

Two wonderful Umbrian towns: Assisi - Spoleto

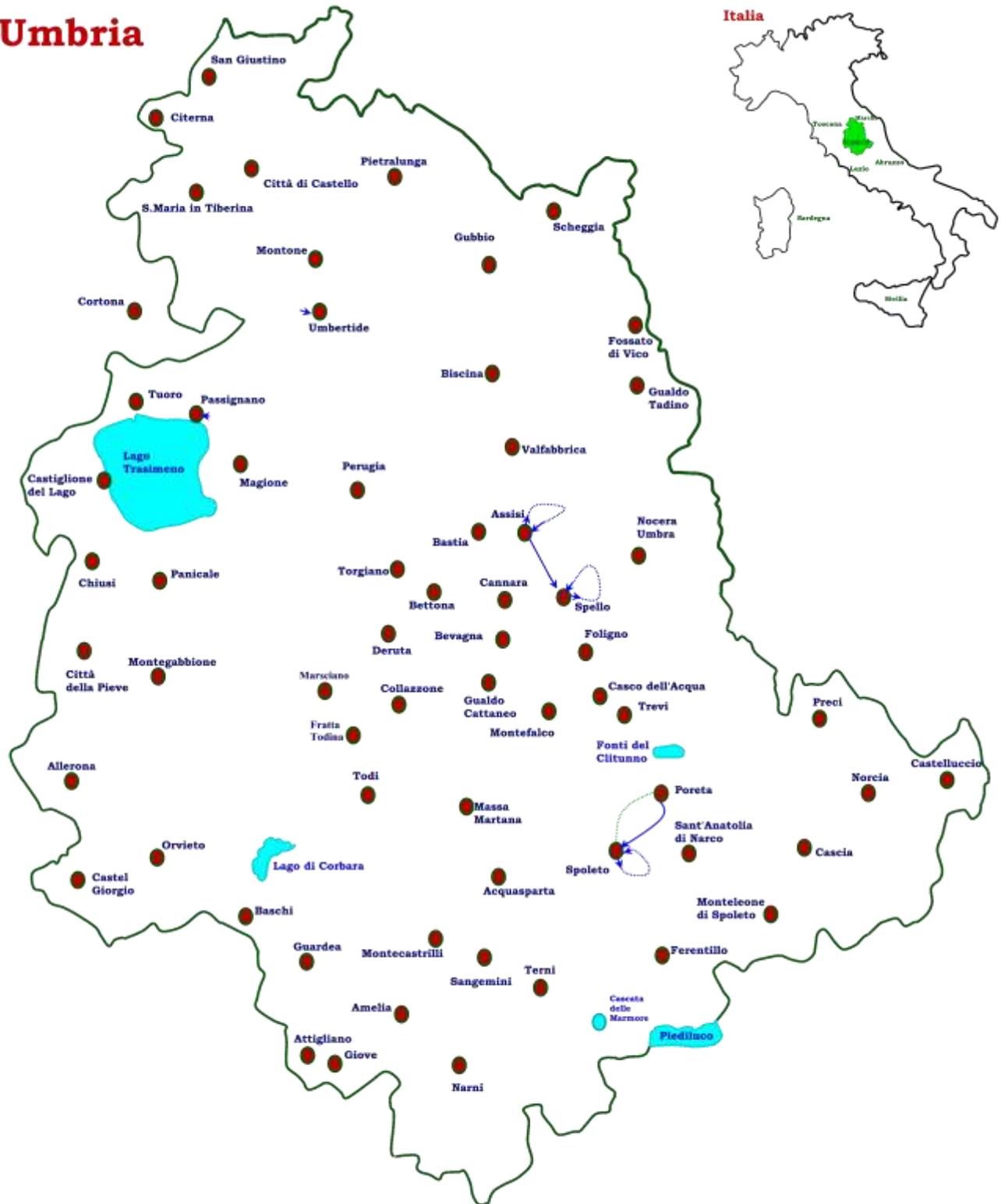
A 7-day walking tour

Code tour: W003UMB



This walking tour is perfect for those who do not want to change hotels every day. It offers the right combination of art, nature and hospitality. In the Umbrian landscape, you will find rolling hills covered with woodland, vineyards and silver-green olive groves alternated with colourful fertile valleys and small picturesque towns built on hilltops. This tour starts in the Middle Age city of Assisi, the pilgrims' town built against the slopes of the green Mount Subasio. Many monuments have been erected in honour of the beloved saints Francis and Clare. In Assisi you will make a town walk passing the most important monuments and you make a walk through the hills around Assisi. On the fourth day, you leave the town and walk to Spello. You could make a loop walk in the surroundings of Spello. Arrived in medieval town of Spello you can first visit the old town centre and then take the train to Spoleto. Your hotel is situated in the historical centre. In Spoleto, there is a lot to visit, including the big cathedral, a Roman house, many museums and of course the famous aqueduct bridge Ponte delle Torri. It is also a town with excellent restaurants, where local delicacies are served. In Spoleto you make a walk in the holy woods of Monteluco and along the Way of Saint Francis once called the Olive Grove Path (Via degli Olivi)

Umbria



Two centre walking tour

Period:

Self-guided: daily all year round (in winter only on request)

Guided: on request

Participants: Minimum 2 persons (solo traveller on request)

Difficulty: Level 2/3

For walkers with experience. Routes through hilly landscapes with up- and downhill walking. Daily distances between 11 and 20 km. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet country roads. Some days you can choose between longer or shorter less strenuous walks. Total km to walk:
7-day tour: minimum 50 km / 31 miles and maximum 64 km / 40 miles.

Program 7-day in short:

Day 1 arrival Assisi

Day 2 town walk in Assisi

Day 3 Walk on Mount Subasio (16 km / 9,9 mi or 12 km / 7,5 mi)

Day 4 Higher or lower walk to Spello (17,4 km/10,8 miles or 10,8 km/6,7 mi)

or

train/car to Spello & round walk along the aquaduct to Collepinino (12 km/7,5 mi)

After the walks by train or car to Spoleto

Day 5 Walk on Monteluco (10,7 km / 6,6 miles)

Day 6 Transfer to Poretta and walking to Spoleto (15,8 km / 9,8 mi)

Day 7 departure



Daily program 7-day / 6-night tour

Day 1 Arrival in Assisi.

Individual arrival at your hotel **, *** or **** hotel in Assisi. On your first evening, you have a briefing and will have the opportunity to discuss your holiday.
Overnight stay with breakfast in Assisi

Day 2: Town walk in Assisi

This 'Discover Assisi' walk will take you around 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

town gate (470m a.s.l.). From here, you will walk through a tangle of little alleys and medieval squares. You will pass the remains the medieval castle (506m a.s.l.), the basilica of St. Francis, the temple of Minerva, the church 'Chiesa Nuova' and the basilica of St. Clare, finally walking down to the monastery of S. Damiano (310m a.s.l.).

