Medieval Umbria: – Walking through History and Beauty (W 001 UMB)

A 6-, 8- or 9-day Assisi-Spoleto walking tour



Meravigliosa Umbria

This walking tour perfectly combines the discovery of Umbria's charming medieval towns with peaceful walks through its colourful, ever-changing landscapes. Celebrated since Roman times for its pure, unspoiled beauty, Umbria enchants visitors with its lush greenery, sparkling lakes, rivers, springs, and cascading waterfalls.

Your journey begins in **Assisi**, the fascinating hill town built on the slopes of Mount Subasio. Known as the city of St. Francis, it is a place of pilgrimage and inspiration. Take time to wander its atmospheric streets and visit the magnificent **Basilica of St. Francis**, adorned with world-famous frescoes by **Giotto, Cimabue, Simone Martini**, and other masters.

From Assisi, your path leads through the heart of the **Valle Umbra**, where every day brings you to another artistic and historical gem: **Spello, Bevagna, Montefalco, Trevi**, and finally **Spoleto**. Each town is a treasure of medieval architecture, art, and local traditions.

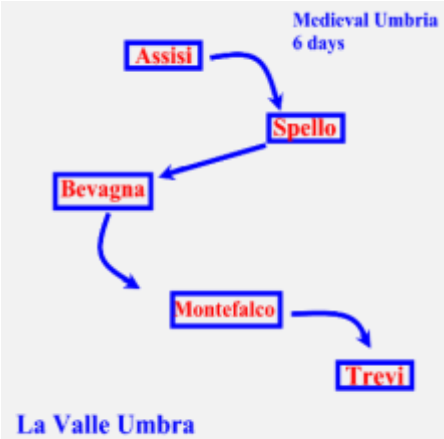
The walking stages are pleasantly moderate, allowing you to fully enjoy the experience — exploring ancient town centres, tasting local specialties, and relaxing with a glass of fine Umbrian wine on one of the many welcoming squares.

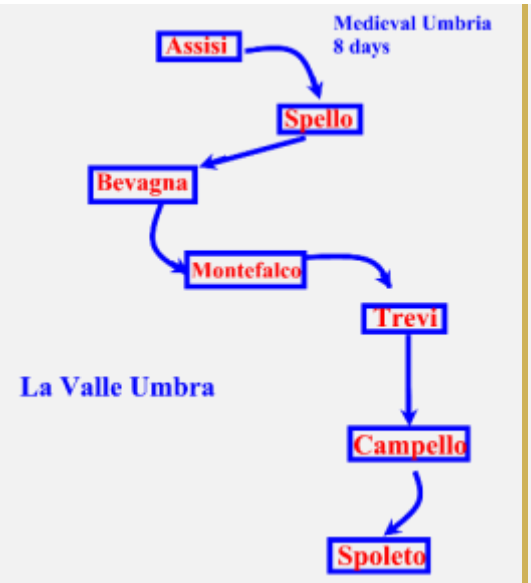
Your journey ends in **Spoleto**, a truly special town with picturesque streets, lively piazzas, traditional craft shops, and countless sights to explore.

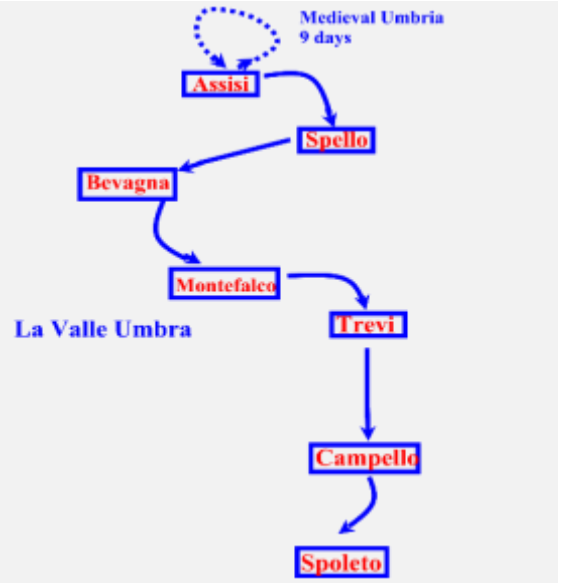
Discover Umbria — where every step reveals a story, and every view invites you to linger.

