

## Honeymoon Package: Medieval Umbria walking tour from Assisi to Spoleto



This romantic tour offers the right combination of visiting typical Umbrian towns and walking through exciting colourful 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 Franciscan 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.

**Level of difficulty \*\*:** moderate; walks in hilly countryside without too much climbing and descents; duration of the walks 4-6 hours a day; 12 - 18 km (an average of 3-4 km an hour). On some days you can choose between lighter/shorter and more heavy / longer walks.

**Period:**

Daily, all year round (best period April - June / end of August - October)

**Number of Participants: 2**



**Programme:**

**Assisi-Spoleto**



**Assisi-Spoleto (8 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 Campello and by train to Spoleto
- Day 8 departure

On request it is possible to walk from Spoleto to Assisi

Programme of the walks:



**Day 1 Arrival to Assisi**

Your accommodation is a historical mansion in the heart of Assisi, with stunning views of the Umbrian valley. The inn has rooms with air-conditioning and private facilities, a nice hall across the street where breakfast is served, enchanting views over the valley.

## Day 2 Assisi:

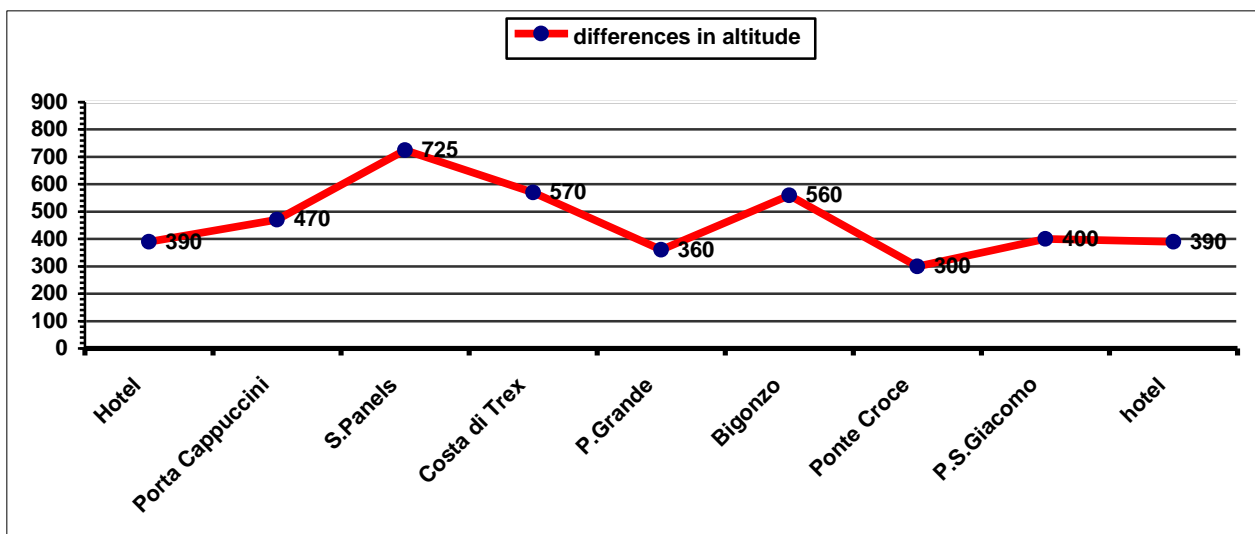
On the first day of walking, you can choose to do a cultural town walk in Assisi, a longer or shorter walk in the surrounding hills. Tonight, you will have a romantic dinner in the historic centre of Assisi.

**The 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 one of the two restaurants or in the 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 center of Assisi to walk back to your hotel.

Walking time 5 ½ hours (about 19 km)

