

UMBRIA: ART, HISTORY & FAITH TOUR

DURATION: 3 NIGHTS / 4 DAYS | PARTICIPANTS: MIN. 2 PEOPLE

DAY 1 - WELCOME! Arrival in Umbria and welcome lunch. After lunch, visit of **Santa Maria degli Angeli** and the **Porziuncola**.

Inside the Basilica of Santa Maria degli Angeli, at the foot of Assisi, there is the "Porziuncola", a small church restored by St. Francis in which in 1209 the saint founded the Order of Friars Minor, entrusting it to the protection of the Virgin Mary. The Portiuncula is the heart of Franciscanism, the place where Francis discusses the "Rule" of the order with his friars and seeks new life for the preaching of the Gospel in the world. In the complex of the Basilica, there is also the courtyard of roses. According to the sources, one night Francis, seized by doubt and temptation, rolled over in the brambles of the Rose Garden to test himself and not give in to what could have separated him from God and his mission. Upon contact with the saint's skin, the roses changed into roses without thorns, giving rise to the "Rosa Canina Assisiensis", which since then continues to bloom only at the Porziuncola.



Accommodation at the hotel, dinner and overnight stay.

DAY 2 – GUIDED TOUR OF THE EREMO DELLE CARCERI & ASSISI WITH LUNCH

GUIDED TOUR OF ASSISI UNDERGROUND – VISIT OF CHURCH OF SAN DAMIANO (suggested)

Breakfast at the hotel, meeting with the guide and departure for the *Eremo delle Carceri*.

A few kilometers from Assisi, about 800 meters above sea level on the slopes of Mount Subasio, we will reach the Hermitage of the Prisons (*Eremo delle Carceri*), a hermitage where St. Francis of Assisi and his brothers retired to pray and meditate. It was donated by the Municipality of Assisi to the Benedictines, who donated it to St. Francis, so that he could be "imprisoned" in meditation. The *Eremo delle Carceri* is located near some natural caves, frequented by hermits already in the early Christian age, and is located in a forest of holm oaks to which many stories of miracles performed by St. Francis are associated. Visit of this magical place and continue to Assisi, the city of peace.



Afterwards we visit Assisi, a Franciscan place par excellence, not only in Umbria and Italy, but all over the world. St. Francis was born in Assisi in 1182; in the place where his birthplace is believed to have been located, today stands the New Church. It was in Assisi that he was baptized, in the Cathedral of San Rufino, it was in its alleys that he spent his youth dreaming of a future as a valiant knight, it was here, where the Church of Santa Maria Maggiore is located today, in the Piazza del Vescovado, that he stripped himself of earthly goods for the love of God and his brothers and sisters. It was still in Assisi, in the Church of San Damiano, that praying before the crucifix, he received the task of renewing the Church of Christ, it was in the town square that he began his preaching and his work of charity and peace, and it was finally here that he died in 1226. His remains are preserved in the Basilica of St. Francis, but the saint still lives on in every stone of Assisi. We stroll through its charming alleys and visit the Franciscan places accompanied by our guide. **Radio guide to visit the Basilica of St. Francis included.**





Lunch at a local restaurant in Assisi – drinks included.

ASSISI UNDERGROUND: DIOCESAN MUSEUM AND CRYPT OF SAN RUFINO



During our stay and visit of Assisi, we will also visit its basement, specifically at the Diocesan Museum of the Cathedral of San Rufino. The Museum of the Cathedral of San Rufino was inaugurated in 1941 but the first project for its establishment dates back to sixteen years earlier, and was built not only to enhance the material preserved in the previous museum structures, but also to accommodate new works from donations, to house the heritage at risk scattered throughout the territory of the Diocese and to set up temporary exhibitions.

The museum houses archaeological finds, paintings and furnishings from the Cathedral, confraternity oratories and suppressed parishes. During your visit, you will have the opportunity to admire the articulated and complex stratification of buildings that have been built in this area since the second century BC. C.

The tour unfolds on two levels and includes some underground rooms of the Palace of the Canons of the Cathedral and the Crypt and the Cloister of the eleventh century. The latter, together with the bell tower, are the only surviving rooms of the ancient Ugonian Basilica.

Combined ticket included: Cathedral, Museum and Bell Tower (subject to weather conditions).