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

The Trip in a Nutshell







Program 6-days:
Day 1 Individual arrival at Assisi
Day 2 To Spello (18 km/11,1 mi or 11 km/6,8 mi)
Day 3 To Bevagna (16,5 km/10,2 mi)
Day 4 To Montefalco (12,5 km/7,7 mi)
Day 5 To Trevi (13,5 km/8,3 miles)
Day 6 End of tour

Program 8-days:
Day 1 Individual arrival at Assisi
Day 2 To Spello (18 km/11,1 mi or 11 km/6,8 mi)
Day 3 To Bevagna (16,5 km/10,2 mi)
Day 4 To Montefalco (12,5 km/7,7 mi)
Day 5 To Trevi (13,5 km/8,3 miles)
Day 6 To Campello Alto (12 km/7,5 mi)
Day 7 To Spoleto (20 km /12,4 mi)
Day 8 End of tour

Program 9-days:
Day 1 Individual arrival at Assisi
Day 2 Cultural walk, short walk or long walk in the surrounding hills (From 9 km/5,6 mi to 17 km/10,5 mi)
Day 3 To Spello (18 km/11,1 mi or 11 km/6,8 mi)
Day 4 To Bevagna (16,5 km/10,2 mi)
Day 5 To Montefalco (12,5 km/7,7 mi)
Day 6 To Trevi (13,5 km/8,3 miles)
Day 7 To Campello Alto (12 km /7,5 mi)
Day 8 To Spoleto (20 km/12,4 mi)
Day 9 End of tour

Period: Daily from April until 31 October 2027, except from 08/08/2027 until 22/08/2027 (included).
Best walking period April - June / end of August – October

Guided: On request with min. 6 persons

Participants: Minimum 1 person

Difficulty: Level 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 is between 4 and 6 hours a day; 12 to 20 km with an average walking time of 3-4 km an hour.

There is walking experience needed.

6-day tour: Minimum 54 km/33,5 miles and Maximum 61 km/38 miles.
8-day tour: Minimum 86 km/53,5 miles and Maximum 93 km/57,8 miles.
9-day tour: Minimum 95 km/59 miles and Maximum 110 km/68,3 miles.

Daily Itinerary

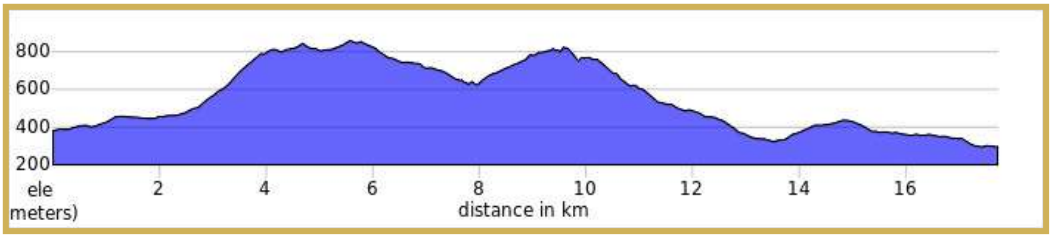
Daily program 6–day / 5-night tour

Day 1 Individual arrival at Assisi
When you arrive by train or by car, you see Assisi already from afar. It is a proudly looking over the Valle Umbra and especially the convent and church of Saint Francis make an impressive impression. If you arrive early, you can already discover the old town centre and wandering through its alleys and streets. Cafés are inviting you to sit down and enjoy a 'gelato', cappuccino or a good glass of local wine.
Assisi, as a pilgrimage town, is full of monuments linked to the lives of the famous Franciscan saints, Clara and Francis. A must of course are the Basilicas of St. Francis, St. Clare and the monastery of San Damiano.

