



 self-guided tour

 Hike

 80-87 km

●●○ Medium

Duration: 8 days / 7 nights

## DESCRIPTION

The journey will begin in the beautiful and charming town of Assisi, a well-known pilgrimage destination built on the slopes of Mount Subasio, and will end in Spoleto, a very interesting town with numerous squares, narrow streets, shops selling local specialities and crafts, restaurants and many things to see. Be sure to allow enough time to visit Assisi, built in a dominant position on a hill overlooking the valley. The Basilica of St. Francis is a real gem, with precious frescoes by Giotto, Cimabue, Simone Martini and many other artists. Assisi is not the only jewel on this trip, because there are many others in the Umbrian valley. In fact, over the following days, you will walk and discover Spello, Bevagna, Montefalco, Trevi and Spoleto.

## DETAILED ROUTES

### 📍 Day 1: Assisi

Individual arrival to Assisi. Your hotel \*\*\* is in the new part of town, at only 900 meters from the historical centre. The hotels have rooms with air-conditioning and private facilities, a free car park, a bar, restaurant and swimming pool. The \*\* *star hotel la Terrazza has also a Spa centre. The upgrading hotel \*\*\** is in the old town centre and has no parking facilities

### 📍 Day 2: Assisi - Spello

(approx. 17.4 km / ascent approx. 788 mt, descent approx. 870 m / approx. 6 hours or approx. 10.8 km / ascent approx. 270 m / descent approx. 359 m / approx. 3 hours)

There are two routes to go to Spello: a longer one going uphill to the hermitage Eremo delle Carceri or a shorter one through olive groves along the slopes of Monte Subasio. From the porta Cappuccini a footpath will take you to the hermitage, which is situated at 830m a.s.l. Saint Francis and his companions used to retreat here to meditate in the woods. After St. Francis's death, a monastery was built on this spot. Passing the spring 'Tre Fontane' and the abbey of S. Benedetto you will descend to Spello, walking first through the woods and then through olive groves.

The lower route follows the slopes of Mount Subasio and involves less climbing, but it is also a beautiful walk through olive groves with astounding views. Spello is built on the slopes of Mount Subasio. This little town has Roman origins, as several features including the porta Venere and porta Consolare town gates and the remains of a Roman theatre outside the town walls remind us. Do not forget to admire the colorful frescoes by Pinturicchio in the church S.Maria Maggiore.

### 📍 Day 3: Spello - Bevagna

(approx. 16.3 km / ascent approx. 81 mt, descent approx. 176 m / approx. 4 1/2 hours)

You will leave the hills for a while now and will descend into the valley 'Valle Umbra'. Walking on quiet little country roads you will arrive in Bevagna, which unlike most Umbrian towns isn't built on a hilltop, but rather at the confluence of the rivers Timia and Topino. During Roman times Bevagna was a prosperous town, as it was situated along the busy trade road, the Via Flaminia, which connected Rome with the Adriatic coast. Particularly characteristic are the 2km of 13th to 14th century town walls which surround most of Bevagna. The heart of this town is the square, 'Piazza Silvestri', with its beautiful fountain and two Romanesque churches. Do not forget to visit the mosaic of a former Roman baths. Your hotel is in the historical centre of the village.

### 📍 Day 4: Bevagna - Montefalco

(approx. 12.5 km / ascent approx. 395 mt, descent approx. 166 m / approx. 4 hours)

Here you will again be walking through a slightly hilly landscape, but the olive groves soon make way for vineyards. The hills surrounding Montefalco are famous for the production of excellent wines: Sagrantino and Rosso di Montefalco. To reach the town you have to climb, because Montefalco is -predictable- built on a hilltop. The town is also known as the balcony ('ringhiera') of Umbria, because of its beautiful panorama. The St. Francis church is now a fine museum which housing, among other things, frescoes by the Florentine painter Benozzo Gozzoli. Do not forget to taste some of the delicious wine in one of the many wine bars.

