



## ***The Way of St. Benedict*** †

The Way of St. Benedict goes through two Italian Regions: Umbria and Lazio; 300 km in the footsteps of St Benedict visiting the three most important locations of the saint's life: Norcia, his birthplace; Subiaco, where he laid the foundations for his rule; and Monte Cassino, where he founded the abbey that weathered and withstood four devastations.

Sixteen legs along ancient transhumance trails and paths, in search of an Italy of beautiful valleys dotted with

fortresses, medieval castles and towns perched on hills. The entire accessible route is made of asphalt road, away from the main traffic roads and as close as possible to the walking route.

It is not a place for beginners; however, the warmth, the atmosphere and the spirituality that you feel throughout the Way of St. Benedict have made it one of the favorite Italian cultural itineraries.

# THE WAY OF ST. BENEDICT Norcia to Montecassino



**This tour is suitable for all people who can walk the trails of The Way of St. Benedict for medium-long distances. The tour with the support vehicle is suitable for those who prefer shorter distances and wish to avoid tough parts. The proposed itinerary takes the whole Way of St. Benedict from Norcia to Montecassino. In 16 legs. It can as well be divided in three blocks that can be booked separately. Personalized itineraries by request with the possibility of shorter legs.**



## Code CSP-AGO

Self-guided tour with road-book, gps tracks and telephone assistance.

### ARRANGEMENTS INCLUDE

- Overnight stay in different types of accommodation.
- Board of choice: drinks included with half-board treatment.
- Telephone assistance.
- Gps tracks.
- "Pilgrims Kit" with passport and road-book.

### ARRANGEMENTS DO NOT INCLUDE

- (available on request at extra cost)
- Transfer to and from starting/arrival point.
  - People transfer along the way.
  - Baggage transfer.
  - Anything that is not described under "Arrangements include" section.

## Code CSP-GEO

Guided tour with professional guide.

### ARRANGEMENTS INCLUDE

- Professional guide who accompanies the group throughout.
- Overnight stay in different types of accommodation.
- Half-board treatment, drinks included.
- Baggage transfer (1 piece per person).
- Gps tracks.
- "Pilgrims Kit" with passport and road-book.

## ARRANGEMENTS DO NOT INCLUDE

- (available on request at extra cost)
- Transfer to and from starting/arrival point
  - People transfer on the Way
  - Anything that is not described under "Arrangements include" section.

## Code CSP-VGE

Guided tour with qualified escort and support vehicle.

### ARRANGEMENTS INCLUDE

- Professional guide who accompanies the group throughout.
- Overnight stay in different types of accommodation.
- Half-board treatment, drinks included.
- Support vehicle throughout the legs.
- Baggage transfer (1 piece per person).
- Gps tracks.
- "Pilgrims Kit" with passport and road-book.

### ARRANGEMENTS DO NOT INCLUDE

- (available on request at extra cost)
- Transfer to and from starting/arrival point.
  - Anything that is not described under "Arrangements include" section.

## DEPARTURES

Recommended period: May-October. Some parts may be walked in March, April and November. Not recommended during the winter.

## PROGRAMME **Block 1**

### **Walking: Norcia-Rieti**

**81 Km (51 miles)**

From Norcia to Rieti the itinerary crosses highlands between Sibillini and Reatini Mountains (High Sabina) following the route described in the book *The Way of St. Benedict* by Simone Frignani. Main cities: Norcia, Cascia, Monteleone di Spoleto, Leonessa, Poggio Bustone e Rieti. Although you cross mountains on your way, this trip is relatively easy

**Difficulty:** 4 easy legs and 1 difficult.

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## PROGRAMME **Block 2**

### **Walking: Rieti-Subiaco**

**104 Km (65 miles).**

From Rieti to Subiaco, the walk is between Sabina and Lucretili Mountains crossing medieval villages and lakes overlooking breathtaking views.

