The Way of Saint Francis
A pilgrimage walk in 5-stages from La Verna to Rome or from Rome to Assisi

Code W005UMB A-F



Since medieval times, there have been three famous Christian pilgrimage destinations: Jerusalem in the Holy Land, Santiago de Compostela in Spain, and Rome. The 'Way of St. Francis' is a pilgrims' route to Rome passing all places which reminds us of Saint Francis, locations which bear witness of his life. The route crosses a part of Tuscany, Umbria from north to the south and finishes in the region Lazio, at St. Peter's tomb in Rome. Every year many pilgrims and trekkers from all over the world follow this route through the silence of nature, passing unknown hermitages, sanctuaries, ancient forests, olive groves and valleys rich in art and history. This walking route begins in Tuscany at the monastery of La Verna. A spiritual place, where St. Francis received the signs of the stigmata (wounds of Christ). Through ancient woods, you pass small hermitages, famous monasteries and interesting towns, like Gubbio where he tamed the wolf. In Umbria, the native area of St. Francis, his presence is particularly strong and everything reminds us of the beloved saint. A highlight of this tour is of course the lovely town of Assisi, every street and square exude a Franciscan atmosphere. It is the town where he was born and it is his final resting place. St. Francis tomb in the Basilica di San Francesco is one of the most celebrated sacred spots of Christianity. Assisi enjoys a splendid position on a hillside at a spur of Monte Subasio, overlooking the Valle Umbra and lying between the rivers Chiascio, Topino and Tescio. St. Francis (1181/82 – 1226) was born in Assisi and lived here most of his life. It is certainly worth inserting an extra day in your itinerary to visit this fascinating town. Leaving Assisi you will walk through the wonderful countryside of Umbria, full of hills covered with woods, vineyards and olive groves. You will pass through medieval towns and villages such as Spello, Foligno, Trevi, Spoleto, Ferentillo and Arrone. You enter the region of Lazio and along the approach to Rome, the landscape becomes flatter, but not less exciting. On the last two days you will walk through Rome passing monuments, which are worth visiting, but the highlight will certainly be the Basilica of St. Peter, the final destination of this walking tour!

The Trip in a Nutshell



Period: ***Self-guided:*** daily from 1 April till 31 October (Assisi-Spoleto excluded 08/08/2027 - 22/08/2027)

Guided: On request

Participants : From 1 person

Difficulty: Level 3 - 3,5
For walkers with experience and good physical condition. Routes through hilly landscapes and walking in middle mountainous terrain with significant up- and downhill walking. Daily distances between 14 and 28 km. An average of 3 km an hour. You will walk on footpaths, mountain tracks, forest trails and on quiet country roads.

Total km La Verna-Rome: 463 km/288 mi

Stretch A 83,5 km/51,9 mi (5 walking days)
Stretch B 112 km/69,5 mi (5 walking days)
Stretch C 68 km/42,2 mi (4 walking days)
Stretch D 89 km/55 mi (5 walking days)
Stretch E 110 km/68 mi (6 walking days)
Stretch F 265,5 km/165 mi (15 walking days)

Program stage A in short
Day 1 Arrival Città di Castello
Day 2 Transfer to La Verna and walking to Pieve Santo Stefano (14,6 km/9 mi)
Day 3 To Montagna (23,5 km/14,6 mi)
Day 4 To Sansepolcro (12,6 km/7,8 mi)
Day 5 To Celle (17,8 km/11 mi)
Day 6 To Città di Castello (15 km/9,3 mi)
Day 7 End of tour

Program stage B in short
Day 1 Arrival Città di Castello
Day 2 To Pietralunga (31 km/19,2 mi or 21,1 km/13,1 mi)
Day 3 To Gubbio (26,8 km/16,6 mi) *
Day 4 To Biscina (22,5 km/14 mi)
Day 5 To Valfabbrica (16 km/9,9 mi)
Day 6 To Assisi (16 km/9,9 mi)
Day 7 End of tour
* This day could be divided in with an overnight stay in Loreto in a B&B with breakfast and dinner. The route distances would be 14,6 km /9 mi -10,6 km / 6,6 mi

Program stage C in short:
Day 1 Arrival Assisi
Day 2 To Spello (16 km/9,9 mi)
Day 3 To Trevi (20,3 km/12,6 mi)
Day 4 To Campello Alto (11,7 km/7,3 mi)
Day 5 To Spoleto (19,7 km/12,2 mi)
Day 6 End of tour

Program stage D in short
Day 1 Arrival Spoleto
Day 2 To Patrico (10,2 km/6,3 mi)
Day 3 To Ferentillo (21,5 km/13,3 mi)
Day 4 To Piediluco (20 km/12,4 mi)
Day 5 To Poggio Bustone (19,3 km/12 mi)
Day 6 To Rieti (17,3 km/10,7 mi)
Day 7 End of tour

Program stage E in short
Day 1 Arrival Rieti
Day 2 To Poggio San Lorenzo (21,5 km/13,3 mi)
Day 3 To Ponticelli (22 km/13,6 mi)
Day 4 To Montelibretti (14,5 km/9 mi)
Day 5 To Monterotondo (17,5 km/10,8 mi)
Day 6 To Montesacro (18,7 km/11,6 mi)

Day 7 To Rome St. Peter (15,5 km/9,6 mi)
Day 8 End of tour

Program Stage F Rome - Assisi in short
Day 1 Arrival Rome
Day 2 To Montesacro (15,5 km/9,6 mi; +183m /-170m)
Day 3 To Monterotondo (18,9 km/11,6 mi; +376 – 270m)
Day 4 To Montelibretti (17,6 km/10,9 mi; +337 – 256m)
Day 5 To Ponticelli (14,3 km/8,9 mi; + 414m, -314m)
Day 6 To Poggio San Lorenzo (21,9 km/13,1 mi; +746m –554m)
Day 7 To Rieti (21,7 km/13,5 mi; +337m -441m)
Day 8 To Poggio Bustone (17,4 km/10,7 mi; +606m -208m)
Day 9 To Piediluco (19,4 km/12,2 mi; +473m -821m)
Day 10 To Ferentillo (19,5 km/12,1 mi; +256m -320m)
Day 11 To Patrico (21,6 km/13,4 mi; +958m -252m)
Day 12 To Spoleto (10,2 km/6,3 mi; +99m -789m)
Day 13 To Campello Alto (19,4 km/12 mi; +748m -487m)
Day 14 To Trevi (11,7 km/7,3 mi; +277m – 509m)
Day 15 To Spello (20,2 km/12,6 mi; +235m – 356m)
Day 16 To Assisi (16,2 km/10,1 mi; +855m -769m)
Day 17 End of Tour



The Daily Program

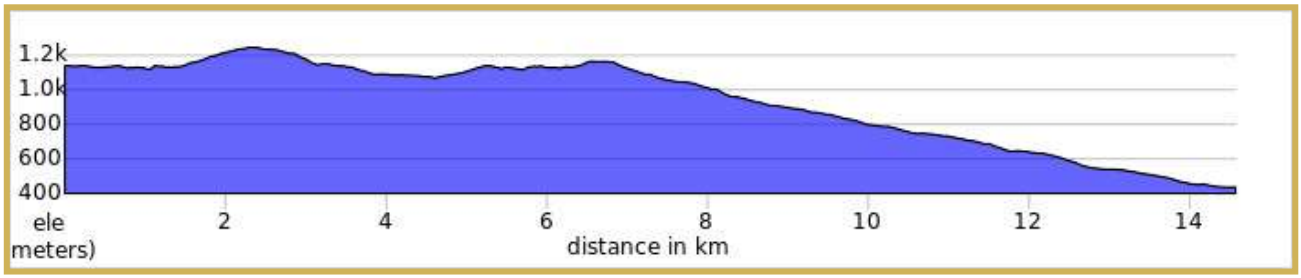
Daily program Stage A

Day 1 | Arrival in Città di Castello
Your Way of Saint Francis walking holiday begins in charming Città di Castello, surrounded by the green hills of the Upper Tiber Valley. Explore its historic centre, Renaissance palaces and fascinating museums, including the Pinacoteca Comunale and the Alberto Burri museums.
On request, you can also start your walk in La Verna, with an overnight stay at the monastery.