Overnight stay in Assisi in *** hotel

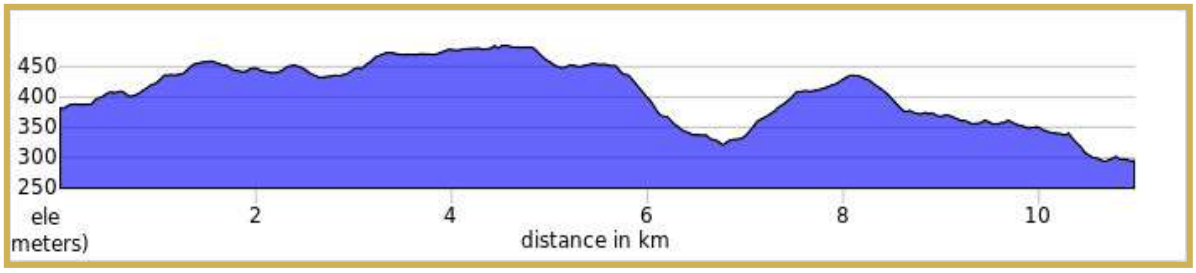
Day 2 Assisi – Spello
Today you say goodbye to Assisi and will walk to Spello. There are two routes to choose off, a longer one going uphill to the hermitage Eremo delle Carceri or a shorter one through olive groves along the slopes of Monte Subasio. From the porta Cappuccini a footpath will take you to the hermitage, situated at 830m a.s.l.
In this mystic place Saint Francis and his companions used to retreat themselves to meditate in the woods. After St. Francis's death, a small monastery was built on this spot. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend to Spello, walking first through the woods and then amongst olive groves.
Overnight stay in a *** or **** hotel in the historic centre

Long Route
Distance: 18 km/11,1- miles
Ascent /Descent: +786m -874m
Paved: 35%; Unpaved: 65%



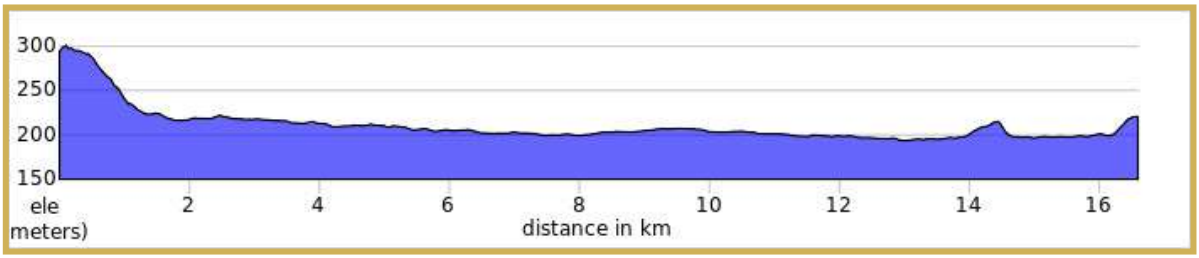
The lower route follows the slopes of Mount Subasio and involves less climbing, but it is the same a beautiful walk amongst olive groves with astounding views.
Spello is built, like Assisi on the slopes of Mount Subasio. This little town has Roman origins, as several features reminds us off, including the porta Venere and porta Consolare town gates, the Roman Mosaics and the remains of a Roman theatre. Do not forget to admire the colorful frescoes by Pinturicchio in the church S.Maria Maggiore.

