

The Italian Camino Trek – Via Francigena

Last 100km from Montefiascone to Rome



Self Guided Trip Notes

HIGHLIGHTS

- Fascinating countryside: the Lake of Bolsena and tuff stone gorges
- Ancient Etruscan villages and historical sites: necropolis, the Fortress of the Popes
- Nature Reserves: Regional Park of the age-old city of Sutri and its Roman amphitheatre
- Small, comfortable, family run accommodations with delicious culinary specialities
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Italy!



WELCOME

Benvenuta / Benvenuto

Self Guided Notes

You will receive self guided trip notes direct from our local operator in Italy.

S-Cape Travel Italy
Borgo Allegri 16R, 50122 Firenze, Italy
Phone +39 055 2345334

A self guided walking trip is a popular way to travel the Via Francigena trail allowing you the flexibility to explore the route at your own pace and meet people along the way.

It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!)

Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest.

Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7 day service hotline in the event of any problems. There is a certain level of the unknown that comes with self guided trips; however with a methodical approach potential problems will be averted.

Enjoy the experience and all that it brings.



BACKGROUND

Nature, Culture, History and Spirituality

At the beginning of the second millennium, a huge number of pilgrims began crossing through Europe in search of the lost "Celestial Land", the "Patria Celeste". The pilgrims travelled to three major destinations: Rome, the city of the martyrdom of Saints Peter and Paul (the founders of the Christian Church). The Holy Land, site of Calvary, where the pilgrims sought out the places of Christ's Passion; Santiago de Compostela, the furthest point of western Europe which the Holy Apostle James chose as his final resting place. 2

The way to Rome, Via Francigena (or Via Romea) which led to the Eternal City from the Western Alps and the Rhineland, was used for 7 centuries by sovereigns, emperors, plebeians and clergymen and was probably the most important road of the times. The Via Francigena led all the way from Canterbury to Rome and was one of the pathways of European history. It was a main thoroughfare along which hundreds of thousands of pilgrims passed on their way to Rome.

In those days, the journey was not just an adventure or a risk but an act of devotion in itself, and the pilgrims would stop off along the way at places deemed holy by the Church. Nowadays, we are able to reconstruct the itinerary thanks to a document left behind by Archbishop Sigeric of Canterbury, who, upon his return from Rome to his dioceses in 994, wrote down the names of the places that had formed the stages of his journey home. It is only natural that one thousand years later, on the eve of a new millennium, there should be a reawakening of interest in the old route and a desire to rediscover a road that once represented unity and communication between the different cultures and ideas of European nations which are once again opening their borders.

The Via Francigena bears witness to how even then there was a desire for unity in Europe. The route cut through the Alps in the Valley of Aosta and proceeded southwards through Piedmont, Lombardy, the flatlands of the River Po (Padania), before going through the Apennines near Berceto to pass into Tuscany and Latium, and ends in Rome. This "way to Rome" is an essential and formative phenomenon in the history of Europe. Fragments and reminders of its existence are still to be found scattered throughout our area.

The Etrurian Section of the Via Francigena

Montefiascone sits atop a volcanic ridge overlooking the Bolsena caldera lake. It is a medieval papal town also known for its great white wine, "Est,Est,Est". You continue through hazelnut forests and gently rolling hills, sometimes walking on sections of ancient roman road, till you arrive in Viterbo. This ancient town was the favourite residence of the Medieval Popes who built a palace next top the Duomo of San Lorenzo. Viterbo was an important rest stop along the Via Francigena for the Medieval pilgrims and is the last large town before making the final trek to Rome. After Viterbo the Via Francigena takes you through shady forests passing near the the Cistercian Abbey of St Martins in Cimino. Continuing on to Vetralla and little parish Church of Santa Maria in Forcassi, mentioned by Sigeric. You continue on to the town of Sutri famous for its ancient stone theatre carved into the rock. At Campagnano where you leave the ancient Via Cassia way for the Via Trionfale now a large road with heavy traffic entering the heart of the Eternal City – Rome, at last.



