

Medieval Umbra: Assisi – Spoleto 2018
an 8 or 9 day tour



This tour offers the right combination of visiting typical Umbrian towns, walking through exciting colourful landscapes with unique views and tasting excellent food and wines. 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 many sights to visit. But not only Assisi and Spoleto are 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, and Trevi.

Walking is a romantic and very special way to enjoy your honeymoon, especially in this amazing region.

Level of difficulty **: moderate; walks in hilly countryside without too much climbing and descent; duration of the walks 4-6 hours a day; 12 -20 km (an average of 3-4 km an hour).

Period and starting days:

All the year round (best period April - June / End of August - October)

Starting day: all days of the week except:

Standard hotels:

8 days no start on Wednesday

9 days no start on Tuesday

Deluxe hotels

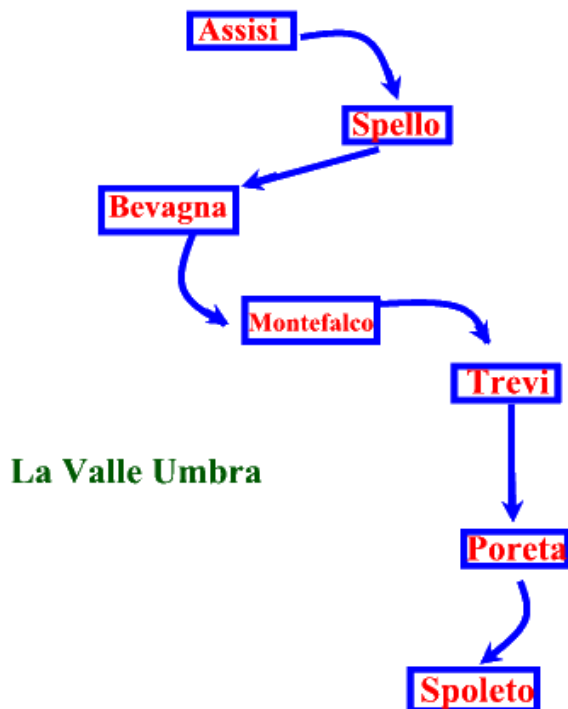
8 days no start on Thursday

9 days no start on Wednesday

Number of Participants:

Individuals: 2

Programme:



Assisi-Spoleto (8 days)

Day 1 arrival in Assisi
Day 2 to Spello
Day 3 to Bevagna
Day 4 to Montefalco
Day 5 to Trevi
Day 6 walking to Poreta
Day 7 walking to Spoleto
Day 8 departure

Assisi-Spoleto (9 days)

Day 1 arrival Assisi
Day 2 walk in Assisi or in the surroundings of Assisi
Day 3 to Spello
Day 4 to Bevagna
Day 5 to Montefalco
Day 6 to Trevi
Day 7 walking to Poreta
Day 8 walking to Spoleto
Day 9 departure

Program 8 days tour:

Day 1 Arrival in Assisi

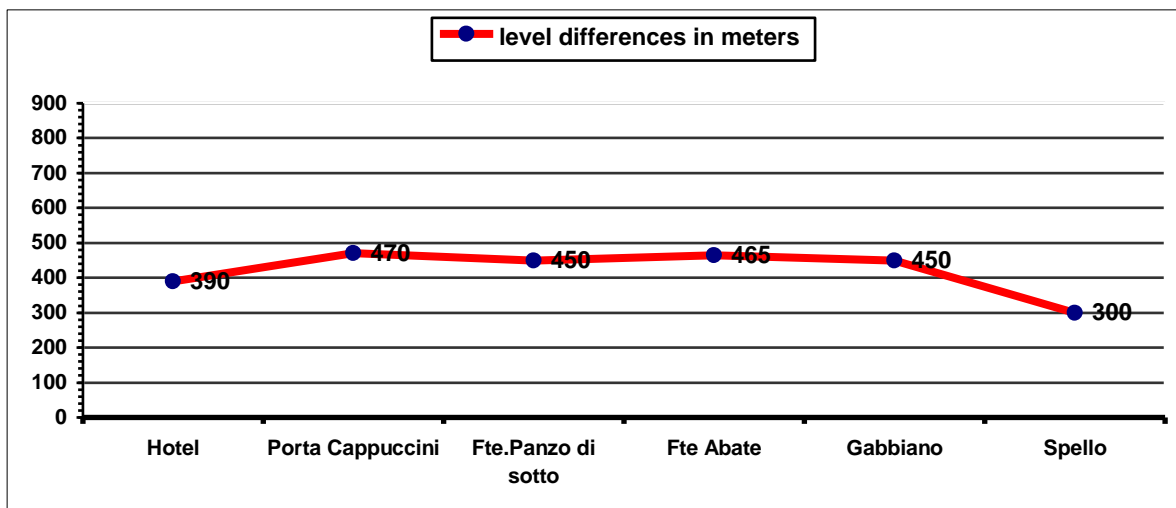
Your hotel is in the new part of town, at only 900 meters from the historical centre. The hotel has rooms with air conditioning and private facilities, a free car park, a bar, spa center, restaurant and swimming pool.

This evening you have a very special romantic dinner in the best restaurant in Assisi, a historic palace with view of Roman mosaics. <http://www.lalocandadelcardinale.com/>

Day 2 Assisi-Spello:

The route follows the slopes of Mount Subasio and involves not much climbing. It is a beautiful walk through olive groves with astounding views. Half way you will pass an organic winery, where you will have a wine tasting and lunch. 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. Don't forget to admire the colourful fresco's by Pinturicchio in the church S.Maria Maggiore. Your 4 star hotel is the centre of Spello and boasts unique views. You have a free day spa for the couple in your hotel in Spello, so when you arrive you can relax and regain energy after the walk.

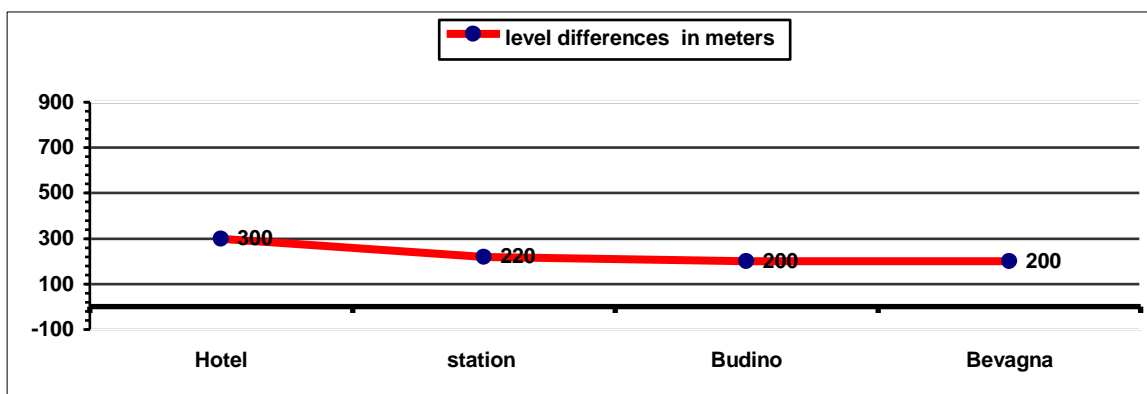
Walking time: 3 hours (about 12 km)



Day 3 Spello – Bevagna:

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 rivers Timia and Topino. 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 2km of 13th to 14th century 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. Do not forget to visit the mosaic of a former Roman baths. Your hotel is near the historic centre of the little town.

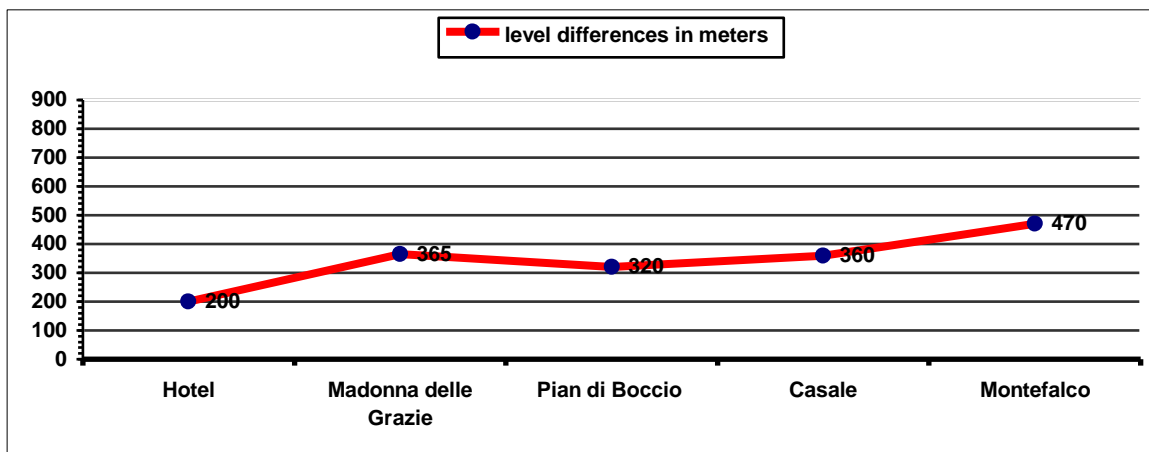
Walking time: 3 ½ hours (about 14 km)



Day 4 Bevagna- Montefalco:

Here you will again 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. 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 housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Do not forget to taste some of the delicious wine in one of the many wine bars.

