

One Week Umbria Itinerary - Perugia, Assisi, and the historic hilltop towns

Jan 28 Written By Stephen Brewer

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Umbria is a lot quieter and less-visited than many Italian regions, and that's a major part of the appeal of these rich valleys and green hills. Assisi, the

hometown of Saint Francis on the cliffs of Monte Subasio is one of dozens of



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Our route is designed to show off the best of the region in a week. We begin in the north, in Perugia, the region's largest town, and nearby Assisi, the final resting place of one of Christianity's most popular saints.

From there we move onto two other impressive hill towns, Spoleto and, last stop, Orvieto, in the south of the region. In between you'll spend some time in appealing smaller towns and drive through the vineyards around Montefalco and into the mountains above Norcia.

When the week is up, you'll have seen quite a lot and the soothing Umbrian landscapes will have worked their magic on you: you'll be itching to come back for another trip!

[**Click here to see all of our Umbria guides & itineraries**](#)

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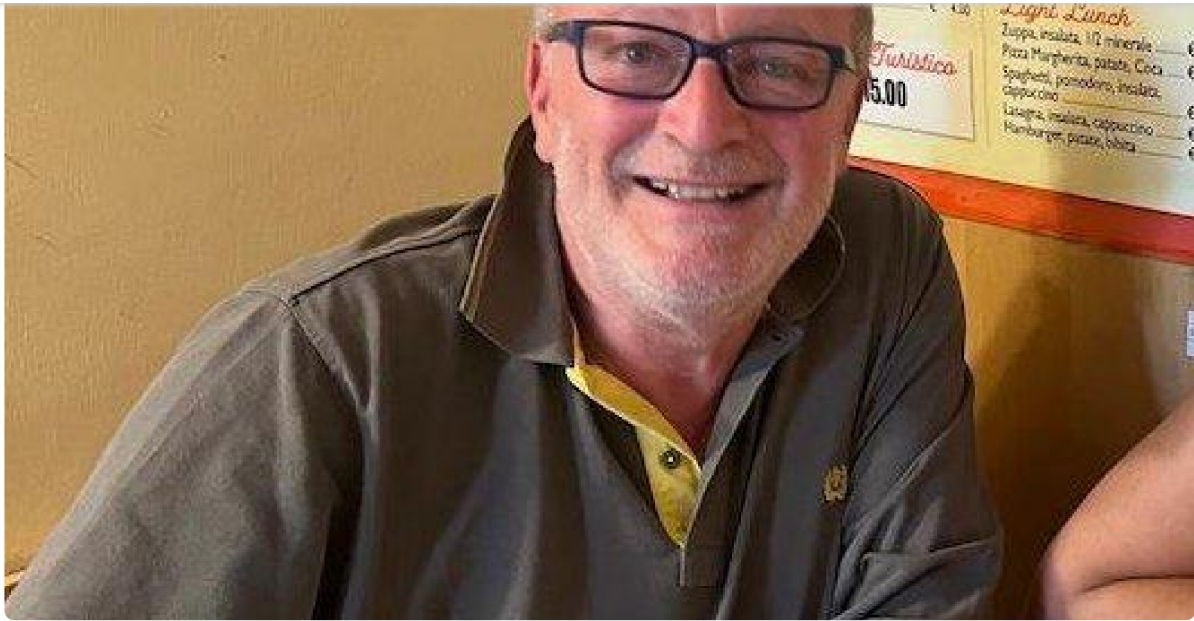
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What to know when planning your trip

Below I've covered a few of the main things that you should know when planning a trip to Umbria. For more comprehensive information on the region, have a look at my **Umbria travel guide**.

How long to spend



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countryside, and since the region is relatively small, you can often visit multiple towns in the same day, while enjoying the lovely scenery in between. Because of this, you can pack a lot in, even with as little as just 4 days.

Assisi, Perugia, and Orvieto are the most visited destinations in Umbria, and each is worth the better part of a day for sure (or more like half a day for Assisi), but you'll also find a clutch of smaller, charming historic towns that offer beautiful streets and squares and a delightful taste of small town Italy.

Places like Todi, Spoleto, Trevi, Bevagna, Spello, and Montefalco offer a wonderful taste of small town Italy and spending a few days hopping between them is an absolute treat. Many of these towns have nice crafts traditions and the fields outside of them produce excellent wines and other local foods that are well worth discovering and savoring. You can easily visit a couple in a single day.

If you have a full week, you can get a bit further afield, making your way to the gorgeous and truly impressive medieval town of Gubbio, as well as historic Norcia to the southeast, lying in the foothills of the Monti Sibilini mountains and offering great hiking and outdoor activities in the nearby national park.

You'd also have some time to visit Lake Trasimeno (near Perugia), and the River Nera, with its impressive Marmore waterfalls.

When to visit

As with much of Italy, the nicest times to visit Umbria are the **late spring** and **early fall**. Both periods offer pleasantly warm but not hot weather, and while the mornings and evenings will likely be a bit chilly, the middle of the day is perfect for everything from city visits to hikes in the hills and mountains. You'll also have mostly sunny days with long daylight hours.

May and late September/early October are tied for first choice in my view, as they afford many of the benefits of summer but without the excessive



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famous parts of Italy, so it's rarely filled with an unpleasant number tourists. You'll find lots of vacationing Italians, but much less in the way of foreign visitors, which I think is really refreshing. The weather will be mostly good and you'll have lots of sunny days, but you should expect at least some uncomfortable heat. Prices, of course, are high.

Late fall, winter, and early spring offer the least attractive weather, with lots of dark, rainy days, especially in November and December. Even so, temperatures are comparatively mild, often hovering around 50°F during January and February, the two coldest months.

Prices are at their lowest during this period, and if you're after authenticity and a real glimpse of local life, this can be a good time to visit Umbria as you're unlikely to encounter basically any other tourists. Just about everything will still be open, as very few towns in the region are dominated by tourism - locals will still be out and about in the streets, at the restaurants and cafes, and in the shops.

How to get around

The main towns in Umbria (which are also the ones that you're most likely to want to visit), such as Perugia, Assisi, Spoleto, and Orvieto, are well connected to one another by frequent train service. Trains leave regularly all throughout the day, running from morning until evening.

There are also local trains that connect Perugia, Assisi, Deruta, and a few of the other smaller towns.

Even so, I regard Umbria as definitive road trip territory, and I absolutely recommend renting a car for your visit. This region is known for its gorgeous countryside, lovely nature parks, and abundance of wineries, so if you want to visit any of those in addition to the hilltop cities and towns, you really need to have a car.



roads are good, and all of the towns and cities have large parking lots right outside the historic centers where you can safely leave your car. Distances are short enough that you won't need to fill up the tank too often either.

Where to rent a car

You'll find all the big rental companies everywhere in Italy, and Umbria is no exception. The easiest and most affordable places to pick up a car are in Orvieto (at the train station) or at the airport in Perugia. If, for whatever reason, you won't be in either of those cities, there are also rental agencies in Terni, Spoleto, Foligno, and Città della Pieve.

Because most visitors to Umbria first arrive elsewhere in Italy (and are sure to have their departing flight from elsewhere as well), it may actually be more convenient to pick up and drop off your car wherever you first arrive in to Italy. You also may get better prices in larger cities like Rome, Florence, or Milan.

To check prices, I always recommend taking a look at [DiscoverCars](#). It's a car rental website that includes offerings from all the major international rental companies as well as lots of smaller local agencies, which tend to have *much* better pricing. You can often find really good deals.

[Check car rental prices on DiscoverCars](#)

Itinerary overview

One of the wonderful things about a road trip around Umbria is that many of the places you're likely to want to visit are within easy drives of one another, which means you get to see quite a lot in a very short amount of time, all without spending long days in the car.



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from them.

Your first three nights are in Perugia, the next 3 are in Spoleto, and your last night in Umbria will be in Orvieto. All of these - even busy Perugia - have the feel of classic medieval hill towns and the soul-soothing Umbrian landscapes are always within view.

Here's a quick look at the plan:

Day 1 - Perugia

Spend the full day exploring **Perugia**, the region's capital and a historic city filled with art, architecture, and culture.

Day 2 - Assisi and Spello

Head out to lovely **Assisi**, famous for its association with Saint Francis, and filled with beautiful churches. Then, continue on to Spello, known for its flower-lined streets, before returning to Perugia in the late afternoon or evening.

Day 3 - Gubbio and Lake Trasimeno

A longer drive today will take you up to imposing and medieval Gubbio, before heading down to the pretty lakeside town of Passignano for some time on Lake Trasimeno.

Day 4 - Road trip to Bevagna, Trevi, and Spoleto

Time for a road trip! Visit the walled town of Bevagna and then the gorgeous hill towns of Trevi and Spoleto.

Day 5 - More time in Spoleto and wine tasting around Montefalco

Explore more of Spoleto's impressive sights in the morning, then visit the almost impossibly pretty town of Montefalco in the afternoon, leaving some time for winery visits along the Strada del Sagrantino.

Day 6 - Norcia and Monti Sibillini National Park



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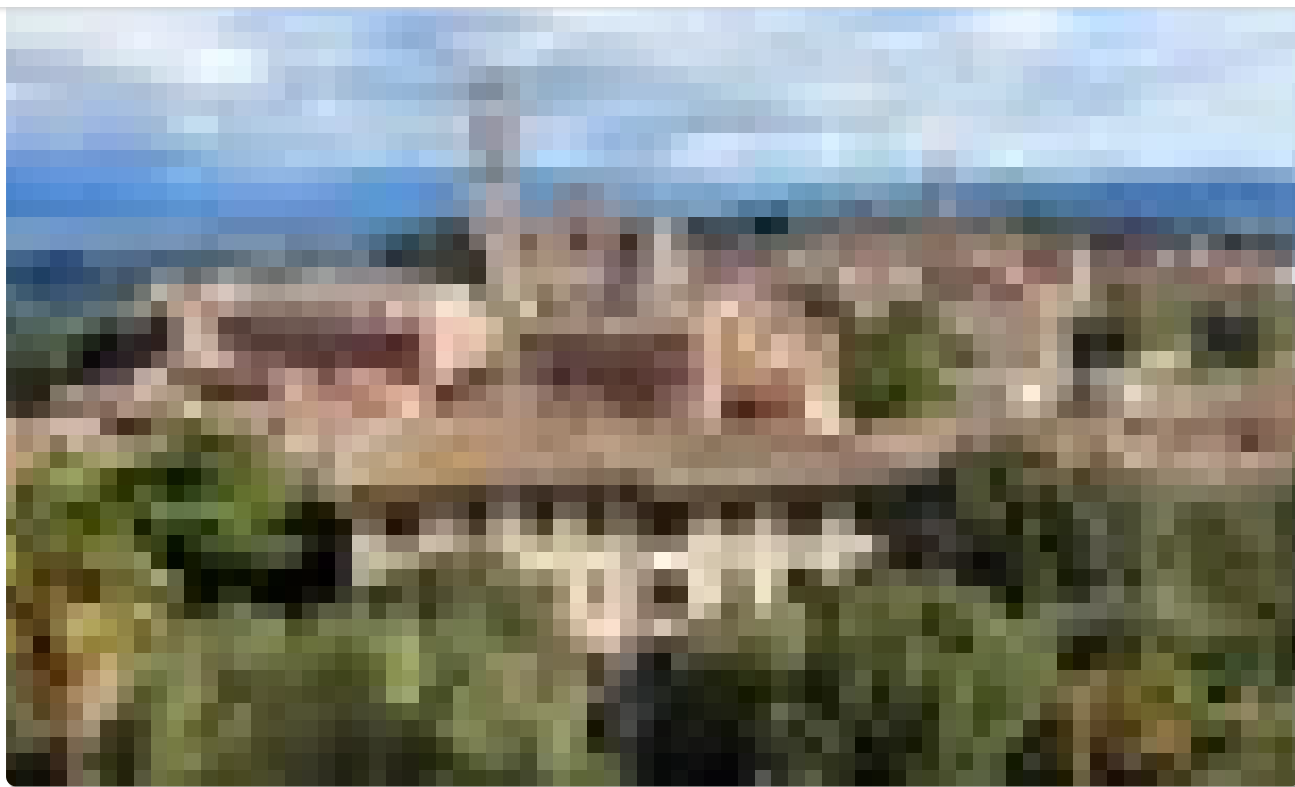
Head west to Todi, known for its gorgeous central square, before finishing your trip in clifftop Orvieto.



Day 1 - Perugia, Umbria's capital city



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Perugia. Photo": [AliasXX00](#), [CC BY-SA 4.0](#), via [Wikimedia Commons](#)

Morning - Perugia's main sights

The old center of **Perugia**, which is where you're going to spend the majority of your time, is built along a ridge of hills, while the sprawling new town - where many of the 160,000 Peruginos live - is in the valley below.

As you arrive to the city, I would advise parking in the newer part of town, in any of the several lots and garages at the foot of the hills. From there, you can easily get to the upper town by a series of escalators and elevators.

Several parking garages surround the train station, from which a seven-stop "mini-metro" runs up the hill to the old center.

On arrival in the old city, begin your visit with a walk in **Piazza Italia**, a leafy square that is lined with the palatial headquarters of Umbria's provincial government and on one end overhangs the valley far below.



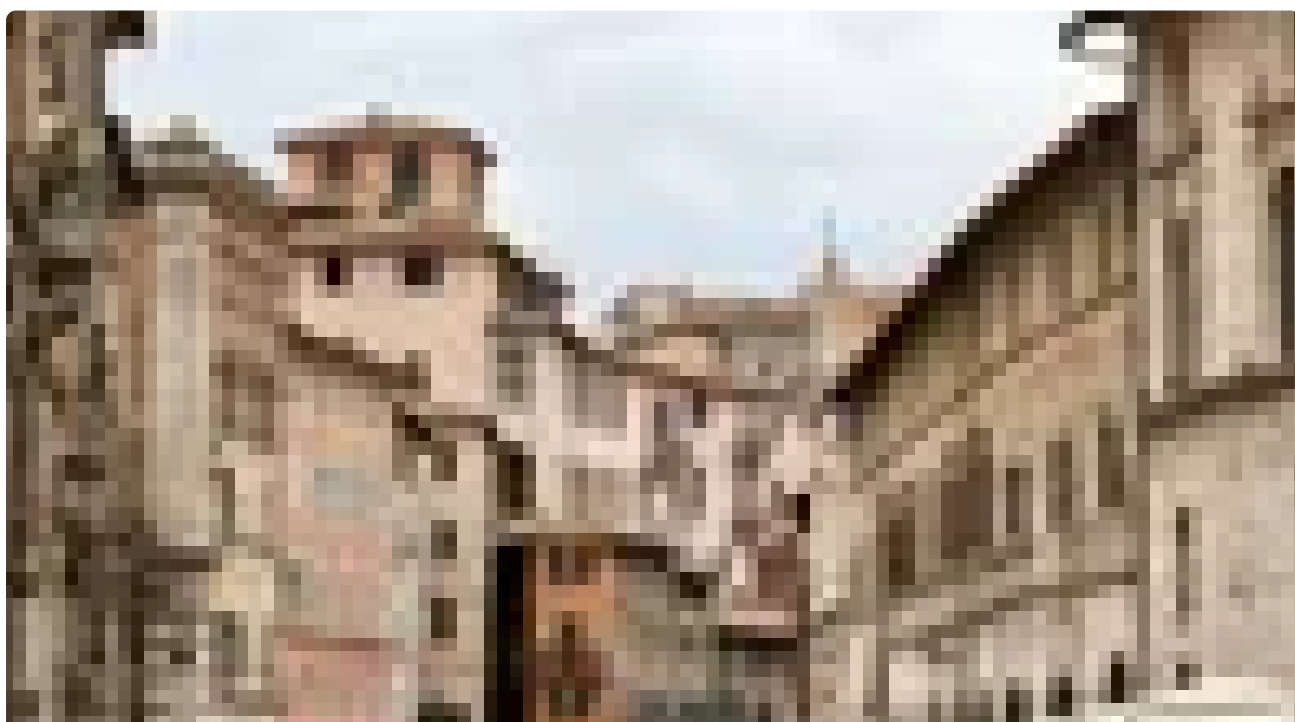
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floors of the heavily medieval Palazzo dei Priori. The gallery showcases the great works of Umbrian artists from the Middle Ages and the Renaissance, with a polyptych by Piero della Francesca being the standout, in which you can lose yourself looking into the intricate religious scenes full of precise detail and perspective.

The **Nobile Collegio del Cambio**, next door, preserves the meeting rooms of the town's medieval money-lending guild, providing a glimpse into 15th-century office life.

At the end of the street, you'll reach the **Piazza IV November**. Spend some time people watching in the square and enjoying the stately architecture, and then dip into the **Duomo**. The church is impressive and ornate, and is filled with lovely artwork and beautiful frescoes adorning the ceilings.

One more art stop here in the center is the nearby **Capella di San Severo**, a small 16th-century monastery chapel covered in frescoes that the Renaissance master Raphael painted early in his career, before he became known for his work in Rome.



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It should be approaching lunch time by this point, so head over to **Bottega di Perugia** on Piazza Morlacchi and enjoy one of their delicious panini.

After lunch, forget about “sights” and just let yourself get lost wandering the charming streets and alleys of the old town. The cobbled lanes that crisscross Perugia’s historic core often become steps as they climb hills and drop into ravines, and as you wander you’ll come upon fountains, arches, and the elaborate doorways of Renaissance palaces and churches.

An upward climb from Piazza IV Novembre along some steep streets and steps brings you to the **Arco dei Gigli**, also known as Porta Sole, one of the gates in the Etruscan walls that once enclosed the city. The reward for your efforts is probably the best view in Perugia, over the old town and far across the valley below.

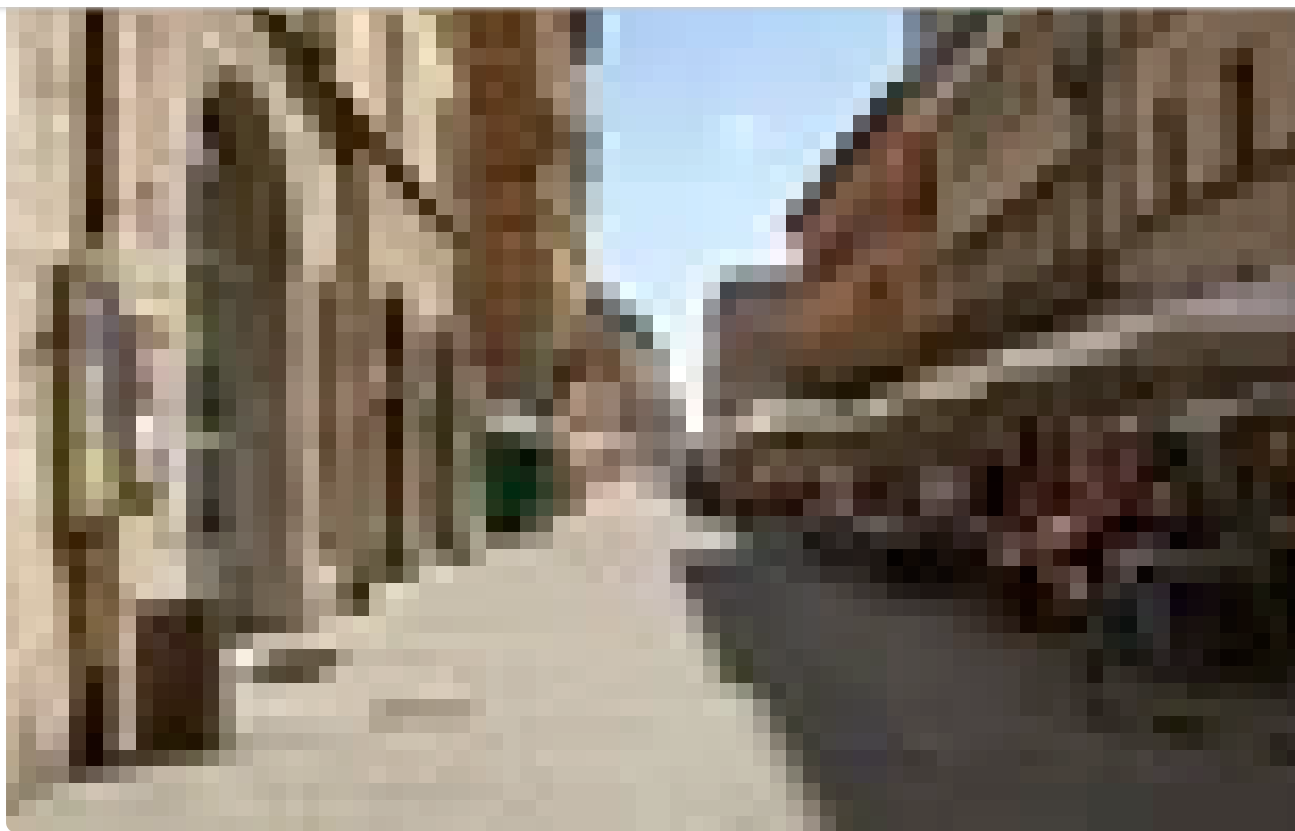
An easier ramble is just north of Piazza IV Novembre, along **Via dell’Acquedotto**, across the top of a 13th-century aqueduct. You’ll have a panoramic view of the town and valley unfolding before you as you cross the aqueduct over a deep ravine. On the far side is the University of Perugia, one of several schools that give the city a lot of youthful energy.

Another walk leads underground, into the eerie but fascinating remains of the **Rocca Paolina** beneath Piazza Italia. This is actually a ride, since you’ll be on a series of escalators that descend from an entrance on Piazza Italia through a maze of vaulted chambers and old passageways.

These are the cellars and foundations of a castle that the Papal States, under Pope Paul III, built around 1530 to impose their control after the city rebelled against a salt tax. Three centuries later, after Italian unification, Peruginos demolished the castle and laid out Piazza Italia in its place.



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Corso Vannucci in Perugia. Photo: [trolvag](#), [CC BY-SA 3.0](#), via Wikimedia Commons

Evening - a passeggiata and dinner

When you've had your fill of subterranean Perugia, head back to Corso Vannucci and do as the Peruginos do, taking your evening *passeggiata* up and down the street. A popular stop for a glass of wine is the Bottega del Vino, a cozy room with a terrace off Piazza Iv Novembre.

Later, a dinner at **La Taverna** or **Osteria a Priori** will introduce you to pappardelle with ragu and other hearty Umbrian classics; dinner for two at either will be about 70 to 80 euros.

Overnight in Perugia

For the first three nights of this itinerary, settle into either Perugia, whose



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and sweeping views. About \$200 USD per night.

Locanda della Posta: This hotel has been hosting guests for three centuries or so in an old palace on Corso Vannucci, and a modern redo has added a lot of contemporary touches but left the old frescoes and wonderful outlooks intact. \$125 per night.

Day 2 - Assisi and Spello



Assisi

Morning - Assisi



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The major draw here is the **Basilica di Santa Maria degli Angeli-Porziuncola**, the seventh largest church in Christendom, built around the chapel where Francis renounced his worldly goods and the cell where he died in 1226.

Visit the Basilica then continue up toward Assisi. You will pass several parking areas, most of which are connected to Assisi's historic core by escalators and elevators. Park in one of them and make your way up to town.

Once in Assisi, begin your tour at Assisi's landmark church, the **Basilica di San Francesco**, commanding a hillside at one end of town. Saint Francis is interred in the basilica's Lower Church in a sarcophagus beneath colorful frescoes. Up in the Upper Church, a sublime fresco cycle by Giotto tells the life story of this man who nine centuries after his death is still beloved for his kindness.

When you leave the Upper Church, you'll be in the **Piazza Superiore di San Francesco**. Cross this airy expanse, carpeted with a well-manicured lawn, to the busy Bar San Francesco, a pleasant stop for a coffee and pastry.

From here, the Via San Francesco, lined with shops and old palaces, leads up to the **Piazza del Comune**, the center of town. As you enter this handsome square you'll pass the 13th century **Torre del Popolo**, an elaborate bell tower, and next to it an amazing sight, the beautifully preserved columns and pediment of the Temple of Minerva, from the first century b.c.e.

The temple now serves as the façade of the ornate, 16th-century church of **Santa Maria sopra Minvera**.

Two more important religious sites are just beyond the Piazza del Comune. One of Francis' followers, Clare, is honored in the **Basilica di Santa Chiara**, where an eerie wax cast of her body is on display. She and Francis were baptized in the stark Romanesque interior of the nearby **Cattedrale al San Rufino**, the town's main church for centuries before the Basilica di San Francesco was built.

That's probably enough churches for one morning. Now take some time to wander around the cobbled lanes of this attractive hill town of honey-colored



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Whenever you get hungry, lunch in Assisi is your chance to taste torta al testo, flatbread that's grilled, split, and stuffed with cheeses, sausage or ham, and usually some fresh vegetables. Little cafes and stand-up counters around town serve the specialty.



Piazza del Comune in Assisi

Afternoon - Spello

After lunch, it's time to leave Assisi and head to the nearby town of Spello. On the way, make a short detour along the slopes of Monte Subasio to the **Ermeo delle Carceri**, a hermitage in the woods where Francis often retreated to pray and commune with nature, sleeping in a cave equipped with a stone bed.

Continue on to Spello, where you'll want to spend at least a couple of hours

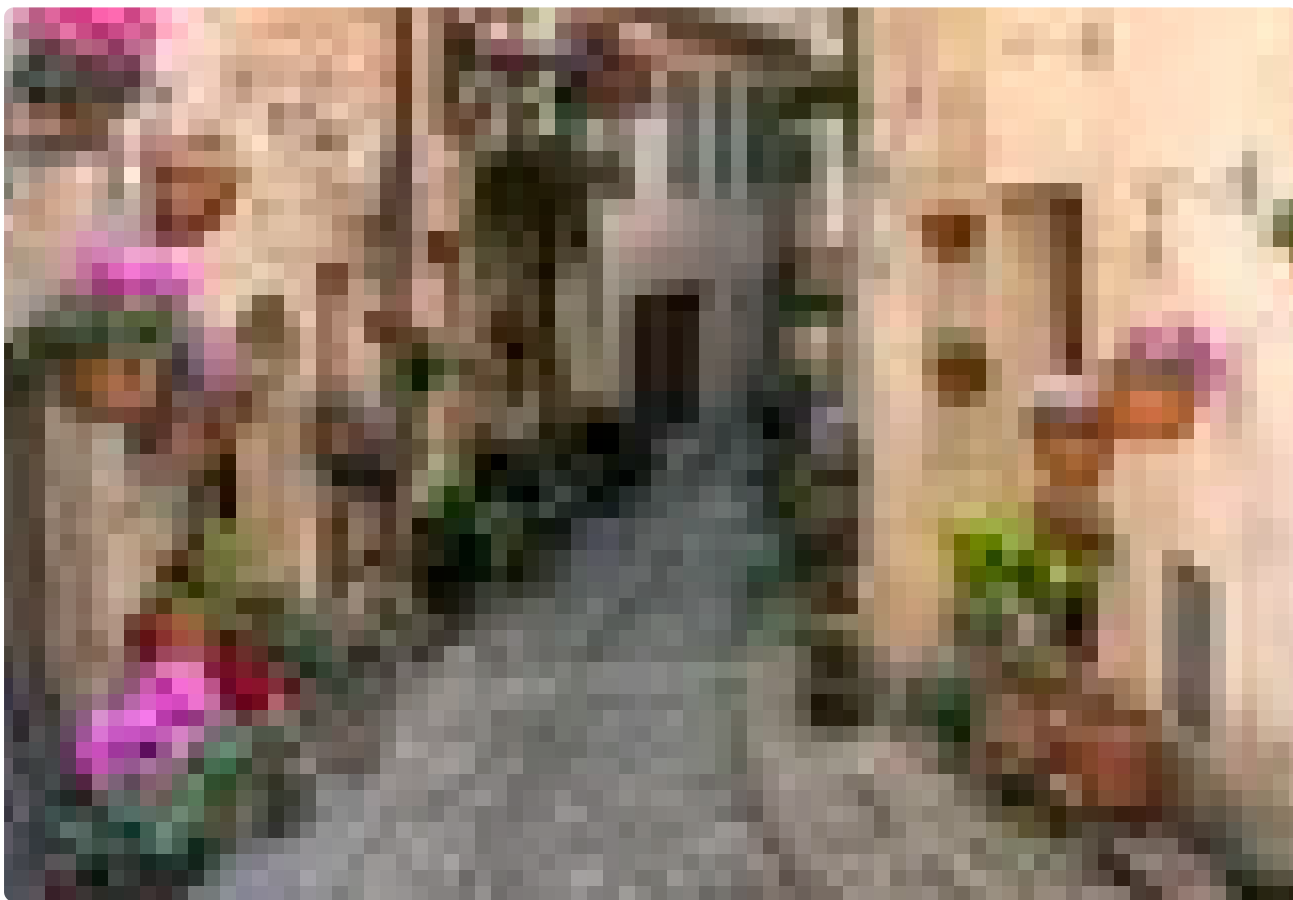


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Another one of Umbria's great works of art is here, in the church of **Santa Maria Maggiore**, where Pinturicchio (the Little Painter) filled the Baglioni Chapel with delightfully detailed frescoes portraying the boyhood of Christ set against Umbrian landscapes.

Apart from their technicolor beauty, the scenes stand out as a bit of medieval damage control. The powerful Baglioni clan commissioned them to get back into the good graces of the church after a family feud devolved into the so-called Red Wedding, a frenzied bloodbath that left behind a pile of butchered corpses.

More of the Roman past of Hispellum, as the ancient town was known, comes to light in the **Villa dei Mosaici**. Lavish mosaics depicting wild animals and mythical figures carpet the floors of twelve rooms of what was once a grand residence.



Snello



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is just under half an hour away.

Overnight in Perugia

(See hotel recommendations from day 1 above)

Day 3 - Gubbio and Lake Trasimeno



Gubbio's upper town

Morning & afternoon - Gubbio



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Begin your explorations here at the **Roman theater**, on the plains below the old town. Arcades and some of the some of the seating remain, suggesting the onetime grandeur of this 1st century theater that could seat 6,000 spectators. A small museum shows off busts and other finds from the site.

Now head up to the old town. You can walk up along steep stone streets, or from the lower town take a series of well-marked escalators and elevators that will deposit you in the town's movie-set-worthy showpiece, **Piazza Grande**.

This dramatic expanse of brick is anchored by the heavily Gothic **Palazzo dei Consoli** (town hall) and opens on one side to soothing views across Umbrian landscapes. Step inside the Palazzo dei Consoli for a look at the Eugubine Tablets, from around 200 b.c.e., a sort of Rosetta stone in which the Umbrian language is transposed in Etruscan and Latin letters.

The palazzo that rambles along one side of the square looks a British country house, and this is not an accident. A 17th-century duke commissioned the columned and brick facade to impress his homesick English bride (to no avail though, it's said).

Gubbio's Upper Town

It's intriguing to wander around the Upper Town, set onto the steep hillside in different levels. A short walk down Via Consoli from Piazza Grande takes you into Largo Bargello, where the so-called **Fontana di Matti** (Fountain of the Madmen) is steeped in a legend - it's said that if you walk around the fountain three times then splash yourself with the waters you can become a certified lunatic (not sure why you'd want to, but the ritual also makes you an honorary citizen of Gubbio).

You'll notice that many of the houses have a narrow entrance next to the main entrance, raised above street level and known as a **Porta dei Morti**, or "Door of the Dead." It's said that the deceased were removed by this means, but it's more likely the elevated portal provided a safe way to see who was at the main



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You can enter the impressive courtyard for free, and that's about all you need to see since the palace's standout feature, the richly paneled study of Duke Federico da Montefeltro, was carted off to New York's Metropolitan Museum of Art decades ago.

Step inside the **Duomo** to see the huge rose window, depicting the Evangelists, then walk down Via Federico, just below the Duomo, to look through a gate for a view of the enormous **Botte dei Canonici** (Canon's Barrel), once filled with thousands of gallons of wine from which monks in the monastery above could allegedly serve themselves through a trapdoor.

Lunch and the cable car

It should be around lunchtime by now, so enjoy a meal at Gubbio's storied **Taverna del Lupo**, where frescoes tell the legend of Saint Francis taming a ferocious wolf who was devouring townsfolk; lunch for two will be about 70 euros.

As the story goes, the populace agreed to feed the beast in return for his good behavior, and allegedly the wolf often popped into these vaulted rooms for a bite to eat.

After lunch, hop onto the **Funivia Colle Eletto** for a ride up Monte Ingino. As you enjoy the breezy ascent in one of the open-air cages, keep in mind that every spring during the *Corsa dei Ceri*, costumed teams shoulder huge statues of saints mounted on battering ram-like platforms and race up the slopes on foot.

Make your way back down to town (also via the cable car) and say goodbye to Gubbio.



Destinations

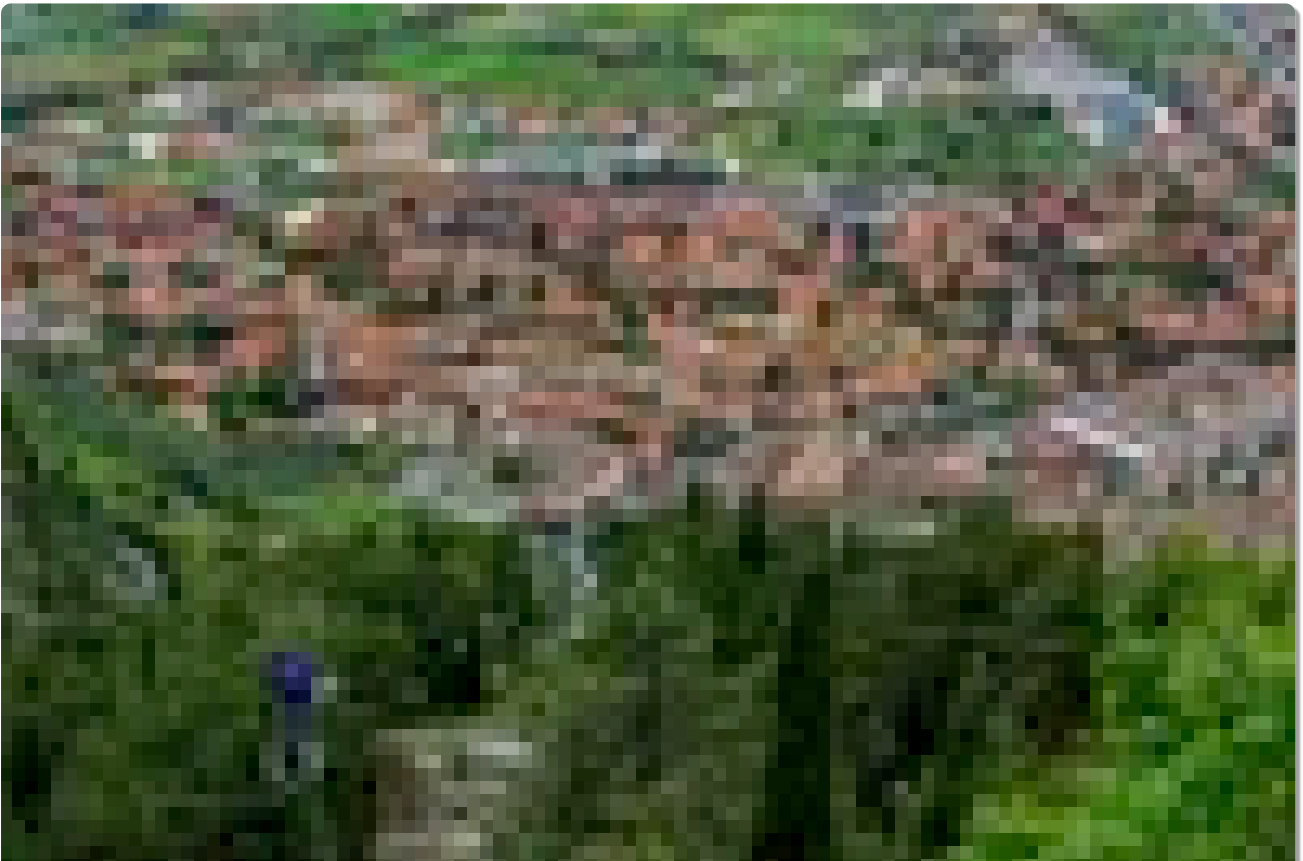
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Gubbio. Photo: [Labicanense](#), [CC BY 4.0](#), via [Wikimedia Commons](#)



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It's now time to head to Lake Trasimeno, Italy's fourth largest lake. Your destination on the lake is the little town of Passignano.

Pretty Passignano clusters around an imposing castle, and you can enjoy a stroll along lakeside promenades and swim from some stretches of sand. From a pier in Passignano a ferry crosses the lake to **Isola Maggiore**, a picturesque, tree-covered outcropping where paths follow the shoreline, with plenty of spots to jump in for a swim.

The one village on the island is called Tuoro al Trasimeno, a collection of stone houses with just 35 residents, who are known for the lace they make and sell from stands on the waterfront.

You'll want a couple of hours on the island.

Once you get back to Passignano, there's no need to rush off - the terraces of **Bar Sole** and other waterfront spots are good places to enjoy the sunset views.

When it's time to head back to Perugia, you'll have a 30 minute drive.





Isola Maggiore in Lago Trasimeno

Overnight in Perugia

(See hotel recommendations from day 1 above)

Day 4 - Trevi, Bevagna, and Spoleto



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Bevagna

Morning - Bevagna & Trevi

Today, your final destination is the town of Spoleto, in the center of Umbria. The drive there from Perugia is under an hour, so you should have plenty of time to make stops along the way in the tiny towns of Bevagna and Trevi to experience smalltown Umbrian life.

Walled **Bevagna** is an exception among Umbrian towns - it's not a hill town, but is built in a valley alongside the Topino River and is entirely flat. Saint Francis famously preached to the birds in green riverside pastures just outside the town walls, and the stone on which he stood to do so is in the church of **San Francesco**.

Your wanderings around town won't take more than an hour and will reveal Bevagna's Roman origins. Two impressively large churches that face each other on the main square, Piazza Silvestri, incorporate Roman columns, and the nearby remnants of Roman baths include a section of mosaic flooring that,



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Whenever you're ready to leave Bevagna, the lovely town of Trevi is just about 20 minutes away to the south. So hop in the car and make your way over there next.

On arrival to **Trevi**, get read for some climbing: the town clings to the steep slopes of Monte Serano and the streets are quite steep. As you make the trek through the medieval center up to Piazza Mazzini, the main square, you'll catch glimpses of one of this appealing town's main assets: terrific views over the plains of the Clitunno River.

This is an absolutely charming medieval town, but there's aren't really any big sights, and you can visit quite quickly. So just take a stroll around, enjoy the lovely architecture, and then move on whenever you're ready.



Trevi



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Chiesa di San Michele in Bevanga



A pretty Bevagna street

Afternoon and evening - Spoleto

From Trevi, it's only about 20 minutes to **Spoleto**, where you'll be settling in for the next three nights. Most of this steep hill town is off limits to cars, so park in one of the well-marked garages at the foot of the hill. They're connected to the center by a series of underground moving walkways, escalators, and elevators that you'll probably also use to explore the town.

One you've settled in, first stop is one of the most impressive of many sights in town, the cathedral of Santa Maria Assunta, also known simply as the **Duomo**, dramatically set on a sloping square at the foot of a sweeping staircase.

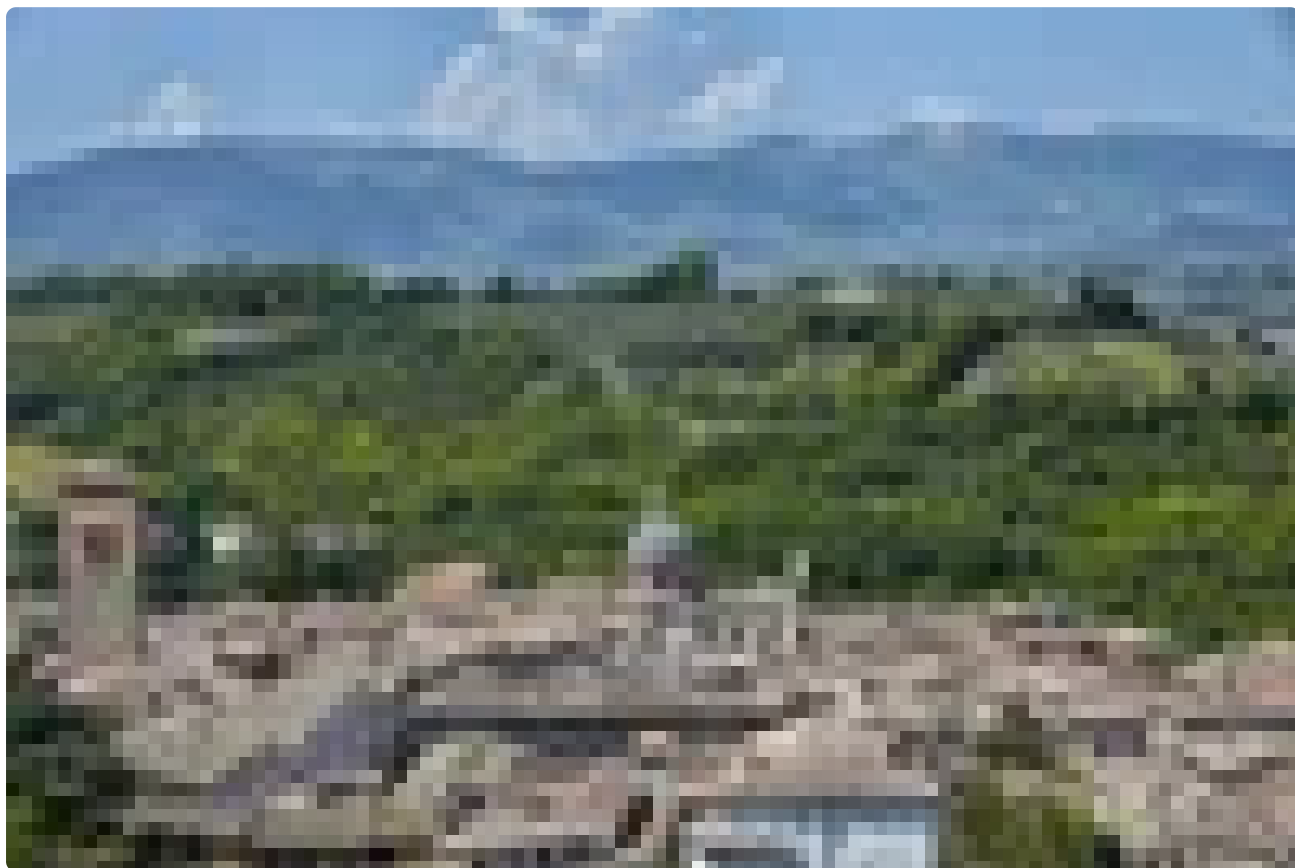
Inside the church there are transporting frescoes of the life of the Virgin Mary by Filippo Lippi, a priest whose life was as colorful as his paintings; he died while working here, allegedly poisoned by a lover, and is buried in the church.

From there, make the ascent via walkways and escalators to the **Rocca**



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dinner across the square at **Osteria del Matto di Proietti Filippo**, where Filippo will serve you a multicourse meal of whatever the kitchen is preparing that day; dinner for two about 70 euros.



A view over Spoleto from the Rocca Albornoziata fortress. Photo: [Anna Nicoletta Menzella](#), [CC BY-SA 4.0](#), via Wikimedia Commons

Overnight in Spoleto

Hotel San Luca: This establishment gets high marks for style as well as convenience - it's at the foot of the hill below the old town, easy to reach by car (and has a garage), and near a terminus of the moving walkway that runs beneath Spoleto. \$100 USD per night.

Palazzo Leti: A delightful spot in the upper town Palazzo Leti faces a



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Day 5 - Spoleto and Montefalco



Spoleto. Photo: [DrTorstenHenning](#), Public domain, via Wikimedia Commons



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staircase cut from to see what remains of the **Ponte Sanguinario**, a 1st-century Roman bridge.

You can climb, or take the moving walkway, up to the Piazza Mercato, to see more remnants of Spoletum, a former major Roman town on the Via Flaminia, in the **Casa Romana**, a patrician villa, and a well preserved **Roman Theater**.

Then stretch your legs with an stroll along a path high above the Testino River to see the **Ponte dei Torre**, a 13th-century aqueduct that was built atop Roman foundations to span the deep gorge.



Rocca Albornoziana fortress rising above the town of Spoleto. Photo: [WikiRomaWiki](#), [CC BY-SA 4.0](#), via [Wikimedia Commons](#)

Afternoon - Montefalco



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The main attraction in this lovely and compact little hill town, still enclosed in large part by walls, is the **Museo di San Francesco**, where a fresco cycle painted by Benozzo Gozzoli in the 1450s portrays 19 episodes from the life of Saint Francis.

You'll want to spend an hour or so seeing these colorful works and just wandering around the circular Piazza Grande and the little lanes that lead off it.

You can taste the local wines in town at enotecas on Piazza Grande, or for a close-up look at production follow the well-marked **Strada del Sagrantino** wine trail through the vinyards.

Two worthy stops are **Arnaldo Caprai**, one of the largest and most highly regarded producers in the region, and **Scacciadiavoli**, one of the oldest, established in 1885.



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Evening - Back to Spoleto

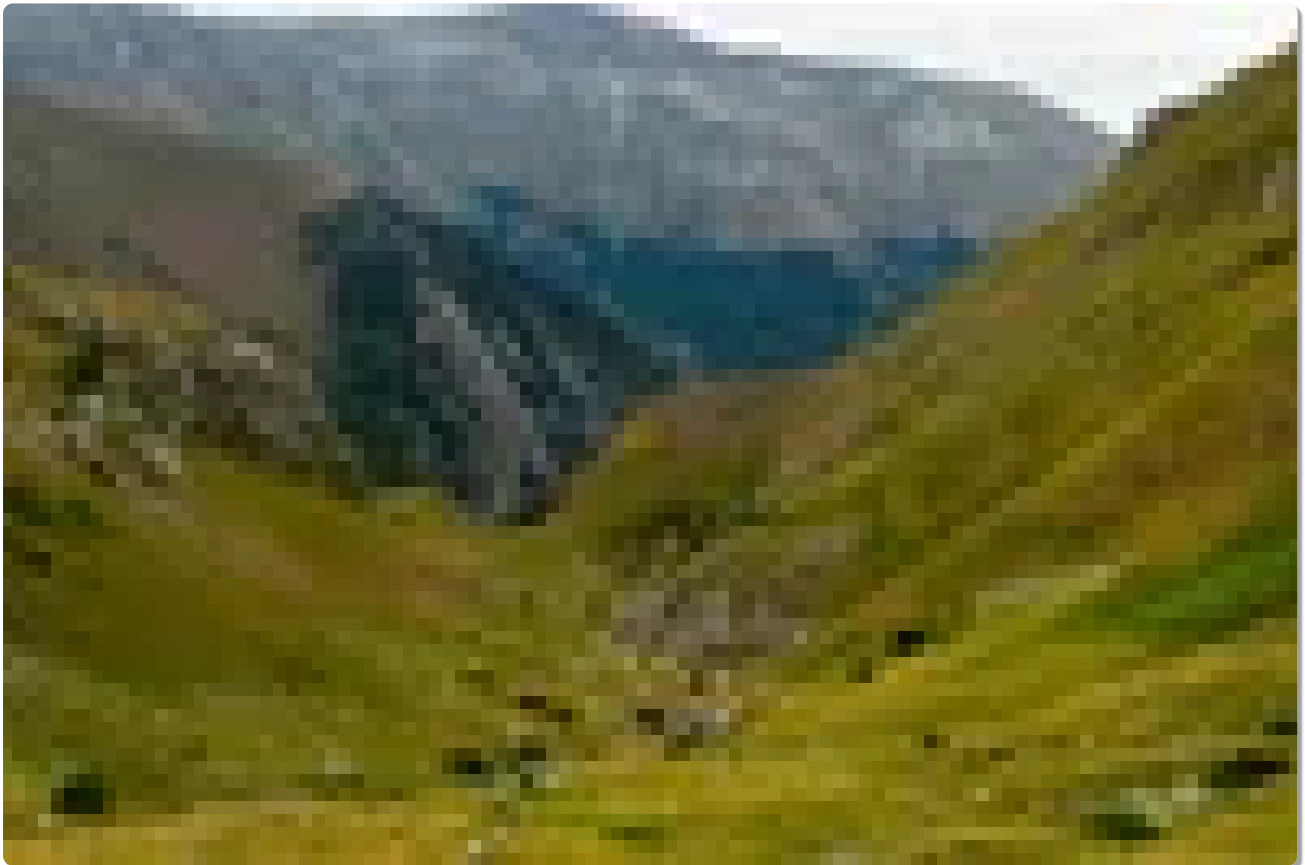
Before returning to Spoleto, you might want to enjoy an early-evening stroll around Montefalco and enjoy a glass of wine in one of the cafes on and around Piazza Grande.

Once back in Spoleto, grab dinner and enjoy an evening wander in this atmospheric old town.

Overnight in Spoleto

(See hotel options from day 4 above)

Day 6 - Norcia and Parco Nazionale dei Monti Sibillini



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a walled medieval town at the base of the Sibilline Mountains.

Once you park and begin to walk through the old center to the main square, **Piazza San Benedetto**, you'll probably be pleased to discover that unlike so many other Umbrian towns, Norcia is set on a high mountain plain and surprisingly flat.

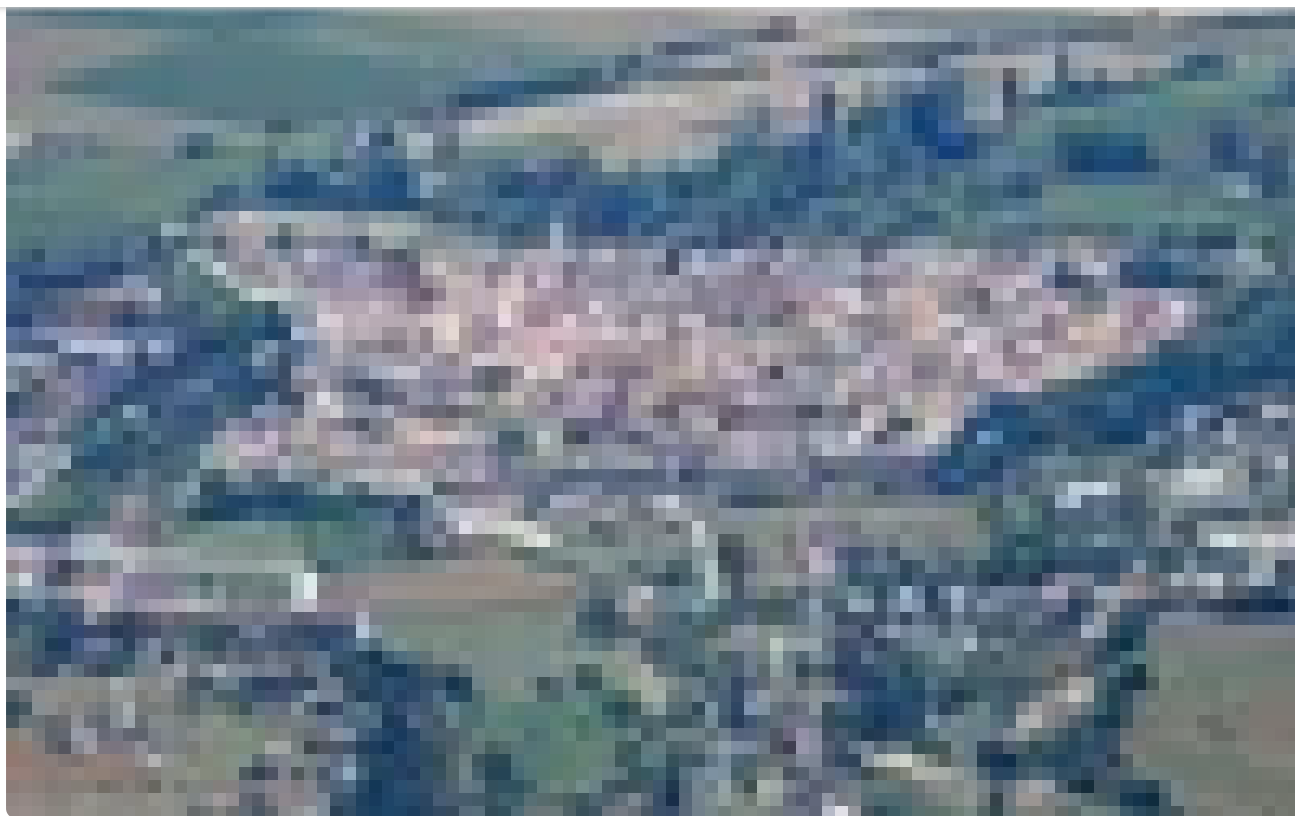
A statue of Benedetto, noted for establishing the rules of monastic life, overlooks the square, and fittingly, he overlooks the church that is dedicated to him as well as a still-active monastery.

You can spend an hour or so poking around the square and the surrounding streets, and you'll soon notice that much of the town is under scaffolding. Norcia is in an earthquake zone and has repeatedly been rocked by strong tremors, including one in 2016 that damaged much of the center. Much of the restoration work has been completed or is well under way .

You'll also notice the many *gastronomias* on the little streets leading off Piazza San Benedetto, and in them you can stock up on the smoked and cured pork and wild boar for which Norcia is famous and are known around Italy as *nocrineria*.

Stick around long enough for lunch, because you'll also find these specialties on the menu at **Locanda del Teatro** and other restaurants around town.





Norcia. Photo: [Natsag](#), [CC BY-SA 4.0](#), via [Wikimedia Commons](#)

Afternoon - Parco Nazionale dei Monti Sibillini

Just above Norcia, the Sibilline Mountains rise to heights of 2,000 meters (6,500 feet). Much of these highlands are preserved in the vast Parco Nazionale dei Monti Sibillini, 275 square miles of mountainous wilderness where eagles and falcons soar above pristine lakes and a network of trails and paths for hiking, mountain biking and horseback riding crisscross the wild terrain.

The drive into the park will take you through beautiful upland scenery of the plains of **Castelluccio di Norcia**. These mountain plateaus are beautiful any time of the year and especially in the spring and early summer, when wild lentils, poppies, cornflowers, and other wildflowers blossom into a carpet of red and purple.

You can experience this scenery on a hike along the **Poggio di Croce** and the



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The Monti Sibillini mountains. Photo: [FrDr](#), [CC BY-SA 4.0](#), via [Wikimedia Commons](#)

Evening - Return to Spoleto

As dusk falls and the evening sets in, return to Spoleto for your final evening in town.

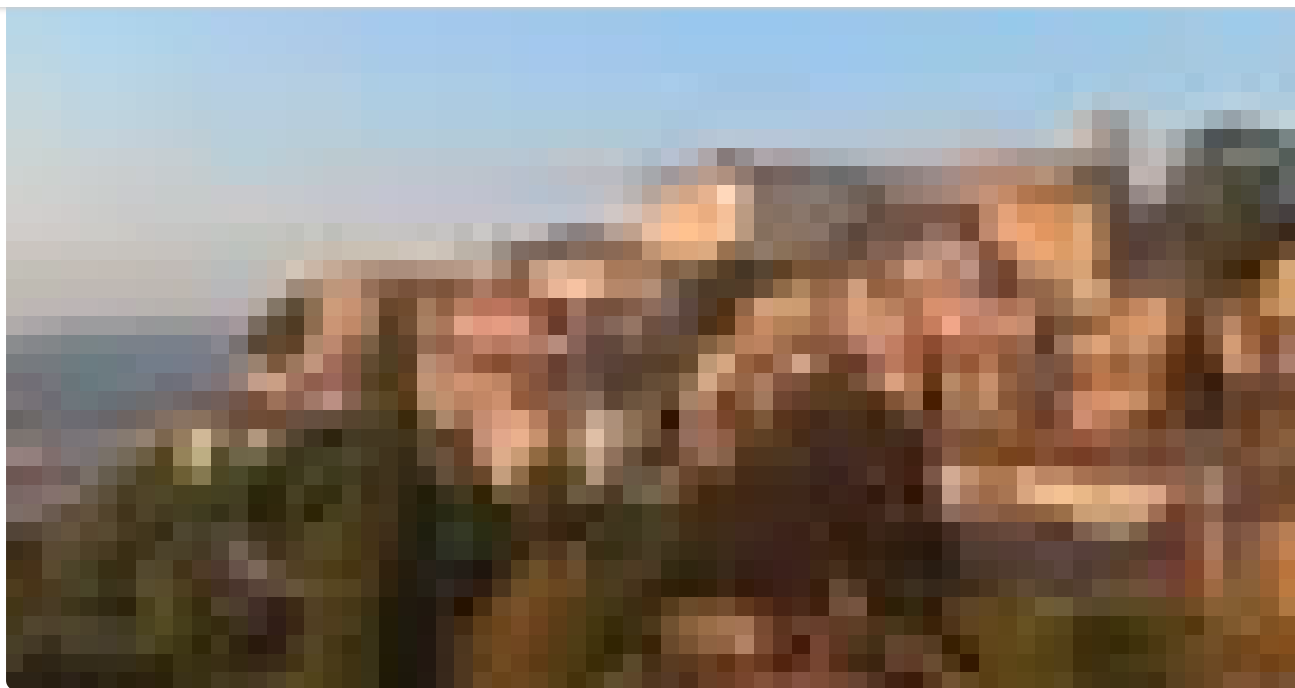
Overnight in Spoleto

(See hotel options from Day 4 above)

Day 7: Todi and Orvieto



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Todi

Morning - Todi

On your final day in Umbria, head west to Orvieto, which is an hour and a half drive from Spoleto. On the way, make a stop in Todi, a very high hill town that appears to float above the fields and forests far below.

Aside from remarkable views, Todi is also blessed with one of the most beautiful squares in Italy, the **Piazza del Popolo**. The Duomo and several sturdy medieval palaces surround this hilltop space. The square and the views from this high perch are Todi's main attractions, but don't rush off.

Settle in for lunch on the terrace at the **Ristorante Umbria**, just off one side of the Piazza del Popolo. A meal comes with incredible views, and lunch for two is about 60 euros. And don't order dessert, because some of Italy's most highly rated gelato is served a short walk away at **Bar Pianegiani**.



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Tempio di Santa Maria della Consolazione church in Todi

Afternoon and evening - Orvieto

Continue on another 45 minutes west and you'll reach Orvieto, still with plenty of time to do some exploring. Even the arrival is an adventure in this remarkable town, set atop a volcanic outcropping. You'll see the marble façade of the Duomo glistening in the sunlight as your approach across the surrounding countryside.

Stash your car for free in the large parking area next to the train station just below town and take the funicular up the cliff.

Your first stop on a walk around town is the **Piazza del Duomo**, where you'll have a close-up look at the glistening façade of the black-and-white marble cathedral, an intricate assemblage of mosaics and statuary that depict familiar scenes from the Bible.



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coups. You can see them on tours with **Orvieto Underground**.

Another look at the underside is provided at the **Pozzo di San Patrizio** (Saint Patrick's Well), an ingenious construction in which a pair of spiral staircases form a double helix for a deep descent to the town's medieval water source.

A stroll around the old streets and squares comes with a stop or two for a glass of Orvieto Classico, a crisp white from the vineyards that flourish along the banks of the Paglia River below town. A drink on the terrace of the **Cantina Foresi** on Piazza Del Duomo comes with a stage-front view of the landmark.

Next, you will want to linger over dinner at charming **La Palomba** or in the atmospheric **Grotto del Fumaro**, in a cave dug out of the cliffs. Dinner for two at either place is about 80 euros.

The perfect nightcap in this magical town is a final look at the floodlit façade of the Duomo.



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Hotel Duomo: A good place to settle in up here is the **Hotel Duomo**, just steps from the landmark from which this pleasant and welcoming place takes its name; from 90 euros double, with breakfast.

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Itinerary

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Based between Manhattan and Italy, Stephen has been writing travel guides about Il Bel Paese for three decades. You'll most frequently find him road tripping around his beloved Tuscany, but a lover of all things Italy, he's constantly exploring new regions as well.



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