

Assisi to Rieti



**Follow
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.



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 3 of 5

 135.3km

 10 days

 Comfort

 Easy

Starting from
€1181

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 | 16.9km average | 20.8 max

Ascent:

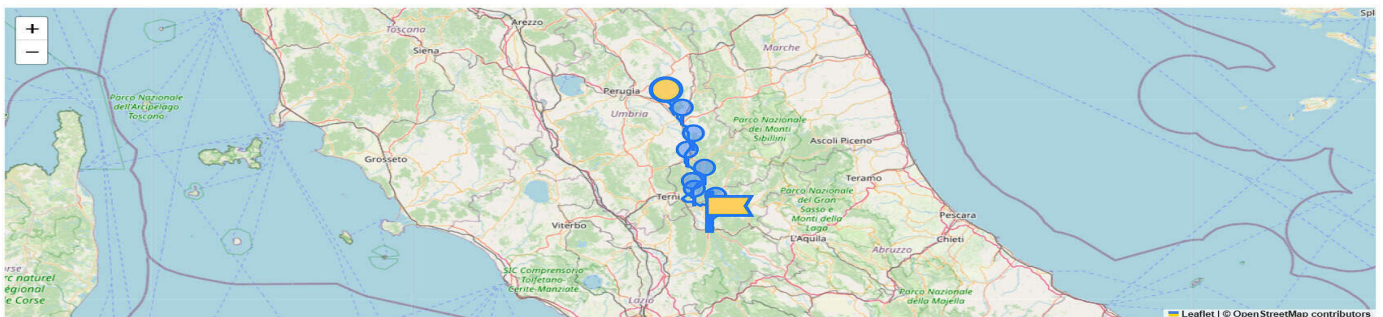
128.6 min | 454.8m average | 1121.9 max

Cardio:

1 1.8 2

The trip begins in Assisi, home of St Francis, and will lead you on a captivating tour of Umbria and parts of Lazio. This section of the tour includes a stop at Rieti, the site of the 'Miracle of Wine' where St Francis miraculously doubled the crop of local vineyards in the 13 Century. So, it only makes sense that you sit back and enjoy a wonderful Colli della Sabina D.O.C. wine.

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

ASSISI

Arrive into Assisi, the birthplace and final resting place of St Francis. This town is full of stories and connections to St Francis and well worth exploring. Here, you will experience a sense of peacefulness, not only at the Basilica of San Francesco but also throughout the town. Take some time to embrace this peacefulness with a coffee or wine in a quiet square

Day
2
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
3
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
4
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
5
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
6

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
7

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
8

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
9

19.6 km

POGGIO BUSTONE -> RIETI

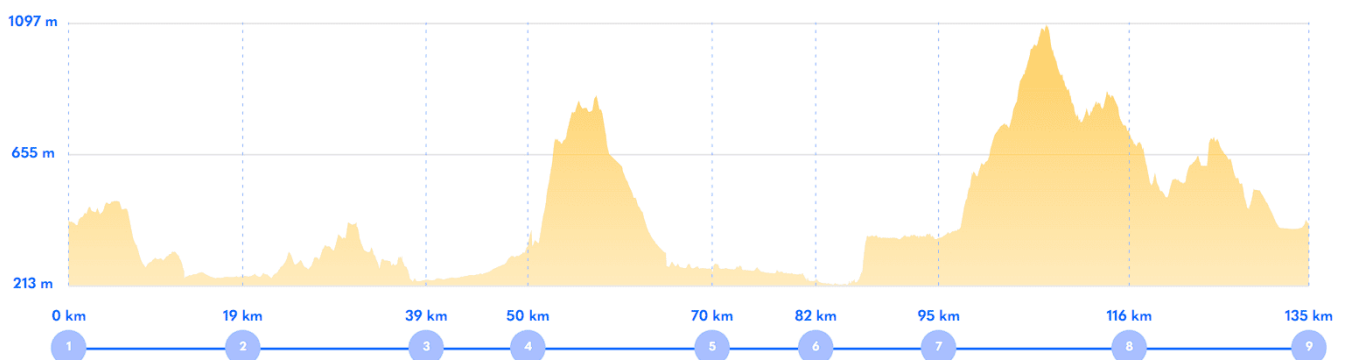
Rolling hills await you on your journey to Santuario La Foresta. It is here that St Francis stayed a number of times when he was ill towards the end of his life. With many people flocking to the area, the local vineyards soon realised that their livelihoods were being destroyed by all the people consuming 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
10
km

RIETI

After breakfast, we bid you farewell or welcome you to the next and final stage of the St Francis Way. Santa Maria Assunta Cathedral is an awe-inspiring sight in a country known for beautiful churches, and is simply a must-see. While in town, relax in peaceful surroundings and take in the beauty of this historic place by enjoying the local food and wine.

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:

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

ABOUT US

At Follow the Camino, we are 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 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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