Short Route
Distance: 11 km/6,8 miles
Ascent/Descent: +241m -329m
Paved: 40%; Unpaved: 60%



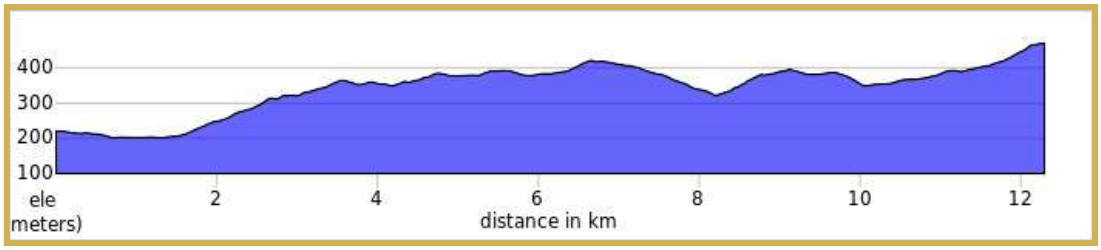
Day 3 Spello - Bevagna
You will leave the hills for a while now and will descend into the valley 'Valle Umbra'. Walking on quiet little country roads you will arrive in Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Timia and Topino. During Roman times Bevagna was a prosperous town, as it was positioned along the busy trade road, the Via Flaminia, which connected Rome with the Adriatic coast. Particularly characteristic are the 2km of 13th to 14th century town walls, which are draped around Bevagnas historic centre. The heart of this town is the square, 'Piazza Silvestri', with its beautiful fountain and two Romanesque churches. Do not forget to visit the mosaic of the former Roman baths. Overnight stay in a B&B or *** hotel in the historic centre

Distance: 16,5 km/10,2 mi
Ascent/Descent: +77m –153m
Paved: 66%; Unpaved: 34%



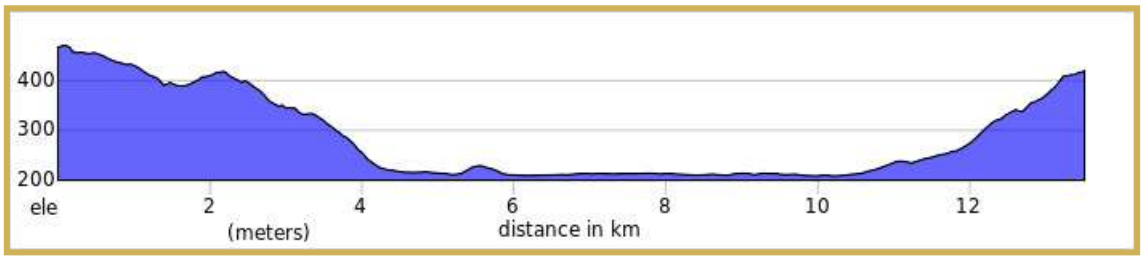
Day 4 Bevagna - Montefalco
You will again be walking through a slightly hilly landscape, but the olive groves soon make way for vineyards. The hills surrounding Montefalco are famous for the production of excellent wines: Sagrantino and Rosso di Montefalco d.o.c.g.. To reach the town you have to climb some, because Montefalco is –predictable- built on a hilltop. The town is also known as the balcony ('Ringhiera') of Umbria, because of its beautiful panorama over the valley.
The St. Francis church is now a fine museum, housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Do not leave Montefalco before tasting some of the delicious wines in one of the many wine bars. Overnight in *** hotel or upgraded to a **** hotel in the historic centre

Distance: 12,5 km /7,7 miles
Ascent/Descent: +434m -185m
Paved: 56%; Unpaved: 44%



Day 5 Montefalco - Trevi
On your way to Trevi (420m a.s.l.), on the lower flank of Mt. Serano overlooking the wide plain of the Clitunno river, your route crosses the fertile valley with its various waterways. Trevi is also called the capital of olive oil and indeed, you will notice that the slopes of the surrounding mountains are covered with evergreen olive groves.
Trevi has a dozen medieval churches: the most important are the Romanesque Duomo (S. Emiliano), the shrine of the Madonna delle Lacrime notable for a fresco by Perugino and the former church of S. Francesco, now a museum. You will stay in a *** hotel with swimming pool at the border of the historical centre.