TRIP SUMMARY

Day	Itinerary	📍	🚶km	Mt	Mt	Hrs.
1	Arrive in Montefiascone	Montefiascone	-	-	-	-
2	Walk from Montefiascone to Viterbo	Viterbo	18	174	430	6
3	Walk from Viterbo to Vetralla	Vetralla	17	288	309	6
4	Walk from Vetralla to Sutri via Capranica	Sutri	25,5	469	475	7
5	Walk from Sutri to Campagnano	Campagnano	15 or 24,5	376	399	5 7
6	Walk from Campagnano to <u>La Giustiniana</u>	<u>La Giustiniana</u>	<u>27,5</u>	433	604	7
7	Travel with public transport or walk to Rome from <u>La Giustiniana</u>	Rome	<u>16,5</u>	360	450	6



SELF GUIDED SUMMARY



Activity: Trekking
Duration: 8 days & 7 nights
Active days: 7 days trekking approx. 100kms
Accommodation: Local hotels and hostels
Cost: Deposit: £125 per person
Remaining balance: £520 per person
Total cost: £645 per person (cost price)

Group size: 2+ people
Level of difficulty: ■ ■ ■ ■
Medium
Dates: March - October 2023

ROUTE MAP

Get ready for an adventure



DAY 1
Flight from UK to Rome Airport. Self transfer to the hotel in Montefiascone.

DAY 2
Trek Hike Montefiascone to Viterbo (approx. 18kms)

DAY 3
Trek Hike Viterbo to Vetralla (approx. 16kms)

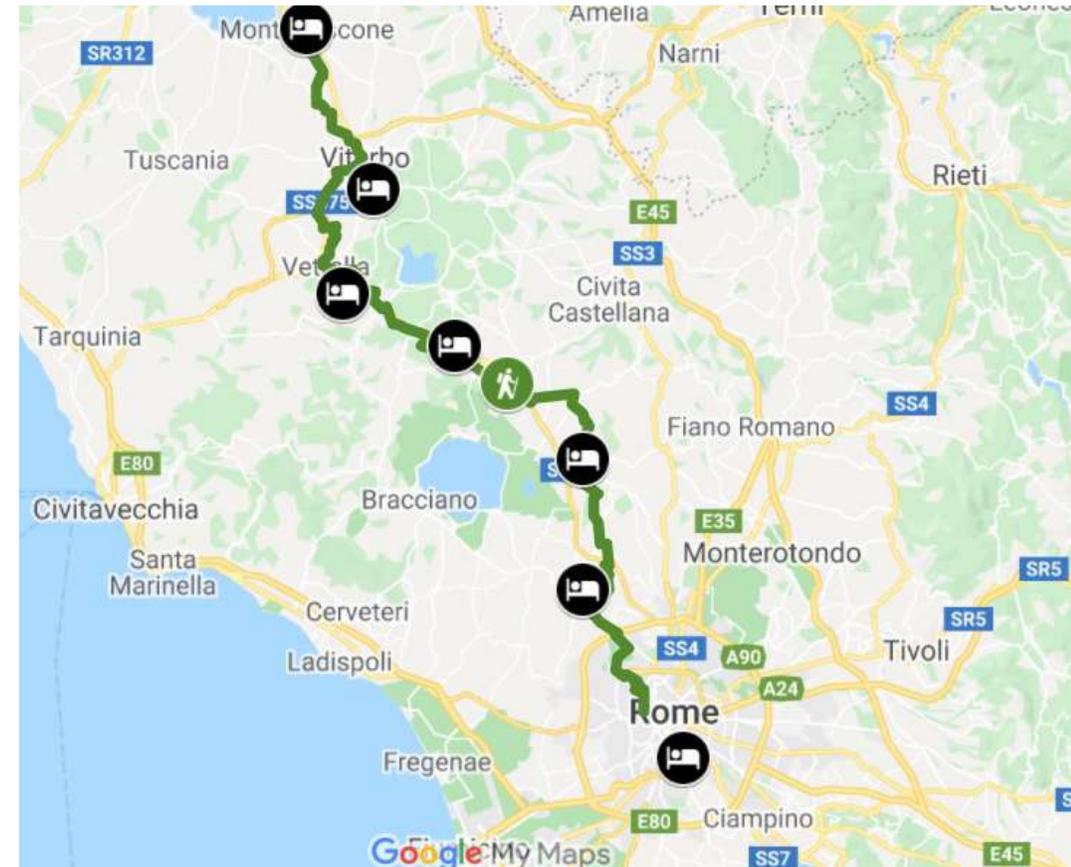
DAY 4
Trek Vetralla to Sutri (approx. 24kms)

DAY 5
Trek Sutri to Campagnano Romano (approx. 27kms)

DAY 6
Trek Campagnano Romano to Isola Farnese (approx. 22kms)

DAY 7
Trek Isola Farnese to Rome (approx. 19kms)

DAY 8
Free morning in Rome before returning to UK or extend your stay if you wish.