**Difficulty:** 2 easy legs, 1 medium and 1 difficult.

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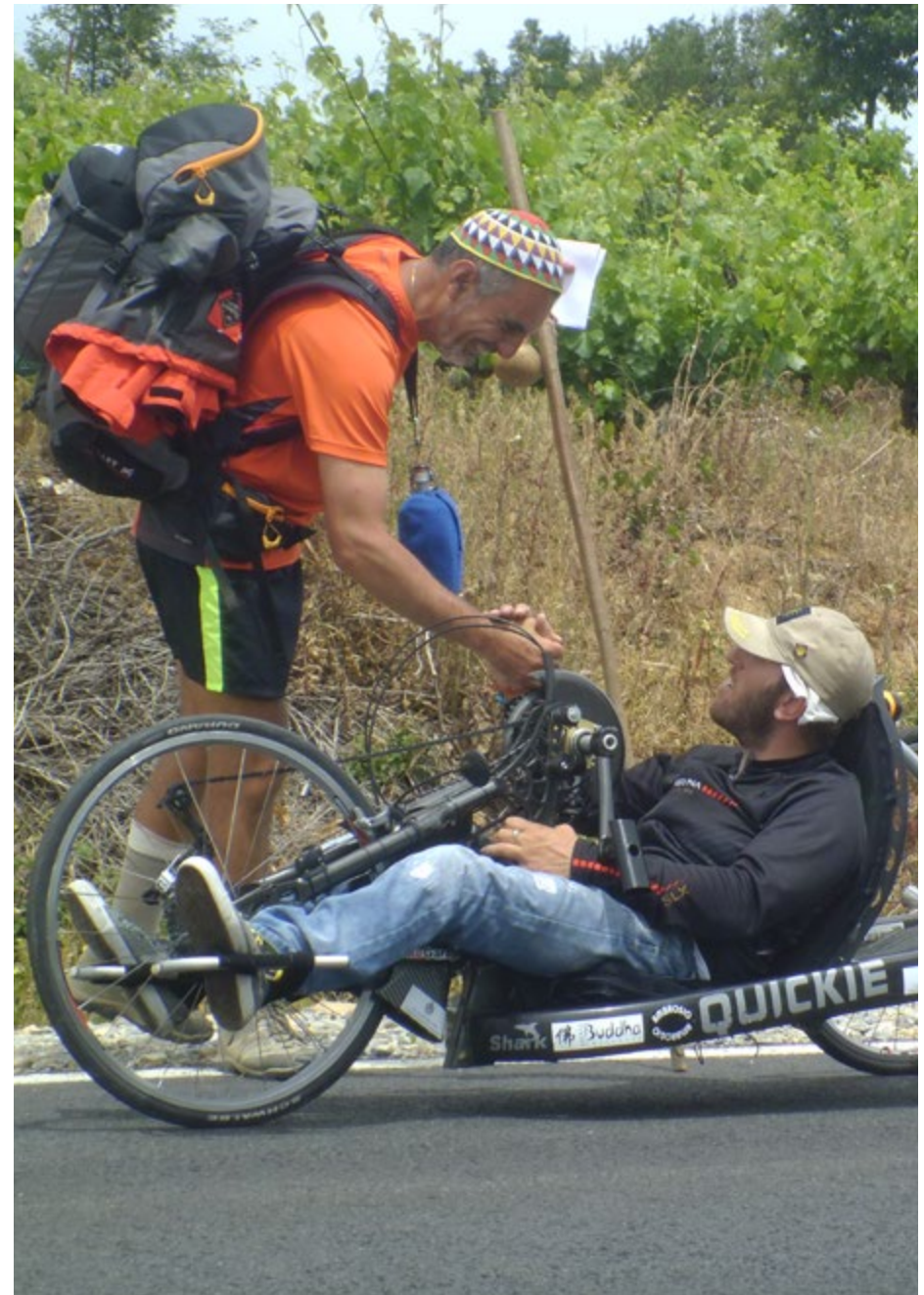
## PROGRAMME **Block 3**

