

ITALY – UMBRIA

8-day / 7-night one-hotel **GUIDED** walking based in Assisi – with a choice of walks each day



Umbria, far from the crowds of Tuscany in central Italy, offers excellent walking in the deep green valleys, cloud-shrouded mountains, and charming medieval, Roman and Etruscan towns. On this guided walking holiday we stay in a charming family-run hotel in an ideal location for exploring the medieval treasures of Assisi, birthplace of St Francis. We may taste Umbrian wine in Montefalco, famous for its robust, full-bodied Sagrantino, and sample the unique local cuisine. We walk the foothills of Monte Subasio for jaw-dropping views over the Vale of Umbra and visit the ancient hillside town of Spoleto to admire the engineering feat that is the Ponte delle Torri (Bridge of Towers).

Cost from: **\$3780** per person (twin share) Single room supplement from \$470

Departs: 14 June, 2, 9, 23 September, 2025

Tour includes: 7 nights' comfortable hotel accommodation, 7 breakfasts, 6 evening meals, 5 packed lunches, wine tasting, experienced walks leader, 5 guided day walks, local transport to & from the walks.

Not Included: Other meals & drinks not mentioned, personal expenses, transport and excursions on your free day. Airport transfers from Rome or Perugia airport at set times can be arranged at additional cost, please ask when booking.

Accommodation: With lovely views of the surrounding area and just 900 metres from the historic centre of Assisi, the **Hotel La Terrazza** is an ideal base for exploring Umbria. Rooms are simple yet comfortable and come with mod cons including WiFi and air-conditioning. The hotel boasts an outdoor swimming pool, a spacious restaurant serving local produce and wine, and a full spa.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Trip Grading: Moderate or longer distances, with sections of hilly or upland areas, some rough or steeper terrain; will require reasonable fitness. Choice of easier walks of 7.5-12km on mostly good paths with ascents up to 415m or harder walks of 13-18km with some steeper and rougher ascents up to 850m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day

Arrive in Assisi mid-afternoon for a welcome drink. Meet your walks leader and fellow walkers before dinner.

Day 2: Assisi

From the hotel we head into the town of Assisi then into tranquil woods following the ancient rocky path at the foot of the Basilica of St Francis. Or choose the walk into the foothills of the 'holy mountain' Monte Subasio, with scenery changing as you go from town to forest to meadows, for expansive views from the treeline.

Day 3: Wine Country

We head to the opposite side of the Vale of Spoleto, to the walled medieval town of Bevagna. We walk past olive groves and through vineyards to Montefalco, known as the 'balcony of Umbria' and the capital of Umbrian wine – most famous for its Sagrantino red wine.

Day 4: Free day

No walks are organised, allowing you to explore Assisi, to relax at the hotel, or to arrange a sightseeing excursion, perhaps to the region's capital Perugia for hilltop views, a subterranean Etruscan temple, and Piazza V Novembre with its gothic cathedral and impressive fountain.

Day 5: Assisi to Spello

We follow the St Francis Way to Spello, with two options, the lower route contouring the slopes of Monte Subasio, or the harder route ascending the foothills of Monte Subasio, taking in spectacular views over the valley and passing the ornate Abbey of San Benedetto en route to Spello.

Day 6: Monteluco and Spoleto

The ancient hillside town of Spoleto is our destination, with its grand viaduct and Roman amphitheatre. The shorter route follows the via di Condotti of Monteluco offering lovely views of Spoleto. Or follow the old railway line running between Spoleto and Norcia, then ascend steeply into the Sacred Wood of Monteluco and walk through dense forests to Monteluco, before descending back to Spoleto.

Day 7: Aqueduct Ring Walk

We visit the hilltop town of Spello, with its narrow winding alleys and ancient sandstone houses. We wander past the impressive Porta Montanara and follow the course of an ancient viaduct to climb above Spello into the olive groves for views of Monte Subasio and the Vale of Spoleto.

Day 8: Departure day

Tour ends after breakfast. Join the group coach transfer to Rome airport or depart Assisi by train.



Contact **Outdoor Travel** for more details and reservations:

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