

# WAY TO ASSISI

## FEATURES

- Superlative frescoes
- Flower-filled outcrops of the Apennines
- Magnificent Sagrantino wines
- Delicious Umbrian cuisine

## ITINERARY

**Day 1** From Rome Fiumicino airport we travel by road to the city of Spoleto (2 hrs, 15 mins).

**Day 2** From Spoleto we walk across hills and through olive groves with long views across the Umbra Valley, to the village of Poreta (11.5 miles, 6.5 hrs).

**Day 3** From Poreta we follow tracks through olive groves, climbing high up to Campello Alto, a delightful medieval hill-top town, with wonderful views. We then descend to the valley, and follow farm tracks to San Luca (9.9 miles, 5 hrs). We stay at a fine villa surrounded by vineyards, and discover some of Italy's finest, though little known, red wines made from the Sagrantino grape.

**Day 4** We walk up through the Sagrantino vineyards to hilltop Montefalco, 'the balcony of Umbria'. We visit the Church of San Francesco before continuing on down through renowned vineyards to the walled town of Bevagna (9 miles, 5 hrs).

**Day 5** After visiting Bevagna's Roman theatre and baths, we walk across the valley to Spello where there is time to explore the Roman and Medieval town (7.1 miles, 3.5 hrs).

**Day 6** We set off early to climb the high flower-filled pastures of Monte Subasio (1,290m / 4,232ft), or take a ride to near the top, before descending a mountain spur to Assisi (11 miles, 2.5 + 4 hrs).

**Day 7** Free day to explore Assisi, or visit the nearby Carceri hermitage, San Damiano or Santa Maria degli Angeli.

**Day 8** Return to Rome Fiumicino airport by road (3 hrs).

## FOOD & WINE

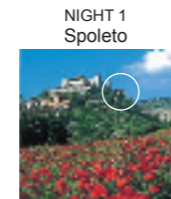
Restaurants of distinction and a wide range of hearty Umbrian dishes. Original seasonal recipes with game, mushrooms, asparagus, artichokes and black truffles.

Orvieto has one of Italy's finest white wines, and DOC whites from the Colli Martani in pure grape varieties. Montefalco is renowned for being one of Italy's most innovative wine-making areas, especially Rosso di Montefalco and Sagrantino DOCG, with its incomparable Passito variety.

## 8 DAY TRIP

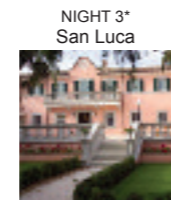
- Destination airport: Rome Fiumicino
- Fitness: 30+ (2 days 35+) (see pages 14–15)
- Days of walking: 5
- Shortest / Longest day's walk: 3.5 / 6.5 hrs

## ACCOMMODATION



NIGHT 1  
Spoleto

Gattapone  
★★★★



NIGHT 3\*  
San Luca

Villa Zuccari  
★★★★



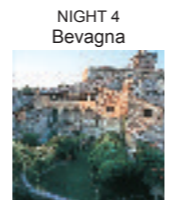
NIGHT 5  
Spello

Palazzo Bocci  
★★★★



NIGHT 2  
Poreta

Borgo della Marmotta  
Agriturismo



NIGHT 4  
Bevagna

Orto Degli Angeli  
Residenza d'Epoca



NIGHTS 6 & 7  
Assisi

Nun Assisi  
★★★★★

\* For the 26th May departure Night 3 is at the Villa Panbufetti in Montefalco.

*Extend your trip to explore Spoleto - its fine cathedral, churches and Roman forum... or in Assisi or Rome*

For extension hotels see pages 160–161

## MEDIEVAL HILL TOWNS, ART & LANDSCAPE

We walk through olive groves, vineyards and flower-filled meadows of the Apennines, to visit – and spend nights in – wonderfully preserved, small walled medieval towns – each with Roman sites, ancient alleys and fine churches, some with outstanding frescoes. We travel from the ancient walled city of Spoleto, through medieval Montefalco and Roman Spello, then descend along a path, regularly used by St Francis, to historic Assisi, visiting its fine monuments and religious sites.



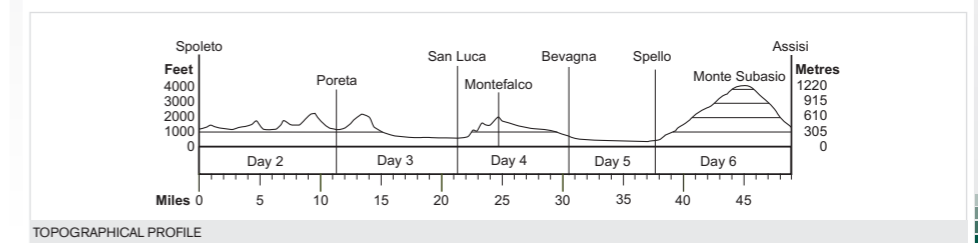
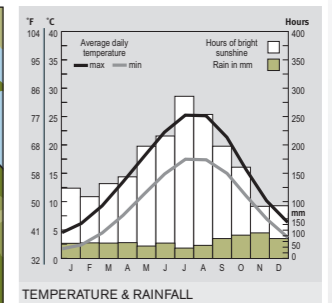
FARM TRACKS FROM ROMAN SPELLO



'LIFE OF ST FRANCIS' BY BENOZZO GOZZOLI



MAGNIFICENT SAGRANTINO WINES



## TERRAIN

Farm tracks, mule paths, dirt roads, stony tracks. Springy turf across Monte Subasio. Some steep ascents and descents.

## DATES

**2012 TRIP DATES**  
19th May to 26th May  
26th May to 2nd Jun  
22nd Sep to 29th Sep  
29th Sep to 6th Oct

## PRICES

(excluding flights)  
£2,795 / \$4,890

DFS supplement (per night)  
£44 / \$77