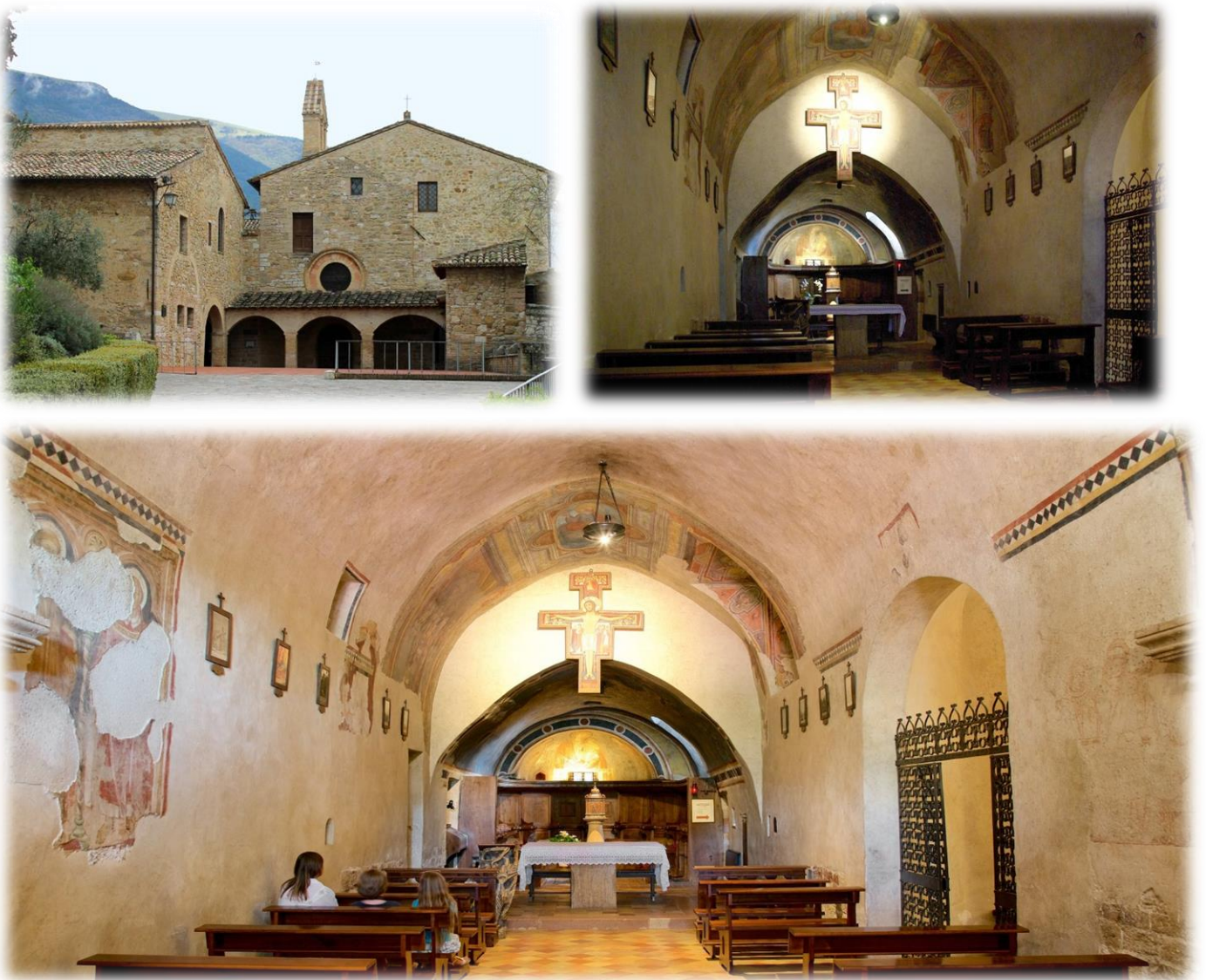
Exhibition

- *The Doni Corridor* (archaeological finds from the Roman era, medieval capitals and paintings),
- *The Sala del Maestro della Santa Chiara* (important frescoes for the history of local art),
- *The Hall of the Alumnus and the Confraternities*,
- *The Hall of Vestments* (dominated by the bishop's throne of the eighteenth century, houses sacred furnishings, vestments and valuable works of art),
- *The Halls of the Diocese* (finds and works of art from the territory of the Diocese),
- ***The Crypt of San Rufino***,
- *The Cloister, the Perkins Room, the Archaeological Room, the Sermei Room, the Chapter Archives of the Cathedral of St. Rufinus of Assisi.*



After the guided tour of Assisi Underground: Diocesan Museum and Crypt of San Rufino, free time to visit the Church of San Damiano and time for prayer.

Not far from the historic center of Assisi, we find the Convent and Church of San Damiano, one of the main places of worship in Assisi built between the eighth and ninth centuries in honor of the saint Medico Damiano, an important Benedictine priory in 1030. Later it was progressively abandoned. It was in this very place that Francis heard the voice of Christ for the first time; the Crucifix, now kept in the basilica of Santa Chiara, said to the saint "Francis, go and repair my house which, as you see, is in ruins" (alluding to the crisis of the Church). These words strengthened the saint's will and confirmed his vocation. Restored for the first time by St. Francis, the church of San Damiano was the place where in 1212 the Saint welcomed St. Clare and her companions and where he composed the Canticle of the Creatures. There are numerous works of art and religious frescoes that you will find inside the Church of San Damiano: the chapel of San Girolamo with frescoes by Tiberius of Assisi (1517) with the *Madonna and Child* between St. Francis, St. Clare, St. Jerome and St. Bernardino, the sixteenth-century chapel that houses a wooden Crucifix, carved by Fra' Innocenzo da Palermo in 1637, the altar of the relics where the ivory box in which St. Clare kept the Blessed Sacrament is kept, frescoes by an unknown Umbrian painter of the fourteenth century, with *St. Damian, St. Rufino and Madonna and Child*, the oratory where St. Clare stayed and the place of the saint's death on August 11, 1253.



