



GASTRONOMY CAMINOS

type :	Self-Guided Caminos
level :	
duration :	7 days
period:	Apr May Jun Jul Aug Sep Oct
code:	ITSW650

St. Benedict Way, from Norcia to Rieti - Italy

7 days, PRICE FROM € 860



The **St. Benedict Trail from Norcia to Rieti** is a journey through **spirituality and nature**, crossing some of the most authentic landscapes of the Apennines. Starting from the Saint's birthplace, the route winds through **ancient sanctuaries, lush beech forests, and timeless villages**, offering breathtaking scenery and a deep connection to history and local traditions. Each stage is an opportunity to discover fascinating and spiritual places, from historic monasteries to enchanting valleys. The arrival in **Rieti** is the perfect conclusion to this journey, in a city that blends the beauty of its **Baroque churches and Renaissance** palaces with the **underground remains of the ancient Roman city**, an unmissable visit to round off this extraordinary experience.

Route

Day 1 Arrive in Norcia

The journey begins in Norcia, a place of deep history and resilience. As the birthplace of St. Benedict, it marks the start of the trail, but it also tells a story of rebirth. The 2016 earthquake left its mark, yet Norcia stands strong—just like the façade of the Basilica of St. Benedict, which resisted the tremors. Today, this charming town in the Monti Sibillini welcomes visitors with its enduring spirit, breathtaking landscapes, and rich traditions, making it the perfect starting point for an inspiring journey.

Day 2 From Norcia to Cascia, 17 km

The first day of walking leads to Cascia, a hidden gem surrounded by forests and the birthplace of Saint Rita. The route begins gently, crossing the Plain of St. Scholastica before climbing the hills above the Nerina Valley, offering stunning views. Midway, a stop in Fogliano is perfect for tasting local dishes, and if time allows, a visit to the Piconi Farm offers the chance to discover and purchase regional grains and legumes, including the prized Roveja. In Cascia, a visit to the 12th-century Monastery of Santa Rita is a must—still home to cloistered nuns, it is steeped in history and devotion.

Distance: 17 km

Elevation Gain: +560/-480 m

Day 3 From Cascia to Monteleone di Spoleto, 17,5 km

A stage filled with breathtaking scenery, starting with the Santa Rita Trail, a stunning path carved into the rock, running along the hillside and overlooking the meadows and the Corno River Valley.

The route leads to the Sacro Scoglio of Roccaporena, perched atop a rocky spur. According to tradition, Saint Rita prayed here with such devotion that the imprints of her knees and elbows remained etched in the stone.

The journey continues through the lush Corno River Valley, a landscape of rare beauty, before reaching Monteleone di Spoleto. Here, you can visit the 14th-century Church and Convent of St. Francis, home to a bronze replica of an ornate 6th-century BC Etruscan chariot—the original, discovered in this very region, is now housed in New York.

Monteleone is also renowned for its DOP farro, an excellent local product and a perfect edible souvenir from the journey.

Along the route you reach Colle del Capitano, site of important archaeological discoveries.

Distance: 17,5 km

Elevation Gain: +690/-336 m

Day 4 From Monteleone di Spoleto to Leonessa, 13 km

A short and flat stage, passing through small villages and fields cultivated with farro and potatoes, inhabited by cows and horses, all while being accompanied by the stunning Reatine Mountains that provide a picturesque backdrop throughout the journey.

The destination is Leonessa, founded in 1278 by Charles of Anjou to strengthen the northern border of the Kingdom of Naples. The town flourished in the 16th century, thanks to the wool trade.

The village and its charming streets are captivating year-round, but they come alive with their original 16th-century spirit during the Palio del Velluto, a festival held in June that attracts visitors from all over the region. Another tasty event? The Sagra della Patata Leonessana, a potato festival held on the second weekend of October.

Distance: 13 km

Elevation Gain: +240/-230 m

Day 5 From Leonessa to Poggio Bustone, 15 km

On this stage, you will immerse yourself in the stunning scenery of the Reatine Mountains, reaching an altitude of 1500 meters. The beautiful beech forests surround you and guide your path, leading you to a descent with breathtaking views of the Santa Valley.

These forests once marked the border between the Papal States and the Kingdom of the Two Sicilies, with boundary markers still visible today.

You will then reach Poggio Bustone, a place deeply loved by Saint Francis. Here, you can visit the San Giacomo Sanctuary and the Sacro Speco, a small cave that Saint Francis chose for meditation and prayer, offering magnificent views of the town and the entire Santa Valley.

Distance: 15 km

Elevation Gain: +646/-1022 m

Day 6 From Poggio Bustone to Rieti, 12 km

Today, you can enjoy a relaxing descent from the Reatine Mountains to the bottom of the Santa Valley, surrounded by stunning landscapes. Along the way, you'll pass the charming village of Cantalice, with its San Felice Sanctuary—named after a miracle by Saint Felice, who caused a fresh water spring to gush forth here—and La Foresta, a sanctuary and oasis of great peace.

The descent continues to Rieti, a Papal and Franciscan city known for its baroque churches and Renaissance buildings. Here, you can visit the Cathedral of Santa Maria Assunta, or if you're seeking something unusual, explore Rieti Sotterranea: a tour of the ancient Roman city that extends beneath the central Via Roma, with the remains of the Roman viaduct and other treasures.

Distance: 12 km

Elevation Gain: +395/-594m

Day 7 Arrivederci, Rieti!

Our services end after breakfast.

Practical info



On arrival:

The nearest airports are in Perugia and Rome.

From your airport, reach Spoleto by train. In Spoleto take the local bus to Norcia.

On departure:

You can take a train from Rieti to your airport.

Included

What is included

- 6 Nights in double room in **/** hotels , B&B and agriturismo with breakfast
- Luggage transportation from hotel to hotel
- Maps and detailed description of the itinerary in digital form, app
- Pilgrim Passport
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- Lunches and dinners, if not otherwise stated
- Visits and entrance fees - tips
- Personal expense
- Possible sojourn taxes
- Everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request
- Official camino guidebook, shipped to the first hotel
- Travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel