

ITALY: UMBRIA & ASSISI

Guest Handbook

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. Orientation meeting upon arrival to your hotel

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.

Overnight in Orvieto

DAY 2

Monte Peglia Natural Park; 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 ascent delivers you to your home for the next two nights—a secluded hilltop country farmhouse with panoramic valley views. Dinner tonight is on site at the farm's warm wood-beamed restaurant.



Overnight in Monte Castello di Vibio

DAY 3

Podere le Corone to Titignano; 6.2 miles, easy to moderate, 500-ft. elevation gain and loss

This morning, you depart the hotel for the day's destination of 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 before reaching the



piazza of Tignano. Here, enjoy gorgeous vistas over expansive vineyards and down to Lake Corbara. You are then welcomed to lunch accompanied by the property's renowned wine—produced in the surrounding hillsides. An afternoon transfer returns you to Podere le Corone where there is time to enjoy the seasonal outdoor pool 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.

Overnight in 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 750-ft. 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 Piccolpassi 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 diminutive 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 medieval watchtower, 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 five-sided 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. Following an optional visit to the Antonelli San Marco Winery for a tasting of their excellent wines, including Sagrantino di Montefalco DOCG, take time to amble through Montefalco’s 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.

Overnight in Spoleto

DAY 5

Via Francigena di San Francesco: Monteluco to Spoleto; 8 miles, easy to moderate, 900-ft. elevation gain and 2,200-ft. elevation loss

This morning, a short taxi transfer delivers you up to the neighboring peaceful resort village of Monteluco—home to a convent established by St. Francis in the 13th century and nearby Bosco Sacro (Holy Wood). Following an exploratory wander, you enter the wooded slopes of Monteluco, held sacred by the Romans and medieval Christians, including St. Francis who was fond of meditating here. A gentle ascent 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—leads you to the summit and fork of Castelmonte for panoramic views of the mountainous Valnerina river valley. Following a descent through the forest along the medieval aqueduct, take in spectacular views of the Ponte delle Torri before meandering back into town. 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 14th-century 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).

Overnight in Spoleto

DAY 6

Via Francigena di San Francesco: Valfabbrica 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 Valfabbrica. 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.

Overnight in Assisi

DAY 7

Mount Subasio to Spello via Collepinio; 10 miles, easy to moderate, 500-ft. elevation gain and 3,700-ft. elevation loss or Collepinio to Spello; 5.3 miles, easy to moderate, 1,200-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 en route to 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 descending through the charming village of Collepinio, olive groves, and alongside an ancient Roman aqueduct to the walled village of Spello. 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.

Overnight in 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 at countrywalkers.com/sustainable-travel.

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, 2019. **Please note you may encounter particularly high temperatures in July and August.** 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

2019 group size	Per person	Single +	Solo Surcharge
1 guest	\$3,298	\$810	\$655
2 guests	\$3,298	\$810	-
3–5 guests	\$3,198	\$810	-
6+ guests	\$3,098	\$810	-

STARTING POINT

Orvieto, Italy (Orvieto Train Station)
Based upon individual arrival times

ENDING POINT

Assisi, Italy (Night 7 Hotel)
At leisure, after breakfast

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. **Remember: preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!**

INCLUSIONS

- » Breakfast daily, one lunch (Day 3), and four dinners (Days 1, 2, 3, and 7); house wine included with dinners
- » One optional wine tasting
- » All accommodations while on tour
- » Local transfers as noted in the itinerary
- » Luggage transfers between the hotels
- » Detailed water- and tear-resistant Route Notes, maps, and use of a handheld GPS unit
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » Orientation meeting with a Country Walkers representative
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will receive:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary, Daily Itinerary Overview, and—if included—Arrival & Departure Transfers Overview).

- c. Luggage tags.

At your orientation meeting:

- a. Maps.
- b. A handheld GPS unit (to be returned at the end of your tour).

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, especially by your driver(s). 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, Italy (Orvieto Train Station)

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.

In order to arrange your arrival transfer and orientation meeting, please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

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 or private transfer.

From Florence's Amerigo Vespucci airport:

Private transfer from Florence's Amerigo Vespucci airport directly to

Orvieto: Country Walkers would be happy to reserve a private transfer on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost (subject to change) of \$345 USD (up to 2 guests) or \$400 USD (3+ guests) per transfer is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies.