Walking time: 3 - 4 ½ hours

Distance: 7 km / 4,3 mi

Overnight stay with breakfast in Assisi

100% paved

Day 3 Loop walk on Monte Subasio

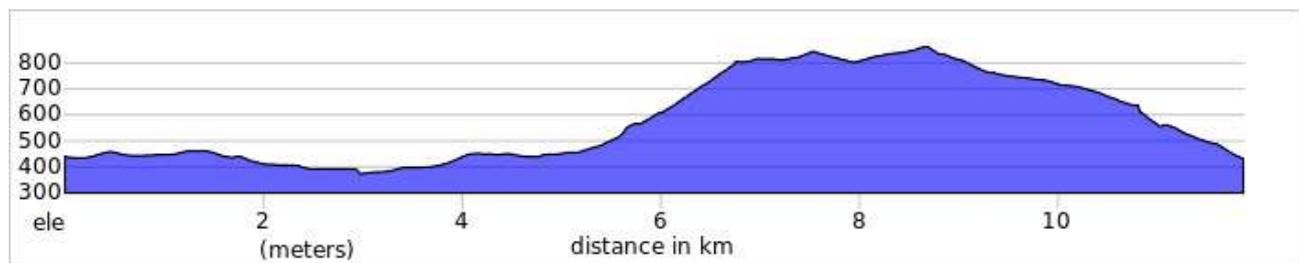
This is a beautiful walk in the shade of the woods and across the pastures of Mount Subasio. From the Porta Cappuccini town gates, you walk up to the hermitage Eremo delle Carceri (830m a.s.l.) on Monte Subasio, a holy place where St Francis retreated himself. Then you descend along trails and quiet country roads back to Assisi. The longer route makes an extra loop on Monte Subasio

Distance short walk: 12 or 16 km from Porta Capuccini

Walking time: 4 hrs or 5hrs

Ascent/descent: + 544m - 544m or +731 m -744 m

Unpaved 73% Paved 27%



Day 4: Assisi-Spello walk or loop walk from Spello Train or car to Spoleto / transfer

There are two routes to go to Spello: a longer one going uphill to the hermitage Eremo delle Carceri or a shorter one through olive groves along the slopes of Monte Subasio.

The long route has more up- and downhill walking- From the Porta Cappuccini a footpath will take you to the hermitage, which is situated at 830m a.s.l. Saint Francis and his companions used to retreat here to meditate in the woods. After St. Francis's death, a monastery was built on this spot, but you can still visit the cave of Saint Francis. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend to Spello. You walk first through woods and then through olive groves.

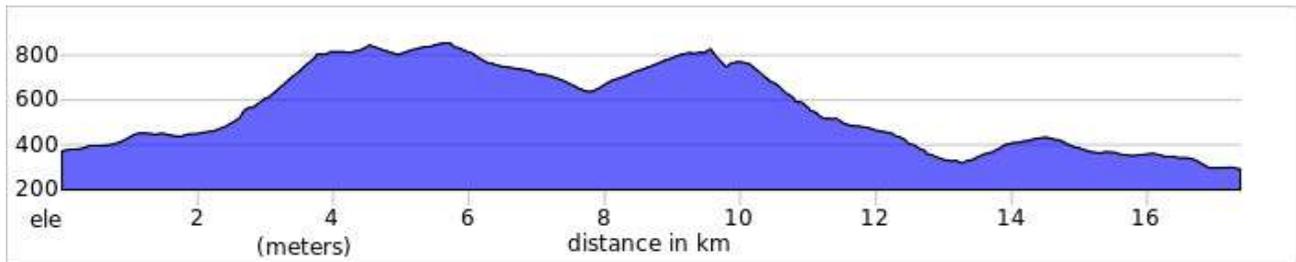
Overnight stay with breakfast in Spoleto

Walking time: 6 hours

Distance: 17, 4 km / 10,8 miles

Ascent / Descent: + 788m -870m

Paved 28 %



The lower route follows the slopes of Mount Subasio and involves less climbing, but it is a beautiful walk through olive groves with astounding views over the valley.

Spello is built on the slopes of Mount Subasio. This little town has Roman origins, as several features including the Porta Venere and Porta Consolare town gates and the remains of a Roman theatre outside the town walls remind us. Do not forget to admire the colourful frescoes by Pinturicchio in the church of S.Maria Maggiore.

