



CAMINOS SPRING & AUTUMN

type : Hiking Tours Self-Guided Caminos
 level : 
 duration : 7 days
 period: Apr May Jun Jul Aug Sep Oct
 code: ITSW660

The Way of St Benedict from Rieti to Subiaco - Italy

7 days, PRICE FROM € 714



The **Way of St Benedict from Rieti to Subiaco** follows the footsteps of the Saint through landscapes and places deeply shaped by his presence. The journey begins in the beautiful city of Rieti, both papal and Franciscan, and leads to Subiaco, where **Benedict drafted his Rule and spent three years in the silence of a cave** before founding his first monastery, San Clemente.

Along the way, **you'll encounter spiritually rich places immersed in lush green scenery**: from Rocca Sinibalda, with its fascinating "castle of metamorphoses," to Castel di Tora, overlooking the Turano River Valley, where the mountains are thick with forests and the air feels pure. The trail continues through the Monti Lucretili Park, where ancient rock churches dedicated to the Longobard cult of St. Michael stand beside Roman villas once used for poetry and meditation.

Following the course of the Aniene River, **you'll finally reach Subiaco and the breathtaking Monastery of Sacro Speco**, built into the rocky cliffs of Monte Taleo. Medieval villages, monasteries, crystal-clear springs, and centuries-old castles make this route an unforgettable journey through the untouched green heart of Lazio.

Route

Day 1 Arrive in Rieti

Arrive in Rieti and take some time to visit the town. Its origins go back a long way: known as Reate, the capital of the Sabine territory. Over the centuries, Rieti has preserved its rich history, evident in its well-preserved medieval walls and notable architectural landmarks. Key sites include the 12th-century Romanesque Cathedral of Santa Maria Assunta, the Episcopal Palace dating from 1283, and the Palazzo Comunale, which houses a museum and picture gallery.

Day 2 Walk from Rieti to Rocca Sinibalda, 20 km

Your journey begins with an easy, scenic route through the rolling hills of the Turano River Valley, one of the most picturesque areas of the Sabina region. As you walk, you'll be surrounded by the serene beauty of lush valleys and the ever-present backdrop of the majestic Apennines, making this stretch particularly captivating for nature lovers and photographers.

The path leads to Rocca Sinibalda, a charming medieval village perched on a hilltop, overlooking the winding Turano River. Its most striking feature is the Castle of Rocca Sinibalda, an architectural masterpiece dating back to the year 1000. Designed as a "geometric abstraction," the fortress resembles an eagle with folded wings—both a noble residence and a symbol of transformation. This fascinating site has drawn visitors from all over Europe for centuries.

Rocca Sinibalda is also known as the birthplace of Filippa Mareri, the first Franciscan saint, who was born here in 1200. With its rich history, breathtaking views, and timeless atmosphere, this village is the perfect reward at the end of this beautiful stage.

Distance: 20 km

Elevation Gain: +405/-553 m

Day 3 Walk from Rocca Sinibalda to Castel di Tora, 14 km

A short and easy stage that takes you back into the lush, green Turano Valley. Along the way, you'll pass through the village of Posticciola, set in an archaeological area that includes the Romanesque Ponte Vecchio, an 11th-century bridge.

As you approach Lake Turano, the landscape takes on a mountain character—fresh, pure air, forested slopes, and a deep sense of connection with nature. The Navegna and Cervia mountains rise in this unspoiled, picturesque area, home to majestic wildlife such as the golden eagle, the wolf, and the wildcat.

Your destination is Castel di Tora, near the abandoned town of Antuni. The village's historic center is a maze of charming stone alleys, perfect for wandering and pausing to take in breathtaking views of the endless forests that stretch all around.

Distance: 14 km

Elevation Gain: +405/-553 m

Day 4 Walk from Castel di Tora to Orvinio, 13,5 km

Today's stage is a challenging one, but the natural landscape you'll encounter is absolutely breathtaking. You'll walk along mountain paths offering panoramic views of Lake Turano, lush meadows, and verdant valleys. Along the way, you'll pass through the village of Pozzaglia Sabina, nestled in a magnificent pine forest and near the Cave of San Michele, a sacred site introduced by the Lombards.

Another surprise along the journey is the Benedictine Abbey of Santa Maria del Piano, believed to have been built by Charlemagne as a thanksgiving to the Virgin Mary for a victorious battle. Though only the ruins remain, encountering it amidst the greenery of Valle Muzia is one of the small yet profound joys of the journey.

Your destination for today is Orvinio, perched in a panoramic position within the Monti Lucretili Park. Here, you can admire the Church of Santa Maria dei Raccomandati and the imposing 11th-century castle, which has witnessed the stories of noble families such as the Orsini and Borghese.

Distance: 13,5 km

Elevation Gain: +1130/-755 m

Day 5 Walk from Orvinio to Mandela and transfer to Subiaco, 20 km

This beautiful day of walking will take you deep into the heart of the Monti Lucretili Regional Park, offering you continuous panoramic views of an untouched landscape: it's hard to believe that the center of Rome is just 40 km away!

Along the way, you'll come across the medieval village of Licenza, with its ancient Orsini palace. Just a short distance from the small historic center lies the Roman Villa of Horace, dating back to 33-33 BC, a gift from Emperor Augustus to the great poet. Here, Horace would retreat to philosophize, meditate, and read, surrounded by the peaceful, untouched landscape that must have been even more tranquil in his time.

Mandela, your destination for the day, is situated on a hill between the Licenza stream and the Arrone river. Here, you'll find the Benedictine Hermitage, where the saint's wine was poisoned, and the impressive Roman aqueduct, a series of ingenious tunnels carved into the rock that once carried the waters of Aqua Marcia and Aqua Claudia to Tivoli.

At the end of the day, a transfer will take you to Subiaco. Tomorrow, you will return to Mandela to complete the final stretch.

Distance: 20 km

Elevation Gain: +600/-940 m

Day 6 Bus to Mandela and walk to Subiaco, 27 or 16,5 km

A short bus ride will take you to Mandela, where the final stretch of the itinerary begins. The last leg of the journey is long but easy, set in the stunning landscape of the Aniene River valley. Along the way, you'll pass the village of Marano Equo, known for its beneficial waters, and the hilltop town of Agosta, whose name comes from the Roman spring of Augusta, famous for the Sanctuary of Madonna del Passo.

As the kilometers increase, you will enter the Giovenzano valley, passing through the town of Gerano, famous for its beautiful flower festivals that decorate the streets of the historic center each year, and Cerreto Laziale with its polygonal walls.

Finally, you will reach Subiaco, the journey's ultimate destination: the town is deeply connected to Saint Benedict, who, arriving here in the fifth century, isolated himself in a cave—now preserved in the stunning Monastery of the Sacred Speco, nestled like a jewel in the rocky face of Monte Taleo. It was here that he drafted his Rule and, three years later, founded San Clemente, the first of his 13 monasteries. Subiaco is also home to the Convent of San Francesco, a Franciscan complex rich in art treasures, set in the lush green of a chestnut forest, and the Rocca dei Borgia, where Giovanni, Cesare, and Lucrezia Borgia were born, children of the future Pope Alexander VI.

Distance: 27 km or 16,5 km + 3km to Visit the Subiaco Monastery

Elevation Gain: +470/-500 or +410/-470

Day 7 Arrivederci, Subiaco!

Our services end after breakfast, unless you have booked another service with us.

Practical info

**On arrival:**

The nearest airports are in Perugia and Rome.

From your airport, reach Rieti by train.

On departure:

You can take a local bus from Subiaco to Rome.

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