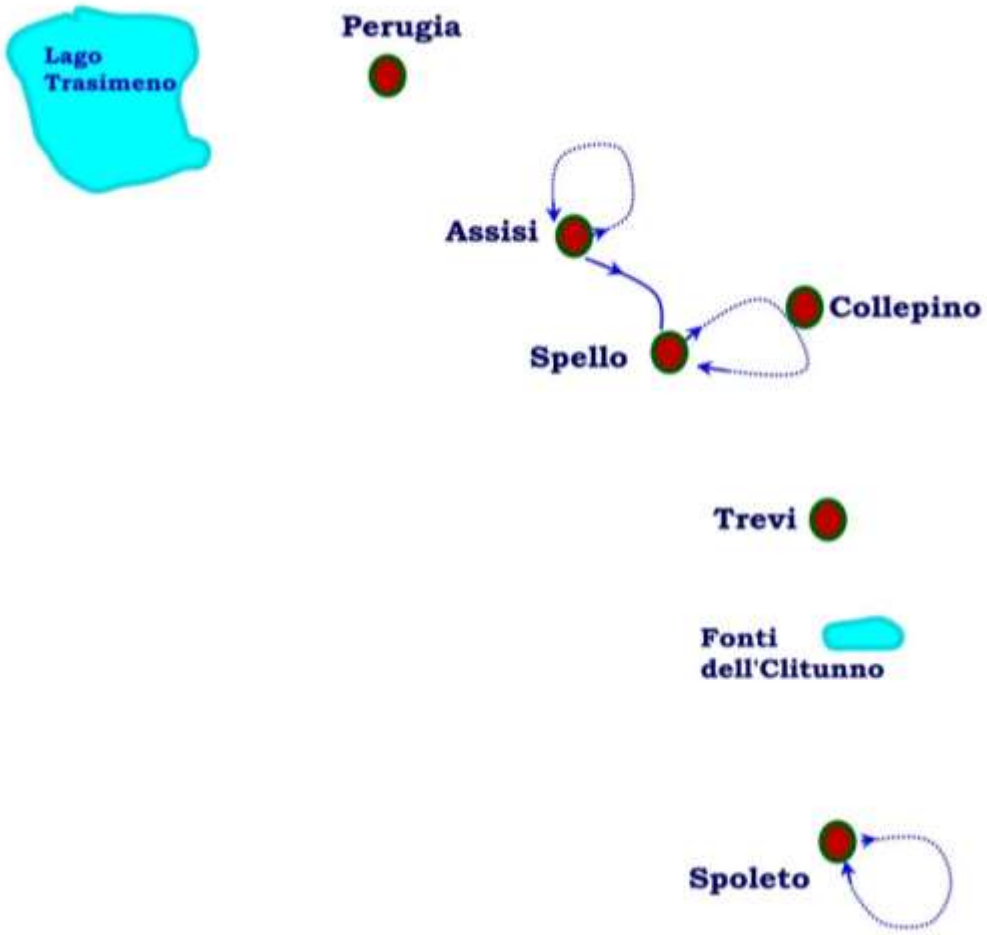
Meravigliosa Umbria

Discover the heart of Italy on this unforgettable **walking tour for food lovers in Umbria**, a region known for its green rolling hills, panoramic landscapes, and centuries-old culinary traditions. This trip perfectly blends scenic walking routes, visits to culturally rich medieval towns, and—above all—indulgence in the **excellent wines and gastronomy of Umbria**.
Taste some of the region's most iconic delicacies: black truffles, salami and raw prosciutto from Norcia, wild boar salami, a variety of pecorino cheeses, porcini mushrooms, Castelluccio lentils, and the renowned red onions of Cannara. Don't miss the region's most beloved street food: a warm porchetta (spicy roasted pork) sandwich.
Umbria is also famous for its **high-quality olive oil and wines**. The region produces exceptional extra virgin olive oil—deep green, aromatic, and protected under the Umbria DOP designation, which includes five distinct production zones. Wine lovers can savor some of Umbria's best bottles, from the elegant Orvieto white wines and the powerful Montefalco Sagrantino to the prestigious Torgiano Rosso Riserva and the herbal, refreshing Grechetto.
Your food and wine walking adventure begins in **Assisi**, a beautifully preserved medieval town built on the slopes of Mount Subasio. Known for its peaceful atmosphere and rich cultural heritage, Assisi invites you to wander its narrow stone streets, admire ancient palaces and fountains, and explore impressive landmarks using our curated cultural walking route. In the late afternoon, enjoy a private transfer to a local winery in the Assisi DOC area, where you will sample unique wines paired with pecorino cheese, caciotta, and traditional Umbrian cold cuts.

