ITALY

Umbria & Assisi

A Self-Guided Walking Adventure

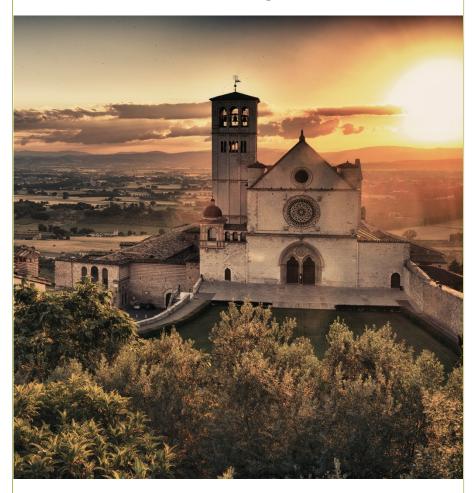






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Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, luggage transfers, and some meals, along with comprehensive Route Notes, detailed maps, and 24-hour emergency assistance. This gives you the freedom to focus on the things that



matter to you—with no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.

Overview

Almost the geographic center of Italy, Umbria is known as the country's "green heart" for its rural landscape, both wild and cultivated—unspoiled countryside alternating with olive groves and vineyards that produce some of Italy's highest-quality olive oils and excellent regional wines. You trace an itinerary through three of Umbria's historical and enchanting cities—Orvieto, Spoleto, and Assisi—the latter two UNESCO World Heritage sites. Ancient routes—the Roman Via Flaminia and the Franciscan trail, the path on which St. Francis walked to Rome and returned to Assisi—alternate between shaded forest, walled pastures, and dramatic hillsides. Beautifully restored historical hotels—both in town and on a country estate—are a perfect reflection of the region's heritage and culture, and Umbrian cuisine defines the essence of local and seasonal in its abundance of products—truffles, meats and sausages, vegetables, and cheeses served in traditional pastas and main courses and paired with the region's many fine vintages.



Daily Itinerary

DAY 1

Arrival in Orvieto

You are met at the Orvieto train station and transferred the short distance up to the medieval city situated on a plateau above steep cliffs made of volcanic tufa stone. Orvieto floats almost like an island over the Umbrian countryside of olive groves and vineyards. Compact and easy to navigate, the city's historical center is a perfect introduction to Umbria—it has been inhabited for millennia, from the Etruscan period through its Roman conquest, and centuries later gained prominence in the Middle Ages. A stroll through the charming pedestrian center begins at its striking 13th-century cathedral with gold facade and striped walls. Orvieto also features fascinating subterranean sites—a network of caves and tunnels used in times of siege or for storing wine, as well as the Pozzo di San Patrizio—St. Patrick's well—all built in the 16th century. You can peruse the region's distinctive painted ceramics in the many shops, perhaps while enjoying a delicious cone of gelato. Later, to accompany dinner, you may enjoy a glass of Orvieto—the dry or semi-sweet white wine that shares the city's name, produced from grapes grown on surrounding hillsides.

Hotel Duomo, Orvieto

This boutique hotel located on Orvieto's main square offers an intimate stay just steps away from the city center's magnificent cathedral, museums, restaurants, and shops. Guest rooms occupying three floors have been recently renovated with classic furnishings, tile floors, rich colors and fabrics, marble bathrooms, and original



paintings by local artists. A gracious Italian Art Nouveau Liberty Style building offers welcoming public spaces displaying unique artwork and a shaded interior garden courtyard.

DAY 2

Sette Frati to Fattoria di Vibio; 5.2 or 9.8 miles, easy to moderate, 1,300-ft. elevation loss and 500-ft. elevation gain

After breakfast, a 30-minute drive takes you through the rolling Umbrian countryside with views back to Orvieto to the start of the day's walk in the Area Attrezzata Sette Frati, located in the Monte Peglia Natural Park. The full day's walk gently descends over a well-signed and maintained gravel track through a tranquil landscape, alternating between typical Mediterranean forest of holm oak and low shrubs, such as broom and blackberries, cultivated fields, and open meadows with abandoned farmhouses—a perfect setting for a picnic lunch. You soon understand Umbria's nickname as the "green heart of Italy" before a final steep ascent delivers you to your home for the next two nights—a secluded hilltop country resort with panoramic valley views. Dinner tonight is on site at the resort's warm wood-beamed restaurant.

Fattoria di Vibio, Monte Castello di Vibio

Perched high on a hillside overlooking a picturesque valley is a sprawling country resort and spa, including a panoramic outdoor and an indoor infinity pool. Accessed by private entrances, elegant guest rooms feature antique terracotta floors, large wooden beams, and stone walls. The on-site restaurant features true Tuscan-Umbrian cuisine featuring the estate's cold-pressed olive oil.