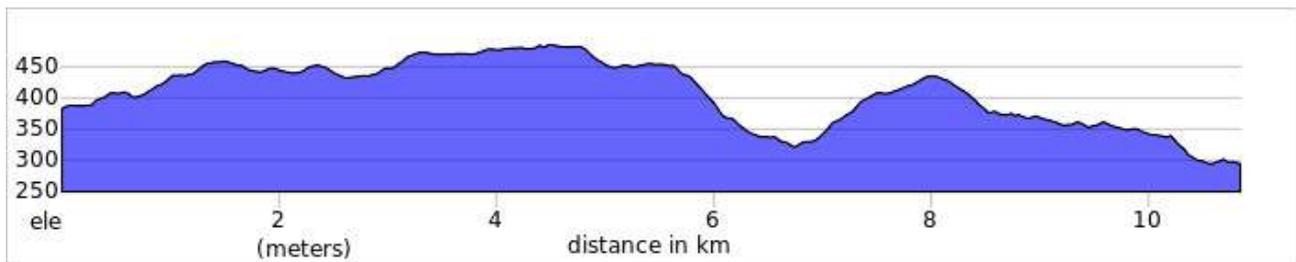
Overnight stay with breakfast in Spoleto

Total ascent-descent: + 270m - 359m

Walking time: 3 hours

Distance: 10,8 km / 6,7 miles

Paved 49 %



Loop walk starting in Spello

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 climb some more and then descent along quiet trails and dirt roads on Mount 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.

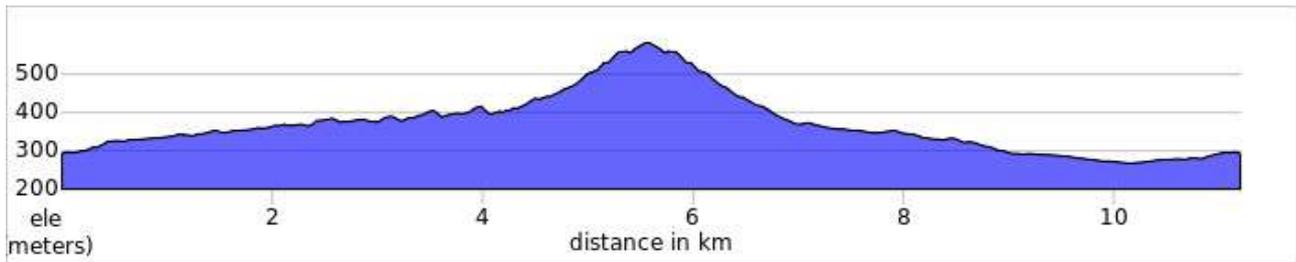
Overnight stay with breakfast in Spoleto

Walking time: 4 hours

Distance: about 12 km / 7,5 miles

Ascent - Descent: + 521m - 521m.

Paved 12 %



At the end of the day you take the train, go with your own car or who booked a transfer will be brought to Spoleto by car. You stay in an *** or **** hotel.



Day 5: Walk on Montelucio

Today's walk takes you to Montelucio (Mount Lucio). The name 'Lucio' (lucus) means 'sacred woods', and signifies that in ancient times the mountain was considered a holy place. From the 5th century hermits lived under the Benedictine rule on this mountain covered with green woods. Later the Franciscans also built a monastery here. The evergreen oak wood was always very important for the town and was therefore already a protected area in the middle ages. The animals living here include porcupines, wild cats, foxes, badgers and squirrels.

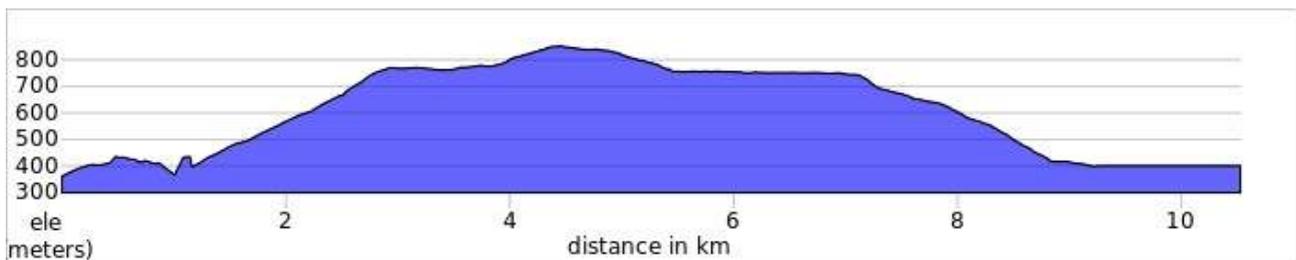
Overnight stay with breakfast in Spoleto

