




### 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, **savoring 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 Uppello 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 Coiano** (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 **Collemucciolli** 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

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#### 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 airport.

## Included

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### What is included

- 16 Nights in double room in \*\*/\*\* hotels , B&B and agriturismo 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