

Discovering the most beautiful villages of Umbria
An 8- or 10- day walking tour for more leisure walkers

Code tour: ITUMB06AW



This special journey on foot will lead you to the discovery of more and less known towns and villages, but always very fascinating.

You will walk along quiet country roads surrounded by a beautiful landscape with hills covered with silver-green olive trees and fertile vineyards. Umbria has always been praised for its genuine beauty since Roman times, for its green nature, numerous lakes, rivers, refreshing springs, mountain streams and waterfalls. This easy walking tour, not too tiring as it develops mainly in the valley and in the lower hills surrounding the Umbrian valley, will lead you to the discovery of lively medieval villages and cities such as Assisi, Spello, Foligno, Bevagna, Collemancio, Torgiano and Perugia.

Thanks to the short daily distances of this more leisure version, you will have enough time to visit the various villages, enjoying their cosy atmosphere.

The tour starts from Assisi, rising on a spur of Mount Subasio, whose highest point, where the Rocca Maggiore is situated, is 505 m a.s.l. This beautiful city, a pilgrimage town with narrow alleys, welcoming squares, numerous Roman remains and impressive medieval monuments will leave beautiful and unforgettable memories in your mind. Walking along a panoramic road, among olive groves you will reach the medieval town of Spello. The fascinating path of the Roman Aqueduct will bring you to the small village of Collepinio and then descending over the trails of Mount Subasio you return to Spello. You take the train to Foligno with its magnificent cathedral and Palazzo Trinci, which houses two museums. The second part of the tour will lead you to other bigger or smaller 'Borghi' of Umbria: medieval Bevagna, the small hilltop town of Collemancio, Bettona famous for it

Goose feast, the wine-town of Torgiano and Perugia, capital city of the region, your last destination. You will have time to visit its Renaissance palaces, museums and imposing churches and to explore its streets and alleys, perfect for shopping.

The tour can be extended with extra nights in Assisi to make a cultural walk along its medieval monuments of town and one extra night in Bevagna to visit Montefalco, a city known for its wonderful wines and its welcoming historic centre.



Borghi dell'Umbria 8 gg

Dates: All day of the week from April until the end of October except:
 7- and 8-day: not on Thursday and Friday
 10 days: not on Tuesday and Wednesday

Participants: Minimum 2 people (individual traveller)

Level: 2

Moderate with some more demanding stretches uphill. You walk on a hilly landscape with just some up and downhill walking. There is still time to visit the medieval cities along the route. Walking time is between 4 and 5 hours a day; daily distances between 9 km / 6,2 mi and 17,5 km / 11 mi with an average of 3-4 km/hour. Some walking experience is needed.

Total km/miles:

8-day tour: 71 km / 44 mi

10-day tour: 88,5 km / 55 miles



Program in short 8 day tour:

- Day 1 Individual Arrival in Assisi
- Day 2 Spello (10,8 km / 6,6 mi)
- Day 3 Round walk Spello and train to Foligno (13,5 km / 8,4 mi)
- Day 4 Foligno - Bevagna (12,5 km / 7,8 mi)
- Day 5 Collemancio (14 km / 8,7 mi)
- Day 6 Bettona (11 km / 6,8 mi)
- Day 7 Torgiano and transfer to Perugia (9,3 km / 5,8 mi)
- Day 8 End of the tour after breakfast

Program in short 10-day tour:

- Day 1 Individual arrival in Assisi
- Day 2 A cultural walk in Assisi (10 km / 6,2 mi)
- Day 3 Spello (10,8 km / 6,6 mi)
- Day 4 Round walk Spello and train to Foligno (13,5 km / 8,4 mi)
- Day 5 Foligno - Bevagna (12,5 km / 7,8 mi)
- Day 6 Loop walk to Montefalco (17,3 km / 10,7 mi)
- Day 7 Collemancio (14 km / 8,7 mi)

Day 8 Bettona (11 km / 6,8 mi)

Day 9 Torgiano and transfer to Perugia (9,3 km / 5,8 mi)

Day 10 End of the tour after breakfast



Daily programme 8-days / 7-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

You leave your hotel and walk along the slopes of Mount Subasio up to Spello, following a beautiful and easy path between olive groves and vineyards. Then you will visit this charming little town, pleasantly situated on the southern slopes of Mount Subasio. In urban, architectural and artistic terms, Spello is an extremely interesting city, with numerous remains dating back to the Roman and medieval periods. Spello is also called the city of flowers, due to its numerous alleys decorated with plants and flowers. The city is very famous for its Infiorata (Flower festival) taking place every year on the occasion of the religious Feast of the Corpus Domini.

