

Self-Guided Via Francigena: Montefiascone to Rome

Trip Code: SGMR

Version: SGMR Self-Guided Via Francigena: Montefiascone to Rome



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Discover pretty Montefiascone with its volcanic landscape above Bolsena caldera lake, and enjoy the fantastic Est!!Est!!Est!!! wine the fertile soils produce
- 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 Bagnaccio thermal baths along your way
- Stand proud in Piazza San Pietro having completed your pilgrimage to Rome

AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- 100 km of the Via Francigena
- Daily departures available
- Join at Montefiascone / End in Rome

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 2 Lunches
- 2 Dinners
- 7 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Get under the skin of Italy and follow in the footsteps of Emperors, Romans, and Clergymen on this one-week self-guided holiday, as you follow the Via Francigena from Montefiascone to the Eternal City of Rome. Feast on exquisite fresh produce washed down with a glass of Montefiascone's famous Est!! Est!! Est!!!; stand in awe atop hilltop villages as you breathe in the beauty of the tapestry that is the rural Italian landscape; and be taken on a spiritual journey as you meander towards St Peters Basilica.

Walking up to 6 hours a day along well signposted routes and staying in a mix of small family run accommodations you will be sure of a warm welcome at the end of a day. Your walk will take you to ancient ruins, through Etruscan Hollow Roads, the opportunity to bathe in the warm waters of Bagnaccio thermal baths, and the majestic Monte waterfalls- so inviting they have been the backdrop for several films. This is a walking holiday for mind, body and spirit (and your taste buds) and if you want to savour the Le Dolce Vita a little longer you can add additional nights in Rome, or easily pair your trip with our [Self-Guided Walking on the Cinque Terre](#) holiday which is just a train journey away.

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 on the unbeatable Italian cuisine this is not just a pilgrimage for Catholics, but a hiking trail for anyone looking to experience romantic Italy with all its enticing connotations. Following excellent signage along your route you should be comfortable walking 6-7 hours for consecutive days with up to 500m of ascent. Staying in a great selection of hotels and guesthouses, we will transport your luggage for you so all you need to do is relax and enjoy the journey. Plus, completing your Via Francigena in Rome allows you to perfectly blend a city break with a self-guided walking holiday or easily hop onto one of Italy's fantastic railways to pair your trip with our [Self-Guided Walking on Cinque Terre holiday](#).

Itinerary

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DAY 1

Arrive in Montefiascone and be captivated by its charm.

Arrive at your hotel in the enchanting hilltop town of Montefiascone, set above the beautiful Lake Bolsena. Once settled into your home for the evening you can take a stroll through the captivating cobbled streets with their pretty pastel and stone buildings. Depending on your time of arrival, we recommend paying a visit to the Basilica Santa Margherita with its imposing dome that can be seen for miles around, and the Rocca Dei Papi (Fortress of the Popes). Once the home and office of Popes it hosts a garden with the most spectacular panoramic views over the entire Tuscia and its colourful patchwork countryside.

WINE FESTIVAL: The yearly wine festival celebrates the famous Est!!Est!!Est!!! wine produced in the area and the streets come alive with outdoor dining and festivities. The festival takes place every August.



Accommodation
Hotel

DAY 2

Your first day walking the Via Francigena, taking you to Bagnaccio thermal baths before arriving in Viterbo.

Waking to the beautiful hilltop views you can enjoy a typical Italian breakfast before beginning your pilgrimage to Rome. Today's target however, is the magnificent town of Viterbo, following the ancient paving of the Via Cassia through the vast plain dividing Bolsena Lake from the Cimini Mountains, their silhouette in the distance. Along your way, you will come across old drinking fountains providing the perfect refreshment break to pause and take in your surroundings. As you near Viterbo you will encounter the welcoming waters of the Bagnaccio thermal baths; dating back to the Romans these natural springs have been refreshing the body and spirits of pilgrims since the medieval period (and before that Roman soldiers). Now it's your turn to reward yourself with a visit to the warm waters before completing the final few kilometres to Viterbo.

Arriving in Viterbo you will be able to check into your accommodation and explore the beautiful town with its magnificent historic centre. We recommend taking time to visit the San Pellegrino quarter (St. Pilgrim's neighbourhood) with its central square, keep towers and thirteen-century buildings.

Meals: **B**



Accommodation
Hotel



Ascent
175M



Descent
430M



Time
6 hours



Distance
18KM

DAY 3

Discover the unique Etruscan Hollow Roads and explore Vetralla, perched high upon the slopes of Mount Fogliano.

Feeling refreshed, your route today will take you through the unique Etruscan hollow roads; a series of pathways carved into the walls of tufa stone creating almost narrow, almost canyon-like walkways. These fascinating pathways are found in the area north of Rome and mostly in Tuscany and date back some 2500 years, with some of them up to 30m deep!

Emerging from the hollow road, you will be greeted by typical Etruscan countryside as you make your way towards your final stop of the day- Vetralla. Sitting on the slopes of Mount Fogliano, the town of Vetralla (once known as Etruria) holds a prominent location at a crossroads of three Roman roads and even has historic links with England. Its importance led to the town being passed as a trophy to various nobility over the years, including King Henry VIII who put it under British protection where it remained for hundreds of years. You will have the opportunity to explore the well-preserved town with its alleyways leading to lovely piazzas. When you have finished exploring, you arrive at your hotel for the evening where you can delight in dinner.

Meals: **B L D**



Accommodation
Hotel



Ascent
288M



Descent
309M



Time
6 hours



Distance
17KM

DAY 4

Discover the hilltop village of Capranica and walk through a striking gorge and contrasting landscapes leading you to Sutri.

Today is a big day as you make your way to Sutri, where your efforts are rewarded with dinner at your hotel. Re-joining your pilgrimage, you first walk along the side of a volcanic crater and Lake Vico, and follow the Pilgrim markings leading your way across the pretty countryside towards the hill top village of Capranica; yet another beautiful village filled with photogenic buildings and history. You will have time to visit the remains of Torri di Orlando abbey for a glimpse into Capranica's ancient grandeur and perhaps enjoy a coffee stop before continuing on your way. Leaving Capranica you descend a tuff gorge as you follow the stream towards Sutri providing a striking contrast to the wide open plain where your pilgrimage began. Arriving in the picturesque town of Sutri with its spectacular amphitheatre, archaeological park, and welcoming Piazza del Comune where you can enjoy a coffee and watch the world go by before heading to your hotel for dinner.

Meals: **B L D**

	Accommodation Hotel		Ascent 469M		Descent 475M		Time 7 hours		Distance 26KM
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DAY 5

Discover the majestic Monte Gelato waterfalls and enjoy peaceful countryside and spectacular open views as you hike to Campagnano de Roma.

Your route today takes you across the rural Italian countryside, through Monterosi where you can enjoy a morning coffee stop, and on to the majestic Monte Gelato waterfalls. These wonderful waterfalls, nestled within dense woodlands, have been used in several film sets and are a popular place to relax in nature. A lovely spot to sit, think about your journey and enjoy a picnic with the soothing sounds of the falls, or perhaps a cooling paddle. When you are ready to continue your pilgrimage and say farewell to the falls you once again begin your journey towards Rome. Walking along a panoramic dirt road, you will be accompanied by beautiful vistas as you make your way to your final stop of the day, Campagnano de Roma. Entering the town through the ancient Porta Roma (gateway into the city) and walking down the photogenic pastel Palazzi lined main street you will arrive in the pretty Piazza where you can enjoy a refreshment in one of the welcoming cafes- and perhaps a cake too.

In the evening, you will be able to soak up the atmosphere of Campagnano with fellow pilgrims and sample some of the local fare in a nearby restaurant.

Meals: **B**

	Accommodation Hotel		Ascent 376M		Descent 399M		Time 7 hours		Distance 25KM
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DAY 6

Walk through the Veio Regional Park, discover sleepy villages of Formello and La Stora and sample the wines of La Giustiniana after a day on the Via Francigena.

Today's route begins with beautiful views over the Lazio countryside before entering the Veio Regional Park, an area of some 15,000 hectares of nature steeped with history of Romans, Etruscans and Pilgrims. As you make your way along the gentle country trails be sure to keep your eyes open for some of the archaeological discoveries that are scattered throughout the park, reminding us of the deep history of the region. Crossing the wonderful Valle del Sorbo River you begin your climb up towards Formello, with its lovely historic centre. You will have time to explore before continuing towards La Storta, named after the series of curves the ancient Via Cassia makes through the town. You will have time to enjoy refreshments in a café before your final hike to La Giustiniana, best known for its wine production. Once checked into your hotel you can venture to one of the nearby restaurants and enjoy a glass with dinner.

