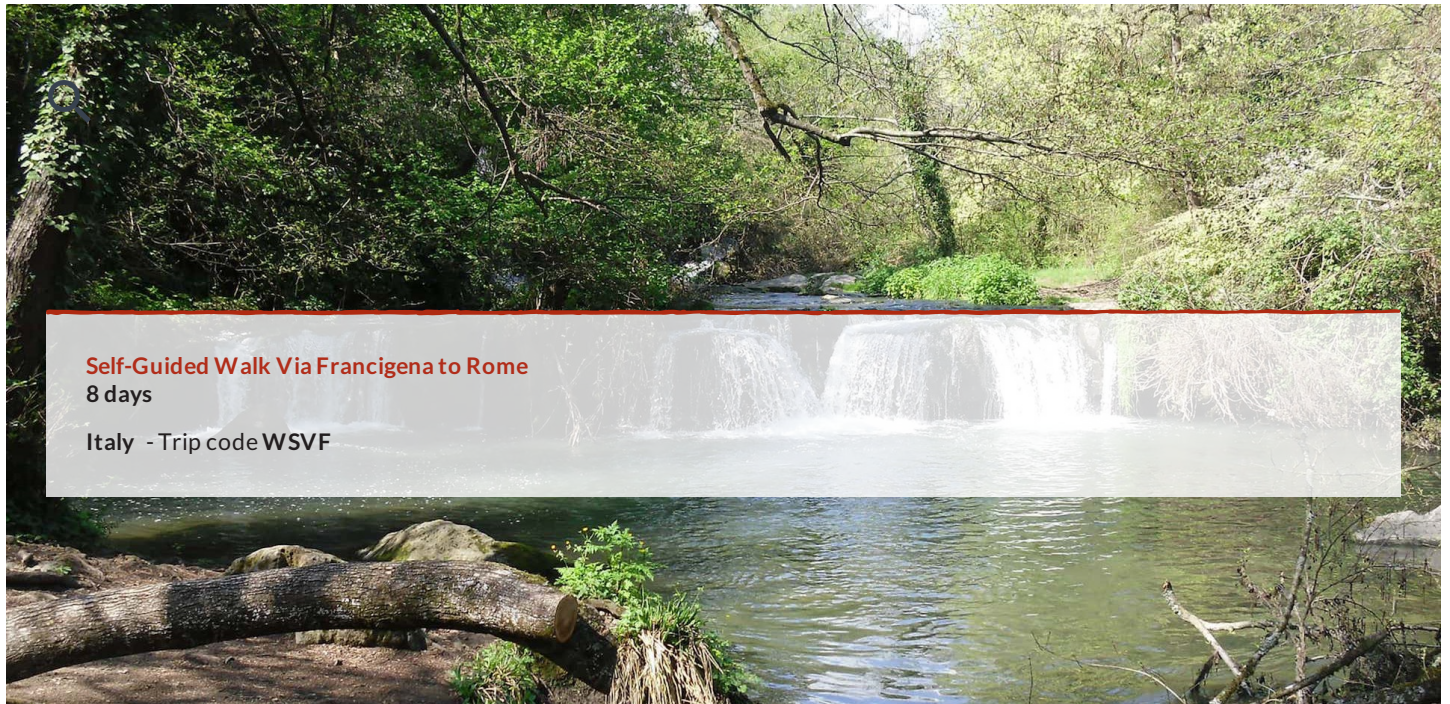


EXPLORE!



Self-Guided Walk Via Francigena to Rome
8 days

Italy - Trip code WSVF

Self-Guided Walk Via Francigena to Rome

The Via Francigena is a medieval pilgrimage route from Canterbury to Rome. This holiday walks the final 126 kilometres, passing through a landscape of shady forests and gently rolling hills, sometimes walking on sections of ancient Roman road and stopping at several typical Italian towns until finally entering the heart of the fabulous 'Eternal City' Rome, where you claim your pilgrims' certificate.

Trip highlights

- ★ **Pilgrimage trail** - Hike the final section of the Canterbury to Rome Via Francigena to obtain your Testimonium certificate
- ★ **Fascinating countryside** - Bolsena lake and tuff stone gorges
- ★ **Ancient Etruscans** - Pass through ancient villages and along 'hollow roads'
- ★ **Sutri** - Walk in the Regional Park of Sutri and see its Roman amphitheatre
- ★ **Family - run hotels** - Small and friendly family-run with delicious culinary specialities

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts in Montefiascone

Your journey along the Etruscan section of the Via Francigena starts in the Medieval papal town of Montefiascone. The town sits atop a volcanic ridge overlooking Lake Bolsena, formed in an ancient caldera and is known for its white wine, 'Est,Est,Est'. If you have time today, take a stroll around as there are many Medieval monuments and churches worth visiting.

Hotel Urbano is approximately two kilometres from the train station. You can catch a shuttle bus departing approximately every hour to Piazzale Roma, about 200 metres from the hotel. There is a link to the bus timetable in the trip route notes.



Accommodation: Hotel Urbano V (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walk from Montefiascone to Viterbo

The route from Montefiascone to Viterbo is along a plain that divides Lake Bolsena from the Cimini Mountains. The route takes you through hazelnut forests and gently rolling hills and sometimes passes over sections of ancient Roman road. There are no settlements along this stretch of the route but you will pass by several old drinking fountains. Viterbo is an ancient town that was the favourite residence of the Medieval Popes who built a palace next to the Cathedral of San Lorenzo. It was an important rest stop along the Via Francigena for the Medieval pilgrims and is the last large town before Rome. On arrival in Viterbo, check in to your hotel and take some time to visit the lovely old town.

You can expect today's 18 kilometre walk to take approximately six hours with a cumulative ascent of 174 metres and descent of 430 metres.



Accommodation: Hotel Palazzo Riario (or similar)



Standard Hotel



Single room available

DAY 3 - Hike from Viterbo to Vetralla

On the first part of today's trail you will be exploring the Etruscan 'hollow roads', where your route has been cut down deep into the tuff rock. You pass through shady forests nearby the Cistercian Abbey of St Martin in Cimino before continuing on to Vetralla and the little parish Church of Santa Maria in Forcassi, mentioned by Sigeric, an Archbishop of Canterbury in medieval times who wrote an account of his pilgrimage to Rome along the Via Francigena. There are no villages along the route.

You can expect today's 17 kilometre walk to take approximately six hours with a cumulative ascent of 288 metres and descent of 309 metres.



Accommodation: Albergo Da Benedetta (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Walk from Vetralla to Sutri via Capranica

Today you have the option of a longer or shorter days walking. If you wish to walk the full 24 kilometre route from Vetralla to Sutri it will take you around seven hours. To shorten the route to 16 kilometres, the owner of your accommodation in Vetralla will take you along part of the way. The cost for this will be €10.00 which you pay directly.

From Vetralla you walk along side of an ancient volcano, whose crater was occupied by Lake Vico in the past. You continue across open countryside until you reach the tiny village of Capranica. From here you walk follow a stream down into a gorge carved into the tuff rock. The track is very striking. If it has been raining it may be difficult. You continue on to the town of Sutri, famous for its ancient stone theatre carved into the rock.

Today you can enjoy longer and shorter walking options. The full walk from Vetralla to Sutri is 24 kilometres and you can expect it to take approximately seven hours. The shorter option is 16 kilometres and takes around five-and-a-half hours with a cumulative ascent of 469 metres and descent of 475 metres.



Accommodation: B&B La Stalla delle Zie (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Walk from Sutri (or Monterosi) to Campagnano di Roma

The first section of today's route crosses through fields to reach Monterosi where you will reach the Monte Gelato waterfalls. You then follow a panoramic excavated street leading to the town gates at Campagnano. To shorten the day's walk it is possible to pre-arrange a morning transfer with the Sutri hotelier.

