

The Italian Camino Trek - Via Francigena

Last 100km from Montefiascone to Rome



Highlights

- Discover one of Europe's most important medieval pilgrimage routes, connecting English cathedral city Canterbury with Rome
- Follow in the footsteps of countless pilgrims, walking the final 100kms of the legendary Via Francigena from Montefiascone to the Vatican City
- With ancient treasures, medieval towns, remote hilltop monasteries and volcanic lakes the landscape is set for a fascinating 6-day trek
- Explore the enchanting old quarter and Roman amphitheatre in Sutri
- Savour the poignant finish at the ever-mesmerising Eternal City and receive your well earned 'Testimonium' of pilgrimage
- Enjoy the delicious food and wine from the region
- In small groups you'll be accompanied by an experienced Local Guide who's passionate to share historic info about the route, landscapes, villages and people
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Italy!



WELCOME

Benvenuta / Benvenuto

Overview

Via Francigena, an ancient pilgrimage route similar to the trail of Santiago di Compostela in Spain, covers 1900kms from Canterbury to Rome. Crossing 4 European countries: the UK, France, Switzerland and Italy; it travels through areas of spectacular beauty and historic interest.

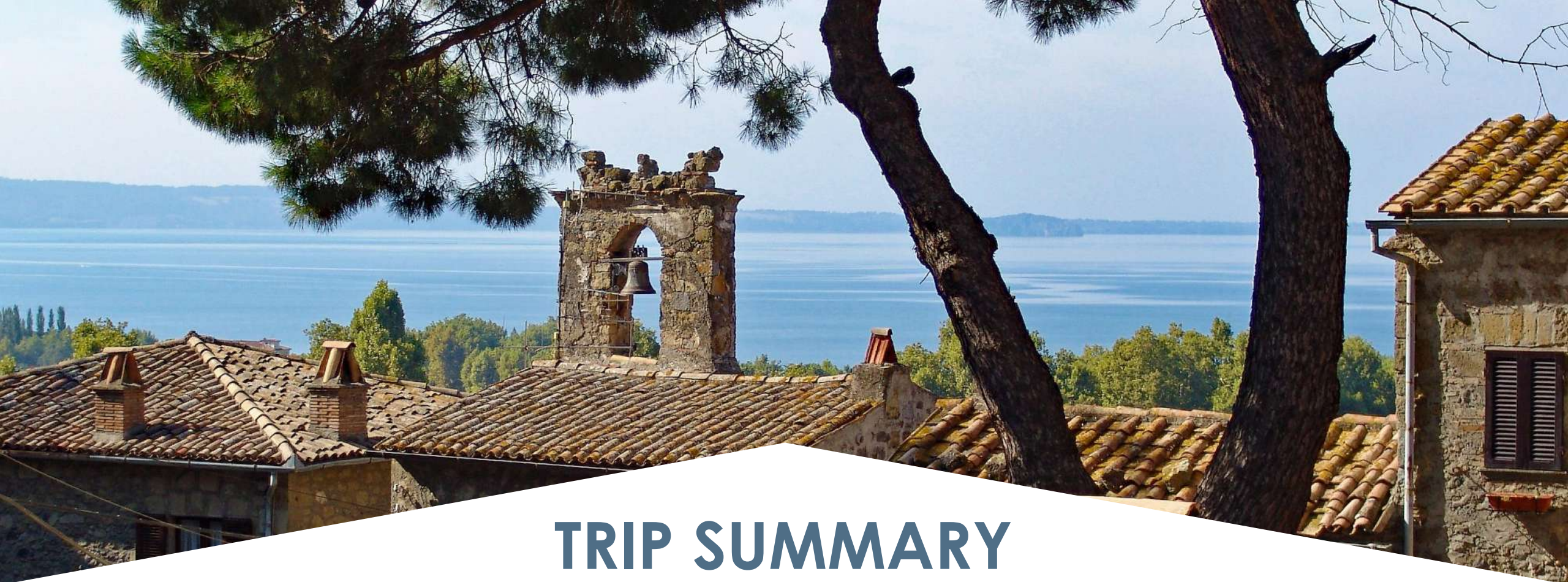
Following in the footsteps of countless pilgrims, you'll walk the final 100kms of the legendary trail from Montefiascone to the Vatican City through the rolling hills Tuscany. The Via Francigena route is a Council of Europe European Cultural Itinerary since 1994 and Major Cultural Route since 2004 plus it's much quieter than the Camino de Santiago routes in Spain.

