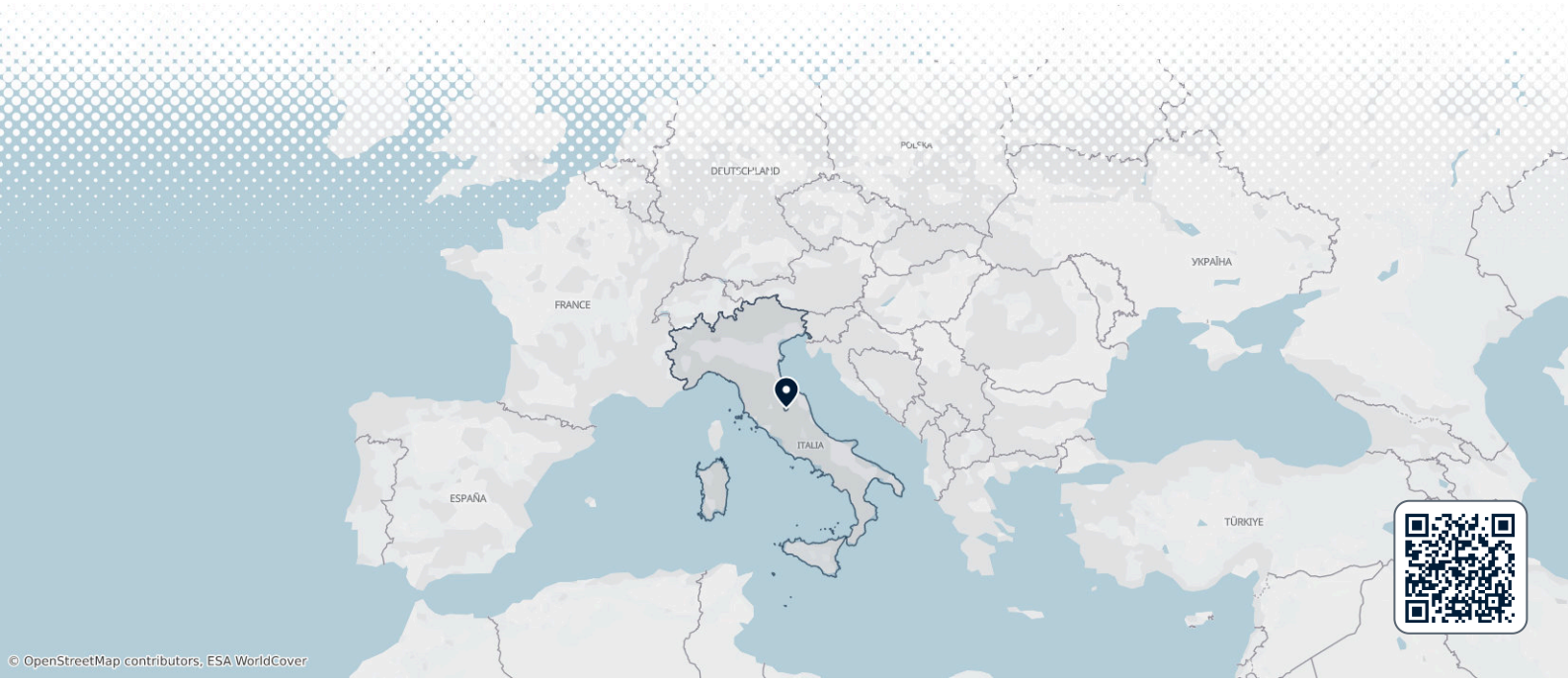


Assisi

Umbria · Italy

TRAVEL GUIDE

Tripomatic



© OpenStreetMap contributors, ESA WorldCover

Overview

Assisi is a small hill town in Umbria, built in pale pink and white stone on the slopes of Monte Subasio. It is the home town of *Saint Francis* and *Saint Clare*, and one of the most important pilgrimage places in the Catholic world. The town, its great basilica and other Franciscan sites are a UNESCO World Heritage Site.

Pilgrims and art lovers come for the churches and their medieval frescoes. Others come for the quiet lanes, the views over the Umbrian plain and the walks on the mountain. Day-trip crowds fill the main streets from late morning to late afternoon, so staying one or two nights lets you see the town early and late, when it is calm. Assisi also works well as a base for the other hill towns of central Umbria.

