

Walk from Assisi to Rome

Along the Via di Francesco and Via di Roma:

Through Umbria and Lazio

September 3-16, 2016

\$2,150 per person (Ground only) *

Walking Level: 8-16 miles per day**



Join a walking pilgrimage from Assisi to Rome for the Jubilee Pilgrimage of Mercy along the Via di Francesco and Via di Roma. Led by Sandy Brown, veteran pilgrim hiker and author of the new Ciccone guidebook, "The Way of Francis: From Florence to Assisi and Rome."

*Included in Price:

- All overnight accommodation (pilgrim hostel to 3-star hotels at double occupancy)
- Half Board: breakfast and dinner daily
- Daily baggage transport service – you carry only your own day pack
- Pilgrim's kit with information on the stages of the Cammino, packing instructions, training tips
- Pilgrims' credential to qualify you for an official Testimonium certificate issued by the Vatican
- [Airfare, lunch, and optional travel insurance not included]

****Please note that this is a hiking pilgrimage; walks vary between 10-16 miles per day on hilly and mountainous terrain, including some steep uphill and downhill trails. Fitness and advance training is necessary.**



A growing interest in one of the most famous and beloved figures of the Middle Ages — Francis of Assisi — has led him to become a modern folk hero for a surprisingly diverse constituency. Christian mystics, environmentalists, animal rights activists, peace lovers all see in Francis an example of how to live in harmony with God, creation and our fellow humans. Interest piqued in 2014 when Argentine Cardinal Jorge Bergoglio took the name "Pope Francis" in honor of Assisi's most famous and most humble native sons. The name was intended as a statement — that it was time for the Church and the world to take a fresh look at Francis of Assisi. It brought history into full circle since it was this same Francis who walked from Assisi to Rome in 1209 asking Pope Innocent III permission to preach the Gospel and renew the Church.

On this pilgrimage, you will follow in the footsteps of St. Francis from his home in Assisi to the gates of the Vatican. You will see why Francis was such an ardent lover of nature and creation, why he sang out the Canticle of the Creatures as you discover the sights, spirituality, history, art, religion, and people of these regions. The modern Via di Francesco, the first half of this walk, is an immersion into unspoiled nature: a hike through mountain passes and valleys; a journey back in time; an intimate period of prayer and contemplative silence; encounters with friendly and welcoming locals; trekking among ancient abbeys, monasteries, wayside churches, all with a close connection to Francis. The second part of the walk, the Via di Roma, follows parts of the ancient Roman road, the Via Salaria (Salt Road) as Francis would have, into one of greatest pilgrim destinations in all history, the Eternal City of Rome.



Itinerary, registration form, terms and conditions inside.

For more information, contact Bret Thoman at:

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September 3: Arrival in Assisi. Meet your guide and fellow pilgrims at an orientation session. Vigil Mass available at the Basilica di San Francesco (Overnight inside Assisi's medieval walls).

September 4: Assisi to Spello – 11 miles. Spectacular views of the Tiber River Valley greet you. Visit Francis' beloved Carceri Hermitage then relax for lunch or a beverage in the scenic hill town of Spello. A private coach transfers you to sophisticated Spoleto whose historic cathedral holds one of the few handwritten notes of St. Francis (Overnight Spoleto). **Option:** Avoid the first stiff climb up Subasio with a taxi ride to the Carceri Hermitage where you rejoin the rest of the group.

September 5: Spoleto to Macenano – 12.7 miles. Pass Spoleto's medieval castle and cross its dramatic Ponte delle Torre bridge into a vast forest. A brisk 45-minute climb takes you to the Monteluco Franciscan convent, and then a long downhill wilderness trail leads you along dramatic gorges into the Valnerina recreational area. Freshen up at your hotel in convenient Macenano and walk to a sumptuous dinner at the ancient Abbey of San Pietro in Valle, a gentle 1.5km above Macenano. (Overnight in Macenano)

September 6: Macenano to Piediluco – 15.5 miles. Today we walk through farms and pastures to majestic Marmore Falls and serene Lake Piediluco, where St. Francis preached. A climb up to the tiny hill town of Labro gives a peek into life in a medieval village untouched by time. A private van carries you three miles from the shores of Piediluco to the hill town of Labro (Overnight in Labro).

September 7: Labro to Poggio Bustone – 10.5 miles. Leave behind high pastures and walk up to the St. Francis Birch Tree, scene of a nature miracle attributed to Francis. Walk downhill through lush forests to the hill town of Poggio Bustone, site of the spiritual transformation that began Francis' ministry (Overnight in a comfortable Poggio Bustone pilgrim hostel).

