Discovering the most beautiful villages of Umbria (W006 UMB)

An 8- or 10-day walking tour for more leisure walkers



Meravigliosa Umbria

Discover Umbria on foot — through quiet hills, medieval towns, and timeless views.
This walking holiday leads you through hidden lanes, peaceful countryside roads, and gentle slopes lined with silver-green olive groves and vineyards. Since Roman times, Umbria has been praised for its unspoiled nature: shimmering lakes, clear rivers and springs, and dramatic waterfalls. This is an **easy-going itinerary** through the valley and the soft hills surrounding the Umbrian countryside. Thanks to short daily distances, you'll have plenty of time to slow down, explore charming villages, and enjoy authentic Umbrian life.

From Assisi to Perugia: medieval towns and hilltop hamlets
Your journey begins in **Assisi**, on the slopes of Mount Subasio, crowned by the Rocca Maggiore fortress (505 m a.s.l.). With its narrow lanes, welcoming squares, Roman remains, and magnificent medieval monuments, Assisi is a true open-air museum.
Walking through olive groves, you reach **Spello**. The scenic path along the ancient **Roman Aqueduct** leads to the fortified hamlet of **Collepino** before returning to Spello and continuing by train to **Foligno**, with its remarkable cathedral and Palazzo Trinci.

In the second part of the trip, you'll discover other Umbrian gems:
- Medieval **Bevagna**
- Hilltop **Collemancio**
- **Bettona**, famous for its Goose Festival

• Wine-village **Torgiano**
and finally **Perugia** — the regional capital, full of Renaissance palaces, museums, churches, and lively shopping streets.

Extend your stay:
You can add extra nights in **Assisi** to enjoy a cultural walk through its medieval heritage, or in **Bevagna** to visit **Montefalco**, famous for its Sagrantino wines and warm, welcoming atmosphere.

The Trip in a Nutshell



Dates: from 1 April until 31 October (exclusive 08/08-22/08/2027), except:
8-day: not on Thursday and Friday
10 days: not on Tuesday and Wednesday

Participants: Minimum 1 people

Level: 2
Moderate with only few demanding stretches uphill. You walk in 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: 73 km/45 mi
10-day tour: 98 km/60 miles

Program in short 8 day tour

Day 1 Individual Arrival in Assisi
Day 2 Spello (11 km/6,8 mi)
Day 3 Round walk Spello and train to Foligno (13,5 km/8,3 mi)
Day 4 Foligno - Bevagna (13,5 km/8,3 mi)
Day 5 Collemancio (14,5 km/9 mi)
Day 6 Bettona (10,5 km/6,5 mi)
Day 7 Torgiano and transfer to Perugia (9,5 km/6 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 (6,5 km/4 mi or 9,5 km/6 mi)
Day 3 Spello (11 km/6,8 mi)
Day 4 Round walk Spello and train to Foligno (13,5 km/8,3 mi)
Day 5 Foligno - Bevagna (13,5 km/8,3 mi)
Day 6 Loop walk to Montefalco (16,5 km/10,2 mi)
Day 7 Collemancio (14,5 km/9 mi)
Day 8 Bettona (10,5 km/6,5 mi)
Day 9 Torgiano and transfer to Perugia (9,5 km/6 mi)
Day 10 End of the tour after breakfast





Daily Itinerary

Daily programme 8–days / 7-nights

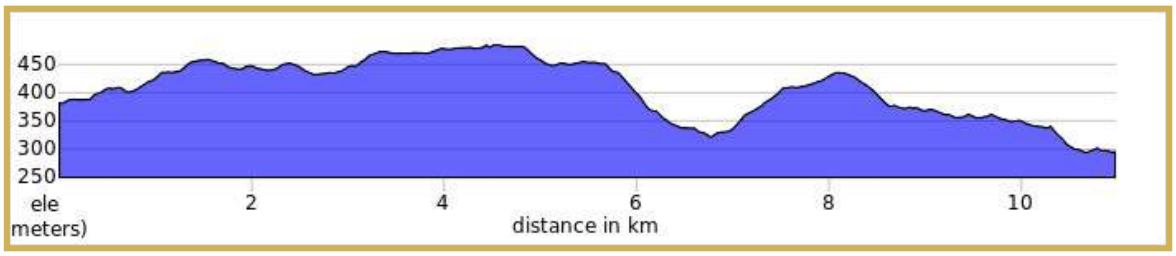
Day 1 Individual Arrival in Assisi
Individual arrival at your hotel in Assisi.
Your walking tour begins in Assisi. If you arrive early, you can already visit this charming beautiful city. There is really a lot to see: many monuments have been built in honour of Saint Francis and Saint Clare, who were 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 follow the scenic slopes of **Mount Subasio** towards **Spello**, walking along an easy, picturesque trail through olive groves and vineyards.
Arriving in Spello, you'll discover a charming hilltop town set on the southern side of Mount Subasio — a place where history, art, and nature blend beautifully. Spello features well-preserved

