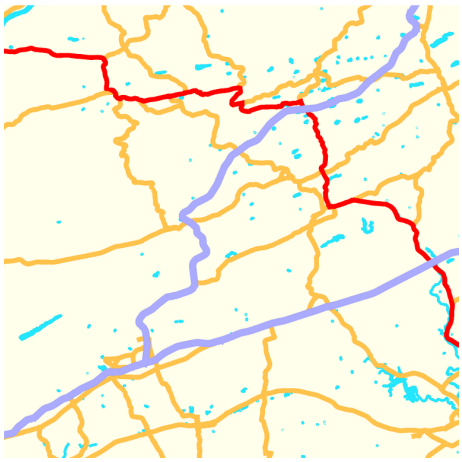


SOFT ADVENTURES GASTRONOMY

type :	Caminos Hiking Tours Self-Guided
level :	
duration :	8 days
period:	Apr May Jun Jul Aug Sep Oct
code:	ITSW230E

Easy Saint Francis Way from Assisi to Spoleto - Italy

8 days, PRICE FROM *€ 732*



Embark on a **spiritual journey tracing the footsteps of Saint Francis** through the verdant landscapes of **Umbria**, the **lush heart of Italy**. Feel the essence of his humble spirituality as you wander through forests, **vineyards**, and **olive groves**, surrounded by rolling green hills dotted with **medieval villages**. Each step takes you through towns where time appears to stand still.

Begin your odyssey in **Assisi**, where the magnificent Basilica and the **serene Saint Francis Wood** await your exploration. Continue to **Spello**, adorned with **flower-filled streets and medieval towers**, creating a timeless ambiance. Conclude your pilgrimage in **Spoleto**, a city that encapsulates the artistic richness shaped by the diverse inhabitants throughout history.

For the culinary enthusiasts, Umbria offers a delectable feast. Indulge in the region's flavorful cuisine, featuring recipes rooted in simple ingredients like **extra virgin olive oil and cereals**.

Route

Day 1 Arrive in Assisi

Embark on your journey from the **enchanting town of Assisi**, immersing yourself in the **significant sites that defined the life of Saint Francis**. Begin your day by delving into the hallowed grounds of the **Basilica**, where millions pay homage to the Saint at his **resting place in the crypt**. Explore the **Porziuncola**, a humble church that served as the nucleus for the grand **Santa Maria degli Angeli Basilica**.

As you traverse the city, uncover the secrets of a remarkably preserved Roman temple seamlessly integrated into the urban landscape. Ascend to the summit of the Rocca for an unparalleled panoramic view that captures the essence of Assisi.

Cap off your day with a delectable treat – the **Rocciata**. This delightful **dessert**, akin to a strudel, whispers tales of its origin with the Longobards people who introduced it to Assisi. Indulge in the sweetness of Rocciata, a perfect way to savor the flavors of this historic town.

Day 2 Assisi loop walk

Nestled amidst the serene landscapes of Umbria, the **Bosco di San Francesco** (Forest of Saint Francis) and **Eremo delle Carceri** (Hermitage of the Prisons) stand as **timeless sanctuaries**, inviting travelers to immerse themselves in the spiritual embrace of nature.

The **Bosco di San Francesco, a lush forest near Assisi**, whispers tales of Saint Francis's profound connection with the natural world. Wander along shaded pathways, where ancient trees and tranquil corners echo the saint's contemplative spirit. Just a short distance away, **the Eremo delle Carceri is a secluded hermitage perched on the slopes of Mount Subasio**. Accessible by a scenic trail, the hermitage offers a retreat into solitude and reflection, surrounded by the untamed beauty of the Umbrian wilderness. Pilgrims and nature enthusiasts alike can bask in the tranquility of these sacred spaces, where the rustling leaves and timeless stones echo the spiritual resonance of Saint Francis's profound connection with the divine and the natural world.

Day 3 From Assisi to Spello (Via degli Ulivi), 12 km

Embark on your inaugural day of exploration from Assisi to the picturesque town of Spello.

Ascend the **Monte Subasio** along a scenic uphill trail, leading you to the revered "**Eremo delle Carceri**." Here, amidst the caves where Saint Francis and his companions once meditated, you have the opportunity to gather in prayer, connecting with the spiritual essence of this sacred site. Traverse through a captivating oak wood, passing by **the IXth-century San Benedetto Abbey,** currently undergoing restoration.

