You can choose to start from the North (La Verna) or the South (Greccio) to arrive in Assisi, or you can follow a single itinerary from La Verna to Rome.

So you are ready to follow in St. Francis of Assisi's footsteps, but you don't know what to expect? To help you with your trip, we have put together some suggestions on how to approach the itinerary in stages, but feel free to choose how far you walk each day, because you will be the one doing the walking.

Where possible we have added extracts from writings about the places where some of the most important episodes in the life of Saint Francis took place. We hope they will be both an inspiration and an accompaniment on your journey.

La Verna – Pieve Santo Stefano

Height difference:	+ 257 / - 959	m
Difficulty:	medium	

THE STIGMATA OF ST. FRANCIS AT LA VERNA

"Then on a harsh crag between Tiber and Arno He received from Christ the last imprinted seal Which for two years he bore upon his limbs" (La Divina Commedia, Dante, Paradise, Canto XI, lines 106-108)

La Verna (Ar)

Distance:

Tranciscan sites: Sanctuary of La Verna

Pieve Santo Stefano (Tuscany) – Sansepolcro (Tuscany) *

Distance:	36 km
Height difference:	+ 1132 / - 1510 m
Difficulty:	demanding

* very long stages can be shortened with intermediates stops. Write us at info@viadifrancesco.it

REPENTANCE OF THE THIEVES AT **MONTECASALE**

It is said that three dangerous criminals once arrived at the door of the convent at Montecasale, asking for bread and wine. The gatekeeper friar admonished them soundly and sent them packing. Back at the convent, when the friar told St. Francis what had happened, he told them: "By this thing you have done, against charity and the Sacred Gospel of Christ, I command you in the name of holy obedience to take this sling of bread and this flask of wine. Go now after them across hill and valley until you find them, and give them all this bread and wine from me. Then kneel before them and humbly admit your wrongdoing and cruelty, offering a prayer from me that they should harm no man (Fioretti, Chapter XXVI)

San Sepolcro (province of Arezzo)

- (7) Franciscan sites:
- **b** The hermitage of Cerbaiolo Hermitage of Montecasale

Sansepolcro – Citerna (Tuscany – Umbria)

Lunghezza:	13 km
Height differen	ce: +150 / -100 n
Difficulty:	easy
	-

SAINT FRANCIS - IN CITERNA

"Take, take away, devil, what is yours". That miserable woman was immediately taken away and lifted up into the air, and thence forward was never seen again by a single soul (La Franceschina - G. Oddi, 1474, vol. I, p. 422)

LA VERNA 🔘 🥡

PIEVE S. STEFANO

CERBAIOLO

Pietralunga - Gubbio

SAINT FRANCIS - AT GUBBIO

Difficulty:

Gubbio (Pg)

7 Franciscan sites:

o dei Muratori

degli Spadalonga

Height difference: +651/-712 m

So when the son of Pietro Bernardone,

almost in rags, left Assisi walking with

(Vita prima - Tommaso da Celano)

6 Church of San Francesco Fondaco

Ohurch of San Francesco della Pace

6 Church of Santa Maria della Vittoria

VIA DI FRANCESCO

VIA LAURETANA

VIA AMERINA

VIA FLAMINIA

→ ROMA

→ ROMA

persecuted by his father, disinherited and

Providence as his guide, it led him on the road

to Gubbio, where he arrived in a state that can

be imagined after such as eventful journey...

26,2 km

demanding

SANSEPOLCRO

T 見 i

CITERNA

2

VIA DI FRANCESCO

CITTA' DI CASTELLO

COLLEVECCHIO

PIETRALUNGA

RIPA

BASTIA UMBRA

i A PERUGIA

VIA AMERINA

VIA LAURETANA

VIA LAURETANA

VIA DI FRANCESCO

VIA DI FRANCESCO

→ Rieti/ROMA

VIA FLAMINIA

Citerna (Pg)

- Tranciscan sites:
- Santissimo Crocifisso e Santa Maria Monastery
- 2 Church and Monastery of San Francesco

Citerna – Città di Castello

Distance:	18,7 km
Height difference:	+ 630 / -700 m
Difficulty:	demanding

SAINT FRANCIS - IN CITTÀ DI CASTELLO ...having heard that he was passing, the people of the district all ran to see him, men and women, young and old alike. With great devotion and longing they all wanted to touch him and kiss his hand. And he could not refuse the devotion of the people and so, although his hands were bound to hide the stigmata, he bound them more and covered them with his sleeves, and offered them just his fingers to kiss...

