

# OPTIONAL TOURS

## **GUBBIO**

**Tuesday June 16, afternoon  
14.30 - 18.30**

**Gubbio** (<https://en.wikipedia.org/wiki/Gubbio>), located on the lowest slope of Mt. Ingino, a small mountain of the Apennines, is among the best preserved splendid Middle Ages city of Umbria Region. The city's origins are very ancient. The hills above the town were already occupied in the Bronze Age, followed by Umbrian people and Roman conquest in the 2nd century BC. Gubbio became very powerful in the beginning of the Middle Ages and became part of the Papal States in 1631. The historical centre of Gubbio has a decidedly medieval aspect: the town is austere in appearance because of the dark grey stone, narrow streets, and Gothic architecture. Many houses in central Gubbio date to the 14th and 15th centuries, and were originally the dwellings of wealthy merchants.

Among most important buildings and sites in the city are: Roman Theater and Roman Mausoleum, Palazzo dei Consoli, Duomo, Palazzo Ducale and several others.

The visit includes:



- Chiesa di San Francesco (St. Francis Church)
- Logge (Open galleries)
- Piazza Grande (Main Square)
- Palazzo dei Consoli e Palazzo del Podestà (Middle Ages public palaces)
- Cattedrale (Cathedral)
- Palazzo Ducale (Dukes Palace)
- Middle Ages alleys and panoramic views

Meeting point: Congress Center Quattrotorri at 14.30. Return to Perugia at about 18.30.

The participation fee (40 EUR) includes transportation, city taxes, English speaking guide.



## PASSIGNANO & TRASIMENO LAKE

*Tuesday June 17, full day*

**9.00 - 18.00**

**Passignano sul Trasimeno** (Passignano on Trasimeno Lake) is placed on the lakeshores. The town was built in between the 16th and the 17th Century whereas its suggestive historical centre surrounding the fortress dates back to medieval and also to most ancient times. After a view of the historical centre, participants will take a ferry to visit Isola Maggiore, the biggest island of Lake Trasimeno.

The lake is south of the river Po and north of the nearby river Tiber. Only two minor streams flow directly into the Lake and none flows out. The water level of the lake fluctuates significantly according to rainfall levels and the seasonal demands from the towns, villages and farms near the shore. The first civilization to inhabit this area was the Etruscans; three of the main Etruscan cities - Perugia, Chiusi, and Cortona - are within 20 kilometres (12 miles) of the lake. Little physical evidence remains from the period of Etruscan or



later Roman settlement. Castiglione del Lago, has some Roman ruins and its main streets are structured like a chessboard in the Roman style. The lake includes three islands: Isola Maggiore, Isola Polvese and Isola Minore.



Meeting point: Congress Center Quattrotorri at 9.00. Return to Perugia at about 18.00.

The participation fee (95 EUR) includes bus transfer, English speaking hostess and local guides, served lunch and ferry ticket.

## ASSISI & SPELLO

Thursday June 18, full day

9.00 - 18.00

Placed on the slope of Subasio Mountain (Monte Subasio), **Assisi** (<https://en.wikipedia.org/wiki/Assisi>) is without any doubt the most internationally renowned city from Umbria Region its fame mainly deriving from being the birth place of San Francis (San Francesco) the patron saint of Italy. UNESCO collectively designated the Franciscan structures of Assisi as a World Heritage Site in 2000. The city retains vestiges of the Roman age whereas the Middle Ages urban planning remains practically untouched.

The Basilica of San Francesco d'Assisi (St. Francis) is the major sight in Assisi. The Franciscan monastery, il Sacro Convento, and the lower and upper church (Italian: *Basilica inferiore* and *Basilica superiore*) of St Francis were begun in 1228, and completed in 1253. The lower church has frescoes by the late-medieval artists Cimabue and Giotto; the upper church houses frescoes of scenes in the life of St. Francis previously ascribed to Giotto, but now thought to be by artists of the circle of Pietro Cavallini from Rome.

The visit includes:

- Basilica di San Francesco (St. Francis Church)
- Piazza del Comune (Town Hall square)
- Tempio della Minerva (Minerva Temple)
- Chiesa Nuova (New Church built over the presumed parental home of St. Francis)
- Oratorio di San Francesco piccolino (Oratory of St. Francis)
- Basilica di Santa Chiara (Basilica of St. Clare)

Lunch: Restaurant in Assisi



**Spello** (in Antiquity: Hispellum) (<https://en.wikipedia.org/wiki/Spello>) is an ancient town placed on the lower southern flank of Mt. Subasio, about 6 km from Assisi. The old walled town lies on a regularly NW-SE sloping ridge that eventually meets the plain. From the top of the ridge, Spello commands a good view of the Umbrian plain towards Perugia; at the bottom of the ridge, the town spills out of its walls into a small modern section (or *Borgo*).

Spello remains four monumental gates and a long track of walls of Roman Age, besides the ruins of Roman amphitheatre and holy buildings. The Middle Ages town is one of the more fascinating of the Umbria Region.

The visit includes:

- Porta Urbica (Urbica Gate)
- Mura Romane (Roman Walls)



- Porta Consolare (Consular Gate)
- Chiesa Collegiata di Santa Maria Maggiore (Santa Maria Maggiore Church with Pinturicchio frescoes)
- Palazzo Comunale (Medieval Town Hall)
- Palazzo Cruciali (Cruciali Palace)
- Belvedere (panoramic viewpoint)
- Porta Venere con Torri di Propezzio (Venere Gate and Propezzio Towers)

Meeting point: Congress Center Quattrotorri at 9.00. Return to Perugia at about 18.00. The participation fee (95 EUR) includes transportation, city entrance taxes, entrance tickets in St. Francis Basilica and headphones rental, entrance tickets in the "Baglioni Chapel" in Spello. English speaking hostess and local guides, and served lunch.

## SPOLETO

*Friday June 19, morning*  
**9.00 - 13.00**

**Spolet**o, (Latin *Spoletium*) is an ancient city in the Perugia district located at the head of a large, broad valley, surrounded by mountains. The town has long occupied a strategic geographical position. It appears to have been an important town to the original Umbri tribes, who built walls around their settlement in the 5th century BC, some of which are visible today. An ancient Roman colony, after Ostrogoth and Lombard, medieval town contended between the Pope and the Emperor, between Guelfs and Ghibellines, cultural centre during the Renaissance and Bishop seat, the history of the City has left an exceptional architectonic and art cultural heritage within a splendid naturalistic context. The Acquedotto delle Torri (Towers Aqueduct) with its majesty and beauty welcomes us when joining Spoleto. The tour includes:

- Town walls, "Torre dell'Olio" (Oil Tower) and Porta Fuga (Fuga Door)
- Roman Theatre
- Domus of Flavia Vespasia Pollia Domus, mother of Roman Emperor Vespasiano
- Arco di Druso (Arch of Drusus)
- Roman church of Sant'Eufemia
- Cathedral square
- Ponte delle torri (Tower Bridge) connecting the historical centre. The bridge, built in between the 12th and 13th Century, is 280 meters long and 82 meters high.



Meeting point: Congress Center Quattrotorri at 9.00. Return to Perugia at about 13.00.

The participation fee (45.00 EUR) includes bus transportation, entry taxes, English speaking hostess and local guides.

