



7-Day Walking Pilgrimage: To Rome on the Via Francigena

Catholic Charities of California invites you to join a seven-day walking pilgrimage to Rome:

2018

- June 3-9
- September 14-20

Walk an ancient and beautiful route to Saint Peter's Basilica in Rome, a spiritual and transformative experience! Travel 80 miles through some of the most stunning scenery in Lazio, with the majority of the walking taking place on off-road tracks and ancient Roman roads. This route is becoming very popular, so this is an opportunity to take advantage before the crowds appear! A portion of the cost of your trip will also support crucial services for Californians in need.

For more information, or to make a reservation for this pilgrimage, contact us at Pilgrim@CatholicCharitiesCA.org or call (916) 706-1539.

The Via Francigena

Today, the Via Francigena is a lesser-known pilgrimage route. Toward the end of the first millennium and the beginning of the second, pilgrimage gained increasing importance among European Christians. Christian holy places included Jerusalem, Rome and Santiago de Compostela. The Via Francigena—the road from France—became the central hub of pilgrimages, also known as the great ways of faith.

The Via Francigena pilgrimage began at the Canterbury Cathedral in England, crossing France, Switzerland and Italy ending at Saint Peter's Cathedral at the Vatican in Rome. On a typical day, as many as 3,000 people used the route, including pilgrims, traders, merchants, scholars and other travelers. Pilgrims usually travelled in large groups and walked about eight hours per day. Inns, canonries (the office of those who are approved by the pope to practice ecclesiastical rule or law), and monasteries, served pilgrims along the way. Over time, pilgrimages lost popularity and alternative commercial routes replaced the Via Francigena.

In 990, Archbishop Sigeric the Serious walked the Via Francigena to St. Peter's to collect his cloak of office from the Pope. He recorded his journey in detail. These diaries were discovered in the 1980s and pieced together by academics. Details provided by these diaries allowed the ancient route to be reconstructed and in 1985 pilgrims

walked it again for the first time in hundreds of years. The Italian government has since invested in its reconstruction for use by pilgrims. It is a beautiful walk with transformative powers.

Trip Highlights

- ✓ Walk the final leg of the Via Francigena into Rome.
- ✓ Small group sizes
- ✓ Stay at quality accommodations; rooms with a private bath where possible
- ✓ Walk through rural Lazio and pass through many hill top villages, Etruscan and Roman remains, papal palaces, and thermal pools.
- ✓ Enjoy the famous Est! Est!! Est!!! wine in Montefiascone.
- ✓ Explore Viterbo, the best preserved medieval town in the Lazio region.
- ✓ Bathe in the thermal pools of Bagnaccio.
- ✓ Discover the Roman amphitheater in Sutri.
- ✓ Enjoy many fabulous churches.
- ✓ Walk by rivers, streams and waterfalls and the valley of Sorbo, home to wild horses.
- ✓ Walk into Rome through Insugherata and Mount Mario parks, with panoramic views of Rome.
- ✓ Receive a passport to get stamped along the way and the opportunity to receive an official Testimonium from the Vatican verifying you have walked the Via Francigena.

Cost

2018

- \$1,800 Double Occupancy
- \$2,000 Single Occupancy
- Deposit is \$300

What's Included

- ✓ Catholic Charities of California Hosted Dinners in Montefiascone and Rome
- ✓ 7 nights of lodging with private bath
- ✓ Luggage transfers
- ✓ Some meals
- ✓ Guide booklet and Patron Saint Prayer Card
- ✓ A contribution to the work of Catholic Charities of California

Add Ons (for an additional cost)

- ✓ Additional nights of lodging
- ✓ Vatican Tour
- ✓ 5-Night Rome & Tuscany Add On (2 nights in Rome, 3 nights in Tuscany; see separate itinerary for details)

Itinerary

Note: Miles are approximate from city to city.

