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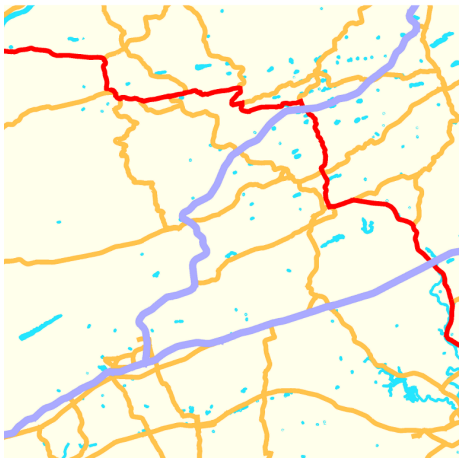
CAMINOS VIA DI FRANCESCO

type :	With your dog Caminos Hiking Tours Self-Guided
level :	
duration :	10 days
period:	Apr May Jun Jul Aug Sep Oct
code:	ITSW381

St. Francis Way, From Chiusi della Verna to Assisi - Italy

10 days, PRICE FROM *€ 1134*



This journey brings together **two key sections of the Way of St Francis,** creating a continuous walk through Tuscany and Umbria, from the forests of La Verna to the peaceful hill town of Assisi. **Over approximately 10 days, the route unfolds across Apennine woodlands**, cultivated hills, river valleys and beautifully preserved medieval towns.

Walking the Way of St Francis means slowing down and connecting with a quieter, more authentic side of Italy. The path does not require religious motivation, but invites reflection through nature, silence and everyday rural life, following ancient tracks that remain varied and engaging throughout.

Reaching Assisi — with its frescoed basilicas and unique atmosphere — offers **a natural and meaningful conclusion to a journey shaped by landscape, history and time on foot.**

Route

Day 1 Arrival in Chiusi della Verna

Head for the hotel and check in: if you arrive early enough, you can visit the Franciscan Sanctuary in the afternoon. The Sanctuary is opened every day of the year from 06:30 to 19:30 hrs (22:00 hrs in summer) To enter the Sanctuary, you need to cover your chest and arms and wear trousers / skirts long to the knee

Day 2 From Chiusi della Verna to Caprese Michelangelo, 12,5 km

Walk along the edge of the Catenaia “Alps” between the Arno and Tiber valleys. During the day, enjoy the many panoramic points overlooking the Casentino and Valtiberina valley.

Distance: 12,5 km

Elevation gain: +405/-740 m

Day 3 From Caprese Michelangelo to Anghiari, 18 km

Walk on paths and dirt roads along the Valtiberina valley enjoying breath-taking views. Walk through the countryside surrounding Anghiari and cross castle topped hills, ancient parish churches and medieval villages and hamlets. The landscape is beautiful and the vast views are amazing; looking west it’s easy to recognise the imposing of Alpe di Poti mountain chain, in the north the Alpe di Catenaia, towards south the flat plain of the Tiber river and east the Alpe della Luna. Once you arrive in Anghiari visit this amazing medieval hamlet and have a drink in “Giardini del Vicario” at Piazza del Popolo. It’s a lovely cafè-wine bar with a wonderful view over the valley.

Distance: 18 km

Elevation gain: +450/-560 m

Day 4 Transfer to Sansepolcro, from Sansepolcro to Citerna, 13,5 km

A short morning transfer will take you to Sansepolcro. Today's walk is a long promenade in the valley, following the course of the Tiber River. The itinerary links the two most important towns of Valtiberina; leaving the centre of Sansepolcro you can immerse yourself in this rich countryside and spend many hours among corn, wheat and tobacco fields, pastures and country houses.

Distance: 13,5 km

Elevation gain: +300/-140 m

Day 5 From Citerna to Città di Castello, 20 km

Following the river Tiber, the itinerary crosses one of most cultivated valleys in Italy (Valtiberina). The most important and famous product is tobacco used for the production of Tuscan cigars. Today's walk is completely flat and runs along country roads or paths parallel to the river; fields and pastures alternate with preserved bank vegetation with by poplars and willows. In this area it is easy to see many birds of prey or water birds as Kestrel, Montagu's Harrier, Grey Heron, Little Egret, Night-Heron and Moorhen.