Città di Castello (Pg)

- Franciscan sites: 3 Church of San Francesco
- 4 Casa Salamacchi
- 6 Hermitage of Buonriposo

Città di Castello – Pietralunga *

Distance:	31 km
Height difference:	+1071 / - 808 m
Difficulty:	demanding

* very long stages can be shortened with intermediates stops. Write us at info@viadifrancesco.it

SAINT FRANCIS - AND NATURE

All praise be yours, my Lord, through our Sister Mother Earth, who sustains us and governs us, And produces various fruits with coloured flowers and herbs. (Canticle of Creation, Saint Francis' of Assisi)

Gubbio - Biscina

Distance:	22,8 km
Height difference:	+ 520 / - 500 m
Difficulty:	demanding

SAINT FRANCIS -

AND THE WOLF OF GUBBIO The sermon being ended, Saint Francis added these words:

"Listen my brethren: the wolf who is here before you has promised and pledged his faith that he consents to make peace with you all, and no more to offend you in aught, and you must promise to give him each day his necessary food; to which, if you consent, I promise in his name that he will most faithfully observe the compact." (Fioretti - Chapter XXI)

Gubbio (Pg)

- (7) Franciscan sites:
- Ohurch of Caprignone
- Former Abbey of Vallingegno 11 Hermitage of San Pietro in Vigneto

Biscina – Valfabbrica

Distance:	15,2 km
Height difference:	+ 420 / - 360 m
Difficulty:	medium

Valfabbrica (Pg)

GUBBIO

67

BISCINA

21 T ASSISI

置

FOLIGNO

T i 臭

55 56 57

SPOLETO (

Ti 真

46 47

S. MARIA

angeli

VIA LAURETANA

CALVI DELL'UMBRIA

FOSSATO

DI VICO

VALFABBRICA

(7) Franciscan sites:

NOCERA

22 23 24 25 26 27

28 29 30 31 32 33

34 35 36 38 39 40

TREVI

12 Church of Coccorano 13 Church of Santa Maria Assunta

BAGNARA

3 Santa Maria Maddalena Church 3 SS Trinità Church 1 Tempio della Minerva (Church of Santa

Maria sopra Minerva)

39 San Pietro Church

35 San Francesco Woods

Valfabbrica – Assisi

FRANCIS' BIRTHPLACE

DANTE DESCRIBES ASSISI, SAINT

From this hillside, where it abates its rise, a

sun was born into the world, much like this

Therefore let him who names this site not say

(Divina Commedium- Dante Alighieri, Paradiso

Ascesi, which would be to say too little, but

sun when it is climbing from the Ganges.

Basilica di Santa Maria degli Angeli

Eremo delle Carceri Hermitage

Santa Maria Maggiore Church

3 San Francesco Piccolino Oratory

3 Santa Maria di Rivotorto Sanctuary

Basilica of San Francesco

3 San Benedetto al Subasio Abbey

Orient, if he would name it rightly.