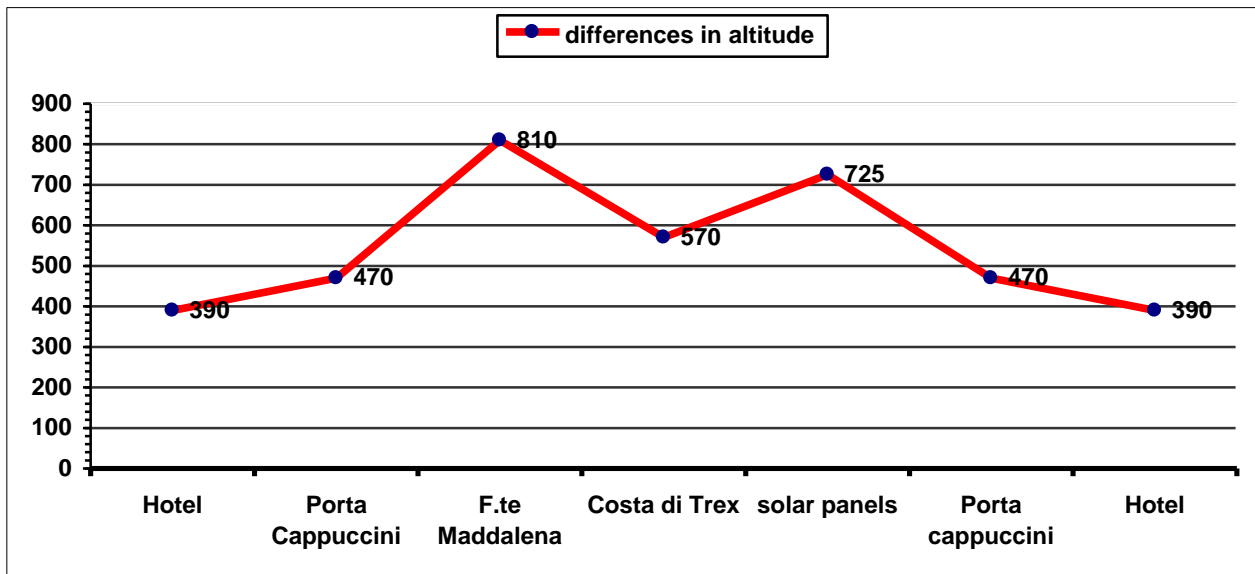


## The shorter walk through the national park of Mount Subasio :

This is a beautiful walk in the shade of the woods of Mount Subasio. From the Porta Cappuccini town gates you walk up to the spring 'Fonte Maddalena' (810m a.s.l.) on Monte Subasio. You then descend to the hamlet of Costa di Trex (570m a.s.l.) and along the walking path 51 you will reach again Assisi.

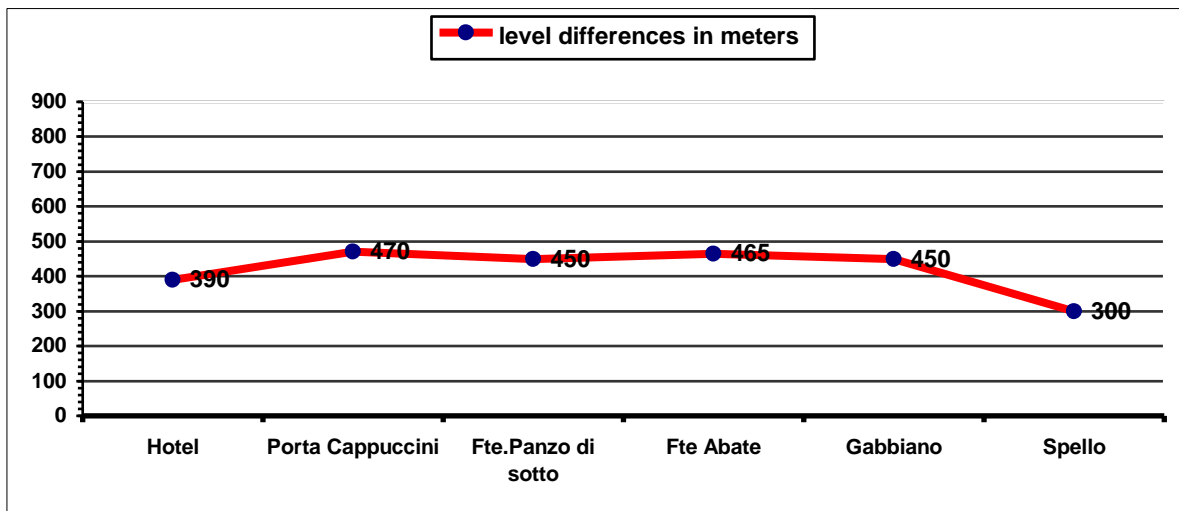
Distance: about 12 km

Walking time about : 4 hours



### Day 3 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. 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 colourful fresco's by Pinturicchio in the church S.Maria Maggiore. Your 4 star hotel is the centre of Spello and boasts unique views. Walking time: 3 hours (about 12 km)

