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train2eu pilgrimage

Manual of Cultures

Recommended Pilgrim Routes in Italy



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Italy has many pilgrim routes. They do not say for nothing that "all roads lead to Rome". Already in the Middle Ages past there were several pilgrim routes from central and northern Europe. People made pilgrimages to the tombs of Saints Peter and Paul and wanted to visit the places of martyrdom of St. Peter and St. Paul.

In the following we will highlight the most famous routes that have been inviting and inspiring pilgrims for centuries.

Via Francigena

Via Francigena - Sharing life



History

In the year 990, archbishop Sigeric travelled between Rome and Canterbury. Sigeric used this itinerary travelling back from Rome, where he received the Pallium from the Pope. The archbishop described the 79 stages of his itinerary towards Canterbury in a journal. The pilgrims, even before the year 1000, travelled down the Italian peninsula. They came from the British Islands, from the French Kingdom, from the farthest

Regions of the Emperor.

Path and landscape description

From the mountain pass of the Great St. Bernard, through the valley of Aosta, they entered the beautiful country of Italy, with its cities rich in both history and art.

Follow the trail markers that from the Canterbury Cathedral cross, onto the Pilgrim's Way, the British countryside until the white cliffs of Dover. Once crossed the Channel, the Way ventures into the gentle landscape of Picardy and into the Champagne lands, area stud by ancient cities: have a stop in Reims, and visit its Cathedral, and at the Clairvaux Abbey. Then the Way enters Switzerland, from Sainte-Croix à Vuiteboeuf, for then following the quiet Venoge until the Lemano Lake.

Web

<https://www.viefrancigene.org/>

E-Mail for contact

luca.bruschi@viefrancigene.org

Starting location

Canterbury, in Italy: Gran San Bernardo

Final destination

Rome

Path length / km

1,800 km (total from Canterbury to Rome)

1,000 km – 44 stages (in Italy)

Via Romea Germanica



History

The official route of the Via Roma Germanica is the journey of Abbot Albert. Albert was born around the end of the 12th century and in 1232 he became Abbot of the Benedictine Monastery of the Holy Virgin Mary of Stade, then an important Hansaport situated in the estuary of the river Elbe, in Germany. Albert resigned his position and entered the Minors' convent of St. John of Stade making a Franciscan vow of poverty.

Here we engaged in the writing of some theological works. A chapter regarding the best pilgrimage routes to Rome. The abbot suggests various routes with precise information on places and distances to be covered and the length of the various stages in German miles.

Path and landscape description

It was one of the "Peregrinationes Maiores" (most important places of pilgrimage) for the pilgrims of the period and one of the routes preferred by kings, Saxon emperors and Swabian sovereigns to maintain their contact with the city of the popes.

Today this ancient route is a great European route of culture and religious significance which passes through several countries and touches on some of the major Italian cities which today still have an important role in history.

The Romea Germanica Way starts from Augsburg, the city where the schism of 1517 was drawn up, and passes through Trento, the city of the Counter-Reformation, and Padua, home to the Basilica of St. Anthony.

Web

<http://www.viaromeagermanica.com/>

E-Mail for contact

eavrg@viaromeagermanica.eu

Starting location

Stade

Final destination

Rome

Path length / km

1.022 km

Via Romea Strata

Via Romea Strata – A way of faith and culture



History

Via Romea Strata was the name of an old road system that connected central and eastern Europe with the Italian peninsula on the way to Rome: from the Baltic Sea pilgrims crossed Estonia, Latvia, Lithuania, Poland, Czech Republic and Austria up to cross the Alps and entered the North East of Italy through the Tarvisio. Before becoming a pilgrimage route, this route was used for many purposes including commercial:

from here passed the amber, salt, iron, silk... The human passage has also led to the development of culture, through art and architecture that we meet today along this route.

Path and landscape description

This itinerary is called “Romea Strata” because Rome is the most important destination to which the pilgrims aimed.

The path is a fascinating journey that accompanies the pilgrims along Italy, crossing six different regions, with all its beautiful cultural and natural heritage. The pilgrims can admire and walk through one of the most beloved countries in the world, discovering the charm of often still untouched places, breath-taking views, silent forests and incredible artistic and cultural sceneries. The Romea Strata is a journey in which the pilgrims will get to know not only the territory and its people, but also themselves.