ITINERARY

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 1

Join the trip at Rome Airport and transfer to Montefiascone

We can arrange an airport transfer to your hotel in Montefiascone if needed. The transfer is approx. 1 hour 30 minutes.

Montefiascone sits at 590 meters above sea level with an enchanting view of Lake Bolsena and the Cimino Mountains. This Papal town has many medieval monuments and churches worth visiting. This evening enjoy dinner and a chilled glass of Est! Est!! Est!!!, the wine that this region is famous for.

Included

Accommodation: B&B(twin room basis)
Meals: Not included

DAY 2

Trek Montefiascone to Viterbo

Your route travels through a plain that divides the Bolsena Lake from the Cimino Mountains. Through picturesque vineyards and orchards, cypresses and olive trees, you walk towards Viterbo. This hike will take you to Bagnaccio, home of the ancient baths where pilgrims used to stop for a rest in hot waters before reaching Viterbo, laying at the foot of the Cimino Hills. Explore this medieval city and enjoy a well deserved meal in one of the local restaurants.

Trek details

Distance covered: approx. 18kms
Ascent: 174 metres
Descent: 430 metres
Trekking time: approx. 6 hours

Included

Accommodation: B&B (twin share basis)
Meals: breakfast

DAY 3

Trek Viterbo to Vetralla

This morning, you leave the beautiful Viterbo to continue your journey to Rome following the Etruscan hollow roads. The route travels between Etruscan countryside and woods as it journeys through the Tuscia area. Along the way you'll discover the remains of the Etruscan civilization that between the 8th and 4th Century BC, populated the area. The day ends in Vetralla, a small medieval town.

Trek details

Distance covered: approx. 17kms
Ascent: 288 metres
Descent: 309 metres
Trekking time: approx. 6 hours

Included

Accommodation: hotel (twin share basis)
Meals: breakfast and dinner



ITINERARY CONTINUED

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 4

Trek Vetralla to Sutri

Leaving the highly perched medieval centre of Vetralla you'll walk along the side of a volcano whose crater was occupied by the Lake Vico in the past. Continuing trekking across the Etruscan countryside until reaching the tiny village of Capranica. From here the route winds its way down to a tuff gorge by following the stream.

As you approach Sutri you can see that it is situated dramatically on a tuff hill surrounded by ravines, woods and classic countryside scenes.. The most notable ancient structure of Sutri is the enormous and well-preserved Roman amphitheater, an elliptical stadium built by Emperor Augustus. There are remains of the ancient city walls built of great rectangular blocks of stone, with gateways that permitted entry to the town.

Sutri is a great town to wander around and absorb the atmosphere. Lively piazzas, narrow streets, shops and restaurants give it a good vibe, showing the classic mingling of ancient structures and modern life so common in Lazio.

Trek details

Distance covered:	approx. 25.5kms
Ascent:	400 metres
Descent:	400 metres
Trekking time:	approx. 7 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast and packed lunch



DAY 5

Trek Sutri to Campagnano di Romano

Today is your longest day of trekking taking you along country lanes and tracks to the village of Monterosi, near a beautiful lake with an expanse of waterlilies. You continue your journey through fields to Monte Gelato waterfall in a park area where you can rest and have a refreshing paddle. Then you enter Veio Park, a protected area, and you follow a riverside track through woodland to the hilltop town of Campagnano.

Trek details

Distance covered:	approx. 24.5kms
Ascent:	350 metres
Descent:	390 metres
Trekking time:	approx. 7 - 8 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast

DAY 6

Trek Campagnano Romano to La Giustiniana

Leaving Campagnano you have panoramic views over the beautiful countryside of Lazio before entering Veio Park where you can visit the Sanctuary of "Madonna Del Sorbo". You then pass through the walled old town of Formello and you take tracks through fields down to the river Valchetta, on to charming Isola Farnese and onwards to La Storta.