Overnight stay with breakfast in a 3- or 4-star hotel in Città di Castello.

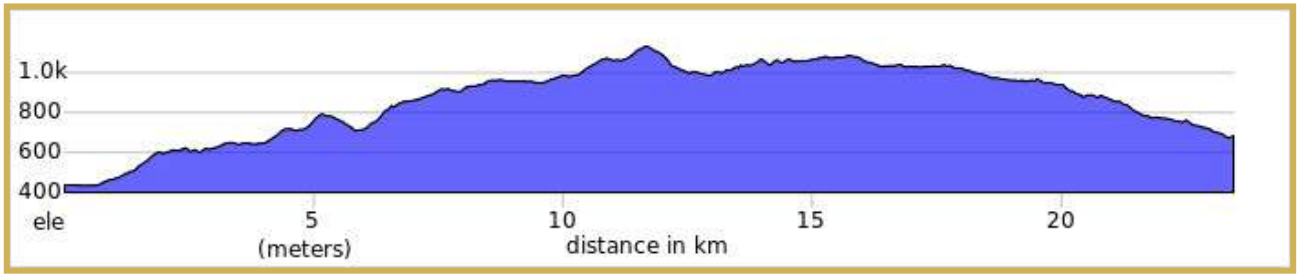
Day 2 | La Verna – Pieve Santo Stefano
After a transfer to the impressive Sanctuary of La Verna, where Saint Francis is believed to have received the stigmata, your first walking stage begins. The trail climbs towards Monte Calvano (1,250 m), offering beautiful views of the Tuscan Apennines, before descending to the historic town of Pieve Santo Stefano.

Overnight stay with breakfast in Pieve Santo Stefano
Distance: 14,6 km/9 mi
Walking time: 4 ½ hours
Difficulty: Medium
Ascent/Descent: +222m -925m | Max. height 1247m – Min. height 435m
Paved: 20%; Unpaved: 80%



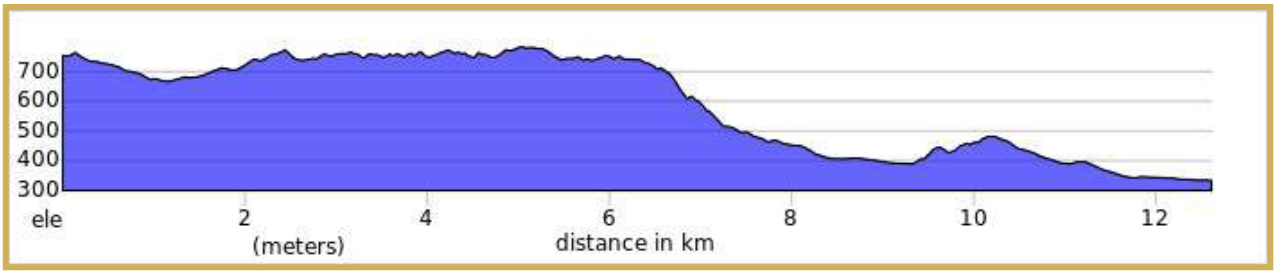
Day 3 | Pieve Santo Stefano – Montagna
Today's stage along the Way of Saint Francis takes you through the beautiful mountains of the Tuscan Apennines. You climb towards the historic Eremo di Cerbaiolo, a peaceful hermitage closely linked to Saint Francis of Assisi. Continuing through forests towards the Valico di Viamaggio and Monte Verde, you enjoy wonderful views of the surrounding mountains before descending along a gravel road to the small village of Montagna.

Overnight stay with breakfast in Montagna
Distance: 23,5 km/14,6mi
Walking time: 6 hr 30 min
Difficulty: Difficult
Ascent/Descent: +911m -666m | Max. height 1133 – Min. height 436m
Paved: 6%; Unpaved: 94%



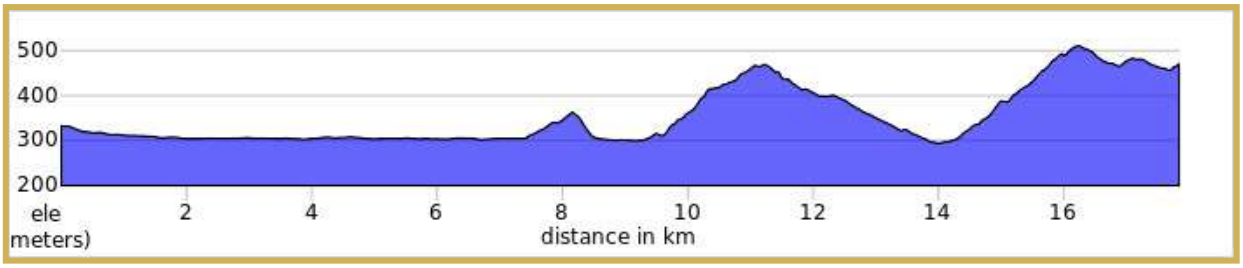
Day 4 | Montagna – Sansepolcro
Today's shorter stage along the Way of Saint Francis takes you through the green Tuscan hills to the peaceful Eremo di Montecasale, a historic monastery where Saint Francis often stayed. A scenic descent through the forests brings you to Sansepolcro, the birthplace of Renaissance painter Piero della Francesca. With plenty of time to explore, discover the charming historic centre, the Museo Civico and the impressive cathedral.

Overnight stay with breakfast in Sansepolcro
Distance: about 12,6 km/7,8 mi
Walking time: 4 hours
Difficulty: Easy
Ascent/Descent: +244m -664m | Max. Height 783m – Min. height 332m
Paved: 31%; Unpaved: 69%



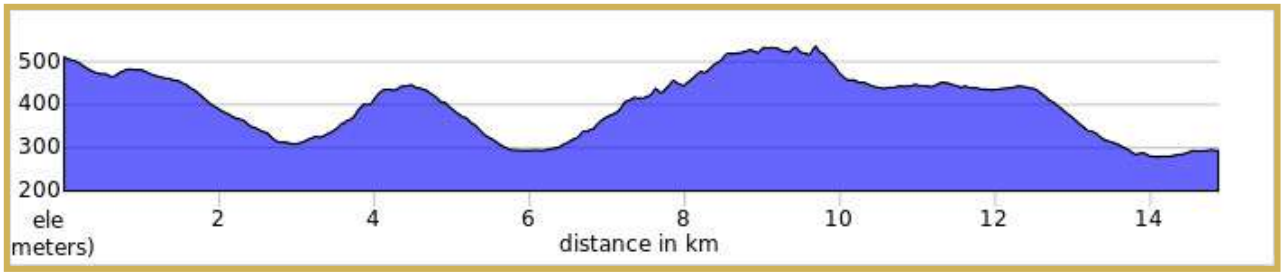
Day 5 | Sansepolcro – Celle
Today's stage along the Way of Saint Francis takes you from Tuscany into the green heart of Italy, Umbria. Walk through the fertile Tiber Valley and peaceful countryside towards Citerna, a beautiful medieval hilltop village listed among Italy's most beautiful villages. Explore its charming streets and enjoy wonderful panoramic views before continuing through olive groves to Celle.

