



train2eu**pilgrimage**

Pilgrim booklet

Cammino di Benedetto

South-North Pilgrim Route

Mandela-Norcia in 8 days

12 August 2021



Erasmus+

Cammino di Benedetto – South-North Route Mandela-Norcia

Pilgrims guided by:

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Description of itinery

An indescribably beautiful adventure awaits us. We hike through plains, climb mountains, comb through unknown terrain and meet wonderful people. Nature accompanies us continuously with wonderful impressions, sunny weather and unknown scents.

A 300 km path through the **heart of Italy**, which, moving from Umbria, runs through the whole of Lazio and reaches near the border with Campania. An itinerary of 16 stages in the footsteps of **St. Benedict of Norcia**, who lived from 480 (Norcia) until 547 (Montecassino). The pilgrimage unites the three most important Benedictine places: Norcia, his birthplace; Subiaco, where he lived more than thirty years and founded numerous monasteries; and Montecassino, where he spent the last part of his life and wrote the Rule. We will move through mainly mountainous areas, characteristic of central Italy. Norcia, from which the original route starts, is an enchanting town at the foot of the Sibillini mountains, loved by trekking enthusiasts and naturalists. It is not only a journey into the Benedictine world, but also a pilgrimage to the places of very popular saints, such as Rita da Cascia, Francis of Assisi, Thomas Aquinas; or other less known, such as Giuseppe da Leonessa or Agostina Pietrantoni.

We will carry out our pilgrimage the way round. We start from Mandela-Sambuci, where we arrive by train from Rome. From here we walk north nine stages to the origin of the Cammino di Benedetto, to Norcia, within eight days.

The holy Benedict

The memory of Benedict of Nursia is entrusted to the portrait that St. Gregory the Great left us of him in the second book of his "Dialogues". In ancient times, writing the life of a saint meant narrating his miracles to celebrate his virtues. When Pope Gregory wrote this work, between 593 and 594, Italy was invaded by the Lombards, barbarians of Aryan origin; and with this work he could inspire in them a healthy respect for the Catholic religion. But Benedict of Nursia is not a myth created to propagate the monastic ideal. Rather, we must believe that Gregory wanted to write a book of popular edification and a theology of monastic life at the same time. To Benedict he dedicates an entire book of "Dialogues", while to the other saints he only dedicates a short chapter. From this we must conclude that St. Benedict really existed. (Original text by Simone Frignagni, Cammino di Benedetto).

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Arrival: 12.8. – 13.8. Night Jet NJ 40233 Vienna-Roma (via Bologna)

Departure Vienna Main Station, 12.8.: 19:23 Vienna Main Station

Arrival Bologna Centrale, 13.8.: 05:20 Bologna Centrale; transfer 6:15 Euronotte 895 (High velocity train arrival 09:00 Roma Termini)

Roma Tiburtina-Mandela/Sambuci, 11:10-12:25 R 4546

Critical points:

Check Train connection Bologna Centrale and arrival time in Roma Termini

Check transfer from Roma Termini to Roma Tiburtina

Take care: reach Mandela-Sambuci at least between 12:00 and 12:30 h

Day 1: 13.8. - Mandela - Orvinio

Length: 19,9 kilometer, +910 meters, -540 meters, start at 300 meters sea level (railway station). highest point 1.100 Meter

Duration: 6,5-7 hours to go

Route: We go by train from Rome to Mandela, which we will arrive at about 12:30. From the railway station we walk up to the center of the quiet village, which is dominating the Aniene Valley. The whole day we are walking in silent mountain forests far from civilization.

Waypoints: Railway station (330m), ancient Mandela (450m), pian di papa (600m), height ridge, Licenza (500m), height ridge, Casale Brudato (1.100m), Orvinio (800m) or alternative route via Percile (Cycle route).



Licenza in the Monti Lucretili

In Day 1 we will discover following highlights

- Ancient Mandela with in beautiful landscape, Castello Mandela
- Regional parc Monti Lucretili with phantastic panoramic views in a traditional landscape
- Ancient Licenza: Villa from Horaz, Sacra Bosco – the holy forest, Bandusia spring
- Orvinio: Church Santa Maria del Raccomondati, pilgrimage church Maria di Vallebona, la cascata di Orvinio

We will arrive later afternoon around 6-7 PM and will spend the evening very relaxing in a quiet accommodation directly located in the center of Orvinio.

