



Hidden Umbria

7-day tour

Day 1 Sunday

Transfer to Montefalco & Town Walk

LD

You will be met at the main entrance to Foligno station at 11am and transferred to your accommodation near Montefalco in the Umbrian countryside, arriving in time for lunch. After settling in we will walk up to the ancient walled town of Montefalco, through its medieval gates and on to the piazza where you will be introduced to your host town, exploring arches, towers and cobbled back streets and enjoying a welcome drink at dusk in the delightful central piazza with glimpses of the characteristic patchwork landscape beyond.

Dinner is at the accommodation every evening. Station transfer: 30 mins.

Walking time: 1,5 hours town walk, very easy

Day 2 Monday

Bevagna

BD

We start with a downhill walk from the guest-house admiring the panorama across the patchwork landscape of the Umbrian valley, then continue on a long flat tree-lined path beside a stream, passing an ancient mill, vineyards and olive groves to the serene and handsome medieval town of Bevagna. Free time for lunch in the town and an optional return walk back to the guesthouse or spend the afternoon in Bevagna with transport to the accommodation when required.

Walking Time: Morning 3 hours. Optional afternoon, same route uphill.

Day 3 Tuesday

Saint Francis' Hermitage Trail, Assisi

BD

Transport is provided to St. Francis' Hermitage on Monte Subasio from where we walk down to the town of Assisi following the legendary trail of Saint Francis, Italy's favourite saint. Walking at a good pace, one can see almost all the sights of Assisi in one day. In the afternoon there is free time in the town.

Walking Time: 2 hours. Some steep downhill plus town walking on cobbled stones and asphalt. Transport: 35 mins each way.

Day 4 Wednesday

The Valnerina

BD

Transport to the Valnerina to Scheggino a delightful small town with the river running through the centre. We set out from here to a nearby monastery via an idyllic mountain top crumbling village with spectacular views along the valley. Lunch at the monastery, and a guided visit to the fascinating 5th century interior. A further walk in the afternoon through the forest surrounding the monastery.

A rafting option may be offered on this day during appropriate seasons & weather.

Morning walk 3 hours. Afternoon 1 hour. Optional Rafting time: 2,5 hours on a moderate route. Transport 40 mins each way.

Day 5 Thursday

Wine country

BLD

Leaving Montefalco on foot again this morning we walk through olive groves, vineyards and oak forests along country back roads to two of the regions most prestigious wine makers, one of them historical providers to the Vatican of holy wine. After a wine tasting and lunch on a shady terrace, we are invited to wander through the private forest beside the vineyards, along trails lined with ancient oaks. Return transport to the accommodation is provided if required.

Walking Time. 2hrs morning, 2 hrs afternoon. Optional return walk.

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