Overnight stay with breakfast and dinner in a 3-star hotel.
Distance: 17,8 km/11 mi
Walking time: 5 hours
Difficulty: Medium
Ascent/Descent: +456m –320m | Max. height 511m – Min. height 294m
Paved: 78%; Unpaved: 22%



Day 6 | Celle – Città di Castello
Today's stage along the Way of Saint Francis takes you through the rolling green hills of the Upper Tiber Valley, past chestnut forests and farmland. Along the way, you pass the Eremo di Buon Riposo, where Saint Francis is believed to have stayed in a cave, and the historic Villa Montesca, associated with the educational work of Maria Montessori. After a scenic descent, you cross the River Tiber and arrive in the charming historic centre of Città di Castello.

Overnight stay with breakfast in a *** or **** hotel in Città di Castello
Distance: 15 km/9,3 mi
Walking time: 4 hours
Difficulty: Medium
Ascent/Descent: +409m –620m | Max. height 536m – Min. height 274m



Day 7: End of tour after breakfast
Today after breakfast end this tour along the trails of Saint Francis, past hermitages, monasteries and a stunning nature…or you continue your pilgrimage walk towards Assisi.

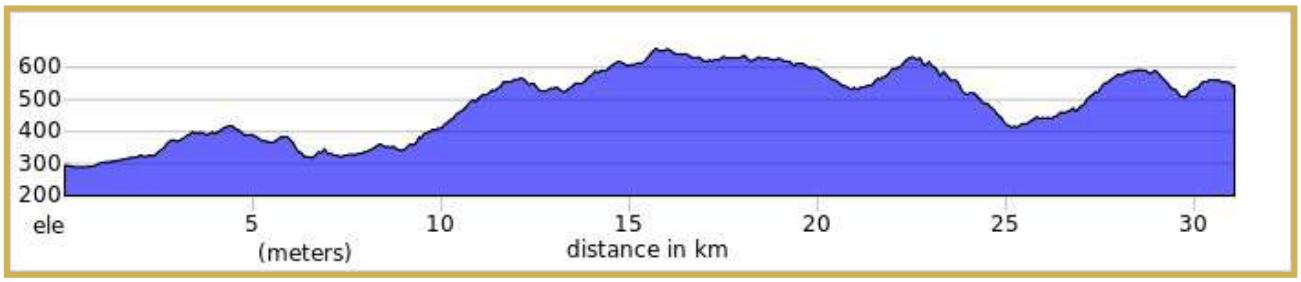
Daily program Stage B

Day 1 Arrival in Citta di Castello.
Your hotel *** or **** is in the old centre of Città di Castello, a town situated in the Upper Tiber Valley and surrounded by a green landscape of rolling hills. It is an interesting town and an important economical centre of the Tiber valley. Worth visiting are the municipal museum -with works by painters such as Raphael, Luca Signorelli, Giovanni and Andrea della Robbia, Pomarancio and Ghirlandaio- and the two museums dedicated to the works of Alberto Burri.

Overnight stay with breakfast in Città di Castello

Day 2 | Città di Castello – Pietralunga
After a short transfer to Monte Sasso, your Way of Saint Francis walking holiday continues through the beautiful green hills of Umbria. Along the trail, discover Pieve de' Saddi, a historic religious site dating back to the earliest Christian communities of the Upper Tiber Valley. Walking through peaceful forests and countryside, you reach Pietralunga, a charming medieval hilltop town with ancient walls and remains of a Lombard castle.

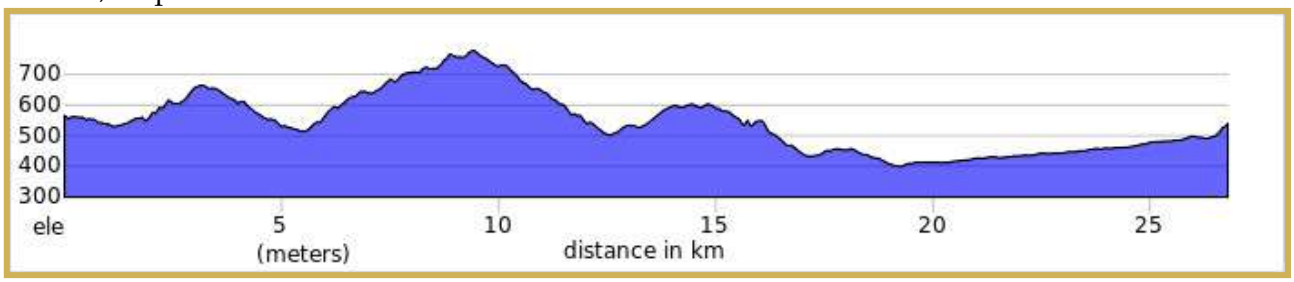
Overnight stay with breakfast in a B&B or 3-star hotel in the centre of Pietralunga.
Distance: 31 km/19,2 mi or 21,1 km/13,1 mi
Walking time: 10 or 7 hours
Difficulty: Difficult
Ascent/Descent: +981m -732m | Max. height 657m – Min. height 286m
Paved: 70%; Unpaved: 30%



Day 3 | Pietralunga – Gubbio
Today's stage along the Way of Saint Francis takes you through the beautiful Umbrian hills, offering magnificent views of the surrounding mountains. Passing the historic Abbey of San Benedetto, you continue towards Gubbio, a fascinating medieval town nestled against the slopes of Monte Ingino. Explore its charming streets, impressive palaces and the Church of San Francesco. Gubbio is also famous for the legend of Saint Francis and the wolf.

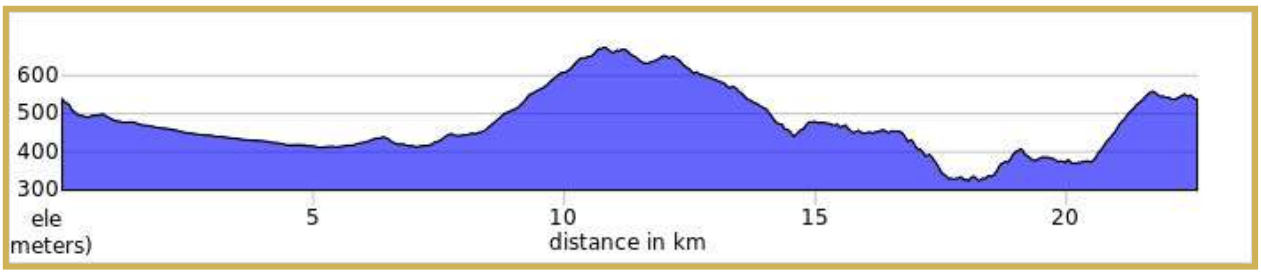
* this day could be divided in with an overnight stay in Loreto in a B&B with breakfst and dinner

Overnight stay with breakfast in *** Hotel in Gubbio
Distance: 27 km/16,7 mi
Walking time: 8 hours
Difficulty: Difficult
Ascent /Descent: +677m -703m | Max. height 778m – Min. height 399m
Paved: 51%; Unpaved: 49%



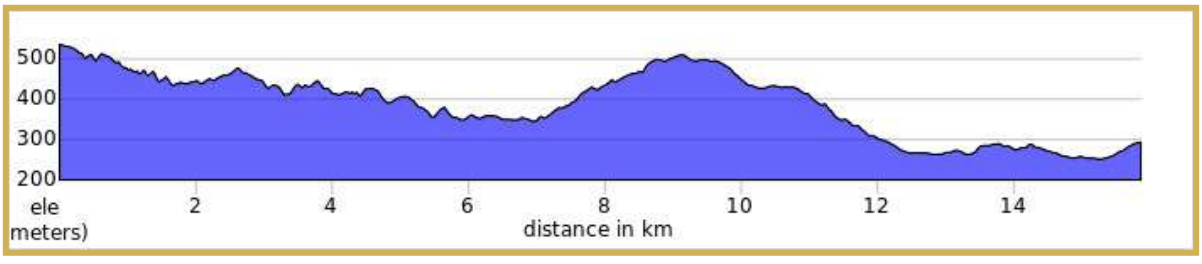
Day 4 | Gubbio – Biscina
Today's stage along the Way of Saint Francis follows the Sentiero della Pace (Path of Peace) through the peaceful Umbrian hills. Along the trail, you pass the historic hermitage of San Pietro in Vigneto and the simple Franciscan Church of Caprignone. In the distance, the impressive Castello di Biscina rises above the green Chiascio Valley. Your overnight stay is in a charming agriturismo beside the castle.

