

Umbria an eno-gastronomic surprise (WG 003 UMB)

A 5- or 7-day gourmet walking tour



This walking tour for food lovers has the beautiful green and hilly Umbria as a backdrop. It is a perfect combination of walking in panoramic landscapes, exploring around culturally interesting towns and most important of all enjoying the excellent wines and gastronomic traditions of this lovely region. Taste delicacies as black truffle, salami and raw prosciutto of Norcia, wild boar salami, different pecorino cheeses, porcini mushrooms, Castelluccio lentils, red onions from Cannara and certainly try the streetfood sandwich with porchetta (spicy pork). Umbria has also excellent olive oils and wines. The spicy and deep green Umbrian extra virgin olive oil, is produced throughout the region which boasts 5 zones of the Umbria Dop. We only name some of the famous Umbrian wines, like white wines of Orvieto, the red Montefalco Sagrantino wines, the Torgiano rosso riserva and the Grechetto, a typical Umbrian wine, with a pleasant herbal taste. This tour starts in Assisi, a lovely medieval town, built on the slopes of Mount Subasio. Assisi is a charming town offering tourists a wealth of tranquillity and a lot to see. Take the time to explore the town on foot and with the help of our cultural route you will find

yourself walking by many impressive medieval monuments, town palaces, shops and fountains, such as the Fonte Oliviera. Leaving Assisi, you will walk to Spello, but before reaching this exquisite town, you will make a stop at an organic-winery to taste some wines of the Assisi d.o.c. area. The tour finishes in Spoleto built on a hillside with most of the sites in the compact upper town offering a wonderful mix of treasures from Roman, Medieval and Renaissance times. You will have a cooking class and can make a nice walk through the sacred woods of Monteluco

Period: from 01 April till 31 October (except 10/08-24/08/2025) On request during holidays and during the Spoleto Music Festival (27/06 until 13/07). Assisi during holidays: 18-26/04, 01-03/05, 30/05-01/06 & 03-04/10 a min. stay of 3 nights

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.

Total km to walk:

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)

Day 3 Walking to Spello and wine-tasting / visit winery (11 km / 6,8 mi)

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)

Day 3 Walking to Spello and wine-tasting/ visit winery (11 km / 6,8 mi)

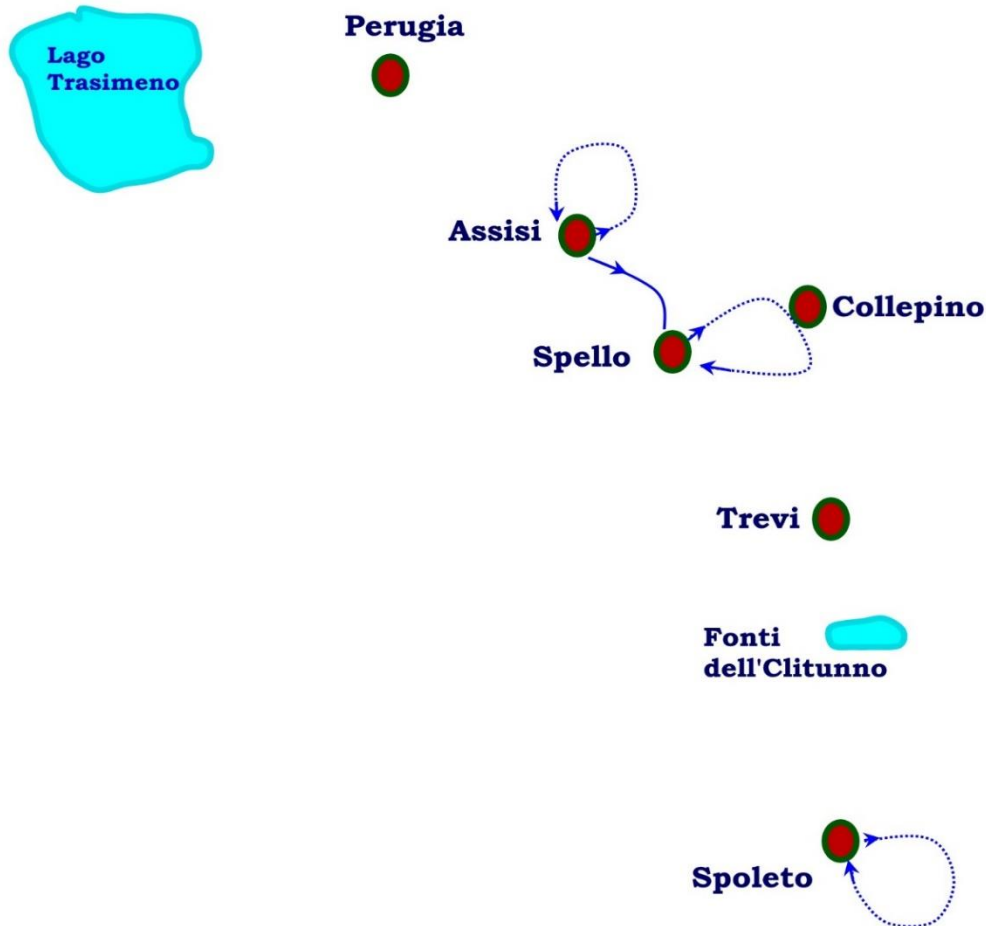
Day 4 Round walk from Spello / tasting-dinner (12 km / 7,5 miles)