Leaving Assisi behind, you walk through olive groves and quiet countryside to **Spello**, a postcard-perfect village known for its flowers and stone alleys. Here, you'll enjoy a special tasting

in a historic enoteca The next day you make a loop walk along the ancient Roman aqueduct to the fortified hamlet of **Collepino**, one of the most scenic highlights of the route.
Your tour concludes in **Spoleto**, a stunning hillside town filled with Roman, Medieval, and Renaissance treasures. Here you will take part in an authentic Umbrian cooking class and enjoy an atmospheric walk through the sacred woods of Monteluco—a perfect ending to this immersive food, wine, and walking experience in Umbria.

The Trip in a Nutshell



Period: daily except Tuesdays from 01 April till 31 October (excluded 08/08/2027 to 22/08/2027)
During holidays and during the Spoleto Music Festival - from 25/06 until 11/07 (incl) only on request
In Assisi min. stay 3 nights: 30/04 - 02/05; 29/05 – 02/06, 02–04/10.

Number of participants: minimum 2 people

Level of difficulty: 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 are between 4 and 6 hours a day; 12 km with an average walking time of 3-4 km an hour. There is some walking experience needed.

5-day tour: minimum 31 km / 19,3 miles
7-day tour: minimum 42 km / 26 miles

Programme in short (5-days / 4-nights)
Day 1 Arrival at Assisi and gourmet dinner
Day 2 Cultural walk through Assisi (8 km/5 mi or 14 km / 8,7 mi) and wine-tasting
Day 3 Walking to Spello (12,1 km / 7,5 miles)
Day 4 Round walk from Spello / tasting-dinner (12 km / 7,5 miles)
Day 5 End of tour after breakfast

Programme in short (7-days / 6-nights)
Day 1 Arrival at Assisi and gourmet dinner
Day 2 Cultural walk through Assisi (8 km/5 mi or 14 km / 8,7 mi) and wine-tasting
Day 3 Walking to Spello (12,1 km / 7,5 miles)
Day 4 Round walk from Spello / tasting-dinner (12 km / 7,5 miles)
Day 5 Train to Spoleto, exploring town and cooking lesson with dinner
Day 6 Walk on Monteluco (11 km / 6,8 mi)
Day 7 End of tour after breakfast

The Daily Program

Daily programme of 5-day / 4-night tour

Day 1 arrival at Assisi
Arrival at your **** hotel in the old town centre of Assisi. In the evening you have a dinner in Michelin restaurant Il Frantoio, where you will taste some recipes of chef, The Miglior Chef dell'Olio AIRO 2021 (best Olive Oil chef AIRO). First you have a tasting of the two olive oils produced by the restaurant

Day 2 Exploring Assisi
Explore the rich history of Assisi on this **cultural walking tour** that leads you past the town's most important monuments linked to **Saint Francis** and **Saint Clare**, both born and buried in this sacred hilltop town. Your walk begins at the hotel and ascends to the medieval **Porta Cappuccini** gate (470 m a.s.l.), where you enter a charming maze of narrow alleyways and lively stone squares. From here, the route takes you past Assisi's key landmarks: the **Rocca Maggiore** castle (506 m a.s.l.), the world-famous **Basilica of St. Francis**, the **Temple of Minerva**, the **Chiesa Nuova**, and the **Basilica of St. Clare**. As you cross the historic centre, you enjoy sweeping views, winding medieval lanes, and centuries of Franciscan heritage. Your Assisi walking tour concludes peacefully at the **Monastery of San Damiano** (310 m a.s.l.), an essential site in the life of Saint Francis.

