



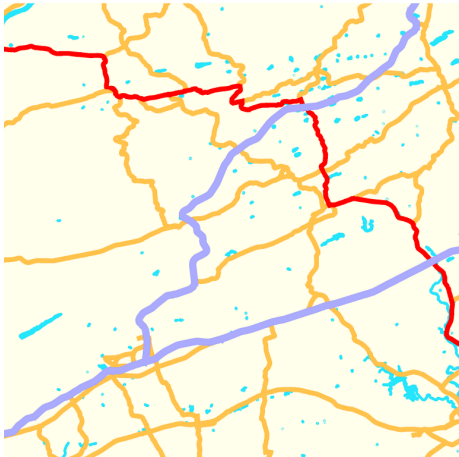
CAMINOS VIA DI FRANCESCO

type :	Caminos Hiking Tours Self-Guided With your dog
level :	
duration :	32 days
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	ITSW490

St Francis Way Total - Italy

Florence to Rome

32 days, PRICE FROM € 4396



This journey follows the entire St. Francis Way from Florence to Rome, a long and remarkably diverse walking route through the heart of Italy, linking Florence and Rome while crossing some of the country's most meaningful landscapes, towns and spiritual sites.

Over 32 days of walking, **the route unfolds across Tuscany, Umbria and Lazio, moving through Apennine forests, river valleys, medieval villages**, Franciscan sanctuaries and historic cities. It is a complete and immersive itinerary, ideal for travellers who wish to experience the continuity and depth of a long-distance journey.

The journey ends in Rome, a destination of pilgrims for centuries and a natural, deeply resonant conclusion to this historic route.

Route

Day 1 Arrival in Florence

Arrive in Firenze and breath the Renaissance air all around you: take a stroll along the tiny alleys and end up in piazza del Duomo, or climb up to Piazzale Michelangelo to get a panoramic view, at sunset!

Day 2 Transfer to Pontassieve and walk to Consuma Pass, 17,5 km

After a short transfer, you arrive in Pontassieve, where you start walking towards La Consuma pass. It's a long walk which runs from the bottom of the valley to the top of the mountains at Consuma pass, with great views over the Sieve valley. You walk mostly in the shade of the forest, passing by Ferrano castle.

Distance: 17,5 km

Elevation gain: +1184/-272 m

Day 3 From Consuma pass to Stia, 14,7 km

From the pass you descend easily to the bottom of Casentino valley. Most of the itinerary runs inside the woods, with an optional detour to the village of Castel Castagnaio. You have also options of an alternative route with great panoramic views over the Casentino valley, before you reach the beautiful hamlet of Stia.

Distance: 14,7 km

Elevation gain: +475/-1073 m

Day 4 from Stia to Camaldoli, 15,8 km

Today you have a long and demanding walk in terms of difference of altitude. You start at the bottom of the valley, you reach the top of Apennines edge and then you descend to Camaldoli monastery, walking through the Casentino's rural landscape, until you reach the fascinating Eremo di Camaldoli, dating back the XI century. A must stop!

Distance: 15,8 km

Elevation gain: +1098/-790 m

Day 5 From Camaldoli to Badia Prataglia, 8 km

Today a relatively short but demanding walk for the difference in altitude going from Monastero di Camaldoli to the top of mountain edge, and then down to the village of Badia Prataglia. The walk runs mostly inside the forests. There is also an alternative route you can follow: 6 km longer but more interesting in term of landscape, with spectacular views of southern Casentino valley, its villages and the surrounding mountains.

Distance: 8 km

Elevation gain: +550/-551 m

Day 6 From Badia Prataglia to Casa Santicchio, 10 km

Today's walk runs through the forests till the hamlet of Frassineta from where you can enjoy panoramic views of Vallesanta, La Verna mountain and the Apennine's ridge.

Distance: 10 km

Elevation gain: +563/-659 m

Day 7 From Casa Santicchio to Chiusi della Verna, 9 km

Today you finally arrive 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) NOTE: To enter the Sanctuary, you need to cover your chest and arms and wear trousers / skirts long to the knee.

Distance: 9 km

Elevation gain: +791/-577 m

Day 8 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 9 From Caprese Michelangelo to Anghiari, 20 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 café-wine bar with a wonderful view over the valley.