DAY 3

Fattoria di Vibio to Titignano; 6.8 or 8.4 miles, easy to moderate, 450-ft. elevation gain and 500-ft. elevation loss or 1,000-ft. elevation gain and 950-ft. elevation loss

This morning, you depart the hotel on foot and walk directly to the day's destination: the medieval hamlet of Titignano. Today this village is a

sprawling estate featuring a 12th-century castle, winery, and farm buildings—all gathered around a central square with sweeping views of Lake Corbara. Created by a hydroelectric dam on the Tiber River, Lake Corbara is a scenic rural reservoir; surrounding it are acclaimed vineyards producing DOC-certified red wine. In this region, much of the landscape is of cultural and natural significance, including the Tiber river basin, nearby lakes, and many towns. Habitats for migratory and resident birds share space with the archaeological remains of Etruscan and Roman civilizations, as well as medieval castles and ruins. Your walk starts on a paved, low-traffic country road and continues onto a mix of gravel roads and grassy trails through the Umbrian countryside. Enjoy views of beautiful fields dotted with villas and deep oak forest, as well as the distant hill town of Todi. Nearing Titignano, walk among expansive vineyards, enjoying gorgeous vistas down to Lake Corbara, before reaching the piazza of Titignano. Here, you are welcomed to an informal tasting of the property's renowned wine—produced in the surrounding hillsides—accompanied by a light assortment of local meats, cheeses, bread, and salad. An afternoon transfer returns you to Fattoria di Vibio where there is time to enjoy the complementary heated pool, indulge in a spa treatment (at your expense), or simply relax enjoying the views before dinner once again in the hotel's dining room. For an additional, optional walk before or after dinner, amble to the neighboring town of Doglio, a tiny village with sweeping panoramas of the surrounding valley.

Fattoria di Vibio, Monte Castello di Vibio

DAY 4

Monte Castello di Vibio to Ponte di Montemolino; 6.8 miles, easy to moderate, 200-ft. elevation gain and 750ft. elevation loss. Transfer to Spoleto via Montefalco

Today, experience a trio of medieval hilltop towns as you stroll through the pastoral countryside of the Tiber Valley.



This morning, you transfer approximately 20 minutes to the tiny fortified village of Monte Castello di Vibio, described by the 16th century architect and painter Cipriano Picolpass as "an ideal life." Here, you have time to explore the main piazza, with its panoramic views and Baroque church, the crenulated tower of Portia di Maggio, the defensive walls, and the diminuitive Teatro dell Concordia—with only 99 seats, billed as the smallest theater in the world. After strolling the ancient stone streets of this perfectly preserved town—perhaps stopping at a local bar for a coffee or the village grocer to pick up picnic supplies—you set off into the countryside, enjoying sweeping views across the Tiber Valley. Descending through olive groves and vineyards, your route passes by the Rocca di Cecanibbi, a lovely spot for a picnic lunch, before you arrive in the small, fortified hamlet of Cecanibbi, a cluster of stone houses clinging to the walls of a massive medieval castello. The final section of today's walk is along the Tiber River, used by the Romans to sail wine and olive oil to Rome. At the walk's end, your driver meets you and brings you to Montefalco, known as "the balcony of Umbria" for its dramatic hilltop perch. With its five gates and fivesided piazza, this medieval town is renowned for its DOCG wine, Sagrantino, traditional linen, and Saint Francis Museum, which contains art work and frescoes depicting the saint, including "Scenes from the Life of Saint Francis" by Florentine Renaissance painter Benozzo Gozzoli. Take time to amble through its cobblestone streets before transferring onward to the beautiful walled town of Spoleto, your home for the next two nights. Built at the head of a wide valley, Spoleto spills over a hillside, with its main sights concentrated in the compact upper town. After settling in your hotel, take time to stroll out this evening, perhaps over the 14th-century Ponte delle Torri (Bridge of Towers), for a wonderful overview of the region.



Palazzo Dragoni, Spoleto

This elegant property in the historical center of Spoleto, originally constructed in the mid-1500s incorporating the preexisting pre-Roman structure, is now an intimate hotel with just 14 rooms. Inside, gracious and refined common areas highlight its aristocratic heritage with classic décor, artwork, and Oriental rugs. Individually decorated guest rooms incorporate original architectural details along with antiques,

pastel colors, and warm fabrics, all with a view of Monteluco Hill in the Spoleto Valley. A breakfast of homemade delicacies is served on the main floor of the historical residence, along with splendid views of the surrounding countryside.

DAY 5

Spoleto loop walk along the Via di Francesco (St. Francis's Way); 6.5 or 7.8 miles, easy to moderate, 500-ft. elevation gain and 1,800-ft. elevation loss or 1,800-ft. elevation gain and loss

This morning, you depart your villa on foot for a circular route out of and around Spoleto, providing a thorough introduction to the town and surroundings. You leave via the Ponte delle Torri and enter the wooded slopes of Monteluco, held sacred by the Romans and medieval Christians, including St. Francis who was fond of meditating here. Ascending via switchback turns (or you may opt for a taxi from Spoleto at your expense) along the Via di Francesco (also known as the Via di Roma), the road along which St. Francis walked the hundreds of miles to Rome, you arrive to the peaceful resort village of Monteluco—home to a convent established by St. Francis in the 13th century and nearby Bosco Sacro (Holy Wood), recommended for an exploratory wander. Continuing along the Via di Francesco, you reach the summit and fork of Castelmonte, before completing the circle by gently descending through the forest back to the historical bridge. This afternoon there may be time to visit Spoleto's many sights and simply absorb its special atmosphere; a busy place during the festival, it is relatively uncrowded at other times of the year. Its 14thcentury defensive castle, the Rocca Albornoziana—now an interesting museum—presiding from the town's highest point, was built on the site of a Roman acropolis. The delicate pink-stone main cathedral, the Duomo of Spoleto, dating from the 12th century, was built on the site of an early Christian temple and features stunning Renaissance frescoes by Florentine artist Filippo

Lippi. You may also choose to visit the Casa Romana museum, believed to have been the house of the Emperor Vespasian's mother, and the Roman Theater, still used for performances during the Festival of the Two Worlds, held annually over 17 days in late June and early July. Other active options are also available in Spoleto and environs, such as horseback riding or bicycling (payable locally).

Palazzo Dragoni, Spoleto

DAY 6

Valfabrica to Assisi; 7.7 miles, easy to moderate, 1,450-ft. elevation gain and 1.000-ft. elevation loss

This morning, a transfer takes you through the heart of Umbria to the start of the day's walk at Valfabrica. Today you follow the historical route known as the Franciscan Trail, the route by which St. Francis was brought back to Assisi when he was found seriously ill by a group of horsemen. The terrain is gently undulating—alternating between oak forest and open pasture, interrupted by old stone farmhouses and parish churches, dovecotes, and crumbling fortress towers on prominences above. The final portion rising to the Basilica of Assisi is steep but short, and while challenging, it is exhilarating to arrive on foot in the city that is a spiritual destination for many and also a UNESCO World Heritage site. You continue on foot to your hotel in the historical center, just around the corner from the Roman Temple of Minerva, now the Renaissance church of Santa Maria sopra Minerva, and the Basilica of St. Clare, built in the 13th century for St. Clare of Assisi, the founder of the Order of Saint Clare.

San Crispino Residenza d'Epoca, Assisi

This historical mansion in the heart of the pedestrian center of Assisi is accessed through its 14th-century stone archway. Occupying a medieval complex surrounded by tranquil grounds and manicured gardens with views of Assisi, the residence offers just 12 fully renovated and individually decorated guest rooms. Spacious and elegant, the rooms blend original architecture with fine furnishings, fabrics and antiques. In addition to attentive service, a free shuttle is available to the spa of its nearby sister property with a full treatment menu.

DAY 7

Mount Subasio loop walk or Mount Subasio to Spello via Collepino; 7.4 or 10.6 miles, easy to moderate, 950-ft. elevation gain and loss or 950-ft. elevation gain and 2,600-ft. elevation loss

After breakfast, there is a short transfer to the Natural Park of Mount Subasio, a protected area with serene paths meandering through open meadows as well as oak and pine forest. Mount Subasio is the sprawling mountain on whose flank Assisi is built. A haven of subtle beauty and spirituality, it was here that St. Francis prayed and communed with the birds, all gathered on tree branches (there is an option to stop after your walk at the Eremo delle Carceri—the famous hermitage of St. Francis). Hiking in the meadows along the summit of the mountain, you are likely to see grazing herds of sheep, white Chianina cows, and semi-wild horses before looping back around to your starting point or descending through the charming village of Collepino to the walled village of Spello. This latter option takes you through olive groves and alongside an ancient Roman aqueduct that once brought drinking water into town. Following a return transfer to Assisi, you can continue your exploration of the city center, including the magnificent 13th-century Basilica of St. Francis, with its priceless late medieval frescoes by Cimabue and Giotto among others, one of Italy's great Christian pilgrimage destinations and a UNESCO World Heritage site since 2000. You celebrate your week of discovery with dinner at an outstanding favorite restaurant, where you may have the very Umbrian strangozzi pasta topped with truffle sauce or black-olive pesto, grilled meat or rabbit cacciatore, and a house-made fruit torte to complete the meal.

