

# Sansepolcro to Assisi



**Follow  
the  
Camino**

Your Camino Agent since 2007

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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.



Follow The Camino



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 2 of 5



138.9km



8 days



Comfort



Easy

Starting from

€1169

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

12.7 min | 23.2km average | 31 max

Ascent:

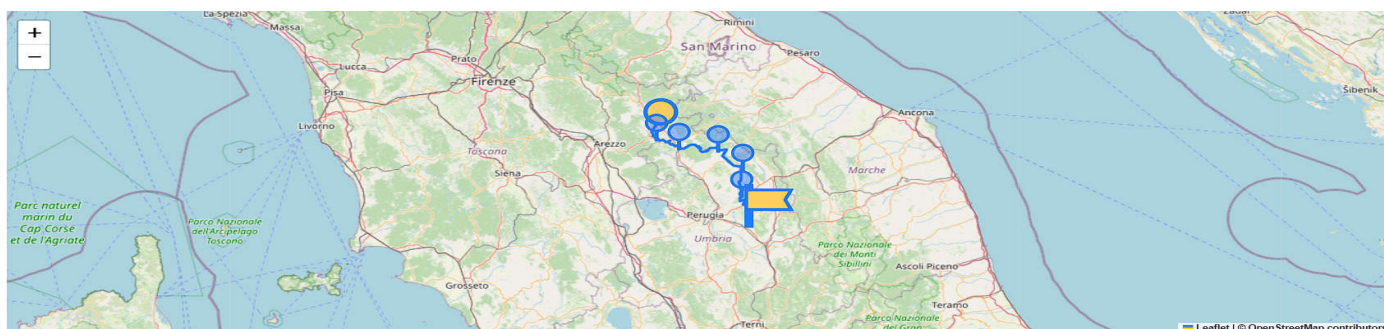
209 min | 761.5m average | 1228.8 max

Cardio:

2 2.5 3

The green forests, mediaeval hilltop towns, classic vineyards, and lush olive groves of this St Francis Way section highlight the undulating Italian landscape. During this tour, you will leave behind the historic region of Tuscany and enter the beautiful region of Umbria, while enjoying the story of St Francis across your route through rural landscapes and ancient towns alike.

## 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

### **SANSEPOLCRO**

Sansepolcro, in the western part of Tuscany, is the birthplace of Piero della Francesca. Visit his famous Fresco "Resurrection" in the town's museum. If you have, the nearby convent of Montecasale is a short 15-minute taxi ride out of Sansepolcro and is worth a visit. This peaceful and spiritual place is where robbers were camped when St Francis got his followers to provide them with food. To return the favour the robbers provided firewood to the brothers and afterwards even gave up their criminal ways to join them in a holy life.

Day  
2  
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  
3  
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  
4  
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  
5  
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

6

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 supplies 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

7

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

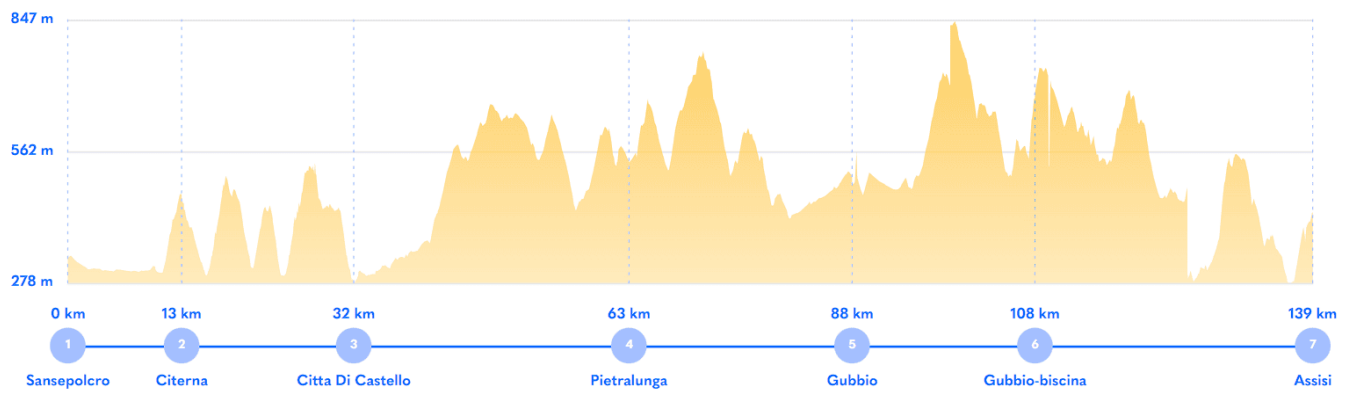
8

km

### **ASSISI**

After breakfast, we bid you farewell, or welcome you to the next stage of the St Francis Way to Rome. Assisi is the birthplace of St Francis and also where his tomb lies, so the town is filled with connections to him for you to visit. We highly recommend spending an extra night here to take in the beautiful town.

## **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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