Return to the hotel, dinner and overnight stay.

DAY 3 – SANTA RITA: VISIT OF ROCCAPORENA AND CASCIA WITH LUNCH

Breakfast at the hotel and departure for Roccaporena to start the day dedicated to Santa Rita. Arrival in Roccaporena and meeting with the guide.

Roccaporena, located just 6 kilometers from Cascia, is a village that has existed since the Middle Ages, when Saint Rita of Cascia was born there in 1381. It was in Roccaporena that the Opera di Santa Rita was founded, to promote the cult of the Saint, to take care of and make known her memories in Roccaporena, to do works of charity following her example by setting up an orphanage. At the end of the 19th century, Roccaporena became a meeting and excursion place for many Italian intellectuals for a decade. Not to be missed: Rocca di Santa Rita, Via Crucis, Casa di Santa Rita, Giardino dei Miracoli, Sanctuary of Santa Rita, the Grotta d'Oro, Church of San Montano and the Lazzaretto, originally a hospital where the Saint treated many sick people.



After the visit of about an hour and a half of Roccaporena, we will continue our journey to Cascia and visit with a **private tour guide**.

Founded in Roman times, Cascia experienced its greatest splendour in the Middle Ages. Located in the most mountainous area of Umbria, Cascia owes its importance to the sanctuary erected in the name of Santa Rita, one of the most important spiritual centers of the region and a famous pilgrimage destination. **Lunch at a local restaurant – drinks included.**



Free time and departure for Assisi.
Return to the hotel, dinner and overnight stay.

DAY 4 – FRANCISCAN SANCTUARY OF LA VERNA – DEPARTURE!

Breakfast at the hotel and departure for La Verna. Arrival and visit of the Franciscan Sanctuary of La Verna on your own.

The sanctuary of La Verna is located in the Tuscan Apennines. The mountain, covered by a monumental forest of beech and fir trees, is visible from all over the Casentino and from the upper Tiber Valley and has an unmistakable shape with its summit (1283 m) cut sheer from three sides. Above the rock and surrounded by the forest is the large complex of the Sanctuary which, within its massive and articulated architecture, preserves numerous treasures of spirituality, art, culture and history. In the summer of 1224 St. Francis retired to Mount La Verna for his usual periods of silence and prayer. During his stay he asked God to be able to participate with his whole being in the Passion of Christ, a mystery of love and pain. The Lord listened to him and appeared to him in the form of a crucified seraphim, leaving him the seals of his passion as a gift. In this way, Francis also outwardly became the image of Christ, to whom he already resembled so much in heart and life. The event of the stigmata and the example of life are the most precious possession that Francis gives to the friars of La Verna. The demanding legacy of St. Francis, in addition to personally involving each friar, also becomes the main message that the community wishes to convey to all those who visit La Verna.



Lunch on your own and departure.

ARRIVEDERCI! We say goodbye to Umbria, carrying it in our hearts!



The tour includes:

- Overnight stay 3 nights in Hotel 3* or Hotel 4* in Assisi (depending on the option chosen);
- Accommodation in a double room on a half-board basis;
- Welcome lunch at a local restaurant in Santa Maria degli Angeli – drinks included;
- Guided tour of Santa Maria degli Angeli and La Porziuncola;
- Guided tour of the Eremo delle Carceri with a private tour guide;
- Guided tour of Assisi with a private tour guide;
- Radio guide to visit the Basilica of St. Francis of Assisi;
- Lunch at a local restaurant in Assisi with drinks included;
- Guided tour of Assisi Underground: Diocesan Museum and Crypt of S. Rufino;
Combined ticket included;
- Guided tour of Roccaporena and Cascia with private tour guide;
- Lunch at a local restaurant in Cascia – drinks included;
- *Program with suggested visits with itinerary and advice.*

The tour does not include:

- Transfers (bookable on request), tips, entrance fees and meals that have not been mentioned, travel insurance (possibility to add it on request), extras in general and anything that has not been expressly mentioned under "the tour includes".

QUOTE ON REQUEST

Type of tour: Religious tour – guided

Duration: 3 nights / 4 days

Minimum number of participants: 2 people

Period of execution: All year round, every day – subject to availability;

Requirements: Suitable for everyone

Locality: Santa Maria degli Angeli, Assisi, Cascia, Roccaporena, La Verna;

NB: *Tours include accommodation in 3-star or 4-star hotels in Perugia, Assisi or other ancient villages on a half-board basis. On request, it is possible to organize tours with other types of accommodation, such as farmhouses, country hotels, 5-star hotels, luxury hotels, private villas, old historic farmhouses, among others.*

UMBRIA, THE SAINT FRANCIS WAY (6 NIGHTS / 7 DAYS)

Day 1: WELCOME! – Arrival of the participants in Chiusi della Verna, hotel accommodation in the booked rooms, dinner and overnight stay.

Day 2: SANTUARIO FRANCESCANO DELLA VERNA - PIEVE SANTO STEFANO (15 km)



Breakfast at the hotel and departure of the pilgrims towards the Franciscan Sanctuary of La Verna.