Trek details

Distance covered:	approx. 27kms
Ascent:	580 metres
Descent:	690 metres
Trekking time:	approx. 7 hours

Included

Accommodation:	B&B (twin share basis)
Meals:	breakfast

ITINERARY CONTINUED

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 7

Trek Isola Farnese to Rome

After breakfast, you set off for the final leg of your modern day 'pilgrimage' along the Via Francigena to Rome - the 'Eternal City'. Leaving Isola Farnese and you'll follow the Way through the beautiful Natural Reserve of Insugherata. As you approach the eternal city you can stop for a triumphant photograph at the **Monte Mario Belvedere**. From here 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** (St Peter's Square), your ending point and that of many pilgrims throughout the centuries.

Trek details

Distance covered:	approx. 16.5kms
Ascent:	310 metres
Descent:	450 metres
Trekking time:	approx. 6 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast

DAY 8

Rome to UK

Today, we bid you arrivederci! Dependent on your flight times, you're welcome to take this opportunity to explore the ancient city and its many historic structures or simply enjoy a fine Italian coffee in a nearby piazza and watch the world go by.

You can extend your stay in Rome for a few days to give you time to see some of the magnificent art and architecture of the city. Feel free to speak with us for any hotel or site seeing recommendations.

Included

Meals:	breakfast
Transfers:	airport transfer (set departure time)



ESSENTIAL INFO

The nuts & bolts for your adventure



Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority.

The Via Francigena Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Self Guided

A self guided walking trip is a popular way to travel the Via Francigena trail allowing you the flexibility to explore the route at your own pace and meet people along the way. It is recommended that you are comfortable map reading, referring to route notes and that you have a good sense of direction (or are willing to work on improving this!)



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Sometimes route finding, losing your way, finding it again and asking the locals for help is all part of the adventure. If you've never been on a self guided trip, after the first couple of days you will get the hang of it as the vast majority of our first time travellers attest.

Please be assured that our written material issued to you for route finding is updated regularly and we provide a 7 day service hotline in the event of any problems. There's a certain level of the unknown that comes with self guided trips; however with a methodical approach potential problems will be averted.

Level of difficulty

The Via Francigena Trek is graded as '**Medium**'. The trek consists of 6 consecutive days of walking. Your luggage is transferred between hotels, so you only need to take a day pack with you on the walks. The terrain and type of path will vary from paved tracks, tarmac, forest trails to gravel. The walks are not technically difficult although there are some steep ascents and descents, so a good level of fitness is required.

It's important to bear in mind that the distances walked some of the days are long and you are expected to walk 6 days in a row so there is a high chance to get blisters. We recommend to take extra care in making sure that your hiking boots are comfortable and well worn in. We advise bringing hiking boots and trail running trainers as this will allow you to alternate them at any stage to avoid blisters and pain.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this self-guided trek to run is **2 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You're also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, bubble, charity or company. Please get in touch with us for more info.

Training

A bespoke training programme will be provided when you join the team for this adventure to help you with your preparations together with some top tips.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the trek.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

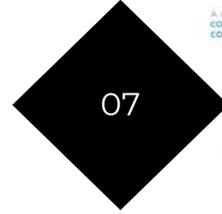
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport. Your passport should be valid for the proposed duration of your stay. For the latest info & entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/italy/entry-requirements>

Visa

No visa required for British passport holders. Please note in Italy it is compulsory to carry ID with you at all times. For the most up to date info, please visit <https://www.gov.uk/foreign-travel-advice/italy> and [Brexit advice](#).

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover. For UK residents we have partnered with Campbell & Irvine Direct to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

COVID-19

For the latest health and travel info please visit [NaTHNaC - Italy \(travelhealthpro.org.uk\)](https://www.travelhealthpro.org.uk). Please also refer to the F&CO website for the most up to date travel info [Coronavirus - Italy travel advice - GOV.UK \(www.gov.uk\)](#)

PCR Tests for Travel

Should you require a PCR test prior to travel, we recommend Randox. [Home - Covid Randox](#). Our discount code is: **AITO43**

Vaccinations

Recommended vaccinations include: COVID-19 & Tetanus. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>.

Getting there

A quick snapshot of what you need to know...

By airplane

The closest International Airports to Orvieto are the followings: Perugia Sant'Egidio Airport: Perugia train station is reachable by bus with the company called Consorzio ACAP. For information please call +39.075.500.9641 or the free toll number 800.099.661.

