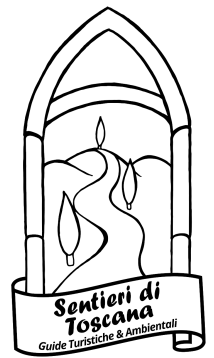


# Sentieri di Toscana

hiking & tourist guides



## THE PILGRIMAGE OF SAN FRANCESCO

### Day 1: Gubbio

Transfer to Gubbio and visit the village. This is one of the oldest towns in Umbria, wonderfully preserved over the centuries and rich in monuments that bear witness to its rich past. Masterpiece of the medieval civilization and of the two-thirteenth-century society, articulated in the guilds of arts and crafts. Testimony of its ancient origins are the Tavole Eugubine and the Roman theatre located just outside the walls.

### Day 2: Gubbio-Biscina

Length: 22 km. We leave the village and pass in front of the church S. Maria della Vittorina, memory of Francesco's meeting with the "wolf". Along the way we will cross a long plain and after the first km, a continuous up and down through woods and valleys of extraordinary wonder begins until we arrive at the Castle of Biscina, an ancient palace in a splendid position.

### Day 3: Biscina-Valfabbrica

Length: 17 km. From Biscina begins a long descent with some ups and downs that takes us to the geographical area of Valfabbrica, on the border between Gubbio and Assisi. It is said that St. Francis stopped several times in Valfabbrica and therefore it should be considered as an important stage for the pilgrim.

### Day 4: Valfabbrica-Assisi

Length: 12 km. From Valfabbrica the path will be partly wooded and alternated by several ups and downs, as soon as we pass the hill will appear on the horizon the magical town of Assisi. The first structures that can be recognized as you approach are the Rocca Maggiore and the Basilica of San Francesco.

### Day 5: Assisi

A day of stop in Assisi, in the morning do not miss a visit to the Basilica where we will discover the most beautiful frescoes of the '300 and we will deepen the history of St. Francis. In the afternoon free time.

### Day 6: Assisi-Spello

Length: 16.5 km. After breakfast we continue to Spello following the variant on Mount Subasio, passing through Porta Cappuccini (469 m

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above sea level), we walk along a dirt road of cypress trees that runs along the medieval walls and take a steep climb. You cross woods of holm oaks and downy oaks and reach the panoramic road of Mount Subasio passing through the Eremo delle Carceri, which stands around a cave where the saint took refuge between 1205 and 1206.

### **Day 7: Spello-Trevi**

Length: about 25 km. We start from Spello and follow the variant passing by the Menotre waterfalls and the fascinating Via degli Ulivi to reach the village of Trevi, one of the most beautiful villages in Italy, visit and return home.

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