

## The Way of St Francis from Florence to La Verna

A pilgrimage walk

**Code tour:** W 004 UMB



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 Toscana, Umbria and Lazio, and 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. This stretch starts in Florence and ends in La Verna. You walk through a stunning landscape and certainly, a highlight is the monastery of La Verna, where Saint Francis received the stigmata.

This stage of 8 days / 7 nights from Florence to La Verna makes part of the Way of Saint Francis, which ends in Rome:

- A. La Verna - Città di Castello (7 days/6 nights)
- B. Città di Castello - Assisi (7 days/6 nights)
- C. Assisi- Spoleto (6 days / 5 nights)
- D. Spoleto - Rieti (7 days / 6 nights)
- E. Rieti - Rom (8 days / 7 nights)

**Period:** from 1 April to 15 October

**Level:** 3,5 (medium to difficult)

The daily itineraries pass through moderately mountainous landscape and hilly 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 km per hour). This route requires experience, good physical condition, training and familiarity with mountain terrain. It is suitable only for experienced hikers who can manage walking along steep trails with up to 900m elevation change (Florence-la Verna)

Total km: 99 km / 61,5 miles

Total km: Florence-Rome: 532 km / 331 mi

**Participants:** min 2 persons

**Program in short:**

Day 1 arrival at Firenze

Day 2 Firenze - Pontassieve (22 km / 13, 6 mi)

Day 3 Pontassieve- Consuma (19 km / 12 mi))

Day 4 Consuma - Stia ( 16 km / 9,9 mi)

Day 5 Stia - Camaldoli (16,5 km / 10,3 mi)

Day 6 Camaldoli - Badia Prataglia (8,5 km / 5,3 mi)

Day 7 Badia Prataglia - la Verna (17 km / 10,6 mi)

Day 8 Departure

## Via di San Francesco

### Toscana



### Program Florence-La Verna

#### Day 1: Florence

The start of this walking tour is in Florence, a town to fall in love with ! Florence houses the most magnificent art treasures of the world. It is certainly worthwhile to book an extra night to explore the town. Individual arrival at your \*\*\* hotel in Florence. At the reception, you will find your tour documents.

Overnight stay in with breakfast in Florence

### **Day 2: Florence-Pontassieve**

You leave the beautiful town of Florence following the old road "Strada dei Sette Ponti" (road of the seven bridges), which crosses the hills of the Arno. After Settignano with its historical villages, you walk between olive groves e vineyards and follow the river Arno. Your day ends in the fortified, intimate town of Pontassieve. You stay in a B&B or hotel

Overnight with breakfast in Pontassieve

Distance: 22 Km/13.6 miles,

Level: medium

Walking time: 7 hours

Ascent/descent: + 600m -550m

### **Day 3. Pontassieve-Consuma**

Climbing, you cross the vineyards of the Chianti Rufina and then the woods of the Abbey of Vallombrosa until you arrive at the pass called Passo della Consuma. Consuma is a small, friendly hamlet Overnight stay in hotel \*\*\*

Overnight stay with breakfast in Consuma

Distance: 19 Km/12 miles

Level: difficult

Walking time: 7 hours

Ascent/descent: +1020 -140 m

### **Day 4. Consuma-Stia**

Today a nice walk crossing the mountains of Casentinesi, a place for people who love to stay in nature. You pass through woods of conifers, oaks and chestnuts. Accompanied by nice views, you descend in the high Arno Valley (Alta Valle dell'Arno) and will have an overnight stay in the enchanting town of Stia. You can visit the church of Santa Maria Assunta, which dates back to the 12<sup>th</sup> century. In the old residence of the Guidi Counts, today there is an interesting collection of modern art. Overnight stay in hotel \*\*\*, B&B or agriturismo

Overnight stay with B&B in Stia

Distance:16 Km/9,9 miles

Level: medium

Walking time: 5,30

Ascent/descent: +600 -1150 m



### **Day 5. Stia-Camaldoli**

Again, you climb up to arrive at the woods of the national park Casentinese, that surrounds the hermitage Sacro Eremo di Camaldoli. The hermitage at 1100m height is a mystic place founded in 1012 by San Romualdo. Your overnight stay is in a Locanda or a monastery

Overnight stay with breakfast in Camaldoli village

Distance: 16,5 Km/10,3 miles

Level: difficult

Walking time: 6 hours

Ascent/descent: +1020 -580m

### **Day 6. Camaldoli - Badia Prataglia**

Today a shorter walk, so you can have some relaxation. You walk continues through fir and beech woods. Then you reach the highest point of your journey (1354m) before you descend to the mountain village Badia Prataglia. You stay in a Hotel \*\* or \*\*\*

Overnight stay with breakfast in Badia Prataglia

Distance: 8,5 Km/5,3 miles

Level: medium

Walking time: 3,5 hours

Ascent/descent: +540 -520m

### **Day 7. Badia Prataglia-La Verna**

Also today, the mountains will accompany you. After the climbing start, you have a long descend until you reach Rimocchi in the Holy Valley "Valle Santa" Casentinese. Again, you climb up towards Monte Penne and reach the "crudo sasso" on which the impressive Monastery of la Verna is built. Saint Francis received here his stigmata, when he retreated from the world. Here you end our walk of today and it is also the end of the first stretch. Overnight stay in monastery

Overnight with breakfast in the monastery La Verna

Distance: 17 Km/10.6 miles

Level: difficult

Walking Time: 6 hours

Ascent/descent: +1200 -960m

### **Day 8. End of tour after breakfast or continue your walk along the Way of Saint Francis**



**Prices per person 2022:**

In double room € 675

In single room € 845

Solo traveller € 895

Supplement HB € 175

**Included in the tour:**

- Accommodation in 2 and 3 star hotel, B&B or Guesthouses (Agriturismo, Convents).
- Breakfast
- Luggage transportation (1 piece per person)
- Road-book and maps in English or Italian
- Telephone assistance
- Pre-tour information

**Not included in the tour**

- local tourist taxes to be paid in the hotel



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