




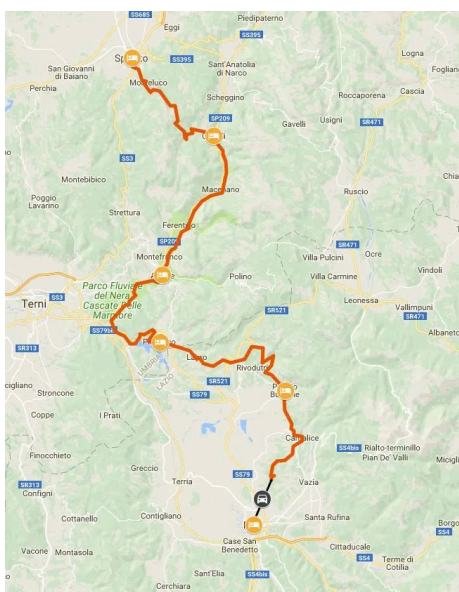
SUMMER SPRING & AUTUMN

type : Self-Guided Hiking Tours
 level : 
 duration : 7 days
 period: Apr May Jun Jul Aug Sep Oct
 code: ITSW360

St. Francis Way: Stage 5, Spoleto to Rieti - Italy

St. Francis Way: Stage 5, Spoleto to Rieti

7 days, price from € 648



The historic path from **Spoleto** to **Rieti** takes you on the footsteps of St. Francis, the man that 800 years ago decided to embrace poverty, living in close contact with the animals and leading an errant life, trying to bring joy in other people's lives.

You will be able to feel his presence as you wander through the **magnificent countryside**, walking through forests, fields, vineyards and olive groves, with **always a medieval town on a hill in sight**: the villages you visit on the way have maintained their own identity and it looks like the time has stood still.

Last, but not least, this part of Italy is worldwide known for the **endless variety of the local food**, that will put your taste buds in heaven.

The Via Francescana is mostly on so called **Strade Bianche**, gravel roads that meander through the hills. Further you walk along forest paths and cart tracks through fields. In near villages and towns tarmac roads are unavoidable. Because the route passes through hilly terrain, you must consider that you will climb an occasional height.

Day 1 Arrive in Spoleto

Arrive in Spoleto, check in at the hotel and then you'll be able to recite your favorite poem in the Roman theatre, let the simple beauty of the San Salvatore Basilica enchant you, or celebrate the beginning of your journey with a nice dinner: the local pride is the black truffle, to be enjoyed on a bruschetta, or powdered on an omelette.

Day 2 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.

Distance: 15 km

Elevation gain: +646/-775 m

Day 3 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 4 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 5 Walk 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 6 Walk from Poggio Bustone to Rieti, 12 km

Your final walk takes you in the North of Lazio, towards your final 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 via transfer.

Distance: 12 km

Elevation gain: +395/-594 m

Day 7 Arrivederci Rieti!

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

Practical info



On arrival, you can reach Spoleto by train.
On departure, you can take a train from Rieti.



Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

Included

What is included

- 6 Nights in double room in **/** hotels , B&B and agriturismo with breakfast
- luggage transportation from hotel to hotel
- transfer Santuario Santa Maria della Foresta-Rieti
- 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