Today you can enjoy longer and shorter walking options. The full walk from Sutri to Campagnano di Roma is 24 kilometres and you can expect it to take approximately seven hours. The shorter option is 14 kilometres and takes around five hours with a cumulative ascent of 376 metres and descent of 399 metres.



Accommodation: Albergo Benigni (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Hike from Campagnano to Isola Farnese

Today's walking is quite flat and along dirt roads or country trails. The only uphill comes in the final part of the day. You will need to cross a stream which could be more difficult if it has been raining.

You can expect today's 22 kilometre walk to take approximately seven hours with a cumulative ascent of 433 metres and descent of 604 metres.



Accommodation: Hotel Tempio di Apollo (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast


DAY 7 - Walk into Rome


After breakfast, you set off for the last leg of your modern day 'pilgrimage' along the Via Francigena to Rome - the 'Eternal City'. As you approach the city you can stop for a triumphant photograph at the Monte Mario Belvedere, from which you are able to see a glimpse of the dome of Saint Peter's, before descending towards the city to finally reach Piazza San Pietro, your ending point and that of many pilgrims throughout the centuries. You will be immediately fascinated by the magnificent history, monuments and archaeological areas of Rome. Discover the city's amazing restaurants and traditional cuisine. If you need to maximise your time in Rome it is possible to skip most of today's walk by taking a local bus and train.

You can expect today's 22 kilometre walk to take approximately six hours with a cumulative ascent of 433 metres and descent of 604 metres.



Accommodation: Hotel Domus Sessoriana (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 8 - The trip ends in Rome

The trip ends after breakfast. We certainly recommend you arrange to extend your stay in this incomparable city whose sights can easily keep you busy for several days. Arrivederci Rome!

 Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE



 Optional Walks

Walking grade

Moderate

Trek details

On this holiday you can walk 126 km over 6 days (an average of 21 km per day). On the 2 longest days it is possible to shorten your route (your hotelier can drop you part way along the route) and on the final day, walking into Rome, you can opt to take public transport part of the way. The terrain is easy and well marked by the official signs of the Via Francigena.

Your route follows well marked footpaths and mule tracks. Many of the footpaths along the coast involve negotiating stone staircases. On some of the days you will catch the local bus to the start/end of the walk.



What's included?



Included meals

Breakfast: 7



Accommodation

7 nights standard hotel

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Budgeting and packing

Clothing

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

Footwear

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation each day. Please clearly mark all your belongings with your name and the name of the next accommodation and have your bags ready and at the reception by 09:00 on the morning of your departure.

Luggage transfer

Included between each hotel

Equipment

Insect repellent, sunglasses, walking poles, sunscreen and a water bottle are all recommended.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General maps

Lazio 1:200.000 TCI Touring Club Italiano, ISBN: 8836548245

Topographic maps

Lazio 1:20.000 Michelin ISBN-13: 978-2067126695

Tipping

Local fees

A local city tax is required to be paid in cash upon check in to the accommodation. The amount varies from 1 to 3 Euros per person per night, with the higher amount relating to higher category hotels.

Country Information

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£5.00 - 10.00

Dinner price

£15.00 - 20.00

Beer price

£2.00 - 4.00

Water price
£1.00 - 2.00

Foreign Exchange

Local currency
Euro.

Recommended Currency For Exchange
GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability
Major towns.

Credit Card Acceptance
Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Recommended airport

Rome

Flying to your destination

We recommend flights into Rome's Fiumicino airport which is served by both budget (including Easyjet) and non-budget airlines (including British Airways) from multiple airports in the UK. You could also fly into Rome Ciampino airport but it is not served by as many airlines.

Arrival and departure information

For this trip you can fly into and back from Rome Fiumicino airport. From here you can catch a train to Viterbo where you change trains and continue on to Montefiascone. For up-to-date train schedules check the Trenitalia website (www.trenitalia.com).

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, Australian, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
