

## “FRANCISCAN SPIRITUALITY” - 4 DAYS

This religious itinerary is specially devoted to S. Francis of Assisi and runs along the places where the Saint lived, prayed and retired in mystical contemplation among the green and woody mountains of Umbria and Tuscany.



### **Day 1 SPECO / ASSISI**

Visit of the Speco, a suggestive place where S. Francis went to retire and pray among mountains and forests, now seat of a Franciscan community. Guided visit of the religious buildings immersed in a calm and green environment. Lunch in restaurant in the nearby town of Narni. In the afternoon transfer to Assisi. Dinner and overnight in the hotel.

### **Day 2 ASSISI / EREMO DELLE CARCERI / ASSISI**

Breakfast in the hotel. Guided visit to Assisi, where S. Francis was born and lived, a holy town rich in religious buildings and characterised by an atmosphere of calm and meditation notwithstanding the many pilgrims that each year visit it. A guided visit of the churches and monuments of Assisi. The Basilica of S. Francis, the Duomo, the Church of Santa Chiara, the ex House of the Saint (Chiesa Nuova). Lunch in restaurant. In the afternoon visit the Eremo delle Carceri, a solitary place immersed in the green woods of the Subasio Mountain where the Saint and his followers loved to retire in meditation. Guided visit of the several buildings and caves.

### **Day 3 VERNA SANCTUARY**

Breakfast in the hotel. Transfer by coach to the Sanctuary in the Verna Mountain, in Tuscany, where S. Francis used to go, either alone and with his followers, to pray in caves and rocks. Here the Saint also received the Stigmata. Visit of the Sanctuary. Lunch in restaurant. Dinner and overnight stay in Assisi.

### **Day 4 ASSISI**

Breakfast in the hotel. Transfer to Airport.

For operational reasons, there may be changes in the schedule or in the order of visits, but without altering the structure of the itinerary and always keeping the same level of quality.