

## “Umbria: from Narni to Norcia” - 03 Days

A tour that involves nature, mysticism, great monuments and good food.



### **1<sup>o</sup> Day NARNI / CARSULAE**

Arrival in Narni, a very ancient town which still preserves a typical medieval aspect. Guided visit of the main monuments: the Duomo, the Palazzo del Podestà, Loggia dei Priori, the churches of S. S. Domenico, S. Francesco and S. Maria in Pensole, the Rocca, from where it is possible to enjoy a wonderful panoramic view, and the Ponte d’Augusto. Visit Narni underground, rich in interesting archaeological remains. Lunch in restaurant. Transfer by coach to the archaeological site of Carsulae, ancient roman municipium and important centre along the Via Flaminia. Transfer by coach to the hotel in Piediluco. Dinner in hotel.

### **2<sup>o</sup> Day S. PIETRO IN VALLE ABBEY / NORCIA**

Breakfast in the hotel and transfer by coach to the famous S. Pietro in Valle Abbey. Guided visit of the interior. Transfer by coach to Scheggino, passing through the mountains of the green and impressive Valley of the river Nera. Lunch in a restaurant in Scheggino. The journey goes on along the Valnerina to reach the picturesque village of Norcia, located among beautiful and green mountains, place of birth of S. Benedetto, the founder of western monasticism. Guided visit of the town and its main monuments: the church of S. Benedetto, the Castellina, the Duomo, the Palazzo Comunale, the Edicola. Free time with possibility to buy and taste the famous traditional gastronomic products. Check-in at the hotel in Norcia. Dinner and overnight stay.

### **3<sup>o</sup> Day CASCIA / ROCCAPORENA**

Breakfast in hotel. Transfer by coach to Cascia, visit the Sanctuary of S.Rita and the Convent with the Oratory where the “miracle of the thorn” took place. Free time. Lunch in restaurant. Transfer by coach to the nearby centre of Roccaporena where S. Rita was born. Visit the house of the Saint, transformed into a Church in 1630. Transfer to Norcia and departure.