Assisi (Pg) District of

Tranciscan sites:

(7) Franciscan sites:

Sacro Convento

Pellegrini Oratory

28 Palazzo Vescovile

3 Nuova Church

36 Casa Gualdi

San Rufino Cathedral

San Damiano Church

Basilica of Santa Chiara

Santa Maria degli Angeli

Difficulty:

Canto XI)

Assisi (Pg)

Assisi – Nocera Umbra – Bagnara di Nocera

Distance:	32 km
Height difference:	+ 1349 / - 1192 m
Difficulty:	demanding

THE LAST JOURNEY OF SAINT FRANCIS ...While Francis, afflicted with illness or almost close to death, found himself in Luogo

di Nocera, the people of Assisi sent a solemn delegation to get him.. (Second Life by Tommaso da Celano)

(7) Franciscan sites:

- 4 Church of Satriano 49 Nocera Umbra
- 43 La Romita Bagnara di Nocera Umbra

Valfabbrica - Ripa (variation)

Distance:	10,5 km
Height difference:	+ 90 / - 50 m
Difficulty:	easy

Ripa - Perugia (variation)

Di	stance:	16,5 km	
Не	eight difference:	+ 320 / - 170 m	
Di	fficulty:	medium	

SAINT FRANCIS - IN PERUGIA What do you think I will become in life? Know

that I will be worshipped all over the world (Legend of the Three Companions, Chapter II, 4- F.1398))

Perugia

- (7) Franciscan sites:
- Memorial to the Battle of Collestrada

Perugia - Assisi (variation)

Distance:	14 km	Distance:	27 km
Height difference:	+ 550 / - 330 m	Height difference:	+ 350 / - 355 m
Difficulty:	medium	Difficulty:	medium

PERFECT HAPPINESS

...One day, as Saint Francis was going with Brother Leo from Perugia to Saint Mary of the Angels, the holy brother explained to his travel companion what things are perfect joy... (Fioretti - Chapter VIII)

Bastia Umbra (Pg)

- (7) Franciscan sites:
- (19) Church of San Paolo delle Abbadesse

Bastia Umbria (Pg) District of Ospedalicchio

(7) Franciscan sites:

Assisi – Foligno

Shrine of the Madonna del Rosario

For places associated with Saint Francis of Assisi compare the Valfabbrica – Assisi stage

Distance: 20 km Height difference: + 504 / - 372 m		
Height difference: + 504 / - 372 m	Distance:	20 km
	Height difference:	+ 504 / - 372 m

Assisi - Foligno (hiking variation

		-	
Distance:	22 km	Distance:	15,9 km
Height difference:	+ 1080 / - 874 m	Height difference:	+ 490 / - 680
Difficulty:	demanding	Difficulty:	demanding

SAINT FRANCIS - IN FOLIGNO

Francis therefore leapt to his feet, made the sign of the cross, prepared a horse, got into the saddle, and taking scarlet cloth with him set off at speed for Foligno. There, as was his custom, he sold all his goods and with a stroke of luck sold his horse as well. (Vita prima - Tommaso da Celano, 333-335)

Spello (Pg)

- (7) Franciscan sites:
- 45 Church and Monastery of San Girolamo 6 Church of Sant'Andrea Apostolo
- 49 Church and Convent of Santa Maria di Vallegloria

Foligno - Cannara (Pg)

- **7** Franciscan sites: 68 Church of San Francesco
- Memorial to the Sermon to the Birds (Cannara)

Foligno – Trevi

Distance:	13 km
Height difference:	+ 260 / - 90 m
Difficulty:	easy

...Saint Francis' said before everyone

SAINT FRANCIS - IN TREVI

there: Brother ass, be guiet and let me preach. And the ass immediately calmed down, put its head between its legs and stood still, in total silence..." (De Conformitate - Bartolomeo da Pisa)

- **7** Franciscan sites:
- 50 Church of San Francesco
- 10 Church of St. Peter in Bovara 52 Church of S. Maria di Pietra Rossa

Trevi – Poreta

12,4 km Distance: Height difference: + 430 / - 470 m Difficulty: medium

Poreta - Spoleto

stance:	15,9 km
eight difference:	+ 520 / - 500 m
ficulty:	challonging

SAINT FRANCIS' DREAM

Having set off, he walked as far as Spoleto and there began to feel unwell. However, worried about his journey, as he dozed he heard a voice asking him where he was heading. Francis told him about his ambitious plan. And the answer came. "Who would be more useful to you? The master or the servant?". He answered, "The master" The answer came, "So why abandon the other people". (II Cel., 141) master to follow the servant, and the prince

So Francis asked, "Lord, what would you have me do?". The answer came, "Go back to your town and there you'll be told what to do;

because you should interpret the vision you saw in a totally different way". Legend of the Three Companions (Chapter II):

Spoleto (Pg)

for the subject?"