Florence Amerigo Vespucci Airport: see www.aeroporto.firenze.it/en/passengers/from-to-theairport/bus.html for taxis to Florence train station or check the local bus Ataf-VolainBus website (<http://www.ataf.net/en/timetables-and-routes/timetables-and-routes/line-volainbus.aspx?idC=180&idO=0&Linea=VolainBus&LN=en-US>) if you want to go by public transport.

Rome Fiumicino and Rome Ciampino Airports: to check transfers to and from the city centre, check on the side bar of the website for Fiumicino www.adr.it/web/aeroporti-di-roma-en-/pax-fco-to-andfrom and for Ciampino www.adr.it/web/aeroporti-di-roma-en-/pax-cia-to-from.

By train

There are several local or national trains going to Orvieto. From Perugia, you always need to change train in Terontola-Cortona. The price varies from 7,00 to 13,00 euros one way and can take from 2 to 3 hours depending on the train you take. From Florence Santa Maria Novella, there are many daily direct trains to Orvieto and the ride is about 2 hours. Price can vary from 14,00 to 20,00 euro depending on the train you take. From Rome Termini there are many daily direct trains to Orvieto. The ride take 1/ 1,30 hours and the price varies from 8,00 to 16,00 euro depending on the train you take. For more details and updated prices visit the website www.trenitalia.com or call the numbers +39.89.20.21/ +39.06.30.00.

Accommodation and meals

Selected 3* hotels are used in the larger towns, while in the villages and countryside we use cozy, friendly agriturismo (farms) and inns. All rooms in the accommodations have en-suite facilities. Throughout the trip, there are plenty of opportunities to taste both the great local food and a wide array of prestigious wines of the region.

Luggage transfer

Luggage transfer is included in your package and is normally provided by the accommodation itself. Please clearly mark all your belongings with your name and put a small note with the name of the next accommodation in order to indicate where the bags should go next (check your accommodation list). Also ask the accommodation owner where the bags should be left in the morning. Labelling your belongings prevents mix ups, delays and loss. Bags should be ready and at the reception or store room by 9:00hrs.

IMPORTANT: luggage is guaranteed to be delivered to the next accommodation within 16.00 If you are unable to walk, you can always ask, if the luggage transporter can take you with them when transporting your baggage, but this is not always possible and sometimes you have to pay a small fee locally.



HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism



**TOURISM DECLARES
CLIMATE EMERGENCY**



For more info please visit: <https://www.adventurousewe.co.uk/pre-trip-info/travel-with-confidence/>

ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

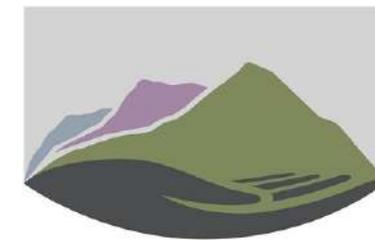
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



TOP TIPS

Multi Day Trekking

- Dress the part. During the day the temperatures may become quite warm so ensure you have a full brimmed hat & lightweight scarf, sunglasses, a loose long sleeved shirt (ideal) and plenty of sun screen. At night the temperatures may decrease so it's time to layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold
- Train in your trekking kit including the wearing of your rucksack with weight inside and in hot weather conditions so you know your kit is both suitable, where it may chaff and is comfy
- Good sturdy hiking boots which are comfy and well worn-in together with breathable socks (ie. merino wool based). Trainers or crocs can be worn in the evenings and flipflops or sandals are always a welcome relief too
- Look after your feet. Rock tape is ideal for blister prevention. Check out the website 'Fixing your Feet' for some great tips: <https://www.fixingyourfeet.com/>
- Have two bags – a daypack for the trek with everything you need for the day (snacks, water, sun-screen, hand held fan & any medication) and your soft sided kit bag which will be transported from hotel to hotel
- Ensure you have a good head torch
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus that you can refill and avoid plastic bottles. Water flavouring & electrolytes are also ideal as a thirst quencher, replenish lost salts and to add some variety to the water you drink
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**





COST

Deposit: £125 per person payable on booking

Remaining balance: £520 per person payable 5 weeks prior to start of trip

Please note, this is the cost price of the trip as a token of thanks for your continued support of Adventurous Ewe and that it's our first self-guided trek that we have operated in Italy. Thank ewe.

INCLUSIONS & EXCLUSIONS

VIA FRANCIGENA TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Luggage transfers from hotel to hotel (one piece of luggage less than 20kgs)
- Accommodation – 7 nights in a hotel (twin or triple share)
- All meals as stated in the itinerary
- Pilgrim's passport
- 7 days per week hotline in Italy

NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Rome Italy. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Any COVID-19 related travel requirements per the UK & Italy Governments
- City taxes
- Vaccinations
- Personal spending money and drinks
- Meals not listed in your itinerary (lunch & dinners)
- Snacks, electrolytes, etc.
- Kit and equipment as listed on your kit list and medication
- Tips for local restaurants etc.
- Single room supplement where available
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Italy, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at info@adventurousewe.co.uk.

INCLUSIONS & EXCLUSIONS

VIA FRANCIGENA TREK

HOTEL INFO

SERVICES INCLUDED IN THE PACKAGE:

Day/Service	Facility	Meals	Dur.	Remarks
Included Accomodations				
01 Hotel Urbano V (Montefiascone (VT))	room with sh/wc	breakfast	1 night	not incl. citytax €1,0€
02 Hotel Palazzo Riario (Viterbo (VT))	room with sh/wc	breakfast	1 night	not incl. citytax €1,8€
03 Antica Locanda della Via Francigena (Vetralla (VT))	room with sh/wc	breakfast+picnic+di nner	1 night	
04 Agriturismo Montefosco (Sutri (VT))	room with sh/wc	breakfast+picnic+di nner	1 night	not incl. citytax €2,5€
05 Albergo Benigni (Campagnano (RM))	room with sh/wc	breakfast	1 night	
06 Resort La Rocchetta (La Giustiniana-Roma (RM))	room with sh/wc	breakfast	1 night	not incl. citytax €4,0€
07 Hotel Domus Sessoriana (Roma (RM))	room with sh/wc	breakfast	1 night	not incl. citytax €3,5€
Included Equipment Rentals				
01 Information Kit			8 days	
01 Via Francigena Passport			8 days	
Included Transport by road				
02 Luggage transfer Montefiascone-Viterbo			1 day	
03 Luggage transfer Viterbo-Vetralla			1 day	
04 Luggage transfer Vetralla-Sutri			1 day	
05 Luggage transfer Sutri-Campagnano Romano			1 day	
06 Luggage transfer Campagnano Romano-La Giustiniana/Isola Farnese			1 day	
07 Luggage transfer La Giustiniana/Isola Farnese-Roma			1 day	

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your winter trekking journey.

BAGS

- Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, your bag will be transferred from hotel to hotel
- Daypack** – 20 litre rucksack to carry your kit required on the trek including your snacks, water, first aid items, sun-screen, hat, etc. Ensure it is comfortable and has waist-straps
- Small foldaway/reusable bag** - for shopping etc.
- Please ensure you clearly mark all your bags with your name

CLOTHING

- Light-weight water-proof jacket and water-proof trousers**
- Light weight warm jacket** ideally with a hood. Great for wearing at night or in unexpected cooler temps
- Midlayer or fleece**
- Merino wool or wicking t-shirts** - for trekking
- Loose fitting long sleeve shirt** - for sun protection
- Shorts** - for trekking. Avoid cotton
- Trekking trousers** – ideal to have zip off legs so they can be used as shorts if needed. Avoid cotton trousers
- Trekking shorts**
- Buff** – can be used for sun protection and also soaked in water if the temps are really warm
- Underwear** - Merino wool or wicking material, not cotton
- Casual clothing** - for hotels and travel

FOOTWEAR

- Hiking boots** – well-worn in hiking boots with ankle support and ankle height to help prevent any grit entering footwear
- Trainers/sandals/flip-flops** – for evenings & casual wear
- Socks** – minimum of 3 pairs of merino wool or synthetic trekking socks.

TREKKING EQUIPMENT

- Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- Head torch & spare batteries** - essential
- Sunglasses** – essential and ideally have strong UVA/UVB protection
- Trekking pole(s)** - optional

TRAVEL ADMIN

- Passport** plus photocopy of passport
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** – Euros. Don't forget to keep some cash for tips for your local crew
- Photocopies** of essential documents and a copy left with your next of kin
- Pen** – keep a pen handy for completing any necessary paperwork on airport arrival/departure.