Overnight in Hotel *** or **** stars in the historic centre of Spello.

Total difference in level: + 304m - 380m

Walking time: 3 hours

Distance: 10,8 km / 6,6 mi



Day 3 Spello - Collepino - Spello

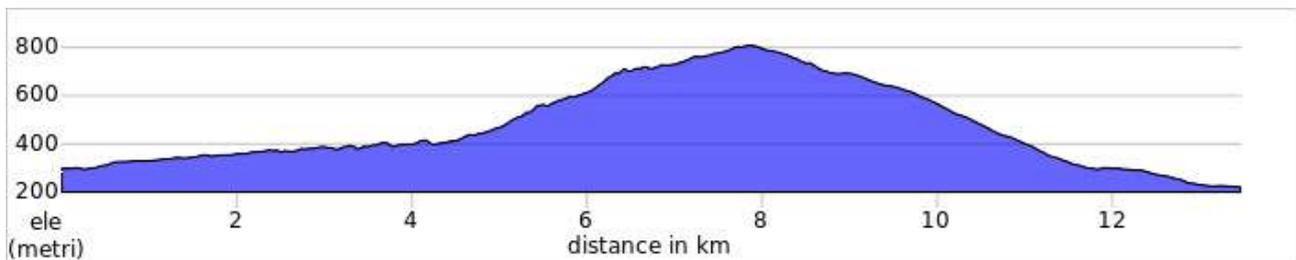
This morning you leave Spello and walking along a beautiful path that follows an ancient Roman aqueduct, you arrive in Collepino, a lovely village situated on a hilltop above Spello. A small uphill climb and then walking downhill among olive groves, you reach Spello again. You cross the old town centre and take the train to Foligno, situated in the valley. You come to the main square with its beautiful cathedral, which still has a Romanesque façade. Interesting is also Palazzo Trinci which houses two museums. You can take a stroll along the lively shopping streets, dine in one of the typical local restaurants and visit the interesting museums and baroque palaces. Overnight in *** hotel.

Overnight stay with breakfast in Foligno

Total difference in level: + 521m -597m

Walking time: 4,5 hours

Distance: 13,5 km / 8,4 mi



Day 4 Foligno-Bevagna

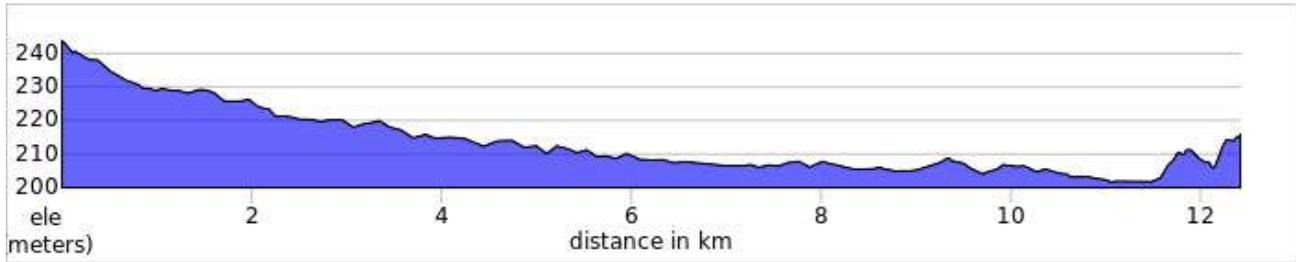
Today the route is short and easy, so you have enough time to visit Foligno and Bevagna. A completely flat route awaits you. For a while, the trail follows the Topino river and then quiet country roads. You cross the valley to reach Bevagna, the ancient Roman city of Mevania. This town has a beautiful medieval square with a fountain and two Romanesque churches. The square is a true meeting place for the friendly inhabitants of the city. The city also boasts important remains from the Roman time, like mosaics of a Roman bath. Overnight in *** hotel or a residence d'epoca.

Overnight stay with breakfast in Bevagna

Total difference in level: + 41 m -64m

Walking time: 3 hours

Distance: 12,5 km / 7,8 mi



Day 5 Bevagna - Collemancio

Today you continue your journey towards the small village of Collemancio, first on the plain and then up into the hills surrounding the Valle Umbra.

The village stands on a little hill near Cannara dominating the Umbrian valley.