Taxi from Florence's Amerigo Vespucci airport to the Florence Santa Maria

Novella train station: A taxi from Florence's Amerigo Vespucci airport to the Florence Santa Maria Novella train station takes 15–20 minutes and costs 22–25 euros plus €1 per piece of luggage. See Rail Information which follows.

Bus from Florence's Amerigo Vespucci airport to the Florence Santa Maria

Novella train station: 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 fbusitalia.it for more information. See Rail Information which follows.

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

Private transfer from Rome's Leonardo da Vinci airport directly to Orvieto:

Country Walkers would be happy to reserve a private transfer on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost (subject to change) of \$345 USD (up to 2 guests) or \$400 USD (3+ guests) per transfer is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies.

Taxi from Rome's Leonardo da Vinci airport to Roma Termini central train

station: 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 July 2018, 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. See Rail Information which follows.

Train from Rome's Leonardo da Vinci airport to Roma Termini central train

station: 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](https://www.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. See Rail Information which follows.

Bus from Rome's Leonardo da Vinci airport to Roma Termini central train station: 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 5 euros for the 55-minute journey. Tickets may be purchased online at [terravision.it](https://www.terravision.it) or at the airport. See Rail Information which follows.

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.

We recommend making train reservations in advance for major train routes. In Italy, train tickets usually go on sale at least six months before the date of travel. For further rail information, including reservations, up-to-date schedules, and fares, please visit one of the following websites:

Trenitalia (Italy's national train company): [trenitalia.com](https://www.trenitalia.com). Italy's national railway company, Trenitalia, offers high-speed trains (Frecciarossa, Frecciargento, Frecciabianca), Intercity trains, night trains, and regional trains. Trenitalia's website will give and fares for most Italian routes and trains, including sleeper trains and direct international trains. The English button is a UK flag found in the top right. You'll need to use Italian language place names, *Roma Termini* for Rome, *Venezia Santa Lucia* for Venice, *Firenze S. M. Novella* for Florence, *Napoli* for Naples and so on—use *Tutte Le Stazioni* if you don't know which station in a given city to choose. Unfortunately, the national train company's website is buggy to say the least and has proven difficult to use for foreign travelers, including past CW guests. Trenitalia's website often has billing problems with foreign credit cards and sometimes can't accept non-Italian addresses. Random parts of the Trenitalia website remain untranslated and customers often report problems reaching Trenitalia's customer service, for example, when purchased tickets are not actually generated. All that said, people do manage to use Trenitalia and the site often works alright once you're used to it. But we think there are a few better options ([italotreno.it](https://www.italotreno.it); [italiarail.com](https://www.italiarail.com); [loco2.com](https://www.loco2.com)), and one that is much, much better ([traineline.eu](https://www.traineline.eu)).

Trainline: [trainline.eu](https://www.trainline.eu). This sharply designed powerhouse is a staff favorite for buying train tickets for Italy—and you get the same prices (and sometimes a bit cheaper) as when booking directly from Trenitalia. Trainline is easy to use: the site is in English, it accepts foreign credit cards, is smooth and functional, and offers quality customer support, easy cancellations on refundable or changeable tickets, and preference of seats and class for long-distance trains. Trainline emails your tickets immediately upon purchase. For the long-distance trains you can simply quote the booking reference on board; the regional tickets must be printed out.

RailEurope: [raileurope.com](https://www.raileurope.com). This U.S.-based retailer with award-winning localized customer care also offers an easy, user-friendly way for North Americans to purchase tickets for train travel in Europe. With RailEurope, you can have physical tickets mailed to you before your trip but you also have the option (in some, *but not all* cases) to print your own tickets, print an e-ticket at the self-service kiosk in the train station, or have an e-ticket sent to your phone. Please note; however, that RailEurope charges steep fees and doesn't always list all the available rail journeys.

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](https://www.italia.it).

Should you wish to spend a pre-tour night in Orvieto (highly recommended!), you may wish to stay at Hotel Duomo, our standard hotel for the first night of the tour. Country Walkers would be happy to make a reservation here on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost of \$200 USD per room (subject to change), including tax and breakfast, is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the night on tour.

ENDING POINT

Assisi, Italy (Night 7 Hotel)

At leisure, after breakfast

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.

If not spending a post-tour night in Assisi, we do, however, recommend that you store your luggage with the reception (free of charge) and catch a later train in order to have more time to explore Assisi.