Overnight: Assisi, including breakfast
Walking time: 3 – 4.5 hours
Distance: 8 km / 5 miles

For those who want a longer route, you can extend your walk by descending the **Mattonata**, the historic red-brick path connecting the two great Franciscan basilicas. The trail leads to **Santa Maria degli Angeli**, home to the impressive **Basilica of Santa Maria degli Angeli**, built over the tiny Porziuncola—where Saint Francis and his followers once prayed. A local bus conveniently brings you back to Assisi's town centre.

Walking time 45 mins.
Distance: 3 km / 1,8 miles

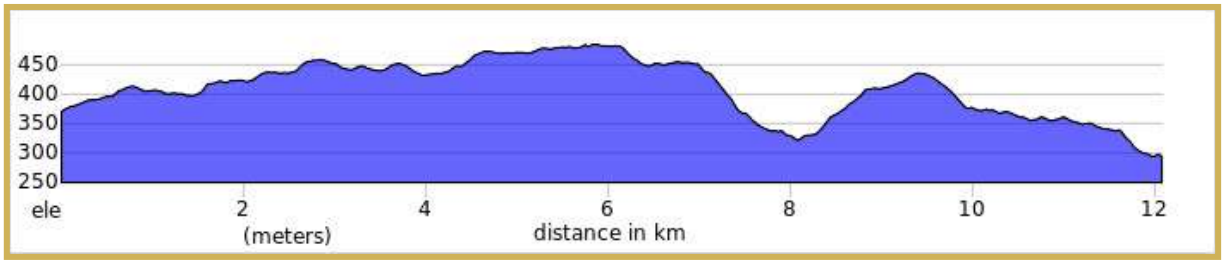
At 17.15 you are pick-up at the hotel by taxi and brought to the winery Saio You have a short walk through the vineyards and a wine-tasting of 4 Saio wines combined with bruschetta to taste the

Saio extra virgin olive oil, pecorino cheese, caciotta with truffle, cold cuts and torta al testo. After the tasting you are brought back to your hotel.

Day 3 Scenic Walk to Spello: Monte Subasio, Olive Groves and Pinturicchio's Frescoes
Today's scenic route leads you along the gentle slopes of **Monte Subasio**, guiding you through one of the most picturesque sections of the Umbrian countryside on your way to **Spello**. This peaceful walk winds through endless **olive groves**, medieval stone terraces, and fragrant Mediterranean vegetation, offering wide-open views over the **Valle Umbra**, one of the most beautiful valleys in central Italy. The landscape changes subtly as you approach Spello, revealing vineyards, cypress-lined paths, and stretches of silvery olive trees that have shaped this region for centuries.
Perched on a rocky spur of Monte Subasio, **Spello** is considered one of the most enchanting hill towns in Umbria. Its remarkably well-preserved **Roman and medieval walls** embrace a historical centre filled with pink limestone houses, flower-decorated alleys, and elegant stone archways. As you explore its winding streets, you'll encounter impressive reminders of its Roman past, including ancient gates, inscriptions, and architectural fragments embedded in the town's fabric. Spello is also home to one of Umbria's greatest artistic treasures: the **Pinturicchio frescoes** in the **Cappella Baglioni** of the church **Santa Maria Maggiore**. These extraordinary Renaissance works, renowned for their vibrant colours and exquisite detail, attract art lovers from around the world.

You will spend the night in a charming hotel located in Spello's historical centre—perfect for an evening stroll through this atmospheric town.