As you continue your journey, a leisurely downhill path guides you to the medieval charm of **Spello**. Wander through the narrow stone streets adorned with **balconies adorned with vibrant flowers**, savoring the evening ambiance of this historical city. Let the unique blend of nature, spirituality, and medieval architecture create an unforgettable tapestry on your first day of walking through the heart of Umbria.

Distance: 12 km

Elevation Gain: +205/-330 m

Day 4 From Spello to Foligno, 10 km

Prior to embarking on your journey, take the opportunity to explore the medieval charm of **Spello**. Capture the iconic silhouette of the two imposing towers guarding Porta Venere in a snapshot, but don't miss the chance to delve into the opulent rooms of the **Municipal Palace**. A visit to the **Santa Maria Maggiore church** is a must to marvel at the exquisite **frescoes by Pinturicchio and Parmigianino**.

As your day of exploration unfolds, the walking path will guide you to the vibrant town of **Foligno** from where you can enjoy stunning views of the surrounding mountains and valleys.

Distance: 10 km

Elevation Gain: +350/-230 m

Day 5 Transfer to Scandolaro, walk to Trevi/Bovara di Trevi, 10/12 km

After breakfast you take a transfer to Scandolaro, where you will start today's walk.

Discover the **historic Rocca of Scandolaro, a fortress** once safeguarding the surrounding territories. Your journey unfolds through an enchanting **oak wood**, leading you to the charming town of **Trevi**. Don't miss the chance to savor the renowned **local olive oil**, a specialty of the region. Follow the path through **an ancient aqueduct**, eventually reaching the picturesque **Bovara di Trevi**. Let the rich history and flavors of the Umbrian landscape add a unique charm to your day of exploration.

Distance: 10/12 km

Elevation Gain: +370/-400 m

Day 6 From Trevi/Bovara di Trevi to Poreta, 10/12 km

Embark on the authentic "Francis Way" **from Bovara di Trevi**, retracing **the very footsteps of Saint Francis himself**. Follow this **original path**, winding through picturesque landscapes until you arrive at **Campello Alto**. Here, immerse yourself in breathtaking views overlooking the valleys of **Spoleto**. Take a moment to appreciate the **serene surroundings and marvel at the timeless beauty** of the convents of **Pissignano** and **Campello**. Surrounded by ancient **olive trees**, these sacred places exude a meditative atmosphere, inviting you to pause and connect with the spiritual essence that has graced these lands for centuries.

Distance: 10/12 km

Elevation Gain: +450/-540 m

Day 7 Transfer to Eggi and walk to Spoleto, 5km

After breakfast you take a short transfer to Eggi, where the walk starts.

Continue your journey through the **charming hamlet of Eggi**, and follow a scenic path along a dismantled railway line leading to **Spoleto**. For a more spectacular entrance into the city, consider taking a detour that ascends high above the Tessino stream. Traverse the medieval aqueduct that spans the valley, offering breathtaking views.

Upon reaching **Spoleto**, let the Roman theatre be your poetic stage to recite your favorite verses. Allow the simple beauty of the San Salvatore Basilica to enchant you, or celebrate the conclusion of your journey with a delightful dinner.

Indulge in the local pride of Spoleto – **the black truffle**. Whether enjoyed on a bruschetta or sprinkled over an omelette, savor the unique flavors of this culinary delight that adds a touch of luxury to your memorable journey's finale.

Distance: 5 km

Elevation Gain: +70/-60 m

Day 8 Arrivederci Spoleto!

Services end after breakfast.

Practical info

From Rome airports (FCO, CIA), you need to get to the railway station and take a train from there to Assisi (either direct or with change in Foligno).

From Florence airport (FLR) *and Pisa airport* (PSA), you need to get to the railway station Santa Maria Novella in Florence, and take a train from there to Assisi (either direct or with change in Terontola-Cortona and Perugia).

On departure from Spoleto, there are direct trains to Rome, whereas you need to change if you need to get to either Pisa or Florence.

Included

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- Luggage transportation from hotel to hotel
- Transfers (Foligno-Scandolaro, Poreta-Eggi)
- Maps and detailed description of the itinerary in digital for, app
- Pilgrim Passport
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- Lunches and dinners, if not otherwise stated
- Visits and entrance fees - tips
- Personal expense
- Possible sojourn taxes
- Everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- Official camino guidebook, shipped to the first hotel
- Travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel