Walking Camino - Via Francigena - Montefiascone to Rome

Trip Code: SGMR

Version:

WALK & TREK	SELF-GUIDED	5 MODERATE



HIGHLIGHTS

- Discover pretty Montefiascone and the nearby volcanic landscapes of Lake Bolsena, and enjoy the beautiful Est! Est!! Est!!! wine produced from its fertile soils
- Hike through typical Italian countryside with all the romantic connotations it brings to mind: rolling

hills, photogenic villages, and perfectly aligned cypress trees
- Relax in the ancient thermal baths of Bagnaccio along your way
- Stand proud in Saint Peter's Basilica, having completed your pilgrimage to Rome

AT A GLANCE

- 6 days walking and sightseeing
- Daily departures
- Join at Montefiascone / End in Rome

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Get under the skin of Italy as you follow in the footsteps of the Romans, famous emperors and clergymen, on this one-week self-guided holiday walking the Via Francigena from Montefiascone to The Eternal City of Rome. Dine on exquisite fresh produce washed down with Montefiascone's famous Est! Est!! Est!!! wine; breathe in the beautiful tapestry of the Italian countryside that surrounds you as you stand in awe, gazing out from hilltop villages; experience a spiritual journey as you meander your way to Saint Peter's Basilica in Rome.

On this trip you will walk up to 8 hours a day along well-signposted routes on a mixture of unsurfaced trails and surfaced roads, through open countryside, forests, towns, and villages. Staying in a selection of small, family-run accommodations, you will be sure of a warm welcome at the end of each day. Your walk will take you to ancient ruins, along Etruscan holloways, and to the majestic Monte waterfalls - so inviting that they have featured as the backdrop for several films. You'll even have the opportunity to bathe in the naturally-heated warm waters of the ancient Bagnaccio thermal baths en-route. This really is a walking holiday for mind, body, and spirit (and your taste buds!). If you want to savour La Dolce Vita a little longer, you can add additional nights in Rome, or easily pair this trip with our self-guided **Walking in Cinque Terre** holiday that is just a train journey away - or both! Just ask our Sales Team for details.

Is this holiday for you?

If you want to experience rural Italy, are seeking a spiritual challenge or your first long distance route, then this is the perfect trip for you. Walking between picture-perfect villages and fuelled by the unbeatable Italian cuisine, this is not just a pilgrimage for Catholics - it is also a hiking trail for anyone looking to immerse themselves in romantic Italy. Following excellent signage along your route, you should be comfortable walking 5-8 hours with up to around 450m of ascent per day on consecutive days, sometimes with long stretches on surfaced roads. Staying in a selection of great hotels and guesthouses, we will transport your luggage for you so all you need to do is relax and enjoy your journey on foot. Plus, completing your Via Francigena in Rome allows you to blend a city break with your walking holiday, or make use of Italy's excellent rail system to pair your trip with our self-guided **Walking in Cinque Terre** itinerary.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Pilgrim kit including a pilgrim passport
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- Travel to Montefiascone
- Travel from Rome
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Public buses and taxis
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts in Montefiascone and ends in Rome. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Rome, which is well-served with many departures from UK regional airports. It is also possible to use Florence or Pisa Airport.

The train connections are extremely good in Italy with many high-speed services available. This also makes it easy to combine your pilgrimage with one of our other trips in Italy such as self-guided Walking in Cinque Terre - please ask our Sales Team for details.

If you are flying into Rome, the journey to Montefiascone takes approximately 2-3 hours using a combination of rail and taxi.

First, take the train to Roma Termini where you will change onto the train for Montefiascone station. From there you will need to take a short 5-minute taxi journey to the village itself.

It is also possible to arrange a private transfer from Rome Airport - please ask our Sales Team for details.

If you are flying into Florence, the journey takes approximately 4-5 hours. Take the airport shuttle to Firenze S.M.N where you will then take the train to Roma Tiburtina. There you will change onto the train for Montefiascone station, before taking a short 5-minute taxi journey to the village itself.

If you are flying into Pisa, the journey takes 5-6 hours. Take the airport shuttle to Pisa Centrale where you will then take the train to Roma Tiburtina. There you will change onto the train for Montefiascone station, before taking a short 5-minute taxi journey to the village itself.

The trip finishes in Rome where you can take the train from Roma Termini direct to Rome Airport. The journey takes around 30-45 minutes and the trains operate every 30 minutes.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have included a packed lunch and an evening meal on day 3, when there are fewer options for dining.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

In Italy, food is a way of life. It brings families together, gives friends a reason to sit down and laugh, and showcases local produce. The Lazio region is no different and you will be able to sample many local dishes throughout your holiday. Many of these dishes, such as *gnocchi alla romana* or *pasta alla carbonara*, are known all over the world thanks to the region also being home to Rome, Italy's capital city. In addition to well-known and well-loved pasta or pizza dishes, you are bound to come across the famous Pecorino Romano DOP cheese, romaine lettuce, green beans, and puntarelle chicory (the latter often served as a salad). Let's not forget Est! Est!! Est!!! – the famed white wine produced in Montefiascone. All the way along your Via Francigena you will discover traditional dishes whose recipes have been handed down generation after generation, including simple yet nourishing soups that have always played an important role in providing sustenance to pilgrims along their journeys. Breakfasts will usually be typical Italian or Continental in style, with coffee, juice, pastries, croissants, breads, cheeses, and cold meats, so you can be sure of a well-fuelled start to your days of walking too.

Accommodation

On this trip you will stay in a selection of comfortable 3-star hotels, a 2-star hotel, and a 3-star guesthouse, each offering its own charm, warm hospitality, and close proximity to your route.

All our accommodations are booked on a twin or double room basis and have free WiFi.

It is possible to arrange additional nights' accommodation if you would like to extend your time in Rome. Please speak to our Sales Team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure your main luggage is limited to one piece under 20kg (and no larger than 65 x 40 x 30cm) per person and that your luggage is ready for collection each morning. Any additional pieces will incur an additional cost. Luggage with wheels is preferable for this holiday. You will also need a daypack to carry your daily essentials with you whilst you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 6-7 hours for consecutive days with some occasionally longer days.

Climate

This area of Italy benefits from a generally mild transitional Mediterranean climate with cool winters, and short, hot sunny summers when temperatures reach around 30 degrees centigrade. However, like anywhere, the area can also experience rainfall throughout the year, so it is always worth packing your waterproofs and rucksack rain cover just in case.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

A Pilgrimage to Eternity: From Canterbury to Rome in Search of a Faith - Timothy Egan

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers

- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles

- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Our Sales Team will also be happy to provide you with a quote for scheduled flights from your nearest regional airport (where possible). Flight prices are subject to change depending on availability and seasonality. Flight prices will only be confirmed to you when all services have been arranged and confirmed for your requested dates.

Why Choose KE

Why KE

Celebrate your completion of the Via Francigena from Montefiascone to Rome as you arrive at the Vatican City.With luggage transfers, 2 lunches and an evening meal included, you can concentrate on relaxing, enjoying the scenery and discovering the history of the ‘Way to Rome’.

Please Note This document was downloaded on 03/11/2026 and the trip is subject to change