

WALKING IN UMBRIA

40 walks in the 'Green Heart' of Italy

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The 'green heart' of Italy is a region of rolling hills and deep woodlands that lies north of Rome and to the south-east of Florence. This guide to walking in Umbria features 40 walks among the hills, towns and villages, exploring the best of this region that has inspired artists for centuries. The walking is diverse and ranges in length and difficulty.

The walks venture into parts of the Apennines and Sibillini mountains, climb to ancient hilltop villages and past Roman villas, and explore around the Umbrian towns of Assisi, Perugia, Gubbio, Orvieto and Norcia. Routes lead through olive groves and poplar-lined meadows, forests, lakes and Etruscan ruins before ascending onto rocky, rugged hills.

As well as detailed route descriptions, the guidebook includes sketch maps and photography. Practical advice on travel to and around the area, language and accommodation are included, as are details on local wildlife, history and the many points of interest en route. This guide is the ideal companion to making the most out of a walking trip to Umbria.

Key marketing points

- Explore around the Umbrian towns of Assisi, Perugia, Gubbio, Orvieto and Norcia
- A popular destination for exploration in the 'green heart' of Italy, south-east of Florence

About the author

Gillian Price has trekked throughout Asia and the Himalayas, but now lives in Venice. Gillian has steadily explored the mountain ranges of Italy, and Corsica, and brought them to life for visitors in a series of outstanding guides for Cicerone. She is an active member of the Italian Alpine Club (CAI) and Mountain Wilderness.

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