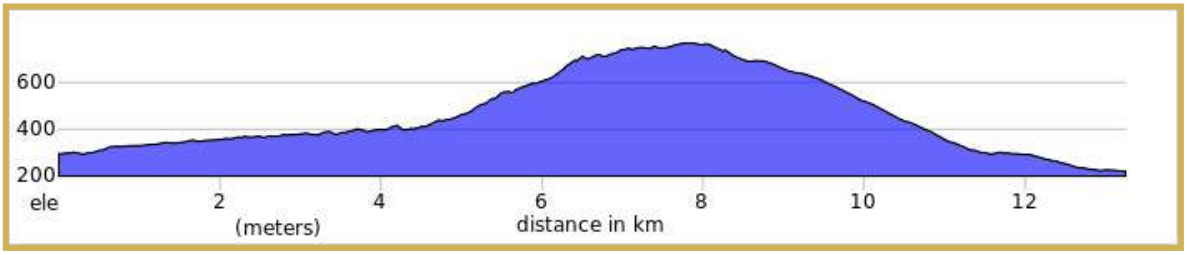
Roman and medieval architecture, narrow flower-lined alleyways, and sweeping views over the Umbrian valley.
Known as the **"City of Flowers,"** Spello becomes especially magical during the **Infiorata**, the annual Flower Festival for the Feast of Corpus Domini where the streets turn into vibrant mosaics of petals.

Overnight in Hotel *** or **** stars in the historic centre of Spello.
Distance: 11 km/6,8 mi
Total difference in level: +241m -329m
Paved: 40%; Unpaved: 60%



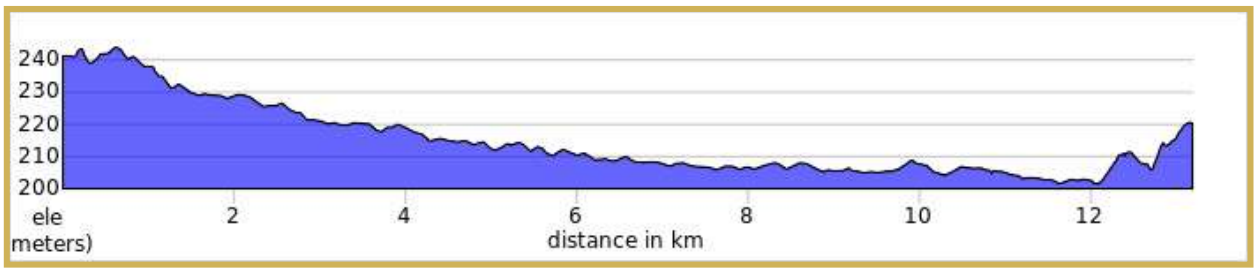
Day 3 Spello – Collepino – Spello & per train to Foligno
This morning you leave Spello and follow a scenic trail along the ancient **Roman Aqueduct** to reach **Collepino**, a delightful stone hamlet perched high above the valley. After a short climb and a gentle descent through olive groves, you return to Spello and take the train to **Foligno**, a lively town in the heart of Umbria.
In Foligno you can explore the main square with its impressive Romanesque cathedral and visit **Palazzo Trinci**, home to two fascinating museums. Wander through the vibrant shopping streets, enjoy dinner in a traditional trattoria, and admire elegant baroque palaces — the perfect combination of culture, history, and authentic Italian flair.
Overnight in *** or **** hotel.