Marvel at a fine blend of scenic beauty with vibrant green countryside dotted with vineyards, hazel & olive groves, huge old oak trees and some of Europe's largest volcanic lakes. Plus enjoy some well deserved rest stops and the chance to meet friendly locals with passing through medieval towns, remote hilltop monasteries and quaint Italian villages. Add fabulous food and wine into the mix and you have the perfect recipe for a trip to remember especially with the grand finale of entering the Vatican City.

Enjoy the peace of mind knowing that your luggage will be transferred with ease and a good night's rest awaits at each of the family run hotels enroute. Your local guide has indepth knowledge of the trail and is passionate to share this with you.

They say all roads lead to Rome, though this one warrants an incredible adventure!





TRIP SUMMARY



Activity: Trekking
Duration: 8 days & 7 nights
Active days: 7 days trekking approx. 100kms
Accommodation: Local hotels and hostels
Cost: Deposit: £165 per person
Remaining balance: £880 per person
Total cost: £1045 per person

Group size: 8 – 16 people
Level of difficulty: ■ ■ ■ ■
Medium
Dates 2021 onwards: Mar / Aug / Oct

ROUTE MAP

Get ready for an adventure



DAY 1
Flight from UK to Rome Airport. Transfer to the hotel in Montefiascone.

DAY 2
Trek Hike Montefiascone to Viterbo (approx. 18kms)

DAY 3
Trek Hike Viterbo to Vetralla (approx. 16kms)

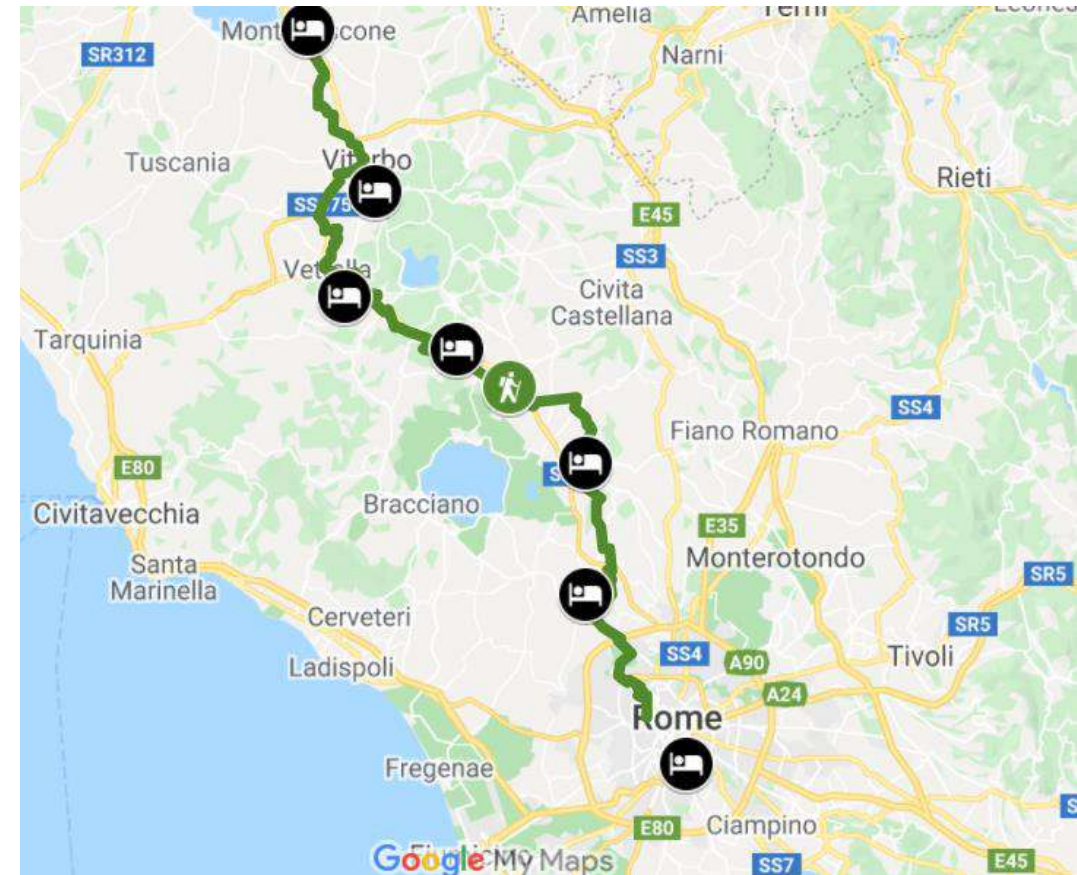
DAY 4
Trek Vetralla to Sutri (approx. 24kms)