San Crispino Residenza d'Epoca, Assisi

DAY 8

Departure from Assisi

After breakfast, you depart at your leisure and on your own for connections home or to your next destination.

ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Itinerary Overview

PLEASE NOTE: your detailed Route Notes will be mailed to you approximately one month prior to your departure. While these Route Notes may list a number of accommodation options, your specific accommodations are listed below. Please make sure to bring this Itinerary Overview with you.

STARTING POINT

Orvieto train station, Orvieto, Italy Based upon individual arrival times

NIGHT 1

Hotel Duomo

Vicolo di Maurizio, 7 05018 Orvieto, Italy Tel 011 39 0763 341 887 Email info@orvietohotelduomo.com orvietohotelduomo.com Wireless Internet and hair dryers available. Laundry service unavailable.

NIGHTS 2 & 3

Fattoria di Vibio

Località Buchella, 9 Monte Castello di Vibio, Italy Tel 011 39 075 874 9607 Email info@fattoriadivibio.com fattoriadivibio.com Wireless Internet, hair dryers, and laundry service available.

NIGHTS 4 & 5

Palazzo Dragoni

Via del Duomo, 13
06049 Spoleto, Italy
Tel 011 39 0743 222 220
Email info@palazzodragoni.it
palazzodragoni.it
Wireless Internet, hair dryers, and laundry service available.

NIGHTS 6 & 7

San Crispino Residenza d'Epoca

Via Sant'Agnese, 11
06081 Assisi, Italy
Tel 011 39 075 815 5124
residenzadepoca-assisi.com
Wireless Internet, hair dryers, and laundry service available.

ENDING POINT

San Crispino Residenza d'Epoca, Assisi, Italy

Tour Facts at a Glance

TOUR LENGTH

8 days, 7 nights

DEPARTURES

This tour is available daily, on request, from April 15 through October 31, 2017. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table. Please also note that the tour price includes one arrival transfer from the train station in Orvieto to your first hotel in Orvieto. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

TOUR PRICE

2017 group size	Per person	Single +	Solo Surcharge
1 guest	\$2,798	\$725	\$585
2 guests	\$2,798	\$725	-
3–5 guests	\$2,698	\$725	-
6+ guests	\$2,598	\$725	-

STARTING POINT

Orvieto train station, Orvieto, Italy Based upon individual arrival times

ENDING POINT

San Crispino Residenza d'Epoca, Assisi, Italy

ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 5–10 miles per day, with shorter and longer options on some days. There are daily ascents and descents, and most elevation gains or losses are gradual, with a few steep sections to reach hilltop towns. The terrain includes single-track packed dirt trails and gravel roads with stretches of loose gravel in places, springy grass, and cobblestone and paved streets. The tour encapsulates the history of Umbria, showcasing some of its atmospheric small cities that hold a wealth of Roman, medieval, and Renaissance treasures—Orvieto, Spoleto, and Assisi, with its many connections to St. Francis and St. Clare. You also walk through hamlets and quiet countryside, Mediterranean terrain, and the open mountain scenery of Mount Subasio near Assisi.

INCLUSIONS

- » Breakfast daily and four dinners (Days 1, 2, 3, and 7); house wine included with dinners
- » One wine tasting
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Orientation meeting with a Country Walkers representative
- » Luggage transfers between the hotels
- » Detailed Route Notes (mailed to you approximately one month prior to your departure) and maps (provided to you at your orientation meeting)
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Participation Agreement and you will receive:

- » A Guest Information Form to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route Notes and maps
- » Your trip invoice

GRATUITIES

Standard gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however, additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency is preferred.

Traveling To and From Your Tour

STARTING POINT

Orvieto train station, Orvieto, Italy Based upon individual arrival times

A taxi driver/tour representative will meet you at the Orvieto train station (holding a sign with Country Walkers and/or your name on it) and transfer you 5–10 minutes to the first hotel.

Please provide us with your arrival and departure details to arrange this service by returning your Guest Information Form at least 45 days prior to the departure.