Distance: 20 km

Elevation gain: +670/-800 m

Day 6 From Città di Castello to Pietralunga, 15 km

The day begins with a transfer to the starting point of the stage: you can choose from two different locations, shortening or lengthening the path accordingly. The route winds through woods and wide gravel roads up to Pietralunga, a village perched on a hill high 566 meters. Here you can wander through the narrow streets of the medieval center, admire the frescoes in the church of Santa Maria and the remains of the ancient Lombard fortress, positioned right in the middle of the square. Finally, enjoy a good home-cooked meal in the farm that will host you for the night.

Distance: 15 km

Elevation gain: +614/-655 m

Day 7 From Pietralunga to Mocaiana, transfer to Gubbio, 18 km

From Pietralunga you will reach Mocaiana: you will face a scenic route passing through ancient abbeys, once an important reference point for pilgrims: among them, St. Benedict: founded in the tenth century by an hermit monk. You continue on forest roads up to Ponte San Giorgio, where you will be picked up and transported to Gubbio. From Piazza Grande, dominated by the majestic Palazzo dei Consoli, you will enjoy a magnificent view over the old town. You can walk under the high arches of the Cathedral or browse through the pottery workshops throughout the city center but do not miss the well-preserved Roman theater: if you are lucky, you can even watch a show or a concert. From Mocaiana a transfer will take you to Gubbio.

Distance: 18 km

Elevation gain: +547/-712 m

Day 8 From Gubbio to Valfabbrica. Transfer to Assisi 23 km

After a short bus ride to the Castle of Petroia, you regain your way through the Umbrian countryside. The stretch towards Valfabbrica follows the original "Franciscan Path of Peace", a leg walked by Francis himself, and will test you with its many ups and downs. But the effort will be rewarded by the beautiful landscape: you will walk through the valley of the river Chiascio, surrounded by castles and old farms perched on the hills, and if the weather is good you might even see the outline of Mount Subasio.

At the end of today's walk a transfer will take you to Assisi where you will overnight.

Distance: 23 km

Elevation gain: +336/-336 m

Day 9 Transfer to Valfabbrica and walk to Assisi, 13 km

After a short transfer, today you will continue down the Franciscan path, for the last stage of your journey to Assisi: the path winds through roads and pine forests to the Chapel of the Holy Cross, from where you will face a final climb up to cross Porta San Giacomo, finishing your path in front of the Basilica of San Francesco. Despite the many visitors, Assisi is always pervaded with great peace: experience this sensation with a walk in the forest of Saint Francis (belonging to FAI - Italian Environment Fund), let yourself be guided by a friar to discover the cathedrals, and if you're interested in ancient history go to discover the amazing roman Assisi. To celebrate the end of your trip, enjoy the sweet Rocciata, an Umbrian variant of strudel.

Distance: 13 km

Elevation gain: +578/-498 m

Day 10 Arrivederci, Assisi!

The services end after breakfast.

Practical info

How to get there
Arrival in Chiusi della Verna
The most convenient international airports are:

- Perugia Sant'Egidio
- Florence
- Pisa
- Rome Fiumicino
- Rome Ciampino
- From these airports, take a train to Arezzo, change for Bibbiena, and then continue by local bus to Chiusi della Verna.

How to go home
Departure from Assisi
Assisi is well connected by train to Perugia, Florence and Rome, allowing easy onward travel to the airport best suited to your return plans.

Included

What is included

- 9 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- 3 dinners (Chiusi della Verna, Citerna, Pietralunga)
- Luggage transportation from hotel to hotel
- Transfers (Anghiari to Sansepolcro, Città di Castello-Campanile, Mocaiana-Gubbio Valfabbrica-Assisi and Assisi-Valfabbrica)
- Maps and detailed description of the itinerary in figital 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