The sanctuary of La Verna is located in the Tuscan Apennines. The mountain, covered by a monumental forest of beech and fir trees, is visible from all over the Casentino and from the upper Val Tiberina and has an unmistakable shape with its peak (1283 m) cut straight into three parts. Above the rock and surrounded by the forest is the large complex of the Sanctuary which, within its massive and articulated architecture, holds numerous treasures of spirituality, art, culture and history. In the summer of 1224, St. Francis withdrew to Mount La Verna for his usual periods of silence and prayer.

During his stay he asked God to be able to participate with all his being in the Passion of Christ, a mystery of love and pain. The Lord listened to him and appeared to him in the form of a crucified seraph, leaving him the seals of his passion as a gift. Francis thus became even outwardly an image of Christ to whom he already resembled so much in heart and life. The event of the stigmata and the example of life are the most precious good that Francis hands over to the friars of La Verna. The demanding legacy of St. Francis, as well as involving each friar personally, also becomes the main message that the community wishes to convey to all those who visit La Verna. Continuation to the vault of Pieve Santo Stefano. **Transfer to Pietralunga, hotel accommodation, dinner and overnight stay.**



Day 3: PIETRALUNGA – GUBBIO (27 km)

We continue our journey in the Franciscan places of Umbria, from the marvelous city of Gubbio, whose history is closely linked to that of San Francesco. According to what is narrated in chapter XXI of the little flowers, it is right here, near the church of the Madonna della Vittoria, known as the church of the Vittorina, that San Francesco miraculously managed to tame a ferocious wolf that had been terrorizing the inhabitants for some time. Guided tour of the city and free time for lunch. **Arrival, hotel accommodation, dinner and overnight stay.**



Day 4: GUBBIO – BISCINA (19 km)

Breakfast and meeting with the guide, departure for Biscina. Halfway between Assisi and Gubbio stands the castle of Biscina. The 12th century Biscina Castle, together with the surrounding castles of Giomici, Vallgenio, Petroia and Coccorano, was one of the strategic control points of the ancient road and of the river Chiascio, which flows at the foot of the hill. The castle is included in the "Franciscan Path" which will internally connect Assisi to Gubbio, so as to allow the rediscovery of minor aedicules and forgotten sheep tracks. **Accommodation, dinner and overnight.**



Day 5: BISCINA – VALFABBRICA (15km)

From Biscina, a long descent begins with ups and downs that takes us to Valfabbrica, on the border between Gubbio and Assisi. It is said that St. Francis stopped several times in Valfabbrica and therefore should be considered an important stop for the pilgrim. We continue along the Via di San Francesco, also known as the Path of Peace, for a stop in the medieval center of Valfabbrica. Here we find the Church of San Sebastiano dating back to the 14th century, renovated in the 16th century by the confraternities of the Santissimo Sacramento and della Buona morte, and, just outside the walls, the 17th-century church of the Madonna della Foce. **Accommodation, dinner at the hotel and overnight.**



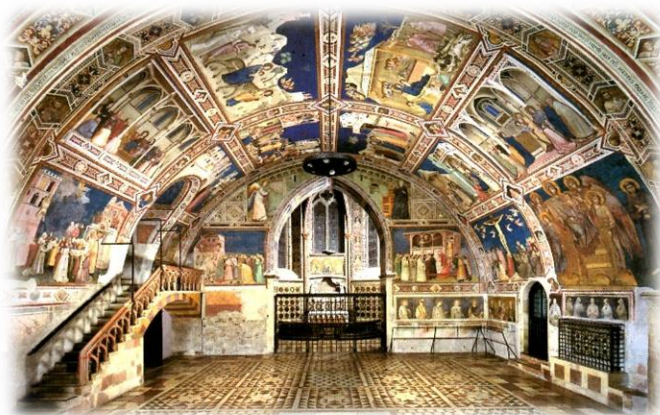
Day 6: VALFABBRICA – ASSISI (15 km)

From Valfabbrica there are two paths that lead to Assisi: a longer path that passes through the woods and another, defined as shorter, but very difficult and tiring. Either one or the other, the fact is that you will have to overcome the hill and then see the magical town of Assisi on the horizon. **Arrival in Assisi, dinner and overnight stay.**



Day 7: ASSISI - ARRIVEDERCI!

Day dedicated to the discovery of Assisi, the Franciscan place par excellence, not only in Umbria and Italy, but throughout the world. In fact, St. Francis was born in Assisi in 1182; in the place where his birthplace is believed to have been located, today stands the New Church. It is in Assisi that he is baptized, in the Cathedral of San Rufino, it is in the alleys of him that he spends his youth dreaming of a future as a valiant knight; it is here, where today is the Church of Santa Maria Maggiore, in Piazza del Vescovado, that strips itself repudiating earthly goods for love of God and brothers. It is still in Assisi, in the Church of San Damiano, that praying in front of the crucifix, he receives the task of renewing the Church of Christ; it is in the town square that he begins his preaching and his work of charity and peace, and it is finally here that he dies in 1226. His remains are kept in the Basilica of San Francesco, but the saint still lives today in every stone of Assisi. We stroll through the enchanting alleys of him and visit the Franciscan places. **Lunch at a local restaurant.**