Please note that the tour price includes one arrival transfer from the train station in Orvieto to your first hotel in Orvieto. If traveling in a group of two or more with separate arrival times, additional charges will apply for multiple transfers.

You will have time to check into your room before meeting with your local Rep for an orientation meeting where your Rep will review your week's itinerary, provide you with maps, make sure you are comfortably settled, and answer any questions you may have prior to accompanying you on a short walking tour of the historic center.

MOST CONVENIENT AIRPORTS

Florence's Amerigo Vespucci Airport (FLR) aeroporto.firenze.it

Rome's Leonardo da Vinci (also called Fiumicino) Airport (FCO) adr.it

Please refer to the Italian Government Tourist Office website, **enit.it**, for additional information about Italian airports and transportation to and from the airport. You may also wish to visit the Italian Tourism Official Website at **italia.it**.

GETTING TO THE STARTING POINT

The most convenient way to travel to the tour starting point is by train.

From Florence's Amerigo Vespucci airport:

Taxi: a taxi from Florence's Amerigo Vespucci airport to the Florence Santa Maria Novella train station takes 15–20 minutes and costs approximately 22 euros.

Bus: Florence's Amerigo Vespucci airport is connected to the city center by "Vola in Bus" bus shuttle (run by BusItalia Sita Nord). The shuttle departs every 30 minutes from the airport to Piazza Stazione, directly across from Santa Maria Novella train station. The journey takes about 20 minutes and costs 6 euros. Tickets can be purchased directly on board from the driver. Visit **fsbusitalia.it** for more information.

From Rome's Leonardo da Vinci (also called Fiumicino) airport:

Taxi: a taxi from the airport to the Roma Termini central train station in the city center takes approximately 45 minutes, depending on traffic. The fixed-fare, as of June 2016, is 48 euros, inclusive of luggage, for a maximum of four people. Please ensure you are hiring an official taxi from the taxi stand outside the terminal. Official Rome taxis are white and have a "TAXI" sign on their roof, as well as an identifying number on their doors, on the rear, and inside the vehicle.

Train: The Leonardo Express train provides non-stop service from the airport to Roma Termini train station every 15–30 minutes (14 euros and 32 minutes). Tickets may be purchased online at **trenitalia.com**, at the airport's train station ticket office, at most of the newsstands in the airport, at most airport tobacco shops, and at strategically located self-service machines. The train station ticket office and self-serve machines are in the main hall of the airport's train station.

Bus: there are several bus companies that offer shuttle service between the airport and the Roma Termini train station. Terravision buses, for instance, depart approximately every 30 minutes and cost 4 euros for the 55-minute journey. Tickets may be purchased online at **terravision.it** or at the airport.

RAIL INFORMATION

The journey from Florence to Orvieto takes 1½ hours, and from Rome to Orvieto, 1½–2½ hours. Please note: these travel times are dependent upon train type and speed. Additionally, some of these journeys require station changes. For further rail information, including reservations, schedules, and up-to-date fares, please contact either Rail Europe at 800.622.8600 or raileurope.com, or Trenitalia at trenitalia.com (Trenitalia operates most train services in Italy).

PRE-TOUR ACCOMMODATIONS

We suggest arriving in Italy at least one day prior to the tour start date. This will give you time to rest after your travels and recover from any effects of jet lag. For hotel and restaurant suggestions in various Italian cities, please visit italia.it.

ENDING POINT

San Crispino Residenza d'Epoca, Assisi, Italy

You may depart the final hotel after breakfast and prior to the hotel's check-out time of 12:00 p.m. The hotel staff can assist with any taxi transfers you may require. Depending upon your destination, it may not be possible to depart for the U.S. on the last day of the tour. Please check airline schedules carefully. If you plan to schedule return flights immediately following the tour's conclusion, please call your airline directly for specific check-in requirements.

MOST CONVENIENT AIRPORTS

Florence's Amerigo Vespucci Airport (FLR) aeroporto.firenze.it

Rome's Leonardo da Vinci (also called Fiumicino) Airport (FCO) adr.it

LEAVING THE TOUR

The most convenient way to leave the tour is by train from Assisi or neighboring Foligno. Approximate travel time from Assisi to Florence or Rome is $2^{1/2}$ hours. Please refer to the Getting to the Starting Point section for more details.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, self-guided experience. For best availability, reserve your trip today!

*except in cases of force majeure

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost.* Please notify us in writing. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

*One transfer per year; after the first transfer, a modest per-person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

TRAVEL ARRANGEMENTS

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or

bettertravel@madriver.com), for any additional air, hotel, rail, or transfer arrangements you may need.