DAY 5
Trek Sutri to Campagnano Romano (approx. 27kms)

DAY 6
Trek Campagnano Romano to Isola Farnese (approx. 22kms)

DAY 7
Trek Isola Farnese to Rome (approx. 19kms)

DAY 8
Free morning in Rome before returning to UK or extend your stay if you wish.



ITINERARY

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 1

Join the trip at Rome Airport and transfer to Montefiascone

There will be a complimentary airport transfer to your hotel in Montefiascone departing at a designated time. The transfer is approx. 1 hour 30 minutes. If your flight arrives earlier or later, you might choose to explore parts of Rome or make your own way to Montefiascone.

Montefiascone sits at 590 meters above sea level with an enchanting view of Lake Bolsena and the Cimini Mountains. This Papal town has many medieval monuments and churches worth visiting. This evening enjoy dinner and a chilled glass of Est! Est!! Est!!!, the wine that this region is famous for.

Included

Transfer:	Private transfer from Rome Airport to Montefiascone
Accommodation:	Hotel (twin/multi share basis – share & save)
Meals:	Not included

DAY 2

Trek Montefiascone to Viterbo

Your route travels through a plain that divides the Bolsena Lake from the Cimini Mountains. Through picturesque vineyards and orchards, cypresses and olive trees, you walk towards Viterbo. This hike will take you to Bagnaccio, home of the ancient baths where pilgrims used to stop for a rest in hot waters before reaching Viterbo, laying at the foot of the Cimini Hills. Explore this medieval city and enjoy a well deserved meal in one of the local restaurants.

Trek details

Distance covered:	approx. 18kms
Ascent:	174 metres
Descent:	430 metres
Trekking time:	approx. 6 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast

DAY 3

Trek Viterbo to Vetralla

This morning, you leave the beautiful Viterbo to continue your journey to Rome following the Etruscan hollow roads. The route travels between Etruscan countryside and woods as it journeys through the Tuscia area. Along the way you'll discover the remains of the Etruscan civilization that between the 8th and 4th Century BC, populated the area. The day ends in Vetralla, a small medieval town.

Trek details

Distance covered:	approx. 16kms
Ascent:	288 metres
Descent:	309 metres
Trekking time:	approx. 6 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast and dinner



ITINERARY CONTINUED

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 4

Trek Vetralla to Sutri

Leaving the highly perched medieval centre of Vetralla you'll walk along the side of a volcano whose crater was occupied by the Lake Vico in the past. Continuing trekking across the Etruscan countryside until reaching the tiny village of Capranica. From here the route winds its way down to a tuff gorge by following the stream.

As you approach Sutri you can see that it is situated dramatically on a tuff hill surrounded by ravines, woods and classic countryside scenes.. The most notable ancient structure of Sutri is the enormous and well-preserved Roman amphitheater, an elliptical stadium built by Emperor Augustus. There are remains of the ancient city walls built of great rectangular blocks of stone, with gateways that permitted entry to the town.

