

# Walk from Assisi to Rome

Along the Way of Francis through Umbria and Lazio

September 10-23, 2017

\$2,500 per person (Ground only) \*

Walking Level: 8-16 miles per day \*\*

Maximum of 8 participants



*Join a walking pilgrimage from Assisi to Rome.  
Along the Way of Francis (Via di Francesco.  
Accompanied by Fr. Fred Wendel*

## \*Included in Price:

- Overnight accommodations (*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
- Taxi services (where indicated)
- “The Way of Francis” guide book by Sandy Brown
- Pilgrim’s kit with info on the Cammino, packing instructions, training tips
- Pilgrim’s credential to obtain the official Testimonium certificate from Vatican
- [*Airfare, lunch, and optional travel insurance not included*]

**\*\*Please note that this is a hiking pilgrimage: walks vary between 8-14 miles per day on hilly and mountainous terrain, including steep uphill and downhill trails. Fitness and advance training will be necessary to complete the Cammino.**



The Via Francigena was the medieval pilgrimage route that connected Canterbury, England to Rome through France. In the 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 the Holy Land. The loosely connected route became known as the Via Francigena.

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 and Santiago de Compostela in the west. However, he never could have known that one day his own beloved city of Assisi would become a great pilgrimage destination, as, in the 13th century the Plenary Indulgence was granted to the Portiuncula making Assisi forever an important destination on the pilgrimage map.

Now the “Way of Francis” has been restored for those who wish to walk in the footsteps of Francis from Assisi to Rome.

Immerse yourself in this experience of a lifetime walking the Way of Francis -- a Cammino rich in faith, nature, and culture.



Itinerary, registration form, terms and conditions inside.

For more information, contact Bret Thoman at:  
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[www.stfrancispilgrimages.com](http://www.stfrancispilgrimages.com)

**Sep 10: Arrive in Assisi.** Meet fellow pilgrims and rest for your journey. Sunday Mass and tour at the Basilica di San Francesco. (Overnight in Assisi)

**Sep 11: Assisi.** Today enjoy a guided tour of the Basilica of St. Francis and the Franciscan sites of interest in the old center of Assisi. (Overnight in Assisi)

**Sep 12: Assisi - Spello (11 mi)** Spectacular views of the Spoleto Valley greet you throughout the day as you begin walking from Francis' beloved Carceri Hermitage along Mount Subasio on the way to Spello. Return by taxi to Assisi (Dinner/Overnight Assisi)

**Sep 13: Foligno - Trevi (9 mi)** Taxi to Foligno and visit the old city before continuing on a gentle walk through olive groves and more views of the Spoleto valley on your way to the medieval hill town of Trevi. (Dinner/Overnight in Trevi)

**Sep 14: Trevi - Spoleto (12 mi)** After a downhill jaunt, take some time to admire the lovely Clitumnus springs before walking along a bike path on the valley floor to the storied city of Spoleto known for its international art festival. (Dinner/Overnight in Spoleto)

**Sep 15: Arrone - Piediluco (11 mi)** Begin with a walk up through Spoleto's famed historic city center and cathedral; after visiting the hermitage of Monteluco, taxi around the mountain to Arrone and begin today's lovely walk along the Nera River valley. After an energizing climb up toward the Marmore Falls, enjoy views of the majestic waterfall before walking along the shores of Lake Piediluco. (Dinner/Overnight in Piediluco)

**Sep 16: Poggio Bustone - Rieti (11 mi)** Transfer by taxi up and over the mountain to the hermitage of Poggio Bustone. Then enjoy a lovely walk -- with views of the Rieti Valley -- through the medieval town of Cantalice and then on to another hermitage of La Foresta. The day ends in Rieti, an historic Roman town (Dinner/Overnight in Rieti)

**Sep 17: (Rest Day)** This morning you're in for a treat as a local guide brings the city's ancient history alive on a tour of Rieti Underground. Take the rest of the day off to rest, do laundry, or tend to sore feet and blisters. Sunday evening Mass for those who wish. (Dinner/Overnight in Rieti)

**Sep 18: Monteleone - Ponticelli (11 mi)** Transfer to Monteleone before beginning your walk through forested ridges, olive groves and sheep pastures with views of more castles and sleepy villages (Dinner/Overnight in Ponticelli)

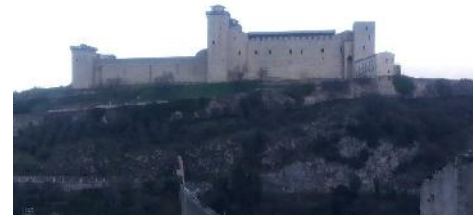
**Sep 19: Ponticelli - Montelibretti (8 mi)** Walk through more forests and olive groves, while enjoying scenic views of distant ruined castles and towers on nearby forested mountaintops (Dinner/Overnight in Montelibretti)

**Sep 20: Montelibretti - Monterotondo (10 mi)** Begin today's walk through the Gattaceca Nature Reserve, at the end of which, in clear weather, you may get your first glimpse of St. Peter's in the distance. Enjoy an evening stroll or a gelato on the city's delightful promenade. (Dinner/Overnight in Monterotondo)

**Sep 21: Monterotondo - Monte Sacro (12 mi)** After half a day's walk through the peaceful Marcigliana Nature Reserve you will enter the outskirts of the Eternal City as you follow sidewalks into suburban Rome (Dinner/Overnight Monte Sacro)

**Sep 22: Monte Sacro - Vatican City (9 mi)** Despite being by now in the bustling city of Rome, you will walk along a quiet bike path next to the Ariadne and Tiber riverfronts until you reach the storied Milvian Bridge. Here you will re-trace the footsteps of pilgrims of antiquity as you make your way into Rome along the Via Flaminia entering at the city gate of Piazza del Popolo. Receive pilgrimage Testimonium in St. Peter's. (Dinner/Overnight near St. Peter's)

**Sep 23: Departure and end of pilgrimage**



# WALKING PILGRIMAGE REGISTRATION FORM

With Fr. Fred Wendel

September 10-23, 2017

\$2,500 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 six months 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 you prefer to be called: \_\_\_\_\_

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 \$500 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 8-15 miles per day on hilly and mountainous terrain.* If a participant has any moderate or serious health conditions, full disclosure to St. Francis Pilgrimages, LLC is required. St. Francis Pilgrimages, LLC cannot accept liability for food ingested by participants with life-threatening food allergies or sensitivities. Any participant who has 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 or attacks), 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 animal attacks, 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, earthquakes, 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.