After Assisi, a visit to Santa Maria Degli Angeli cannot be missed. Inside the Basilica of Santa Maria degli Angeli, at the foot of Assisi, there is the "Porziuncola", a small church restored by San Francesco in which in 1209 the saint founded the Order of Friars Minor, entrusting it to the protection of the Virgin Mary . The Porziuncola is the heart of Franciscanism, the place where Francis discusses the "Rule" of the order with his friars and seeks new life for preaching the Gospel in the world. In the complex of the Basilica, the courtyard of the roses is also kept. According to sources, one night Francis, seized by doubt and temptation, rolled among the brambles of the Rose Garden to test himself and not give in to what could have separated him from God and his mission. Upon contact with the saint's skin, the roses changed into thornless roses, giving rise to the "Rosa Canina Assisiensis", which since then continues to bloom only at the Porziuncola.



The tour includes:

- 6 nights' accommodation in 3-star Hotels, 4-star Hotels or Farmhouses: 1 night in La Verna, 1 night in Pietralunga, 1 night in Gubbio, 1 night in Valfabbrica, 1 night near Biscina, 1 night in Assisi;
- Accommodation in double rooms on a half-board basis;
- Trekking guide during the whole itinerary;
- Guide's accommodation in a single room on a half-board basis;
- 6 lunch boxes for each stage;
- Excursions and visits as scheduled (entrance fees to museums and other places of interest included);
- Guided tour of Assisi with private tour guide;
- Lunch at a local restaurant in Assisi on the last day of the tour – drinks included;
- Luggage transport service from one hotel to another;
- Transfer in case of reduced physical capacity of pilgrims during the journey to cover distances;
- Travel kit, visit program and itinerary;

The tour does not include:

- Tips, city taxes, extra transfers and anything not mentioned in "the tour includes".

QUOTE UPON REQUEST

Tour type: Multi-day guided religious tour | **Location:** From La Verna – Assisi

Duration: 6 nights / 7 days

Period of execution: From April to November, every day – subject to availability

Requirements: suitable for hikers (minimum preparation);

Minimum participants: 2 adults

TOUR: UMBRIA, A JOURNEY OF FAITH, ART & FLAVORS

DURATION: 6 NIGHTS / 7 DAYS | PARTICIPANTS: MIN. 2 PEOPLE

DAY 1 - WELCOME! – Meeting of the participants at the established meeting point and departure for La Verna. Lunch on your own. Arrival in La Verna, meeting with the guide and visit of the Franciscan Sanctuary.

The sanctuary of La Verna is located in the Tuscan Apennines. The mountain, covered by a monumental forest of beech and fir trees, is visible from all over the Casentino and from the upper Tiber Valley and has an unmistakable shape with its summit (1283 m) cut sheer from three sides. Above the rock and surrounded by the forest is the large complex of the Sanctuary which, within its massive and articulated architecture, preserves numerous treasures of spirituality, art, culture and history. In the summer of 1224 St. Francis retired to Mount La Verna for his usual periods of silence and prayer. During his stay he asked God to be able to participate with his whole being in the Passion of Christ, a mystery of love and pain. The Lord listened to him and appeared to him in the form of a crucified seraphim, leaving him the seals of his passion as a gift. In this way, Francis also outwardly became the image of Christ, to whom he already resembled so much in heart and life. The event of the stigmata and the example of life are the most precious possession that Francis gives to the friars of La Verna. The demanding legacy of St. Francis, in addition to personally involving each friar, also becomes the main message that the community wishes to convey to all those who visit La Verna.

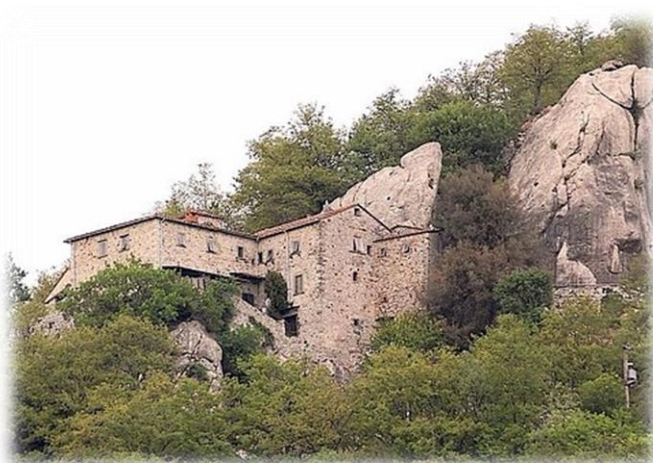


Accommodation, dinner and overnight stay.

DAY 2 – LA VERNA - PIEVE SANTO STEFANO (15 KM) - SANSEPOLCRO**LENGTH: 15 KM | DIFFERENCE IN ALTITUDE: + 257 / - 959 M | DIFFICULTY: MEDIUM**

Breakfast at the accommodation and meeting with the guide. Departure for Pieve Santo Stefano. After visiting and meditating on the places of St. Francis in La Verna, the first stage of the walk in nature sung by St. Francis begins. La Verna is not only the starting point, but one of the most sacred and engaging places of the entire journey of St. Francis of Assisi. The first 7 kilometers of the stage must be tackled at a slow pace and enjoying the beauty of the woods that are at their most luxuriant here. The remaining kilometers are downhill on a white and comfortable dirt road.