Distance: 12,1 km/7,5 miles
Ascent - Descent: +258m - 339m.
Paved: 45%; Unpaved: 55%

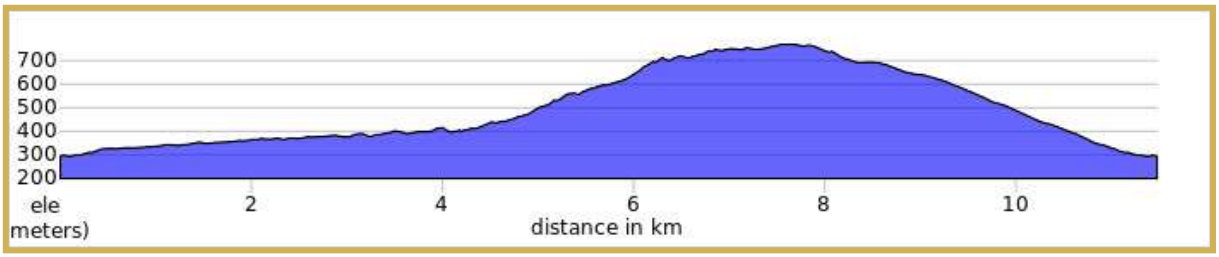


Day 4 The aqueduct walk to Collepino
Today you will enjoy a beautiful circular walk in the peaceful countryside surrounding Spello. The route begins by leading you through silvery **olive groves** and patches of fragrant woodland, before joining the ancient **Roman aqueduct path**—one of the most scenic walking trails in Umbria. Following this gently curving stone channel, you make your way toward **Collepino**, a tiny fortified mountain village perched on the slopes of **Monte Subasio**.

After exploring Collepino's quiet lanes and medieval atmosphere, a short climb brings you to panoramic viewpoints overlooking the valley. From here, you continue along tranquil footpaths and dirt roads that cross the natural terraces of Monte Subasio, eventually looping back to Spello. The vegetation on the Subasio slopes is remarkably diverse: olive trees, broom, turkey oak, downy oak, hornbeam, flowering ash, maple, beech, and holm oak create a constantly changing landscape. The aqueduct trail winds through a harmonious blend of cultivated fields, Mediterranean woodland, and ancient stone terraces.

Throughout the walk, you'll be rewarded with **stunning views of Spello**, the Valle Umbra, and the rolling Umbrian hills—making this one of the most memorable stages of your journey.

Overnight stay with breakfast and dinner in Spello
Distance: about 11,5 km / 7 miles
Ascent - Descent: +479m -480m
Paved: 17%; Unpaved: 83%



At 18:15 you are expected in a restaurant / wine bar 'Properzio' for a tasting menu*:
- Bruschette with 2 different olive oils and fresh tomatoes / white wine Fendi*
-Tagliatelle with truffle (if you do not like truffle tagliatelle with fresh tomatoes) / wine Brunello or Super Tuscan*
- Meat balls of Chianina with salad / wine Sagrantino 25 anni Caprai*
- Dessert, caffè and grappa

* Menu or wines can changes slightly according to the season or availability.

Day 5 End of tour after breakfast
End of this memorable tour in search of the flavours of Umbria.