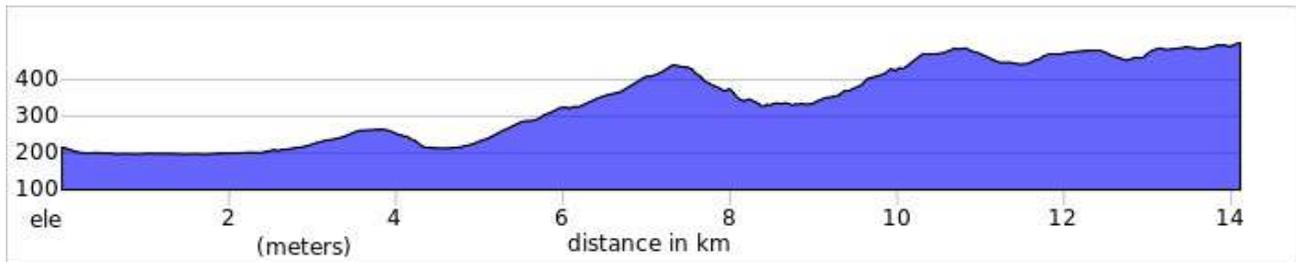
Collemancio has Roman origins: this is witnessed by the archaeological site of Urvinum Hortense, whose ancient Roman Municipium was located in an enchanting position, with a magnificent view over the valley. Inside the castle of Collemancio, with its robust formwork and the main gateway to the village, it is worth visiting the church of Santo Stefano and the Palazzo del Podestà. Overnight in a good hotel ** stars, B&B or agriturismo in Collemancio.

Overnight stay with breakfast in Collemancio

Total difference in level: + 525m -227m

Walking time: 4,5 hours

Distance: 14 km / 8,7 mi



Giorno 6 Collembancio - Bettona

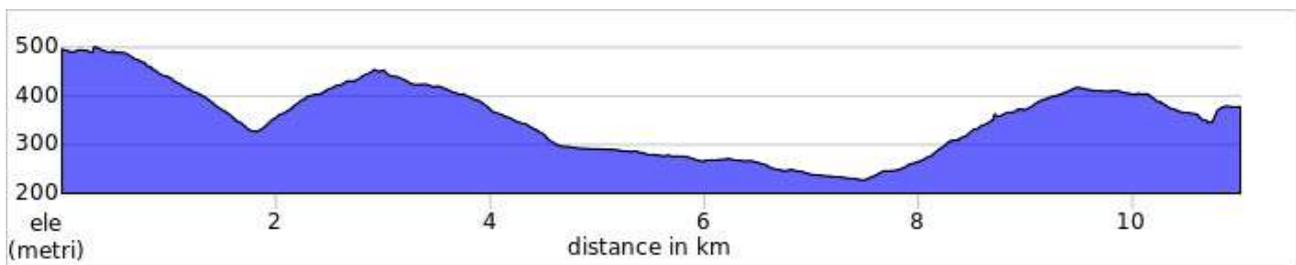
A nice walk through the hills surrounding the valley 'Valle Umbra'. You walk along quiet country roads and have stunning views of Monte Subasio with Assisi and Spello on the other side of the valley. You reach Bettona, a small hilltop town embraced by town walls with even some remains of the old Etruscan wall. The old Roman way crosses the town from town gate to town gate. On the square of town you find two churches and a museum, which has some interesting works from Perugino and Tiberio d'Assisi. Bettona has a very delicious yearly festival La festa dell'Oca (Goose feast) and some restaurants serve the tagliatelle-pasta with goose sauce to be taste with a local red wine. Overnight in the historic centre in a residence d'Epoca or a **** star hotel

Overnight stay with breakfast in Bettona

Total difference in level: + 320m -436m

Walking time: 3,5 hours

Distance: 11 km / 6,8 mi



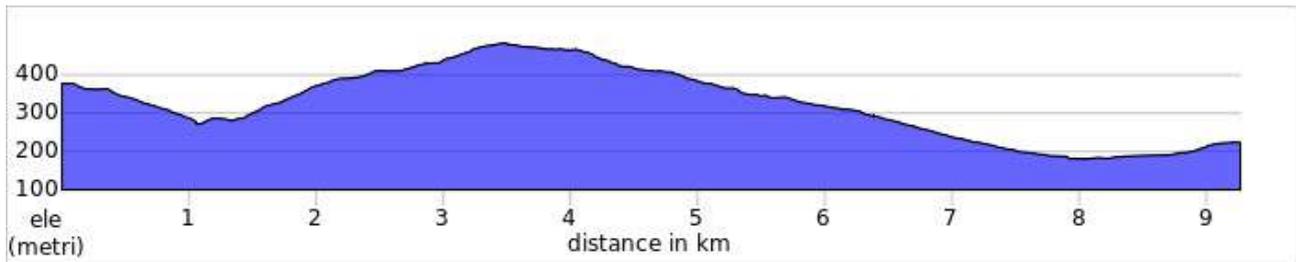
Day 7 Bettona - Torgiano & transfer to Perugia

