# Trails of Medieval Umbria



| Trip style: | Destination: | Walking Grade | Carbon Footprint: |
|---|---|---|---|
| Guided Walking Holidays | Italy | 5 & 7 | 653kg CO2 |

## 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 YOU'LL LOVE

- 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

## WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Assisi
- 7 breakfasts & 7 dinners (2026)
- All in-destination transport

## ITINERARY - 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:** 1,070ft (326m)

**Descent:** 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:** 2,585ft (788m)

**Descent:** 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:** 1,352ft (412m)

**Descent:** 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)

**Descent:** 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.

## 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:** 735ft (224m)

**Descent:** 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:** 2,165ft (660m)

**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**: 682ft (208m)

**Descent**: 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:** 1,332 ft (406m)

**Descent**: 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:** 1,089ft (332m)

**Descent:** 1,181ft (360m)

After passing the Porta Montanara, we follow the ancient aqueduct trailthat 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:** 1,565ft (477m)

**Descent:** 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.

## DAILY WALK OPTIONS




**Moderate walking grade 5**

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.




**Moderate walking grade 7**

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

## ACCOMMODATION

### The BV Grand Hotel Assisi

The BV Grand Hotel Assisi is an elegant four-star hotel set on the slopes of Mount Subasio, enjoying panoramic views across Assisi and the beautiful Umbrian valley. Ideally located for exploring the region, the hotel combines modern comfort with the rich history, culture, and natural beauty.

The hotel offers 155 stylish guestrooms which feature Wi-Fi, minibar and digital safe. The hotel offers excellent leisure facilities including a spa* with heated indoor swimming pool, sauna, steam room, fitness area, and rooftop terrace. Dining is a highlight at the hotel's Giotto Restaurant, where traditional Umbrian cuisine and regional specialities are served alongside local wines.

There is a one-off charge of €8 per person for an amenity kit to access to the hotel pool which includes, towel, slippers and swim cap.

*Charges apply for spa services and are payable locally.

## VACCINATIONS & HEALTH

### Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

## PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

### Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

### Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

## ESSENTIAL INFORMATION

### Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

## JOINING INSTRUCTIONS (WITH FLIGHTS)

### With flights

Book your holiday 'with flights' and you can choose to depart from selected 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)

### Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

## 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 before you travel.

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

### Drinking Water

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Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

## TRIPNOTE VALIDITY

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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