

EXPLORE!



On Foot in Rome and Umbria

8 days

Italy - Trip code UR

On Foot in Rome and Umbria

A holiday combining walking in the beautiful Umbrian countryside, with time in Italy's incomparable capital, Rome. In Umbria we stay in ancient Orvieto, perched high on an outcrop of volcanic rock, and in the picturesque walled town of Spello. Our hikes take us along ancient pilgrims' trails from the shores of Lake Bolsena to the slopes of Mount Subasio and streets of St Francis's Assisi.

Trip highlights

- ★ **Orvieto** - Explore the town's volcanic rock walls and taste the famous Orvieto wine
- ★ **Spello** - Stay in this ancient walled town overlooking the Umbrian Plain
- ★ **Assisi** - Walk on the slopes of Mount Subasio and visit the Hermitage of Saint Francis
- ★ **Rome** - Explore the city in your own time

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate level walks on the same tour. You'll be walking mainly on good paths and at low altitude, with occasional more demanding ascents or descents.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip at Rome airport; drive to Orvieto in Umbria

Our journey begins in Rome, the 'Eternal City', whose palaces and monuments encompass a journey of history and habitation that spans over two millennia. After joining at Fiumicino Airport (terminal 3 arrivals hall) we leave the city by road, heading towards the beautiful landscapes of Umbria. A two hour drive away, our destination is the historic town of Orvieto, dramatically perched atop a bluff of volcanic tufa and surrounded by defensive walls cut from the rock.



Accommodation: Hotel El Picchio (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walk from Orvieto through vineyards and winetasting

Our walk today heads out of the town via the Porta Maggiore gate from where there's a great view of the famous rock walls or 'rupe' as they are called in Italy. Descending to the plains below, we head along old Etruscan paths, through medieval villages and hamlets towards Sugarno. Passing through vineyards where the grapes that make up the Orvieto wine (a white blend) are grown, we stop to enjoy a picnic lunch and taste some of these renowned wines before returning to the town. Today's 10 kilometre walk is expected to take around five hours.



Accommodation: Hotel El Picchio (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 3 - Hike from Lake Bolsena to Orvieto

We drive this morning to the town of Bolsena, located on the shores of the large lake of the same name. Orvieto and Bolsena are inseparably bound together. In 1264 the Corpus Domini miracle (a priest reported bleeding from the host he had consecrated at mass) took place inside the Basilica of Saint Christina in Bolsena. The sacred linen cloth stained by the blood of Christ was later brought to Orvieto in a solemn procession and the cathedral in Orvieto was built to house the relic. After some time to explore Bolsena, we then start our walk along a side route of the historic Via Francigena, a pilgrimage and trade route that runs all the way from Canterbury to Rome. There are some great views of the Lake of Bolsena at the start of the walk before we pass through the countryside on an undulating trail all the way back towards Orvieto. Today's 16 kilometre walk is expected to take approximately five hours with a total ascent of around 400 metres.



Accommodation: Hotel El Picchio (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Walk from Bevagna; drive to Spello

The first part of this morning is left free to explore more of Orvieto. You can take a walk around the defensive rock walls or explore some of the fascinating network of tunnels and caves that lie underneath the town. The tunnels were both a secret escape route out of the city in times of siege and had a practical use as cellars and cisterns. We then depart for Bevagna on the flood plain of the Topino River. We enjoy a circular walk from the village, following a series of small tracks, trails and quiet back roads, as we pass through a scenic tableau of small hamlets and rural farms. On arrival back in Bevagna there's time to explore its historic charm and beautiful Romanesque churches, before we drive on to Spello, our base for the next three nights. Today's six kilometre walk is expected to take around two hours.



Accommodation: Albergo Il Cacciatore (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 5 - Hike on the slopes of Monte Subasio to Assisi

Occupying a sloping ridge where the hills meet the plains, Spello is a perfect base from which to explore the countryside and towns of Umbria. Today we hike along part of the famous Via di Francesco, one of the area's classic walking trails. Built to link Assisi with Rome, this famed pilgrim highway takes us on towards the slopes of Monte Subasio and its steep forest gorge, where we find the small hermitage of Eremo delle Carceri. There will be a fair amount of uphill walking today, but the results will more than compensate for the effort, as we find ourselves taking in small churches and abbeys and enjoying some lovely views down towards Assisi. Descending into the town of Assisi itself, we then have a little time to look around before returning to Spello by either public bus or train. Today's 14 kilometre walk is expected to take around five to six hours.



Accommodation: Albergo Il Cacciatore (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 6 - Circular walk from Montefalco with winetasting

Located above the flood plain of the Clitunno River, the town of Montefalco can trace its origins back to the Romans and the Lombards. Sacked by Frederick II in 1249, the town was rebuilt in the 13th century and today enjoys the architectural and spiritual favours of a number of fine churches. It also sits in the heart of the Sagrantino wine area and our walk through the landscape today takes us past a number of local vineyards. We have an opportunity to enjoy some wine tasting, as well as the captivating views across the fertile plains at one of the local wine estates. Driving on to the hilltop town of Trevi, we then enjoy some of the best views possible of the Umbrian countryside, before returning to Spello. Today's seven kilometre walk is expected to take around three to four hours.



Accommodation: Albergo Il Cacciatore (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Drive to Rome; free afternoon to explore

Today we make an early start for Rome. From the classic buildings of antiquity, to its Renaissance palaces and Baroque churches, Rome is a city steeped in the glories of its past. Founded some 2,700 years ago, it is one of the oldest cities in Europe and certainly one of the most fascinating and captivating in all Italy. On arrival your time is left free to explore independently. Rome has numerous historic sites, museums and galleries and it's definitely a good idea to research your options before you travel to make the most of your time here. Destinations for a first time visitor might include the Colosseum to view the vast amphitheatre built by the Emperor Vespasian in 72AD as well as the nearby Roman Forum. Vatican City contains some of the most recognisable and famous icons of the classical age, from the magnificent Basilica of St. Peter's to the breathtaking beauty of Michelangelo's Sistine Chapel.



Accommodation: Hotel Villa Glori (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Rome

Our trip ends today in Rome.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE

Day 2	10km
Day 3	16km
Day 4	6km
Day 5	14km
Day 6	7km

Walking grade

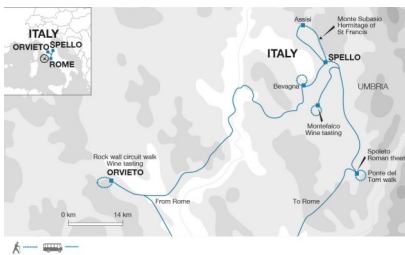
Easy to moderate

Trek details

Walks on 5 days for between 2 to 5.5 hours. Walking in Umbria is on country footpaths and trails. In Rome we explore the city's streets on foot.

Max walking altitude (m)

720



What's included?



Included meals

Breakfast: 7
Lunch: 3



Transport

Bus
Public Bus



Trip staff

Explore Tour Leader / Driver



Accommodation

7 nights standard hotel

Trip information

Country information

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Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Italian

Budgeting and packing

Optional activities

Combined entry ticket for the Colosseum, Roman Forum and Palatine Hills - € - can be purchased at any of the sites (queue at Palatine Hills is often the shortest) or in advance online. See <http://www.coopculture.it> Vatican Museums and Sistine Chapel - can be purchased in advance online for €16 <http://biglietteriamusei.vatican.va> If you are extending your time in Rome you may wish to consider a 48 hour Roma pass - €28 includes free entry to first visited museumite, free use of the city's public transport network and concessionary ticket to all other museumsites. These can be purchased online, at all participating museumsites and at various booths throughout the city. See <http://www.romapass.it> for more information.

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. You'll need your swimming gear (some of our hotels have pools), light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

We recommend you bring lightweight walking boots, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece and a daypack.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential. A torch is useful in case of power cuts or emergencies.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Country Information

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Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£10.00 - 14.00

Beer price

£2.00 - 4.00

Water price

£1.00 - 2.00

Foreign Exchange

Local currency

Euro.

Recommended Currency For Exchange

GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

Major towns.

Credit Card Acceptance

Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bus, Public Bus

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click [here](#).

For more information from Explore about travel advice, click [here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcours. See www.travcours.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcours. The Team at Travcours will be happy to answer specific questions

relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

720

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Vaccinations

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.