### **Walking: Subiaco-Montecassino**

**126 Km (79 miles).**

From Subiaco to Montecassino the itinerary crosses some wild nature on Simbruini Mountains along the Aniene River and Latin Valley. Visiting monasteries in Subiaco, Trisulti and Casamari, old villages and ruins you reach Montecassino Abbey that was completely destroyed during World War II and then became the symbol of War devastation and post-bellum restoration. The itinerary offers different levels of difficulties: some easy and flat legs alternate with harder ones with tough up-and-downs.

**Difficulty:** two easy legs, three medium and 1 difficult.



# Programme

## Norcia to Montecassino | 16 stages

- Day 1** Arrive on own account in Norcia.
- Day 2** 1st leg Norcia – Cascia (17,7 Km/11.1mi).
- Day 3** 2nd leg, Cascia – Monteleone di Spoleto (17,9 Km/11.2mi).
- Day 4** 3rd leg, Monteleone di Spoleto – Leonessa (13,1 Km/8.2mi).
- Day 5** 4th leg, Leonessa – Poggio Bustone (15,2 Km/9.5mi).
- Day 6** 5th leg, Poggio Bustone – Rieti (17,4 Km/10.9mi).
- Day 7** 6th leg, Rieti – Rocca Sinibalda (20,5 Km/12.8mi).
- Day 8** 7th leg, Rocca Sinibalda – Castel di Tora (14 Km/8.8mi).
- Day 9** 8th leg, Castel di Tora – Orvinio (16,2 Km/10.1mi).
- Day 10** 9th leg, Orvinio – Mandela (19,9 Km/12.4mi).
- Day 11** 10th leg, Mandela – Subiaco (29,8 Km/18.6mi).
- Day 12** 11th leg, Subiaco – Trevi nel Lazio (17,9 Km/11.2mi).
- Day 13** 12th leg, Trevi – Collepardo (23,8 Km/14.9mi).
- Day 14** 13th leg, Collepardo – Casamari (24,6 Km/15.4mi).
- Day 15** 14th leg, Casamari – Arpino (15,7/21,9 Km / 9.8/13.7mi).
- Day 16** 15th leg, Arpino – Roccasecca (17,8 Km/11.1mi).
- Day 17** 16th leg, Roccasecca – Montecassino (19 Km/11.9mi). Descent to Cassino (8 Km/5mi).
- Day 18** End of arrangements.

### ACCOMODATION TYPE

All accomodation types are selected according to position and offered services.

- A) Shared rooms with shared facilities: hostel, apartment, convent.
- B) Private rooms, en-suite facilities: hotel, agriturismo, convent, B&B.
- C) Rooms "de charme": prestigious accomodation.



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of the information contained there.

# THE WAY OF ST. BENEDICT Norcia to Montecassino



**This tour is suitable for all people who can move around on handbike or e-bike for medium-long distances. The tour with the support vehicle is suitable for those who prefer shorter distances and wish to avoid tough parts. The proposed itinerary takes the whole Road itinerary on the Way of St. Benedict from Norcia to Montecassino, in 16 legs. It can as well be divided in three blocks that can be booked separately. Personalized itineraries by request.**



## Code CSA-HEB

Self-guided tour with road-book, gps tracks and telephone assistance.

### ARRANGEMENTS INCLUDE

- Overnight stay in different types of PMR ACCESSIBLE accommodation with accessible facilities.
- Board of choice: drinks included with half-board treatment.
- Telephone assistance.
- Gps tracks.
- "Pilgrims Kit" with passport and road-book.

### ARRANGEMENTS DO NOT INCLUDE

- (available on request at extra cost)
- Transfer to and from starting/arrival point.
  - People transfer along the way.
  - Baggage transfer.
  - Bike, hand-bike and special equipment rental.
  - Anything that is not described under "Arrangements include" section.