A few kilometers from La Verna, in a valley in the silence of the mountains, stands Pieve Santo Stefano. The village, destroyed in 1944 and quickly rebuilt after the war, has lost the architectural structure of the ancient village, preserving only some traces of its centuries-old history. Pieve Santo Stefano is known as "the city of the diary" because it houses a fascinating public archive, which collects writings of ordinary people in which everyone's life and the history of Italy are reflected, in various forms: they are diaries, letters, autobiographical memories. You will be able to draw inspiration for your diary of the journey to Assisi. **Free time for lunch.**



Transfer to Sansepolcro, accommodation, dinner and overnight stay.

DAY 3 – SANSEPOLCRO – CITERNA (13 KM) – CITTÀ DI CASTELLO – GUBBIO

LENGTH: 13 KM | **DIFFERENCE IN ALTITUDE:** + 150 / - 100 M | **DIFFICULTY:** EASY

Breakfast at the hotel, meeting with the guide and short visit of Sansepolcro. Afterwards, departure for Citerna. This is a relatively short and uneven stage between Tuscany and Umbria. You can take advantage of the day for a visit to Sansepolcro or Citerna, stages historically linked to pilgrimage routes, and then reach the town of Citerna in less than four hours, from where the journey begins in the land of St. Francis: Umbria.



Citerna, on the border between Umbria and Tuscany, can be seen on a hill from which you can enjoy a wonderful view of the entire Upper Tiber Valley. Citerna still preserves the memory of its rich history in the city walls, in the medieval walkways and in the acropolis above the village. Not to be missed: Church of San Francesco, The Madonna and Child by Donatello, Parish Church of San Michele Arcangelo... **Free time for lunch.**



Transfer to GUBBIO with a stop in Città di Castello for a short visit.

CITTÀ DI CASTELLO: Located on the north-western side of Umbria, Città di Castello stretches along the Upper Tiber Valley on the border with nearby Tuscany and not far from the Marche region. The territory offers pleasant surprises to the visitor: it is an area rich in history and monuments, with a centuries-old culture in an environment where respect for nature is accompanied by a vital industrial reality. Città di Castello reveals itself little by little with its sixteenth-century imprint. In the urban fabric, there is no shortage of imposing traces of ancient architecture (the bell tower of the Cathedral, the Civic Tower and the Town Hall), but the image that can be captured of the village on the Tiber is decidedly Renaissance. In the surrounding area, it is worth visiting the oratory of San Crescentino in Morra, inside which there are some frescoes by Luca Signorelli and his workshop, the parish church of Canoscio, one of the most important points of reference of Marian devotion in Umbria, the sanctuary of the Madonna di Belvedere, the abbey of Badia Petroia, a remarkable example of Romanesque construction (XI-XII century) and Villa Franchetti "La Montesca", Surrounded by a centuries-old park rich in rare botanical species.



Continue to Gubbio, accommodation, dinner and overnight stay.

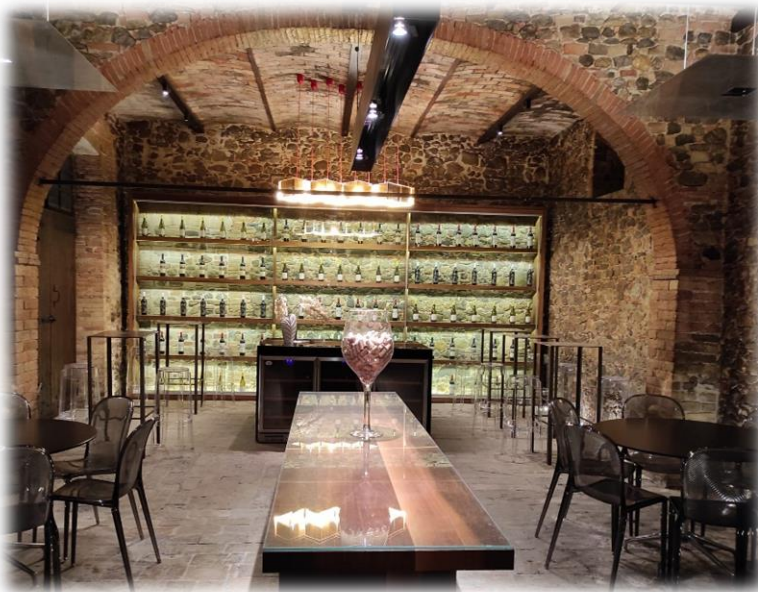
DAY 4 – GUIDED TOUR OF GUBBIO - LUNCH AT THE WINERY + VISIT OF PERUGIA

Breakfast in accommodation and **guided tour of Gubbio**. Gubbio is one of the oldest Umbrian cities. Here you can breathe history from every stone and there are many traces of its glorious past: the Roman Theater of the first century AD, the Basilica of Sant'Ubaldo which dominates the city and houses the remains of the saint, patron saint of Gubbio, the Gothic Cathedral, the Church of Santa Maria Nuova which houses the fresco "The Madonna del Belvedere" by Ottaviano Nelli, master painter and illuminator who owes his birth to Gubbio. In the Palazzo dei Consoli, seat of the Pinacoteca Civica, we find the Eugubine Tables, seven bronze tablets bearing inscriptions in Umbrian characters from the third and second centuries BC and Latin characters from the second and first centuries BC, very important documents for the history of the Italic peoples.