A nice walk through the hills of valley, along quiet country roads will bring you to the wine-town of Torgiano, famous for its excellent red and white wines. From Bettona you climb into the hills, then descending through olive groves, you arrive at Torgiano. Also Torgiano is a famous wine-town, where the excellent Torgiano riserva is made. There is an interesting wine and olive oil museum to visit and, right next-door, is an osteria owned by Family Lungarotti, where you can have a wine-tasting. Beginning of the afternoon a transfer to Perugia and time to visit Perugia

Total difference in level: + 246 m -400m

Walking time: 3 hours

Distance: 9,3 km / 5,8 mi



Day 8 End of the Tour after breakfast

This beautiful walking tour through the most beautiful villages of Umbria ends after breakfast

The tour can be extended with extra night and the following walks:

Extra night in Assisi: cultural walk

Today you make a cultural tour through the historic centre of Assisi.

It is a tour to discover the monuments of Assisi, which are mostly linked to the lives of the Saints Francis and Clare, whom born and lived here. You pass the wonderful Basilica di San Francesco with its magnificent frescoes by Giotto, Simone Martini, Cimabue and Pietro Lorenzetti and the Basilica di Santa Chiara. Arrived at the interesting Sanctuary of San Damiano you return to your hotel.

Walking time: 3 ½ hours

Distance: 10 km / 6,2 mi

Extra night in Bevagna: loop walk to Montefalco

Today an exciting loop walk to visit the graceful Montefalco. The hills surrounding Montefalco are famous for the production of excellent wines: Sagrantino and Rosso di Montefalco d.o.c.g. It is a wonderful walk in an open landscape with olive groves and vineyards. Montefalco is also called "Balcony of Umbria", for its beautiful view of the Umbrian Valley. The ex-church of San Francesco, today a nice museum, is certainly worth a visit. Artists like Benozzo Gozzoli and Perugino decorated the church with magnificent frescoes.

Total difference in level: + 405m -407m

Walking time: 5 hours

Distance: 17,3 km / 10,7 mi

Prices per person 2022:

Tour 8 days: Assisi in ** hotel	Price in Euro
In double room B&B	598
In single room B&B	768
Individual Traveller B&B	850
3° person in triple room	322
Supplement half board (5 dinner: Bettona & Perugia only breakfast)	116

Tour 8 days: Assisi in *** hotel	
In double room B&B	620
In single room B&B	810
Individual Traveller B&B	892
3° person in triple room	345
Supplement half board (5 dinner: Bettona & Perugia only breakfast)	123
Tour 8 days superior hotels / rooms	
In double room B&B	848
In single room B&B	1.075
Individual Traveller B&B	1.157
3° person in triple room	395
Supplement half board (4 dinner: Foligno, Bettona & Perugia only breakfast)	128
Tour 10 days: Assisi in ** hotel	Price in Euro
In double room B&B	719
In single room B&B	938
Individual traveller B&B	1.020
3° person in triple room	372
Supplement half board (7 dinner: in Bettona and Perugia only breakfast)	158
Tour 10 days: Assisi in ***hotel	
In double room B&B	760
In single room B&B	998
Individual traveller B&B	1.079
3° person in triple room	420
Supplement half board (7 dinner: in Bettona and Perugia only breakfast)	170
Tour 10 days: superior hotel / rooms	Price in Euro
In double room B&B	1.060
In single room B&B	1.360
Individual traveller B&B	1.440
3° person in triple room	480
Supplement half board (6 dinner: in Foligno, Bettona and Perugia only breakfast)	192

* In Perugia only on request and for a surcharge: at Easter April 15th-April 17th, May 23rd-24th and Perugia Jazz Festival 08.07-17.07

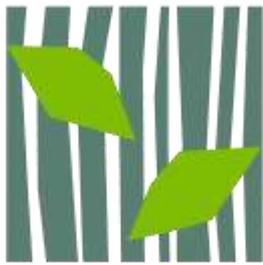
Price includes:

- 7 or 9 nights with breakfast
- 1 dinner at Collemancio
- 4, 5, 6 or 7 dinners if you book half board (in Bettona and Perugia only breakfast)
- Luggage transportation
- Transfer from Torgiano to Perugia
- Route notes and maps (in English, Italian, German or Dutch)
- Free Gps tracks available upon request

- 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
- The train ticket to Foligno (about 3,50 Euro p.p.)
- All which is not specified under "Price includes"



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