

# Full Saint Francis Way



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the  
**Camino**

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# YOUR CAMINO JOURNEY STARTS HERE

This travel plan provides a **day-by-day outline** of a sample trip, giving you a clear idea of what to expect. Keep in mind that this package can be fully **tailored** to your preferences. As a **2024 Traveler's Choice Award winner** on **TripAdvisor**, we're proud to be trusted by hundreds of travelers who praise our **seamless service**, expert **guidance**, and unforgettable **experiences**. Before you set off, take a moment to read some of their stories.



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Reviews from millions of Tripadvisor travellers place this winner in the top 10% worldwide.



\*There is a Camino for everyone! Photos are for inspiration and may differ from your selected itinerary.

**LIZ F.**



**Walking the french camino is one of the best experiences of my life.**

*I was a bit anxious before starting my Camino walk but once I was into it , I had a brilliant time.*

*Follow the Camino planned my trip and everything went seamlessly , so all I had to do was concentrate on walking ! Il be back for sure.*

**LARA K.**



**Wonderful all round experience**

*Follow The Camino delivered on everything they promised with accomodation selection great and transfer of luggage seamless. The actual walk was wonderful and matched or exceeded my expectations. Wouldn't hesitate to use them again for my next Camino. Loved it!!!!*

**RANDY R.**



**Follow the Camino Frances**

*The Camino Frances was the best vacation experience I've ever had. Fitness, new friends, and fantastic country. Highly recommended.*

**GRETA O.**



**Follow the Camino with an eighty year old**

*Follow the Camino was excellent. Hotels included dinner and breakfast. Clean and good food. Luggage transfer seamless. Well done.*



# ITINERARY



Stage 1 of 5



515.5km



29 days



Comfort



Easy

Starting from

€5187

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

11.1 min | 19.1km average | 31 max

Ascent:

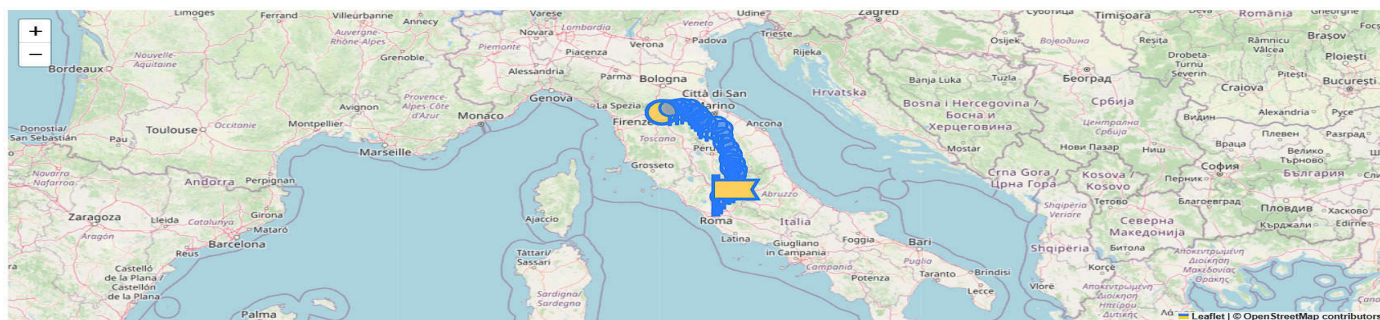
128.6 min | 649.3m average | 1799.2 max

Cardio:

1 2 3 3

The St. Francis Way, stretching from Florence to Rome, offers pilgrims a spiritual journey through picturesque landscapes and historic towns, following in the footsteps of Saint Francis of Assisi.