### 📍 Day 5: Montefalco - Trevi

(approx. 13.4 km / ascent approx. 250 mt, descent approx. 305 m / approx. 4 hours)

On the way to Trevi (420m a.s.l.), on the lower flank of Mt. Serano overlooking the wide plain of the Clitunno river,

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your route crosses the fertile valley with its various waterways. Trevi is also called the capital of olive oil and indeed, you will notice that the slopes of the surrounding mountains are covered with evergreen olive groves. Trevi has a dozen medieval churches: the most important are the Romanesque Duomo (S. Emiliano), the shrine of the Madonna delle Lacrime notable for a fresco by Perugino and the former church of S. Francesco, now a museum.

## Day 6: Trevi - Campello Alto

(approx. 10.3 km / ascent approx. 432 mt, descent approx. 358 m / approx. 4 hours)

From Trevi you will pick up the pilgrimage route the Way of Saint Francis, which runs from La Verna in Tuscany, crosses Umbria and finishes in Rome. The route will lead you through olive groves and you will have astonishing views of the Valle Umbra. You will have an overnight stay in Campello Alto in an ex-monastery or close by in a \*\* star hotel with swimming pool.

## Day 7: Campello Alto - Spoleto

(approx. 17.5 km / ascent approx. 541 mt, descent approx. 664 m / approx. 5 hours)

You leave your hotel and walk again along the Way of Saint Francis. Also today, the olive groves will accompany you. You cross Eggi, a typical medieval 'Borgo' and you will reach Spoleto, a pretty hill-town filled with beautiful architecture. It is famous for the Spoleto Festival, which takes place every summer (end of June beginning of July). In Spoleto worthwhile to visit are the cathedral, the castle, a Roman house, Roman theatre and many museums. But Spoleto is not only art and culture, but also food & wine! The town has some nice shops with fantastic local products, many cosy bars with terraces and excellent restaurants.

## Day 8: Spoleto

Individual departure

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## GENERAL INFORMATION

- **Classification:** self-guided tour
- **Duration:** 8 days / 7 nights
- **Distance:** ca. 80-87 km
- **Starting point:** Assisi
- **Arrival:**

**By train:** Assisi station. Information and timetables at <https://www.trenitalia.com/>. **By car:** route planner at [www.viamichelin.it](http://www.viamichelin.it), <https://www.google.com/maps/>

- **Accommodation:**

Standard: Hotels 3\*\*\* category, Spoleto 4\*\*\*\*category

Superior: Hotels 3\*\*\* and partly 4\*\*\*\*category

**Attention:** Tourist tax – if requested – has to be paid on the spot!

- **Transfer:**

Transfer from Spoleto to Assisi to pick up your car at the end of the tour 1-4 pax (€ 45.00 to be paid in loco)

## INCLUDED SERVICES

- 7 overnight stays with breakfast
- 1 dinner /excl. drinks) in Campello Alto
- luggage transportation
- PDF route instructions (in English or Italian) and maps
- Access Ride with GPS App (1 per room) with GPS-tracks and tour information
- emergency support hotline
- route briefing evening of arrival in your hotel between 18.30 and 19.30

## NON INCLUDED SERVICES

- Anreise zum Startpunkt der Tour
- Rückfahrt am Ende der Tour
- Getränke, Kurtaxe und alle Extras
- Mittagessen, Abendessen (falls nicht gebucht)
- Nicht genannte Eintritte
- Reiseversicherung
- Alles nicht ausdrücklich unter dem Punkt „Inkludierte Leistungen“ genannte

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## STARTING DATES

Available - arrival possible
Not Available
Available for groups from 6 persons and on request

### April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## PRICES

### Standard (La Terrazza)

Package price in a double room 754 €

Package price high season 754 €

Single room surcharge 245 €

Half board supplement 165 €

### Additional services

no bike 0 €

### Superior

Package price in a double room 913 €

from 01/04/2026 to 31/10/2026

Package price high season 913 €

from 01/04/2026 to 31/10/2026

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Single room surcharge	369 €
Half board supplement	175 €
<b>Additional services</b>	
no bike	0 €