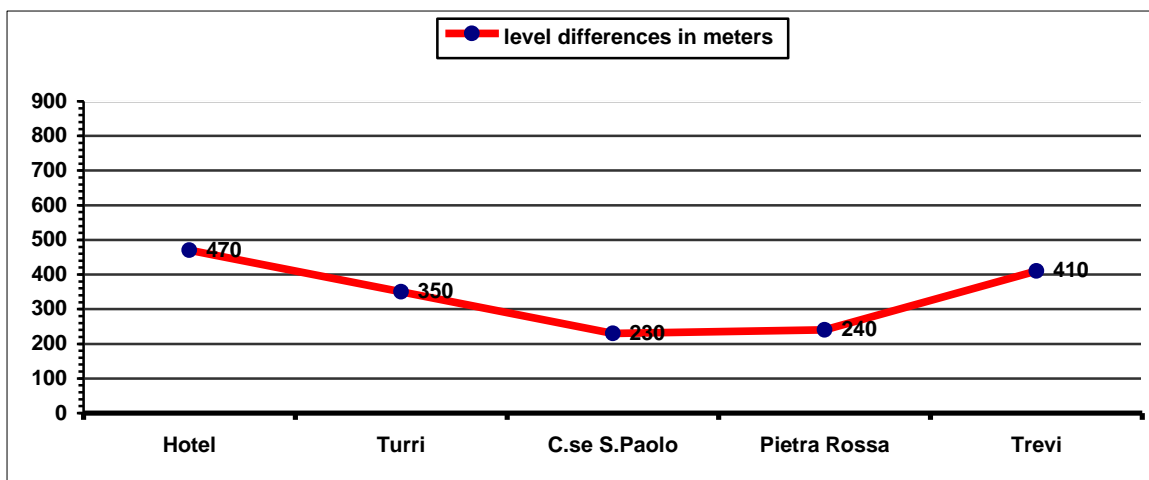
Walking time: 4 hours (about 14 km)



Day 5 Montefalco –Trevi:

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.

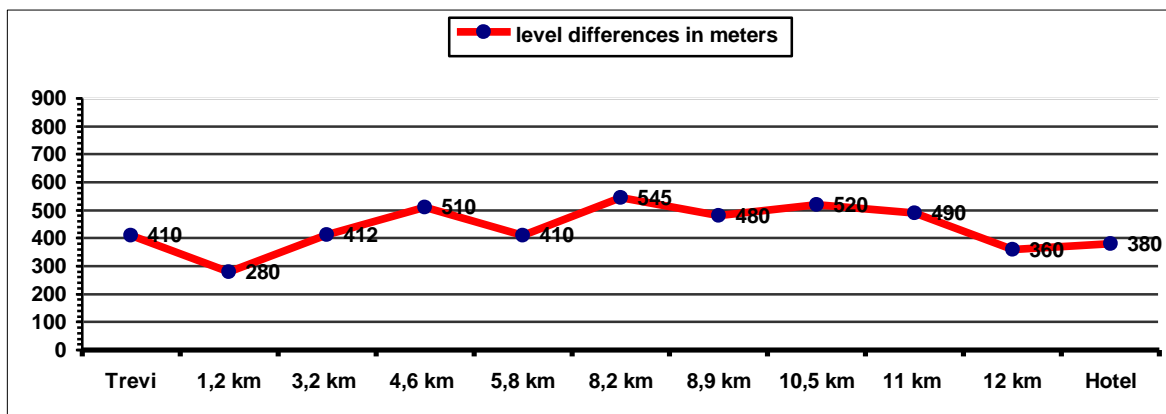
Walking time: 4 hours (about 13 km)



Day 6 Trevi– Poreta

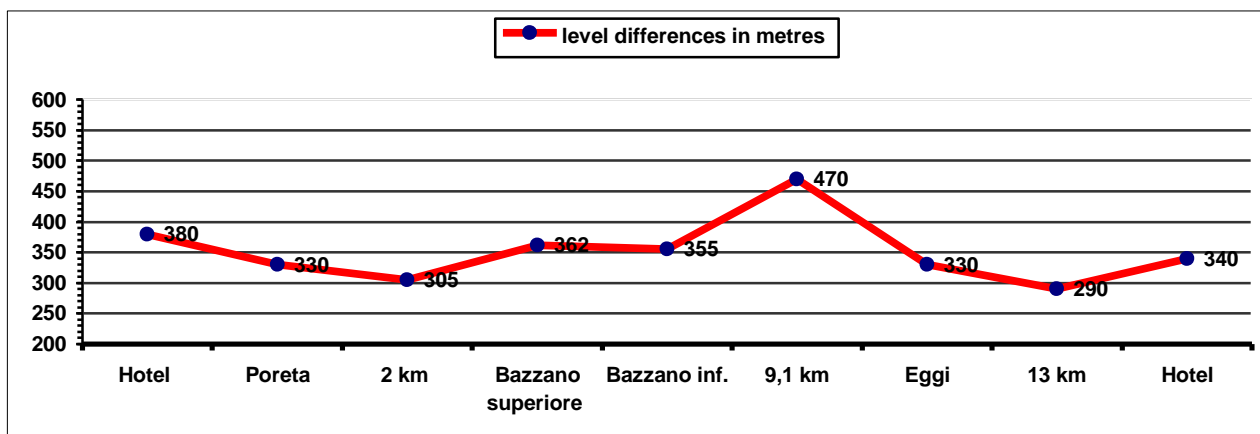
From Trevi you will pick up the pilgrimage route the Way of Saint Francis, which runs from La Verna in Tuscany, crosses Umbria and finishes in Rome. The route will lead you through olive groves and you will have astonishing views of the Valle Umbra.

Walking Time 4 hours 30 min (12,8 km).



Day 7 Poreta - Spoleto:

You leave Poreta and walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every summer (end of June beginning of July). In Spoleto worthwhile to visit are the cathedral, the castle, a Roman house, Roman theatre and many museums. But Spoleto is not only art and culture, but also food & wine! The town has some nice shops with fantastic local products, many cosy bars with terraces and excellent restaurants. Walking Time 5 hours (15,5 km).



Day 8 departure

Transfer from Spoleto to Assisi to pick up your car at the end of the tour 1-4 pax (40,00 Euro to be paid on site)

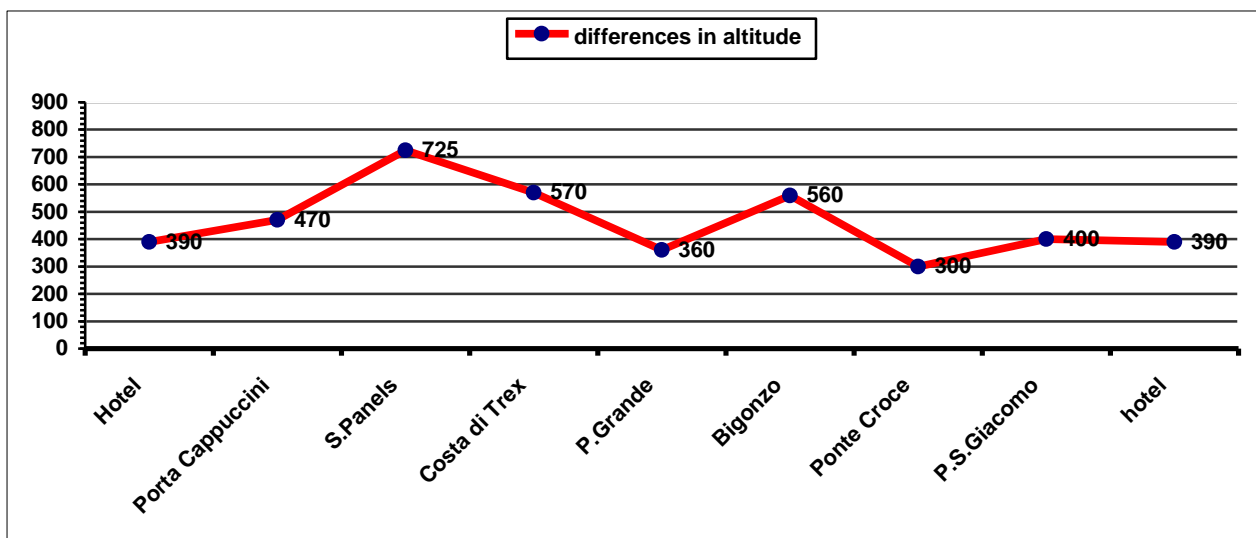
Program 9 days tour:

The 9 day tour has an extra day in Assisi in B&B with a choice of three walks

The cultural town walk will take you round the most important cultural monuments of Assisi, which are mostly connected with the lives of the saints Francis and Clare, who were born 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 of an amphitheatre, 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 St. Damiano (310m a.s.l.). After your visit of this monastery, you can choose to go back to your hotel or to continue your walk downhill to the

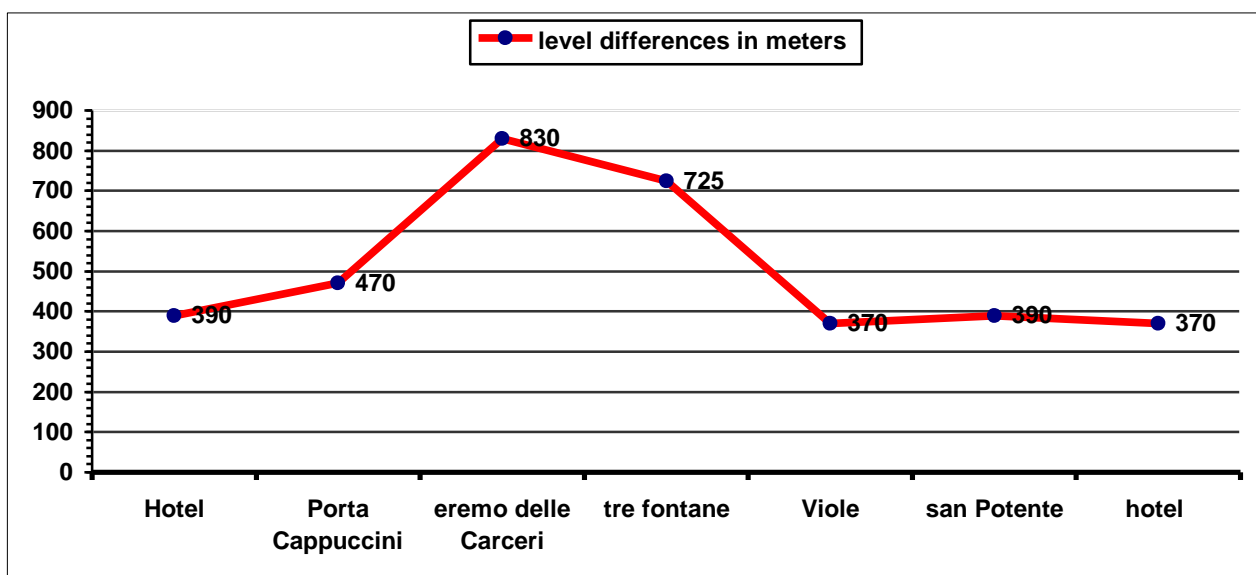
village of S.Maria degli Angel (210m a.s.l.) to visit the impressive basilica. From here the local bus will bring you back to Assisi.
 Walking time 3 – 4 ½ hours

The longer walk through the hills around Assisi starts from the Porta Cappuccini town gate (470m a.s.l.). From here you walk along the walking path 51 till the hamlets of Costa di Trex (570m a.s.l.) and Ponte Grande, where you can enjoy a well-deserved rest in the only restaurant or bar. Your route will then bring you back to Assisi through gentle, rolling countryside. You will enter the town through the Porta S.Giacomo town gate and pass through the old centre of Assisi to walk back to your hotel.
 Walking time 5 ½ hours (about 19 km)



The shorter walk through the natural park of Mount Subasio :

This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates, you walk up 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.
 Distance: 12 km
 Walking time: 4 ore



Prices p.p. 2018 TOUR 8 DAYS 7 NIGHTS

Standard Tour

Price 2018, per Person:
In double room: € 899,00
Half Board Supplement: 148 €

Deluxe Tour

Price 2018, per Person:
In double room: € 1130,00
Half Board Supplement: 180 €

Prices p.p. 2018 TOUR 9 DAYS 8 NIGHTS

Standard Tour

Price 2018, per Person:
In double room: € 956,00
Half Board Supplement (6 x dinner): 148 €

Deluxe Tour

Price 2018, per Person:
In double room: € 1190,00
Half Board Supplement (6 x dinner): 180 €

The price includes:

- 7 or 8 overnight stays with breakfast
- 1 romantic dinner in Assisi
- 6 x dinners (if booked for the half board version)
- Wine Tasting and lunch in a typical winery between Assisi and Spello
- Luggage transportation
- Route instructions (in English, Italian, German or Dutch) and maps
- 7/8 days emergency support hotline
- Route briefing evening of arrival in your hotel
- Tour information
- Ecologico Tours Honeymoon gift

The price doesn't include:

- tourist tax to be paid directly to the hotel (about 1,00-2,00 p.p.p.n)
- transfer from Spoleto to Assisi at the end of the tour (40 euro, to be paid on site)