## Code CSA-GVS

Guided tour with professional guide and special support vehicle

### ARRANGEMENTS INCLUDE

- Professional guide who accompanies the group throughout.

- Overnight stay in different types of accommodation.
- Half-board treatment, drinks included.
- Baggage transfer (1 piece per person).
- Gps tracks.
- "Pilgrims Kit" with passport and road-book.

### ARRANGEMENTS DO NOT INCLUDE

(available on request at extra cost)

- Transfer to and from starting/arrival point
- People transfer on the Way



### DEPARTURES

Recommended period: May-October. Some parts may be walked in March, April and November. Not recommended during the winter.

## PROGRAMME **Block 1**

### ***Handbike and e-bike: Norcia-Rieti***

**100 Km/62.5 miles**

On the Norcia – Rieti section you follow secondary roads between Sibillini and Reatini Mountains (High Sabina. Main cities: Norcia, Cascia, Monteleone di Spoleto, Leonessa, Poggio Bustone e Rieti. Although you cross mountains on your way, this trip is relatively easy.

**Difficulty:** easy

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## PROGRAMME **Block 2**

### ***Handbike and e-bike: Rieti-Subiaco***

**109 Km/68.1 miles**

From Rieti to Subiaco, the Way is between Sabina and Lucretili mountains crossing medieval villages and lakes overlooking breathtaking views.

**Difficulty:** 2 easy legas, rest medium with some intense parts.

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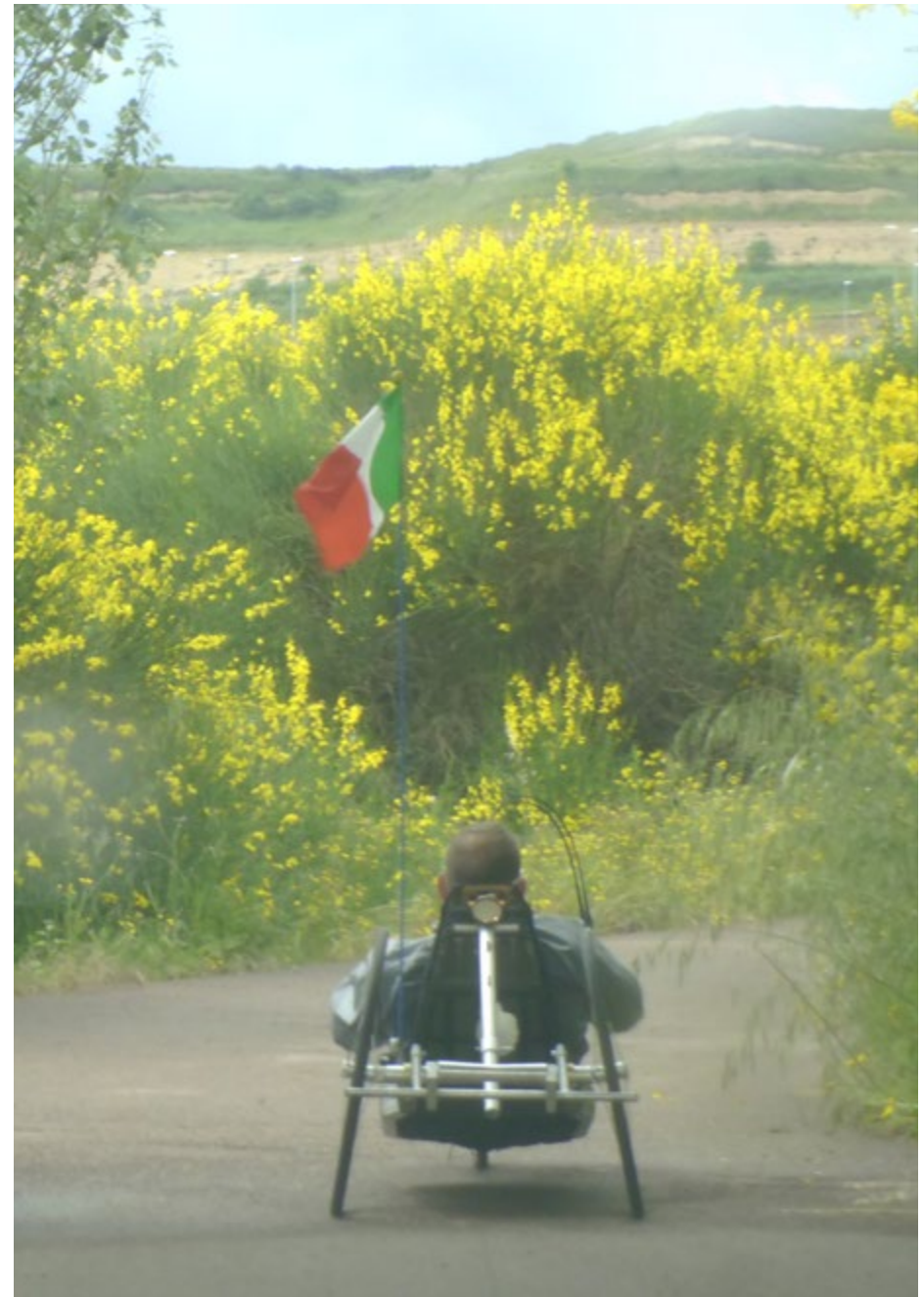
## PROGRAMME **Block 3**