September 8: Poggio Bustone to Rieti – 11 miles. — A quiet and green walk through the gorgeous village of Cantalice and then through the Franciscan sanctuary of La Foresta where legend attributes a key miracle to St. Francis. The day ends in nearby Rieti, an historic Roman town and today capital of the Sabine olive-growing region of Italy (Overnight in a Rieti hotel).

September 9: Rest Day in Rieti. Central Rieti is a shopper's paradise, but also has a colorful history since before Roman times. Rest, explore Rieti on your own, or **Option: Rieti/Greccio guided tour.** A local expert guides you through the Underground Rieti Salt Road and takes you in a private van to the nearby Franciscan sanctuary of Greccio, the scenic mountainside convent where Francis and local villagers created the first Christmas nativity scene. Evening Vigil Mass available in Rieti. (Overnight in a Rieti hotel).

September 10: Rieti to Poggio San Lorenzo – 13.5 miles. Walk along the Roman Salt Road through quiet farms of the Sabine Region to the tiny, Roman village of Poggio San Lorenzo (Overnight in Poggio San Lorenzo).

September 11: Poggio San Lorenzo to Ponticelli – 14.4 miles. A day of forested ridges, olive groves and sheep pastures with views to castles and quiet villages (Overnight in Ponticelli).

September 12: Ponticelli to Montelibretti – 8.2 miles. Forests and olive groves punctuate today's walk, with constant views of towering Castello Orsini on one of the nearby forested mountaintops (Overnight in Montelibretti).

September 13 Montelibretti to Monterotondo – 10.3 miles. With Rome near, the territory changes to olive groves and vast fields of grain as you walk through the Gattaceca Nature Reserve. In clear weather the first glimpse of St. Peter's is visible in the far distance. Enjoy an evening stroll (passegiata) through the delightful Old City (Overnight Monterotondo).

September 14: Monterotondo to Monte Sacro – 12 miles. After half a day's walk in the peaceful Marcigliana Nature Reserve you will follow sidewalks into the outskirts of urban Rome (Overnight Monte Sacro).

September 15: Monte Sacro to Vatican – 9.5 miles. Though Rome is bustling around, you will share quiet paths with bicyclists and strollers along the Ariane and Tiber riverfronts until rounding a bend in the Tiber at Castel Sant'Angelo for our final entry into glorious Vatican City. Pilgrims share a final dinner together at a delightful Roman restaurant (Overnight Rome).



WALKING PILGRIMAGE REGISTRATION FORM

With Sandy Brown
September 3-16, 2016
\$2,150 per person (ground only)

Please return with a deposit of \$500 per person to reserve your place (\$300 is non-refundable but transferable). Make checks payable to **St. Francis Pilgrimages**. Include a copy of passport photo/signature page. Return completed form to:

St. Francis Pilgrimages
PO Box 143
Senoia, Georgia 30276

Name as it appears on passport (first/middle/last): _____

Passport expiration date: _____

*N.B.: Your passport must be valid for 90 days after the return date;
if you are not a US or Canadian citizen, you may need a travel visa in order to enter Italy.*

Name as you wish to appear on name badge: _____

Date of Birth: _____ Place of Birth: _____

E-mail address: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home tel: () _____ 2nd number: () _____

Emergency contact (name, telephone number): _____

My roommate will be: _____

(Single-occupancy rooms are limited, but may be available for \$400 addl. per person; if you do not have a roommate, one will be assigned)

Your flight itinerary: _____

What do you expect from the walking tour? _____

Will you celebrate a special event (i.e. birthday or anniversary) during the tour? _____

Do you have special needs or concerns? _____

Do you have any health conditions or do you take any medications? If so, please list:

Please note that this is a walking tour requiring advanced training and physical fitness and the ability to walk 10-15 miles per day at a moderate pace. If you have any health conditions, please see the Terms and Conditions on the next page of this form.

How did you hear about this pilgrimage? _____

Upon receipt of this registration, you will be mailed a welcome letter explaining what to do and expect next.

I have read and understand terms and conditions on reverse and on website.

Signature(s) _____ Date: _____

TERMS AND CONDITIONS

Nature of Pilgrimage and Accommodations: St. Francis Pilgrimages, LLC organizes religious travel itineraries in the pilgrimage tradition, rather than typical tours. Accommodations are based on double occupancy and this tour will utilize 2-3 star hotels or agritourisms of good quality. Most hotel rooms have private bath; however, there may be one or two exceptions that utilize hall bath based on limited hotels in the area.

