

Walk 1 (local): Gaiche-Cotto-Fontana/la Villa-Gaiche

This walk starts from the cross at the junction by the gate to the swimming pool. Follow the (unmade) road to the left, just above the swimming pool. You will see the occasional sign to show that you are on the official hiking trail 10. This road winds through the woods southwards. After about ½ km, as you reach the top of an incline and the road turns to the right, there is a path ahead of you that leads to the cross that you can see from the kitchen window of the apartment.

Go back to the road and continue along. You pass a farm (with noisy dogs!) on your left and then a building (seeking love and peace) on your right. The road finishes after about 2 km, at a dangerous and falling down concrete barn.

Follow trail 10 down the hill to your left, across the stream and up round the hill until you reach another road. In all this is about ¾ km. Trail 10 goes off to your right, but instead go left and follow the road round to the village of Cotto (¾ km). Here you have two options:

Shorter walk - cut downhill through the village, passing la Villa (and views of Gaiche on your left). After 1 km you will reach the Collebaldo.Pietrafitta road, very near to the Gaiche junction. Walk back up the hill to Gaiche.

Longer walk - go up from Cotto to Fontana, reaching the main road. (This is a cycle route marked in blue on the attached map.) Follow the road to the left for about 2 km until you reach a junction with a road on your left crossing a river (via a ford and narrow bridge). Take this road which, after about 1 km, reaches the junction with the road up to Gaiche. Walk back up the hill to Gaiche.

Walk 2 (local): Gaiche-Collebaldo-Gaiche

This walk starts from the cross at the junction by the gate to the swimming pool. Follow the track that starts below the cemetery, curling round below it. You will see the occasional sign to show that you are on the official hiking trail 10. Follow this track through the fields and woods, dropping down the hill. The path is poor in places and can be muddy. Cross the stream at the bottom (1 km) and go up to the road, joining the Castiglion Fosco-Collebaldo road at the junction with an olive tree.

Go right and walk through Collebaldo (as you would drive), and follow the road down the hill to the junction with the road up to Gaiche. Walk back up the hill to Gaiche.

Walk 3 (local): Gaiche-Montalvino-Pioggia della Croce-Castiglion Fosco-Gaiche

This walk starts from the cross at the junction by the gate to the swimming pool. Take the path that starts above the cemetery, which zigzags up the hill, with excellent views over Gaiche. You will see the occasional sign to show that you are on the official hiking trail 10. Follow this track round the hill, until you reach a part-renovated farmhouse in a field (1 km). The house has a '10' sign on the side.

Take the drive out and follow the road round below the hill Montalvino until you reach a junction (½ km). Go right and follow track 10 for about 1 km until you reach the Castiglion Fosco. Greppolischiato road. Go right and follow the road down to Castiglion Fosco. It is very steep and bendy for the last ½ km. Walk through Castiglion Fosco and out on the Collebaldo road until you reach the junction with the olive tree. Cut round behind the crash barrier and follow the path down to the stream. Cross the stream and climb up the hill (steep and sometimes muddy). After 1 km you will emerge by the cemetery at Gaiche.

Walk 4 (local): Gaiche-Montalvino-Peniche-Gaiche

This walk starts from the cross at the junction by the gate to the swimming pool and follows the same route initially as Walk 3. Take the path that starts above the cemetery, which zigzags up the hill, with excellent views over Gaiche. You will see the occasional sign to show that you are on the official hiking trail 10. Follow this track round the hill, until you reach a part-renovated farmhouse in a field (1 km). The house has a '10' sign on the side.

Take the drive out and then bear left up a track where the drive turns right. Follow this track up the hill and along the ridge. After about 1 km the track bears left down the hill (the path ahead is marked as .no entry.). Keep following the path zigzagging down the hill and past the shell of an old house. The path reaches a dangerous, falling-down barn (see Walk 1). Go left along the main track, round past a building (seeking love and peace) on your left and a farm (with noisy dogs!) on your right. The track continues for about 2 km in all, leading to the cross at the junction by the gate to the swimming pool.

Walk 5 (Panicale): Panicale-Monte Petrarvella-Panicale

Park in Panicale. The walk starts from the western end, outside the gate. Just to the right of the road to Missiano is a steep cobbled track. This is marked '6' and has red and white painted signs. Follow the cobbled track to the right and follow the path. It becomes a standard .white. road heading up the hill along the ridge. There are excellent views of both the Nestore valley to the south and Lake Trasimeno to the north.

After about $\frac{3}{4}$ km you will pass a couple of houses; the route steepens and enters wood and scrub. Keep straight on (there are occasional '6' signs on the trees). About $\frac{3}{4}$ km further there is a sign 'Strada Vicinale dell Montagne'; take the track off to the left, leading to the top of the conifer-covered Monte Petrarvella.

As you reach the trees there is a track to the left, down the hill. It has the red and white painted signs at intervals, on rocks or trees. Follow this track along the promontory and down the hill. At the bottom (there is a deserted farmhouse on the hill opposite) you reach a track (with red and white markings); turn left to go back along the side of the hill. Wind round the hill and gently climb up to a more substantial track ($\frac{3}{4}$ km) with a house just below you. Follow this track. you will rejoin the main .white. road you came in on near to the houses. Make your way back down to Panicale. Note: When you start up the cobbled track there is a path directly ahead of you, which has the red and white painted sign. This goes round the hill, below the walk described, to the I Capuccini chapel on the side of the hill. Although the maps suggest that there is a route up from the church to the above walk that now appears not to be the case.

Circular walks

There is an excellent book *Circular walks* by Martin Daykin (€9.99, 2005) containing 18 walks in the Cortona-Trasimeno-Niccone Valley-Umbertide-Montone-Perugia area (all north of Lake Trasimeno). These all have detailed instructions, timing etc. Details are available on his web site www.tuscanyumbriawalks.com.

Cammino di San Francesco

In the south of Umbria, around Rieti, there is a recently-opened 50-mile pilgrimage trail between four sanctuaries (Poggio Bustone, La Foresta, Fonte Colombo and Greccio) that the saint visited in the 13th century. Details at www.camminodifrancesco.it