Overnight stay with breakfast in Foligno
Total difference in level: +481m -556m
Distance: 13,5 km/8,3 mi
Paved: 27%; Unpaved: 73%



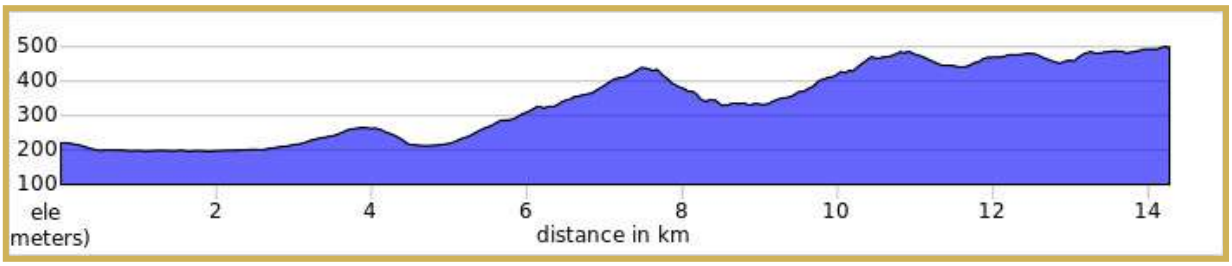
Day 4 Foligno-Bevagna
Today's walk is short and easy, giving you plenty of time to explore both Foligno and Bevagna. The route is completely flat, first following the peaceful Topino River and then winding through quiet country roads across the Umbrian valley. You reach Bevagna, the ancient Roman city of Mevania, with its charming medieval square featuring a fountain and two Romanesque churches. The lively piazza remains the social heart of the town, where locals gather to chat and relax. Bevagna also preserves fascinating Roman remains, including the exquisite mosaics of an ancient thermal bath — a true highlight of the journey through Umbria's timeless beauty. Overnight in a B&B or a *** hotel.

Overnight stay with breakfast in Bevagna
Total difference in level: +53 m -74m
Distance: 13,5 km/8,3 mi
Paved: 66%; Unpaved: 34%



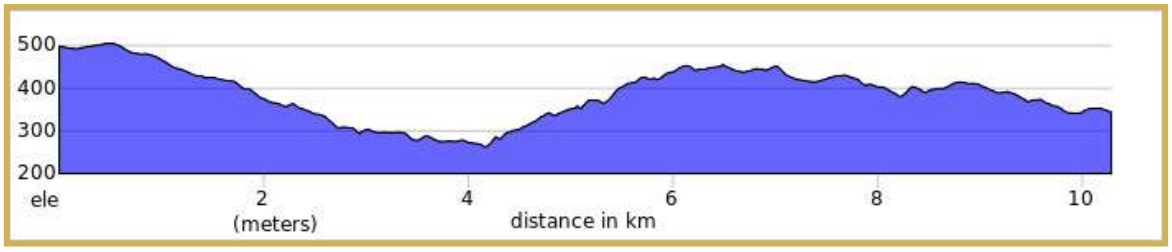
Day 5 Bevagna - Collemancio
Today's walk leads you toward the charming hilltop village of **Collemancio**, starting across the plain and gently climbing into the scenic hills that frame the **Valle Umbra**. Perched on a small rise near Cannara, the village enjoys breathtaking views across the entire valley.
Collemancio's Roman origins are revealed at the archaeological site of **Urvinum Hortense**, once an important municipium set in a spectacular panoramic position. Inside the medieval castle walls — with their solid stone gateways — you can visit the **Church of Santo Stefano** and the historic **Palazzo del Podestà**.

Overnight with breakfast in a *** stars hotel, B&B or agriturismo in Collemancio
Distance: 14,5 km/9 mi
Total difference in level: +521m -242m
Paved: 44%; Unpaved: 56%



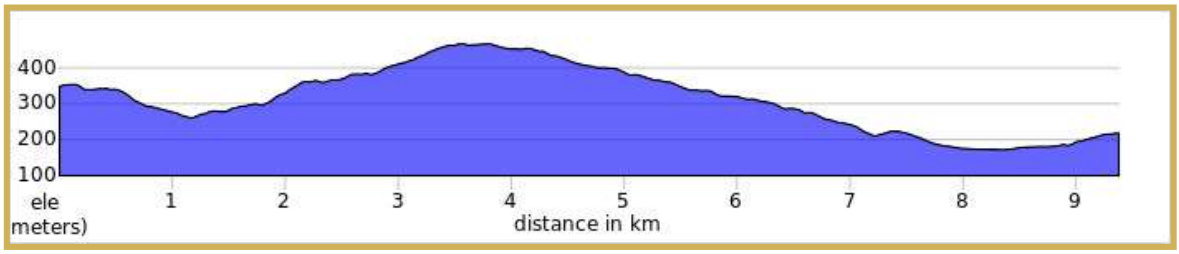
Day 6 Collemancio – Bettona
A nice walk through the hills surrounding the valley 'Valle Umbra'. You walk along quiet country roads and have stunning views of Monte Subasio with Assisi and Spello on the other side of the valley. You reach Bettona, a small hilltop town embraced by town walls with even 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 tasted with a glass of local red wine. Overnight in the historic centre in a **** star hotel