Distance 13,5 km/8,3 miles
Ascent/Descent: +253m -304m
Paved: 74%; Unpaved: 26%



Day 6 End of tour after breakfast
End of your tour through a wonderful valley. Trevi has a train station in the valley 4km from your hotel.

Daily program 8–day / 7-night tour

Day 1 Individual arrival at Assisi
See program 5-day tour day 1

Day 2 Assisi – Spello
See program 5-day tour day 2

Day 3 Spello - Bevagna
See program 5-day tour day 3

Day 4 Bevagna-Montefalco
See program 5-day tour day 4

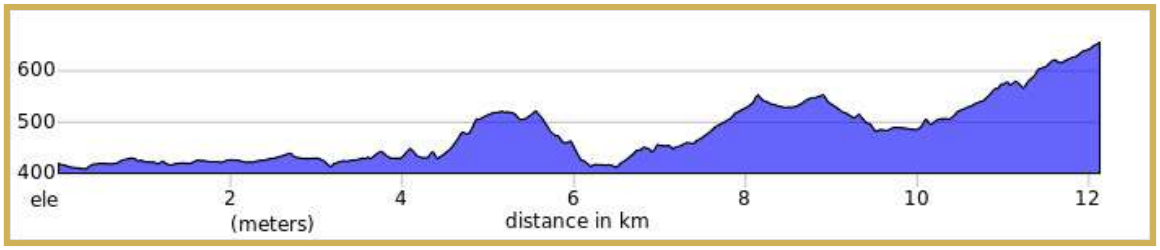
Day 5 Montefalco - Trevi
See program 5-day tour day 5

Day 6 Trevi – Campello Alto

From Trevi you will pick up the pilgrimage route the Way of Saint Francis, which runs from La Verna in Tuscany, crosses Umbria and finishes in Rome. The route will lead you through olive groves and you will have astonishing views of the Valle Umbra. You pass one of the nicest 'Borghi' of Umbria, the walled in Campello Alto. The overnight stay is in a hotel ** with swimming pool near Campello Alto or inside Borgo Campello in a former convent or Relais (upgrading).
Overnight stay with breakfast and dinner in a ** or *** or **** hotel.

Distance: 10.3 km/6,2 mi (Relais Borgo Campello) or 12.1 km/7,5 mi (Hotel le Fontanelle)
Ascent/Descent: +452m -215m (Hotel le Fontanelle)
Paved: 38%; Unpaved: 62%

Trevi - Le Fontanelle



Day 7 Campello Alto – Spoleto
Today you walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every summer (end of June beginning of July). In Spoleto worthwhile to visit are the cathedral, the castle, a Roman house, Roman theatre and many museums. Spoleto is not only art and culture, but also food & wine! The town has some nice shops with fantastic local products, many cosy bars with terraces and excellent restaurants. Overnight stay in a *** or a **** hotel in the historic centre

Distance: 18.5 km /11,5 mi (Campello Alto) or 20 km/12,4 mi (Le Fontanelle)
Ascent / Descent: +477m -754m (Le Fontanelle)
Paved: 65%; Unpaved: 35%

Fontanelle – Spoleto



Day 8 End of tour after breakfast
Breakfast and end of our services. If you have a car in Assisi, we can arrange a transfer to pick it up. The cost for 1–4 people is approximately €45.00.

Daily program 9–day / 8-night tour

The program of this tour is the same as the 8-day/7-night tour. The only difference is an extra night in Assisi with the possibility to make a cultural walk in Assisi or a walk in the hilly surroundings.
You can choose of the following routes:

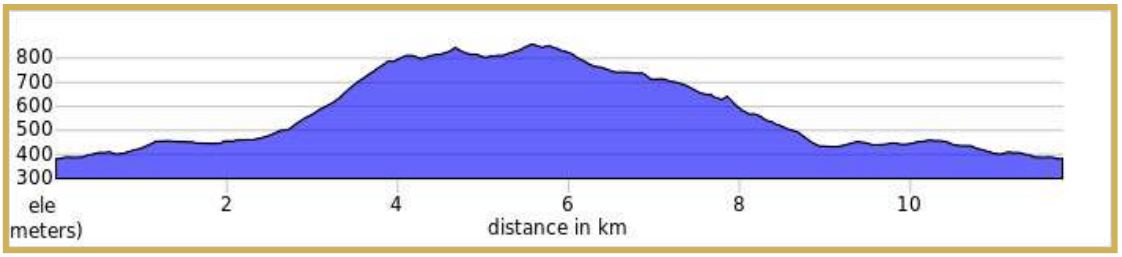
1. **The cultural town walk** will take you round the most important cultural monuments of Assisi, which are mostly connected with the lives of the saints Francis and Clare, who were born and died in Assisi. From the hotel, your walk goes up to the Porta Cappuccini, the highest town gate (470m a.s.l.) of Assisi. You will walk through a tangle of little alleys and crossing medieval squaresm passing the medieval castle, the basilica of St. Francis, the temple of Minerva, the church 'Chiesa Nuova' and the basilica of St. Clare. Arrived at the monastery of St. Damiano, you can choose to go back to your hotel or to continue your walk downhill to the village of S.Maria degli Angeli to visit the impressive basilica. From here, you take the local bus to go back to Assisi.

Distance: Between 6,5 km/4 mi and 9,5 km/6 km (It depends on the starting point)

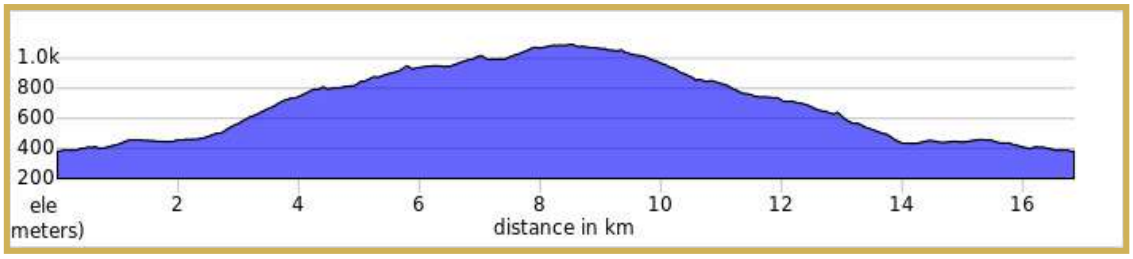
<u>The shorter or longer walk through the national park of Mount Subasio</u> :
This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up through the wood of the Mount Subasio. You can choose to continue your walk further uphill and reach the meadows of the mountain at 1100m or to go to the hermitage Eremo delle Carceri (830m a.s.l.) on Monte Subasio, a holy place where St Francis retreated himself. Then you descend along trails and quiet country roads back to Assisi.

Distance: 12 km/7,5 miles or 16,5 km/10,5 miles
Ascent /Descent: +530m -532m or +757m -759m
Paved: 53% or 32%; Unpaved: 47% or 68%

Shorter walk



Longer walk



Hotels & Prices

Hotels: *** or ****

Prices starting at: 477€

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 price includes

- 5/7/8 overnight stays with breakfast
- For the 8- and 9-days tour in standard hotel 1 dinner in Campello Alto
- Luggage transportation
- Route instructions (in English or Italian)
- App Ride with GPS with GPS tracks, tour info and cue sheets (English or Italian
- Emergency support hotline
- Route briefing evening of arrival in your hotel
- Tour information
- Free carpark at Hotel da Angelo or Hotel la Terrazza (not for the hotels in the old town centre of Assisi)

The price doesn't include

- Local tourist tax to be paid directly in the hotel. The amount depends of the hotel category and municipality (between € 1,50- 4,50 p.p.p.n.)
- Everything not mentioned under 'the price includes'

Travel Information:

Start of the tour: Assisi / **End of the tour:** Trevi (6 days) or Spoleto (8 or 10 days)

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