Sutri is a great town to wander around and absorb the atmosphere. Lively piazzas, narrow streets, shops and restaurants give it a good vibe, showing the classic mingling of ancient structures and modern life so common in Lazio.

Trek details

Distance covered:	approx. 24kms
Ascent:	400 metres
Descent:	400 metres
Trekking time:	approx. 7 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast and dinner



DAY 5

Trek Sutri to Campagnano Romano

Today is your longest day of trekking taking you along country lanes and tracks to the village of Monterosi, near a beautiful lake with an expanse of waterlilies. You continue your journey through fields to Monte Gelato waterfall in a park area where you can rest and have a refreshing paddle. Then you enter Veio Park, a protected area, and you follow a riverside track through woodland to the hilltop town of Campagnano.

Trek details

Distance covered:	approx. 27kms
Ascent:	350 metres
Descent:	390 metres
Trekking time:	approx. 7 - 8 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast

DAY 6

Trek Campagnano Romano to Isola Farnese

Leaving Campagnano you have panoramic views over the beautiful countryside of Lazio before entering Veio Park where you can visit the Sanctuary of "Madonna Del Sorbo". You then pass through the walled old town of Formello and you take tracks through fields down to the river Valchetta, on to charming Isola Farnese and onwards to La Storta.

Trek details

Distance covered:	approx. 22kms
Ascent:	580 metres
Descent:	690 metres
Trekking time:	approx. 7 hours

Included

Accommodation:	hotel (twin share basis)
Meals:	breakfast

ITINERARY CONTINUED

2 boots. 100kms. 6 days. 1 classic pilgrimage adventure

DAY 7

Trek Isola Farnese to Rome

After breakfast, you set off for the final leg of your modern day 'pilgrimage' along the Via Francigena to Rome - the 'Eternal City'. Leaving Isola Farnese and you'll follow the Way through the beautiful Natural Reserve of Insugherata. As you approach the eternal city you can stop for a triumphant photograph at the **Monte Mario Belvedere**. From here you are able to see a glimpse of the **dome of Saint Peter's**, before descending towards the city to finally reach **Piazza San Pietro** (St Peter's Square), your ending point and that of many pilgrims throughout the centuries.

Trek details

Distance covered: approx. 19kms
Ascent: 310 metres
Descent: 450 metres
Trekking time: approx. 6 hours

Included

Accommodation: hotel (twin share basis)
Meals: breakfast

DAY 8

Rome to UK

Today, we bid you arrivederci! Dependent on your flight times, you're welcome to take this opportunity to explore the ancient city and its many historic structures or simply enjoy a fine Italian coffee in a nearby piazza and watch the world go by.

You can extend your stay in Rome for a few days to give you time to see some of the magnificent art and architecture of the city. Feel free to speak with us for any hotel or site seeing recommendations.

Included

Meals: breakfast
Transfers: airport transfer (set departure time)



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.



ESSENTIAL INFO

The nuts & bolts for your
adventure



Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority.

The Via Francigena Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You'll be accompanied by a professional Local Guide who's enthusiasm and knowledge knows no bounds. They're expertly trained and experienced in every field of this trek, bilingual (English and Italian) and qualified in remote first aid. They also have a huge passion for what they do and have plenty of historical & cultural knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude.

An Adventurous Ewe Leader will accompany groups of over 12 people and is an experienced and passionate leader as well. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Remote First Aid trained too.

The Leaders have radio and phone contact with each other, the local office and Adventurous Ewe's HQ.

Level of difficulty

The Via Francigena Trek is graded as '**Medium**'. The trek consists of 6 consecutive days of walking. Your luggage is transferred between hotels, so you only need to take a day pack with you on the walks. The terrain and type of path will vary from paved tracks, tarmac, forest trails to gravel. The walks are not technically difficult although there are some steep ascents and descents, so a good level of fitness is required.