Accommodation (check-in 13, check-out 14): BB Il Sorriso dei Monti, Via Vincenzo Segni, 20, contact: Maurizio per e-mail confirmed, BB is directly in the centre of the village

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Day 2: 14.8. Orvinio – Castel di Tora – Rocca Sinibaldi

Length: part I (Orvinio-Castel di Tora): 16,2 kilometer, +560 meters, -790 meters, highest point 738 meter

part II (Castel di Toro-Rocca Sinibaldi): 14,4 kilometer: +250 meters, -280 meters

Duration: five to six hours to go first part I, five hours second part II

Route: Today we will walk two stages, it will be a very exhausting walking with about 30-31 kilometers; however, it will be an encouraging stage in exceptionally beautiful landscape, with a breathtaking view on the lake Turano, with wonderful forests, dreamlike valleys, little-used foothpaths. Due to the long walking distance (10-11 hours) it is a must to start early in the morning.

There are two different ways to navigate around the lake. It is advisable to take the route over the bridge which leads directly in the old village Castel di Tora.



Castel di Tora (550m sealevel) on the Lago di Turano

In Day 2 we will discover

- Santa Maria del Piano – a former Benedict Abbey
- Delightful mountain village Pozzaglia Sabina
- Beautiful Lago del Turano
- Amazing City Castel di Tora in an exceptional beautiful place
- Medieval Castel di Tora located directly on the lake
- Rocca Sinibalda, a medieval village perched on a rock, dominated by a renaissance castle
- Colle Berardino, an agroturismo with many local food products (honey, oil, legumes, cereals etc.) in a breathtaking location

The second part of our pilgrimage day is an easy and scenic stage in midst of great nature, which rewards us towards the end with fantastic views of the lake Turano. In the evening we will spend the night in a local agroturismo in wonderful landscape, enjoying Italian local food and hospitality from Frederico and Alice.

Accommodation (check-in 14, check-out 15):

Colle Berardino (organic farm), per Whatsapp Frederico Porro, Alice Liguori,
www.colleberardino.it, Località Pontorio 8 - Rocca Sinibalda (Rieti)

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Day 3: 15.8. Rocca Sinibalda - Rieti

Length: 20,5 kilometer, + 190 meters, -350 meters, highest point 600 meter,

Duration: 6-7 hours

Route: An easy stage will await us on the third day. We will walk the whole day in a flat plain in midst of a green agricultural landscape. In the early afternoon we will arrive in Rieti, a regional capital, which is told to be the center of Italy. It is advisable to rest in the center and to buy food for the coming day.



Villa Dell'Annunziata Forestra

In Day 3 we will enjoy

- Psychology of walking in a silent landscape
- and experience spirituality of pilgrimage
- Belmonte in Sabina – a small place in the mountains
- Valley Turano

We do not stay overnight in Rieti, as we are walking further three kilometers forward to Forestra and enjoy accommodation in an exceptional old villa.

Before we reach Forestra we will look for a food shop in Rieti to add reserves.

Accommodation (check-in 15, check-out 16):

Villa Dell'Annunziata Forestra, Via Forestra 26, Rieti

Day 4: 16.8. Rieti – Poggio Bustone

Length: 17,4 kilometer, + 630 meters, -220 meters,

Duration: 4 hours

Route: We start in our villa late morning. A short walking day will await us. Not very far we reach the Convento la Foresta, an amazing pilgrimage place between Cantalice and Rieti. About five kilometers further we will arrive on a slight hill the small impressive village Cantalice with its unique location. Very photogenic. Along of the edge of the forest we are silent walking to Poggio Bustone, crossing point with the Way of Frances, with the important sanctuary Poggio Bustone.

In Day 4 you will discover

- Convento la Foresta
- Mountain village Cantalice
- Pilgrimage Place Santuario Poggio Bustone

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We will enjoy the target Poggio Bustone, one of the most important pilgrimage place in middle Italy. It is advisable to use any time for reflection in the santuario. In the evening we will recover in our accommodation from the day and to prepare for the next day, which will be a hard climbing mountain day to reach Leonessa.

Accommodation (check-in 16, 13:00-23:00, check-out 17, 09:00-11:30): Casa San Giacomo (very close to the santuario)

Day 5: 17.8. Poggio Bustone - Leonessa

Length: 15,2 kilometer, + 730 meters, - 610 meters

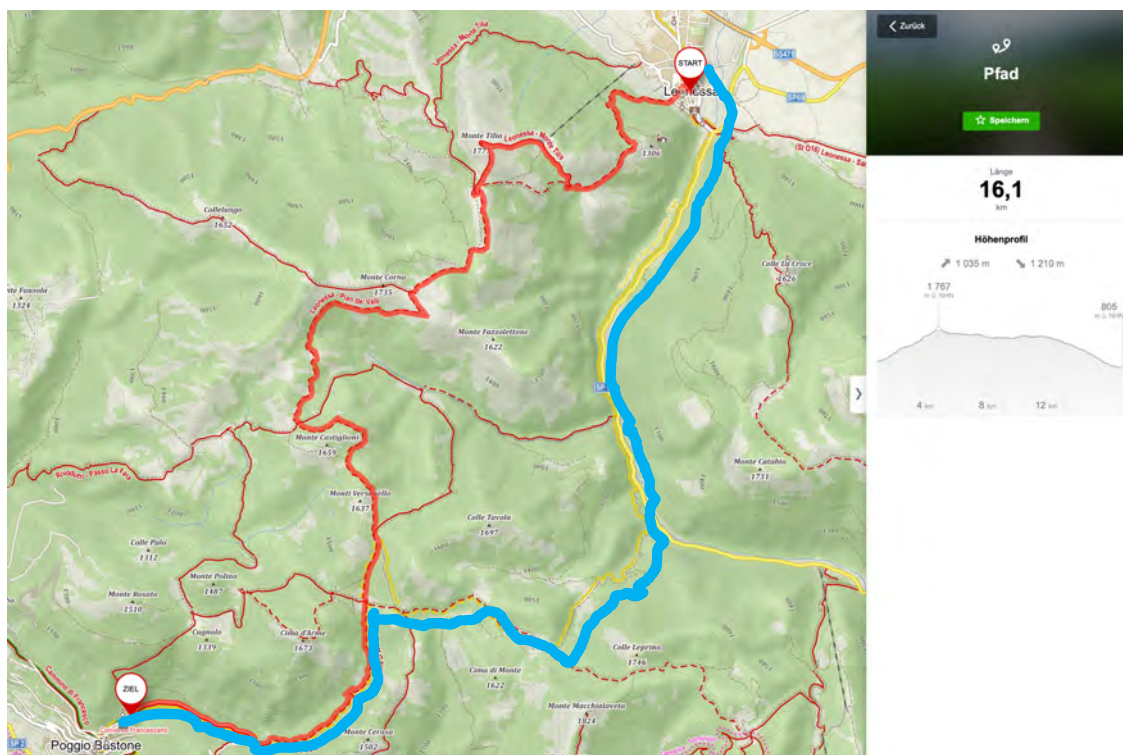
Duration: 6 hours (mountain variant 8 hours)

Route: Today we will discover our mountainous section of our pilgrimage trail, called the mountain region Vallonina with vast forests.

We will start early in the morning with a visit in the santuario Poggio Bustone for a morning prayer. The original route will follow the valley Petrinara, always uphill. When we reach approximately 1,400 meters sea level we go straight forward to the Monti Versanello, bypass the Monte Castiglione (1.659 m) and walk to Terza Fossa and Seconda Fossa and climb up the **Monte Tilia**, (1.775 m). From the peak we already see Leonessa. Downhill descent with chair lift. EUR 7,-, 9.30-13:00; 14:30-16.30, reopened on 31 July 2021 (info Facebook).



Vallonina



Map: Leonessa to Poggio Bustone: red – alpine variant (16,1 km; +1.035 m, - 1.210 m); Cyan – original route (15,2 km; +610 m; -730 m)

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In Day 5 you will enjoy

- Several mountains over 1.500 meter
- Monte Tilia, 1.775 meter (descent with the chairlift)
- Excellent panoramic views
- Fonte Petrinara
- City of Leonessa

Motivation: For us walking is one of the most natural forms of movement and recreation. There are many psychological benefits of walking.

Accommodation (check-in 17, check-out 18):

Leo hotel, including breakfast (collazione)

Day 6: 18.8. Leonessa – Monteleone di Spoleto

Length: 13,1 kilometer, + 160 meters, -200 meters

Duration: 4-5 hours

Route: After shard mountain climbing the day before we will have today a short and easy stage. We pass small villages and farms, cross beautiful pastures with cows and wild horses and enjoy the wonderful landscape and the view of the reatine mountains all the time. We don't sleep right in the center. We enjoy again a second time an agriturismo, called Colle del Capitano, a wonderful place outside from Monteleone di Spoleto. The Colle del Capitano is famous for the Biga, which was found here. A duplicate can be seen in a museum in Monteleone.

We should be aware that we have to walk a few kilometers further from Monteleone. It is again advisable to complete our food and drinks in the small village. Monteleone di Spoleto is a charming medieval village of rare beauty.