Walking time: 4 hrs

Distance: 10,7 km / 6,6 miles

Ascent & Descent: + 510m -483m

Paved 29 %



Day 6: The Way of Saint Francis

Today after breakfast at 9.00 you have a transfer to Poreta and from here you walk along the Olive Trail -'sentiero degli olivi'. As the name indicates, you will mostly walk through olive groves on the slopes of the mountains. It is also a stretch of the Way of Saint Francis, a pilgrimage-walking route from La Verna in Tuscany to Rome. You pass several little villages, mostly built on hilltops, like Eggi and Bazzano. It is also possible to shorten the route and have the transfer to Bazzano superior, which makes the route about 3kms shorter.

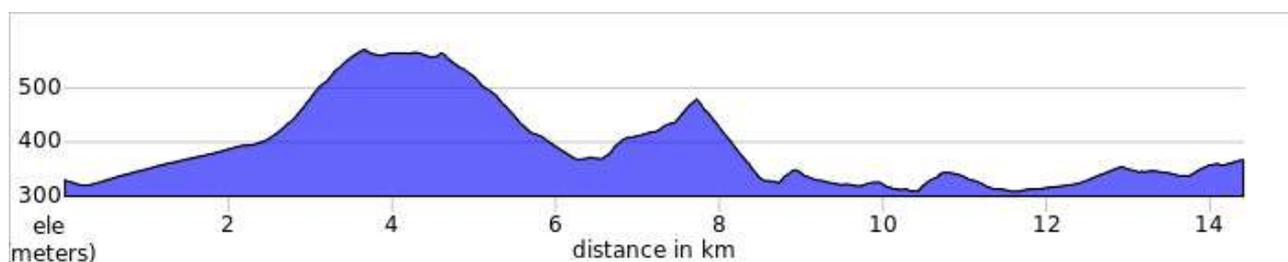
Overnight stay with breakfast

Total ascent-descent: + 475m -436m

Walking Time: 4 hours 20 min

Distance: 15 km / 9,3 miles (Poreta village)

Paved 64 %



Day 7: End of tour after breakfast

Today after breakfast ends this tour through a typical Umbrian nature and past medieval villages



Rates per person 2022:

Standard hotels Hotel Da Angelo ** Assisi	Price in Euro
In a double room	388
In a single room	475
Travelling alone	525

Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	48
Supplement half board	On request
Standard hotels Hotel la Terrazza *** Assisi	
In a double room	455
In a single room	575
Travelling alone	625
Supplement Spoleto festival 2 weeks end of June -beginning of July Staying in Hotel la Macchia no supplement has to be paid	48
Supplement half board	On request
Upgrading Hotels	
In a double room	645
In a single room	890
Travelling alone	940
Transfer from Spello to Spoleto instead of train (to be paid locally)	45
Discount without luggage transfer	20

The price includes:

- 6 overnight stays with breakfast
- luggage transportation from Assisi to Spoleto
- route instructions (in English, Italian, German or Dutch) and maps
- gps tracks for free available on request
- emergency support hotline
- route briefing evening of arrival in your hotel
- tour information

The price does not include:

- Local tourist tax to be paid directly in the hotel
- Train ticket Spello-Spoleto or transfer by car
- Everything not mentioned under 'the price includes'



ECOLOGICO TOURS

Cantonal 41B / Marmotta B19
6565 San Bernardino
Svizzera/Schweiz/Suisse

info@ecologicotours.com

tel. (0039) 3463254167 - (0041)(0) 79 2457505

www.ecologicotours.com

www.meravigliosaumbria.com