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

An eno-gastonomic surprise



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 Lorenzo Cantoni, 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

This exciting town walk will take you around the most important cultural monuments of Assisi, 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 town gate (470m a.s.l.)

and. from here you will walk through a tangle of little alleys and crossing cheerful medieval squares. Past the medieval castle (506m a.s.l.), the St. Francis-basilica, the temple of Minerva, the Chiesa Nuova and the St. Clare-basilica your cross the town and finally your tour of Assisi ends at the monastery of St. Damiano (310m a.s.l.).

Overnight stay with breakfast in Assisi

Walking time 3 - 4 ½ hours

Distance: 8 km / 5 miles

You can make the route longer to descend along the Mattonata to Santa Maria degli Angeli, a red brick pavement that connect the two Franciscan basilicas. The Basilica of Santa Maria degli Angeli is the second Franciscan Basilica, built above the small church Porziuncola, where Saint Francis and his brothers prayed. (+ 1 hr 15 mins.) Back by bus to the town centre

Overnight stay with breakfast in Assisi

Walking time 1 hr 30 mins.

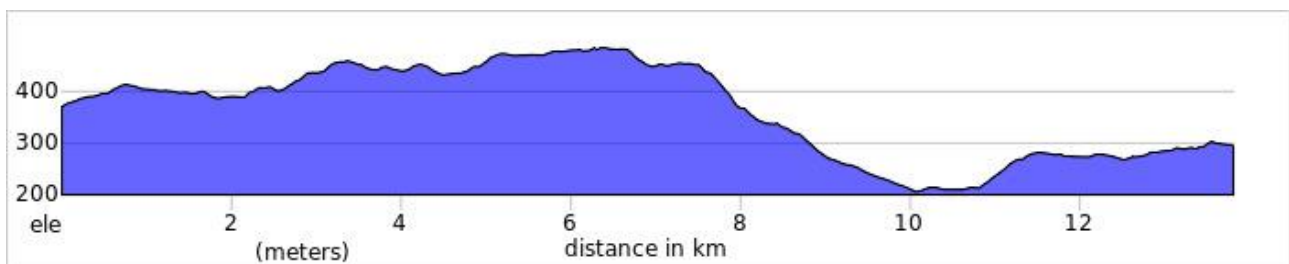
Distance: 6 km / 3,7 miles

Day 3 The wines of the Assisi d.o.c. area

The route of today is following the slopes of Monte Subasio, and will take you to Spello. It is a beautiful walk among olive groves and with great views of the Valle Umbra. Before you arrive at Spello you will visit a winery in the Assisi d.o.c. area (Sportoletti winery). After the wine-tasting and visiting the wine cellars, you continue your walk to Spello, built up a spur of Monte Subasio. The splendidly intact town walls are draped around the historical centre, which has a number of monuments testifying the Roman era. Spello also has also one of Umbria's major art attractions, the outstanding frescoes by Pinturicchio in the church of Santa Maria Maggiore. You will stay in a hotel in the historical centre
Walking time: 3 hrs and 30 min.

Distance: 13,8 km / 8,6 miles

Ascent - Descent: + 275m - 354m.



Day 4 The aqueduct walk to Collepino

Today a nice ring route in the surrounding of Spello. Through olive groves and woods, you will walk along the Roman aqueduct to Collepino, a small walled-in mountain village. From here, you have a short climb and then along quiet trails and dirt roads of Monte Subasio, you come back to Spello. The vegetation of the slopes of the Subasio is varied with olive groves, broom, Turkey oak, minor oak, hornbeam, flowering ash, maple, beech and ilex. The aqueduct-path winds its way through charming scenery composed of the

