



FrateSole
Viaggeria Francescana



Invitation to the Saint's Valley



Through the paths in which the Saint lived, between ancient convents and medieval villages: we let go of any expectation and cover new paths, in order to live an experience which will be forever fixed in our hearts.

• **8/15 october 2023**
8 days/ 7 nights

1° giorno ROMA

A DREAM COME TRUE

Finalmente si arriva a Roma: meeting of the participants at the agreed place and transfer to the hotel and/or religious house, dinner and overnight stay.

2° giorno ROMA

It's 1206 when the young Francesco is seeking the Lord's will about his future and leaves for Rome as a pilgrim. He leaves an abundant offering on San Pietro's grave and starts panhandling at the basilica's entrance, dressed like the poor people around him.

PELLEGRINAGGI



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Intense day dedicated to San Francesco's life places, with a local guide. Giornata intensa dedicata a luoghi legati alla vita di Francesco, con guida locale.

- **St. Peter's** Basilica, which stands on the place where Peter faced martyrdom in 65 d.C., back when Nerone was emperor. The basilica was started to build in 326.
- **San Giovanni in Laterano's** church, Rome's Cathedral, official ecclesiastic seat of the Pope and thus considered "Mother of all churches of the city and the whole world". The Basilica and his surroundings were most likely the places visited the most by Francesco during his stay in Rome.
- The famous **Basilica of Santa Croce** in Gerusalemme, owned by cardinal Brancaloneone when Francesco was there; cardinal Brancaloneone also allowed Francesco to stay in one of the building's watchtower, in order to allow him to pray.
- **San Francesco a Ripa** church, erected on the ruins of San Biagio's church when Francesco was alive. With the 23rd June 1229 papal bull, Pope Gregorio IX ordered that Frati Minori were to be entrusted with the care of San Biagio's church. Thus the first official residence of the order in Rome was established. We will end the day with a walk around Trastevere with the aim to imagine how medieval Rome would look like.

Late in the afternoon we will leave for Rieti. Nel tardo pomeriggio partenza **per Rieti**; accommodation at Franciscan Oasis, dinner and overnight stay.

3° giorno **REATINA VALLEY OR "THE HOLY VALLEY"**

There's no place like the Rieti Valley in Italy so full of memories of San Francesco. Here we will find four scattered monasteries which evoke important events of San Francesco's life, even though they will not show us artistical or architectural treasures, as they are made with simple and poor materials and decorations.

On this day we will visit:

- **Poggio Bustone**, a village nestled on the side of a mountain, 750 metres above sea level. It is here that San Francesco waved hello at all the inhabitants saying "Good morning good people". We will stop at Chiostro and at San Giacomo's church, located at about 1 km away from the residential area. The lower hermitage is situated below the convent. Walking through Tempietto della Pace, going up a steep path we will be able to reach Santuario Superiore also known as Grotta della Rivelazione ("Revelation Cave", S. Speco). According to the tradition, in this place San Francesco lived with Father Egidio (we will be able to reach this place exclusively by foot, 40' walk).
- **Santuario della Foresta**, situated on a hill at 600 m above sea level. Originally, this was a church dedicated to San Fabiano the pope: here took place the "vigna spogliata" episode, thoroughly narrated on references.
- **Santuario di Fonte Colombo**, shrouded in secular holm oaks. This sanctuary is also called the "Franciscan Sinai", as it is here that Francesco received in 1223 the Definitive Rule of Friars Minori from Christ himself. In the same place we will also find a little church dedicated to the Virgin Mary: here there is a T, representing the cross, still visible at the left of the altar. This was the saint's signature. Going lower, we can find the rocky cave where the Saint used to pray.
- **Santuario di Greccio** (reachable from the parking with a 15 minutes walk), "glued to the rock" known worldwide as the Franciscan Bethlehem. It was here for the first time in which the living nativity scene was created, in 1223, an event remembered in the fourteenth-century fresco in the Presepio Chapel.