Distance: 18 km

Elevation gain: +450/-560 m

Day 10 Transfer to Sansepolcro and walk 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 11 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 12 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 13 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 14 From Gubbio to Valfabbrica, 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.

Distance: 23 km

Elevation gain: +336/-336 m

Day 15 From Valfabbrica to Assisi, 13 km

Today you will continue down the Franciscan path 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. Enjoy the sweet Rocciata, an Umbrian variant of strudel.

Distance: 13 km

Elevation gain: +578/-498 m

Day 16 From Assisi to Spello, 15,3 km

Your first day of walk will lead you from Assisi to Spello: you will ascend the Monte Subasio through a wonderful uphill path until reaching the "Eremo delle Carceri", where you can gather in prayer in the caves where Francesco and his companions used to meditate. The itinerary continues through an oak wood to the San Benedetto Abbey, built in the IXth century, today closed for restoration. You will later reach the medieval city of Spello through a downhill path: enjoy an evening walk through its stone made houses, whose balconies are typically decorated with flowers.

Distance: 15,3 km

Elevation gain: +385/-1005 m

Day 17 From Spello to Foligno, 10 km

Before setting off you will be able to visit the medieval city of Spello: the two imposing towers defending Porta Venere are worthwhile a picture, but we suggest visiting the rich rooms of the Municipal Palace, and visit the Santa Maria Maggiore church to admire some Pinturicchio and Parmigianino frescoes. Today walk will lead 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 village.

Distance: 10 km

Elevation gain: +371/-233 m

Day 18 From Uppello to Bovara di Trevi, 20 km

A brief car transfer will take you to Uppello, where your walk starts. A steep climb will lead you to the Rocca of Scandolaro, once in defense of the surrounding territories. You will continue through an oak wood until Trevi, where you may want to taste the famous olive oil. Walking through an ancient aqueduct you will reach Bovara di Trevi.

Distance: 20 km

Elevation gain: +593/-580 m

Day 19 From Bovara di Trevi to Poreta, 12 km

From Bovara di Trevi you'll follow the original "Francis Way", the original path walked by the same Francis, until reaching Campello Alto, surrounded by wonderful views on the Spoleto valleys. Worthwhile of admiration are the convents of Pissignano and Campello, where you'll be able to gather for a few minutes, enjoying the meditative atmosphere permeating these places, surrounded by olive trees.

Distance: 12 km

Elevation gain: +461/-541 m

Day 20 From Poreta to Spoleto, 15 km

Today, a narrow trail will lead you to the Santa Maria di Reggiano hamlet: visit the ancient monastery to admire the XIIIth century frescoes, to later continue to the hamlet of Eggi. You will walk along a dismantled railway line until Spoleto. You can make a detour for a longer but spectacular entry into the city, passing high above the Tessino stream on the medieval aqueduct that bridges the valley. Once in Spoleto you'll be able to recite your favorite poem in the Roman theatre, let the simple beauty of the San Salvatore Basilica enchant you with a nice dinner: the local pride is the black truffle, to be enjoyed on a bruschetta, or powdered on an omelette.

Distance: 15 km

Elevation gain: +488/-454 m

Day 21 From Spoleto to Ceselli, 15 km

Today's walk is quite challenging, but it is definitely worth it: you walk on well beaten paths along an extremely panoramic itinerary, passing an ancient water mill and the Franciscan Convent of Monteluco, immersed in the shady Umbrian woods. It includes a transfer service to take you to the nearest restaurant for dinner and bring you back to the hotel.

Distance: 15 km

Elevation gain: +646/-775 m

Day 22 From Ceselli to Arrone, 15 km

Today you walk along the Nera river and through several enchanting hamlets: from Ferentillo (famous for its mummies!) to Arrone, surrounded by ancient stone walls and surmounted by an imposing castle. A really beautiful itinerary, accompanied by the view of the mountain peaks surrounding the cultivated fields like a crown.

Distance: 15 km

Elevation gain: +169/-209 m

Day 23 From Arrone to Pediluco, 13 km

Today's walk holds several surprises of rare beauty: from the typical hamlets of the Valnerina Valley to the Marmore waterfall, among the highest in Europe and immersed in a lovely natural park. And finally, the Pediluco Lake, source of awe and inspiration for artists and poets.

