

The Way of St Francis from Assisi to Rome: Group Tour

The Way of St. Francis links cultural treasures and cherished sites from the life of Francis of Assisi. This tour is ideal for the experienced Santiago pilgrim who seeks a less crowded adventure. The route pauses to enjoy picturesque hill towns in Umbria, then concludes with a climactic arrival at St. Peter's in Rome. Inspired by Francis of Assisi, beloved among saints, the walk allows pilgrims to experience for themselves the places he lived, prayed and worked. In Umbria, the native area of St. Francis, his presence is particularly strong and everything reminds us of the much-loved saint. A highlight of this tour is of course the lovely town of Assisi, where a section of the Via di Roma begins at the St. Francis tomb in the Basilica di San Francesco, one of the most celebrated sacred spots of Christianity.



Period:

(Assisi Roma): 07/05 – 20/05/2017 (253 km/14 days / 13 nights– 12 legs)

(Assisi-Rieti): 07/05 – 15/05/2017 (144 km/9 days – 8 nights – 7 legs)

(Rieti-Roma): 14/05 – 20/05/2017 (109 km/7 days /6 nights – 5 legs)

Level: 3/4 (medium to difficult)

The daily itineraries pass through moderately mountainous country and hill terrain. On some days the amount of ascent and descent is quite considerable. Daily walking distances are between 15 and 28 km (with an average of 3 – 4 hours walking a day). This route requires a certain amount of experience and familiarity with mountain terrain. A good level of fitness for walking is necessary.

Characteristics:

- o The hiking itinerary covers 250 Km (156 mi) between Assisi and Rome, following the path of the "Via Francigena di San Francesco", also known as "La Via di Roma". This is one of the ancient pilgrimage routes to Rome, presumably the same followed by Francis of Assisi and his mates in 1212.
- o Walk "from door to door", setting off from your hotel and reaching the new one directly on foot, at the end of each daily stage.

- o The way is marked with special signs; the "pilgrim's passport" (to be stamped daily along the route) is provided to all our clients, along with a road book with detailed maps and useful information.
- o Take the full journey or any part of it: in order to be entitled to the "Testimonium" certificate.



Programme:

Day 1. arrival at Assisi

Arrival on your own account at your hotel in Assisi, the starting point of our journey. Attend the briefing with the guide that will accompany the group and meet the other participants.

Day 2. Assisi-Foligno (21 Km/13 mi)

Begin the 1st leg by setting off directly from the hotel. Get across Mount Subasio, visiting the sanctuary of "Eremo delle Carceri" on the way, then Spello, a beautiful medieval town; continue on flat land to reach our hotel in the thriving city of Foligno.

Day 3. Foligno – Campello alto (22 Km/13.8 mi)

The 2nd leg is flat down to the castle of Sant'Eraclio, then it turns into the hills, covered with olive groves; the next town, Trevi, hanging over the valley, is worthwhile to visit; continue up and down the mountainside and arrive at our new hotel by Castello di Campello.

Day 4. Campello Alto to Spoleto (20 Km/12.5 mi)

The 3rd leg continues up and down the mountainside amid olive groves, passing by little gems like Poretta and its castle, Bazzano and Eggi; arrive at one of the most important historical cities, rich of art treasures, of the entire route, Spoleto.

Day 5. Spoleto –Preceto (21 Km/13 mi)

The 4th leg starts from the massif castle (Rocca di Alborno) and climb up to the “sacred” woods of Monteluco and the franciscan sanctuary “Eremo delle Grazie”. Cross the mountain and descend into the narrow valley of River Nera (Valnerina), passing by the neat little villages of Pontuglia and Ceselli; get across the river and follow it down to another lovely village, Precetto, where we will stop for the night.

Day 6. Preceto – Lake Piediluco (24 Km/15 mi)

The 5th leg continues along the bank of the Nera down to Arrone and Castel di Lago, then climb up the steep slopes next to the monumental Marmore Waterfalls to get to the village of Marmore and onward to Lake Piediluco and our hotel.