When to visit

Spring (April–June) and autumn (September–October) are the best times, with mild days and green or golden countryside. July and August are hot and crowded, especially around the big religious feasts. Winter is cold and quiet, with occasional snow on Monte Subasio and the lowest crowds of the year.

The biggest local event is **Calendimaggio**, a medieval festival in early May. Early October is the other big moment: the feast of Saint Francis brings large crowds of pilgrims and official guests. Book early for either.

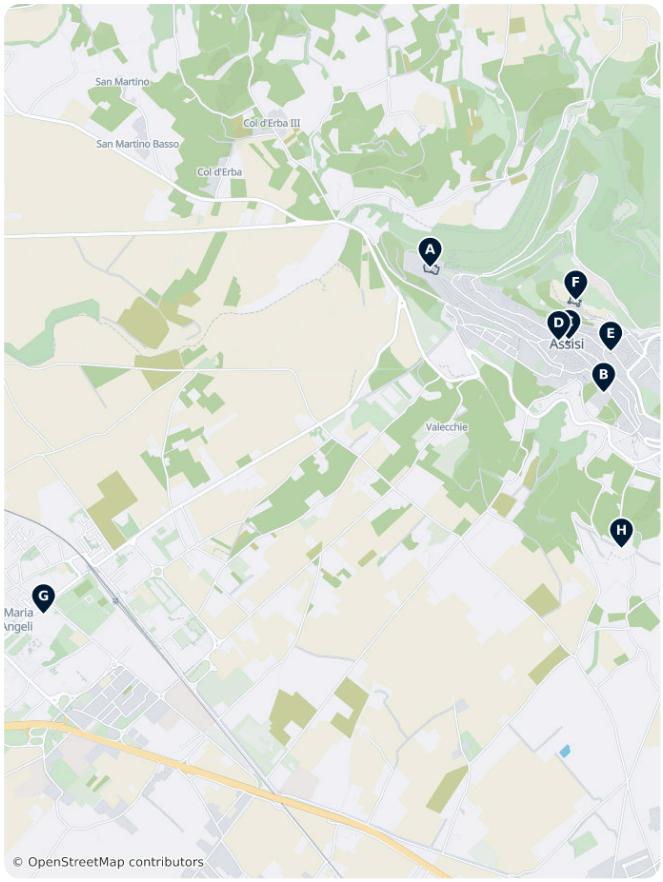
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for hiking	9° / 14° Feels like 5°	1° / -4°	Dry air
February	Fair Fair for hiking	10° / 15° Feels like 6°	1° / -4°	Dry air
March	Good Good for hiking	13° / 19° Feels like 9°	3° / -2°	Dry air
April	Good Good for hiking	17° / 23°	6° / 1°	Dry air
May	Great Great for sightseeing	22° / 28°	11° / 6°	Dry air · Calm winds
June	Great Great for sightseeing	28° / 35°	15° / 10°	Calm winds
July	Fair Fair for sightseeing	32° / 38°	18° / 14°	22 sunny days · Calm winds · Up to 8 days above 35°
August	Fair Fair for sightseeing	32° / 38°	18° / 14°	Calm winds · Up to 7 days above 35°
September	Great Great for sightseeing	26° / 32°	14° / 9°	Dry air · Calm winds
October	Great Great for sightseeing	20° / 26°	10° / 5°	Dry air
November	Fair Fair for hiking	14° / 19° Feels like 11°	6° / -1°	13 rainy days · Dry air
December	Poor Poor for hiking	10° / 15° Feels like 6°	2° / -3°	12 rainy days · Dry air

Best months: May, June, September, October

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

The main sights sit along one long ridge, from the Basilica of Saint Francis at the west end to the Basilica of Saint Clare and the cathedral at the east end. It is about a 15-minute walk from end to end, mostly on sloping streets. Piazza del Comune, the main square, is in the middle.