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 private transfer or train from Assisi or neighboring Foligno. Approximate train travel time from Assisi to the central train stations in Florence or Rome is 2½ hours. Please refer to the Getting to the Starting Point section for more details.

Should you prefer a private transfer from Assisi to Rome or Florence, Country Walkers would be happy to reserve this on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost (subject to change) of \$360 USD (up to 2 guests) or \$415 USD (3+ guests) per transfer from Assisi to either Rome or Florence is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. A private transfer from Assisi to either Rome or Florence takes approximately 2½ hours.

POST-TOUR ACCOMMODATIONS

Should you wish to spend a post-tour night in Assisi (highly recommended!), you may wish to stay at San Crispino Residenza d'Epoca, our standard hotel for the final nights of the tour. Country Walkers would be happy to make a reservation here on your behalf. Please contact us to request this service as soon as possible to ensure availability. The cost of \$240 USD per room (subject to change),

including tax and breakfast, is payable directly to Country Walkers and is due with your final payment 90 days prior to departure. Our normal cancellation policy applies. These rooms are reserved as a service for you and include a service charge. Better rates may be available online; however, please note that if you make your reservation directly with the hotel, you may not be able to secure the same room as assigned to you for the nights on tour.

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, 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 early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a

range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We book the best rooms available on this tour. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. 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.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

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

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

Italy at a Glance

ENTRY REQUIREMENTS

U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for stays of up to 90 days. For more information, see travel.state.gov.



CURRENCY

Italy uses the euro (EUR). For current exchange rates, visit oanda.com.

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

TIME ZONE

Italy is in the Central European Time Zone, Eastern Standard Time plus 6 hours. For more information on worldwide time zones, see: worldtimezone.com.

PHONE & INTERNET

Italy country code: +39

Cell phone coverage throughout Italy is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.

LANGUAGE

Italian is Italy's official language.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see bbc.co.uk/languages/Italian.

Travel Tip

Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.

For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

ELECTRICITY

Alternating current of 220V and 50Hz is used in Italy. Plugs have two round prongs. For a full listing of electrical outlets worldwide, see electricaloutlet.org

WEATHER

Italy has a range of climates, depending on the region. In general, spring and fall are ideal for an active vacation, with daytime temperatures in the 60s to low 70s, evenings in the 50s, and occasional short rain showers.

In the northern Alpine areas, summer through early fall is an optimal time to travel. Springtime brings

wildflowers, long days, and, on the table, early tender vegetables such as asparagus and artichokes. By late summer and fall, the warm days continue with highs in the low 80s, landscapes take on a golden hue as the grape harvest gets underway, and autumn specialties appear, such as mushrooms and truffles.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

ITALIAN CUISINE & WINE



Considered one of the world's finest cuisines, Italian food is undoubtedly one of the best things about traveling in Italy. Based on fresh local ingredients, Italian cooking is consequently very regional.

Northern Italy is the home of risotto, polenta, and slow-cooked meat dishes such as *osso bucco*. The cuisine of Tuscany and Umbria in central Italy also features meat and game dishes, such as *bistecca alla fiorentina* (Florentine steak), sausages, and roast pork, as well as vegetable- and bread-based dishes such as savory bruschetta, *ribollita* (vegetable soup), and *panzanella* (bread salad).

Southern Italy and Sicily are justly known for fresh seafood—spaghetti with tiny clams, or a main course of swordfish braised in a light tomato sauce—and fresh vegetables are also prominent— spaghetti with zucchini, or the well-known *insalata caprese* of tomatoes, basil, and fresh mozzarella cheese.

Meals in Italy typically have several courses, starting with an *antipasto* (an appetizer); then a *primo* (first course), which is usually pasta or risotto; a *secondo* (main course), which is a meat or fish dish; and *dolce* (dessert).

Wine has been produced in Italy for millennia, and the country's climate and geography of coastline, foothills, and mountains allow grape growing in 20 regions from the Alps in the north to southernmost Sicily. Restaurants feature their regions' local wine.

Please see the detailed itinerary for region-specific sample menus, local delicacies, and wines.

Travel Tip

Coffee is served throughout the day in its many different ways. Italians tend to drink *caffè latte* or cappuccino until about 11:00 a.m. (a *latte* is a cup of hot milk). After 11:00 a.m., they usually drink *un caffè* (espresso). If you'd like it with a little milk you should order a *macchiato*. You'll need to specify if you want it *con latte caldo* (with hot milk), or *con latte freddo* (with cold milk), or *con schiuma* (with foam). Lastly, there's no charge to stand at the bar with a drink, but a small fee is added to the bill when you sit at a café table.