It's important to bear in mind that the distances walked some of the days are long and you are expected to walk 6 days in a row so there is a high chance to get blisters. We recommend to take extra care in making sure that your hiking boots are comfortable and well worn in. We advise bringing hiking boots and trail running trainers as this will allow you to alternate them at any stage to avoid blisters and pain.

Preparation is key to help you get the most enjoyment and reward from this trek. A good level of fitness, endurance and some gritty determination will help you conquer each day.



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trek to run is **8 people** and the maximum group size is **18 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You're also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 8 people, we would be more than happy to run a private trip for your team, bubble, charity or company. Please get in touch with us for more info.

Training

A bespoke training programme will be provided when you join the team for this adventure to help you with your preparations together with some top tips.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the trek.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

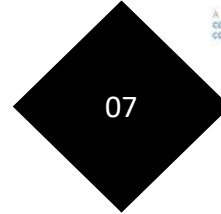
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the flock and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport. Your passport should be valid for the proposed duration of your stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/italy/entry-requirements>

Visa

No visa required for British passport holders. Please note in Italy it is compulsory to carry ID with you at all times. For the most up to date info, please visit <https://www.gov.uk/foreign-travel-advice/italy> and also Brexit advice at <https://www.abta.com/tips-and-advice/brexit-advice-for-travellers>

Insurance

Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

For UK residents we have partnered with Campbell & Irvine Direct to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fifortravel.nhs.uk/destinations>.



WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**



HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES
CLIMATE EMERGENCY**



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

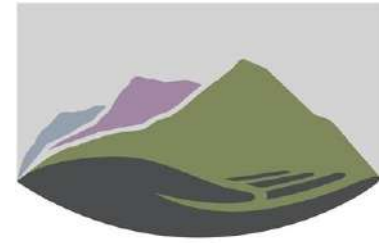
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurosewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



YOU'RE IN SAFE HANDS

ADVENTURE SAFETY AND WELL-BEING GUIDELINES

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at info@adventurousewe.co.uk.
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ You will need to complete a 'Travelling Self Assessment Form' for this trip.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at info@adventurousewe.co.uk or call 01492 588 069. Thank-ewe.

TOP TIPS

Multi Day Trekking

- Dress the part. During the day the temperatures may become quite warm so ensure you have a full brimmed hat & lightweight scarf, sunglasses, a loose long sleeved shirt (ideal) and plenty of sun screen. At night the temperatures may decrease so it's time to layer up – base layer, insulating layer and shell. Base layer t-shirt that wicks perspiration away from your skin (merino wool base layers are ideal), a mid layer that insulates you from the cold
- Train in your trekking kit including the wearing of your rucksack with weight inside and in hot weather conditions so you know your kit is both suitable, where it may chaff and is comfy
- Good sturdy hiking boots which are comfy and well worn-in together with breathable socks (ie. merino wool based). Trainers or crocs can be worn in the evenings and flipflops or sandals are always a welcome relief too
- Look after your feet. Rock tape is ideal for blister prevention. Check out the website 'Fixing your Feet' for some great tips: <https://www.fixingyourfeet.com/>
- Have two bags – a daypack for the trek with everything you need for the day (snacks, water, sun-screen, hand held fan & any medication) and your soft sided kit bag which will be transported from hotel to hotel
- Ensure you have a good head torch
- Bring some of your favourite snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus that you can refill and avoid plastic bottles. Water flavouring & electrolytes are also ideal as a thirst quencher, replenish lost salts and to add some variety to the water you drink
- **Most importantly.....SMILE AND ENJOY THE ADVENTURE!**





COST

Deposit: £165 per person payable on booking

Remaining balance: £880 per person payable 5 weeks prior to start of trip

We've got you covered – financial protection

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by Towergate Travel through Zurich Insurance PLC.

Pay in instalments, interest free

We're well aware that adventures can be a significant investment, so we've set out to make it easy to afford. Once you've put down your deposit, you can pay the remaining balance off in monthly instalments with no extra charges so you can get out there and live your dream.