Day 7. Lake Piediluco - Poggio Bustone (21 Km/13 mi)

The 6th leg takes you up to the perfectly preserved feudal town of Labro, on a hilltop overlooking the lake. Onward to Morro Reatino and then up into the wild to reach the highest point of the route (1100m/3600 ft) and see the amazing “St Francis beech tree”; then down again to the rural village of Cepparo and on along the mountainside to the Franciscan sanctuary and the town of Poggio Bustone and finally our hotel.

Day 8. Poggio Bustone – Rieti (17 Km/10.6 mi)

The 7th leg starts by descending halfway down to the valley, then along the mountainside to the little village of San Liberato and then Cantalice, hanging on the rocks. Then gradually we walk down to the sanctuary of La Foresta, and onward to another very important historical city, Rieti.

Day 9. Rieti – Poggio San Lorenzo (22 Km/13.8 mi)

The 8th leg leaves Rieti by taking into a narrow side-valley; walk along the bank of a tiny rivulet up to the top, cross a very ancient Roman bridge and start climbing into the hills of the Sabina, covered with woods and olive groves. Pass by Ornaro and Torricella to reach our new hotel near Poggio San Lorenzo.

Day 10. Poggio San Lorenzo – Ponticelli Santa Maria delle Grazie (24 Km/15 mi)

The 9th leg continues across the hills, through woods, vineyards and olive groves, topped by medieval villages. Monteleone Sabino with the archaeological Roman site of Trebula

Mutuesca and the church of Santa Vittoria; further on, the town of Poggio Moiano and the village of Ponticelli; you have to leave the path here to reach our guesthouse on a hilltop, near the Franciscan sanctuary of "Santa Maria delle Grazie".

Day 11. Santa Maria delle Grazie – Monterotondo (30 Km/18.7 mi)

The 10th leg starts from Ponticelli. Cross hills covered with olive groves and topped by the majestic Orsini Castle, dominating the vast lowland that unrolls in the distance; walking up and down even lower hills, pass the village of Acquaviva di Nerola and the town of Montelibretti, then amid peach trees, vineyards and corn fields, reach the historical town of Monterotondo and our hotel.

Day 12. Monterotondo – Montesacro (18 Km/11.2 mi)

The 11th leg starts by getting down to Valle Ricca and into Parco della Marcigliana; on the other side of the park you are already at the edge of Rome: the last 6 Km/3.8 mi are all on city streets and can be avoided by taking the bus. Our hotel is in the stylish borough of Montesacro.

Day 13. Montesacro –St Peter Basilica, Rome (15 Km/9.4 mi)

The 12th and final leg starts by getting across the Aniene River either on a modern bridge or on a medieval one, then take the footpath, away from city traffic, through the elegant boroughs Salario, Parioli and Flaminio, reach the banks of the Tiber River at Ponte Milvio. Follow the footpath along the riverside to Castel Santangelo, then walk down Via della Conciliazione and reach St Peter's Square. Go to the Pilgrimage Office and claim our certificates.

Day 14. End of services or individual extension.



PRICES PER PERSON:

cod. U5Mc Full itinerary Assisi-Rome (14 days/13 nights/12 legs):
in double / twin room € 1,700.00
single supplement € 300.00

Cod U5Ap Assisi-Rieti (9 days/8 nights/7 legs):
In double/twin room € 1,050.00
Single supplement € 190.00

Cod. L5Rp The "last 100 Km" Rieti-Rome (7 days/6 nights/5 legs):
In double room € 830.00
Single supplement € 150.00

Group discount (at least 4 persons per booking) Cod U5Mc € 40,00p.p.
Cod. U5Ap e L5Rp € 30,00 p.p.

You can join/leave the group at any point along the itinerary: please consult our office for quotations and other details.

Included in the tour:

- An expert guide, fluent in English and other languages will accompany the group.
- Accommodation in Hotel of 2/4 stars or Guesthouses (Agriturismo, Convents).
- Buffet breakfast and dinner
- Baggage transportation
- "Pilgrim's Kit" with "pilgrim's passport"
- road-book and maps

* we advise to stipulate a good insurance (cancellation, medical & luggage)