



FROM ASSISI TO SPOLETO

self-guided tour
8 days / 7 nights
Variant: Option with 9 days / 8 nights



DESCRIPTION

This tour offers the right combination of visiting typical Umbrian towns and walking through exciting colorful landscapes with unique views. Umbria has been praised for its pure beauty since Roman times, because of its greenness, many lakes, rivers, refreshing springs, mountain streams and waterfalls. The tour starts in the beautiful and fascinating town of Assisi, the pilgrims' town built against the slopes of Mount Subasio and finishes in Spoleto, a very special town with many squares, lovely little streets, shops with local delicacies and handicrafts, restaurants and a lot of sights to visit. But not only Assisi is a highlight, because the Valle Umbra is famous for its medieval towns and the following days you will walk from one art treasure to the other; Spello, Bevagna, Montefalco, Trevi and Spoleto.

CHARACTERISTICS OF THE ROUTE

You walk in hilly countryside without too much climbing and descent. It is suitable for anyone in good basic physical condition. The duration of the walks is from 3 to 6 hours a day (12 -20 km / day).

A DAY BY DAY ACCOUNT OF THE ROUTE

DAY 1: Arrival in Assisi

Overnight in a hotel not far away from the historic center of Assisi. After settling in at your hotel there is time for a short visit to the beautiful town centre.

DAY 2: Assisi - Spello

Variant 1 (approx. 17,4 km / approx. 6 hours): From the "Porta Cappuccini" a footpath will take you to the hermitage „Eremo delle Carceri" (830 m). 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. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend to Spello (300 m), walking first through the woods and then through olive groves.

Variant 2 (approx. 10,8 km / approx. 3 hours): The easier route follows the slopes of Mount Subasio and involves less climbing, but it is also a beautiful walk through olive groves with astounding views. Spello is built on the slopes of Mount Subasio. This little town has Roman origins, as we are reminded by several features including the Porta Venere and Porta Consolare town gates and the remains of a Roman theatre outside the town walls. Don't forget to admire the colorful fresco's by Pinturicchio in the church S. Maria Maggiore.

DAY 3: Spello - Bevagna (approx. 13,1 km / approx. 4,5 hours)

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 river Timia. During Roman times Bevagna was a prosperous town, as it was situated along the busy trade road, the Via Flaminia, which connected Rome with the Adriatic coast. Particularly characteristic are the town walls which surround most of Bevagna. The heart of this town is the square, 'Piazza Silvestri', with its beautiful fountain and two Romanesque churches. Don't forget to visit the mosaic of a former Roman baths.

DAY 4: Bevagna - Montefalco (approx. 12,4 km / approx. 4 hours)

Here you will 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. To reach the town you have to climb, because Montefalco is -predictable- built on a hilltop (470 m). The town is also known as the balcony ('ringhiera') of Umbria, because of its beautiful panorama. The St. Francis church is now a fine museum which is housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Don't forget to taste some of the delicious wine in one of the many wine bars.

DAY 5: Montefalco - Trevi (approx. 13,5 km / approx. 4 hours)

On the 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 the historical centre of the town.

DAY 6: Trevi - Poretta (approx. 12,8 km / approx. 4,5-5 hours)

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.

DAY 7: Poreta - Spoleto (approx. 15 km / approx. 5 hours)

Today you will cross the valley, cycling on quiet country roads. You will already see Assisi from afar as, like many other Umbrian towns, it is built on a hilltop. Before reaching Assisi, however, you can stop for a moment to visit the Franciscan basilica in S.Maria degli Angeli. Under its impressive dome still lies the humble little chapel 'Porziuncola' where Saint Francis came to pray. To reach the beautiful historical centre of Assisi you have to make a short steep climb, but wandering through the town you will agree that it was worth the effort. Overnight stay in the hotel at Violo (3 km from Assisi).

DAY 8: Departure

Individual departure or extension of your stay.