Overnight stay with breakfast and dinner an agriturismo in Biscina
Distance: 22,5 km/13,9 mi
Walking time: 7 hours 15
Difficulty: Medium - Difficult
Ascent/Descent: +621m -614m | Max. height 673m – Min. height 327m
Paved: 47%; Unpaved: 53%



Day 5 | Biscina – Valfabbrica
This stage along the Way of Saint Francis follows peaceful gravel roads and walking trails through the green hills overlooking the Chiascio Valley. Along the way, you pass the historic abbey church of Coccorano, the Benedictine church of Barcaccia and the ruins of its medieval castle. Your walk ends in Valfabbrica, where you stay in a simple B&B or pilgrim hostel. An agriturismo outside the town is available on request (supplement applies).

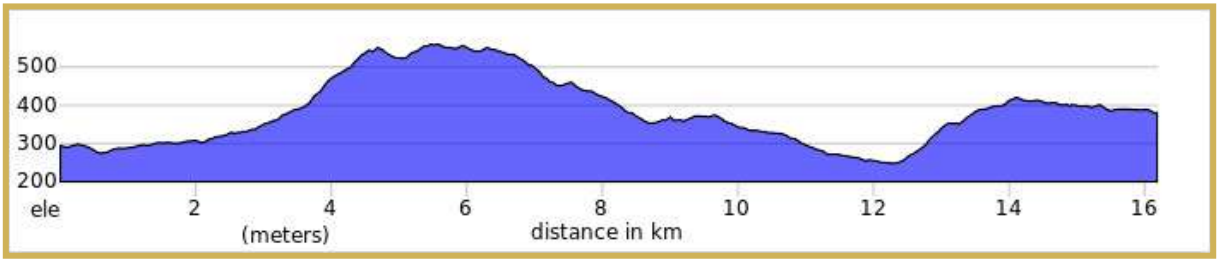
Overnight stay with breakfast in Valfabbrica
Distance: 16 km/9,9 mi
Walking time: 5 hr 15 m
Difficulty: Medium
Ascent /Descent: +319m -560m | Max. height 536m – Min. height 252m
Paved: 30%; Unpaved: 70%



Day 6 | Valfabbrica – Assisi
You will reach an important destination of your Way of Saint Francis walking holiday: Assisi. Leaving Valfabbrica, you walk through forests and olive groves, enjoying magnificent views of the Basilica of San Francesco and the medieval Rocca Maggiore fortress. Along the way, you can explore the peaceful Bosco di San Francesco, with its historic bridges and ancient church. Enter Assisi through the medieval Porta San Giacomo and discover its magnificent basilica and charming streets, a wonderful ending to your pilgrimage walk.

Overnight stay with breakfast in a 3-star hotel in Assisi
Distance: 16,3 km/10,1 mi
Walking time: 5 hours
Difficulty: Medium

Ascent/Descent: +498m –409m | Max. height 560m – Min. height 248m
Paved: 63%; Unpaved: 37%



Day 7: End of tour after breakfast
After breakfast end this tour along the trails and peace path of Saint Francis…or you continue your pilgrimage walk towards Spoleto



Daily program Stage C

Day 1 | Arrival in Assisi
Your walking holiday along the Way of Saint Francis begins in Assisi, the birthplace of Saint Francis and one of Italy's most important pilgrimage destinations. This beautiful medieval town is situated on the slopes of Mount Subasio, offering magnificent views over the green Umbrian Valley.

If you arrive early, you can enjoy a lovely walking tour through the historic centre, discovering some of the most important places associated with the lives of Saint Francis and Saint Clare. The route takes you to the impressive Basilica of San Francesco, where Saint Francis († 1226) is buried. This UNESCO World Heritage monument is renowned for its magnificent frescoes.

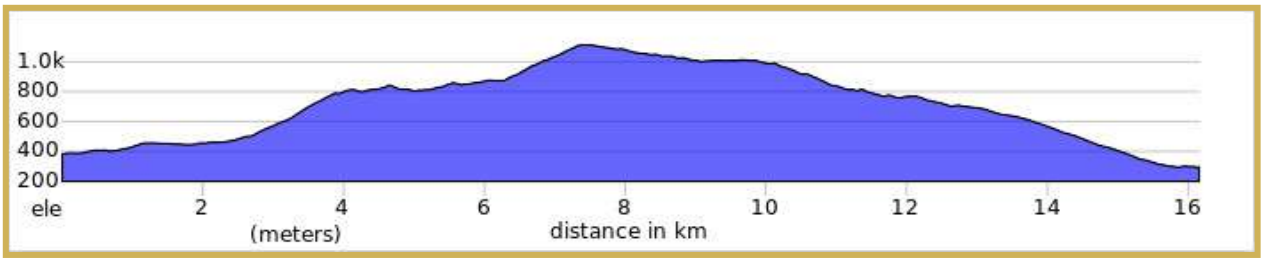
Continue past the site traditionally believed to be the birthplace of Saint Francis and visit the Basilica of Santa Chiara, where Saint Clare is buried. Another special place is the Monastery of San Damiano, situated just outside the town walls among olive groves. According to tradition, it was here that Francis composed his famous Canticle of the Sun.
Take your time to wander through the narrow medieval streets, discover the historic squares and enjoy the unique atmosphere of this remarkable town, where history, art and spirituality come together.

Overnight stay with breakfast in a 3-star hotel in Assisi.

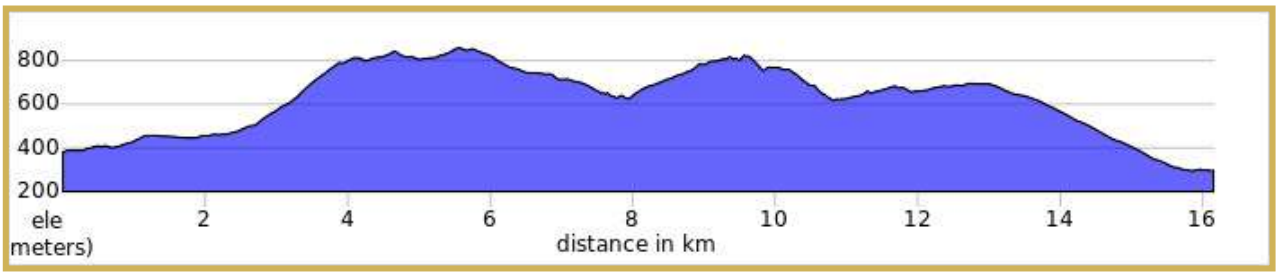
Day 2 | Assisi – Spello
The walk to Spello takes you through the forests of Mount Subasio Natural Park. A rewarding climb leads to the peaceful Eremo delle Carceri, where Saint Francis retreated for prayer and meditation. Passing the historic Abbey of San Benedetto, you descend through olive groves towards Spello, one of Umbria's most beautiful medieval towns. Explore its flower-filled streets, Roman monuments and the magnificent Pinturicchio frescoes in the Baglioni Chapel.

Overnight stay with breakfast in a 3-star hotel in the historic centre of Spello. A 4-star hotel is available on request.