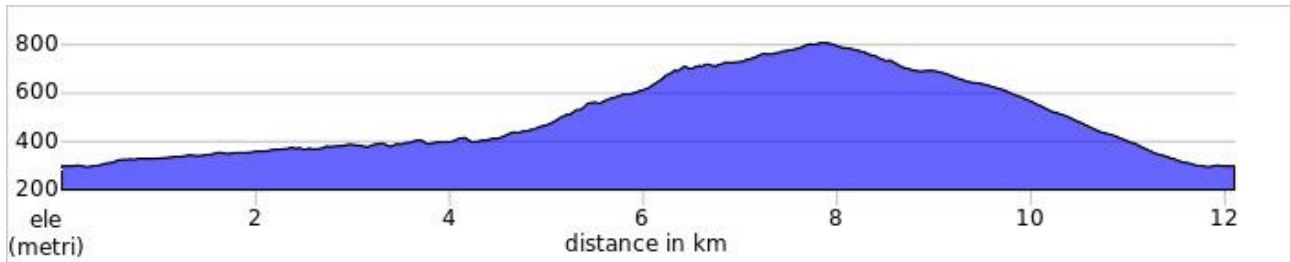
crop fields of the valley, olive groves and Mediterranean woodland. You will have stunning views of Spello and the surrounding hills.

Overnight stay with breakfast and dinner in Spello

Walking time: 4 hours

Distance: about 12 km / 7,5 miles

Ascent - Descent: + 521m - 521m.



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 change 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 Collepinno

See day 4 of the 5-day tour

Day 5 Exploring Spoleto and a cookery lesson

After breakfast you say goodbye to Spello and take the train to Spoleto. This morning you have time to visit this alluring town. There is a lot to see like the duomo to be reached by a scenic stairway. Inside are beautiful frescoes of Filippo Lippi and Pinturicchio. Other sights worth a visit are the Roman house, the San Salvatore church, the Romanesque San Ponziano church, the Rocca Albornoziana sitting on the hilltop high above the town centre, the bridge of the towers (Ponte delle Torri), the Tower dell'olio, the Roman theatre, the archaeological museum.

In the afternoon you have a cookery lesson in your **** star hotel in the old town centre of Spoleto. You will prepare an antipasto and primo. During dinner, you will taste the dishes you cooked this afternoon

Day 6 Monteluco, the holy mountain

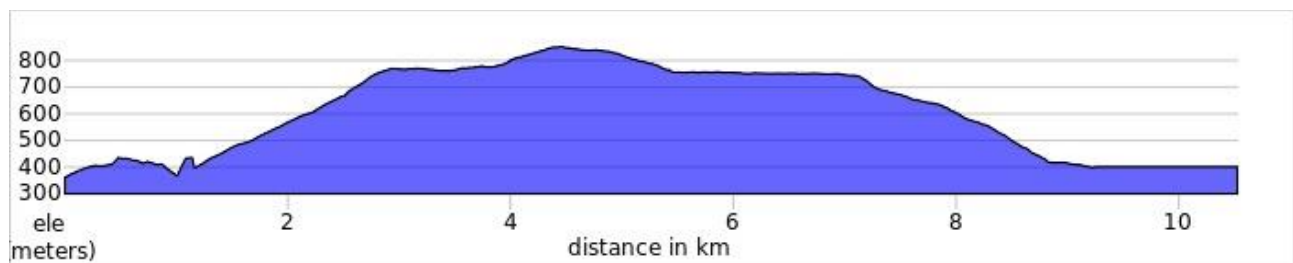
From the Ponte delle Torri starts your walk of today. The name is derived from lucus 'sacred woods', and signifies that in ancient times the mountain was considered a holy place. In the 5th century, the hermit Isaac from Antioch lived under the Benedictine rule. Later followed the Franciscans building here a monastery. The evergreen oak wood was always very important for the town and was therefore already a protected area in Roman times and during the Middle Ages. The animals living here include porcupines, wild cats, badgers and squirrels.

Overnight stay with breakfast in Spoleto

Walking time: 4 hours

Distance: 11 km / 6,8 miles

Ascent - Descent: + 510m - 483m



Day 7 End of tour after breakfast

After breakfast end of this gripping and divine tour

Hotels: ** stars**

Rates per person 2025:

| 5-day tour | Price in Euro |
|---|---------------|
| Double room | € 577 |
| Single room | € 850 |
| 3rd person in triple room | € 422 |
| Supplement Assisi 18-26/04, 01-03/05, 30/05-01/06 & 03-04/10 in double room | € 20 p.p.p.n |

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| Supplement Assisi 18-26/04, 01-03/05, 30/05-01/06 & 03-04/10 in single room | € 40 p.n |
| 7-day tour | Price in Euro |
| Double room | € 840 |
| Single room | € 1.180 |
| 3rd person in triple room | € 580 |
| Supplement Assisi 18-26/04, 01-03/05, 30/05-01/06 & 03-04/10 in double room | € 20 p.p.p.n |
| Supplement Assisi 18-26/04, 01-03/05, 30/05-01/06 & 03-04/10 in single room | € 40 p.n |

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:

- Local tourist tax to be paid directly in the hotel

Travel Information:

Start / End: Assisi / Spello or Spoleto



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