- Tranciscan sites: 53 Monteluco
- Monastery of San Francesco 55 Church of San Sabino
- 60 Church of St. Ansanus 5 Spoleto Cathedral

Spoleto – Ceselli

Distance:	15,9 km
Height difference:	+ 490 / - 680 m
D:((; II	1 1

Nil iucundius vidi valle mea spoletana I have never seen anything more joyful than

SAINT FRANCIS - IN SPOLETO

my Spoleto valley - Saint Francis'

Ceselli – Arrone

Distance:	14 km
Height difference:	+ 130 / - 180 m
Difficulty:	easv

SAINT FRANCIS - AND NATURE All praise be yours, my Lord, through Sister Water, so useful, humble, precious and pure. (Canticle of Creation, Saint Francis' of Assisi)

Arrone (Tr)

- (7) Franciscan sites:
- 58 Former Monastery of San Francesco

Arrone – Piediluco

Distance:	13 km	
Height difference:	+ 180 / - 20 m	
Difficulty:	medium	

Piediluco (Tr)

- 69 Church of San Francesco

Piediluco – Poggio Bustone (Umbria – Lazio)

Distance:	21 km
Height difference:	+ 750 / - 450
Difficulty:	challenging

ST. FRANCIS AT POGGIO BUSTONE "Greetings, good people!" This is how Francis is said to have greeted

the inhabitants of Poggio Bustone when he first arrived at the little village on the slopes of the Appennines. (Annales Minorum, seu Trium Ordinum a S. Francisco institutorum, L. Wadding, 1931)

Poggio Bustone (Ri)

(7) Franciscan sites:

d The Beech Tree of St. Francis

Sanctuary of Poggio Bustone

Arrone - Terni (variation)

Distance:	14 km
Height difference:	+ 262 / - 369 m
Difficulty	2001/

FRANCESCO IN TERNI

«He preached once to the people of Terni and the bishop of the city, once he had finished preaching, addressed him with words of praise before everyone, making the following statement: "In this past hour God has illuminated his Church with this poor man of no value, who is simple and uneducated. Therefore we must always praise the Lord, knowing well that he did not do so for any

Terni Stroncone Greccio (variatio

FRANCESC	CO IN GRECCIO
"Francis lov	ed the hermitage of Greccio,
where the b	prothers were virtuous and poor '

(Leggenda Perugina, 34, in Fonti Francescane.

Editio Minor, Assisi, Movimento Francescano,

Height difference: + 1166 / - 683 m

Terni / Stroncone / Greccio

Distance:

(7) Franciscan sites: 60 Church of San Francesco

f Eremo di Greccio

- 61 Church of San Cristoforo © Church of San Francesco (Stroncone)
- Monastery of San Francesco (Stroncone)
- 64 Church of St. Valentine 65 Franciscan Protomartyrs Walk

Cammino dei Protomartiri

Francescani (Franciscan Protomartyrs Walk) c.ca 90 km

Calvi dell'Umbria, Narni, San Gemini)

Difficulty: The Cammino dei Protomartiri Francescani is a pilgrimage itinerary that follows the paths of the Terni area of Umbria, stopping in the birthplace villages of the Franciscan protomartyrs and the most important places associated with the passing of

Saint Francis. For maps and information

6 (Terni, Stroncone, Cesi,

La Valle Reatina (Lazio)

www.camminoprotomartiri.it

The Sacred Valley of Rieti is full of testimony to St. Francis. The Greccio Hermitage, the Sanctuaries of Fontecolombo and La Foresta, the temple of Terminillo and the Beech Tree of St. Francis are just some of the best-known landmarks. If you would like to see these places, a visit to the website of the Rieti tourist board is highly recommended,

- **7** Franciscan sites:
- 1 The Greccio Hermitage

at www.camminodifrancesco.it.

