

## L'ITINERARIO DEI BORGH THE VILLAGES ITINERARY



Questo grande itinerario ad anello ti porta a visitare i principali borghi del nostro territorio. Quelle che oggi sono frazioni del Comune 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: 750 m

Km 30,1

Duration: 3h30 (visits of hamlets excluded)

Difficulty: BC (cyclists with good technical skills) for Mountain bikes and E-Mountain bikes

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.iluoghidel silenzio.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.iluoghidel silenzio.it/castello-di-castelbuono-bevagna-pg/>

[http://www.prolococantalupocastelbuono.com/default2.asp?active\\_page\\_id=264](http://www.prolococantalupocastelbuono.com/default2.asp?active_page_id=264)

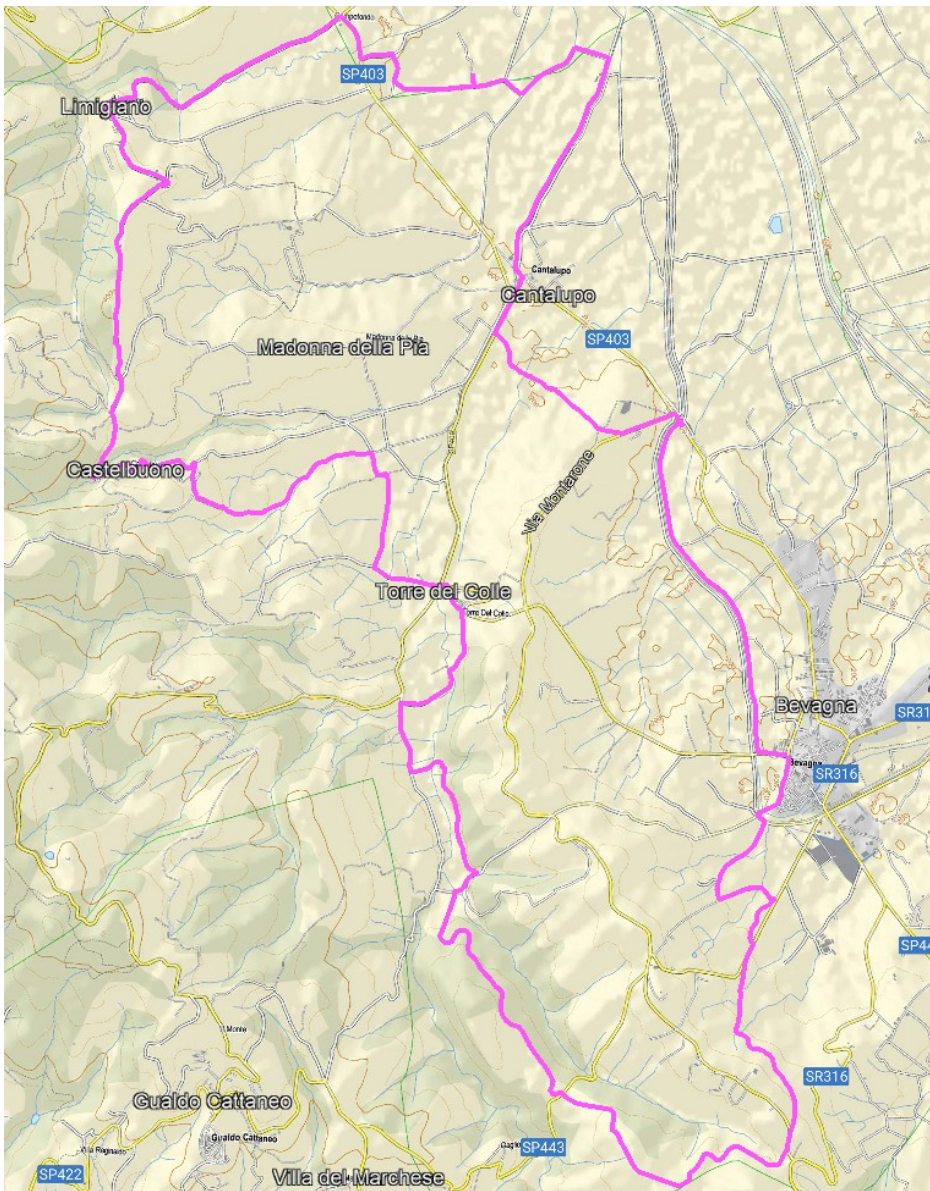
A ridge covered with olive trees leads us, following the Cammino degli Angeli and part of the Sentiero degli Artisti, to Limigiano. The ancient castle and abbey (the church of St. Michael the Archangel can be visited) have marked the history of these places and, even today, the inhabitants challenge 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](http://www.umbriaonline.com/Bevagna_limigiano.phtml)

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

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



Per approfondire:

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

Il vigneto cede ora a immense distese di olivi, che ci conducono a Castelbuono e al suo Parco della Scultura. La collina di Castelbuono è stata abitata fino dalla più remota antichità ma è intorno al X secolo che sembra consolidarsi, dopo un lungo processo di incastellamento, nell'attuale cinta muraria.

Per approfondire:

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

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Un crinale coperto di olivi ci porta, seguendo il Cammino degli Angeli e parte del Sentiero degli Artisti, a Limigiano. L'antico castello e l'abbazia (la chiesa di SMchele Arcangelo è visitabile) hanno segnato la storia di questi luoghi e, ancor oggi, gli abitanti sfidano i "castellani" dei borghi limitrofi in una gara avvincente, il Palio del Sasso.

Per approfondire:

<http://www.ilcamminodegliangeli.org>

[http://www.umbriaonline.com/Bevagna\\_limigiano.html](http://www.umbriaonline.com/Bevagna_limigiano.html)

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

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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. Crossing a beautiful agrarian landscape furrowed by rivers and canals, you now move on to Cantalupo, the last of the castles we touch on this tour, which developed with a strong agricultural vocation around a monastery of which there is now no trace. Per approfondire:

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

At this point, cross the Provincial Road and a rural route will take you to the Bridge over the Timia and, from here, along the Assisi - Spoleto bicycle path, to the Piazzale dell'Accoglienza.