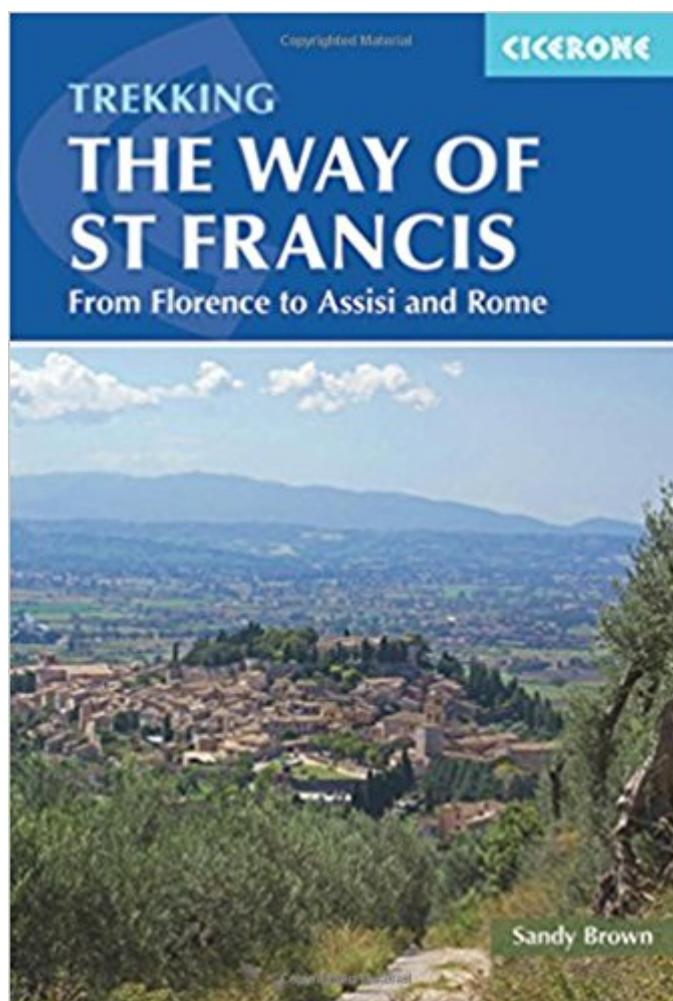


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# Trekking The Way Of St Francis: From Florence To Assisi And Rome (Cicerone Guides)



## Synopsis

This guidebook to the Way of St Francis describes a 550km month-long pilgrim trail through the green heart of Italy. The route begins at Florence and goes through Assisi before its climax in Rome, exploring the mountains of Umbria, Tuscany and Lazio on the way. The route is split into 28 stages, each graded from 'easy' to 'hard'. Some stages include steep climbs and descents, but no special gear is required. Alongside a detailed route description, colour maps and accommodation information, the guidebook contains a concise biography of Francis of Assisi and stories of his life that relate to each location visited. Also included is a walking tour of the Seven Pilgrim Churches of Rome. This book is a trove of information that makes a perfect companion for anyone setting out to walk the Way of St Francis. The Way of St Francis is one of the most popular pilgrim routes in Italy, and it offers a great range of sights: olive groves, vineyards, Renaissance Florence, the Casentino National Forest, hilltop towns, ancient ruins, mountains, the Marmore Falls, the Vatican City and more.

## Book Information

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## Customer Reviews

Sanford âSandyâ<sup>TM</sup> Brown is an activist, long-distance walker and ordained minister from Seattle, Washington. After reading âThe Pilgrimageâ<sup>TM</sup>, by Paolo Coelho, he planned his first trek on the Camino de Santiago and since then has walked over 3500 kilometres on pilgrim trails in Spain and Italy. He records his pilgrim adventures in his popular blog, [www.caminoist.org](http://www.caminoist.org). Sandy earned his MDiv at Garrett Theological Seminary, which honored him in 2006 as Distinguished Alumnus, and

has a degree in medieval history. In 1997 he earned a doctorate from Princeton Theological Seminary in gender, sexuality and spirituality. He was executive director of the Church Council of Greater Seattle and most recently was senior pastor of Seattle's historic First United Methodist Church. In his spare time he enjoys yoga, sailing and piano. He has two grown sons and his life partner, Theresa Elliott, is a yoga master teacher.

