

Trails of Medieval Umbria

Trip style: Guided Walking Holidays

Destination: 📍 Italy

Trip code: UBM07-LCL09

Trip Walking Grade: 1, 2 & 4

Carbon Footprint: 🌳 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

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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 - 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.

Option 2 - 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.

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 - 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.

Option 2 - 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.

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 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.

Option 2 - 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.

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 - 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.

Option 2 - 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 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.

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



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Medium Walks

Long distances in remote countryside and on rough terrain. You can expect some sustained ascents and descents; there may be occasional sections of scree and steep ground.

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.

Sogno di Davide Country House – 13th June 2026 only

Sogno di Davide Country House is an elegant countryside retreat less than a mile from Assisi's historic centre, offering a blend of wellness, nature, and refined comfort. This boutique escape features a panoramic spa, an infinity pool overlooking Umbria, and thoughtfully designed rooms equipped with modern comforts like free Wi-Fi, minibar, kettle, safe, flat-screen TV, and air conditioning.

Useful Holiday 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 (excluding Bhutan, Georgia and India)

Trip 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.

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>

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.

Document produced: 23 July 2026