Higher Route:
Distance: 16,2 km/10,3 mi
Walking time: 5 hours
Difficulty: Difficult
Ascent/Descent: +766m –856m | Max. height 1113m – min. height 295m
Paved: 32%; Unpaved: 68%



Lower Route:
Distance: 16 km/9,9 mi
Walking time: 5 hours
Difficulty: Medium/Difficult
Ascent/Descent: +760m –850m Max. height 858m – min. height 295m
Paved: 32%; Unpaved: 68%

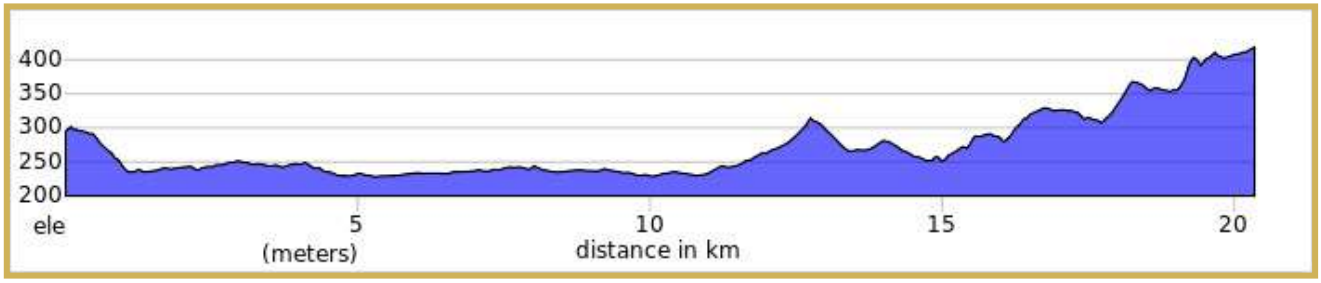


Day 3 | Spello – Trevi
After breakfast, put on your walking shoes and leave the flower-filled streets of Spello through the impressive Roman gate of Porta Consolare. The trail leads through the fertile Umbrian Valley towards Foligno, a lively town with a rich historical and artistic heritage.
Explore its historic centre, including the Cathedral of San Feliciano, the impressive Palazzo Trinci and places associated with Saint Francis of Assisi. Continue through peaceful olive groves and small hamlets towards Trevi, a beautiful medieval hilltop town offering magnificent views across the valley.

Overnight stay with breakfast in a 3-star hotel on the edge of Trevi's historic centre or in a B&B.
If you prefer a shorter walk, you can take the train from Spello to Foligno and walk only the second part of the stage to Trevi. Alternatively, you can divide the route over two days, with an extra overnight stay in a 3-star hotel in Foligno.

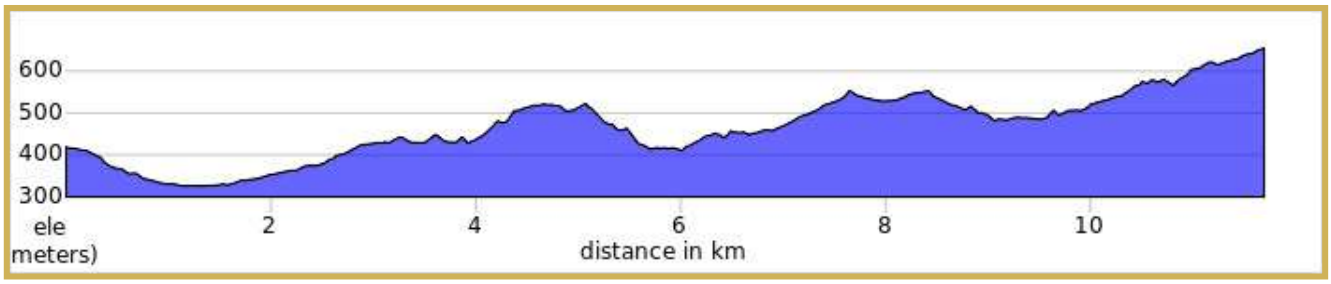
Overnight stay with breakfast in Trevi
Distance: 20,5 km/12,7 mi
Walking time: 6 hours
Difficulty: Medium

Ascent/Descent: +348m -228m | Max. height 419m – min. height 228m
Paved: 77%; Unpaved: 23%



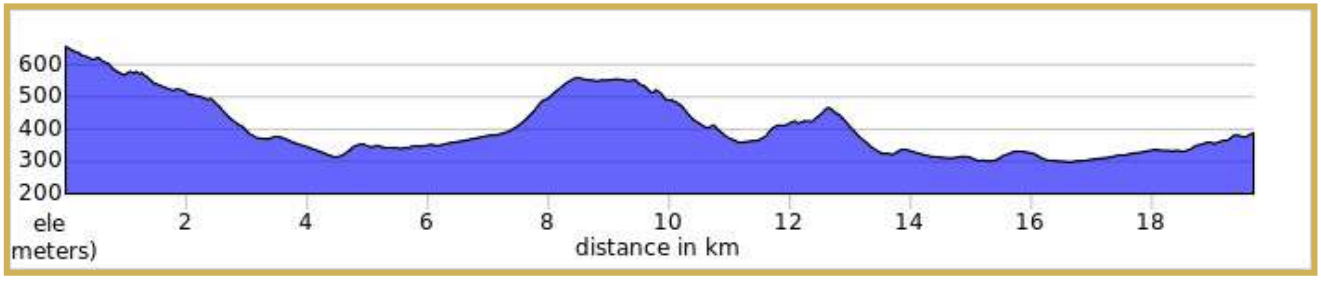
Day 4 | Trevi – Campello Alto
This stage offers a nice walk through the green hills between Trevi and Campello Alto. Although relatively short, the route includes several ascents and descents through peaceful olive groves and woodlands. Along the way, you pass an old Franciscan hermitage, now a cloistered convent. A final climb leads to Campello Alto, a charming medieval hamlet surrounded by ancient walls, where you can enjoy the tranquillity and beautiful countryside.Overnight stay with breakfast and dinner in Campello Alto

Distance: 11,7 km/7,3 mi
Walking time: 3 hours 40
Difficulty: Medium
Ascent/Descent: +510m –273m | Max. height 665m – Min. height 325m
Paved: 46%; Unpaved: 54%



Day 5 | Campello Alto – Spoleto
Today's stage along the Way of Saint Francis takes you from Campello Alto to historic Spoleto. Walking through olive groves and peaceful woodland trails, you pass the small villages of Poreta, Bazzano and Eggi, enjoying beautiful views across the Umbrian countryside. Your walk ends in Spoleto, famous for its magnificent cathedral and medieval fortress. This historic town played an important role in the conversion of Saint Francis, who, according to tradition, experienced a life-changing dream here.

Overnight stay with breakfast in Spoleto
Distance: 19,7 km/12,2 mi
Walking time: 6 hrs
Difficulty: Medium - Hard
Ascent/Descent: +474m -738m | Max. height 656m – Min. height 299m
Paved: 62%; Unpaved: 38%



Day 6 End of tour after breakfast
Today after breakfast end this tour along the trails of Saint Francis in the Valle Umbra…or you continue your pilgrimage walk towards Rieti.