### ***Handbike and e-bike: Subiaco-Montecassino***

**162 Km/101.3 miles**

From Subiaco to Montecassino the itinerary crosses some wild nature on Simbruini mountains along the Aniene river and Latin Valley. Visiting monasteries in Subiaco, Trisulti and Casamari, old villages and ruins you reach Montecassino Abbey that was completely destroyed during World War II and then became the symbol of War devastation and post-bellie restoration. The itinerary offers different levels of difficulties.

**Difficulty:** some easy and flat legs alternate with harder ones with tough up-and-downs.



# Programme

## Norcia to Montecassino | 14 stages

**Day 1** Arrive on own account in Norcia.

**Day 2** 1st leg Norcia – Cascia (20 Km/12.5mi).

**Day 3** 2nd leg, Cascia – Monteleone di Spoleto (16 Km/10mi).

**Day 4** 4th leg, Leonessa – Poggio Bustone (28 Km/17.5mi) – we recommend to take an intermediate transfer in order to avoid unsafe stretches.

**Day 5** 5th leg, Poggio Bustone – Rieti (22 Km/13.8mi).

**Day 6** 6th leg, Rieti – Rocca Sinibalda (19 Km/11.9mi).

**Day 7** 7th leg, Rocca Sinibalda – Castel di Tora (15 Km/9.4mi).

**Day 8** 8th leg, Castel di Tora – Orvinio (23 Km/14.4mi).

**Day 9** 9th leg, Orvinio – Mandela (22 Km/13.8mi).

**Day 10** 10th leg, Mandela – Subiaco (30 Km/18.8mi).

**Day 11** 11th leg, Subiaco – Trevi nel Lazio (29 Km/18.1mi) – we recommend to take an intermediate transfer in order to avoid unsafe stretches.

**Day 12** 12th leg, Trevi – Colleparado (36 Km/22.5mi).

**Day 13** 13th leg, Colleparado – Casamari (27 Km/16.9mi).

**Day 14** 14th leg, Casamari – Arpino (18 Km/11.3mi).

**Day 15** 15th leg, Arpino – Roccasecca (23 Km/14.4mi).

### ACCOMODATION TYPE

All accomodation types are selected according to position and offered services.

- A) Shared rooms with shared facilities: hostel, apartment, convent.
- B) Private rooms, en-suite facilities: hotel, agriturismo, convent, B&B.
- C) Rooms "de charme": prestigious accomodation.



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