Trip cancellations

This global health crisis has impacted everyone enormously, so we want to ensure your future travel plans are safe whilst also reassuring you that we are committed to supporting you, our valued flock, in the best possible way that we can.

Cancelled trips

If you book on a trip that we are forced to cancel due to the pandemic, you will have the option to join another trip at a later departure with no admin costs or receive a full refund or credit note (excluding flights or insurance payments as these have their own booking conditions directly with the supplier).

You choose to cancel your trip within 30 days of departure despite no official advice against travel

We respect your decision if you no longer wish to travel regardless of the destination or official advice. If you choose to cancel your trip, we will happily make those arrangements for you though please note, if there is no F&CO advice against travel, our standard cancellation terms will apply.

INCLUSIONS & EXCLUSIONS

VIA FRANCIGENA TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

During your trip:

- Local Guide
- Adventurous Ewe Leader (for groups over 12 people)
- All ground crew per your itinerary
- Private transfers within Italy per your itinerary
- Luggage transfers from hotel to hotel
- Accommodation – 7 nights in a hotel (twin or triple share)
- All meals as stated in the itinerary (7 breakfasts and 2 dinners)
- Pilgrim's passport
- Medical kit and supplies
- All logistical and safety management whilst in Italy
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Rome Italy. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- City taxes
- Vaccinations
- Personal spending money and drinks
- Meals not listed in your itinerary (lunch & dinners)
- Snacks, electrolytes, etc.
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Italy, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at info@adventurousewe.co.uk.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your winter trekking journey.

BAGS

- Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, your bag will be transferred from hotel to hotel
- Daypack** – 20 litre rucksack to carry your kit required on the trek including your snacks, water, first aid items, sun-screen, hat, etc. Ensure it is comfortable and has waist-straps
- Small foldaway/reusable bag** - for shopping etc.
- Please ensure you clearly mark all your bags with your name

CLOTHING

- Light-weight water-proof jacket and water-proof trousers**
- Light weight warm jacket** ideally with a hood. Great for wearing at night or in unexpected cooler temps
- Midlayer or fleece**
- Merino wool or wicking t-shirts** - for trekking
- Loose fitting long sleeve shirt** - for sun protection
- Shorts** - for trekking. Avoid cotton
- Trekking trousers** – ideal to have zip off legs so they can be used as shorts if needed. Avoid cotton trousers
- Trekking shorts**
- Buff** – can be used for sun protection and also soaked in water if the temps are really warm
- Underwear** - Merino wool or wicking material, not cotton
- Casual clothing** - for hotels and travel

FOOTWEAR

- Hiking boots** – well-worn in hiking boots with ankle support and ankle height to help prevent any grit entering footwear
- Trainers/sandals/flip-flops** – for evenings & casual wear
- Socks** – minimum of 3 pairs of merino wool or synthetic trekking socks.

TREKKING EQUIPMENT

- Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- Head torch & spare batteries** - essential
- Sunglasses** – essential and ideally have strong UVA/UVB protection
- Trekking pole(s)** - optional

TRAVEL ADMIN

- Passport** plus photocopy of passport
- Flight tickets**
- Travel insurance policy and emergency number**
- Debit/credit cards**
- Cash** – Euros. Don't forget to keep some cash for tips for your local crew
- Photocopies** of essential documents and a copy left with your next of kin
- Pen** – keep a pen handy for completing any necessary paperwork on airport arrival/departure.

ADDITIONAL ITEMS

- Antibacterial hand gel** (essential)
- Face mask**
- Sunscreen and lip block** – minimum SPF50
- Favourite snacks** - both sweet and savoury
- Electrolytes**
- Camera** – enclose in a dry bag
- Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- Light-weight micro-fibre towel** – optional
- Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

NICE TO HAVE

- Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- Ear plugs** for hotels
- Reading material / card games** for evenings
- Spare dry bag** for dirty or wet clothing
- Multitool/Swiss army knife**
- Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- Travel padlock**
- Hand held fan or cooling spray** if you feel the heat

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high-performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
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CONTACT US

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We look forward to welcoming
you to Italy for this iconic
pilgrimage trek.