

The Way of St Francis: Via di Francesco

From Florence to Assisi and Rome

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A guidebook to walking the Way of St Francis (Via di Francesco) between Florence and Rome. Covering 518km (322 miles), this pilgrimage route through Italy's Tuscany and Umbria takes around 1 month and is suitable for any reasonably fit walker.

The route is described from north to south in 27 stages, each between 11 and 29km (7-18 miles) in length. Alternate stages are given to allow you to visit Perugia and Farfa Abbey and 2 alternate sections are also included in outline providing a choice of routes from Florence to Santuario della Verna and between Assisi and Rieti.

- **1:100,000 mapping** plus larger-scale urban maps for key locations
- **GPX files** available to download
- Handy **stage planning tables and pilgrim lodging listings** help you plan your itinerary
- Detailed information about **refreshments and facilities** along the route
- Advice on **planning, preparation and pilgrim credentials**

About the author

Sanford 'Sandy' Brown is a long-distance walker and ordained minister who lives in Lucca, Italy. Inspired by The Pilgrimage by Paulo Coelho, he trekked the Camino de Santiago in 2008 and since then has walked over 18,000km on pilgrim trails in Europe and the U.S. He leads group tours through his travel company, Pilgrim Paths at www.pilgrimpaths.com. Sandy earned his undergraduate degree in medieval history at the University of Washington in Seattle, and his Master of Divinity at Garrett Theological Seminary; he completed his doctorate in gender, sexuality and spirituality at Princeton Theological Seminary in 1997. He has two grown sons, and his wife, Theresa Elliott, is a yoga master teacher.

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