LIFE IN ITALY

Shopping hours

Shops and stores are generally open Monday to Saturday between 9:30 a.m. and 12:30 p.m., and from 3:30 to 7:30 p.m.; department stores and supermarkets are open all day from 9:30 a.m. to 7:30 p.m. Open-air markets generally open from 9 a.m. to 1 p.m., although in larger cities such as Florence, open-air markets are typically open all day, even on Sundays.

Meal times

Breakfast is served at hotels from 7:00 a.m. to 10:00 or 10:30 a.m. Lunch is served in restaurants from 12:30 to 2:30 p.m. and dinner is usually served from 7:30 to 11:00 p.m. (Restaurant meal times may vary by region, trending from earlier to later as you travel from north to south.)



Travel Tip

Most restaurants have a “cover charge” or *il coperto*, a per-person fee of one to three euros that is added to your final bill. It is a legitimate practice and it is considered the “fee” for the place setting, the bread, tap water (which is fine to drink), and breadsticks.

Tipping

Tipping in restaurants is not compulsory in Italy. In restaurants the menu or bill indicates *servizio incluso*, meaning “service is included.” However, locals tend to leave a small amount in coins after a meal or a coffee—roughly one to two percent of the total, or one to two euros for a meal of up to 50 euros. For a coffee or a drink in a bar or café, 20 to 50 euro cents is appropriate.

Taxi drivers aren’t generally tipped, but you could round up the total, letting the driver keep the change. For luggage assistance, a small tip of one to three euros is appropriate.

TRAVEL RESOURCES

National Italian tourist board official sites

italia.it and enit.it

Italian public holidays

To assist in travel planning, it may be helpful to be aware of Italian public holidays, festivals, or calendars of events. Visit the Italian tourist board’s website noted above, then click on Useful Information, More Information, and National Public Holidays. For local events, visit the regional tourism websites (links can be found on the region’s page on italia.it, in the Discover Italy section).

TRAVEL IN ITALY

Travel Tip

Be aware that you may need to validate your train ticket by “punching” it before boarding, using a small machine located on the train platform, which stamps the time and date on it.

Trains

Trenitalia: trenitalia.it (Italy’s national train company)

Raileurope: raileurope.com or 800.622.8600, a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel.)



Other local transportation

In addition to its excellent rail network, Italy also has several regional airlines, many regional bus lines, and, in coastal and lake regions, local ferries. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

Most major car rental agencies are available at Italian airports and train stations. For more information contact Country Walkers, or go to italia.it, and click on “Useful Information.” For driving, you can further navigate to “Rules to drive in Italy.”

Museum information and online reservations

tickitaly.com

Packing List

PACKING TIPS

Pack light! Keep in mind that most hotels are small and family-run and may not provide luggage assistance from the reception area to the room, so there will be times you have to carry your own luggage short distances. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. Please note that due to health and safety reasons, our local representatives are not permitted to carry (individual) bags that exceed 30 pounds (15 kg). We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. Make a copy of your passport (and any other important documents) and keep it in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! By the time you're ready to join your walking tour, you should be able to complete 4 to 9 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water-resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants

- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual
- » Light jacket or sweater for evening strolls or alfresco dining
- » Church attire: exposed shoulders and knees are not permitted when visiting most churches in Italy. Men may wear long Bermuda-style shorts (to the knee) and women may wear longer skirts (to the knee). Convertible zip-off pants are a good option for both men and women on days that combine hiking and church visits. Women may carry a light scarf, shawl, or jacket to cover bare shoulders and upper arms when needed.

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

EQUIPMENT

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » Travel adapter/s (connectors that change the plug shape to match the electrical outlet, thereby allowing a dual-voltage appliance or a converter from one country to be plugged into the wall outlet of another country) and converter/s (only if bringing electric appliances, such as a hair dryer, iron, or any appliance that has a mechanical motor. If the appliance is electronic, which contains a computer chip, a converter is usually not required.)
- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent

- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

OPTIONAL

- » Telescopic walking sticks (Please note that while telescopic walking sticks ***are recommended*** for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit for optional use of hotel pools or spas
- » Flip-flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » Bandanna
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes
- » Alarm clock

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest.

Visit the CW Travel Shop at cw.newheadings.com.