<u>Day</u>	<u>Description</u>	<u>Distance</u>	<u>Notes</u>
1	Arrive Montefiascone	0.0	Enjoy striking views over Lake Bolsena and the Cimini Mountains. View hand-painted frescoes in San Flaviano and the Fortress of the Popes. Dinner hosted by Catholic Charities of California, including Est! Est!! Est!!!, the famous local wine.
2	Walk to Viterbo	11.6 miles	Start at the Rocca dei Papi, Montefiascone. End at Piazza del Plebiscito, Viterbo. Difficulty by foot: Easy. Bring a bathing suit! Walk the spectacular Via Cassia, the best preserved section of paved Roman roads north of Rome. Enjoy gorgeous views of Montefiascone, Viterbo, and Lake Bolsena. Relax at the thermal baths of Bagnaccio. Arrive in Viterbo, the best preserved medieval town in Lazio, the intermittent Papal seat for 24 years in the late 13 th century, and later a Papal summer home. Visit Viterbo's historical center and San Pellegrino district.
3	Walk to Vetralla	11.4 miles	Start at Piazza del Plebiscito, Viterbo. End at Duomo di Vetralla. Difficulty by foot: challenging. View the Roman ruins of Ponte Camillario and Etruscan catacombs. Walk among fields and woods. Pass Lak Vico. At the entrance to Vetralla see the ruins of the Pieve of Saint Maria di Forcassi.
4	Walk to Sutri	14.7 miles	Start at Duomo di Vetralla. End at Anfiteatro Romano, Sutri. Difficulty by foot: moderate. Walk along a beautiful wooden track before reaching the Church of Madonna di Loreto. Pass hazelnut and oak trees to arrive at the ruins of an old monastery. Continue to the pretty village of Capranica. Sutri has an ancient Roman amphitheater and charming historical center. View amazing frescoes at the Church of Santa Maria del Parto.
5	Walk to Campagnano di Roma	16.8 miles	Start at Anfiteatro Romano, Sutri. End at Chiesa del Gonfalone, Campagnano di Roma. Difficulty by foot: moderate. Traverse fields until Monterosi and then walk through more fields. Reach the Monte Gelato waterfalls, a nice park for a rest. Further along, arrive at Veio Park, and walk along a panoramic excavated street leading into Campagnano.
6	Walk to La Storta	15.2 miles	Start at Chiesa del Gonfalone, Campagnano. End at Chiesa Parrocchiale, La Storta. Difficulty by foot: moderate. Admire enchanting views of the Latium countryside. View the Church of Madonna del Sorbo. Pass Etruscan ruins at Veii. Visit Formello's historical center at the Palazzo.
7	Walk to Roma	10.7 miles	Start at Chiesa Parrocchiale, La Storta. End at Piazza San Pietro, Roma and go to the Pilgrim's office to receive a Testimonium. Difficulty by foot: easy. Walk through the outskirts of Rome. At times there will be a lot of traffic. Enjoy amazing views of Rome on Monte Mario. Dinner hosted by Catholic Charities of California.
8	Roma	0.0	Departure OR enjoy an Add Ons (additional cost): <ul style="list-style-type: none"> • Additional nights of accommodation in Rome • Vatican tour • 5-Night Rome & Tuscany Trip

Additional Information

Meals: Breakfast is included at some hotels and this will be indicated in the guide booklet. Dinner is hosted by CCC on the first and last evening of the pilgrimage.

Weather: In Rome, the daily temperatures in June average 62F to 84F. In September, daily temperatures average 66F to 73F.

Transportation: Trip cost does not include flights. Upon request, CCC will assist pilgrims with arranging transport to and from Rome. For the Via Francigena, fly into Rome and make your way to Montefiascone by train or taxicab (taxi recommended, approximately €160 and travel time is 1.5 hrs.)

Suggested Items to Pack:

- ✓ Good walking shoes
- ✓ Day pack
- ✓ Rain poncho
- ✓ Sun hat and sunscreen
- ✓ Band-Aids, medications
- ✓ Walking sticks
- ✓ Layers of clothing
- ✓ A rock or pebble to leave on the path

Travel Insurance: Upon request, CCC can provide information about securing travel-related insurances.

Pilgrim Passports: Each pilgrim will be provided a "Pilgrim Passport." At the end of the walk, pilgrims can obtain a Testimonium in Rome.

Organize Your Own Group: Become a "Trailblazer"! Organize a group of 14 pilgrims and either the organizer's cost will be waived or everyone can enjoy a discount.