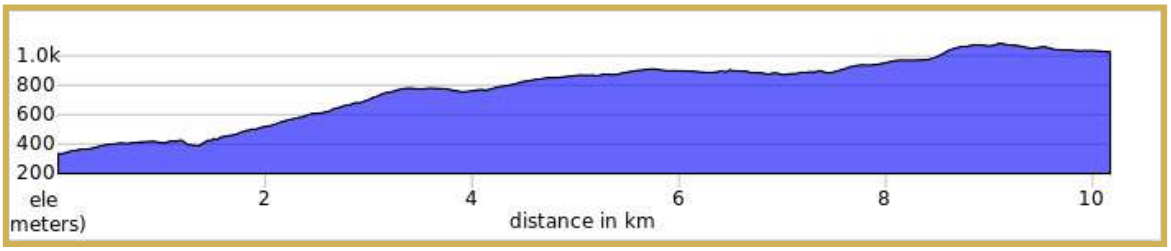
Daily program Stage D

Day 1 Arrival in Spoleto
Individual arrival in Spoleto.
Spoleto has a nice old town centre If you arrive early, you can already explore the town. There is a lot to see such as the Duomo with frescoes of Filippo Lippi and Pinturicchio, a roman house, the archaeological museum and the town museum. Your hotel *** is situated in the historical centre of Spoleto. On request we can book a **** star hotel or a religious house.

Overnight stay with breakfast at Spoleto

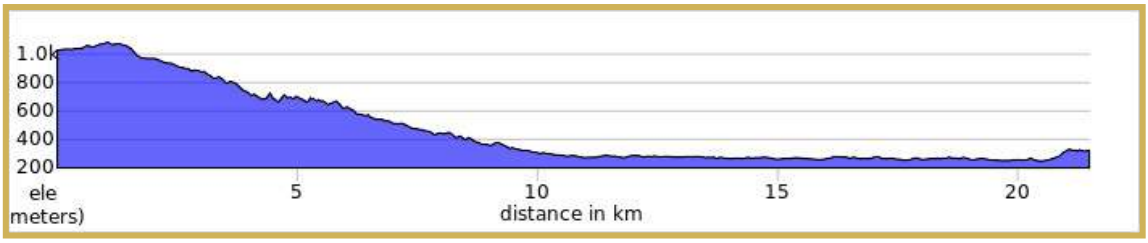
Day 2 | Spoleto – Patrico
After passing the magnificent cathedral and the impressive Ponte delle Torri, you climb through ancient holm oak forests to a peaceful Franciscan monastery, where Saint Francis once retreated for prayer. Following the historic Sentiero di Pio IX, the trail continues towards the mountain pass near Castel del Monte. This short but challenging walk ends in the peaceful mountain hamlet of Patrico, at 1,040 metres above sea level.
You will stay in an agriturismo, surrounded by the peace and natural beauty of the Umbrian mountains.

Overnight stay with breakfast
Distance: 10 km/6,2 mi
Walking time: 3 hours 45
Difficulty: Medium
Ascent/Descent: +799m -114m | Max. height 1085m – Min. height 336m
Paved: 27%; Unpaved: 73%



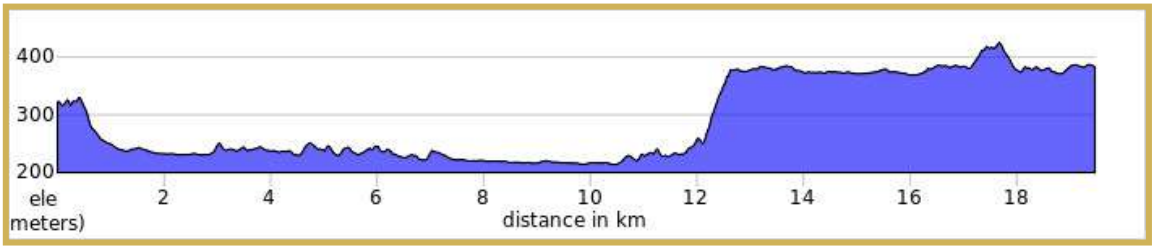
Day 3 | Patrico – Monterivoso
From the mountains the route descends into the beautiful Valnerina. A long descent through peaceful forests leads past the abandoned hamlet of Sensati to the River Nera. From here, the mostly flat trail follows the winding river through green fields, surrounded by impressive mountain slopes. Along the way, you can take an optional detour to the historic Abbey of San Pietro in Valle, renowned for its medieval architecture and frescoes. Near Ferentillo, you leave the pilgrimage route to reach your accommodation.

Overnight stay with breakfast and dinner at Monterivoso
Distance: 21,5 km/13,3 mi or 24,3 km/15,1 mi (visiting the abbey S.Pietro in Valle)
Walking time: 6 hours
Difficulty: Medium
Ascent / Descent: +250m -957m | Max. height 1083m – min. height 251m
Paved: 35%; Unpaved: 65%



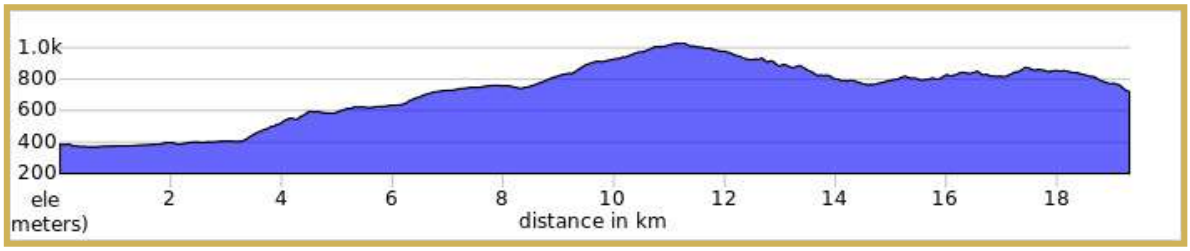
Day 4 | Monterivoso – Piediluco
Today's stage along the Way of Saint Francis follows the green Valnerina and the River Nera towards the spectacular Marmore Waterfalls. A climb through the forest leads to these impressive man-made waterfalls, originally created by the Romans. The trail then continues along peaceful paths towards picturesque Lake Piediluco, surrounded by green hills. In the charming lakeside village, you can visit the historic Church of San Francesco, built to commemorate Saint Francis's visits to the area.
Overnight stay with breakfast at Piediluco

Distance: 20 km/12,4 mi
Walking time: 5 ½ hours
Difficulty: Medium
Ascent/Descent: +314m -250m | Max. height 426m – min. height 214m
Paved: 49%; Unpaved: 51%



Day 5 | Piediluco – Poggio Bustone
Today's stage along the Way of Saint Francis takes you through the beautiful mountain landscape of Lazio, passing the picturesque medieval villages of Labro and Morro Reatino. You can take a detour to the remarkable Beech Tree of Saint Francis, which, according to tradition, sheltered the saint during a thunderstorm. Mountain trails then lead down to Poggio Bustone, where Francis greeted the inhabitants in 1208 with the words "Buon giorno, buona gente!". Above the village, discover the Franciscan sanctuary and the famous Cave of Revelations.

Overnight stay with breakfast at Poggio Bustone
Distance: 21 km /13 mi or 19,3km /12 mi
Walking time: 6.30 or about 5 hrs 45 min
Difficulty: heavy
Ascent - Descent: + 847m - 513m or 780m -446m Max. height 1027m – Min. height 369m
Paved: 69%; Unpaved: 31%

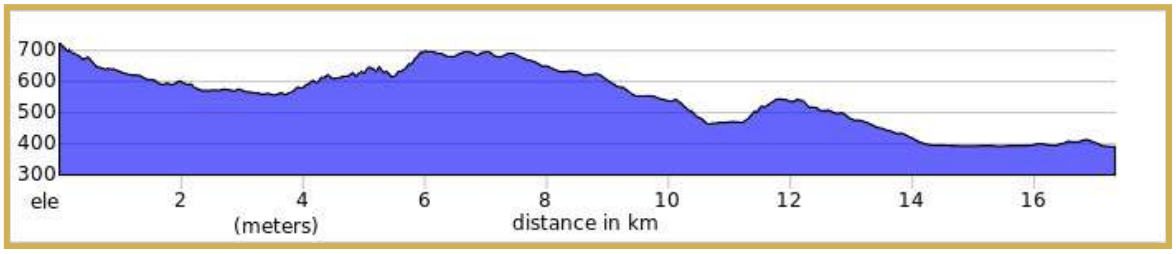


Day 6 | Poggio Bustone – Rieti
Today's final stage along the Way of Saint Francis takes you through the beautiful Holy Valley towards Rieti. Enjoy magnificent views of Monte Terminillo and explore medieval Cantalice, the birthplace of Saint Felix. Passing the Franciscan sanctuary of La Foresta, where Saint Francis stayed in 1225, you reach historic

Rieti. Discover its charming streets, enjoy a riverside walk along the Velino and explore the fascinating underground city with its ancient Roman remains.

