

Trails of Medieval Umbria

Tour Style: European walking holidays

Destination: Italy

Trip code: UMLCL

2 & 4



HOLIDAY OVERVIEW

Nicknamed the “green heart of Italy” for good reason, Umbria rewards with stunning landscapes, deep green valleys, cloud-shrouded mountains, and plentiful Roman and Etruscan towns that set the scene for some incredible walks. Highlights include our hotel location in Assisi within easy access of the Basilica of St Francis sampling wine in Montefalco, and admiring the Bridge of Towers - a colossal structure measuring over 236 metres long and some 80 metres high.

WHAT'S INCLUDED

- Full programme of guided walks led by local HF Holidays Leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Breakfast every morning plus 6 dinners and 5 packed lunches
- Wine tasting experience
- All transport to and from the walks
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Discovering Assisi, birthplace of St Francis
- Getting a taste for Umbrian wine in Montefalco
- Walking through vineyards, olive groves, and woodlands
- Climbing to the treeline of Mount Subasio, known as the holy mountain
- Admiring the Bridge of Towers, a feat of engineering
- Staying at a traditional, family run hotel just minutes from the centre of Assisi

ITINERARY

Day 1: Arrival Day

Transfer to your hotel. Welcome drink and meeting followed by dinner.

Day 2: Assisi

Our first full day is an introduction to the postcard-pretty town of Assisi. We'll follow in the footsteps of St Francis and explore the footpaths of Mount Subasio - Italy's so-called holy mountain.

Option 1 - The Forest of St Francis

Distance: 7.5 miles (12km)

Ascent/Descent: + 1,070ft (326m)/- 1,083ft (330m)

Leaving the hotel, we'll head into the town of Assisi and then the woods of St Francis, following the ancient rocky path at the foot of impressive Basilica of St Francis.

Option 2 - Mount Subasio

Distance: 8.9 miles (14.4km)

Ascent/Descent: 2,585ft (788m)/-157ft (48m)

Today's harder walk takes us into the foothills of Monte Subasio, known as the holy mountain. The scenery changes as you go from town to forest to meadows, full of flowers in spring. After taking in the views from the treeline, we descend on a different path back into the town.

Day 3: Wine Country

Starting in the walled medieval town of Bevagna, we'll set off through the vineyards to Umbria's wine capital, Montefalco - most famous for its Sagrantino red wine.

Option 1 - Bevagna to Montefalco

Distance: 5 miles (8km)

Ascent/Descent: + 1,352ft (412m)/- 157ft (48m)

Take some time to explore Bevagna before following a series of tracks through olive groves and criss-crossing the vineyards for views of the valley. We'll climb into the medieval walled town of Montefalco, where you'll get time to explore this beautiful town known as the balcony of Umbria, and of course the chance to buy and taste its famous wines.

Option 2 - Bevagna Circular via Montefalco

Distance: 11 miles (17.6km)

Ascent: + 1,352ft (412m)/- 1,358ft (414m)

After discovering Bevagna, we'll climb out of town to follow a ridge passing through vineyards, tiny hamlets, and pretty chapels whilst taking in the views. Rest up in Montefalco, where you can sample a glass of local wine at one of the cafes before setting off on a lower trail through the vineyards back to Bevagna.

Day 4: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include:

Spello

You could easily spend the day enjoying Spello. Explore its warren of medieval streets and visit the church of Santa Maria Maggiore to admire frescoes painted by Pinturicchio, Umbria's most famous artist.

Perugia

Alternatively, take the train to the region's capital, Perugia, and head up to the hilltop viewpoint - on a clear day you can see Lake Trasimeno. Explore the subterranean Etruscan temple and wander the traffic-free streets to Piazza V Novembre with its gothic cathedral and impressive fountain. There's no dinner provided on this day so you could have a large lunch in Perugia or head to one of the many restaurants in Spello.

Day 5: Assisi To Spello

This morning our walks depart directly from the hotel and follow the St Francis Way on Monte Subasio to the town of Spello.

Option 1 - Lower Route to Assisi

Distance: 7.5 miles (12km)

Ascent/Descent: + 735ft (224m)/- 1,329ft (403m)

Leaving Assisi, we stick to the lower trail of the St Francis Way along Monte Subasio where there are fantastic views over the Umbra Valley. Making our way through vineyards and olive groves to Spello, we'll eventually pass behind Villa Fidelia – a grand Baroque manor complete with exotic gardens and expansive grounds.

Option 2 - Higher Route to Assisi

Distance: 8.2 miles (13.2km)

Ascent/Descent: +2,165ft (660m)/-2,395ft (730m)

Descent: +2,790ft (850m)

This is our hardest option of the week but certainly worth the effort. As you climb the foothills of Monte Subasio the views over the Umbra Valley are jaw-dropping. We'll pass by the ornate Abbey of San Benedetto before dropping down into Spello.

Day 6: Spoleto And Monteluco

The ancient hillside town of Spoleto is our destination today and a chance to explore this lovely town with two different walking options.

Option 1 – Monteluco and the Bridge of Towers

Distance: 4.5 miles (7.2km)

Ascent/Descent: + 682ft (208m)/ - 732ft (223m)

Our route follows the Via dei Condetti of Monteluco with lovely views of the town of Spoleto. There is free time afterwards to enjoy the cathedral, Roman amphitheatre, archaeological museum, the castle, art museum, and admire the Bridge of Towers.

Option 2 - Monteluco and the St Francis Way

Distance: 9.5 miles (15.3km)

Ascent/Descent: 1,332 ft (406m)/- 1,175ft (358m)

Heading south out of Spoleto, we pick up the old railway line running between Spoleto and Norcia and climb steeply through the Sacred Wood of Monteluco, following the St Francis Way to Monteluco and Le Aie. We'll walk through dense forests overlooking glittering rivers before making our descent back into Spoleto.

Day 7: The Aqueduct Ring Walk

We visit the hilltop town of Spello today with its narrow winding alleys and ancient sandstone houses. We'll pass the impressive Porta Montanara to climb above Spello into the olive groves for views of Monte Subasio and the Vale of Spoleto.

Option 1 - To Collepino and Back

Distance: 7.3 miles (11.8km)

Ascent/Descent: + 1,089ft (332m)/- 1,181ft (360m)

After passing the Porta Montanara, we follow the ancient aqueduct trail that fed water to the town. Admire the views across the valley as you walk through olive-laden fields and onto the pretty village of Collepino. From here you head downhill following a section of the Olive Trail to Spello.

Option 2 - Collepino and Foothills of Subasio

Distance: 8.2 miles (13.2km)

Ascent/Descent: + 1,565ft (477m)/- 1,660ft (506m)

Following the same route as option one to the village of Collepino, you then climb to circle Monte Pietrolungo passing through olive orchards, before taking the Olive Trail back into Spello.

Day 8: Departure Day

It's the final day – we'll depart for Rome Airport, which is about a three-hour drive away.

ACCOMMODATION

Hotel La Terrazza

Surrounded by eye-pleasing views of the countryside and yet just 900m 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 all mod cons including Wi-Fi and air conditioning. As for facilities, the hotel boasts an outdoor swimming pool, a spacious restaurant serving local food and wine, and a full spa - perfect for indulging in post-walk relaxation or a treatment.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone

- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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