



**September
21st - 29th
2019**

Walk Europe's
most historic
route

A week on
VIA FRANCIGENA
walking into Rome -
The Eternal City



**Self Help
Africa**

selfhelpafrica.org

VIA FRANCIGENA - The Last Stage to Rome



The Via Francigena walk is a fantastic journey along the final 120 km from the hilltop town of Montefiascone. You can walk the ancient pavements of the Via Cassia, parts of which are still intact after 2,000 years.

Like other great mediaeval pilgrimage routes such as the Camino de Santiago, the Via Francigena was thronged by pilgrims, traders, merchants, workmen, scholars and other travellers, and of course great lines of pack ponies and other animals with their human escorts.

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**The week-long walk across the
Via Francigena will take hikers through
rustic villages and spectacular scenery**
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Experience Lazio's green and hilly landscape, as you make your way from one ancient village to the next, on the final section of the Via Francigena to Rome.

Prepare for an amazing journey - from the first to the last step.

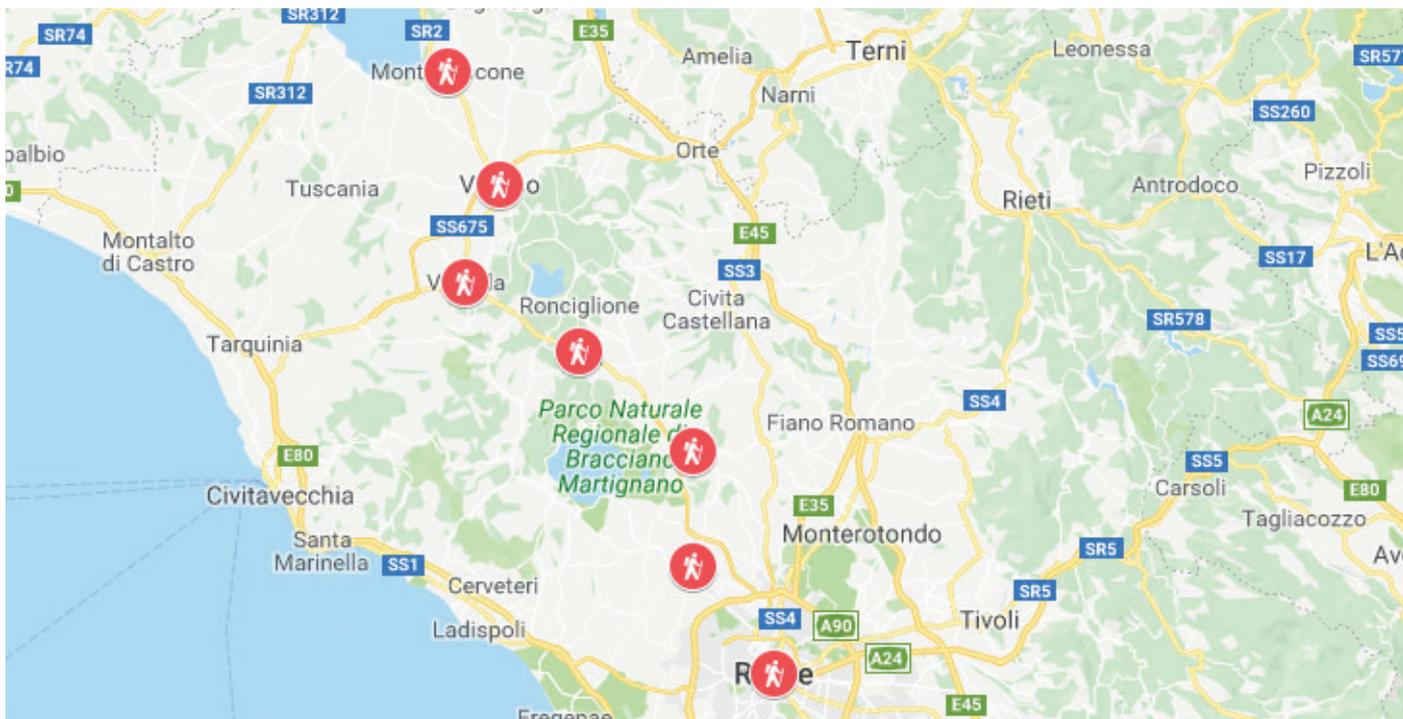


Join Self Help Africa on the breath-taking *Via Francigena* departing Dublin 21st September and returning 29th September.

Participants are asked to raise **€2,250** in order to take part, with funds raised being invested in our development programmes in Africa.

