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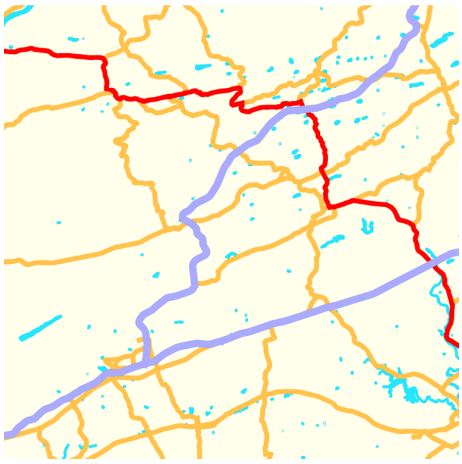
CAMINOS VIA DI FRANCESCO

type :	Hiking Tours Self-Guided Caminos
level :	
duration :	17 days
period:	Apr May Jun Jul Aug Sep Oct
code:	ITSM004

St. Francis Way & Via Francigena - Italy

Assisi to Spoleto and San Miniato to Siena

17 days, PRICE FROM *€ 2357*



Via Francigena & Via di Francesco – Best of
Step into the **heart of Italy on this active walking adventure**, a **self-guided walking tour** that blends two legendary pilgrim routes: the **St Francis Way and Via Francigena walking tour**.

Begin in **Rome**, where **history and art surround you at every turn**, then follow the **Cammino di Francesco from Assisi to Spoleto**. Walk through gentle **Umbrian hills, sun-dappled forests, and timeless medieval villages**, enjoying the peaceful rhythm of a classic **Italian pilgrimage walking route**.

Recharge with a rest day in **Florence**, then continue along one of the most iconic stretches of the **Via Francigena walking tour**, from San Miniato to Siena. Cross rolling **Tuscan hills, vineyards, and cypress-lined paths**, with panoramic hilltop towns along the way.

This journey is perfect for travelers who love **walking holidays in Italy**, culture, and extraordinary landscapes — a seamless blend of adventure, history, and unforgettable scenery.

Route

Day 1 Arrival in Rome

Here you are in the Eternal City. We recommend a visit to **St Peter's Square**, the starting point of your journey and the arrival point of the entire **northern Via Francigena**. Don't forget to take a triumphant photo in front of the Basilica, before celebrating the **start of your journey** by feasting on abbacchio, pecorino romano and maybe a nice maritozzo alla con la panna... **buen camino**!

Day 2 Leisure Day in Rome

A day at leisure in **Rome** unfolds at an easy, unhurried pace, inviting you to wander where curiosity leads. Morning might begin with a quiet walk through cobbled streets, stopping for espresso in a neighborhood café as the city slowly comes to life. **With no fixed agenda**, time drifts between lively piazzas, hidden courtyards, and beautifully preserved churches, each offering moments of calm amid history. A long lunch becomes a highlight, s**avoring classic Roman flavors before an afternoon stroll along the Tiber** or through a shaded garden. As evening arrives, Rome glows in warm light, and a relaxed passeggiata followed by an **aperitivo** or dinner outdoors captures the city's timeless, effortless charm.

Day 3 Train to Assisi

Today you travel to **Assisi**. If you arrive early, take some time exploring the narrow streets of this **Umbrian pearl** with its history going centuries back to Roman times.
You can visit the impressive Basilica of San Francesco, which was severely damaged in an earthquake in 1997. It has been completely restored however.

Day 4 Walk from Assisi to Spello, 12/15 km

Today you walk **from Assisi to Spello**: beautiful uphill trail leads along the slopes of **Monte Subasio** to the astonishing **hermitage "Eremo delle Carceri".**

This magnificent **monastery** was one of the places where St. Francesco regularly retreated to pray. A long descent takes down you to the **medieval walled town of Spello.**

Distance: 12 or 15 km

Elevation Gain: +670/-820 or +200/-345 m

Day 5 Walk from Spello to Foligno, 7 km

Before starting today's walk you have time to visit the beautiful, the medieval stone town of **Spello**.
Today a **leisurely walk** through **olive groves and vineyards** takes you to the vibrant town of **Foligno** from where you can enjoy **stunning views of the surrounding mountains and valleys.**

If you want to walk more in the morning you can opt for a very **nice round walk via Collepino hamlet,** otherwise you can then take the train/bus from Spello to Foligno and skip this stage.

Distance: 7 km

Elevation Gain: +25/-60 m

Day 6 Walk from Upello to Trevi, 14,5 km

A short car transfer takes you to the village of **Uppello**, where the walk begins.
After a steep climb you pass the XI century **Rocca di Scandolaro castle.**

Continue along **oak forests and olive groves until Trevi:** another remarkable town well worth visiting.
Walking along a **medieval aqueduct,** you finally reach **Bovara di Trevi**.

Distance: 14,5 km

Elevation Gain: +615/-590 m

Day 7 Walk from Trevi to Poreta, 12,5 km

From Bovara di Trevi to **Campello Alto you follow the official "Via Francescana", the original path walked by St. Francesco**, with beautiful views of the valley of Spoleto.

On the way you can see the majestic high walls of the **convent** of **Pissignano** and the **convent Padri Barnabiti in Campello**, where the meditative atmosphere will uplift your spirit. The walk ends in **Poreta** where you overnight.

Distance: 12,5 km

Elevation Gain: +470/570 m

Day 8 Walk from Poreta to Spoleto, 13,5 km

This morning you start your walk from **Poreta** to the small village of **Bazzano**.