Sanctuary of Fontecolombo Sanctuary of La Foresta Temple of Terminillo

Rieti – Roma

The path continues along the last 100 km towards Rome, linking the Rieti Valley to St. Peter's Tomb, along the ancient "Salt Route".

route, and for more information, why not visit www.camminodifrancesco.it

Note: All the information in this guide has been written and printed

To learn more about the various stages of the

in good faith based on the knowledge available to Umbria Regional Council, and every effort has been made to ensure its accuracy. Nevertheless, we recommend information is checked before a holidar is booked. Umbria Regional Council is not responsible for any damage, difficulty or negligence caused by the information in this guide.

LEGEND

Airport

The Saint Francis' Way – The Rome Way



Roads Train stations

7 Tourist Information







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VIA DI ROMA ∠ ROMA

PORETA

POGGIO BUSTONE

LA FORESTA 1

RIETI 📊 🥫 🗒

TERMINILLO

CESELLI

Faggio di San Francesco

○ FONTECOLOMBO

PIEDILUCO

STRONCONE Colli s. Velino

GRECCIO

6 Church of San Francesco al Prato

Monastery of Monteripido 6 Church of San Francesco delle Donne Prison of Sopramuro

The Saint Francis' Way

One walk to reach Assisi in the footsteps of St. Francis of Assisi, starting from the North (La Verna) or South (Greccio), or one single itinerary from La Verna to Assisi and then Rome: this is the St. Francis Way.

The route, more than 270 km long in Umbria, winds through the heart of the Italian countryside to the dreamlike destination of the Umbrian town of Assisi, the birthplace of St Francis which even today represents the ideal coexistence between Man and Creation.

St. Francis' Way is a journey, pilgrim-style, based on respect for the countryside, art, history and traditions of Italy, in a region in which travellers, the small community of Umbria and Nature peacefully coexist. The following pages describe the Umbrian stretch of the Way, and also provide useful tips for pilgrims wishing to continue their journey through Lazio and Tuscany.

If you would like maps, GPS coordinates or other information, please contact us at info@viadifrancesco.it.

Put your rucksack on and lace up your hiking boots, because "the walkers make the walk"!















Here, in the medieval towns just a short distance from solitary heritages, on the roads linking plains and mountains, in a landscape dotted with trees, rocks and winding rivers, Francis of Assisi unveiled to the world his evangelical message of love for Nature and all its creatures, peace and harmony among all men. The whole of Umbria tells of St.

The Basilica of St. Francis, with its frescoes by Giotto and Cimabue, is at the half-way point along the route, which in itself is a journey through the history of Italy. The secrets of the centuries are waiting to be discovered in the many museums, art galleries, historic buildings and squares to be found in the old towns and villages.

To find out more about Umbria, a region linked inextricably to St. Francis and his religious movement, visit www.viadifrancesco.it or contact us on www.facebook.com/viadifrancesco.

Your walk along the St. Francis' Way in Umbria, will introduce you to the people, the buildings and the works of art inspired by the Poor Man of Assisi.



After a long day on the road, there is a wide offer of accommodation, shelter and refreshment.

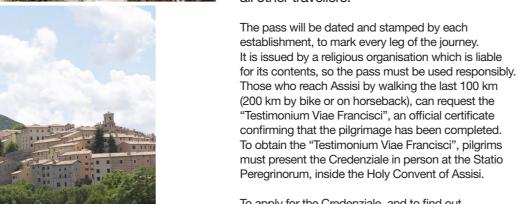
The decision is up to you - it depends on what you like or what you might need. In the "Hospitality" section of the website www.viadifrancesco.it, you will find a varied offer to suit all tastes and pockets. There are country guest houses, hotels, B&Bs, rooms for rent and much more besides.

There is also a section offering "humble" shelter for pilgrims, which is currently under development. When complete it will include rooms and accommodation provided by public, private and religious institutions for pilgrims carrying the Credenziale pass. To obtain a list of these facilities, please email us at info@viadifrancesco.it. You can also book accommodation at specialised establishments.