It's a chance for some great exercise, a fantastic experience, and an opportunity to meet new people while raising funds for a worthwhile cause.

ITINERARY



Day 1 - 21st Sept

Arrive in Montefiascone

The starting point of the final 120km of the Via Francigena is the fortress hill town of Montefiascone, famous for its local white wine. Enjoy beautiful views of Lake Bolsena and see some of the ancient pavements of the 2000-year-old Via Cassia.

Day 2 - 22nd Sept

Walk from Montefiascone to Viterbo - 18 kms

This fertile area produces wonderful olive oil, excellent Brunello di Montalcino wines and the cheeses of Pienza. Viterbo is home to a Papal Palace.

The medieval centre is a wonderfully atmospheric place to explore with many restaurants around the pilgrim district where you can try the acquacotta, the traditional dish of the Tuscia.

Day 3 - 23rd Sept

Walk from Viterbo to Vetralla - 18 kms

The next leg of the journey will take you to Vetralla, a village in the heart of ancient Etruscan territory. Upon your arrival take a stroll through the alleys of the old town.

Day 4 - 24th Sept

Walk from Vetralla to Sutri - 24 kms

Continuing through the green countryside of Lazio, you reach Sutri, with its Roman amphitheatre, completely dug out from the tufo. Sit on the terraces, get up onto the stage, and sign the visitors' register. Visit the church of Santa Maria del Parto to see the well-preserved frescoes, including a group of pilgrims depicted in prayer with their sticks in their hand.

Day 5 - 25th Sept

Walk from Sutri to Campagnano di Roma - 27 kms

During the journey from Sutri you flank the Mount Gelato Waterfalls. A panoramic road takes you through the Veio Nature Park to the gates of Campagnano. Here you can rest in the Venturi Park, the home of a three-hundred-year-old Yew tree the locals call the "Tree of Death"!

Day 6 - 26th Sept

Walk from Campagnano to Isola Farnese - 22kms

From Campagnano you continue through the Veio nature park with its woody hills,

entering the enchanting Valle del Sorbo. Along the way you pass the sanctuary of the Madonna del Sorbo and the old town centre of Formello, with its fine medieval buildings.

Day 7 - 27th Sept

From Isola Farnese to Rome - 19 kms

The last leg of your journey to the Eternal City is across a beautiful natural reserve, the Parco dell'Insugherata, a green oasis on the outskirts of Rome. The Belvedere di Monte Mario, gives the first glimpse of the dome of Saint Peter's. Descend towards Piazza San Pietro, the arrival point of the whole Northern Via Francigena. Do not forget to take a triumphant photograph in front of the Basilica, before celebrating the end of the magical journey.

Day 8 - 28th Sept

Explore Rome - Rest Day

A whole day ahead of you to immerse yourself in the many delights of the eternal city. And collect your Testimonium if you haven't done so already. You might take a tour of the Vatican City or perhaps book tickets for a theatrical or musical event. Enjoy your well-earned rest.

PARTICIPATION FEE: €2,250

Camino Francigena, Montefiascone to Rome, 21st to the 29th of September 2019 including:

- Return flights Dublin to Rome (FCO) with AerLingus
- 8 Nights' accommodation
- All Breakfast Included / 1 Picnic Lunch & 5 Dinners
- 1 Piece of luggage per person transferred
- Camino Travel Packs
- Private Airport Transfers to and from Rome Fiumicino Airport

Price quoted is subject to availability and may vary due to flight costs. We will make all prices clear in advance of the Camino.



OUR SUPPORT:

If you wish to participate and need a hand fundraising to take part, please contact Ciara in our office. We have some great suggestions and will help you every step of the way. We can also provide you with t-shirts, coin collection units, personalised sponsor cards and posters to help with your fundraising efforts.

For more information contact Ciara on **01 677 8880** or at ciara.tallon@selfhelpafrica.org

SUPPORTING SELF HELP AFRICA



Self Help Africa is an international development organisation that works through agriculture to end hunger and poverty.

The organisation works in Burkina Faso, Ethiopia, Kenya, Malawi, Togo, Uganda and Zambia. In 2018, our work in Africa supported millions of people to grow more food and earn a better living.

Self Help Africa has been working to end hunger and poverty

amongst rural communities in Africa for over 30 years.

Our work seeks to empower local communities with training and knowledge, and to support small-holder farming families to produce more, earn more, and access new markets and better prices for the crops that they grow.

Your participation in this year's Camino Walk will provide a valuable contribution to our work.



**Self Help
Africa**

**FIND
OUT
MORE**

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