Overnight stay with breakfast in Bettona
Distance: 10,5 km/6,5 mi
Total difference in level: +239m -389m
Paved: 27%; Unpaved: 73%



Day 7 Bettona - Torgiano & transfer to Perugia
A pleasant walk through the hills and along quiet country roads brings you to the **wine-town of Torgiano**, renowned for its excellent red and white wines. From **Bettona** you climb gently into the hills, then descend through olive groves to reach Torgiano.
Torgiano is one of Umbria's most famous wine centers and is home to the prestigious **Torgiano Riserva**. Here you can visit the fascinating **Wine and Olive Oil Museum**, and right next door enjoy a wine tasting at the Lungarotti family osteria.
In the early afternoon, a transfer brings you to **Perugia**, with time to explore the city.
It is also possible to have an overnight in Torgiano instead of Perugia

Distance: 9,5 km/6 mi
Total difference in level: +251m -384m
Paved: 47%; Unpaved: 53%



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:

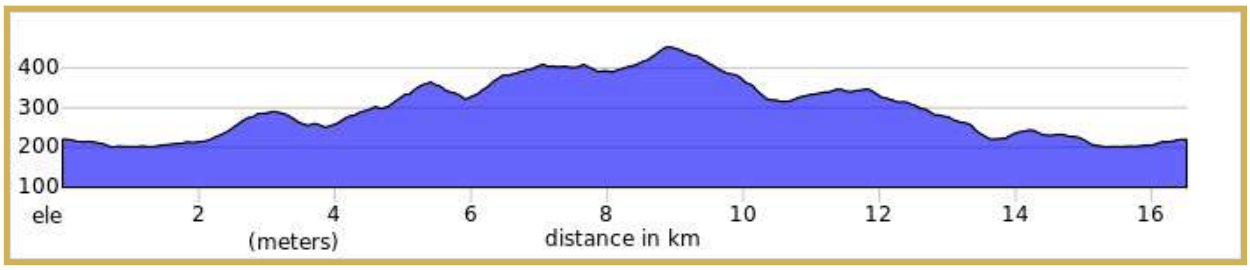
Extra night in Assisi: **cultural walk**
Today you enjoy a cultural walking tour through the historic centre of **Assisi**, exploring its most iconic monuments connected to **Saint Francis** and **Saint Clare**, who were both born and lived here.
Your route takes you to the majestic **Basilica di San Francesco**, decorated with world-famous frescoes by Giotto, Simone Martini, Cimabue, and Pietro Lorenzetti, and to the elegant **Basilica di Santa Chiara**.
Continue on to the peaceful **Sanctuary of San Damiano**, set just below the town walls, before returning to your hotel.

Overnight stay with breakfast in Assisi
Distance: Between 6,5 km/4 mi and 9,5 km/6 mi (It depends on the starting point)

Extra night in Bevagna: loop walk to Montefalco

Today you enjoy a scenic loop walk to the elegant hilltop town of **Montefalco**, surrounded by vineyards producing the renowned **Sagrantino** and **Rosso di Montefalco DOCG** wines. The route unfolds through open countryside, olive groves, and gently rolling hills.
Known as the **"Balcony of Umbria"**, Montefalco offers spectacular views over the Umbrian Valley. Don't miss the former **Church of San Francesco**, now an excellent museum featuring beautiful frescoes by **Benozzo Gozzoli** and **Perugino** — a true artistic treasure of Umbria.

Overnight stay with breakfast in Bevagna
Distance: 16,5 km/10 mi
Total difference in level: + 405m -407m



Hotels & Prices

Hotels: Standard *** or Superior

Price: from € 782

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

Price includes

- 7 or 9 nights with breakfast
- 5 or 6 dinners if you book half board (Superior version only B&B)
- Luggage transportation
- Transfer from Torgiano to Perugia
- Route notes and maps (in English, Italian, German or Dutch) on request
- Access for App with GPS tracks and the route notes
- 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 4,00 Euro p.p.)
- All which is not specified under "Price includes"

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Travel Information

Start of the tour: Assisi / **End of the tour:** Perugia

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