Then we will head back to the Oasi for dinner and overnight stay.

4° giorno **LA VERNA AND NEARBY PLACES**

The events of La Verna are very rich in suggestions for our reflection. The choice of harsh and wild places to pray there challenges us and shows us new ways of relating to the Creator. In Francis, the stigmata were not an improvised or isolated phenomenon from his life: Francis' body began to bear the wounds of the Crucified One from his encounter with him in San



Damiano: Jesus for Francis was not a theory but a concrete person.

Day dedicated to visiting and praying in the convent of La Verna which rises just below the summit of the homonymous mountain and which belonged to Count Orlando di Chiusi, who went down in history for his friendship with Francesco. When the friars went up there, there was no building on the mountain and the consecration of the church was carried out only in 1260.

5° giorno TOWARDS ASSISI

Within this beautiful setting various events in the life of Francesco took place that accompanied his conversion from Francesco "the king of the party"

We finally leave for Assisi: we reach the city by bus and take a little tour around the historic centre: its buildings are almost all of limestone extracted from Mount Subasio, with pinkish tones that give the city a golden color at sunset. We will walk through the Walls, the gates, the squares and the streets noticing its innumerable fountains scattered throughout the city of various styles and sizes. We'll reach first Santa Maria degli Angeli's church, its origins shrouded in legend. The basilica rises in front of a square and guards the Porziuncola's chapel, which gave rise to the big architectural complex. We will stay at Domus Pacis for dinner and overnight stay.

6° giorno ASSISI

On this day we retrace the places of glorification of Francis and Clare: places of prayer, praise, admiration and thanksgiving.

On this day we'll visit:

- the Basilica of Santa Chiara, erected on the ancient church of San Giorgio built in the 11th century, where Saint Francis learned to write. The church, in Romanesque and Gothic style, houses the body of St. Catherine.
- The Basilica of San Francesco: a document from 1228 attests to the donation of this land by Pope Gregory IX to Friar Elia to build a church destined to receive the body of San Francesco. The church possesses such artistic wealth that it is defined as the "cradle of Italian art".
- Eremo delle carceri, a secluded place on Mount Subasio. At the time of Francis there was only a very small chapel linked to the nearby abbey of San Benedetto, with a certain number of caves. The friars frequented the slopes of this mountain and between 1212 and 1216 the Benedictines gave the hermitage to the primitive Franciscan community.
- Church of San Damiano: belonged from the XIII century to the diocese of Assisi and restored by Francis from 1206, in 1211 it was ceded by Bishop Guido to Chiara and her first companions to conduct the evangelical form that the Lord inspired by them.

We will then get back to the Domus for dinner and overnight stay.

7° giorno LORETO / HERMITAGE OF SANTA MARIA DI VAL SASSO

Final day that will take us to the Marche, an area frequented by San Francesco, who traveled several times between 1208 and 1219: from the writings we learn that the local population was particularly receptive to his teachings.

In the morning we reach the border with the Marche, the ancient "Marca Anconitana", to continue the day in Loreto for a visit to the Sanctuary of the Holy House, one of the oldest Marian sanctuaries, the destination of many pilgrimages. Its origin dates back to 1294 when, according to tradition, the house was miraculously transported in flight by Angels. Lunch during visits.



On returning to Assisi we will take a walk towards the Hermitage of Santa Maria di Val Sasso in Valleremita: the Franciscan hermitage is a magical place and the small church which houses a copy of the Valle Romita polyptych by Gentile da Fabriano. Return to Assisi in good time.

8° giorno **VERSO ROMA**

In the morning we will reach Rome airport. End of our trip.

