

Planning your trip

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 (Tuscany)

Distance: 15 km
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)

- Franciscan 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 again..." (Fioretti, Chapter XXVI)

San Sepolcro (province of Arezzo)

- Franciscan sites:
- The hermitage of Cerbaio
- Hermitage of Montecasale

Sansepolcro – Citerna (Tuscany – Umbria)

Lunghezza: 13 km
Height difference: + 150 / - 100 m
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)

Citerna (Pg)

- Franciscan sites:
- Santissimo Crocifisso e Santa Maria Monastery
- 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:
- Church of San Francesco
- Casa Salamacchi
- 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. (Cantic of Creation, Saint Francis' of Assisi)

Pietralunga – Gubbio

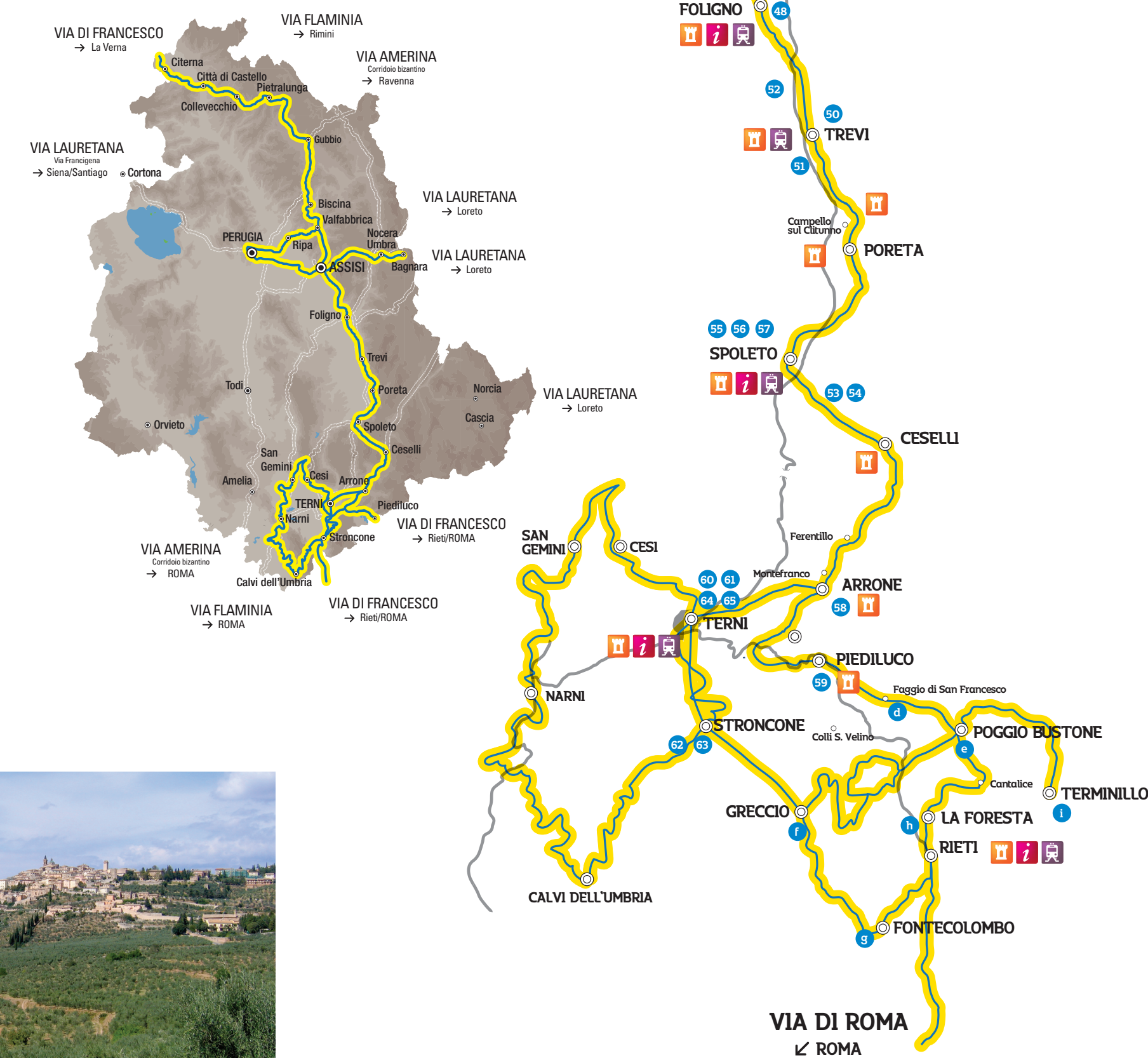
Distance: 26,2 km
Height difference: + 651 / - 712 m
Difficulty: demanding

SAINT FRANCIS - AT GUBBIO

So when the son of Pietro Bernardone, persecuted by his father, disinherited and almost in rags, left Assisi walking with 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... (Vita prima - Tommaso da Celano)

Gubbio (Pg)

- Franciscan sites:
- Church of San Francesco Fondaco degli Spadalonga
- Church of San Francesco della Pace o dei Muratori
- Church of Santa Maria della Vittoria



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)

- Franciscan sites:
- Church of Caprignone
- Former Abbey of Valligegno
- Hermitage of San Pietro in Vigneto

Biscina – Valfabbrica

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

Valfabbrica (Pg)