VARIANT (9 days/ 8 nights, self-guided tour)

Day 1: Arrival Assisi

Day 2: Assisi and surroundings; you can choose between 3 different options (approx. 12 - 19 km)

Day 3: Assisi to Spello: there are two variants, a longer and a shorter one (approx. 11,8 - 17,4 km)

Day 4: Spello to Bevagna (approx. 13,1 - 16,3 km)

Day 5: Bevagna to Montefalco (approx. 12,4 km)

Day 6: Montefalco to Trevi (approx. 13,5 km)

Day 7: Trevi to Poreta (approx. 12,8 km)

Day 8: Poreta to Spoleto (approx. 15 km)

Day 9: Individual departure

GENERAL INFORMATION:

- **Classification of the hiking-tour:** Self-guided tour
- **Duration:** 8 days / 7 nights or variant 9 days / 8 nights
- **Starting point:** Assisi
- **Accommodation:**
Standard: B&B's and Hotels of the 3*** category
Superior: Hotels of the 4**** category and high quality resorts
Attention: Tourist tax – if requested – has to be paid on the spot
- **Arrival:**
In treno: da nord via Firenze-Terontola-Passignano sul Trasimeno-Perugina-Bastia ad Assisi; da sud a Roma-luoghi-Terni-Spoleto-Foligno ad Assisi.
Orari su: www.deutschebahn.de, www.oebb.at, www.trenitalia.com.
In aereo: Voli per l'aeroporto di Firenze (circa 180 km), Pisa (circa 250 km), Roma (circa 190 km) e l'aeroporto regionale dell'Umbria (circa 12 km).

INCLUDED SERVICES; SELF-GUIDED TOUR:

- Accommodation in hotels of the chosen category
- Breakfast buffet or full breakfast
- If you have booked half board: min. 3 course evening meals (except Deluxe option in Assisi)
- Tour information
- Luggage transfer from hotel to hotel
- Well planned routes
- Detailed documents (maps, route description, places of interest, important telephone numbers)
- Telephone service hotline for the entire tour

NON INCLUDED SERVICES

- Arrival to the starting point of the tour
- Departure at the end of the tour
- Drinks and all extras
- Lunch
- Dinner (if not booked half board)
- Not mentioned entries
- Travel insurance
- All not expressly mentioned under the item „Included services“

STARTING DATES 2019

ARRIVAL	Arrival every day during the whole year The best period to make this tour is from April to June and from the end of August to October
EXCEPTION	Deluxe Option: 8 days / 7 night no start possible on tuesday 9 days / 8 night no start possible on wednesday

PRICES 2019

SELF-GUIDED TOUR - STANDARD (8 DAYS / 7 NIGHTS)	
Package price per person in a double room incl. breakfast	€ 595.00
Surcharge single room per person	€ 175.00
Surcharge per person during the Festival of Spoleto*	€ 16.00
Package price per person (1 person)	€ 810.00
Price for the third person in a three bedded room	€ 385.00
Surcharge half board	€ 182.00
SELF- GUIDED TOUR - DELUXE (8 DAYS / 7 NIGHTS)	
Package price per person in a double room incl. breakfast	€ 865.00
Surcharge single room per person	€ 210.00
Package price per person (1 person)	€ 1.115.00
Surcharge half board (6x, except Assisi)	€ 210.00
SELF-GUIDED TOUR - STANDARD (9 DAYS / 8 NIGHTS)	
Package price per person in a double room incl. breakfast	€ 655.00
Surcharge single room per person	€ 205.00
Surcharge per person during the Festival of Spoleto*	€ 16.00
Package price per person (1 person)	€ 900.00
Price for the third person in a three bedded room	€ 440.00
Surcharge half board	€ 207.00
SELF-GUIDED TOUR - DELUXE (9 DAYS / 8 NIGHTS)	
Package price per person in a double room incl. breakfast	€ 952.00
Surcharge single room per person	€ 285.00
Package price per person (1 person)	€ 1.277.00
Surcharge half board (6x, except Assisi)	€ 210.00
EXTRA NIGHTS IN ASSISI (HOTEL 3***-CATEGORY)	
Per person and night in a double room with breakfast	€ 50.00
Surcharge single room per night	€ 22.00

*Festival of Spoleto: from 28/06/2019 to 14/07/2019 (incl.)
 We suggest Travel insurance