Meals: **B**

	Accommodation Hotel		Ascent 433M		Descent 604M		Time 7 hours		Distance 28KM
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DAY 7

Today is the day you stand proud in Rome having completed the Via Francigena!

Today is the day you arrive in Rome. But. First, you must get there. After breakfast you once again step out on to the Via Francigena, filled with excitement to end your day in the Eternal City. Your route will immerse you in the greenery of the Insugherata Park, a beautiful nature reserve, a real treat for nature lovers with its rich flora and fauna, and splendid spring blooms providing a sweet aroma to your journey. It is hard to believe that this tranquil landscape is so close to the hustle and bustle of Rome. As you emerge from the forest and approach your final goal, you can pause for a triumphant photo opportunity at Monte Mario Belvedere from where you are rewarded with breath-taking views over the city and the dome of Saint Peter's Basilica. Making your final descent, you soon arrive in Rome as you reach Piazza San Pietro, bursting with pride in the knowledge that you have completed the Via Francigena.

You will soon be captivated by this unique city with its magnificent architecture, vast history, rich culture and celebrated faith. In the evening, you can visit one of the many great restaurants the city has to offer and raise a toast to a great week. We recommend arranging additional nights here in Rome so you can really savour the atmosphere and visit the many sights.

NOTE: On presentation of your pilgrim pass you can gain free entry to the basilica in Vatican City. However, the Vatican is a key attraction, it is wise to book in advance to avoid disappointment or long queues.

Meals: **B**

	Accommodation Hotel		Ascent 360M		Descent 450M		Time 6 hours		Distance 17KM
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DAY 8

Departure Day

Delight in a relaxed breakfast and depending on your onward journey plans, further explore this magnificent city.

Holiday Information

What's Included

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

What's not Included

- Travel insurance
- Travel to Montefiascone
- Travel from Rome
- City taxes (payable locally)
- Public buses and taxis
- Visas (if applicable)
- Some meals as described in the Meal Plan
- 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, about 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 signed for courier so that you can track your package and know that they are safely on their 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 you set 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 do inform our sales team so that we can make alternative delivery arrangements.

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 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, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

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 at Rome. 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. The nearest airport for this trip is Rome with many departures from regional UK airports. It is also possible to fly to Florence or Pisa Airport.

The train connections are extremely good in Italy with many high-speed services on offer. This also makes it easy to combine your pilgrimage with one of our other trips in Italy such as Self-Guided Walking on the Cinque Terre, for details please speak to our sales team.

If you are flying into Rome the journey to Montefiascone takes approximately 2-3 hours by train and taxi. First, take the train to Rome Termini where you change to Montefiascone station, here you 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 more details.

If you are flying into Florence the journey takes approximately 4-5 hours. Take the airport shuttle to Firenze S.M.N to take the train to Rome Tiburtina, where you change for Montefiascone station, and finally you take the short 5 minute taxi to the village.

If you are flying into Pisa the journey takes 5-6 hours. Take the airport shuttle to Pisa Centrale to take the train to Rome Tiburtina, where you change for Montefiascone station, and finally you take the short 5 minute taxi to the village.

The trip finishes in Rome where you can take the train from Rome Termini direct to Rome Airport. The journey takes approximately 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 opportunity to enjoy dining in one of the local restaurants. We have also included a picnic lunch and evening meal on days 3 and 4 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 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 diet 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.

Accommodation

On this trip you will stay in a selection of comfortable guesthouses and 2*, 3* and 4* hotels each offering warm hospitality and close proximity to your route. Each hotel brings its own charm whether it's a small family run guesthouse offering beautiful gardens to relax or a 4* hotel with a relaxing communal lounge area or terrace.

All our accommodations are booked on twin or double room basis and most have wifi available too.

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 luggage consists of one bag weighing under 20kg and that your luggage is ready for collection each morning. Luggage with wheels is preferable for this holiday. You will also need a daypack to carry your daily essentials with you.

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.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

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 mild winters and hot sunny summers and temperatures reaching up to 30 degrees. However, as anywhere, the area can also have rainfall throughout the year, so it is always worth packing your waterproofs and 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 prior to 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. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

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 direct 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, 2019.

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
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank

- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons, 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, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

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

Please Note This document was downloaded on 19/05/2024 and the trip is subject to change