## Map



## Services

### Included in this package

- ☑ Bed & Breakfast
- ☑ Specially Hand-Picked Accommodation
- ☑ Our Holiday or Pilgrim Pack
- ☑ 24/7 On-Call Support
- ☑ Virtual Face-to-Face Pre-Departure Briefing

### Add-On

- ⊕ Premium Accommodation
- ⊕ Airport Pick-Up
- ⊕ Additional Nights
- ⊕ Dinners
- ⊕ Luggage Transfers from Hotel to Hotel
- ⊕ Day Tours to Local Sites of Interest

Not included: Flights/trains, Insurance, Drinks/Lunch

Day  
1  
km

## **FLORENCE**

Florence (Firenze) is the largest city and capital of the region of Tuscany. It is the birthplace of Leonardo Davinic, Galileo, and Dante. Renowned the world over as the cradle of the Renaissance, this city makes a wonderfully cultured start point to your St Francis pilgrimage to Rome. Be sure to make time to visit the domed cathedral of Santa Maria del Fiore. Marvel at this engineering feat built by Filippo Brunelleschi, and visit one of the many museums, palaces, and churches that house the most significant artistic treasures in the world.

Day  
2  
23.1 km

## **FLORENCE -> PONTASSIEVE**

Today you will leave the cultured haven of Florence. During your walk, find yourself returning to a simpler way of life, surrounded by the beauty of nature. Start from Florence's Basilica of Santa Croce, enter olive groves and vineyards in an area known for its Chianti wines. Arriving into Settignano, take the opportunity to have a quick break for a morning coffee. Continue uphill with views of the valley below, then descend into the valley. Follow the Arno to Sieci where you can enjoy a picnic on the banks of the river. Climb Sieci to enjoy sweeping vistas of the surrounding hills and vineyards. Descend through the vineyards and olive groves to finish your day of walking in Pontassieve. During World War II this town suffered substantial damage and none of its mediaeval features remain. However, it is well worth visiting the Pieve di San Giovanni a Ré mole where there are the remains of two frescos by Botticelli.

Day  
3  
17.5 km

## **PONTASSIEVE -> CONSUMA - MONTEMIGNAIO**

Ascending out of Pontassieve you will be greeted with a spectacular view of the Sieve Valley and Castello di Nipozzano, a prosperous winery. If you fancy it, stop for a glass of local Tuscan wine. Climb through quiet forests and lush meadows towards your destination for tonight, Consuma. This small hamlet, with origins which can be traced back to the 15th Century, now services holidaymakers visiting the Casentino National Park.

Day  
4  
16.7 km

## **CONSUMA - MONTEMIGNAIO -> STIA**

Today's undulating walk is through pine and beech trees and through small towns with sweeping views of this mountainous landscape of the Upper Arno Valley. Your destination is Stia, at the foothills of Mount Falterona. Traditionally a textile manufacturing town, today (much like Consuma) it is a hub for visitors to the Casentino National Park. In the town square, there is a fresco by Pietro Annigoni that represents Saint Francis. Try the local speciality of 'Tortello' a traditional dish of potatoes common to the Casentino region.

Day

5

24.5 km

### **STIA -> BADIA PRATAGLIA**

Today's walk offers more stunning views. Entering the ancient Casentino Forest you will come upon the Eremo Camaldoli, a Benedictine Hermitage. A short walk from the hermitage is the village of Camaldoli, where you can stop for a break and visit the monastery. Wander through a meadow of ferns to a pleasant Beech Forest and then oak and pine forests before arriving into Badia Prataglia. This town was established in the early 11th Century and, due to the bountiful supply of wood, the local craft of woodwork flourishes.

Day

6

16.4 km

### **BADIA PRATAGLIA -> SANTUARIO DELLA VERNA**

Today will be challenging but with your end stop the holy mountain retreat of St Francis it is well worth the effort. Walk through forests and fern meadows, and across creeks to sweeping views of the region. You will visit the pretty village of Rimbocchi where you will have the opportunity to relax at the small park or grab a bite to eat in the café. Climb up to the summit of Poggio Montopoli before weaving through the forest of birch trees to what is widely regarded as one of the holiest spiritual sites in all of Italy, Santuario della Verna.

Day

7

14.9 km

### **SANTUARIO DELLA VERNA -> PIEVE SANTO STEFANO**

Meander the hills to a wooden cross to join part of the Grande Escursione Appenninica, a well-known route through the mountains. Get your camera ready for the steep climb to Monte Calvano and then to the summit of Monte della Modina. After this summit, the rest of the walk is downhill to Pieve Santo Stefano, which sits on the Upper Tiber River Valley. This town was destroyed during World War II, leaving it without its former mediaeval charm. However, Pieve Santo Stefano is still very pleasant to visit.