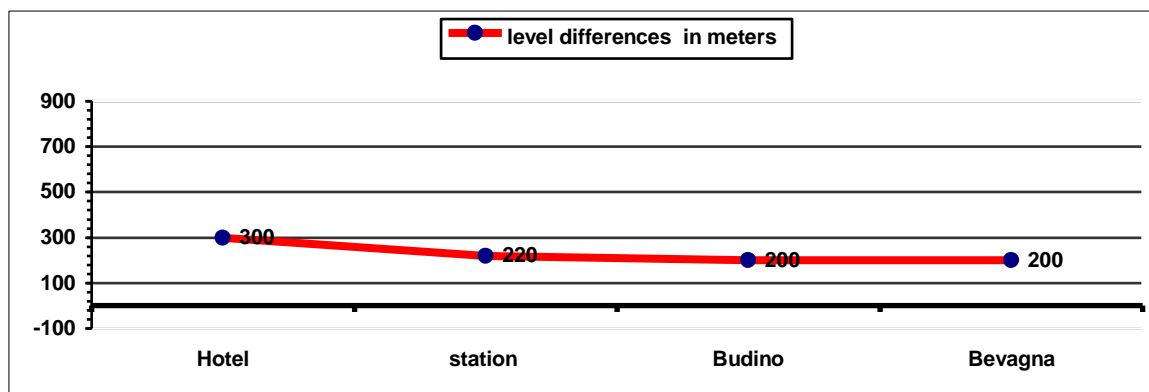


### Day 4 Spello – Bevagna:

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 13<sup>th</sup> to 14<sup>th</sup> 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. Don't

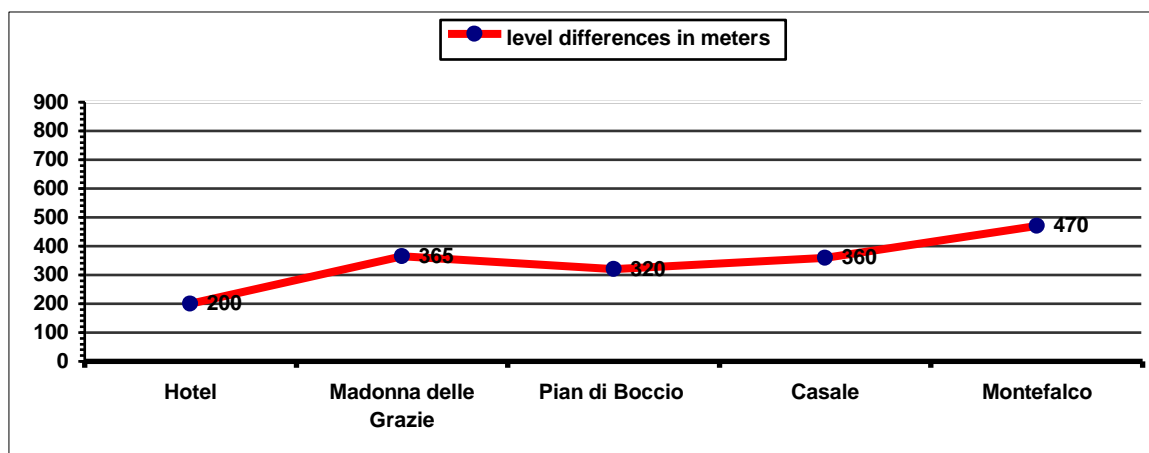


forget to visit the mosaic of a former Roman baths. Your hotel is in the historical center. Walking time: 4 hours (about 16,2 km)



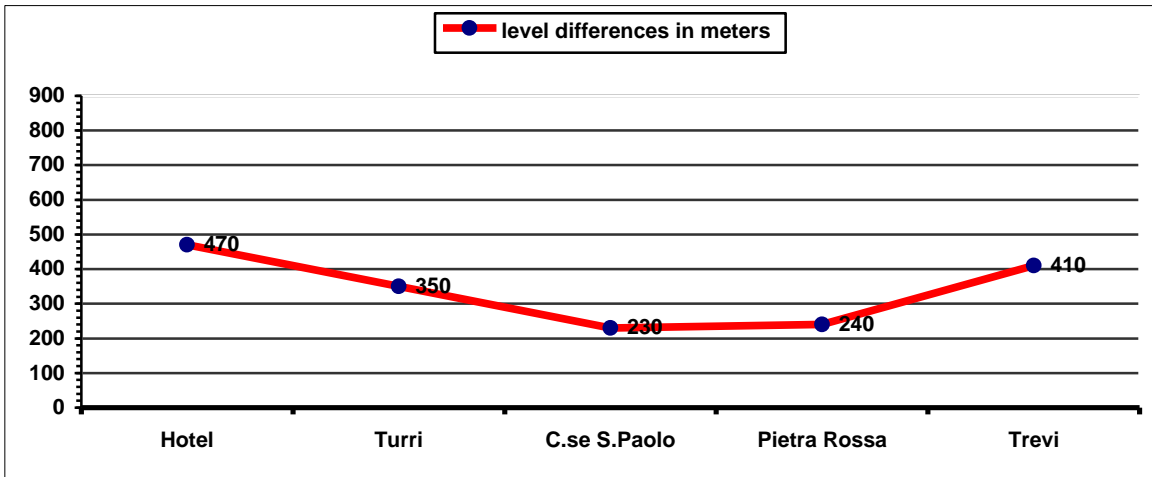
### Day 5 Bevagna- Montefalco:

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 houses, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Don’t forget to taste some of the delicious wines in one of the many wine bars. Overnight stay in a lovely hotel in the centre of Montefalco. Walking time: 4 hours (about 14 km)



### Day 6 Montefalco – Trevi:

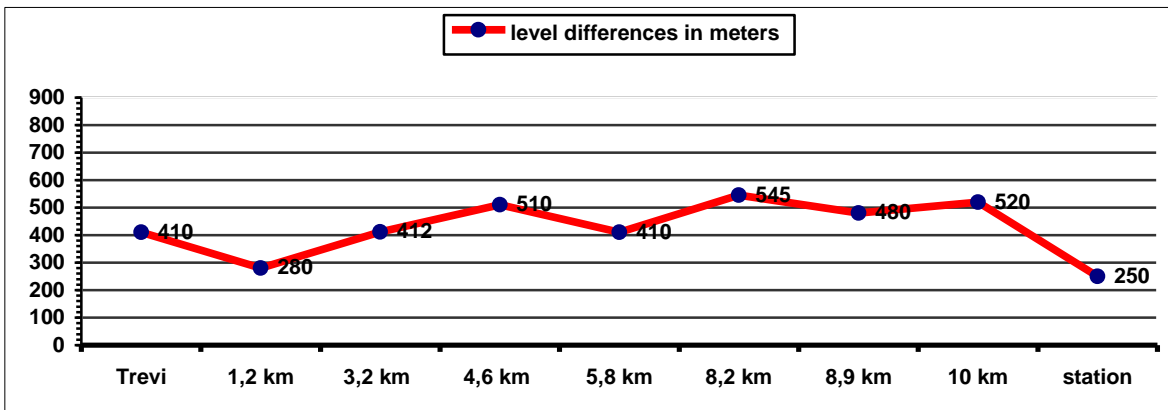
On the way to Trevi (420m a.s.l.), on the lower flank of Mt. Serano overlooking the wide plain of the Clitunno river, your route crosses the fertile valley with its various waterways. Trevi is also called the capital of olive oil and indeed, you will notice that the slopes of the surrounding mountains 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 center of the town. Walking time: 4 hours (about 13 km)



**Day 7 Trevi– Campello and by train to Spoleto:**

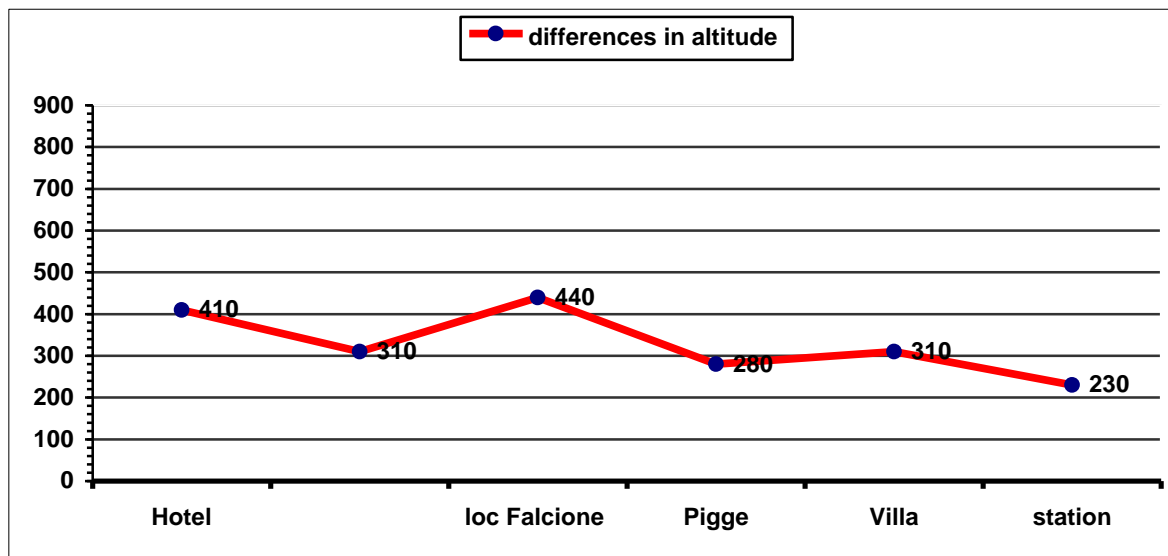
From Trevi the route will lead you through olive groves to the train station in Campello. You have an option for a walk with more or less differences in altitude. The one with more differences will follow mostly the Roman Way (The way of St.Francis) a pilgrimage walking trail which crosses Umbria from the north to the south.

