

Footsteps of St. Francis

Hotel-to-hotel   independent walking

- Superb walking in Italy's undiscovered "Green Heart": deep lush forests, impressive limestone gorges, rare flora and fauna
- World-famous Assisi – jewel in the Umbrian crown – and ancient Spello, one of the best preserved medieval towns in Italy
- Exceptionally friendly hotels – panoramic swimming pools at all – 4 nights in ★★★★★ comfort
- Highly prized black truffles, the finest of olive oils, Italy's famous Sagrantino wines
- Romantic Apennine peaks, soft terracotta colors, perched villages with stunning views
- Wonderfully wild Subasio Natural Park



This independent 8-night walking holiday follows a circular loop, exploring the rich rolling countryside of the Assisi valley, one of the most beautiful corners of Italy, and the true green heart of the country. It's a sun-drenched region of deep lush forests, impressive limestone gorges, majestic lakes and stunning medieval villages seemingly unchanged over the years. And the views are simply superb!

The walking is relaxed and unhurried, re-tracing in part the trail St Francis took on his last visit to the town in 1226, and taking in the sacred woodland that for years has been tendered and cared for by the Franciscan monks. It's a rural route, brimming with rare flora and fauna, along ancient forest tracks, through centuries-old forests and passing olive groves dating back to Roman times.

The places we've selected for you to stay in are pretty special too. In Assisi, Signor Piampiano's friendly hotel is ideally located just minutes from the historic center, and boasts a panoramic pool and spa facilities. You also stay in a prestigious ★★★★★ countryside retreat in the heart of the Monte Subasio natural park – the grounds of Le Silve are spread over 230 hectares of spectacular countryside! And, in medieval Spello, you'll stay in a magnificent C17 former mill, crammed with numerous works of art and a wine cellar packed with over 900 bottles!



Book now on 1-800-567-6286 or visit www.breakaway-adventures.com for more information

FOOTSTEPS OF ST. FRANCIS | DAY BY DAY



Day 1 Arrive in Spello

We meet you at Foligno train station and take you (25 mins) to your hotel in time for dinner.

Day 2 Spello to Assisi 11km/7mi/4hr or 16km/10mi/5hr

The shorter, lower route takes you through lush Umbrian countryside - with its distinctive dark green cypresses and silver-colored olive trees whilst the longer, more challenging route takes you via the sacred 'Eremo delle Carceri' - St Francis' famous hermitage where he used to pray and talk to the birds.

Day 3 At Assisi

A full day to explore the ancient town of Assisi. The Basilica, and its magnificent C13 Giotto frescoes is a must before ambling up Via San Francesco to the beautiful Piazza del Comune to visit the well preserved temple of Minerva.

Day 4 Assisi to Satriano 16.5km/10mi/4.5hr

Today's route skirts the medieval center of Assisi - option to visit the Rocca Maggiore, Assisi's well preserved castle offering excellent views over the Valle Umbra - before heading out along the unspoiled Franciscan trail, tracing backwards St Francis' steps on his last journey to the town. You'll pass the north side of Monte Subasio through gentle hillsides and green valleys dotted with isolated farms, monasteries and watchtowers before winding down to Satriano, in the heart of the Monte Subasio natural park, and home for the next 2 nights.

Day 5 At Satriano

At an altitude of 800m above sea level, the views from your hotel afford a fabulous 360° panorama of the luxuriant natural park and surrounding Apennine Mountains. You've literally hundreds of forest trails on your doorstep.

Day 6 Satriano to Le Silve 14km/9mi/4.5hr

You'll set off this morning along pine scented forest trails before winding slightly uphill along the Marchetto River. You'll continue along former drover's tracks, passing meadows carpeted with colorful flowers - orchids, edelweiss and wild tulips - enjoying lovely gorge views. You cross the gorge via the Ponte del Marchetto, or Wolves Bridge - if you're 'lucky' you may catch the rare sight of a wolf! You'll enjoy pure luxury for the next 2 nights on the Silve di Armenzano estate.

Day 7 At Le Silve

You almost feel as though you have the world to yourself as you explore the wonderfully wild surroundings of this 230-hectare estate! There are over 20kms/16mi of well marked walking paths and trails winding around St Francis' "magical" Subasio Mountain and surrounding valleys. Have a swim in the new deck-level saltwater pool, and perhaps end the day with a relaxing sauna or afternoon tea in the exquisite tea-room. A guided tour of the estate can be organized through the hotel with photography stations for local wildlife.

Day 8 Le Silve to Spello 14km/9mi/4.5hr

Today's route follows the lower eastern slopes of Monte Subasio, passing through the restored hamlet of San Giovanni. Then up to the Rifugio di Madonna della Spella for panoramic views on the open pastureland before descending through oak and centuries-old olive groves to finish in charming Spello, one of the finest preserved medieval towns in the region.

Day 9 Leave Spello



Dates and Prices

Departs every two days **Tour Only**

2012 departures

Oct 2-14	\$2,669
May 3-Jun 30	\$2,776
Sep 10-30	\$2,743
Jul 2-Sep 8	\$2,849
Child (any dates, see notes)	\$1,757

Singles: Add \$43 per night for sole occupancy of a double room.

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Prices from \$19 per person, per night, based on 2 sharing.

Holiday type: Independent walking, hotel-to-hotel, no minimum group size.

Departs: Every two days from May 3 to Oct 14.

Duration: 9 days (8 nights).

Meals: Continental breakfast and evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Rome Fiumicino Airport.

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Foligno train station at 16:58 (transfer to hotel, 25 mins, provided). **Return:** Foligno train station by 10:16 (transfer provided).

Second Class Italian Rail: Add \$167 per person, round trip.

First Class Italian Rail: Add \$314 per person, round trip.

Tour only: Transfers included from Foligno train station at 16:58, and back to Foligno train station departing hotel at 09:15.

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FOOTSTEPS OF ST. FRANCIS | WHERE YOU STAY



La Bastiglia
★★★★
Spello

Days 1+8



Hotel la Terrazza
★★★

Assisi



La Tavola dei Cavalieri
★★★★

Satriano

Days 4+5



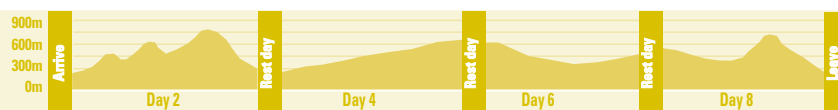
Le Silve
★★★★

Armenzano

Days 6+7

For extra nights we recommend Assisi, and city add-ons can be arranged in Perugia and Rome.

FOOTSTEPS OF ST. FRANCIS | WALKING DETAILS



The paths you follow are generally waymarked and well maintained, taking you through mostly shaded woodland. As there are frequent ascents and descents, you need to be reasonably fit and confident. Poles would be helpful but not essential.



Average daytime temperature (°C):

22 26 30 29 26 20
MAY JUN JUL AUG SEP OCT



Average monthly rainfall (mm):

62 45 24 38 76 106
MAY JUN JUL AUG SEP OCT