Daily programme of 7-day / 6-night tour

Day 1 Arrival at Assisi
See day 1 of the 5-day tour

Day 2 Exploring Assisi
See day 2 of the 5-day tour

Day 3 The wines of the Assisi d.o.c. area
See day 3 of the 5-day tour

Day 4 The aqueduct walk to Collepino
See day 4 of the 5-day tour

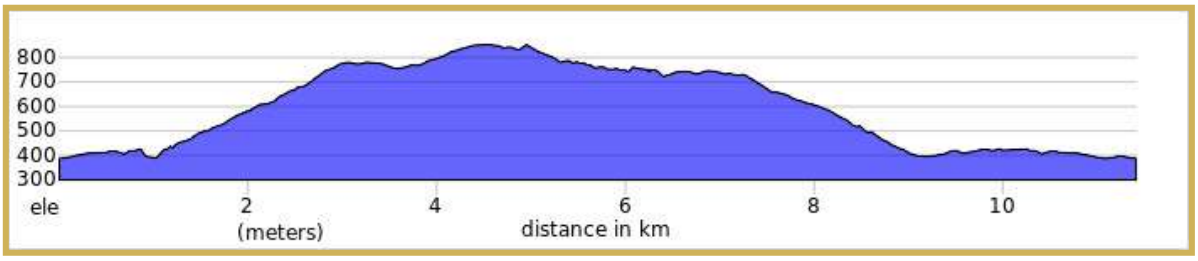
Day 5 Discovering Spoleto & Enjoying an Italian Cookery Class
After breakfast, you bid farewell to Spello and take the train to Spoleto. The morning is entirely yours to explore this elegant and historic hilltown at your own pace. Spoleto offers an exceptional concentration of art, architecture and atmospheric streets. One of the highlights is the **Duomo**, reached via a beautiful, gently descending stairway. Inside, you can admire remarkable fresco cycles by **Filippo Lippi** and **Pinturicchio**.
There are many other fascinating sites to discover: the **Roman House** with its ancient mosaics, the early Christian **San Salvatore church**, the **Romanesque church of San Ponziano**, and the impressive **Rocca Albornoziana**, which sits high above Spoleto and offers panoramic views over the surrounding hills. Not to be missed are also the iconic **Ponte delle Torri**, the slender **Torre dell'Olio**, the **Roman Theatre**, and the well-curated **Archaeological Museum**.

In the afternoon, you join a delightful **cookery lesson** in your four-star hotel. Under the guidance of a local chef, you will prepare a traditional *antipasto* and a *primo* using fresh Umbrian ingredients. During dinner, you'll enjoy the dishes you created—an authentic and memorable culinary experience.

Day 6 Monteluco: A Sacred Mountain Walk Above Spoleto
Your final walking day begins at the iconic **Ponte delle Torri**, Spoleto's dramatic bridge-aqueduct that marks the gateway to Monte Monteluco. The mountain's name derives from *lucus*, meaning "sacred woods," a reminder that this serene place has been considered holy since ancient times. As you ascend the wooded slopes, you follow paths once used by hermits, monks and pilgrims seeking silence and contemplation.

By the 5th century, the hermit **Isaac of Antioch** had settled here, living according to the Benedictine rule. Centuries later the **Franciscans** arrived, establishing a monastery that still preserves the profound spiritual atmosphere of the site. Throughout history, Monteluco's dense woodland—dominated by majestic evergreen oaks—has held great importance for the town of Spoleto. For this reason, the forest was protected as early as Roman times and again during the Middle Ages, making it one of the earliest known natural conservation areas in Italy.
As you continue your walk, enjoy the peaceful hush of the forest and its rich biodiversity. The slopes provide a habitat for **porcupines, wildcats, badgers, squirrels**, and many species of birds. Surrounded by ancient trees and panoramic views of the Umbrian valley, your route offers a contemplative and atmospheric end to your journey.

Overnight stay with breakfast in Spoleto
Distance: 11,4 km / 7 miles
Ascent - Descent: + 531m - 543m
Paved: 32%; Unpaved: 68%



Day 7 End of tour after breakfast
After breakfast end of this gripping and divine tour

Hotel & Prices & Info

Hotel Standard: *** **and** **** **stars**

Hotel Superior: **** **stars**

Price per person 2027: starting from 670 €

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 tour price includes

- 4 or 6 overnight stays with breakfast
- 1 gourmet dinner with olive oil tasting in Assisi
- 1 wine-tasting at winery
- 1 tasting menu in enoteca at Spello (incl wine)
- 1 cookery lesson and dinner at Spoleto (only for 7-day tour)
- Access (1 per room) to the App Ride with GPS with GPS tracks and tour information. Pdf with route instructions
- Luggage transportation
- Back-up service
- Route briefing in first hotel

Excluded in the tour

- Local tourist taxes to be paid in the hotels. Amount is depending from the category (from 1,50 – 4,50)
- Everything not mentioned under 'included in the tour'

Travel Information

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

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