Short transfer to a renowned historic winery near Gubbio.

You can't visit Umbria without tasting its food and wine delights. The viticulture of our region has its origins at the time of the Etruscans and the ancient Umbrian people, who exploited the excellent predisposition of the soil to agriculture and the climatic conditions favorable to the cultivation of vines. To date, Umbria has about 13,000 hectares of vineyards, where the quality of production, rich in native varieties of great value, and environmental sustainability, are the cornerstones of its competitiveness. In addition, the gastronomy of the region offers many delicacies certified DOC and DOP in terms of quality. The excursion will take you to the deepest secrets of our cuisine. You will visit a renowned winery and taste some local specialties... Enjoy your meal!



After the visit to the winery and lunch, departure for Perugia and visit on your own.

Perugia, the capital of the Umbria region, which is worth a visit not only for the beauty of its hilly position, but also for its beautiful ancient buildings. Before coming under Roman rule, ancient Perugia was one of the twelve cities of the Etruscan federation and considerable stretches of the Etruscan walls, which stretched for 2,800 meters around the town, have been preserved. Perugia is known to the art world as the center of the Umbrian School of Painting in the fifteenth and sixteenth centuries and its greatest exponents, Pietro Vannucci (known as Perugino) and Bernardino Betti (known as Pinturicchio), worked here. The young Raphael worked in Perugino's studio until 1504. You will find works by all three in the churches and public buildings of Perugia. **Free time in Perugia for shopping and walking along the alleys of its historic center.**



Transfer to Assisi, check-in at the hotel, dinner and overnight stay.

DAY 5 – GUIDED TOUR OF ASSISI – LUNCH – TREKKING: EREMO DELLE CARCERI

Pax et Bonum! This is the greeting with which Assisi, a Franciscan place par excellence, welcomes you, not only in Umbria and Italy, but throughout the world. St. Francis was born in Assisi in 1182; in the place where his birthplace is believed to have been located, today stands the New Church. It is in Assisi that he was baptized, in the Cathedral of San Rufino, it is in its alleys that he spends his youth dreaming of a future as a valiant knight, it is here, where today the Church of Santa Maria Maggiore stands, in the Piazza del Vescovado, that he strips himself repudiating earthly goods for the love of God and his brothers and sisters. It was still in Assisi, in the Church of San Damiano, that praying before the crucifix, he received the task of renewing the Church of Christ, it was in the town square that he began his preaching and his work of charity and peace, and it was finally here that he died in 1226. His remains are preserved in the Basilica of St. Francis, but the saint still lives on in every stone of Assisi. Stroll through its charming alleys and visit the Franciscan places. Radio guide for the visit of the Basilica of St. Francis included.





Lunch at a local restaurant – drinks included.

FROM ASSISI TO THE *EREMO DELLE CARCERI* (optional excursion on request)

After lunch, meet the hiking guide for an interesting excursion from Assisi to the *Eremo delle Carceri* (Hermitage of the Prisons). A few kilometers from Assisi, about 800 meters above sea level on the slopes of Mount Subasio, stands the *Eremo delle Carceri*, one of the most precious spiritual destinations in the park, originally a chapel surrounded by caves, where hermits stopped in meditation, and a forest of holm oaks to which many stories about the miracles worked by St. Francis are linked. It acquires the name of "prisons" with St. Francis, in reference to a place of solitude retreat.

We will start our excursion from Assisi, and after a few tens of meters on the plain, we will reach Porta Perlici which opens the doors to a steep uphill path that runs along the medieval walls of the city, built with the typical white-pink stone that characterizes the historic center of the city, and in a few minutes you are under the keep of the Rocca Minore or Rocchicciola: The view backwards on the line of the walls to join the Minore with the Rocca Maggiore, located at the same height, is remarkable. We continue our journey on a stony uphill road, passing near a fountain and an artifact of the Nocera-Assisi aqueduct; Between intense reforestation, continuing uphill you reach a clear junction with a service forest road on the left, which you ignore as you continue straight uphill. Now you enter the dark green domain of the holm oak forest, then a steep ramp finally leads to the Montarone plateau with limestone blocks that suggest to the traveler a well-deserved break to catch your breath and appreciate the view. We continue along a flat path that will allow us to see unusual views of Assisi and the Umbrian valley from the right and then a final downhill ramp will lead us to our destination. Preceded by a magnificent scenery, almost hidden in the dense forest of majestic holm oaks and centuries-old oaks, you reach the entrance to the tree-lined avenue that leads to the Hermitage of the Prisons. Once at the Hermitage, we will make a short visit to this beautiful place of peace and meditation, along the recommended route and descend to Assisi.



Return to accommodation, dinner and overnight stay.

