

Italy

Self-Guided Hiking Tour

Active Journeys



Tour description

Day 1	
Arrive Spoleto	
Day 2	19 km
To Poretta	
Day 3	16 km
To San Luca	
Day 4	15.5 km
To Bevagna	
Day 5	12.5 km
To Spello	
Day 6	17.5 km
To Assisi	
Day 7	
Free day	
Day 8	
Tour ends	

Umbria and Assisi

The paths across Umbria take you through the "green heart of Italy". This is countryside of rolling hills, olive groves, golden wheat fields and small alluvial plains. You also see outcrops of the Apennines, oak forests and vast grassy meadows carpeted in spring with orchids and narcissi. Across the open landscape you find a scattering of ancient stone towns and villages with cobble-stoned lanes. Stay in the well-preserved hilltop towns of Montefalco, Spello and Assisi, all quite different.

The people are renowned for their hospitality and friendliness. They maintain past traditions as part of their everyday lives. This gives Umbria a unique and timeless quality. Taste the fine wine of Rosso de Montefalco, famous since Roman times, or unique cuisine such as cinghiale and tartufi. This walking tour has gentle rolling hills, which though not steep, are somewhat challenging – and thus, very rewarding!

On an independent holiday you explore the countryside at liberty, walking along quiet roads through changing scenery. These holidays offer all the pleasures of hiking point to point. Arrive at a new destination each day, without the hassle of carrying any luggage. Walking distances each day are moderate, allowing you to walk at your own pace and enjoy the countryside. Our detailed route notes and up-to-date maps, combined with the official marker posts ensure that you enjoy your holiday without the worry of finding the routes.



Tour Details

Daily mid-April to 24 June and
August to mid-October

Cost:	\$2395 per person
Single Supplement:	Upon request
Length:	8 days / 7 nights
Grade:	Moderate
Starts:	Spoleto
Ends:	Assisi

Fast Facts

- Lovely accommodations, always with private facilities
- 7 breakfasts and 2 dinners included
- Luggage transport
- Route notes and maps
- Walk from the Etruscan City of Spoleto
- Tranquil meadows, woods, vineyards and olive groves, Italy's "Green Heart"
- Gently rolling hills, with picturesque hilltop medieval towns: Montefalco, Spello and Bevagna

Day 1 Spoleto

Arrive in Spoleto, high in the Umbrian hills overlooking the River Tiber. The splendid Piazza and the old Roman aqueducts are highlights.

Day 2 Spoleto to Poreta 19 km/6 hours

Walk down to the Umbra Valley across follow a scenic disused railway line with long views across the Umbra Valley, then paths that climb and fall between small villages, through woodland, olive groves and farmland. You arrive in Poreta, a quiet little town where life is slow and the people are friendly.

Day 3 To San Luca 16 km/5 hours

Walk from sheep pastures to vineyards and olive groves. This lush, fertile countryside has many wheat and barley fields. From Poreta follow tracks through olive groves, climbing high up to Campello Alto, a delightful medieval hill-top town, with wonderful views. Then descend to the valley, and follow farm tracks to San Luca. Stay at a fine villa surrounded by vineyards producing some of Italy's finest, though little known, red wines made from the Sagrantino grape.

Day 4 San Luca to Bevagna 15.5 km/5 hours

Explore Montefalco by way of the Sagrantino vineyards. Visit the Church of San Francesco with its fine Gozzoli frescoes. In the afternoon, you can walk down through the vineyards and farmland to the walled town of Bevagna. Walk through fertile farmland via the walled town of Bevagna.

Day 5 Bevagna to Spello 12 km / 4 hours

Take a walk around town and then across a broad plain to Spello. It is a Roman/Medieval town. Here you can see the Augustan Gate, the 14th Rocca, the church of Santa Maria Maggiore and frescoes by the famous Pinturicchio.

Day 6 Spello to Assisi 17.5 km / 6 hours

This is the last stage of the walking route. You hike up through scrub and woods to Monte Subasio. Then walk across high meadows and down a stony path (used by St. Francis) to Assisi. An alternate route is alongside the mountain passing Carceri Hermitage to Assisi. There are many highlights of Assisi, including the Basilica di San Francesco with frescoes by Giotto depicting the life of St. Francis.

Day 7 Assisi Free day

Today is a free day to enjoy Assisi, or visit the nearby Franciscan sites of the Carceri hermitage.

Day 8 Departure

Tours ends after breakfast.



What to Expect

What will the weather be like?

The daytime temperature will be warm and sunny. In September, you can expect high 70's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights. Traditionally it does not rain, but it is recommended to bring some rain gear in case.

How many hours of walking a day?

Be prepared to walk between 4-6 hours daily, rarely on flat terrain. The Umbrian countryside is all hills. You are either going up or down almost all the time; however, these are shorter rolling ascents and descents.

How fit do I need to be?

The fitter the better, and some hiking experience is recommended but not required. Settling into these locations which are connected by public transport, allows you the option of taking a day off, not walking, or only doing half the route if you want.

What are the hotels like?

We use charming inns, 3* and 4* accommodations, with twin-bedded rooms, all with private facilities. We have included 2 dinners.

Who will help?

Our route managers look after the luggage transfers. They meet you before you set out on your trip, either on the first day or the morning of the second one. The Route Manager is always on hand to help out in emergencies or difficulties, and is available by cell phone.



Extra Services

Hotels in Rome range from €120 per night to a deluxe 5* property at €450 per night.



Getting There

There are frequent international flights to Rome and Perugia. From Rome and Perugia there are regular trains and bus service to Spoleto.

From Assisi there are frequent trains to Rome, Florence and Milan. Each place en route is connected by public transport.

How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- Deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.