

Umbria · Rome | Religious Tour – A unique pilgrimage route in the footsteps of Saint Francis - 8 Days

On the Via Francigena from Assisi to Rome

- Pilgrimage hiking tour through the green heart of Italy
- Spiritual experiences amidst beautiful landscapes
- Enjoy City highlights of Assisi and two days in Rome

SUGGESTED ITINERARY - GET IN TOUCH FOR A CUSTOMIZED TOUR

Day 1 | Arrival in Assisi

Day 2 | From Assisi to Spello

- Visit of Assisi including the Basilica of St. Francis
- Hike up Monte Subasio until we reach Spello, a gem of a place rich in frescoes and surrounded by Roman fortifications

Effective hiking time: 5 hours

Vertical height difference: 360⊠ 920⊠ m

Degree of difficulty: moderate

Day 3 | Monteluco and Spoleto

- We descend from the summit of Monteluco to the Roman town of Spoleto
- We will take a walk through the picturesque little streets of the town until we reach the Church of San Salvatore which offers wonderful views on to the town below

Effective hiking time: 5 hours

Vertical height difference: 150⊠ 600⊠ m

Degree of difficulty: moderate

Day 4 | Speco di Narni- Greccio - Fontecolombo

- We start by visiting the "Speco di Narni" caves, one of the most notable Franciscan sanctuaries

- Today's walk will take us into the sacred Rieti Valley from the pilgrimage church and Greccio Monastery through beautiful woods to the Fontecolombo Monastery, the area is known as the Franciscan Sinai.

Effective hiking time: 4 hours

Vertical height difference: 300⊠ 150⊠ m

Degree of difficulty: easy to moderate

Day 5 | La Foresta - Poggio Bustone – Marmore Falls

- Visit to the La Foresta Monastery which enjoys an incredible setting in an area of outstanding natural peace and beauty

- Today's goal is the Poggio Bustone Monastery, where St Francis laid the foundations

The tour includes:

- 7 x overnights with buffet breakfast
- 5 x 3-course evening meals
- 1 x entrance to the Marmore Waterfalls
- 1 x 3-hour guided tour of Rome
- 5 x days English speaking hiking guide
- Transport by deluxe AC motor coach as per itinerary (incl. arrival and departure transfers)
- Porterage upon arrival and departure at each hotel

Prices:

03-01-2024 - 10-31-2024 - 3* and 4* Hotels

per person in a double room from 1119 €



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for his community

- To round off the day we visit the impressive Marmore Falls

Effective hiking time: 4 hours

Vertical height difference: 300 150 m

Degree of difficulty: easy to moderate

Day 6 | The Rome of St Francis

- Our last leg of journey takes us to Rome and St Francis' Monument in Laterano at the Basilica of San Giovanni

- A walking tour of the town will show us Rome's most beautiful spots in the Eternal City until we finish up at St Peter's, the largest Basilica in Christendom.

Effective hiking time: 2 hours

Vertical height difference: minimal

Degree of difficulty: easy

Day 7 | Ancient Rome and a free afternoon to explore on your own

- We step back in time to the days of the Gladiators when the Roman Empire was in its pomp

- "A walk through Antiquity": On Capitol Hill we will see the remains of the great Roman Empire close up

- Outside viewing of the Colosseum before heading on the Piazza Venezia

Day 8 | Departure

3* and 4* Hotels

Accommodation in 3*/4* Hotels