From Bazzano, you follow the **last part of the Via Francigena di San Francesco to the village of Eggi.**

At the end of the walk, you will pass through the outskirts of **Spoleto** and will have on the **cathedral** and the fortress spectacular views. If you arrive early, spend some time discovering the ancient secrets of this charming medieval town.
Sit down for a glass of Montefalco wine amidst monuments dating back to Roman times and see for yourself why Spoleto is called the 'city of art'.

Distance: 13,5 km

Elevation Gain: +440/-430 m

Day 9 Train to Florence

Today you are travelling by train from Spoleto to **Florence**. Arrive in Florence and check-in at the hotel. **If you arrive early, enjoy a visit of the town,** explore its splendid gardens, majestic Duomo and impressive Ponte Vecchio bridge.

Day 10 Leisure Day in Florence

A leisurely day in **Florence** unfolds like a walk through living art, where **beauty reveals itself at every turn**. The morning invites a slow stroll along the Arno or through the historic streets, pausing often for coffee and quiet admiration of Renaissance façades. **Time drifts easily between artisan workshops, shaded piazzas, and moments of stillness inside a small church or gallery.** A relaxed lunch becomes part of the experience, followed by an afternoon of wandering without agenda, perhaps crossing Ponte Vecchio or lingering in the **Oltrarno**. As evening approaches, Florence glows softly, and the day ends best with a gentle climb to a viewpoint or a lingering dinner, **savoring the city's timeless elegance.**

Day 11 Transfer to San Miniato or Coiano and walk to Gambassi Terme, 24/12 km

In the morning a private transfer will **take you to the start of the Via Francigena walk in San Miniato or Coiano** (depending on how much you would like to walk).

From San Miniato, a paved road brings you to a **spectacular route crossing the typical enchanting Val d'Elsa landscape** with its hills, its **vineyards and olive groves**. Following the Sigeric's diary you meet two "Submansiones": **Pieve di Coian**o (XXI, Sce Peter Currant) and **Pieve a Chianni** (XX, Sce Maria Glan), then you arrive at your accommodation.

Distance: 24 or 12 km

Elevation Gain: +530/-370 m

Day 12 Walk from Gambassi to San Gimignano, 17 km

Today you enjoy the **wonderful surroundings of the Via Francigena**. Before walking up to the peculiar villages of **Collemuccioli** and **Pieve di Cellole**, stop for a visit at the Sanctuary in Pancole. If you arrive early, take some time to visit the **famous town of San Gimignano** and enjoy its charming medieval atmosphere.

Distance: 17 km

Elevation Gain: +510/-465 m

Day 13 Walk from San Gimignano to Colle di Val d'Elsa/Gracciano, 12,5/20 km

Today you walk a gorgeous path of the Via Francigena. Going up and down the **Tuscan hills**, crossing **vineyards**, **olive groves**, fields and woods, you finally reach your accommodation in **Gracciano d'Elsa or in Colle Val d'Elsa**. Along the way, you can make a detour to discover the fascinating **Abbey of Santa Maria a Coneo** of the XI century.

Distance: 12,5 or 20 km

Elevation Gain: +250/-385 or +305/-425 m

Day 14 Walk from Gracciano/Colle Val d'Elsa to Monteriggioni, 15/11 km

From Gracciano or Colle Val d'Elsa, cross **Pieve a Elsa** and meet the ancient **Etruscan Thermae** (hot pool) of **Caldane**. After reaching **Strove** and its **beautiful Romanesque Church**, continue walking along the particular complex of **Abbadia a Isola** till you reach the medieval town of **Monteriggioni**, surrounded by its peculiar crown of towers.

Distance. 15 or 11 km

Elevation Gain: +245/-135 or +175/-120 m

Day 15 Walk from Monteriggioni to Siena, 20 km

Leaving **Monteriggioni**, you walk on dirt roads along the Montagnola Senese, the main hilly area in the district. You pass the ancient medieval suburb of **Cerbaia** that appears currently abandoned. Across the wood you reach the **Castle of "Chiocciola"** then descend the old river of the **Pian del Lago**. At the end of the **Renai forest**, enter the beautiful town of **Siena** for its ancient pilgrim's access of **Porta Camollia**.

Distance: 20 km

Elevation Gain: +390/-320 m

Day 16 Leisure Day in Siena

Situated along three ridges at the southern end of the Chianti hills, **Siena** is another **UNESCO city not to be missed.** The town explodes with excitement during the famous Palio horse race run several times over summer in **Piazza del Campo**. The striking **Duomo** is jam-packed with **artworks by Bernini, Michelangelo and Donatello** and is only one of many fascinating sites to explore during your stay. Today is **free to explore this exciting town**; art galleries, museums, atmospheric squares, churches, boutiques, gelaterias – the choice is endless!

Day 17 Arrivederci, Siena!

Our services end after breakfast, unless you have booked extra nights or other services with us.

Practical info



On Arrival:

From Rome airports (FCO, CIA), you need to get to the railway station and arrive in the city center

On Departure:

On departure, if flying from Pisa airport, you first need to reach Florence by bus. Once in Florence, you need to take a train to Pisa Central Station. From there, you can reach the airport by either bus or train.

As an alternative, you can catch a bus from Siena station to Pisa aiport.

Included

What is included

- 16 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- Luggage transportation from hotel to hotel
- People Transfer (on day 6 and on day 11)
- Maps and detailed description of the itinerary in digital for, app
- Pilgrim Passport (St. Francis and Via Francigena)
- 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
- Extra nights