ADDITIONAL ITEMS

- Antibacterial hand gel** (essential)
- Face mask**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for hotels
- Reading material / card games** for evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- Travel padlock**
- Hand held fan or cooling spray** if you feel the heat

CONTACT US

For any further info or any questions,
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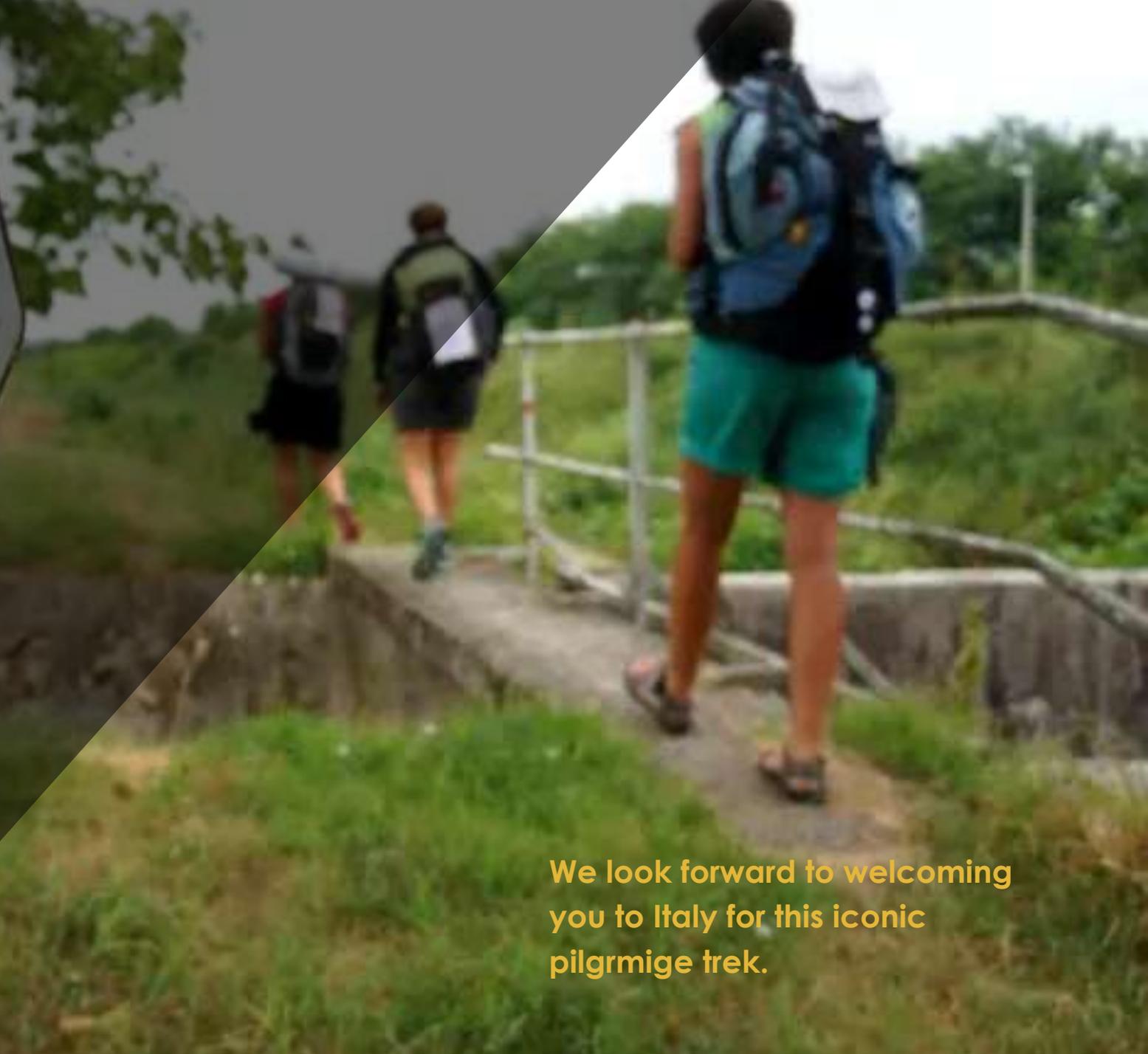


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We look forward to welcoming you to Italy for this iconic pilgrimige trek.