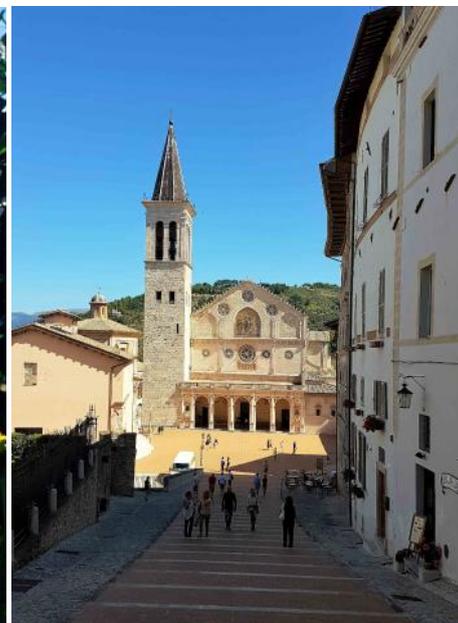


ITALY – UMBRIA FROM ASSISI TO SPOLETO

8-days / 7-nights **great value** self-guided inn-to-inn walking holiday



Umbria is very different to its neighbour Tuscany with a more unique, almost rugged and uncultivated landscape. It is certainly far less touristed but along this route you will find many wonderful highlights including classic historical Umbrian towns such as Spello (once home to the artist Norberto), Bevagna, Montefalco and Trevi.

This 8-day self-guided easy to moderate walking tour offers an opportunity to explore several typical Umbrian towns and villages combined with walking trails through lively and colourful rural landscapes with some spectacular views. The tour begins in the medieval town of Assisi, a celebrated destination for pilgrims and scholars, a place full of history, art and splendour. You finish in the centre of Spoleto, a unique town with many traditional squares and narrow bustling streets full of shops selling local delicacies and handicrafts.

Self-guided holidays offer freedom and flexibility. Walk at your own pace, carrying just a light-weight daypack as your luggage is transported ahead. No need to worry about where to lay your head at night as your accommodation is all arranged for you. Detailed route notes and maps are provided, and there is local support in the unlikely event that you require assistance.

Departs: Daily except Thursdays, year round (best time of year is April to June and August to October)

Grade: Easy to Moderate. Walks 12-20km per day (4 to 6 hours of walking) on undulating terrain

Cost from: **\$1150** per person in a twin/double room with Bed and Breakfast
High season supplement: \$295 (during Spoleto Festival from 26th June to 12th July 2020)
Single room supplement from \$395 Optional Half Board supplement (7 dinners): \$390

Includes: 7 nights' twin-share accommodation in 3 or 4-star hotels or inns; 7 breakfasts; luggage transfers between accommodation; route briefing; detailed route notes (in English), route maps and tour information (one set per room); local support / back-up service. If taking the Half Board option, 7 dinners are included.

Not included: Meals other than those shown; drinks; personal expenses; transport to the start or from the end of the walk; city tourist tax (approx. €2 - 3 per person per night).

Extra nights can be booked when planning your itinerary – for additional time to explore or for a rest day in any of our overnight stops – especially Assisi or Spoleto.

Hotel upgrades to 4-star boutique hotels or superior rooms are available; please ask for details when booking.

Call OUTDOOR TRAVEL on 1800 331582 for details or reservations

Suggested itinerary:

Day 1 Arrive at Assisi

We suggest you plan to arrive at your first hotel in the mid-afternoon. Stay in a comfortable 3-star hotel just about a kilometre – a pleasant, easy walk – from the busy historical town centre of Assisi. If you arrive early enough there is a delightful town walk through Assisi visiting some of the most important monuments, religious buildings and churches, mostly connected with St Francis or St Clare, who were born here.

Day 2 Assisi to Spello

walking @ 17km (6 hours) or 11km (3 hours)

There are two routes to Spello: a longer route going uphill to the hermitage Eremo delle Carceri or a shorter one through the olive groves along the contoured slopes of Mt. Subasio. The latter route can still offer sensational views across the valley. Stay overnight in a beautiful location in a 3-star hotel in the historical centre of Spello. This little town dates back to Roman times and you can explore several historical features including the Porta Venere and Porta Consolare (town gates) and the remains of a Roman amphitheatre just outside the town walls.

Day 3 Spello to Bevagna

walking @ 14km (3½ hours)

Leave the hills behind and descend into the valley 'Valle Umbra' walking on quiet country roads to Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Topino and Timia. During Roman times Bevagna was a prosperous town situated along the busy trade road, the *Via Flaminia*, which connected Rome with the Adriatic coast. The heart of this town is the square Piazza Silvestri with its beautiful fountain and two Romanesque churches. Your 3-star hotel is in the historical centre of the town.

