

## New: Walking pilgrimage from Assisi to Rome on the Via Francigena of San Francesco

*"On a walking pilgrimage, it is a given that one walks to a place, but if the pilgrim is open to the Spirit, the pilgrimage is one that is interior. It is not a mere trip to an exterior place; it is a journey within – a walk with God."*

### What is the Via Francigena of San Francesco?



The Via Francigena was the medieval pilgrimage route that connected Canterbury, England to Rome. In 990 A.D., the newly ordained Archbishop of Canterbury, Sigerico, journeyed as a pilgrim to Rome to meet Pope John XV. On his return to England, he wrote a diary detailing every step, every town, every man he met. This is the first historical mention of the Via Francigena. In the later middle ages, Christians from all over Europe set out on foot on walking pilgrimages to reach the tombs of the apostles in Compostela, France, Rome, and beyond. The loosely connected route became known as the Via Francigena, as it passed primarily through France. St. Francis himself was often a pilgrim on the road. He walked the roads of Italy and Europe going as far as the Holy land in the East to Santiago de Compostela in the west. He never could have known that one day his own beloved city of Assisi would become a great pilgrimage destination. Yet, by the 13th century, because of the plenary indulgence granted to the Portiuncula (and the fame of his own tomb), Umbria was forever enshrined on the pilgrimage map. But the majority of pilgrims had as their destination the *caput mundi*: the head of the world – Rome. Their goal was to visit the basilica built over the tomb of St. Peter, martyred by Emperor Nero in 64 AD and buried in the necropolis of the Vatican hill. Even St. Francis himself made numerous pilgrimages to Rome.



Now, thanks to efforts by the governments of Umbria, Lazio, and the Vatican, the walking path from Assisi to Rome has been restored. Aptly named the Via Francigena of San Francesco, it is an up-close and personal way to experience the land of St. Francis in central Italy, also known as Franciscan Italy.

The connection between Assisi and Rome is an important one for the Catholic pilgrim, as it represents the connection between the charismatic spirit of Francis and the institutional See of Peter. Beginning in the city of St. Francis – arguably one of the most evangelical and charismatic saints in the Church – where every corner, every street, every view, evokes the words and life of St. Francis, the pilgrimage finishes in Rome – the city of Peter – where the Rock of the Church, the disciple to whom Jesus handed the keys to the kingdom of heaven and earth, was martyred and buried. This journey connects the heart with the head.

Discover why Francis was such an ardent lover of nature and creation – why he sang out the Canticle of the Creatures - along the Via Francigena of San Francesco as you discover the sights, spirituality, history, art, religion, and people of these regions. The Via Francigena 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 across ancient abbeys, monasteries, and wayside churches, and much more.



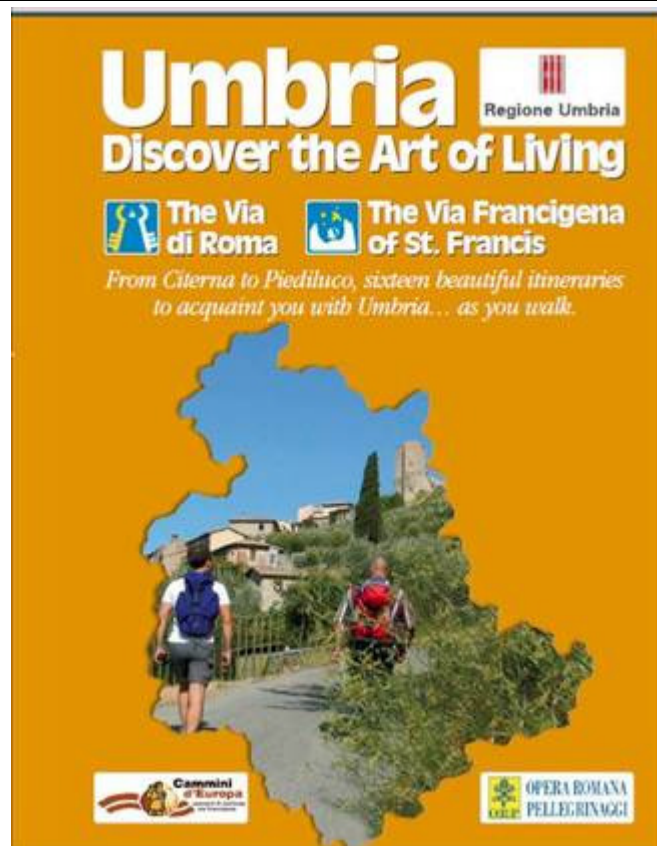
The Via Francigena connects Assisi with Rome through the hills and valleys along much of the path that St. Francis would have traveled.

The entire route is 250 kilometers long (150 miles). It is divided into 14 stages covering roughly 10-12 miles of walking per day. We offer options of walking either the entire Via of 14 days, or abbreviated portions of 7 days, or 4 days.

If you have an adventurous spirit, set out like St. Francis and the pilgrims of yesterday and follow the well-placed trail signs taking "nothing with you for the journey" except a map and your backpack.

Or, we offer different services: transportation service for your luggage, economy or first class lodging, option of a guide to accompany you along the way.

[\*Contact us for pricing and itineraries.\*](#)



***\*\*This is a Walking Tour\*\****

***Important:*** This pilgrimage involves walking/hiking an average of 10-15 miles daily through mountainous terrain. It is essential that participants be in a fit and healthy condition in order to complete the journey.

Contact us to for more information or to register for a walking pilgrimage on the Via Francigena di San Francesco.