

# Rieti to Rome



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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 4 of 5

 102.6km

 8 days

 Comfort

 Easy

Starting from  
€1138

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

Popular Time

Good Time

Off/Low Season

Not Possible

Overall

Distance:

11.3 min | 17.1km average | 20.6 max

Ascent:

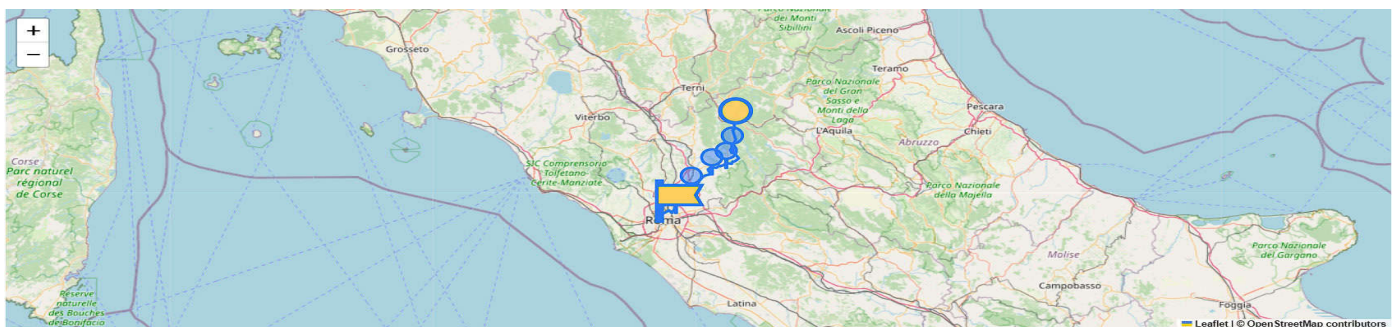
217.5 min | 448m average | 715.6 max

Cardio:

2 2.5 3

This final section of the St Francis Way takes you from the Apennine mountain range down into the fertile Tiber Valley plain along quiet tree-lined paths. Eventually, you will be leaving behind the remote Italian countryside as you arrive into the busy outer-suburbs of Rome and head for the final destination: the historic Basilica of St Peter in the Vatican City.

## 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

## **RIETI**

We start the last stage of the St Francis way from Rieti. This town in the Lazio region is steeped in history from the Roman period right up to today. Located on the slopes of the Reatini and Sabini mountains, Reiti is surrounded by spectacular mountainous scenery. It is easy to see why St Francis spent so much time in the surrounding tranquil countryside. Pay a visit to the town hall, which dates back to the 13th Century, and the romantic Cathedral, which preserves some precious artworks from the great painters of their day.

Day  
2  
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  
3  
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  
4  
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  
5  
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

6

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 class 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

7

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

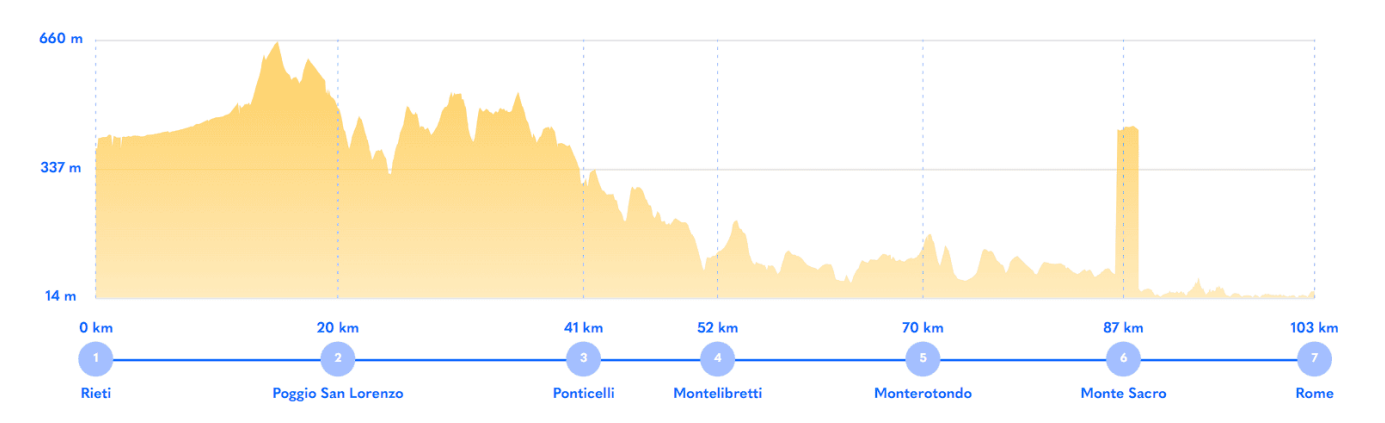
8

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 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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