



Italy - The Heart of Umbria 2019

7 – Night Self Guided Tour



Moderate 7 nights

A walking tour of Umbria which in 8 days allows you to appreciate both the natural beauties of this area and its artistic treasures as it passes by the main centers and towns of this very special region. This is a mystic land and a great serenity can be felt in the air, in the soft colours of the landscape - the grey of stone houses, the silvery green of olive trees, soft powdery colours of the earth... Walking through this land means giving away to its sweet power and magic.

TOUR ITINERARY

Day 1- Arrival in Perugia, the Capital of Umbria.

Day 2 – Valfabbrica / Assisi Transfer from Perugia to the tour start. The beginning is a bit tough but then it becomes easier. Rolling hills and thick woods are followed by a breathtaking view of Assisi. The dinner is in your hotel within walking distance of the basilica. You can also dip in the pool at the end of the walking day. *(5hrs 30min; 16 km / 180)*

Day 3 - Assisi/Assisi A relaxing day. If you want to walk you can have a 3 hours loop. Have a brisk departure walk by climbing to the Eremo delle Carceri, St. Francis peaceful retreat. At the top of the trail 500 meters from the Eremo there is a lovely picnic spot with tables and benches. Otherwise just visit Assisi, which has a lot more to offer than the St Francis Basilica, with Giotto's amazing frescos. *(Optional circular walk to the Eremo delle Carceri - 3 hours, 10 km / 370 m)*

Day 4 – Assisi / Spello Start from your hotel and walk a trail which cuts through the Subasio Park and unfolds among olive groves to reach Spello, a lovely village with cobbled streets and peaceful squares. Much less tourists and quieter after the crowds in Assisi! You will spend the night in a nice hotel with a view of the whole valley. *(6 hrs, 13 km / 210 m)*

Day 5 – Spello / Spello – A circular loop from Spello to Spello visiting the Subasio mountain and the amazing hamlet of Collepinno. Night and supper in a hotel in Spello. *(4 hrs, 13km)*

Escape the Crowds

Day 6 – Collemancio / Bevagna – A short transfer from Spello to Collemancio (20 minutes by car) where a spectacular walk to Bevagna starts. You will also visit a genuine rustic cellar of Dionigi family (the producers of Sagrantino do Montefalco). The night will be in Bevagna at Palazzo Brunamonti and the supper at Osteria del Podesta close to the hotel. *(5.30 hrs; 16 km)*

Day 7 – Bevagna / Montefalco Walk - A loop in the heart of the best wine area of Umbria. After visiting Bevagna, which is known for its medieval market during the month of June, walk from the town to Montefalco, have a lunch at the enoteca on the Montafalco's main square, sample some wine at one of the best wineries in the area and walk back to your starting point. Gourmet supper at Orto Degli Angeli. Accommodation in the same hotel as the day before. *(14 km / 280 m)*

Day 8 - Departure day; transfer to Foligno railway station from where you can take direct trains to either Rome or Florence.

2019 PRICES AND DATES

€900 per person sharing
+€150 single room supplement on request

The tour is based on a minimum of 2 people participation and you can start at any day.

PRICE INCLUDES

- 7 nights B&B
- Needed transfers
- Luggage transfer at each change of accommodation
- Detailed Road book and maps
- One of our assistants will meet you on the first day (or the next morning if biking or hiking are not in the program for the first day) to explain the tour and answer your questions
- Transfer to Foligno train station on the departure day

WHAT TO BRING

Your enjoyment of your walking holiday will be greatly helped by having the right gear. The following list should help you in planning your packing for your trip.

Footwear: Good footwear is vital for a happy walking holiday! We recommend waterproof, breathable, walking boots with good ankle support. Boots which are “broken in” (i.e. not brand new), teamed with **well fitting hiking socks** will keep your feet snug and dry and help to avoid blisters.

Hiking Clothes

We recommend the “onion look” of layering clothing as the best protection against heat/cold:

- Base Layer –this layer should not retain moisture but transport it away from the skin (there are lots of “wick away” fabrics now on the market.
- Insulation layer – this layer should stop you from losing body heat – fleece is ideal
- Outer Layer – this layer should keep you dry even in a downpour! A **waterproof**, breathable jacket and over-trousers are as important as your comfy boots. You should bear in mind that clothing tends to lose its “waterproofness” over time so if you have had your gear for many years it might be time to treat yourself with a trip to an outdoor store!
- Walking trousers/ shorts (avoid denim)
- Warm hat and gloves for chilly mornings or high mountains
- Sun hat
- Walking stick/pole (a great help on uneven terrain)
- Swimwear

Daypack - a small comfortable rucksack to carry the bits and pieces you will need during the day:

- Water bottle/flask
- Moleskin/plasters/”second skin” – ward off any impending blisters before they become a problem!
- Sun screen
- Camera
- Binoculars
- Mobile phone

GENERAL INFORMATION

Accommodation

You can have a look at these websites for more information on accommodation provided:

<http://www.perugiaonline.com/hotelfortuna/>

<http://www.countryhousetreesse.com/>

<http://web.tiscali.it/trevihotel/>

<http://www.brunamonti.com/it/default.asp>

We do reserve the right to change the accommodation around during the week, but we will always endeavor to provide a high standard.

Money - The unit of currency is the Euro (€), 100 cent = € 1.

Travel Insurance

It is essential to take out holiday insurance to cover cancellation, personal accident, illness, or loss of possessions.

Travel

You can arrive to Perugia train station or the Airport (Ryanair flights from London Stansted). There are regular buses from the airport to the city centre where the first hotel is located. We can organize a private transfer from the Airport to the hotel, please contact our office for price.

Web site on trains in Italy: www.trenitalia.it

Smoking

A no smoking ban has been operated in Italy. You are not allowed to smoke in public places (i.e. pubs, hotels, restaurants, shops, trains and buses etc.). However, you may smoke outside in the open air.