- A Basilica of Saint Francis of Assisi is the reason most people come. It has two churches built one above the other. The Upper Church is bright and Gothic, with a famous cycle of 28 frescoes of the saint's life, traditionally given to *Giotto*. The darker Lower Church has frescoes by *Cimabue*, *Simone Martini* and *Pietro Lorenzetti*. Below it, the crypt holds the tomb of Saint Francis. Entry is free.
- B Basilica di Santa Chiara has a striped facade of pink and white stone. Inside hangs the original painted crucifix that, according to tradition, spoke to Francis at San Damiano. The tomb of Saint Clare is in the crypt.
- The Temple of Minerva, now the church of C Santa Maria sopra Minerva, stands on the main square. It is a Roman temple from the 1st century BC with six columns still in place.
- D Museo Civico e Foro Romano lets you walk under the main square through the excavated remains of the Roman town centre.
- E Cathedral of San Rufino has a carved Romanesque facade. Francis and Clare were baptised here.
- F Rocca Maggiore is the medieval castle above the town. Climb up for the widest views over the town and the Umbrian plain.
- On the plain below the hill, near the railway station, stands the large G Basilica of Santa Maria degli Angeli. Under its dome is the tiny Porziuncola chapel, where Francis founded his order. Nearby is the small room where he died.
- H Chiesa di San Damiano is a simple church and convent among olive trees, a 20-minute walk downhill from the town. Clare and her sisters lived here, and it keeps the quiet feel of early Franciscan life.

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Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
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What to experience

These local traditions and moments are what make a stay in Assisi different from a day trip.

- **Calendimaggio** (early May): for four days, the two halves of town, Parte de Sopra and Parte de Sotto, compete in medieval costume with parades, songs, games and contests. A jury awards the prize on the last evening.
- **The feast of Saint Francis** (3–4 October): on the evening of 3 October, the Transito ceremony at the basilica of Santa Maria degli Angeli remembers the saint's death. On 4 October, an Italian region offers oil for the lamp at his tomb, and the town fills with pilgrims and official guests.
- **The Perdono** (1–2 August): thousands of pilgrims come to the Porziuncola chapel for the Pardon of Assisi, a special indulgence that goes back to Saint Francis.
- **The walk to the hermitage**: leave town through Porta Cappuccini and walk the road or path up Monte Subasio to Eremo delle Carceri, a hermitage in the woods where Francis and his companions prayed in small caves. It is about 4 km and steadily uphill. Walkers can continue on marked trails to the open meadows near the summit.
- **The woodland below the basilica**: Bosco di San Francesco is a restored woodland with a path down to the Benedictine complex of Santa Croce, with its small church and an old mill that is now a restaurant. On the valley floor is a land-art work by *Michelangelo Pistoletto*, made of olive trees. The entrance is beside the square of the Upper Church. It is run by the FAI, the Italian heritage trust, and there is an entry fee.
- **Evening in town**: after the tour buses leave, sit on the steps of the Temple of Minerva on the main square, or walk to the lawn in front of the Upper Church of Saint Francis to watch the light fade over the plain.

Day trips

Central Umbria is full of small hill towns, and many are close to Assisi. Trains cover the towns along the valley line, but a car is easier for the smaller places.

Close by

- **Spello** (about 10 minutes by train): a hill town of pink stone, known for the flowers in its lanes and for frescoes by *Pinturicchio*.
- **Perugia** (about 20 minutes by train): the regional capital and a university city, with a medieval main square, a large Gothic town hall and the National Gallery of Umbria.
- **Bevagna and Montefalco** (about 25–35 minutes by car): Bevagna is a small, flat medieval town with a Roman mosaic. Montefalco, on a hilltop above it, is the home of Sagrantino red wine. Combine them in one day with a winery visit.
- A Spoleto (about 40 minutes by train): a hill town with a cathedral, a Roman theatre and a tall medieval bridge and aqueduct.



Further afield

- **Gubbio** (about 50 minutes by car): a medieval town of grey stone on a steep hillside, with a large town hall palace and a cable car up Monte Ingino.
- B Todi (about 1 hour by car): a hill town above the Tiber valley with a large medieval main square.
- C Cortona (about 1–1.5 hours by car): a Tuscan hill town with Etruscan roots and wide views over the Val di Chiana.
- D Orvieto (about 1.5 hours by car): a town on a high rock with a large Gothic cathedral and a mosaic facade.

Where to explore

Assisi is one of the best-known towns of Umbria, and several other Umbrian destinations are easy to combine with it.

- **Southern Umbria**: Spoleto, with its cathedral and aqueduct bridge, and Todi, a quiet hill town above the Tiber valley.
- **Western Umbria**: Orvieto, built on a rock near the border with Lazio.
- **Across the border in Tuscany**: Cortona and, further on, Siena.

Getting there

- **By air**: the nearest airport is Perugia San Francesco d'Assisi – Umbria International Airport, about 12 km away, with a limited number of European flights. The Umbria Airlink bus links it with Assisi station in about 20 minutes, timed with flights; a taxi is the alternative. Most international visitors fly into Rome Fiumicino or Florence and continue by train.
- **By train**: Assisi station is not in the old town. It is in Santa Maria degli Angeli, on the plain about 4 km below. Direct trains reach it from Rome in about 2 hours and from Perugia in about 20 minutes. From Florence, direct regional trains take about 2–2.5 hours; other services need a change, usually at Terontola. Trenitalia
- **From the station to the town**: town bus line C runs from the station up to the old town, with stops near the Basilica of Saint Francis and at Piazza Matteotti, roughly every 30 minutes. A taxi takes about 10 minutes.
- **By bus**: long-distance coaches link Assisi with Rome and other Italian cities, and regional buses run to Perugia.

Getting around

- **On foot**: the old town is small and best explored on foot, but almost every street slopes and some are steep, with steps. Wear comfortable shoes.
- **Town buses**: Busitalia runs three small town lines. Line C links the railway station and Santa Maria degli Angeli with the old town; lines A and B loop from the main square to the upper and lower parts of town. Buy tickets before boarding at newsstands or tobacconists, or in the Trenitalia app. Busitalia Umbria
- **Taxi**: there are taxi ranks in the old town and at the station, or call Radio Taxi Assisi.
- **Cycling**: the steep hills make cycling hard in town. The flat roads on the plain below suit cyclists better.

Getting around on foot & by bike

WALKABILITY

High

The small old town is best seen on foot, but almost every street is sloping and some are steep or stepped.

CYCLING INFRASTRUCTURE

Low

Steep hills make cycling hard in town; the flat plain below suits cyclists better.

Driving

- **Is a car worth it?**: not for the town itself, which is small and best on foot. A car is useful for the hill towns, wineries and the roads up Monte Subasio.
- **Restrictions**: the old town is a **ZTL (limited traffic zone)** with camera enforcement. Hotel guests may drive in only to unload luggage, for up to 60 minutes, and the hotel must register your plate in advance.
- **Parking**: use the paid car parks just outside the walls. Giovanni Paolo II is the closest to the Basilica of Saint Francis and the busiest. Porta Nuova is at the east end, near the Basilica of Saint Clare. Mojano and Matteotti serve the centre and the upper town. Expect around €1.50 per hour.

Food & drink

Umbrian food is simple and based on local produce. Look for *strangozzi* (long hand-made pasta), often served with black truffle, *torta al testo* (a flat bread cooked on a griddle and filled with cured meats or greens), and lentils from Castelluccio. The local red wines are Sagrantino and Rosso from nearby Montefalco. The town's traditional sweet is *rocciata*, a rolled pastry filled with apples, nuts and raisins.

The restaurants on the busiest streets between the Basilica of Saint Francis and the main square aim at day visitors. For better value, eat in the evening, and look in the side lanes above the main square and towards the cathedral and Piazza Matteotti.

What to eat & drink

LUNCH

Pizza Margherita
Thin-crust pizza topped with tomato, mozzarella, and basil, invented in Naples and still best there.

DINNER

Spaghetti alla Carbonara
Pasta with egg, cured pork cheek (guanciale), pecorino cheese, and black pepper, a Roman classic.

Risotto alla Milanese
Creamy saffron-infused rice dish from Milan, often served alongside braised veal shank.

Lasagna · Lasagne al Forno
Layered baked pasta with ragu, bechamel, and cheese, a staple of Emilia-Romagna cooking.

SNACKS & STREET FOOD

Prosciutto and Cheese · Prosciutto e Formaggio
Cured ham paired with regional cheeses, a common antipasto plate found nationwide.

SWEETS & DESSERTS

Gelato
Dense, slow-churned Italian ice cream, traditionally lower in fat and air than American-style ice cream.

Tiramisu · Tiramisù
Layered dessert of coffee-soaked ladyfingers and mascarpone cream, dusted with cocoa.

DRINKS

Espresso · Caffè
A short, strong shot of coffee drunk quickly, usually standing at a bar counter.

Wine · Vino
Italy is one of the world's largest wine producers, with regional styles from Piedmont's Barolo to Tuscany's Chianti.

