

Unknown Umbria & Spoleto

8 or 5 Day Trip
Independent Walking up to 54.1 miles

Route Open • 1st May to 18th Jun; 27th Aug to 16th Oct



THE PIANO GRANDE - FILLED WITH FLOWERS IN SPRING

PHOTO: CHRISTOPHER WHINNEY

Features

- Walk from the medieval town of Norcia to the city of Spoleto
- Enjoy one of the least visited and most beautiful areas of Europe
- Rounded peaks of Monti Sibillini and Piano Grande – filled with flowers in spring
- Superb medieval towns, Romanesque monasteries, shrines and frescoed churches
- Elegant approach to the medieval city of Spoleto, via its arched 14th century bridge

Itinerary

Day 1 • Arrive in Norcia
Day 2 • Free day around Norcia (5 day itinerary – Arrive in Norcia)
 Travel by road to picturesque Castelluccio (4,000 ft) and walk across the Piano Grande, the most inspiring highland plain in Europe, then back down to Norcia. (10.2 miles, 5 hrs). Alternatively explore Norcia, its central piazza with church of St Benedict (480–543 AD) and medieval town walls.

Day 3 • Norcia to Roccaporena
 Follow farm tracks across low hills to the small town of Cascia and churches with 14th century frescoes. Then follow an ancient pilgrim path along the gorge to Roccaporena, birthplace of St Rita, patron saint of desperate causes (12.7 miles, 6.5 hrs).

Day 4 • Roccaporena to Scheggino
 Cross hills with oak woods famous for their truffles to Gavelli, with fine frescoes restored by the ATG Trust. Follow an old (dirt) road steeply down to Scheggino. If staying at San Pietro in Valle, the Route Manager can arrange a taxi (10 mins) (12.9 miles, 6.5 hrs).

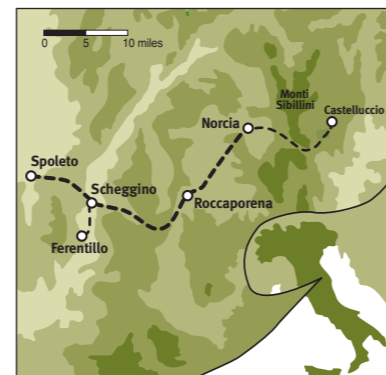
Day 5 • Scheggino to San Pietro in Valle
 Optional walk along the Valnerina Valley to the superb monastery of San Pietro in Valle, founded in the 5th century, with frescoes, Roman decorative fragments and sarcophagi of 8th century Lombard dukes (6.1 miles, 2.5 hrs one way).

Day 6 • Scheggino to Spoleto
 Follow the route of a disused, but once famous railway – a remarkable example of 19th century engineering. Descend through chestnut woods and olive groves to enter Spoleto across the Ponte delle Torri, the most elegant approach on foot to any city in Europe (9.1 or 12.1 miles, 4.5 or 6 hrs).

Day 7 • Free day in Spoleto
 Explore the medieval city, its 12th century cathedral with frescoes by Fra Filippo Lippi, and important Romanesque churches. The Spoleto festival takes place during the first two weeks of July.

Day 8 • Departure day, or...
 Continue with a further 8 days (47.3 miles) of walking from Spoleto to Assisi – see *Umbria & Assisi* (pages 54-55).

5 DAY ITINERARY:
ONE NIGHT IN EACH HOTEL ON ROUTE



Unknown Umbria & Spoleto 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

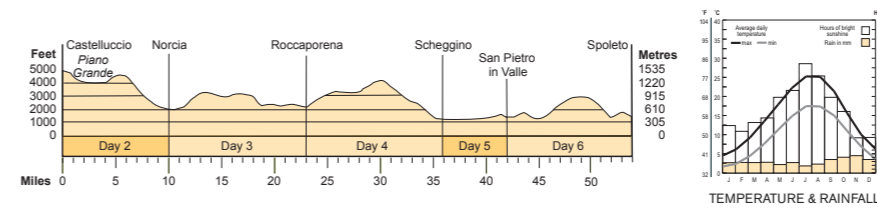
Truffle country! Noted for the superb *Tuber Melanosporum* of Norcia and Norcineria (the superb hams and salami of Norcia that have given their name to a generative term for cured meats used throughout Italy). Fresh trout from streams, game, lamb, sheep's cheese and noted green lentils. *Si mangia bene!*

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: 35+ or 45+ (see page 12 for fitness calculation)

Woodland, sheep and mule tracks, dirt roads and ways over high open grassland with wide views. In the Monti Sibillini the route includes grassy ridges and well made tracks on most ascents and descents. Some steep, stony paths. **Sticks/poles strongly recommended.**



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	• £ 850 / \$1,490	• £25 / \$44
• 8 Day Superior	• £1,100 / \$1,925	• £32 / \$56
• 5 Day Standard	• £ 485 / \$ 850	• £10 / \$18
• 5 Day Superior	• £ 595 / \$1,040	• £14 / \$25

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 Norcia, Spoleto or Rome.

Accommodation

- NIGHTS 1 & 2** **NORCIA** **Grotta Azzurra** **★★★★**
Characteristic hotel with renowned restaurant
- NIGHTS 1 & 2** **NORCIA** **Palazzo Seneca** **★★★★**
Elegantly restored palazzo in town centre
- NIGHT 3** **ROCCAPORENA** **Roccaporena** **★★★**
Basic rooms in pilgrim hotel
- NIGHTS 4 & 5** **SCHEGGINO** **Del Ponte** **★★**
Beside medieval village and river, with renowned restaurant **STANDARD & 5-DAY SUPERIOR**
- NIGHTS 4 & 5** **FERENTILLO** **Abbazia di San Pietro in Valle** **RESIDENZA D'EPOCA**
Beautifully restored Romanesque abbey **8-DAY SUPERIOR ONLY**
- NIGHTS 6 & 7** **SPOLETO** **Aurora** **★★★★**
Friendly, comfortable hotel in quiet medieval quarter
- NIGHTS 6 & 7** **SPOLETO** **Gattapone** **★★★★★**
Hotel overlooking gorge and medieval aqueduct
- EXTENSION** **ROME** **D'Inghilterra** **★★★★★**
Central hotel in elegant 17th century palazzo
- EXTENSION** **ROME** **Manfredi** **★★★★**
Central hotel in 16th century building furnished with antiques
- EXTENSION** **ROME** **Cesari** **★★★**
Quietly situated near Pantheon in central Rome

NUMBER OF NIGHTS HB (DINNER INCLUDED)
 8 DAY • Standard: 5 / Superior: 1
 5 DAY • Standard: 3 / Superior: 2

- STANDARD OPTION
- SUPERIOR OPTION
- STANDARD & SUPERIOR OPTIONS