A wonderful conclusion to this walking journey in the footsteps of Saint Francis, through the green valleys and mountains of Umbria and Lazio.

Overnight stay with breakfast at Piediluco
Distance: 17,3 km/10,7 mi
Walking time: 5 hrs 10 min
Difficulty: Medium
Ascent-Descent: +271m -593m | Max. height 722m – Min. height 390m
Paved: 70%; Unpaved: 30%



Day 7 End of tour after breakfast
Today after breakfast end this tour along the trails of Saint Francis, leaving Umbria and entering Lazio…or you continue your pilgrimage walk towards Rome.



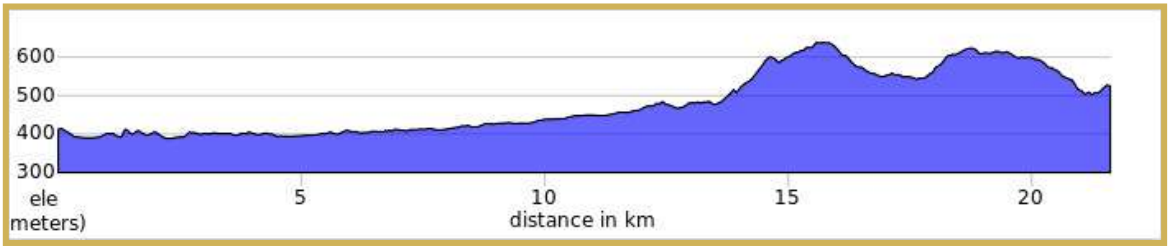
Daily program Stage E

Day 1 individual arrival at Rieti
The town centre rests on a small hilltop, commanding a wide plain at the southern edge of an ancient lake. The area is now the fertile basin of the Velino River. Rieti, the Sabine Reate, is a quiet town with many interesting sites. A part of the town is still surrounded by the town walls with characteristic round and square towers and it has five town gates. Worthwhile to visit is the roman cathedral Santa Maria with beautiful frescoes, the 13th century Sant'Agostino church, the 13th century S.Francesco church and the palazzo vescovile ("Bishops Palace"), whose construction begun in 1283. Noteworthy are the loggia and eight Renaissance-style windows from 1532. You stay in a **** star hotel in the town centre

Overnight stay with breakfast at Rieti

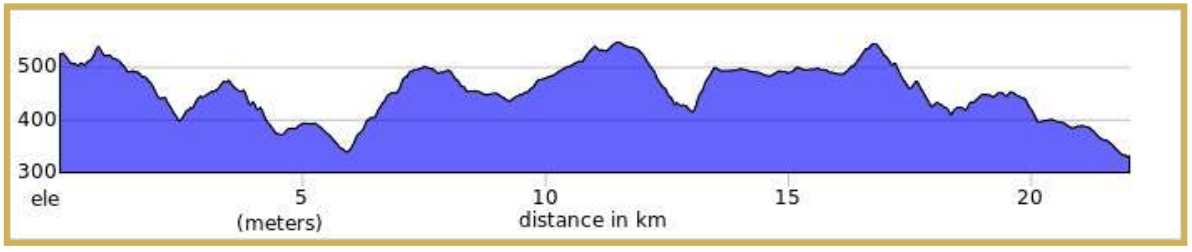
Day 2 | Rieti – Poggio San Lorenzo
The route takes you through the rolling green hills of Lazio, following the area of the ancient Roman Via Salaria. Along the way, you pass Ornaro Alto, a picturesque medieval hilltop village with a historic castle and beautiful countryside views. Your destination is Poggio San Lorenzo, a charming village with Roman origins and a fascinating history linked to Saint Lawrence. Nature lovers may enjoy an optional visit to the nearby Piano dell'Abatino wildlife rescue centre.

Overnight stay with breakfast at Poggio San Lorenzo
Distance: 21,6 km/13,4 mi
Walking time: 6 hrs
Difficulty: Medium - Difficult
Ascent and Descent: +421m -308m | Max. height 638m – min. height 388m
Paved: 41%; Unpaved: 59%



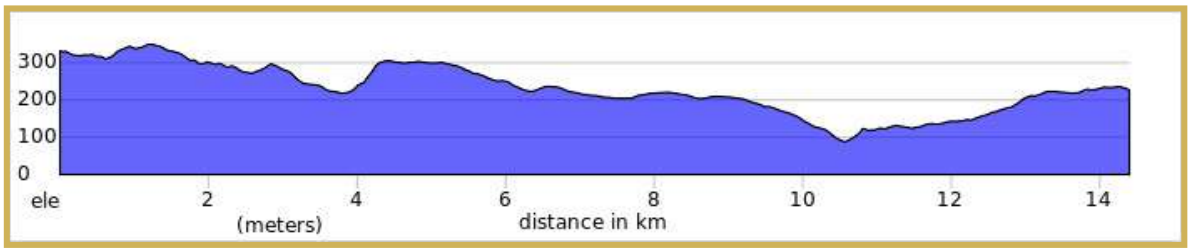
Day 3 | Poggio San Lorenzo – Ponticelli
This walk leads you through the rolling green hills of Lazio, past ancient oak trees and the archaeological remains of the Sabine town of Trebula Mutuesca. Visit the Romanesque Church of Santa Vittoria and discover Poggio Moiano, famous for its colourful flower mosaics. The route continues to medieval Scandriglia, near the Monti Lucretili, where you can admire the Renaissance Palazzo degli Anguillara and the historic Convent of Santa Maria delle Grazie. Your walk ends in Ponticelli.

Overnight stay with breakfast at Ponticelli
Distance: 22 km/13,6 mi
Walking time: 6 hrs 30 min
Difficulty: Medium - Difficult
Total Ascent-Descent: +548m -740m | Max. height 548m – min. height 329m
Paved: 32%; Unpaved: 68%



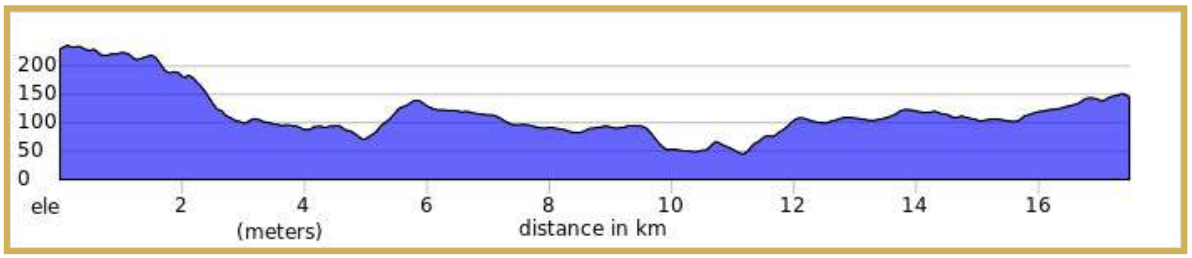
Day 4 | Ponticelli – Montelibretti
Today's stage takes you through the rolling green countryside of Lazio. As you approach Rome, the terrain becomes gentler, with peaceful paths passing fields, olive groves and small woodlands. Your destination is historic Montelibretti, where sections of the medieval defensive walls and towers can still be admired. The impressive Palazzo Barberini is another reminder of the village's fascinating past.

Overnight stay with breakfast at Montelibretti
Distance: 14,5 km/9 mi
Walking time: 4 hrs
Difficulty: Medium
Total Ascent/Descent: +310m -412m | Max. height 350m – Min. height 88m
Paved: 57%; Unpaved: 43%



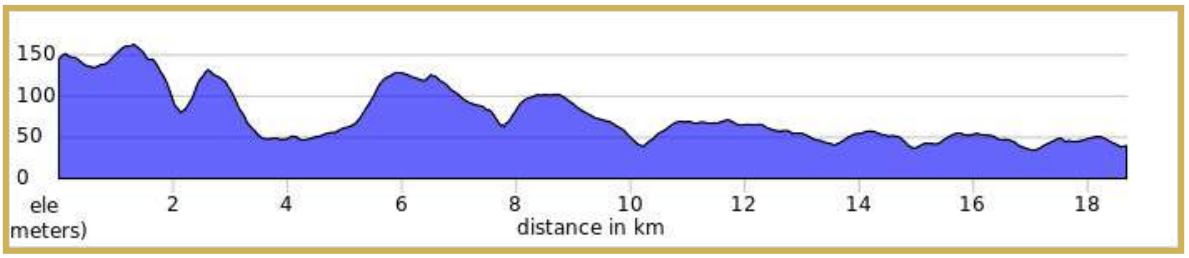
Day 5 | Montelibretti – Monterotondo
After breakfast, you leave Montelibretti, an area known for its olive cultivation and excellent extra virgin olive oil. In and around the village, you will find several traditional frantoi, olive mills where locally harvested olives are pressed. The route continues past orchards and through the area of the ancient Via Salaria towards Monterotondo. Explore the 17th-century Basilica of Santa Maria Maddalena, the Church of Madonna delle Grazie and the impressive Palazzo Orsini-Barberini, decorated with frescoes by Flemish painter Paul Bril., local traditions and cultural discoveries, enjoy the welcoming atmosphere of Monterotondo.

Overnight stay in a 3-star hotel in Monterotondo.
Distance: 17,5 km/10,8 mi
Walking time: 5 hrs 15 min
Difficulty: Medium
Ascent/Descent: +252m -338m | Max. height 237m – min. height 45m
Paved: 82%; Unpaved: 18%



Day 6 | Monterotondo – Monte Sacro
This stage along the Way of Saint Francis brings you closer to Rome. Walk through the green Marcigliana Nature Reserve, where the gently rolling landscape of the Roman Campagna has been beautifully preserved. The area is home to the archaeological remains of Crustumerium, one of Lazio's oldest settlements. Leaving the peaceful countryside behind, you approach the capital and reach Monte Sacro, a characteristic Roman neighbourhood developed in the 1920s. Here you can discover the Fonte dell'Acqua Sacra, a spring where locals still collect drinking water.

Overnight stay with breakfast at Montesacro
Distance: 18,7 km / 11,6 mi
Walking time: 5 hrs
Difficulty: Medium
Ascent-Descent: +267m -376m | Max. height 163m – Min. height 35m
Paved: 89%; Unpaved: 10%



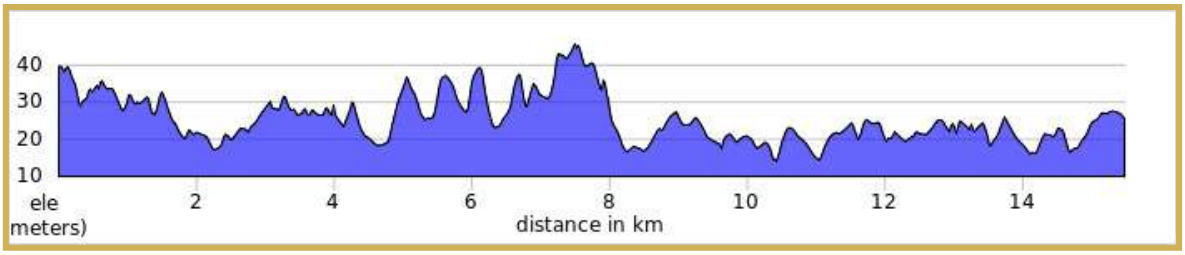
Day 7 | Monte Sacro – St Peter's Basilica, Rome
Today is the day: the final stage of your Way of Saint Francis walking holiday takes you into the heart of Rome and to the magnificent St Peter's Basilica. After many days of walking through the mountains, green valleys and medieval villages of central Italy, you finally reach the destination of your pilgrimage.
There is so much to discover on this last walking day that an entire book could be written about it. The closer you get to Rome's historic centre, the more remarkable buildings, monuments and landmarks appear along your route.

And then comes the moment you have been walking towards for so many days. Following the broad Via della Conciliazione, you approach St Peter's Square, where the magnificent St Peter's Basilica rises before you.
You may feel tired after all the kilometres you have walked, but the sense of achievement on reaching the square makes this final stage truly memorable.
St Peter's Basilica is one of Christianity's most important pilgrimage sites. Beneath the basilica lies the site traditionally associated with the tomb of the Apostle Peter. His presumed burial place is located in the Vatican Necropolis, beneath the papal altars of the basilica.

Here, your remarkable journey in the footsteps of Saint Francis of Assisi comes to an end, from the peaceful countryside and Franciscan sanctuaries to the vibrant heart of Rome.

Overnight stay with breakfast in Rome

Distance: 15,5 km/9,6 mi
Walking time: 4 hrs 15 min
Difficulty: Easy
Ascent- Descent: +151m -164m | Max. height 45m – min. height 14m
Paved: 88%; Unpaved: 12%



Day 8 End of the tour after breakfast
Satisfied that you made it all the way up to Rome, you salute this beautiful town.

Hotels & Prices

Along the Way of Saint Francis, we use different kind of hotels, because often there is not much choice. It can be B&B, holiday farms, **, *** or **** star hotels. In some towns, you can choose between standard and superior hotels. There can be a difference in comfort, but all have a private bathroom. In some place it is possible to have an upgrade. The price is on request and it has to be booked at least 30 days before the tour starts.
If any of the listed hotels is not available, we will reserve an equivalent accommodation in the same category.

Rates per person 2027 from:
Stage A € 747
Stage B € 617
Stage C € 489

Stage D € 625
Stage E € 770

Cancellation Policy:

- Up to 30 days: € 50,00 administration costs
- 29-21 days before the starting date: 30% of the tour cost
- 20-14 days before the starting date: 50% of the tour cost
- 13-6 days before the starting date: 75% of the tour cost
- 5 days-start of tour: 100% of the tour cost

The price per stage includes

- Overnight stays with breakfast
- Dinners: stage A 1 dinner, stage C 1 dinner; stage D 2 dinners and stage E no dinner
- Luggage transportation.
- Transfers mentioned in the program
- Pdf with route instructions on request in English or Italian
- Access to Ride with GPS App with GPS tracks and tour info in English or Italian
- Emergency support hotline
- Tour information

The price does not include

- Local tourist tax to be paid directly in the hotel
- Everything not mentioned under 'the price includes'

Travel Information

Stretch A-B: ***Start of the tour:*** Assisi/***End of the tour:*** Citta di Castello (Stretch A); Assisi (Stretch B)

Stretch C: ***Start of the tour:*** Assisi/***End of the tour:*** Spoleto

Stretch D: ***Start of the tour:*** Spoleto/***End of the tour:*** Rieti

Stretch E: ***Start of the tour:*** Rieti/***End of the tour:*** Rome

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