For more information, please contact the "Umbria and Francesco's Ways" consortium, website: www.umbriafrancescosways.eu by email at info@umbriafrancescosways.eu.







To apply for the Credenziale, and to find out where you can collect the Testimonium Viae Francisci, visit the "St. Francis' Way" page on the website www.viadifrancesco.it, or find us on Facebook,

Credenziale

pass and Testimonium

The Credenziale is an identity pass issued to pilgrims as they retrace the footsteps of St. Francis, helping to distinguish them from



The Saint Francis' Way by bike

The route is also suitable for cyclists, and covers 16 sections totalling 296 km.

The cycling option for the Saint Francis' Way, which is suitable for city or hybrid bikes, comprises eight legs almost entirely on tarmac (except for the short stretch at Pieve dei Saddi), for a total of 296 kilometres. Very fit cyclists could combine the various legs, reducing the total number.

The legs are shown below: Citerna - Pietralunga - 46,3 km Pietralunga - Gubbio - 26,8 km Gubbio - Perugia - 64,8 km Perugia – Assisi – 29,7 km Assisi – Trevi – 36,5 km Trevi - Monteluco - 30 km Monteluco - Scheggino - 31 km Scheggino - Piediluco - 31 km

For more information, contact us at: www.viadifrancesco.it or www.facebook.com/viadifrancesco

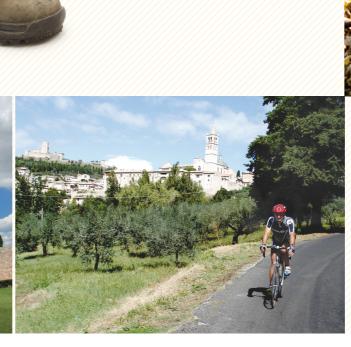


Good Food Communities

As you walk the Saint Francis' Way you'll meet the people of Umbria, who enjoy living in their small communities and are proud to have brought their hearty land, with its great history and cuisine, and authentic sacred values like friendship and hospitality, into the modern era. These are the people whose work in the fields over the centuries has helped to create a landscape in which nature and culture exist in perfect harmony.

You too can help safeguard the landscape by choosing local produce linked to the area's history. In this way you'll be supporting the producers, protecting the environment (local produce equals less pollution) and helping to keep the culture of good food alive. Behind every product there is a long story that you can discover by talking to the farmers and shepherds you meet along the way. The food will taste much better, you'll see. "Umbria & Francesco's Ways have created the "Pilgrim Menu" made entirely with local products that respect the environment and the special wines and foods of

For more information, please visit www.umbriafrancescosways.eu/menu-pellegrino If you would like to find out more about food culture in Umbria and its typical products, send an email to info@viadifrancesco.it. We're here to help, vai su www.umbriafrancescosways.eu/menu-pellegrino Se sei curioso di conoscere la cultura del cibo in Umbria e i suoi prodotti tipici, manda una mail a: info@viadifrancesco.it, siamo qui per aiutarti.



to get to Umbria

Umbria, the green heart of Italy, is in central Italy. It borders with Tuscany, The Marche and Lazio. Thanks to its central position it is easy to reach by any means of transport:

- Airport Sant'Egidio di Perugia
- www.airport.umbria.it (15 km) Airport Raffaello Sanzio di Ancona
- www.ancona-airport.com (125 km) Airport Amerigo Vespucci di Firenze
- www.aeroporto.firenze.it (168 km) Airport Fiumicino / Ciampino di Roma
- www.adr.it (200 km) Airport Galileo Galilei di Pisa
- www.pisa-airport.com (258 km)

By car:

- Motorway exits A1 Firenze Roma - Motorway exits A14 Taranto - Bologna:
- Superstrada highway E45 Cesena Orte

- Ferrovie dello Stato railways -Trenitalia www.trenitalia.com

By bus:

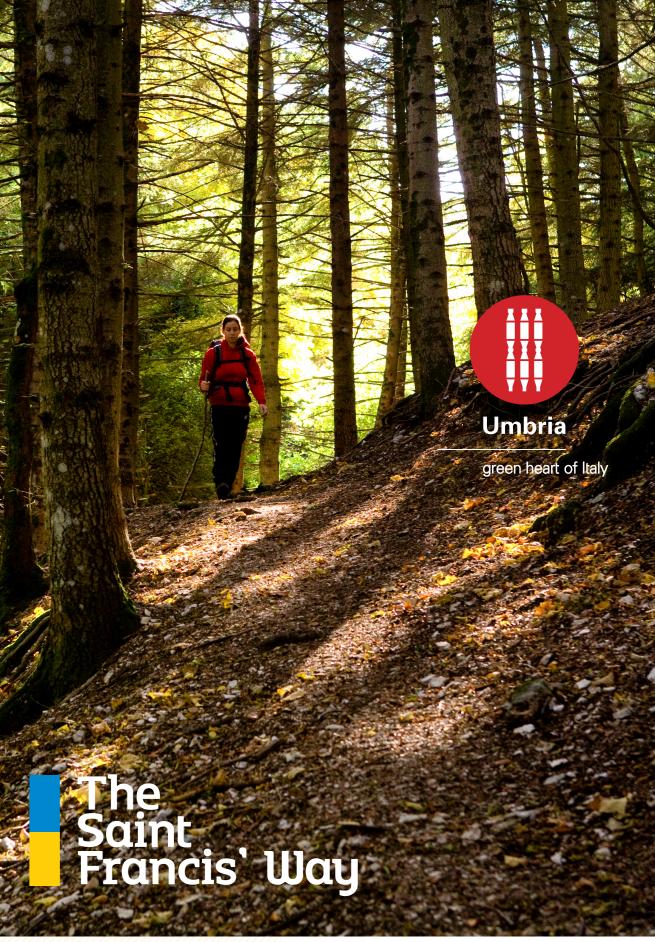
The main towns in Umbria are linked with the other Italian regions by daily and weekly services. If you want information about the links to your home, write to us at: info@viadifrancesco.it

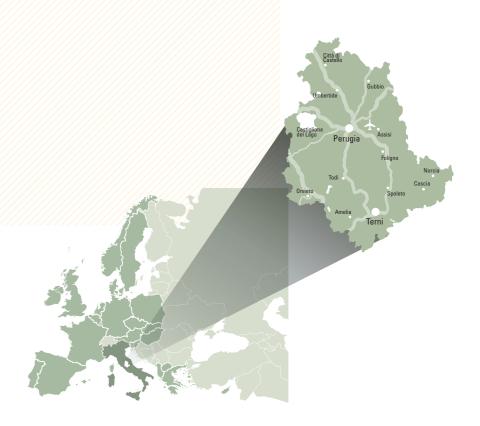
Walks in Umbria

Suitable for walks in mountains and valleys Umbria, with its silence, sounds, light and shadow, has deeply rooted in itself the full essence of pilgrimage and walking.

In addition to the St. Francis Way there are other important Franciscan walks. If you would like to receive more information on the walks in Umbria, write us at info@viadifrancesco.it. Finally, a few years ago the "Cammino dei Protomartiri Francescani" ("Franciscan Protomartyrs Way") was created to honour the Franciscan Protomartyr Saints. The itinerary starts in Terni and crosses the birthplaces of the Protomartyrs: Stroncone, Cesi, Calvi dell'Umbria, Narni and San Gemini. The route has been planned in 6 recommended stages, with intermediumte stops so that pilgrims can alter them to meet their own needs. For more information, please visit the link: www. camminoprotomartiri.it

For more information on the walks and footpaths in Umbria, please visit the website at www.umbriatourism.it







www.viadifrancesco.it



www.umbriatourism.it





Download the app "Via di Francesco" and find information, suggestions and itineraries. Everything with just one download! The app can be downloaded for free in Italian and English for both iOS and Android device













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