- Franciscan sites:
- Church of Coccorano
- Church of Santa Maria Assunta

Valfabbrica – Assisi

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

DANTE DESCRIBES ASSISI, SAINT FRANCIS' BIRTHPLACE

From this hillside, where it abates its rise, a sun was born into the world, much like this sun when it is climbing from the Ganges. Therefore let him who names this site not say Ascesi, which would be to say too little, but Orient, if he would name it rightly. (Divina Commedium- Dante Alighieri, Paradiso, Canto XI)

Assisi (Pg) District of Santa Maria degli Angeli

- Franciscan sites:
- Basilica di Santa Maria degli Angeli

Assisi (Pg)

- Franciscan sites:
- Eremo delle Carceri Hermitage
- San Benedetto al Subasio Abbey
- Basilica of San Francesco
- Sacro Convento
- Pellegrini Oratory
- Santa Maria Maggiore Church
- Palazzo Vescovile
- San Rufino Cathedral
- San Damiano Church
- Basilica di Santa Chiara
- Nuova Church
- San Francesco Piccolino Oratory
- San Pietro Church
- San Francesco Woods
- Casa Guadri
- Santa Maria di Rivortorto Sanctuary
- Santa Maria Maddalena Church
- SS Trinità Church
- Tempio della Minerva (Church of Santa Maria sopra Minerva)

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)

- Franciscan sites:
- Church of Satriano
- Nocera Umbra
- La Romita
- Bagnara di Nocera Umbra

Valfabbrica – Ripa (variation)

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

Ripa – Perugia (variation)

Distance: 16,5 km
Height difference: + 320 / - 170 m
Difficulty: 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

- Franciscan sites:
- Church of San Francesco al Prato
- Monastery of Monteripido
- Church of San Francesco delle Donne
- Prison of Sopranuro
- Memorial to the Battle of Collestrada

Perugia – Assisi (variation)

Distance: 27 km
Height difference: + 350 / - 355 m
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)

- Franciscan sites:
- Church of San Paolo delle Abbadesse

Bastia Umbria (Pg) District of Ospedalicchio

- Franciscan sites:
- Shrine of the Madonna del Rosario

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

Assisi – Foligno

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

Assisi – Foligno (hiking variation)

Distance: 22 km
Height difference: + 1080 / - 874 m
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)

- Franciscan sites:
- Church and Monastery of San Girolamo
- Church of Sant'Andrea Apostolo
- Church and Convent of Santa Maria di Vallegloria

Foligno - Cannara (Pg)

- Franciscan sites:
- 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 - IN TREVI

"...Saint Francis' said before everyone there: Brother ass, be quiet 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)

Trevi (Pg)

- Franciscan sites:
- Church of San Francesco
- Church of St. Peter in Bovara
- Church of S. Maria di Pietra Rossa

Trevi – Poreta

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

Poreta – Spoleto

Distance: 15,9 km
Height difference: + 520 / - 500 m
Difficulty: challenging

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 master to follow the servant, and the prince for the subject?". 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)

- Franciscan sites:
- Montelucio
- Monastery of San Francesco
- Church of San Sabino
- Church of St. Ansanus
- Spoleto Cathedral

Spoleto – Ceselli

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

SAINT FRANCIS - IN SPOLETO

Nili lucundius vidi valle mea spoletana I have never seen anything more joyful than my Spoleto valley - Saint Francis'

Ceselli – Arrone

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

SAINT FRANCIS - AND NATURE

All praise be yours, my Lord, through Sister Water, so useful, humble, precious and pure. (Cantic of Creation, Saint Francis' of Assisi)

Arrone (Tr)

- Franciscan sites:
- Former Monastery of San Francesco

Arrone – Piediluco

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

Piediluco (Tr)

- Franciscan sites:
- 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 Apennines. (Annales Minorum, seu Trium Ordinum a S. Francisco institutorum, L. Wadding, 1931)

Poggio Bustone (Ri)

- Franciscan sites:
- The Beech Tree of St. Francis
- Sanctuary of Poggio Bustone

Arrone – Terni (variation)

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

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 other people". (Il Cel., 141)

Terni Stroncone Greccio (variation)

Distance: 23 km
Height difference: + 1166 / - 683 m
Difficulty: demanding

FRANCESCO IN GRECCIO

"Francis loved the hermitage of Greccio, where the brothers were virtuous and poor..." (Leggenda Perugina, 34, in Fonti Francescane. Edizio Minor, Assisi, Movimento Francescano, 1986)

Terni / Stroncone / Greccio

- Franciscan sites:
- Church of San Francesco
- Church of San Cristoforo
- Church of San Francesco (Stroncone)
- Monastery of San Francesco (Stroncone)
- Church of St. Valentine
- Franciscan Protomartyrs Walk
- Eremo di Greccio

Cammino dei Protomartiri Francescani (Franciscan Protomartyrs Walk)

Distance: c.ca 90 km
Tappe: 6 (Terni, Stroncone, Cesi, Calvi dell'Umbria, Narni, San Gemini)
Difficulty: medium

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 www.camminoprotomartiri.it

La Valle Reatina (Lazio)

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, at www.camminodifrancesco.it.

Rieti

- Franciscan sites:
- The Greccio Hermitage
- 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".

To learn more about the various stages of the route, and for more information, why not visit www.camminodifrancesco.it

Note: All the information in this guide has been written and printed 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 holiday is booked. Umbria Regional Council is not responsible for any damage, difficulty or negligence caused by the information in this guide.

LEGEND

- The Saint Francis' Way – The Rome Way
- Franciscan sites
- Sites to visit
- Roads
- Train stations
- Airport
- Tourist Information



