

FLOWERS OF UMBRIA

FEATURES

- One of the most beautiful areas of Europe – limestone with an astonishing variety and profusion of flowers
- Carpets of wild narcissi and yellow tulips; extensive patches of bell gentsians and a profusion of orchids
- Some rare species, including variants and some interesting hybrids of orchid
- Fine Romanesque churches, not least the outstanding abbey of San Pietro in Valle, where we stay

ITINERARY

Day 1 After arrival at Rome Fiumicino airport we travel by road (2.5 hrs) to the Nera Valley in Umbria, and the monastery of San Pietro in Valle, where we spend 3 nights. Opportunities for visiting the abbey church with its remarkable frescoes and the tombs of the Longobard dukes of Spoleto.

Day 2 We walk along the Nera Valley, with its swift flowing river, fertile meadows and abundance of flowers, including lizard orchids (6.5 miles, 3 hrs).

Day 3 We visit a remote frescoed Romanesque church (an ATG Trust project) then walk through mountain meadows enjoying a profusion of flowers (3.5 miles, 3 hrs). Optional afternoon walk along a flower-strewn lane with lovely views across the Nera Valley (3 miles).

Day 4 We drive (1 hr) to visit the abbey of Sant'Eutizio and walk along the picturesque Campiano valley (4 miles, 2.5 hrs) before continuing to the walled medieval town of Norcia in a valley of the Monti Sibillini, where we spend 4 nights.

Day 5 A drive (35 mins) brings us to the rim of hills overlooking the Piano Grande, a grassy highland plain, where we walk and discover a range and profusion of flowers (3.5 miles, 3 hrs), before visiting the village of Castelluccio.

Day 6 We walk along the pretty wooded fringes of the plain of Santa Scolastica, enjoying gentle farmland and birdsong (5 miles, 2.5 hrs). Free afternoon to visit the town's lovely churches, museums – and gastronomic shops!

Day 7 We drive into the Monti Sibillini (40 mins) to walk and enjoy a profusion of flowers and views in the high hills (3.5 miles, 3 hrs). On our return we pause to explore the grassy scree slopes of Monte Vettore (8,123ft / 2,476m) where trumpet gentians and other interesting species grow.

Day 8 We return by road to Rome Fiumicino airport (3 hrs).

8 DAY TRIP

- Destination airport: Rome Fiumicino
- Fitness: 25+ (see pages 14–15)
- Days of walking: 6
- Shortest / Longest day's walk: 2.5 / 3 hrs

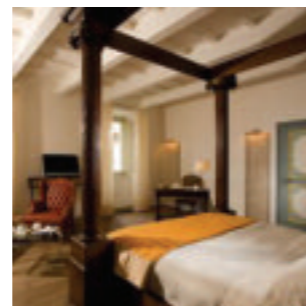
ACCOMMODATION

NIGHTS 1–3
Ferentillo



Abbazia di San Pietro in Valle
Residenza d'Epoca

NIGHTS 4–7
Norcia



Palazzo Seneca
★★★★

For extension hotels in Norcia,
Spoleto and Rome see pages 160–161

FOOD

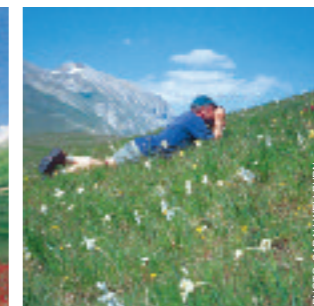
Delicious food, with black Umbrian truffles of Norcia; trout from the rushing river Nera; world-famous Castelluccio lentils; and of course, *Norcineria* – hams and salami for which the area is famous.

ACRES OF FLOWERS IN IDYLIC SETTINGS

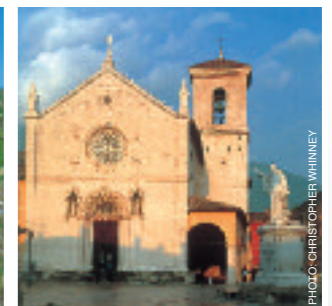
In the east of Umbria is one of the most remote and beautiful areas of Europe, where high open pastures enclose a vast and unspoilt flower-filled highland plain, and the sheltered valleys harbour many unusual species of flowers.



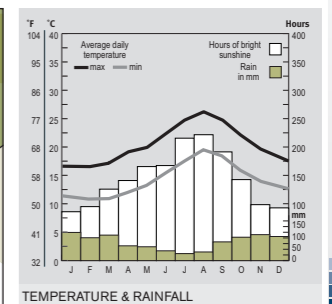
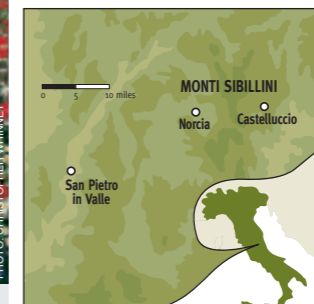
AN ASTONISHING PROFUSION OF FLOWERS



UNSPOILT FLOWER-FILLED HIGHLAND PLAINS



THE MEDIEVAL WALLED TOWN OF NORCIA



TEMPERATURE & RAINFALL

TERRAIN

Woodland, sheep and mule tracks, dirt roads and high, open grassland with wide views. Wonderful grassy meadows and well-made tracks.

DATE

2012
TRIP DATE
19th May to 26th May

PRICES

(excluding flights)
£2,375 / \$4,155

DFS supplement
(per night)
£24 / \$42