

Discovering the most beautiful villages of Umbria

A 7- day walking tour for more expert walkers

Code tour: ITUMB06W

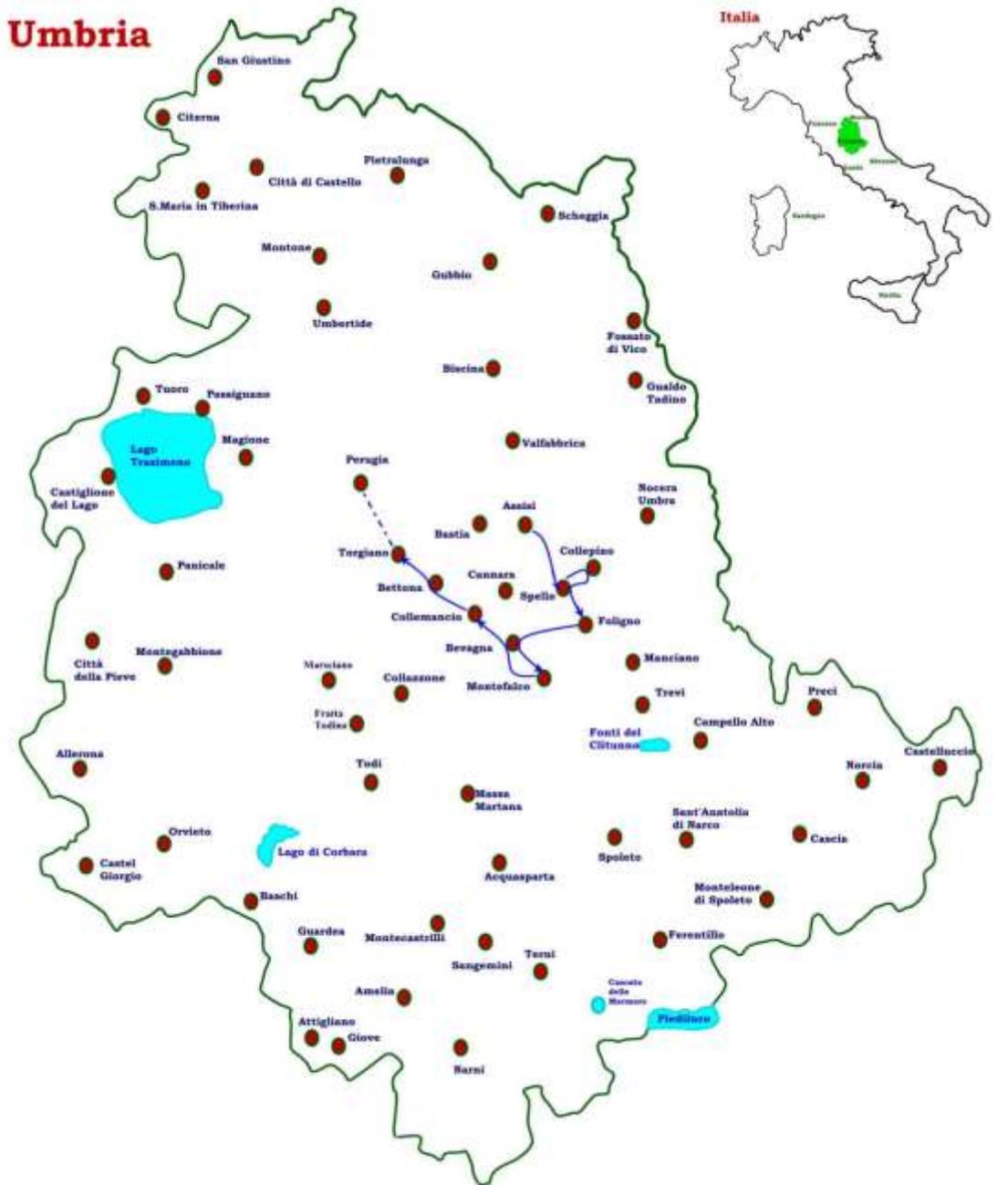


This special journey on foot for more expert walkers, will lead you to the discovery of more and less known towns and villages, but always very fascinating. You will walk along quiet country roads surrounded by a beautiful landscape with hills covered with silver-green olive trees and fertile vineyards. 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 strenuous 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. Take your 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. The Way of Saint Francis will bring you to Spello. It is a nice walk along trails passing the hermitage 'Eremo delle Carceri'. The walk along the fascinating path of the Roman Aqueduct brings you to the hamlet of Collepino and descending along the trails of Mount Subasio you return to Spello, where you pick up the Way of Saint Francis until Foligno. This busy town has a magnificent cathedral and in Palazzo Trinci you can visit two interesting museums. The second part of the tour will lead you to other bigger or smaller 'Borghi' of Umbria: medieval Bevagna, wine-town

Montefalco, the small hilltop town of Collemancio, the wine-town of Torgiano and your last destination Perugia, capital city of the region. A town with medieval and renaissance palaces, many museums and imposing churches. It invites you to explore its small streets, alleys, restaurants, bars and to take some time for shopping.