DAY 6 – VISIT TO THE MARMORE FALLS WITH LUNCH IN A LOCAL RESTAURANT GUIDED TOUR OF SPOLETO IN THE AFTERNOON

Breakfast at the hotel and departure for the Marmore Falls, which with its 165 meters divided into 3 jumps, is the second highest artificial waterfall in Europe. The waterfall is located in the territory of the Terni Valnerina and in the Nera River Park, also known as the Water Park, a protected area that finds its point of excellence in the waterfall: an environment extraordinarily rich in cultural, historical and environmental testimonies. You will have time to visit the different paths of the waterfall on your own, relax at one of the many viewpoints, refresh yourself at a refreshment point, buy some souvenirs and above all take photos to take with you the extraordinary beauty of this place. Visit to the Marmore Falls on your own - **entrance ticket included**.



Typical Umbrian lunch in a local restaurant near the Marmore – drinks included.

In the afternoon, the magnificent city of Spoleto awaits us, a picturesque and austere city with an ancient history. It is one of the main tourist centers of Umbria, as well as for the importance of its archaeological monuments: Roman, early medieval and Renaissance, for the interesting cultural events that take place there. Spoleto and the Spoleto Valley have become the symbol of Umbria: of its natural charm, of its artistic beauties, of the poetry that surrounds it, of the mysticism that was lived there and that continues to emanate from it. Spoleto, the ancient capital of the Lombard dukes, will leave you breathless thanks to the richness of the city's historical and artistic heritage: Rocca Albornoziana, Ponte delle Torri, Roman Theatre, Piazza del Duomo.



Return to accommodation, dinner and overnight stay.

DAY 7 - VISIT OF RASIGLIA - TRUFFLE HUNTING WITH TASTING-LUNCH IN THE WOODS

Breakfast at the accommodation and departure for Rasiglia, the village of streams. The town, which preserves the typical characteristics of the medieval village by gathering in an amphitheater-like structure, is famous for its springs: walking through the picturesque alleys of the center it is impossible not to be enchanted by the waterways that cross the town, making it unique and fascinating. Even today, the life of Rasiglia continues to be marked by water: the element that passes through weaving, wool processing and dyeing that is revived through an ancient tradition, dating back to 1200. **Free time in Rasiglia for and independent visit.**



Transfer to Valtopina for the Truffle Hunt.

Valtopina is also appreciated in Umbria for its olive oil and black truffle. Truffle hunting in Umbria is a thousand-year-old tradition. Umbria produces the largest amount of black truffles in Italy, and its quality is famous all over the world. The truffle is an integral part of Umbrian cuisine and culture. In the late morning, with the truffle hunter and his faithful 4-legged friend, we will experience an authentic truffle hunt and discover all the secrets of a thousand-year-old activity. Truffle hunting is an ancient profession, made up of great love for the territory, intelligent observation, waiting and also deep satisfaction. We will make use of his wise guide, assisted by an incomparable assistant dog, to learn the secrets of this noble tuber: research with the dog, quarrying and cultivation, through a nature trail of great beauty. Afterwards, we will have delicious tasting-lunch in the woods with typical products and truffle – wine included.



ARRIVEDERCI! – We say goodbye to Umbria and we carry it in our hearts!
Departure and return home. *END OF OUR SERVICES.*



The tour includes:

- Accommodation and overnight stay in Hotel/farmhouse/BB 6 nights: 1 night in La Verna, 1 night in Sansepolcro, 1 night in Gubbio and 3 nights in Assisi;
- Accommodation in single/double/triple/quadruple rooms according to the group;
- Full board treatment structured as follows:
 - 6 breakfasts and 6 dinners at the accommodation + 2 lunch boxes for the first 2 days;
 - 1 lunch in the cellar with 360° tasting;
 - 1 lunch in a local restaurant in Assisi – drinks included;
 - 1 lunch in a local restaurant near the Marmore – drinks included;
 - 1 tasting lunch in the woods during the Truffle Hunt;
- **Guided tour of Gubbio** with a private guide;
- **Guided tour of a historic winery** with 360° tasting;
- **Guided tour of Assisi** with private guide – radio guide included for the Basilica of St. Francis;
- Entrance ticket to the Marmore Falls (no guided tour);
- **Guided tour of Spoleto** with a private guide;
- Hiking guide for trekking excursions and stages of the Saint Francis of Assisi's Way;
- Experience "Truffle Hunting with Tasting-Lunch in the Woods";
- Transfers as per program (excluding incoming and outgoing transfers);
- On-site assistance and schedule visits with itineraries.

The tour does not include: Tourist taxes to be paid locally, tips, meals and extra transfers not mentioned and anything not mentioned under "the tour includes".

N.B. Appropriate equipment is required for walking, trekking shoes with good grip, trekking poles, backpacks, anti-blister plasters such as Compeed, hats, water bottle.

QUOTE ON REQUEST

EXTRA (Quotation on request based on the number of participants):

- Incoming and outgoing transfers;
- Tourist guide for the visit of the Marmore Falls / Perugia;

OPTIONAL EXCURSIONS:

- TREKKING TO THE EREMO DELLE CARCERI (*fee on request according to the group*)