Web

<https://www.romeastrata.org/>

E-Mail for contact

info@romeastrata.it

Starting location

Tallin (Estonia)

In Italy: Tarvisio

Final destination

Rome

Path length / km

4.044 km in total

1.400 km - 82 stages (Italy)

La Vie di San Francesco

St. Francis Way – authentic spiritual journey



History

The Franciscan Ways are itineraries connecting places that bear witness of the life and preaching of the Saint of Assisi; pilgrimage routes, that intend to re-propose the Franciscan experience in the regions that the Poor Man has passed on his walks. The figure of Francis actually accompanies the pilgrims throughout their journey, speaking to the mind and heart of the pilgrims and thus helping them discover the possibility of living

a life in full harmony with the world, with man and with God.

There are several pilgrimage routes with different starting points, the destination being Assisi or Rome: The Francis Way from Rimini to La Verna, The Cammino di Assisi from Dovadola (where it meets the Cammino di Sant'Antonio) to La Verna, the Via di San Francesco from La Verna to Rome and the St. Francis Way, that was the first to be defined by Angela Maria Seracchioli, from La Verna to Poggio Bustone with the possibility to start in Florence.

Path and landscape description

A common highlight of all ways is the Franciscan Sanctuary of La Verna situated on a steep rock in the Tuscan Apennines. From here the pilgrim passes by medieval cities full of history such as Città di Castello and Gubbio before reaching Assisi, where the Saint was born and where his remains are kept in the Basilica di San Francesco. Pilgrims who continue to Poggio Bustone will discover authentic places where the Saint has left his traces in the Valley of Rieti (called "the sacred valley"). Here one can decide to continue to the final destination Rome and follow the Saint's footsteps.

Web

www.viadifrancesco.it/en/; www.camminodiassisi.it; www.diquipassofrancesco.it/

E-Mail for contact

info@viadifrancesco.it; info@camminodiassisi.it; jacopadue@yahoo.it

Starting location

Dovadola / Florence / La Verna

Final destination

Assisi / Poggio Bustone / Rome

Path length / km

Cammino di Assisi (Dovadola – Assisi) 186 km - 14 stages

St. Francis Way by Angela Maria Seracchioli (La Verna – Poggio Bustone) 365 km – 21 stages

Via di San Francesco (La Verna – Assisi – Rome) approx. 450 km – 22 stages (some of them very long)

Cammino di Sant'Antonio

Cammino di Sant'Antonio – Pace e bene



History

The Way of Saint Anthony is part of the great Franciscan tradition of wandering around as it was practiced by the Poor Man of Assisi himself. The path of Sant'Antonio develops between Veneto, Emilia Romagna and Tuscany: a twofold path - physical and spiritual - that step by step traces the places that at the beginning of the thirteenth century saw the presence of one of the most beloved and venerated saints of all Christianity. The original path, called the “Last Way”, is rather short and has a strong religious meaning. It is an itinerary of about 24 km that coincides with the path that Sant'Antonio – being close to death – followed on 13 June 1231 in an attempt to reach the city of Padua before exhaling his last breath.

Path and landscape description

St. Anthony's Way (the “Long Way”) passes through Veneto, Emilia Romagna and Tuscany following a route that connects important centres of spiritual significance and religious importance and less known places where St. Anthony lived and practiced his faith at the beginning of the 13th century. Marked by a strong religious and spiritual meaning the trail offers an unique opportunity to pass through lands rich in unspoilt nature with a slow perspective on landscapes dotted with hermitages, ancient villages, castles and cities of art that are typical of a large part of Emilia-Romagna.

Starting from the Basilica of St. Anthony at Padua, the route winds southward for more than 400 km, entering Emilia-Romagna at the picturesque ford over the River Po, passing through Ferrara and continuing to the Sanctuary of St. Luke in Bologna, an important place of religious significance and pilgrimage, and then towards Romagna where the Sanctuary of Montepaolo is one of the highlights along the way. Crossing the mountainous region at the border between Emilia Romagna and Tuscany the pilgrim passes by the Monastery of Camaldoli to reach the final destination, the Franciscan Sanctuary of La Verna.

Web

<http://www.ilcamminodisantantonio.org/ita/home.asp>

E-Mail for contact

infobasilica@santantonio.org

Starting location

Camposanpiero

Final destination

Santuario della Verna

Path length / km

436 km - 22 stages

Cammino di San Benedetto

Cammino di San Benedetto – Da Norcia a Subiaco e Montecassino sulle orme del Padre dell'Europa



History

The Benedict Path connects the most important stations in life of Saint Benedict (480-547): Nursia in Umbria, where he was born; Subiaco, where he worked for 30 years and became the founding father of monasticism; and Montecassino in southern Lazio, where he spent the last years of his life.