Duration: 5 hrs (12 km)



The lower walk passes through olive groves and typical Umbrian villages like Pigge and Pissignano.

Duration: 4 hrs (about 11 km)



On Sundays these walks aren't possible because Campello has no train connection with Spoleto. As an alternative after breakfast you have a transfer by vehicle to Campello and will walk along the olive grove path till Spoleto (5 hrs; about 15 km). In Spoleto there is a lot to see, including the cathedral with the frescoes of Filippo Lippi and Pinturicchio, a Roman house and a Roman theatre. Also worth seeing are the façade of the church S.Pietro just outside town and, of course, the famous aqueduct bridge Ponte delle Torri. Spoleto is also a very pleasant place just to wander around the friendly little shopping streets with cozy restaurants and bars.

Duration: 4 hrs 45 mins (15 km) or 5 hrs 30 mins (16,5 km)

### Day 8: departure after breakfast

If you have to pick up your car in Assisi. You can take the train to Assisi and then with the city bus you go to the hotel. Or you can take a taxi (about 65,00-70,00 Euro) We can also organize a transfer before 9.15 in the morning (40,00 Euro)

### Hotels DELUXE:

**Assisi: Residenza d'epoca** is situated in the heart of the historic centre of Assisi. The mansion has 7 suites, all with private bathroom, air conditioning, television and telephone. The hotel features a beautiful breakfast room and enchanting views over the valley

**Spello: Hotel \*\*\*\*** is also situated in the historic town of Spello in the upper panoramic zone of the ancient medieval village. The rooms are equipped with air conditioning, telephone, minibar, hairdryer, satellite Tv with foreign channels, pay Tv, free wi-fi internet access and private bathroom with shower in the Standard and Superior Rooms and bath in the Deluxe rooms. Services: bar and restaurant available also for external customers, a wonderful panoramic terrace with external cooling system, Swimmig Pool and Solarium, Wellness Center. Inside the Hotel Restaurant there are some important creations of ceramics, antique furnitures and important paintings from the private collection of Schifano and Norberto Overnight in suite with Jacuzzi

**Bevagna:** an historic villa from the 18th century, located in the historic centre of Bevagna. The residence d'epoca has fourteen rooms and apartments all different and preserving most of their original fittings: antique furniture, paintings, kitchen utensils and little things which have always been there and tell the history of the family giving a special charm to these comfortable spaces. The hotel includes a small wellness area with hot tub and a massage room. The garden is an ideal place to relax in.

or

**Bevagna:** a typical B&B situated in the heart of the historic centre of Bevagna. Suites are large, with country style furnishings, cotto floorings and wooden beams. Suites feature a mix of modern and ancient: furnishings are ancient but there are all modern facilities, CD/DVD player, kitchenette and private bathroom with luxury slippers. In the morning, a full continental breakfast is served. Free wifi.

**Montefalco: Hotel \*\*\*** is situated in the heart of Montefalco, in a historical building in Corso Mameli, near the main square of the town, with great views. The "Hotel degli Affreschi" is the ideal place for a quiet holiday in an authentically medieval atmosphere. Suites feature all modern facilities: air conditioning, free wifi, have modern furnishings and great views.

**Trevi: Residence \*\*\*\***, this beautiful hotel in a 'palazzo' is situated on the highest point of town. The hotel has 34 rooms all with private bathrooms with bathtub or shower, air conditioning, mini bar, color tv with satellite, telephone, PC jack and Internet connection. The hotel has a pool, a restaurant and a bar.

**Spoletto: Spoleto Hotel \*\*\*\*** is situated in the historical centre of Spoleto. The hotel's rooms offer guests a considerable number of amenities including a Wi-Fi internet connection, air conditioning, safe, queen or king size beds and 24-hour room service. There is a lovely inner court, bar and solarium.

**Prices:**

In double room € 1.025,00

**The price includes:**

- Route briefing on evening of arrival
- 7 overnight stays with breakfast
- 1 Romantic dinner in Assisi
- luggage transportation
- route instructions (in English, Italian, German or Dutch) and maps
- 7 days emergency support hotline
- tour information
- train ticket Campello-Spoletto or on Sunday's transfer to starting point of your walk in Campello
- Ecologico Tours Honeymoon Gift
- Wine-tasting
- Local tourist taxes