

THE WAY TO ROME (Via Francigena di San Francesco)

240 km in the footsteps of St. Francis: Assisi – Spoleto – Rieti – Roma

Tour 28 on foot + coach from Assisi to Roma in 12 stages: 16 days/15 nights

Tour 29 on foot + coach from Assisi to Rieti in 7 stages: 10 days/9 nights

Tour 30 on foot + coach from Assisi to Spoleto in 3 stages: 5 days/4 nights

Tour 31 on foot + coach from Spoleto to Rieti in 4 stages: 6 days/5 nights

Tour 32 on foot + coach from Rieti to Roma in 5 stages: 7 days/6 nights

The Stages

1st. Part

Tour 28-29-30 (Assisi and the Spoletina Valley)

1. From Assisi to Spello (14km)

2. From Spello to Trevi (21.8km)

3. From Trevi to Spoleto (22.3km)

2nd. Part

Tour 28-29-31 (Valnerina and the Rieti Valley)

4. From Spoleto to Ferentillo (20.5km)

5. From Ferentillo to Piediluco (21.5km)

6. From Piediluco to Poggio Bustone (18km)

7. From Poggio Bustone to Rieti (16.6km)

3rd. Part

Tour 28-32 (The Sabina and Rome)

1. From Rieti to Poggio San Lorenzo (23km)

2. From Poggio San Lorenzo to Ponticelli (19km)

3. From Ponticelli to Monterotondo (29.4km)

4. From Monterotondo to Montesacro (17.8km)

5. From Montesacro to the Vatican (14.8km)

PROGRAMME

Day 1. Arrival in Assisi ^1. Check in at hotel and lunch. Guided visit around the centre of Assisi: the Basilica of St. Francis, the Basilica of St. Chiara, the Cathedral of St. Ruffino, the Town Square and the New Church. Return to hotel for dinner and overnight stay.

Day 2. (Stage N°1) After breakfast, departure on foot for the Monastery of the 'Carceri' with a visit accompanied by the Friars themselves. Back on foot along the pathways around Mount Subasio to reach Spello. Free time to visit (the Collegiate church of Santa Maria Maggiore with its famous Baglioni Chapel, a masterpiece by Pinturicchio; and the gates in the Roman city walls). Return to hotel for dinner and overnight stay.

Day 3. (Stage n°2) After breakfast, transfer by coach to Spello to begin walking once again. Passing Foligno (the San Feliciano cathedral and the Trinci Palace), on through the little village of S. Eraclio, to reach Trevi (The church of St. Emiliano, the church of St. Francis, the art gallery, museums and ancient palaces). Free time. Return to hotel for dinner and overnight stay.

Day 4. (Stage n°3) After breakfast, transfer by coach to begin the walk for *Campello sul Clitunno* (the church of the *Madonna della Bianca*, the temple of Clitunno, the Fountains of Clitunno and the Castle) then on to Eggi to arrive finally in Spoleto. Free time. Check in at hotel for dinner and overnight stay.

Day 5 ^2. After breakfast, guided visit of Spoleto (the Cathedral with its frescoes by Filippo Lippi and Pinturicchio, the Roman theatre, the Arch of Druso, and the Crypt of St. Ansano). Lunch followed by an excursion to the Monteluco hermitage. Return to hotel for dinner and overnight stay.

Day 6 (Stage n°4) After breakfast, the walk begins by moving across Mount Spoletina for the Castelmonte mountain pass (925m) in order to arrive in Valerina. Free time to visit Ferentillo (the church of St. Stefano famous for its mummies, the Abbey of St Peter in the Valley and the parish church of St. Maria). Check in at hotel, dinner and overnight stay.

Day 7. (Stage n°5) After breakfast and a brief visit to Terni (the church of St. Francis and the historical centre), transfer by coach to Ferentillo to begin walking once again. Proceeding for Arrone (the church of St. John the Baptist and St. Maria Assunta) and for the lower belvedere of the Marmore Falls from where the climb towards the upper belvedere begins. On as far as

Piediluco. Check in at hotel for dinner and overnight stay.