Scheda del viaggio

Participation fee , from Rome 25 paying participants minimum	€ 890,00
Single room surcharge	€ 75.00

The fee includes:

- Private bus available for the entire pilgrimage, from the transfer on the 1st day to the transfer to Rome on the last day;
- Accommodation in religious institutes as per program in double room on breakfast and dinner basis with drinks (water) included with meals
- Lunches on site during the tour (basic), without drinks
- Local guide in Rome
- **Franciscan spiritual companion for the entire pilgrimage - by the Franciscan institution**
- Parking and ZTL in Rome (€150 per day), in Greccio (€40) in La Verna (€20 per hour), in Assisi (€88 per day) in Loreto (€50 per day)
- Visits and excursions as per program with entrance fees excluded (if provided)

The fee doesn't include:

- Scheduled return flight from Italy with baggage allowance of approximately 20 kg and airport taxes
- Allianz health insurance: travel agencies cannot insure foreign citizens

Selling conditions and cancellation penalties

To register for the trip you need:

- fill in and send the form you find on the link: <https://www.fratesole.com/in-partenza/modulo-di-preiscrizione/>
- enter the departure code 321 in the DESTINATION/PROGRAM box
- arrange for the payment of the fees as follows:

DEPOSIT	€ 300.00 BY 30 JUNE 2023
BALANCE	BY AUGUST 31st

PLEASE NOTE: it is possible to stipulate the policy against cancellation penalties ONLY at the time of payment of the 1st deposit in a single payment.

Bank details to make the transfer:

1. **Banca Popolare dell'Emilia Romagna - Ag. 16**
Codice Iban: IT 35 D 05387 02416 000001170344
2. **Intesa Sanpaolo Codice iban: IT84 E030 6909 6061 0000 0185 163**

Indicate in the description: name and date of departure

Cancellation penalties

If you are forced to give up the booked trip, penalties will be applied, proportional to the date of cancellation, with reference to the days remaining before departure from the calendar, also counting Saturdays, Sundays and public holidays.

For cancellations made:

- up to 45 days from the departure date (excluded), a penalty of 30% of the participation fee will be withheld;
- from the 44th to the 30th day (inclusive) of the departure date (excluded), a penalty of 40% of the participation fee will be retained
- from the 29th to the 15th day (included), on the departure date (excluded) a penalty of 60% of the participation fee will be withheld
- from the 14th day to the 3rd day (included) on the departure date (excluded) 75% of the participation fee will be retained
- No refund for cancellations made from the 2nd day (48 HOURS BEFORE) to the day of departure

Informazioni pre-contrattuali

Documents

PLEASE CHECK WITH YOUR CONSULATE / EMBASSY THE DOCUMENTS NECESSARY TO COME TO ITALY

Health Regulations

From 1 June 2022, the Covid-19 green certification is no longer required for entry into Italy from European Union countries and from third countries.

Fees

Participation fees are expressed in Euros and are calculated on the basis of a minimum number of participants of 25 paying participants: any changes in the number of participants will result in an update of the fee.

Adjustments

The travel price may be increased if the following specific costs increase: fuel cost, airport taxes, currency fluctuations. Any changes may not exceed 8% of the participation fee and must be notified no later than 21 days after departure. Beyond this percentage, the traveler can terminate the contract.

Minimum number of participants

Being a group trip, the execution is subject to the achievement of a minimum number of participants (agreed); if this minimum is not reached, the organizer will review the participation fee or cancel the trip within 21 days of the departure date.

Insurance not included

On-site health insurance is not included in the quotation as the participants are foreigners. In fact, FrateSole can insure only Italian citizens or citizens of different nationalities as long as they are resident in Italy and in possession of the Italian tax code.

Technical information about the trip

The trip is organised by FrateSole Viaggeria Franciscana, attività della Provincia di Sant'Antonio dei Frati Minori del Nord Italia, situated in Bologna in via Massimo d'Azeglio 92/d, tel. 051/64.40.168, e with an office in Rome in via Francesco Berni 6, tel. 06/ 77.20.6308, licenza 393 released by Provincia di Bologna, RC Allianz n. 114099581, Assicurazione Fallimento Cattolica Industrial Line n.0009423300033

Bologna March 22nd 2023



pellegrinaggi francescani: e parti con lo spirito giusto!



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