Day

8

25.5 km

### **PIEVE SANTO STEFANO -> SANSEPOLCRO**

Follow the Tiber River for a while before climbing past forests and hillside farmland to enjoy the views of La Verne and Caprese Michelangelo. Winding back down to the Tiber River you will make your way to Sansepolcro. This town is the home of Buitoni Pasta, founded by Giulia Buitoni. In 1906 they built a hydroelectric power plant on the river, which allowed Sansepolcro to be the first Italian city to have electricity.

Day

9

12.7 km

### **SANSEPOLCRO -> CITERNA**

Leaving Sansepolcro, cross the river before going along the flat road through factories, warehouses, and farms to Gricignano. Passing through the town of Fighille you will follow a road with the Stations of the Cross for a while. Pass by fields of crops with the hills in front of you, then gently climb

to the picturesque town of Citerna. Visit the mediaeval walkway, a covered passageway perfect for romantic strolls. Next, visit the Church of San Francesco which has a Byzantine wood crucifix as well as a statue of the Madonna with Child that was recently attributed to Donatello.

Day  
10

19.2 km

### **CITERNA -> CITTA DI CASTELLO**

Walk the winding trails through forests and fields, and expect sweeping views of the region today. At Agriturismo Le Burgne and Lerchi you can take short coffee breaks. The town of Citta di Castello is built on an old Roman town and the walls of the city date back to the 16th Century. Climb the Torre Comunale, which dates from the 11th Century, for panoramic views or wander around the Pinacoteca Comunale art gallery which houses mediaeval and Renaissance art. St Francis is also linked to this town, as it is claimed he cast a demon out of a woman here.

Day  
11

30.7 km

### **CITTA DI CASTELLO -> PIETRALUNGA**

Passing by vineyards and olive groves and over the undulating hillside, take time to have a picnic in one of the calm clearings today. Climb to the summit of Monte Santo Stefano before making your way into the Carpinella valley and the town of Pietralunga. Here, you can visit the Church of Santa Maria as well as wander around the narrow streets and enjoy a hearty meal of typical Umbrian cuisine, such as boar sausage, after a long day's walk.

Day  
12

24.9 km

### **PIETRALUNGA -> GUBBIO**

Zigzag through mountain forests before the vistas open up and you begin a descent down to the valley. Visit Monteieto's small parish church in the garden and enjoy a picnic here while drinking in the tranquillity of this place. Walking into Gubbio you may want to visit the Roman theatre. This stunning stone hill town at the foot of Mount Ingino is where St Francis talked to a wolf and convinced it to stop killing the town's people before taming it. It is said that Francis slept in the Chiesa San Francesco's sacristy when he visited Gubbio. If this long day of walking has left you hungry, be sure to sample some pasta with truffles and porcini mushrooms, a local delicacy.

Day  
13

20.4 km

### **GUBBIO -> GUBBIO-BISCINA**

The walk today will see you retrace the steps of St Francis after he initially left his family. Visit Chiesa di San Francesco della Pace, where his pet wolf's remains are buried under the altar. Pass by a former 12th Century Leper Hospital before coming to the town of Ponte d'Assi where you can stock up on suppliers for today's walk. Passing by farms and woodlands you will continue to climb before making your way downhill to the Madonna della Grazie shrine. Later, visit the 15th Century Eremo di San Pietro Monastery,

and the 14th Century Chiesa del Caprignone. Continue through the woods and cross another quaint creek before arriving at Biscina your stop for the night.

Day  
14

31 km

### **GUBBIO-BISCINA -> ASSISI**

Take out your camera for lovely views of the rolling hills and waters of Lago di Valfabbrica. Stroll around the lake and down the river to the Monastery of Santa Maria. This is where Francis sought help after being beaten and left for dead in a snowy ditch by bandits. Wind through the fields and up a hill to a viewpoint with a wooden cross and, for the first time, be able to see the Basilica of San Francesco in Assisi. You will pass a statue of Padre Pio as you ramble down into Assisi and the Basilica di San Francesco. You can attend a daily pilgrim mass here at 6pm.