Path and landscape description

Three hundred kilometers from Norcia, to the offshoots of the Sibillini Mountains, to Subiaco, in the upper Aniene valley, up to Cassino, in the Liri valley, crossing the most significant places in the life of St. Benedict of Norcia. 16 stages through paths, cart tracks, and low traffic roads, discovering nature parks (e.g. Monti Simbruini), crossing valleys and mountains of Umbria and Lazio. The Benedict Path guarantees an intense experience of nature combined with art and culture from 2,500 years ago. Not only a journey into the Benedictine world, but also a pilgrimage to the places very popular saints, such as Rita da Cascia, Francesco d'Assisi, Thomas Aquinas; or less known, such as Giuseppe da Leonessa or Agostino Pietrantoni.

Web

<https://www.camminodibenedetto.it/>

Contact

info@camminodibenedetto.it

Starting location

Norcia

Final destination

Montecassino

Path length / km

310 km - 16 stages

Via degli Abati

Via degli Abati – the Abbots way



History

The route is the remains of the path used by the monks to travel between Pavia and Pontremoli using places such as Bobbio, Boccole dei Tassi, Gravago and Borgotari to rest and/or change horses.

The historical route of the Abbots way winds through specific points where monks' cells, hospices and properties of the monks of Saint Columban are located. The places crossed by this path are those cited in the Diplomatic Codes of the Bobbio Monastery, namely Boccole dei Tassi, Borgotaro, Borgallo and Pontremoli. The Bobbio monastery was founded by Saint Columban in 613 AD and represented from the VII to the XI century a centre of culture and civilization for all of Northern Italy.

Path and landscape description

Abbots Way is the modern name ascribed to an ancient medieval thoroughfare, recently rediscovered, that links Pavia to Pontremoli for a total of 195 kilometers. The entire route, pinpointed through the reading of texts and visits to the area by Giovanni Magistretti, a man passionate about history, is marked by medieval discoveries in some ancient structures, including towers, castles, fountains, chapels and roads paved in stone.

The Abbot's Way itinerary is filled with history, art and culture; however, it is also an itinerary where taste plays an important role. In the more a hundred kilometers that join Pavia to Pontremoli, the gastronomic traditions of the Trebbia valley, the Lunigiana, the Taro and the Ceno valleys are very much alive. Traditions that stem from history and which have reached us unaltered thanks to the passing on on the "food art" from mother to daughter.

Web

<https://www.viadegliabati.com/the-abbots-way-english-version/>

E-Mail for contact

viadegliabati@gmail.com

Starting location

Bobbio

Final destination

Pontremoli

Path length / km

190 km – stages not available

Cammino di San Tommaso



History

The Way of St Thomas is a cultural, naturalistic and spiritual itinerary that connects the city of Rome with the Basilica of St Peter in Ortona, guardian of the remains of the Apostle since 1258. The Way is also a form of modern pilgrimage in the footsteps of Saint Bridget of Sweden who arrived in Ortona between 1365 and 1368 following the revelation of the presence of the bones of Saint Thomas in the cathedral of the city. According to local tradition, Bridget twice visited the tomb of the Apostle in Ortona; in memory of his passage was dedicated to an ancient church, in the nearby town of Arielli, which, along with the stone located at Porta Caldari in Ortona, testifies to the pilgrimage of the Saint in the city.

History offers an opportunity to rediscover, with modern forms, the activity of travel, as happened in Santiago de Compostela whose model was taken as an example by the Way of St Thomas to unite Abruzzo and Lazio.

Path and landscape description

A long journey of about 316 km that crosses the heart of the most authentic Abruzzo enhancing the landscape excellence of which is rich in the region and places of faith such as churches, hermitages and abbeys, silent guardians of spirituality.

The itinerary proposed by the Way is walkable, by bike on road and dirt road, and on horseback starting from Rome to reach Ortona in the Cathedral of San Tommaso.

The pilgrimage route also crosses one of the most impressive places of pilgrimage, the Santuario della Santissima Trinita near Subiacao at an altitude of 1300 meters.

Web

<http://www.camminodisantommaso.org>

E-Mail for contact

info@camminodisantommaso.org

Starting location

Roma (Piazza San Pietro)

Final destination

Ortona (Cattedrale di San Tommaso)

Path length / km

317 km - 16 stages

Cammino di Sant'Agostino



History

The St. Augustine Route is a Marian pilgrimage to be walked in the name of the "Saint of Grace", a Way which in conceived to reach and connect fifty Marian shrines of Lombardy in its 26 stages. The route also touches three Lombard locations involved with Agostino da Ippona: Rus Cassiciacum (today Cassago Brianza, place of his conversion), Milan (the imperial capital city, place of his baptism) and Pavia, where the relics of the Saint are located to which the Way is dedicated. A saint born and died in Africa but who, for truly mysterious reasons, left his most important testimonies and historical memories in those three places in Lombardy.

The journey involves a considerable extension - in both directions - from Pavia to Genoa (the city where the Augustinian relics were landed in the seventh century, to be moved to Pavia along the old Via del Sale). The current length of the Italian routes is 770 km. It is possible to continue the route for a further 605 km in North African land, from Tunis-Carthage to Hippo and back, passing through Tagaste.

Together with the Augustinian places and the fifty Marian sanctuaries (many of which are in themselves very valuable from the historical and architectural point of view) the path of the Way is arranged in such a way as to include along the road the most important artistic sites and more generally of interest in the Lombard territory (churches, monasteries, ancient and modern monuments, parks, delight villas).

Web

www.camminodiagostino.it

E-Mail for contact

info@camminodiagostino.it

Starting location

Monza

Final destination

Pavia

Path length / km

620 km - 26 stages

Via Lauretana



History

We are in the Chienti and Potenza Valleys, but also in the Sibillini Mountains and from here towards Fabriano and also from Loreto towards the sea and then from there towards other distant worlds, towards Prague and Paris, Wolsingham and Tersatto.

For this reason, for the multiplicity of routes and places, as well as for the spread of the cult throughout Europe, it seemed to us that, always and in any case safeguarding the specific value of the Ancient Via Lauretana, was better suited to give account of the geographical universality and religious inspiration the term of the "Lauretani Ways": not therefore a monkey of the named Streets of Santiago, but the correct representation of an extended multiplicity and plurality of ways through which, as if to symbolize the many ways in which man seeks God, one arrived from different parts of Europe to Loreto, to the Holy House of Mary. Siamo di fronte ad un complesso universo di luoghi, pratiche, percorsi, memorie, legami, nati e cresciuti nei secoli attorno alla Beata Vergine Maria di Loreto ed al luogo dove viene venerata; il Santuario di Loreto.

Web

<https://camminilauretani.eu/>

E-Mail for contact

<https://camminilauretani.eu/contatti/>

Starting location

Assisi

Final destination

Loreto

Path length / km

195 km - 7 stages

Cammino minerario di Santa Barbara



History

The Cammino develops along a ring of about 500 kilometers in the Sulcis-Iglesiente-Guspinese region. Almost 75 % of the walking is done on footpaths, dirt roads, cart and mule tracks, while the remaining 25 % is made up of paved roads in the town centers and of brief tracts of asphalted streets on the outskirts of town. The altitude goes from sea level to a height of 900 meters in the Marganai mountain range: keep in mind there will be continuous differences in altitude, but only in some cases could this be particularly challenging. Depending on the length, level of difficulty and availability of lodging facilities in the towns and mining villages you are passing through, the itinerary has been divided into 30 stages, with an average length of about 16 kilometers each. Many stages are rather short, giving the pilgrim / excursionist time to visit classical industrial and archaeological sites of particular charm and beauty. Those not interested in the tours can easily divide the stages according to their taste and pace, taking the availability of reception facilities into account. We would also like to point out that the travel time indicated at the beginning of each stage is based on an average rate of three kilometers per hour, a slightly slower pace than the norm, precisely because the pilgrim / excursionist will want to slow down frequently to admire the scenery, particular geological formations, archaeological ruins or mining structures, as well as all the other beautiful sites he will encounter. Attention: The "official route" in some stretches presents viability problems. These will gradually be taken care of through maintenance interventions. In the meantime, we prefer redirecting the walker towards alternative and perfectly viable tracts as described in the text, indicated on the map with a red line, and marked on-site with temporary signposts (see signpost section). The official route is indicated on the map with a tight dotted line so that as these stretches become viable, the reader will already have it highlighted on the map.

Web

<https://www.camminominerariodisantabarbara.org/the-route-and-its-stages/?lang=en>

E-Mail for contact

info@camminominerariodisantabarbara.org

Starting and final location

Iglesias

Path length / km

500 km - 30 stages

Via degli Dei



History

Originally traced out in the 7th – 4th centuries B.C., its definitive building is owed to the work of Roman engineers.

With the fall of the Roman Empire the road lost part of its original paving and became a small path. With the advent of modern roads it lost its function definitively and its rediscovery was the work of a group of keen walkers who in the nineteen eighties recovered the ancient route which owes its name to

the evocative names of mountain locations that it passes through such as Monte Adone, Monte Venere, Monte Giunone.

Today the Way of the Gods is an extraordinary equipped route which winds through the most picturesque landscapes of the Tuscan-Emilian Apennines; an experience to be enjoyed also by the inexperienced and with a subdivision in to stretches of medium difficulty.

Web

<https://www.viadegliidei.it/>

E-Mail for contact

info@infosasso.it

Starting location

Bologna

Final destination

Firenze

Path length / km

130 km – 5/6 stages