

Trails of Medieval Umbria

Trip style: Guided Walking Holidays

Destination: 📍 Italy

Trip code: UBM07-LCL09

Grades: 1, 2 & 4

Carbon Footprint: 🌳 653kg CO2



HOLIDAY OVERVIEW

Nicknamed the “green heart of Italy” for good reason, Umbria rewards with stunning landscapes, deep green valleys, cloud-shrouded mountains, and plentiful Roman and Etruscan towns that set the scene for some incredible walks. Highlights include our hotel location in Assisi within easy access of the Basilica of St Francis sampling wine in Montefalco, and admiring the Bridge of Towers - a colossal structure measuring over 236 metres long and some 80 metres high.

WHAT YOU'LL LOVE

- Discovering Assisi, birthplace of St Francis
- Getting a taste for Umbrian wine in Montefalco
- Walking through vineyards, olive groves, and woodlands
- Climbing to the treeline of Mount Subasio, known as the holy mountain
- Admiring the Bridge of Towers, a feat of engineering
- Staying at a traditional, family run hotel just minutes from the centre of Assisi

WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Assisi
- 7 breakfasts & 7 dinners (2026)
- All in-destination transport

ITINERARY

Day 1: Arrival Day

Transfer to your hotel. Welcome drink and meeting followed by dinner.

Day 2: Assisi

Our first full day is an introduction to the postcard-pretty town of Assisi. We'll follow in the footsteps of St Francis and explore the footpaths of Mount Subasio - Italy's so-called holy mountain.

Day 3: Wine Country

Starting in the walled medieval town of Bevagna, we'll set off through the vineyards to Umbria's wine capital, Montefalco - most famous for its Sagrantino red wine.

Day 4: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently, or visit local places of interest. Options include: Spello You could easily spend the day enjoying Spello. Explore its warren of medieval streets and visit the church of Santa Maria Maggiore to admire frescoes painted by Pinturicchio, Umbria's most famous artist. Perugia Alternatively, take the train to the region's capital, Perugia, and head up to the hilltop viewpoint - on a clear day you can see Lake Trasimeno. Explore the subterranean Etruscan temple and wander the traffic-free streets to Piazza V Novembre with its gothic cathedral and impressive fountain.

Day 5: Assisi to Spello

This morning our walks depart directly from the hotel and follow the St Francis Way on Monte Subasio to the town of Spello.

Day 6: Spoleto and Monteluco

The ancient hillside town of Spoleto is our destination today and a chance to explore this lovely town with two different walking options.

Day 7: The Aqueduct Ring Walk

We visit the hilltop town of Spello today with its narrow winding alleys and ancient sandstone houses. We'll pass the impressive Porta Montanara to climb above Spello into the olive groves for views of Monte Subasio and the Vale of Spoleto.

Day 8: Departure Day

It's the final day – we'll depart for Rome Airport, which is about a three-hour drive away.

Hotel La Terrazza

Surrounded by eye-pleasing views of the countryside and yet just 900m from the historic centre of Assisi, the Hotel La Terrazza is an ideal base for exploring Umbria. Rooms are simple yet comfortable and come with all mod cons including Wi-Fi and air conditioning. As for facilities, the hotel boasts an outdoor swimming pool, a spacious restaurant serving local food and wine, and a full spa - perfect for indulging in post-walk relaxation or a treatment.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible

walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera
Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
