

L'ITINERARIO DEI BORGH THE VILLAGES ITINERARY



Questo itinerario ad anello, lungo ma dal dislivello contenuto e ben distribuito, vi porta a visitare i principali borghi del nostro territorio. Quelle che oggi sono frazioni del Comune di Bevagna nascono invariabilmente quali fortificazioni, spesso longobarde e presentano un centro storico sorprendentemente ben conservato.

Provate ad entrare in punta di piedi, tra le mura degli antichi fortilizi e scoprire come questi borghi, in altre zone d'Italia desolatamente vuoti, siano invece abitati e vivi: artisti e professionisti li hanno infatti scelti come buen retiro o come luogo di vita e lavoro, insieme ai tanti Umbri che, comprendendo il valore inestimabile di un abitare a misura d'uomo, non li hanno mai lasciati. Un esempio di quel "ben vivere" che caratterizza il paesaggio rurale umbro e lo fa apprezzare nel mondo.

This loop itinerary, long but with a small and well-distributed elevation gain, takes you to visit the main hamlets of our territory. Those that today are hamlets of the municipality of Bevagna invariably originate as fortifications, often Lombard, and present surprisingly well-preserved historic centers.

Try to enter on tiptoe, within the walls of the ancient fortresses, and discover how these villages, in other parts of Italy desolately empty, are instead inhabited and alive. Artists and professionals have in fact chosen them as a retirement place or as a place to live and work, along with the many Umbrians who, understanding the inestimable value of living on a human scale, have never left them. An example of the "well living" that characterizes the Umbrian rural landscape and makes it appreciated in the world.



Altitude difference: 425 m

Km 16,5

Duration: 5 h (town visits excluded)

Difficulty: easy/medium

Signage: mostly absent; from Castelbuono to Pian d'Arca, signs from the Cammino degli Angeli.

Water along the route: present in the villages crossed.

Recommended season: year-round, but, in the summer months, should be tackled in the early morning hours.

Trail type: the itinerary is on dirt or gravel farm roads, with very low or no vehicle flow, on dirt-bottomed forest roads and trails.

Points of interest: Camping Pian di Boccio, Torre del Colle, Castelbuono, Sculpture Park, Pian D'Arca (site of Francis' sermon to the birds), Cantalupo,

ROAD MAP

Leave your vehicle in Torre del Colle, a village that retains its medieval castle charm. Affiliated with the Ghibellines, it was an important garrison over a vast surrounding territory for centuries.

For more:

<https://www.iluoghidelsilenzio.it/castello-di-torre-del-colle-bevagna-pg/>

The vineyard now yields immense expanses of olive trees, leading us to Castelbuono and its Sculpture Park. The hill of Castelbuono has been inhabited since the remotest antiquity, but it is around the 10th century that it seems to consolidate, after a long process of castellation, into the present city walls.

For more

<https://www.iluoghidelsilenzio.it/castello-di-castelbuono-bevagna-pg/>

http://www.prolococantalupocastelbuono.com/default2.asp?active_page_id=264

A ridge covered with olive trees leads us, following the Cammino degli Angeli and part of the Sentiero degli Artisti, to Limigiano. The ancient castle and abbey (the church of St. Michael the Archangel can be visited) have marked the history of these places and, even today, the inhabitants challenge the "castellans" of the neighboring villages in an exciting competition, the Palio del Sasso.

For more: <http://www.ilcamminodegliangeli.org>

http://www.umbriaonline.com/Bevagna_limigiano.phtml

<https://www.iluoghidelsilenzio.it/castello-di-limigiano-bevagna-pg/>

<https://www.iluoghidelsilenzio.it/abbazia-di-san-michele-arcangelo/>

We now descend to the once marshy plain of Cannara, where a short detour takes us to Pian D'Arca, the historically attested site of St. Francis' sermon to the birds. The new arrangement of the nature area, with the large "Tau" is worth a visit. Here as elsewhere, follow the trail, aimed at really minimizing transit on busy roads. Traversing a beautiful agrarian landscape furrowed by rivers and canals, you now move (a short stretch of provincial road, keep left, passable quay) to Cantalupo, the last of the castles we touch on this tour, developed with a strong agricultural vocation around a monastery of which there is now no trace.

For more:

<https://www.iluoghidelsilenzio.it/castello-di-cantalupo-bevagna-pg/>

At this point, crossing the provincial road a rural route will take you back to Torre del Colle.