Aperol Spritz
A bittersweet orange aperitif mixed with prosecco and soda water, a staple of the early-evening aperitivo.

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Safety & health

Assisi is a very safe town. Petty crime is rare, but keep an eye on bags and phones in the crowds at the basilicas and during the big feasts.

- **Dress code**: the basilicas and churches are active places of worship. Cover your **shoulders and knees** — no shorts, sleeveless tops or short skirts. Carry a light scarf in summer.
- **Behaviour in churches**: keep quiet, switch your phone to silent and follow the signs on photography, which is not allowed in some parts of the Basilica of Saint Francis. Do not walk around during Mass.
- **Steep streets**: the stone paving is slippery when wet. Take care on the steeper lanes and steps.
- **Summer heat**: there is little shade on the walk up to the castle and the hermitage. Carry water.

History

Assisi began as a town of the ancient Umbrian people and became the Roman town of Asisium. The Temple of Minerva on the main square and Museo Civico e Foro Romano below it survive from this time. The Roman poet *Propertius* is thought to have been born here.

In the Middle Ages, Assisi was a free commune and often at war with nearby Perugia. *Francis*, the son of a rich cloth merchant, was born here around 1181. As a young man, he gave up his wealth to live in poverty and preach. *Clare*, a young noblewoman from the town, followed him and founded the order of the Poor Clares. Francis died at the Porziuncola, below the town, in 1226. He was declared a saint only two years later, and work on Basilica of Saint Francis of Assisi began the same year. The best painters of the time then decorated its walls.

In 1997, an earthquake brought down part of the vault of the Upper Church, killing four people and destroying sections of its frescoes. The church reopened after two years of restoration. In 2000, Assisi and its Franciscan sites became a UNESCO World Heritage Site.

Country facts

Quick practical facts for Italy at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F / Type L
230 V · 50 Hz

LANGUAGES

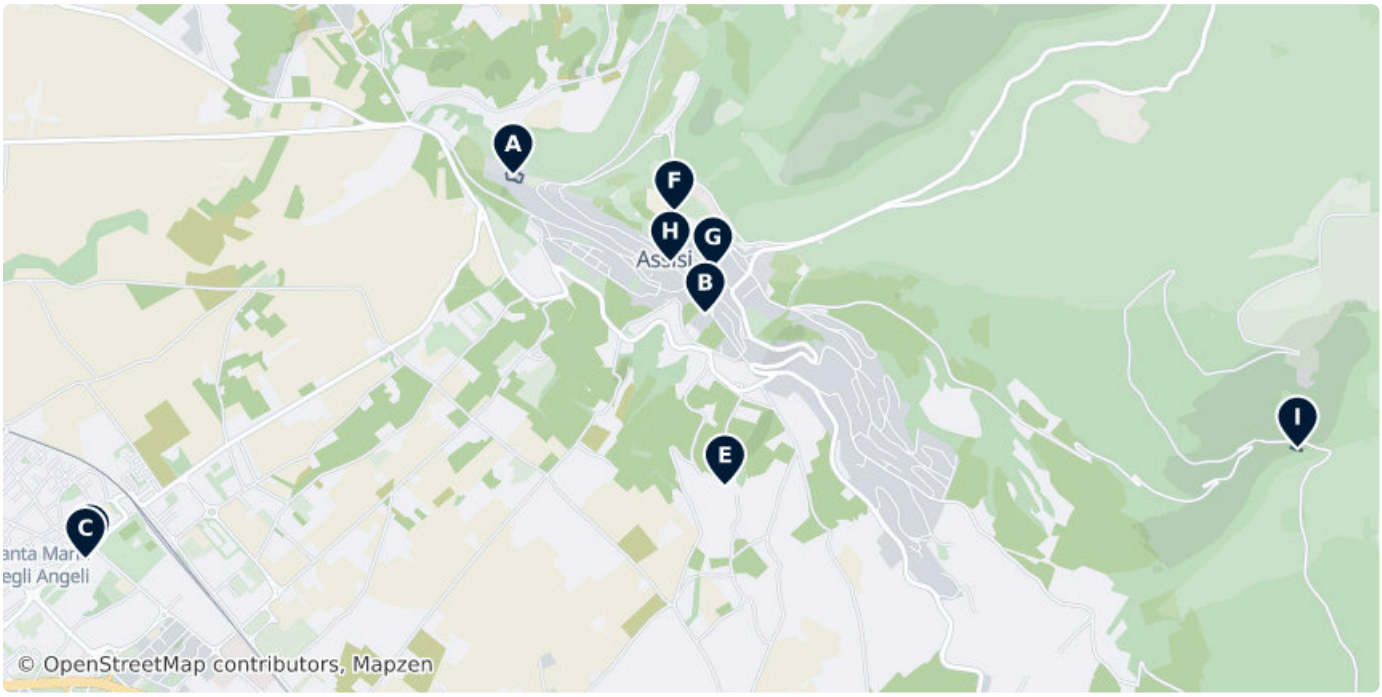
Italian

TAP WATER

Safe to drink

Assisi's Sacred Heart: The Absolute Essentials

Assisi’s historic center is defined by its deep Franciscan roots and well-preserved medieval architecture. This selection includes the Basilica of Saint Francis, famous for its Giotto frescoes, and the Basilica of Saint Clare, which houses the saint's remains. Highlights range from the Romanesque San Rufino Cathedral to the Eremo delle Carceri, a remote hermitage on Monte Subasio. The list also features the 12th-century Rocca Maggiore fortress and the Piazza del Comune, a central square built over the city's original Roman forum.





A Basilica of Saint Francis of Assisi

Consecrated in 1253, this important pilgrimage site is not only the main church of the Franciscan order but also a splendid architectural...

Piazza San Francesco, 2, 06081 Assisi, Italy
(43.07485, 12.60571)

sanfrancescoassisi.org/en/, +39 075 819001



B Basilica of Saint Clare

The Basilica of Saint Clare is a church in Assisi, central Italy. It is dedicated to and contains the remains of Clare of Assisi, a follower...

Piazza Santa Chiara, 1, 06081 Assisi, Italy
(43.06886, 12.61708)

assisisantachiara.it, +39 075 812216



C Papal Basilica of Saint Mary of the Angels in Assisi

The Basilica of Saint Mary of the Angels is a Papal minor basilica situated in the plain at the foot of the hill of Assisi, Italy, in the...

Via Patrono d'Italia, 06081 Assisi PG, Italy (43.05825, 12.58040)

Mo–Su 14:30–19:30

+39 075 805 1430



D Portiuncula

Portiuncula, also spelled Porziuncola or Porzioncula, is a small Catholic church located within the Papal Basilica of Saint Mary of the...

1 Viale Patrono d'Italia, Santa Maria degli Angeli 06081, Italy (43.05842, 12.58066)



E San Damiano

San Damiano is a church with a monastery near Assisi, Italy. Built in the 12th century, it was the first monastery of the Order of Saint...

(Unnamed Road), 06081, Italy (43.06140, 12.61825)

santuariosandamiano.org



F Rocca Maggiore

The Rocca Maggiore is a castle which dominated, for more than eight hundred years, the citadel of Assisi and the valley of Tescio,...

Via della Rocca, Assisi 06081, Italy (43.07328, 12.61525)

Mo–Su 10:00–19:00



G Cathedral of San Rufino

Assisi Cathedral, dedicated to San Rufino, is a major church in Assisi, Italy.

Via del Torrione, 06081 Assisi PG, Italy (43.07083, 12.61754)

assisimuseodiocesano.com



H Piazza del Comune

This central square occupies the site of an ancient Roman forum. It is home to the 1st-century BC Temple of Minerva, which retains its original Corinthian columns, as well as the 13th-century Palazzo del Capitano del Popolo and the adjacent Torre del Popolo.

33 Piazza del Comune, Assisi 06081, Italy (43.07108, 12.61502)



I Carceri Hermitage

The Eremo delle Carceri is a hermitage complex located 791 metres above sea level in a steep forest gorge upon Monte Subasio, in Umbria, in...

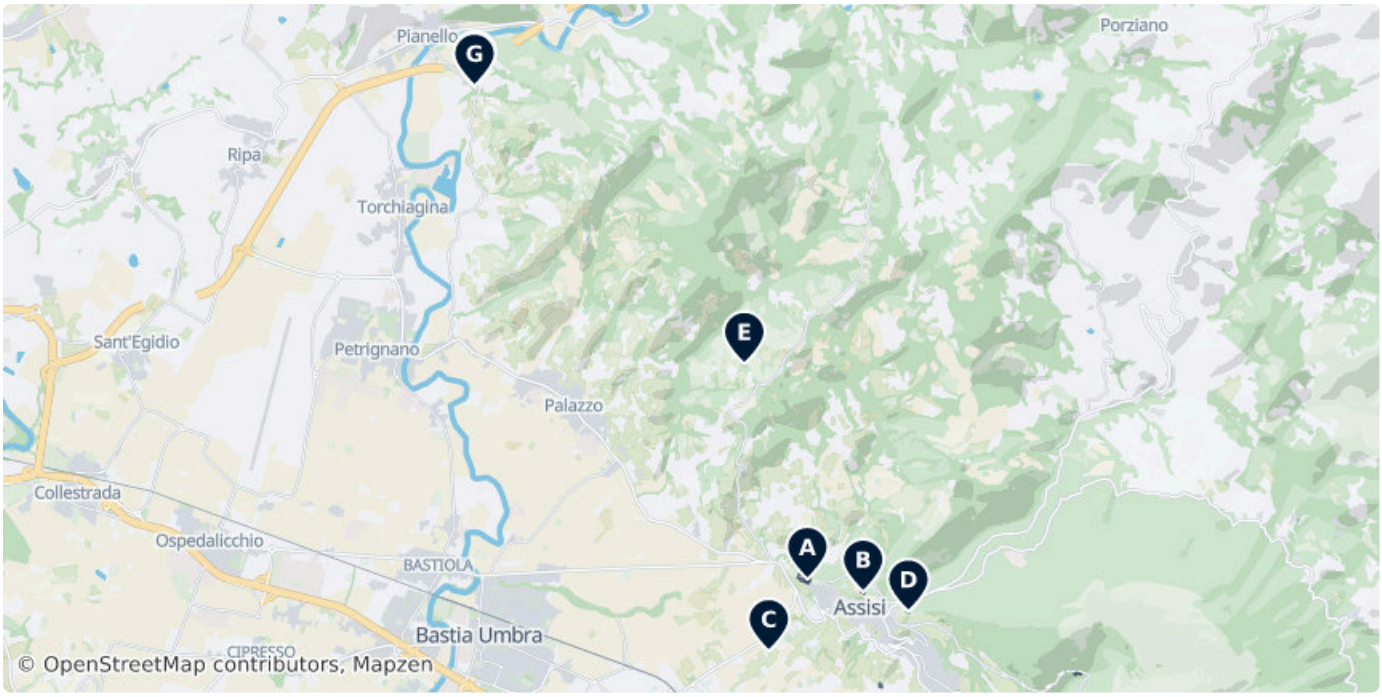
SP251, 06081, Italy (43.06305, 12.65214)

Nov-Mar Mo–Sa	06:30–12:45, 14:30–18:00
Nov-Mar Su	07:30–12:45, 14:30–18:00
Apr-Oct Mo–Sa	06:30–12:45, 14:30–19:00
Apr-Oct Su	07:30–12:45, 14:30–19:00

santuarioeremodellecarceri.org, +39 075 81 23 01

Assisi's Historic Treasures

Assisi's historical landscape is defined by its UNESCO World Heritage status and a collection of medieval fortifications. This selection features the Basilica of Saint Francis, a 13th-century pilgrimage site known for its Romanesque and Gothic architecture, alongside the imposing Rocca Maggiore and its smaller counterpart, Rocca Minore. Beyond the main citadel, the list includes the medieval hamlet of San Gregorio and the ruins of its castle, offering a comprehensive look at the region's defensive structures and religious heritage dating back over eight hundred years.





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Consecrated in 1253, this important pilgrimage site is not only the main church of the Franciscan order but also a splendid architectural...

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Via della Rocca, Assisi 06081, Italy (43.07328, 12.61525)

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C Assisi

UNESCO World Heritage site recognized for its continuity as a city-sanctuary and its significant collection of medieval art and architecture.

2 Via Francesca, 06081, Italy (43.06585, 12.59914)



D Rocca Minore

A 14th-century fortification located northeast of the city, originally built to defend the citadel and connected to the larger Rocca Maggiore by a defensive wall.

(Unnamed Road), 06081, Italy (43.07079, 12.62298)

E Castello di Biagiano

Medieval castle and palace structure located in the hills surrounding Assisi.

Via Biagiano, 06081, Italy (43.10167, 12.59494)

F San Gregorio borgo medioevale

A fortified medieval village featuring traditional stone architecture and defensive layouts characteristic of the Umbrian countryside.

(43.13661, 12.54889)

G San Gregorio rovine castello

Remaining stone ruins of the medieval defensive structure associated with the San Gregorio hamlet.

(43.13638, 12.54883)

Sacred Sites of Assisi

Assisi's spiritual landscape is defined by the legacy of Saint Francis and Saint Clare. This collection spans from the UNESCO-listed Basilica of Saint Francis, featuring frescoes by Giotto and Cimabue, to the humble Porziuncola housed within the massive Santa Maria degli Angeli. The list includes the Romanesque San Rufino Cathedral, the ancient Temple of Minerva repurposed as a church, and secluded sites like the Carceri Hermitage on Monte Subasio. These landmarks illustrate architectural and religious evolution from the 1st century BC through the high Middle Ages.





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Mo–Su 14:30–19:30

+39 075 805 1430



E Sacro Convento

The Sacro Convento is a Franciscan friary in Assisi, Umbria, Italy. The friary is connected as part of three buildings to the upper and...

(Unnamed Road), Assisi 06081, Italy (43.07496, 12.60490)



F San Pietro Church

The Abbey of St. Peter is a Benedictine abbey in Assisi inhabited by a small community of monks belonging to the Cassinese Congregation.

17A Via Borgo San Pietro, 06081, Italy (43.07146, 12.60852)

assisi.chiesacattolica.it



G Temple of Minerva

The Temple of Minerva is an ancient Roman building in Assisi, Umbria, central Italy.

10 Via Tiberio d'Assisi, Assisi 06081, Italy (43.07139, 12.61481)



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santuarioeremodellecarceri.org, +39 075 81 23 01



J Protomonastery of Saint Clare

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3 Via Borgo Aretino, Assisi 06081, Italy (43.06849, 12.61686)



K Convento Chiesa Nuova

The Chiesa Nuova is a church in Assisi, Italy, built in 1615 on the site of the presumed birthplace of St.

3 Via Arco dei Priori, Assisi 06081, Italy (43.07043, 12.61530)



L Chiesa di Santo Stefano

The church of Santo Stefano is a medieval church of Assisi, in central Italy.

7 Vicolo Santo Stefano, Assisi 06081, Italy (43.07199, 12.61255)



M Parish of Santa Maria Maggiore

The Church of Santa Maria Maggiore, also known as Sanctuary of the Spoliation, is a church in Assisi, Umbria, central Italy.

13C Via Sant'Agnese, Assisi 06081, Italy (43.06966, 12.61451)



N San Damiano

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(Unnamed Road), 06081, Italy (43.06140, 12.61825)

santuariosandamiano.org



O Oratory of San Francesco Piccolino

The Oratory of San Francesco Piccolino, or the Chapel of Little St Francis is a small devotional chapel in the centre of Assisi, near the...

9 Piazzetta San Francesco Piccolino, Assisi 06081, Italy (43.07026, 12.61583)

P Capitello Madonna

A traditional devotional wall shrine located along the medieval streets of Assisi, featuring an image of the Madonna.

28B Via San Paolo, Assisi 06081, Italy (43.07225, 12.61307)

Q Ave Maria

A small roadside devotional shrine located on the outskirts of the town center, typical of the rural spiritual paths in the Umbrian countryside.

53 Via di Mezzo, 06081, Italy (43.06309, 12.62249)

R Edicola

A religious niche or street shrine, representing the local tradition of public vernacular devotion found throughout the region.

Via Madre Terra, 06081, Italy (43.05678, 12.62139)

S Chiesa di San Masseo

An 11th-century Benedictine monastery featuring a Romanesque crypt. It is situated in the valley below the city walls, surrounded by historic olive groves.

(Unnamed Road), 06081, Italy (43.06351, 12.61154)

monasterodibose.it/fraternita/assisi

T Sant'Angelo di Panzo

The first convent where Saint Clare took refuge after leaving her family. This 13th-century hermitage on Monte Subasio was built over the remains of a Roman aqueduct.

18a Via Fosso delle Carceri, 06081, Italy (43.05774, 12.63986)

iluoghidelsilenzio.it/santangelo-di-panzo/

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