This comprehensive and detailed book by Sandy Brown will become the bible for pilgrims walking the Via di Francesco, in the same way the John Brierley guide is the bible for pilgrims on the Camino de Santiago. I walked The Way of St. Francis earlier this year. Fortunately I had an early copy of Sandy's book, and thank God I did because it proved to be indispensable. I referenced it constantly. I could not have navigated the route without Sandy's clear and precise maps and notes. The book is more than just instructions on where to walk though - Sandy gives you a vivid historical and religious context to the regions through which you are walking. The Way of St. Francis is a truly magnificent walk. The countryside is incredibly beautiful, and of course the Tuscan and Umbrian food and wines are glorious. And on a spiritual level, I found the walk to be profoundly moving. This pilgrimage will soon become popular, as word spreads as to just how wonderful a walk it is. For those pilgrims, Sandy's book will rightly become a "must have" guide.

This was a helpful guide (or at least we hope so since we are leaving for this journey mid september). Very detailed and precise. Good local flavor and historical significance of sites and towns. Some of the stages don't correlate to available accommodations and unlike the camino guide there aren't suggestions for food, laundry, etc. these are minor criticisms. The book is an indispensable tool.

Being used this week in Italy!

My wife and I are planning to do this walk next spring and have found this guide to be invaluable. The 28 stages each have distances, topographical information, difficulty, lodging recommendations, and commentary. We have not been to Italy before, and are very excited to see and experience it in this way. This guide will be our trusted companion. Highly recommended. Followup: We completed the entire walk this past spring and found the guidebook, along with the GPX tracks and trail signage invaluable. The notes and comments also made sights and places along the way more interesting. We stayed almost exclusively in the recommended lodging and were very happy! The

Italian countryside in this region is stunningly beautiful, and the places associated with St. Francis are very moving, so get in shape, get this great guide, and go!

An incredibly detailed and highly accurate guide to the Via di Francesco, Sandy Brown's The Way of St. Francis is indispensable. The maps are outstanding and the accompanying GPS tracks (reproduced precisely on the maps) are spot on. The turn by turn instructions make it just about impossible to get lost (which is particularly helpful in that the trail markings are a little sparse and confusing at times). Each of Sandy's lodging recommendations we used when we walked the Via di Francesco last September was great, ranging from a convent where we stayed in a very clean and adequate dorm room and dined with the sisters, to the Castello Orsini, an outstanding restored medieval castle complete with moat, towers, turrets, incredible views and a first rate restaurant. Sandy's beautiful photography, historical information on St. Francis, and commentary on each destination added enormously to our trip. The book is available in hard copy or Kindle edition. I would recommend getting both; hard copy for planning and as a memento of a wonderful trek; Kindle to save weight in your pack.

I walked The Way of St Francis the last two years from Florence to Rom with a friend from Holland and we arrived this year happy in Rom! We studied all the books of this path ... and we was so happy when this book were publised last year! It is just wonderful, i can recommend it highly. Also if you are like me a german and english is not your mother language, ... its easy to read and to understand the information about the way and the beautiful country Italy! This book is written with love for the path and the country Italy with all the beauty Italy has ... wonderful little villages, so good food, la dolce vita ... ! The GPX files are very helpful, we had them already last year and we were many time very thankful that they showed us the way! The Way of Francis is a wonderful pilgrim path and i am sure i will walk there again ... this year Sandy made already updates and he was walking it this year again. Its much more than a guidebook! Its also nice just to read in it you get a lot of nice information about Toscana Umbria Lazio and Roma !

My adult son and I walked the Via di Francesco in June. It was a wonderful and transformative experience and I recommend it highly! The information in Sandy's book makes it possible to enjoy the journey in an informed way. The trails on their own are not well marked but with the use of the GPX tracks provided and the daily walking notes, we never had a problem! There are great suggestions for lodging as well. I can't recommend this Camino or this book enough. Plan this

adventure! You won't regret it!

Sandy Brown's new guidebook, *The Way of St. Francis*, really is exceptional. For any English speaker planning on walking the Way of Francis from Florence to Rome, this book is just as important as a good pair of boots and a nice pack. While there are one or two other books out there on the trail (translated rather poorly from Italian), Sandy's is much, much better: it is well written; it gives a lot of interesting background information on the towns and cities you'll walk through; it spells out precise data in terms of daily distances and climbs; there is a lot of info on how to prepare. However, probably most importantly, it will keep you on the trail. While there are (in theory) blue and yellow sign posts to guide you, they are not always reliable. Sandy's book, however, gives a detailed step-by-step explanation on how to find your way. Plus, he has prepared GPX tracks (which are accessible on the publisher's website). Taken together -- the Blue/Yellow signposts, Sandy's book, and the GPX tracks -- it is virtually impossible to get lost. Definitely, the most important purchase you will make if you plan on walking this trail.

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