Day 8. (Stage n°6) After breakfast and free visiting time in Piediluco (the church of St. Francis, a boat trip on the lake) the walk begins towards the splendid medieval town of Labro, then on across the Monti Reatini passing through the village of Morro Reatino and climbing to a height of 1100m as far as the *Faggio of St. Francis* to then descend to the Sanctuary of Poggio Bustone (820m). Check in at hotel, dinner and overnight stay.

Day 9. (Stage n°7) After breakfast it is possible to visit the Sacred Grotto before beginning the walk. Leaving Poggio Bustone we go through Cantalice (a medieval town dominated by the church of St. Felice), on to the Sanctuary of *St. Felice all'Acqua* and the Sanctuary of *St. Maria della Foresta*. On arrival in Rieti, check in at hotel for dinner and overnight stay.

Day 10. ^3. After breakfast, guided visit of Rieti (the Cathedral, the historical quarters and the Roman bridge). Lunch, then in the afternoon an excursion by coach to the Sanctuaries of *Fonte Colombo* and *Greccio*. Return to hotel for dinner and overnight stay.

Day 11. (Stage n°8) After breakfast, the last 100 km of the Francigen Way of St. Francis to the Tomb of Peter begins. Departing from the centre of Rieti across fields, woods and olive groves and skirting the Torricella Sabina and the Castle and town of Ornaro to arrive at Poggio San Lorenzo. Return to hotel for dinner and overnight stay.

Day 12. (Stage n°9) After breakfast, transfer by coach to Poggio San Lorenzo where the walk will begin for the area around Monteleone Sabino (museum and archaeological site of *Trebula Mutuesca*, the church of *St. Vittoria*), crossing Poggio Moiano (the church of St. Martino, and ancient rural town) to the village of Ponticelli (The Orsini castle and the Franciscan sanctuary of *St. Maria delle Grazie*).

Return to hotel for dinner and overnight stay.

Day 13. (Stage n°10) After breakfast transfer by coach to Ponticelli to begin the walk. Proceeding across hills covered in olive groves we reach the outskirts of Nerola (The Orsini Castle) and then Montelibretti (the Barberini Palace); from here, on towards the plain on the left bank of the Tevere near Moricone and Palombara Sabina; crossing the Park of the *Gattaceca* and the *Barco*, we arrive in Monterotondo (the Orsini-Barberini Palace). Check in at hotel. Dinner and overnight stay.

Day 14. (Stage n°11) After breakfast, we begin walking and leaving the city, we descend towards *Valle Ricca* and once having crossed the Natural Reserve of the *Marcigliana* (the necropolis of *Crustumium*), we reach the outskirts of the Capital and the historic quarter of Montesacro (medieval gate-bridge on the Aniene). Check in at hotel. Dinner and overnight stay.

Day 15. (stage n°12) After breakfast the walk begins once more following the course of the river Aniene as far as Monte Antenne; arriving at Ponte Milvio (theatre of the historical battle between emperor Costantine and Massenzio) and carrying on along the banks of the Tevere as far as *Castel Sant'Angelo*. Arrival at last, from *Via della Conciliazione* we reach St. Peter's Square where the 'credentials' may be presented in order to obtain the 'Romea' certificate. Lunch. Rest of the day free to visit Rome. Check in at hotel for dinner and overnight stay.

Day 16. ^4. After breakfast, departure or extension of the journey.

^1. Beginning of services for tours 28-29-20

^2. The services for tour 30 end at lunch of this day; those of tour 32 begin with lunch and continue with the guided visit of the city followed by dinner and overnight stay.

^3. The services for tour 29 end with lunch of this day; those of tour 32 begin with lunch and the guided visit of the city followed by dinner and overnight stay.

^4. The services for tours 28 and 32 end at this point.

PRICES: on request

Organizer: IL MESTIERE DI VIAGGIARE – Rieti, Italy