In Day 6 we will discover in Monteleone

- Biga – chariot (6 Cent. BC), near the chiesa San Francesco, 10AM-1PM; 3PM-6PM
- Market Square and the Clock Tower of Monteleone
- Church of St. Antonio in Ruscio
- Villa Massi, a tiny settlement
- Hermitage Madonne della Stella in the north of Monteleone
- Plateau of Leonessa



Monteleone di Spoleto

Accommodation (check-in 18, check-out 19): Agriturismo Colle del Capitano, Piera per Whatsapp, five kilometers far from Monteleone, <https://www.agriturismomonteledispoieto.it>, [cell. +39 328 365 6302](tel:+393283656302), Telefono Agriturismo: 0743/70277; info@colledelcapitano.com

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Day 7: 19.8. Monteleone - Cascia

Length: 17,9 kilometer, +180 meters, -460 meters

Duration: 4,5 – 6 hours

Route: We will have an easy day in a wonderful landscape and following the Sentiero di Santa Rita, a beautiful part of the rock hewn path through wooded area. Our target is Cascia, the central capital in Valnerina, and an important place of spirituality and pilgrimage.



Cascia in the Valnerina valley

In Day 7 we will discover in Cascia

- Rita – Saints (patron) of Housewives
- Basilica di Santa Rita
- Capanne di Roccaporena, place of birth of Saint Rita – 5,5 km outside Cascia (directly located on the pilgrim path)
- Agriturismo Colle del Capitano: 1902 the famous chariot from the 6th century was found here.

After a relaxing day we will arrive Casica, the last village before arriving our target Norcia.

Accommodation (check-in 19, check-out 20):

Hotel delle Rose, Via Fasce 2, Cascia

Day 8: Friday, 20.8. Cascia - Norcia

Length: 17,7 kilometer, + 420 meters, -480 meters

Duration: 5 hours

Route: a refreshing day will await us the last walking day. Our final pilgrimage stage with target Norcia, a beautiful place in Umbria, embedded in the Sybillian mountains. Norcia suffered a big earth quake a few years ago, the damages are still visible.

In Day 8 we will discover

- Basilica di San Benedetto, 12th century
- Piazza San Benedetto
- Cattedrale Santa Maria Argentea

We will spend the full afternoon in Norcia before leaving next day to Roma.

Accommodation (check-in 20, check-out 21):

Affittacamere Il Tiro a Segno, 17 Via XX Settembre, Norcia

**Departure: Saturday 21.8. Norcia-Roma-Bologna,
Night Jet NJ 40294 Roma-Vienna (via Bologna Centrale)**

Departure Norcia-Spoleto, 21.8.: Autobus Norcia-Spoleto Feriale: 07:00-07:51, 11:30-12:25

Departure Spoleto-Roma Termini, 21.8. Spoleto-Roma Termini: 9:42-10:57 (Frecciabianca 8851); 11:26-13:00 (RV4153); 12:14-13:55 (RV4725); 13:59-15:35 (Intercity 35585); 15:02-16:43 (RV 4731)

Departure Roma Termini-Bologna Centrale, 21.8. all Frecciarossa; 18:10-20:33; 18:50-20:53, 19:15-21:33; 19:35-21:58; preferably using Euronotte 894 20:00-22:45 (Bologna Centrale)

Departure Bologna Centrale-Hauptbahnhof Wien, 21.8. Euronight 23:02-08:52 (arrival Vienna Sunday 22.8.)

Necessary equipment

The backpack size should be chosen according to the length of the tour (guideline: a backpack of approx. 40lt). The total weight of the backpack should not exceed 12 kilograms (point of reference: 10 % of bodyweight plus food and water).

The light things should be placed in the bottom of the backpack, the heavy things at the top.

A rucksack with a lengthwise zipper is recommended. Watertight pouches of various sizes for food/clothes/documents are useful.

If you are on the road for a long time, it is useful to divide your equipment into small plastic packs, so that it is not soaked through by rain and wetness.

If something is missing, we can get it on the way / buy it in local shops.

The necessary basic equipment includes

- Appropriate clothing
- Trekking shoes
- Sanitary products
- Weather protection
- Technical aids (trekking poles, map, mobile phone)
- Financial resources and personal documents
- First aid kit and personal medication

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Conclusion

The outcome of the present pilgrim trail is the summary of an extensive research based on the book guide "Der Benediktweg", from Simone Frignani. He also gave advice to check accommodations in some small villages by contacting his network (via whatsapp). In the pilgrim booklet you will find basic information on the route and practical tips how to prepare your pilgrimage. Please note, pilgrimage is not just an ordinary journey, but an experience with a thousand years of tradition and history. It is right to prepare for the pilgrimage - both physically and spiritually, if we want our pilgrimage to truly bear fruit. We wish you a rich and blessed pilgrimage.

Literature

Simone Frignani, Der Benediktweg (Athesia), Cammino di Benedetto (Italian)