Price: The published price per person includes ground transportation as published on the itinerary; luggage transfer service; lodging (at double-occupancy); breakfast and dinner each day; and the presence of a guide. The price does not include airfare, one meal per day (estimate \$15 day), tips for driver and guide (if applicable), recommended travel insurance, personal expenses, or anything not expressly stated on the itinerary.

Payment Information: A deposit of \$500 is required to secure a reservation (\$300 is non-refundable but transferrable). The final payment is due 60 days prior to departure. Payment can be made by personal check, money order, or through Paypal for an additional \$100 fee. Trip prices and costs are listed in US dollars (usd). Cancellations: If you cancel more than 60 days before departure, all payments will be refunded except \$300 of your deposit (which is transferrable to another trip with St. Francis Pilgrimages). If the cancellation is made within 60 days of departure, we will attempt to recover what has been paid to suppliers, but cannot guarantee reimbursements. Once issued, airline tickets are usually non-refundable, and refunds would be determined by the specific airline. Note that this pilgrimage requires a minimum of four paying participants. St. Francis Pilgrimages may cancel a pilgrimage if there are insufficient registrations or if other circumstances warrant it. If a pilgrimage is cancelled by St. Francis Pilgrimages, all payments will be refunded. However, if a participant cancels individually before St. Francis Pilgrimages officially cancels, refunds for that person will be based on the above criteria. We strongly recommend trip insurance. Note that the published price is based on a minimum of four paying participants; with less than four paying, the price could be adjusted accordingly.

Health: *Please note that this is a hiking trip; walking levels will be between 10-15 miles per day on hilly and mountainous terrain.* If a participant has any health conditions, we require full disclosure to St. Francis Pilgrimages, LLC. St. Francis Pilgrimages, LLC cannot accept liability for food ingested by participants with life-threatening food allergies or sensitivities. Any participant who has adverse health conditions (including psychological/mental), must inform his/her doctor of their intention to participate in this hiking tour and submit a letter from his/her medical doctor stating that he/she is capable of fully participating in the pilgrimage. St. Francis Pilgrimages, LLC and suppliers contracted for services reserve the right to refuse to accept or retain any person whose behavior or health conditions are deemed likely to affect the smooth operations of the tour, or adversely affect the enjoyment or safety of other passengers. St. Francis Pilgrimages, LLC, its agents, and suppliers shall be under no liability to any such person for refund, compensation, repatriation or any other matters arising thereof.

Disclosure Notice: St. Francis Pilgrimages, LLC cannot accept responsibility for actions and/or service of independent contractors involved, i.e. air carrier, bus company, taxi, hotel, guides, etc. St. Francis Pilgrimages, LLC reserves the right to cancel a pilgrimage if there are insufficient participants registered, in which case a refund of monies paid St. Francis Pilgrimages, LLC will be granted to all participants. St. Francis Pilgrimages, LLC may change the itinerary if circumstances warrant it. St. Francis Pilgrimages, LLC cannot be held liable or financially responsible for illness, injury, or death incurred at any point during the trip. If travel is interrupted or the trip is forced to cancel due to labor strike, inclement weather, riot, national disaster, terrorism, or any other incident outside of the control of St. Francis Pilgrimages, St. Francis Pilgrimages cannot be held liable or financially responsible.

Release and Assumption of Risk: I understand and agree that during the tour in which I will participate, under the arrangements of St. Francis Pilgrimages, certain risks and dangers may arise, including, but not limited to, acts of God, the hazards of the forces of nature (including but not limited to animal or insect bites), dangers and risks inherent in trekking activities (including but not limited to falls or injuries), and accident or illness in remote places without access to medical facilities, transportation, or means of rapid evacuation and assistance. St. Francis Pilgrimages shall not be responsible for any injuries, damages, or losses caused to any traveler in connection with any of the above, mechanical or construction failures or difficulties, diseases, local laws, climatic conditions, abnormal conditions or developments, or any other actions, omissions, or conditions outside the travel company's control. Traveler assumes complete and full responsibility for, and hereby releases the agent from any duty of, and all safety or security conditions at such destinations.

In consideration of, and as a part of the payment for, the right to participate in such treks, tours, expeditions, or other activities and as a part of the payment for, the services arranged for me by St. Francis Pilgrimages and its agents, employees, associates, affiliated companies, or subcontractors, I DO HEREBY EXPRESSLY ASSUME ALL OF THE ABOVE RISKS.