Distance: 13 km

Elevation gain: +328/-185 m

Day 24 From Pediluco to Poggio Bustone, 19 km

Another great panoramic walk through woods and secondary roads: among the great views you can enjoy the hamlet of Labro, with its medieval houses perched on a hill, and the rugged peaks of the Appennine Mountains.

Distance: 19 km

Elevation gain: +890/-549 m

Day 25 From Poggio Bustone to Rieti, 12 km

Your walk takes you in the North of Lazio, towards your destination: along your way you find the village of Cantalice, developing vertically on the side of a hill, and the Sanctuary "della Foresta", where you can immerse yourself in the peaceful atmosphere and admire the beautiful frescoes before heading to Rieti.

Distance: 12 km

Elevation gain: +395/-594 m

Day 26 Transfer to Maglianello Basso and walk to Poggio San Lorenzo, 18 km

A short transfer takes you to Maglianello Basso, the starting point of this walk: you then continue among rows of linden trees, fields and streams along the ancient Via Salaria, which used to connect Rome to the Adriatic Sea. On your way, a Roman Bridge of the IV century BC. The destination is the nice village of Poggio San Lorenzo.

Distance: 18 km

Elevation Gain: +459 / -360 m

Day 27 From Poggio San Lorenzo to Poggio Moiano, 10 km

Today you walk from the hamlet of Poggio San Lorenzo to Poggio Moiano: along the way you can see other traces of the rich historical past of this region, including a Roman Amphitheatre and the Sanctuary of Santa Vittoria. Your destination for today is an Agriturismo in the village of Poggio Moiano.

Distance: 10 km

Elevation Gain: +470 / -468 m

Day 28 From Poggio Moiano to Nerola, 14 km

Today you walk on secondary roads and dirt paths, among olive groves and forests of oaks. Your destination is the town of Nerola, guarded by an imposing 10th century castle

Distance: 14 km

Elevation Gain: +431/ -515 m

Day 29 From Nerola to Palombara Sabina, 19 km

Another great panoramic stage, taking you from the hamlet of Nerola to Palombara Sabina, with great views on the hills of Sabina. A little detour takes you to the village of Moricone, with another interesting castle, built with defensive purpose.

Distance: 19 km

Elevation Gain: +775 / -845 m

Day 30 From Palombara Sabina to Monterotondo, 18 km

This walk takes you to Monterotondo, a city with an important historical heritage: the city is located on a hill, dominating the river Tevere valley and surrounded by vineyards that produce great wines. The itinerary is quite long but beautiful, immersed in the rich nature of the Sabina area.

Distance: 18 km

Elevation Gain: +375/ -578 m

Day 31 From Monterotondo to Cesarina and bus/subway to Rome, 12,5 km

A short and nice walk on asphalted road, taking you from Monterotondo to Cesarina, where you can take a bus to the subway station that takes you to Rome: the eternal city, goal of generations of pilgrims throughout the centuries.

Distance: 12,5 km

Altitude difference: +251 / -317 m

Day 32 Arrivederci Roma!

Our services end after breakfast, unless you booked an extra night.

Arrivederci! and have a safe trip back home

Practical info

**How to get there**

Arrival in Florence

Florence is easily reached by train from major Italian and European cities. If your flight does not land in Florence, regular train connections are available from Pisa, Rome and Bologna, all served by international airports.

How to go home

Departure from Rome

The journey ends in Rome, which offers excellent international connections. Rome Fiumicino and Rome Ciampino airports are easily accessible from the city centre by train and public transport.

Included

What is included

- 31 Nights in double room in **/** hotels , B&B and agriturismi with breakfast
- 8 dinners (Caiano, Casa Santicchio, Chiusi della Verna, Citerna, Pietralunga, Valfabbrica, Poggio Moiano and Nerola)
- 1 packed lunch in Casa Santicchio
- Luggage transportation from hotel to hotel
- Transfers (Firenze-Pontassieve, Consuma-Caiano, Caiano-Consuma, Anghiari to Sansepolcro, Città di Castello-Campanile, Mocaiana-Gubbio, Foligno-Uppello, Santuario Santa Maria della Foresta-Rieti, Rieti-Maglianello Basso)
- 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