

# Walking Camino - Via Francigena - Montefiascone to Rome

Trip Code: SGMR

Version:



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

[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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Version:

## Holiday Information

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### 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 and 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 a signed-for courier so that you can track your package and know that it is safely on its 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 setting 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 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 most of 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, so 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 instead.

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 in Rome. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest airport for this trip is Rome, which is well-served with many departures from UK regional airports. It is also possible to use Florence or Pisa Airport.

The train connections are extremely good in Italy with many high-speed services available. 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 using a combination of rail and taxi.

First, take the train to Roma Termini where you will change onto the train for Montefiascone station. From there you will 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 details.

If you are flying into Florence the journey takes approximately 4-5 hours. Take the airport shuttle to Firenze S.M.N where you will then take the train to Roma Tiburtina. There you will change onto the train for Montefiascone station, before taking a short 5-minute taxi journey to the village itself.

If you are flying into Pisa the journey takes 5-6 hours. Take the airport shuttle to Pisa Centrale where you will then take the train to Roma Tiburtina. There you will change onto the train for Montefiascone station, before taking a short 5-minute taxi journey to the village itself.

The trip finishes in Rome where you can take the train from Roma Termini direct to Rome Airport. The journey takes around 30-45 minutes and the trains operate every 30 minutes.

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## 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.

## 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 main luggage is limited to one piece under 20kg per person and that your luggage is ready for collection each morning. Any additional pieces will incur an additional cost. Luggage with wheels is preferable for this holiday. You will also need a daypack to carry your daily essentials with you whilst you are walking.

# General Information

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## 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://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](http://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 directly 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

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## 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 inside 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

## 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 21/12/2024 and the trip is subject to change