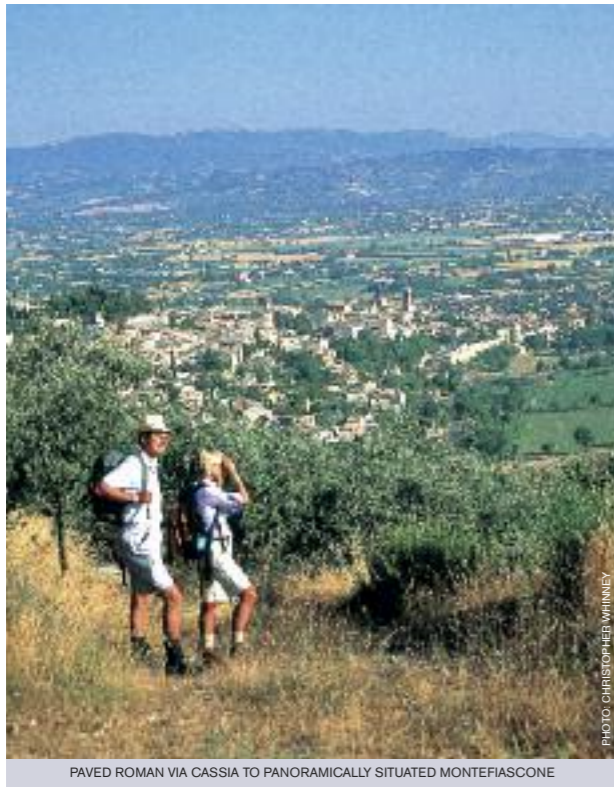


Umbria & Assisi

8 or 5 Day Trip
Independent Walking up to 48.6 miles

Route Open • 16th Apr to 18th Jun; 27th Aug to 16th Oct



PAVED ROMAN VIA CASSIA TO PANORAMICALLY SITUATED MONTEFALCO

PHOTO: CHRISTOPHER WHITNEY

Features

- Walk from Spoleto to Assisi, the birthplace of St Francis
- Tranquil meadows, woods, vineyards and olive groves – Italy's 'green heart'
- Superlative frescoes
- Flower-filled outcrops of the Apennines
- Magnificent Sagrantino wines
- Delicious Umbrian cuisine

Itinerary

Day 1 • Arrive in Rome

Day 2 • Spoleto to Poreta

From Spoleto, walk through olive groves with long views across the Umbra Valley, to the village of Poreta (11.5 miles, 5.5 hrs).

Day 3 • Poreta to San Luca (5 day itinerary – Arrive at Montefalco)

Follow small lanes and farm tracks across the valley towards vine-covered hills and the walled medieval town of Montefalco. 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 (9.9 miles, 5 hrs).

Day 4 • San Luca to Bevagna (8-day) (5 day itinerary – Montefalco to Bevagna)

Walk up through the Sagrantino vineyards to hilltop Montefalco, 'the balcony of Umbria'. Visit the Church of San Francesco before continuing on down through renowned vineyards to the walled town of Bevagna (9 miles, 5 hrs).

(5-day itinerary: 5.4 miles/2.5 hrs)

Day 5 • Bevagna to Spello

After visiting Bevagna's Roman theatre and baths, 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 • Spello to Assisi

Set off early to climb the high flower-filled pastures of Monte Subasio (1,278m / 4,192ft), or take a ride to near the top, before descending a mountain spur to Assisi (11.2 miles, 6 hrs).

Day 7 • Free day in Assisi

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

Day 8 • Departure day

Or extend your holiday in Assisi or Rome. See pages 68-69 for rates.

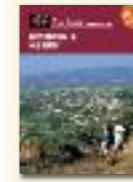
5 DAY ITINERARY: MONTEFALCO TO ASSISI

CYCLING ITINERARY ALSO AVAILABLE SEE PAGES 64-67 FOR DETAILS



Umbria & Assisi Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.



Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Good food everywhere along the route, and several very distinguished restaurants. The cuisine of the area is renowned for its delicate and subtle flavours. Game, mushrooms, asparagus, artichokes, and both black and white truffles.

Superb wines of Montefalco using the unique Sagrantino grape. Try Sagrantino Passito (possibly Italy's finest dessert wine).

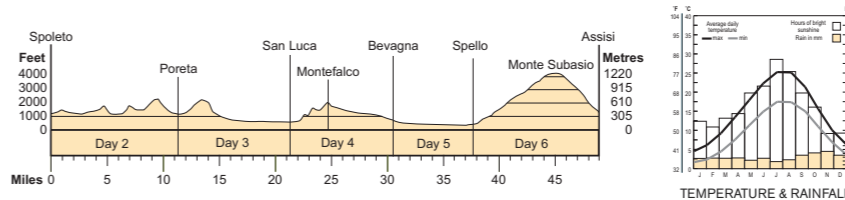
For further information on food & wine see page 11.

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.

Terrain

Fitness: 30+ (2 days 35+) (see page 12 for fitness calculation)

Strade bianche (small gravel roads), woodland paths, grassy meadows and forest paths/tracks.



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
● 8 Day Standard	● £ 885 / \$1,550	● £30 / \$ 53
● 8 Day Superior	● £1,325 / \$2,320	● £63 / \$110
● 5 Day Standard	● £ 485 / \$ 850	● £26 / \$ 46
● 5 Day Superior	● £ 710 / \$1,245	● £63 / \$110

Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See pages 68-69 for extension hotel rates in Assisi and Spoleto.

Accommodation

- NIGHT 1** ● **SPOLETO**
Aurora
★★★★
Friendly, comfortable hotel in quiet medieval quarter
- NIGHT 1** ● **SPOLETO**
Il Gattapone
★★★★
Hotel overlooking gorge and medieval aqueduct
- NIGHT 2** ● **PORETA**
Borgo della Marmotta
HB
Agriturismo
An authentic, luxurious farm resort
Superior rooms are larger
- NIGHT 3** ● **SAN LUCA (8-day)**
Villa Zuccari
HB
★★★★
Well-appointed hotel in a beautiful Umbrian setting
Superior rooms
- NIGHT 3** ● **MONTEFALCO (5-day)**
Villa Pambuffetti
B&B
★★★★
Charming hotel in tranquil setting with spectacular views
Superior rooms
- NIGHT 4** ● **BEVAGNA**
Brunamonti
B&B
★★★
Comfortable hotel in medieval centre
- NIGHT 4** ● **BEVAGNA**
Orto Degli Angeli
B&B
Residenza d'Epoca
A luxurious, ancient hotel with a real Italian touch
- NIGHT 5** ● **SPELLO**
Il Cacciatore
B&B
★★★
Family-run hotel with terrace and views
- NIGHT 5** ● **SPELLO**
Palazzo Bocci
B&B
★★★★
Stylish hotel centrally located in the old town
- NIGHTS 6 & 7** ● **ASSISI**
Subasio
B&B
★★★★
Centrally located with spectacular views
- NIGHTS 6 & 7** ● **ASSISI**
Nun Assisi
B&B
★★★★★
Stunning new hotel in the heart of Assisi

NUMBER OF NIGHTS HB (DINNER INCLUDED)
8 DAY • Standard: 2 / Superior: 2
5 DAY • Standard: 0 / Superior: 0

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS