

INTRODUCTION

A potted history
Plants and flowers
Wildlife
Getting there
Local transport
Information
When to go
Accommodation
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Using this guide



1 Alta Val Tiberina, Gubbio and Monte Cucco

Walk 1 Monte Santa Maria Tiberina
Walk 2 Monte Falcone
Walk 3 Rocca d'Aries
Walk 4 Monte Tezio
Walk 5 Monte Foce
Walk 6 Above Gubbio
Walk 7 Monte Cucco
Walk 8 Val di Rio Freddo

2 Lago Trasimeno and environs

Walk 9 Tuoro and Monte Gualandro
Walk 10 Passignano Ridge

- Walk 11 Isola Maggiore
- Walk 12 Isola Polvese
- Walk 13 Montemelino and Montesperello
- Walk 14 Paciano and Monte Pausillo
- Walk 15 Monte Arale



3 Orvieto and Todi

- Walk 16 Orvieto ring walk
- Walk 17 Orvieto Aqueduct loop
- Walk 18 Orvieto to Bolsena
- Walk 19 Titignano Loop
- Walk 20 Titignano to Roccaccia
- Walk 21 Civitella del Lago
- Walk 22 Todi and the River Tiber
- Walk 23 Vasciano–Montenero

4 Assisi and around

- Walk 24 Bettona–Collemancio
- Walk 25 Monte Subasio
- Walk 26 Spello and Monte Pietrolungo
- Walk 27 Bevagna to Montefalco

5 Spoleto and the Valnerina

- Walk 28 Spoleto and Monteluco
- Walk 29 Giro dei Condotti
- Walk 30 Spoleto to Sant’Anatolia di Narco
- Walk 31 Valnerina
- Walk 32 Monte Coscerno
- Walk 33 Roccaporena to Cascia

Walk 34 Monte Meraviglia

6 Norcia and the Sibillini

Walk 35 Preci and Sant'Eutizio

Walk 36 Campi to Norcia

Walk 37 Monte Patino

Walk 38 Monte delle Rose

Walk 39 Piano Grande di Castelluccio

Walk 40 Dogana Loop

Appendix A Route summary table

Appendix B Italian-English Glossary

Appendix C Useful contacts