Day 4 Bevagna to Montefalco

walking @ 13km (4 hours)

Walk through an undulating landscape where the olive groves give way to vineyards. The hills surrounding Montefalco are famous for their excellent wines *Rosso di Montefalco d.o.c.* and *Sagrantino d.o.c.g.* It's a steady climb to the hilltop town, rewarded by beautiful views of Umbria and the interesting museum in the church of St. Francis, with frescoes by the Florentine painter Benozzo Gozzoli. Stay in a 3-star hotel in the old centre of Montefalco. We suggest you sample the delicious Montefalco wines in one of the many wine bars in the town.

Day 5 Montefalco to Trevi

walking @ 14km (4 hours)

On the way to Trevi your route crosses a fertile valley with many irrigation channels and waterways. Trevi is the centre for olive oil production in this region and 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 (San Emiliano), the shrine of Madonna delle Lacrime, notable for a fresco by Perugino, and the former church of San Francesco, now a museum. Your 4-star hotel tonight is in the town's historical centre.

Day 6 Trevi to Poreta

walking @ 14km (4½ hours)

Leaving Trevi you join the pilgrimage route the Way of St Francis (*Cammino di Francesco*), a walking trail inspired by the life of the saint, which runs from Tuscany through Umbria to Rome. This part of the route traverses rolling rural terrain, with each ascent rewarded by expansive views of the countryside. Stay tonight in the tiny village of Poreta, in a renovated 14th Century castle.

Day 7 Poreta to Spoleto

walking @ 16km (5 hours)

Following part of the Way of St Francis, surrounded by olive groves, contour the slopes of Monte Giove (688m) and pass through the medieval village of Eggi to reach the hilltop town of Spoleto, famous for its opera festival held in June and July. There is much to see in Spoleto, including the cathedral with the frescoes of Filippo Lippi and Pinturicchio and the Roman theatre. There is the façade of the San Pietro church and the splendid Ponte delle Torri aqueduct. Spoleto is a lovely place just to wander and our 3-star hotel is in the historical centre.

Day 8 Departure day

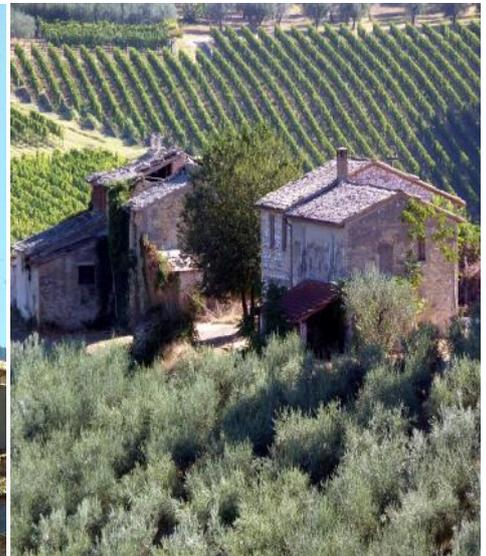
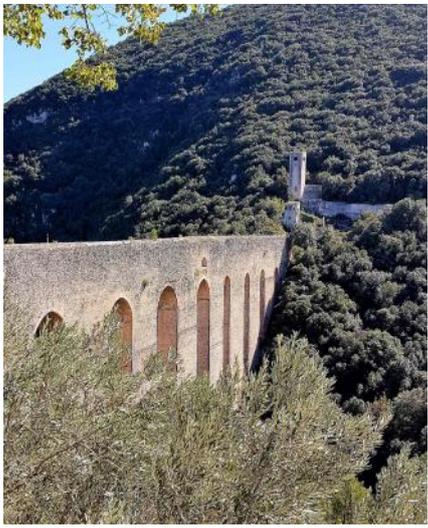
Tour ends after breakfast in Spoleto, or ask about extra nights at additional cost. Spoleto is well-connected to Rome and Florence by train.

Outdoor Travel offer walking holidays – guided in small groups or self-guided inn-to-inn with luggage transfers – in most parts of Europe. In Italy we offer **Tuscany**, **Lake Como**, the **Alps** or **Dolomites**, the **Amalfi Coast** or the **Cinque Terre** coast, and the **Via Francigena** the pilgrims' *Road to Rome* in Italy.

Other walks are available in France, Spain – including the **Camino de Santiago** pilgrim route – Portugal, Croatia, Austria, Switzerland and Germany. England's **Coast-to-Coast** walk is challenging and always popular.

Contact Outdoor Travel for more details and reservations

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