



Join A Walking Vacation

To:

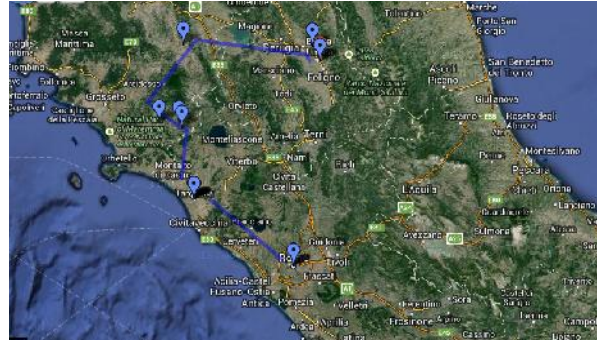
Lazio Tuscany Umbria

September 26-October 3, 2015

\$2,450* per person (Ground only) *

Limited to maximum of 14 participants

*Walking Level: around 5-6 miles per day***



Join us on a walking vacation. Immerse yourself in Italy's scenic and natural wonders that are spiritually transformative and inspirational. Get to know Italy's vast cultural heritage intimately from an artistic as well as a gastronomical side.

Walks include: the historic Via Francigena, Tarquinia, Maremma, Saturnia, Sovana, Pitigliano, Pienza, Mt. Subasio, Assisi. Visit the Necropolis of Monterozzi, the Etruscan museum of Tarquinia, the Abbey of Sant'Antimo, wine tasting and cooking class.

***Included in Price:**

- ◆ 2 nights in Lazio, 3 nights in Tuscany, 2 nights in Umbria
 - ◆ Breakfast and Dinner daily
 - ◆ Chartered motor coach (as per itinerary)
- ◆ Accommodations in world-class hotels (2 participants per room)
 - ◆ Two tour guides

NOT Included: airfare, several meals, tips/gratuity (estimate \$10/day), or optional travel insurance.

Your tour will be accompanied by Bret Thoman, (time and schedule permitting) in addition to Alessandro Gullo. Alex is a licensed guide in Umbria and lives near Assisi with his wife and seven children. He has worked with countless English-speaking groups over more than fifteen years.

****Please note that this is a walking vacation; walks will be between 5-6 miles per day on hilly and sometimes mountainous terrain; we will have a backup van if you choose to rest.**



See Itinerary on next page

Itinerary

Saturday, September 26: Rome-Tarquinoa (B, D)

After pickup at the designated point in Rome, we will begin walking to the north of Rome along part of the restored Via Francigena – the medieval pilgrimage road connecting Italy to France. We will stop in Sutri – one of the most suggestive ancient cities of Lazio – where we will visit: the ancient Roman amphitheatre excavated into tuffa stone; an Etruscan necropolis with dozens of rock-cut tombs; the Mithraeum an ancient Roman pagan temple; and the famous cathedral of Sutri where an important Council was held in 1046 AD. Then we transfer to Tarquinia and visit the Necropolis of Monterozzi, housing Etruscan tombs from 500 BC. Next, relax with a nice dinner in the quaint town of Poggio Nebbia. Overnight Hotel Poggio Nebbia www.poggionebbia.it (or similar); [Rome-Tarquinoa:



Sunday, September 27: Tarquinia (B, L)



Today, we will walk in the picturesque and scenic environs around Poggio Nebbia. After a traditional lunch of local dishes made in Poggio Nebbia (and maybe some time to enjoy the pool), we will walk in Tarquinia, where we will visit their famous museum dedicated to the Etruscan civilization. We will conclude with dinner in a wonderful restaurant in the center of town called L'Ambaradan; overnight in Poggio Nebbia.

Monday, September 28: Tarquinia- Saturnia (B, D)

Today, we will walk around the Parco dell'Uccellina in the Maremma region of Tuscany where there is a beautiful view of the Tyrrhenian part of the Mediterranean Sea. Next, we will transfer to our hotel in Saturnia. In the evening, we can relax in the hot springs of Saturnia (time permitting), and have dinner in a nearby town of Montemerano. Possibility for a winery visit [Tarquinia-Saturnia: 70 km] overnight in Saturnia Tuscany Hotel (or similar); www.saturniatuscanyhotel.com



Tuesday, September 29: Saturnia-Pienza (B, D)



Today we will visit the area of Saturnia, rich in history and culture. We will walk along the scenic road from Sovana to Pitigliano, where we will stop to eat. Then transfer to the agriturismo il Cerreto with a stop in nearby Pienza for dinner and possibility of a cooking class. Overnight in Pienza (SI) Agriturismo il Cerreto; [Saturnia-Pienza: 75 km] www.agriturismocerreto.com

Wednesday, September 30: Pienza (B, L)

Today we will walk along the characteristic unpaved Siense roads towards Pienza. Stop in Montalcino for a visit and lunch. Overnight in Pienza (SI)



Thursday, October 1: Pienza-Assisi (B, D)



Today, we will walk around Montalcino arriving at the Sant'Antimo Abbey for a visit. Then we will transfer to Assisi for an afternoon arrival. In the evening, we will have dinner in a nice restaurant in Assisi; [Pienza-Assisi: 102 km]. Overnight in Assisi: residence sancrispino: www.assisibenessere.it (or similar)

Friday, October 2: Assisi (B, D)

Today will boast some of the most beautiful sights of the tours along the summit of Mt. Subasio. Enjoy the city of Assisi with a spectacular view of the Spoleto valley. After a picnic on the mountain fields, we will offer a farewell dinner in Assisi. Overnight in Assisi.



Saturday, October 3: Assisi-Foligno (B)

In the morning, we will visit the city of Assisi followed by a transfer to the train station in Foligno for post travel arrangements.

TERMS AND CONDITIONS

Nature of Pilgrimage and Accommodations: St. Francis Pilgrimages, LLC organizes religious travel itineraries in the pilgrimage tradition, rather than typical tours. As such, there is time set aside for private prayer and reflection. Accommodations are based on double occupancy and this tour will utilize first class hotels or agritourisms of good quality. All rooms have private bath.

Price: The published price per person includes ground transportation as per itinerary in chartered vehicles, lodging (at double-occupancy), breakfast and dinner each day, as well as most lunches. The price does not include airfare, one meal per day (estimate \$15-20/day), tips for driver and guide (estimate \$15/day), recommended travel insurance, personal expenses, or anything not expressly stated on the itinerary.

Payment Information: A deposit of \$500 is required to secure a reservation (\$300 is non-refundable but transferrable). Payments are due as follows: \$1,000 is due 100 days prior to departure, and the remainder is due 70 days prior to departure. Payment can be made by personal check, money order, or through Paypal for an additional \$150 fee. Trip prices and costs are listed in US dollars (usd). Cancellations: If you cancel more than 100 days before departure, all payments will be refunded except \$300 of your deposit (which is transferrable). If the cancellation is made between 100 days and 70 days of departure, all payments will be refunded minus \$500 (in addition to \$300 out of the deposit). If you cancel within 70 days of departure, we will attempt to recover what has been paid to suppliers, but cannot guarantee any reimbursements. Once issued, airline tickets are usually non-refundable, and refunds would be determined by the specific airline. Note that St. Francis Pilgrimages may cancel a pilgrimage if there are insufficient registrations or if other circumstances warrant it; if a pilgrimage is cancelled by St. Francis Pilgrimages, all payments will be refunded. However, if a participant cancels individually before St. Francis Pilgrimages officially cancels, refunds for that person will be based on the above criteria. We strongly recommend trip insurance.

Health: *Please note that this is a walking tour; walks will be between 5-7 miles per day on hilly and sometimes mountainous terrain at a moderate pace (Note that there is the possibility of the assistance of a van, if you need to rest.)* If a participant has any health conditions (including psychological/mental), we require full disclosure to St. Francis Pilgrimages, LLC. St. Francis Pilgrimages, LLC cannot accept liability for food ingested by participants with life-threatening food allergies or sensitivities. Any participant who has serious health conditions (including psychological/mental), must inform his/her doctor of their intention to participate in this walking tour and submit a letter from his/her medical doctor stating that he/she is capable of fully participating in the pilgrimage without assistance. St. Francis Pilgrimages, LLC and suppliers contracted for services reserve the right to refuse to accept or retain any person whose behavior or health conditions are deemed likely to affect the smooth operations of the tour, or adversely affect the enjoyment or safety of other passengers. St. Francis Pilgrimages, LLC, its agents, and suppliers shall be under no liability to any such person for refund, compensation, repatriation or any other matters arising thereof.

Consumer Disclosure Notice: St. Francis Pilgrimages, LLC cannot accept responsibility for actions and/or service of independent contractors involved, i.e. air carrier, bus company, taxi, hotel, guides, etc. St. Francis Pilgrimages, LLC reserves the right to cancel a pilgrimage if there are insufficient participants registered, in which case a refund of monies paid St. Francis Pilgrimages, LLC will be granted to all participants. St. Francis Pilgrimages, LLC may change the itinerary if circumstances warrant it. St. Francis Pilgrimages, LLC cannot be held liable or financially responsible for illness, injury, or death incurred at any point during the trip. If travel is interrupted or the trip is forced to cancel due to labor strike, inclement weather, riot, national disaster, terrorism, or any other incident outside of the control of St. Francis Pilgrimages, St. Francis Pilgrimages cannot be held liable or financially responsible. We strongly recommend trip insurance.

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