Day  
15

19 km

### **ASSISI -> FOLIGNO**

Take a scenic walk past orchards of olive groves and country houses as you weave your way to the hillside town of Spello. Explore this charming ancient town with its mediaeval gateways, Roman ruins, and many churches. Sample the local cuisine and treat yourself to a hearty lunch of gnocchi! A short walk later, you will arrive in Foligno, your stop for the night. Destroyed during World War II, the town has been lovingly restored to its old mediaeval charm. This is where the first printed edition of Dante's Divine Comedy was printed.

Day  
16

20 km

### **FOLIGNO -> CAMPELLO SUL CLITUNNO**

More olive groves and forests await you today on your road to Trevi. Enjoy the town's quiet streets and get a bite to eat in one of the local cafés or restaurants while admiring the view of the valley below. Take in the panoramic vista of the olive-laden valley below as you walk, with mountains looming in the distance and Trevi perched on its hilltop setting. It is easy to see why Trevi is known as the 'capital' of olive oil production. Admire the Fonti del Clitunno Park with its spring-fed canals and swans before entering Campello sul Clitunno. Taste the homemade local cuisine at one of the fantastic restaurants here.

Day  
17

11.1 km

### **CAMPELLO SUL CLITUNNO -> SPOLETO**

With Mount Reviglioso behind you, walk through the valley along the Marroggia River into Spoleto. It's a short walk to the town, so you will have plenty of time and energy left to discover this exquisite spot. Spoleto is the home of a restored Roman Amphitheatre now used to host concerts and ballet performances, the 4th-Century World Heritage site of the Basilica of San Salvatore, and the 15th Century fortress Rocca Albornoziana. When following the St Francis Way you simply must visit the Duomo of Santa

Maria Assunta. Here you can see its most prized treasure: an original signed letter by St Francis to Brother Leo.

Day  
18

20.1 km

### **SPOLETO -> MACENANO - FERENTILLO**

Leaving Spoleto you will come to a magnificent viewing point just below the fortress that provides an awe-inspiring vista worthy of a photo. Cross a 13th Century bridge from Spoleto to Monteluco over the Tessino River. Climb through the woods to Monteluco where St Francis sought solitude to meditate in the caves. In this town, there is a Franciscan convent as well as a café for a break. Be sure to visit the Oratorio that has been built over where St Francis lived. Take the path down to the Nera River Valley which greets you with incredible views as you descend to Pontuglia. The sleepy village of Ceselli is surrounded by green hills and has a beautiful piazza with benches where you can take a break and inhale the fresh air of the forest. Head to Macenano, in the Parco Fluvial del Nera, for a lovely evening meal freshly prepared in the local restaurant.

Day  
19

11.2 km

### **MACENANO - FERENTILLO -> ARNONE - CASTELDILAGO**

Have a sleep in today to take advantage of your shorter walking day. With forested mountains to one side and meadows to the other, wander down to Precetto to admire the impressive remains of a castle perched high on the hilltop. For something a bit different, visit the Museum of Mummies where you can view naturally mummified bodies – some still with hair and teeth. You can also admire the 16th Century frescos that were discovered in the crypt. Peer across the olive groves on the mountainside as you arrive into Arrone (your stop for tonight). Follow the narrow steep streets up to explore what is left of this town's mediaeval castle.

Day  
20

13.4 km

### **ARNONE - CASTELDILAGO -> PIEDILUCO**

Today you will visit the Cascata delle Marmore. These falls were created by the Romans in 271 BC to divert water from the Velino River and drain the swamps around Reiti. In the 15th Century canals were also built to deal with flooding caused by the diversion. In the late 19th Century the power of the falls was harnessed for hydroelectricity, resulting in the falls being switched off at certain times of the day. Follow a path along the canal of Fiume Velino to the picturesque town of Piediluco which means “at the foot of the mountain”. Why not take a boat trip on the lake or if you are feeling energetic climb up to explore the ruins of Rocca di Piediluco?