Borghi dell'Umbria 7 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: 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 17 km / 10,6 mi and 22 km / 13,7 mi

Total km/miles on foot: 96 km / 60 mi

**Program in short 7-days:**

Day 1 Individual arrival in Assisi

Day 2 Spello (17,4 km / 10,8 mi)

Day 3 Spello -Colleplino- Foligno (19,7 km / 12,3 mi)

Day 4 Foligno - Bevagna - Montefalco (19,8 km / 12,3 mi)

Day 5 Montefalco - Bevagna - Collemancio (22 km / 13,7 mi)

Day 6 Collemancio -Bettona-Torgiano (17 km / 10,6 mi) and transfer to Perugia

Day 7 End of the tour after breakfast

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 walk along the Via di San Francesco to Spello. The route passes the Franciscan hermitage 'Eremo delle Carceri' at 830m . This hermitage is built on the spot where Saint Francis and his companions retreated themselves in the woods. You

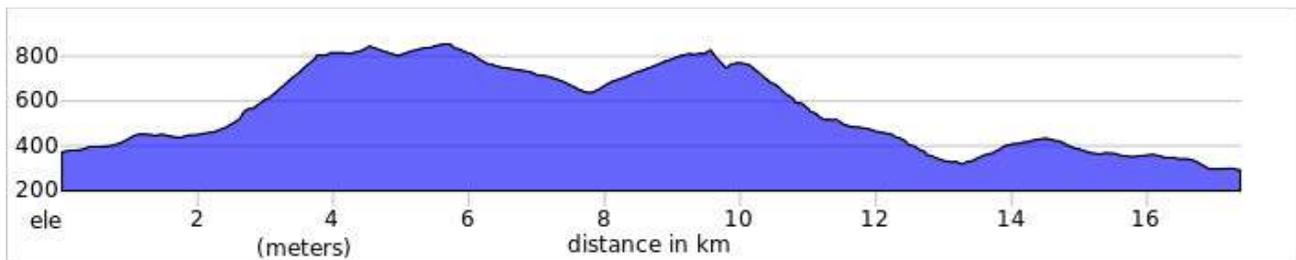
can visit the grottoes where they stayed. The route follows walking trails of the nature park of Mount Subasio and finally you descend along quiet dirt roads amongst olive groves to Spello. Overnight in Hotel *** or **** stars in the historic centre of Spello.

Overnight stay with breakfast in Spello

Total difference in level: + 900m -980m

Walking time: 6 hours

Distance: 17,4 km / 10,8 mi



Day 3 Spello - Collepino - Foligno

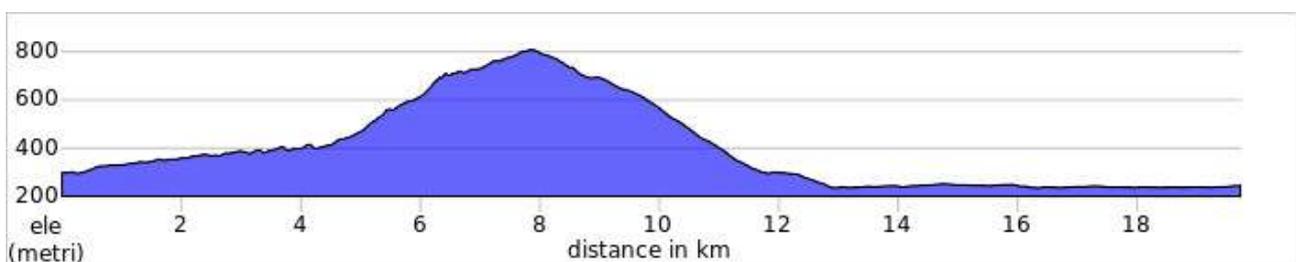
This morning you leave Spello and walking along a beautiful path that follows an ancient Roman aqueduct, you arrive in Collepino, a lovely village situated on a hilltop above Spello. Then a short climb followed by a downhill walk among olive groves, you reach Spello again. You cross the old town centre picking up the way of Saint Francis, which leads you to Foligno, which is 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: + 555m -605m

Walking time: 6 hours

Distance: 19,7 km / 10,3 mi

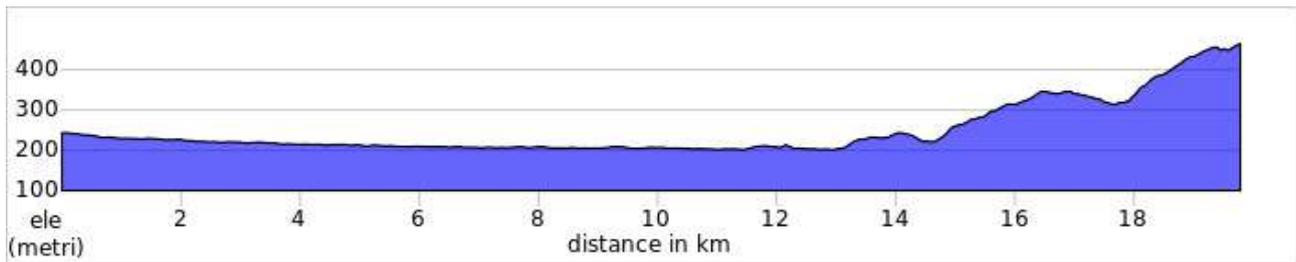


Day 4 Foligno - Bevagna - Montefalco

The stretch of the route until Bevagna is completely flat route. 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 city also boasts important remains from the Roman time, like mosaics of a Roman bath. The route continues in a hilly landscape dominated by the vineyards of the Montefalco Docg zone and olive groves. Montefalco is a hilltop wine

town famous for its Sagrantino, which is made both in dry and sweet style. In the wine-bars and restaurants of town you can taste these important wines. From has a very nice museum, housed in the ex church of San Francesco. Here you see some real masterpieces of Benozzo Gozzoli and Perugino. Overnight in the old town centre in a *** hotel or in a Guesthouse with Spa

Overnight with breakfast in Montefalco
Total difference in level: + 347 m -127m
Walking time: 6,5 hours
Distance: 19,8 km / 12,3 mi



Day 5 Montefalco - Bevagna - Collemancio

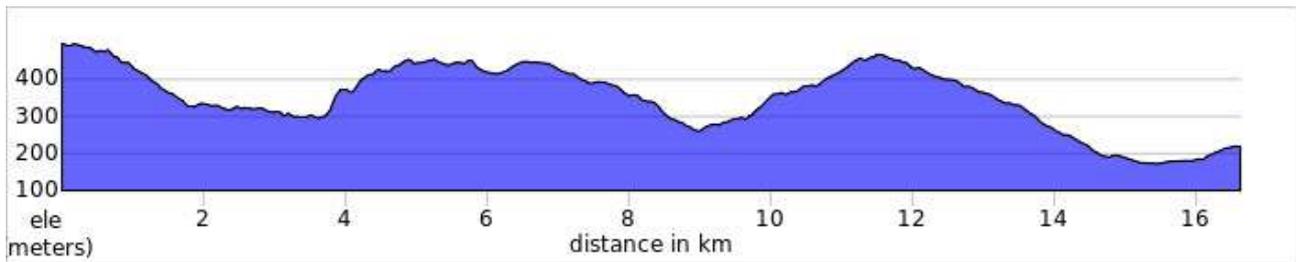
Today you descend towards Bevagna with nice views of the surrounding landscape and the town. You cross the medieval town centre, continue your journey towards the small village of Collemancio, first on the plain, and then up into the hills surrounding the Valle Umbra. The village stands on a little hill near Cannara dominating the 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 strategic 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 with breakfast in a good hotel ** stars, B&B or agriturismo in Collemancio
 Total difference in level: + 574m -536m
 Walking time: 7 hours
 Distance: 22 km / 13,7 mi

Giorno 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 at a **** hotel. On request the overnight stay can be also in Torgiano

Overnight stay with breakfast in Perugia
 Total difference in level: + 427 m -702m
 Walking time: 6 hours
 Distance: 17 km / 10,6 mi



Day 7 End of the Tour after breakfast

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

Hotels:

Standard version: 2 x ** star, 3 x *** star and 1 x **** star

Superior version: 1 x ** star, 2 x *** star, 2 x **** star and 1 x guesthouse

Prices per person 2022:

Tour 7 days: hotel ** in Assisi	Price in Euro
In double room B&B	525
In single room B&B	690
Individual Traveller B&B	765
3° person in triple room	275
Supplement half board (5 dinner: in Perugia only breakfast)	132

Tour 7 days: hotel *** in Assisi	Price in Euro
In double room B&B	550
In single room B&B	725
Individual Traveller B&B	800
3° person in triple room	310
Supplement half board (5 dinner: in Perugia only breakfast)	118
Tour 7 days superior hotel / rooms	Price in Euro
In double room B&B	702
In single room B&B	863
Individual Traveller B&B	938
3° person in triple room	310
Supplement half board (4 dinner: in Foligno and Perugia only breakfast)	118

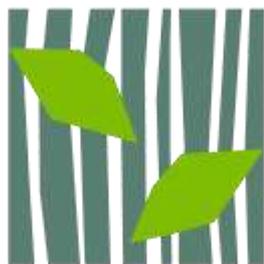
* In Perugia only on request and for a surcharge: at Easter April 15th-April 17th, May 23rd-24th and Perugia Jazz Festival 08.07-17.07

Price includes:

- 6 nights with breakfast
- 5 or 4 dinners if you book half board
- Luggage transportation
- Transfer from Torgiano to Perugia
- Route notes and maps
- 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
- All which is not specified under "Price includes"



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