Day  
21

20.8 km

### **PIEDILUCO -> POGGIO BUSTONE**

Head along the lakeshore to the hilltop town of Labro. You are now entering the region of Lazio, home to the Eternal City of Rome. Have an early morning coffee break in Labro and admire the views back down over the



lake. Wander through forests and meadows and past churches to the Faggio Dan Francesco beech tree, one of the world's oldest living trees, which is said to have bent to protect St Francis during a storm. From here, your walk is downhill to Poggio Bustone, your stop for the night. This well-preserved and picturesque town is perched above the Rieti Valley, allowing for some spectacular views. St Francis also had two important spiritual experiences here. Firstly he was forgiven for his sins by the Archangel Gabriel, and secondly, he had a premonition of the future where he would have followers from all over the world. If you have the energy you may also want to visit the Convento San Giacomo where St Francis stayed and you can visit the Grotto of Revelation.

Day

22

19.6 km

### **POGGIO BUSTONE -> RIETI**

Rolling hills await you on your journey to Santuario La Foresta. It is here that St Francis stayed a number of times when he was ill towards the end of his life. With many people flocking to the area, the local vineyards soon realised that their livelihoods were being destroyed by all the people consuming the grapes and so appealed to St Francis to do something. He requested they bring the remaining grapes to the church's winepress and to their amazement the winepress produced double the juice of the previous year's crop. This became known as the 'Miracle of the Wine'. Rieti can trace its routes to the 9th Century BC. During World War II the town was partially destroyed but thankfully much of the mediaeval walls remain. On the riverfront is the Chiesa di San Francesco with frescos depicting the life of St Francis.

Day

23

20.4 km

### **RIETI -> POGGIO SAN LORENZO**

Follow the base of the mountains before turning off this path across the valley. Enjoy tree-lined paths flanked by a wooded hillside. Ramble on to Ponte Sambuco, a 4th Century Roman bridge, where there are picnic benches and you can stop to enjoy some lunch. Continue through the tranquil countryside, ascending gently before descending into Poggio San Lorenzo, your stop for the night. This ancient Roman town is surrounded by forested hilltops and makes a peaceful place to stay and enjoy some good home-cooked food.

Day

24

20.6 km

### **POGGIO SAN LORENZO -> PONTICELLI**

Breathe in the clean air of the olive groves as you stroll towards the ruins of a Roman Amphitheatre. Next, visit the romantic Santa Vittoria Church, within which there is a small well whose water is said to have healing properties. Take a break from your walk in Poggio Moiano for some lunch. After walking through the little town you will come across Scandriglia, another lovely town where you will be able to admire the 15th Century Anguillara Palace. Sweep around the hillsides and down to your stopover for the night, the small quiet village of Ponticelli. While here, visit the Santa Maria delle Grazie sanctuary.

Day  
25

11.3 km

### **PONTICELLI -> MONTELIBRETTI**

Descending from the Apennine mountain range into the Tiber Valley plain you will come to the town of Poggio Corese and then Pitirolo. Here, you can take a 2km detour to the beautiful Orsini Castle in Nerola. More olive groves will line your walk to the town of Acquaviva, which is full of excellent places for lunch. Montelibretti, your stop for the night, is perched on the ridge of a hill. It is home to many churches and the Barberini Palace. Make sure to try some of the delicious, locally produced olive oil with freshly baked bread.

Day  
26

17.3 km

### **MONTELIBRETTI -> MONTEROTONDO**

The olive groves are eventually broken up by hayfields as you walk up to the town of Monterotondo. As its name implies, it sits atop a round hill, Monte Ginestra. Steeped in history, this town is connected with some of the famous families from the history of Italy (such as the Medici and the Orsini families). The city hall was formerly a fortress and then an elegant Renaissance palazzo. Take a look at the Santa Maria Maddalena Cathedral and the Santa Madonna delle Grazie church. Spend time exploring this quiet town and try one of the local dishes containing the fava beans and sheep's milk cheese.

Day  
27

16.9 km

### **MONTEROTONDO -> MONTE SACRO**

Today is your last day going through farmland on the approach to Rome. Pass vegetable gardens and rolling green hills, olive groves, and an olive oil factory. Just past the factory, there is a viewing point from which you can see the dome of St Peter's Basilica on a clear day. Roam through the Riserva Naturale delle Marcigliana across grassy fields before entering the suburbs of Rome and your final stop before Rome, Monte Sacro. During the Plebeian Revolt of 494 BC the Plebeian lower classed took up residence here in rebellion against the Patricians. By the Middle Ages the area was largely unpopulated, but as Rome grew and urbanisation took hold it became once again a part of the city's metropolitan area.

Day  
28

16 km

### **MONTE SACRO -> ROME**

Today you are entering the Eternal City. The sense of bustle increases the closer you get as you walk along the Aniene River on tree-lined streets. Passing through the wooded expanse of Villa Ada Savoia, one of the largest parks in Rome, you will see the Mosque of Rome, the largest mosque outside of the Islamic World. In Villa Glori Park you might want to stop in one of the many restaurants to have a short break. Continue along the Tiber River to the end point of your journey, St Peter's Square and Basilica in the Vatican City. You've made it. Take in this incredible place with its striking architecture and bustling tourists.

Day

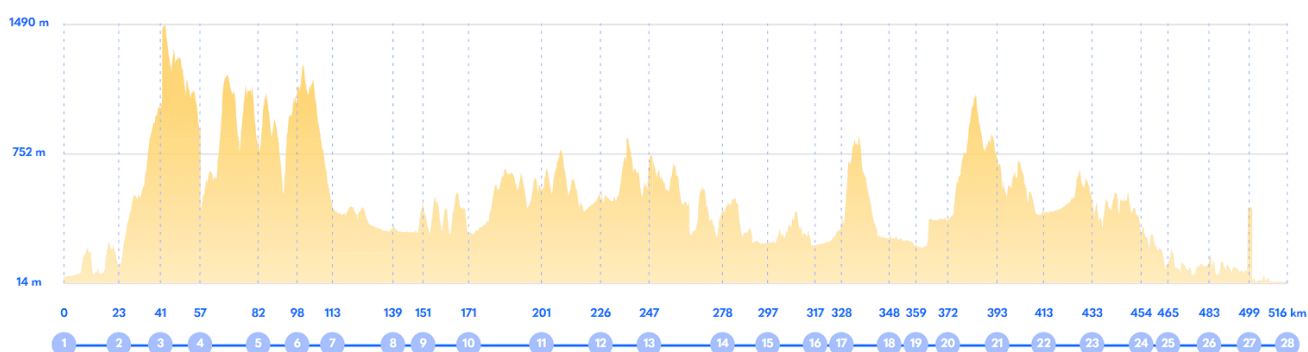
29

km

## ROME

Today, we bid you arrivederci! Before you go, take this opportunity to explore the ancient city and its many churches. As you will have walked the Way of St Francis, visit the Basilica of St John Lateran where, in the fourth Chapel, there is a painting of St Francis receiving the stigmata and also in the park outside there is a large statue of St Francis that, if you stand behind at a certain distance, it looks as if he is holding up the church. You can extend your stay here with our many accommodation options for a few days to give you time to see some of the magnificent art and architecture of the city.

## Elevation Chart



# NOTES & QUESTIONS FOR MY CAMINO PLANNER

We know that planning your Camino is a personal journey, and we want to make sure everything is just right for you. Use this space to **jot down your thoughts, questions, and preferences**. Here are some ideas to discuss with your Camino planner:

- Are the daily distances suitable for me, or should I split them into shorter walking days?
- Where would you recommend taking a rest day?
- Would I like to add a tour or special experience along the way?
- Do I need transfers to and from the airport?
- Are there any accommodations I would like to upgrade?
- Would I like luggage transfers for lighter walking days?
- Are there any dietary preferences or special requests I should mention?

Feel free to write down any other thoughts or questions below:

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Your Camino planner is here to help make your journey as smooth and enjoyable as possible!

## ABOUT US

At Follow the Camino, we are re not just a tour operator; we are **passionate Camino enthusiasts** who have been guiding pilgrims **since 2007** As the first tour operator in Ireland to coordinate walks on the Camino de Santiago, we offer unrivaled expertise in designing **life-changing adventures**.

Don't hesitate to contact us at [info@followthecamino.com](mailto:info@followthecamino.com) to request your **personalized itinerary**. We can add rest days or split days to suit your pace, as well as include special day tours or unique activities to **enhance your Camino experience** Let us help you create the perfect journey tailored to your needs!



# Follow the Camino

**START PLANING NOW**

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