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Pilgrimage to Sustainability along the St. Francis' Way



participant kit

A KA210-ADU training course

From Chiusi della Verna (AR) to Assisi (PG) - ITALY

5th-16th September 2024

#Erasmus+ #OrigoWorkshop #Liberopensatore



sustainability IS A PATH THAT BEGINS WITHIN OURSELVES





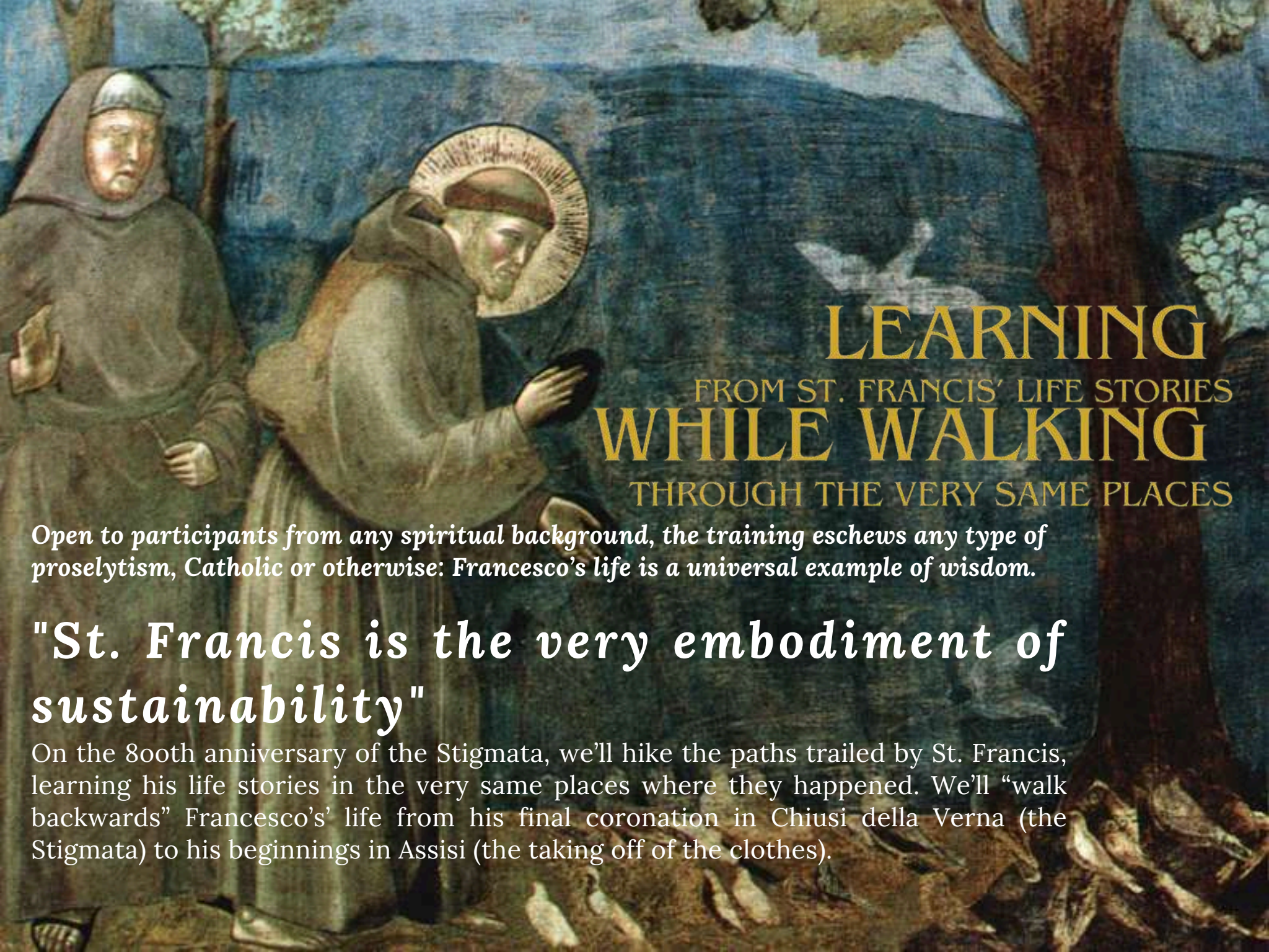
WALKING

TRAINING

PLAYING

"WE EXPLORE THE MEDIEVAL TECHNOLOGY OF THE SELF: PILGRIMAGE. WHETHER WALKING TOTALLY ALONE OR TRAINING WITH OTHERS, BEING IN THE FOREST OR CROSSING VILLAGES, OUR GOAL IS THE SAME: FINDING WHAT SUSTAINABILITY MEANS. FOR EACH ONE OF US, PERSONALLY".

Angelo Fanelli



LEARNING FROM ST. FRANCIS' LIFE STORIES WHILE WALKING THROUGH THE VERY SAME PLACES

Open to participants from any spiritual background, the training eschews any type of proselytism, Catholic or otherwise: Francesco's life is a universal example of wisdom.

"St. Francis is the very embodiment of sustainability"

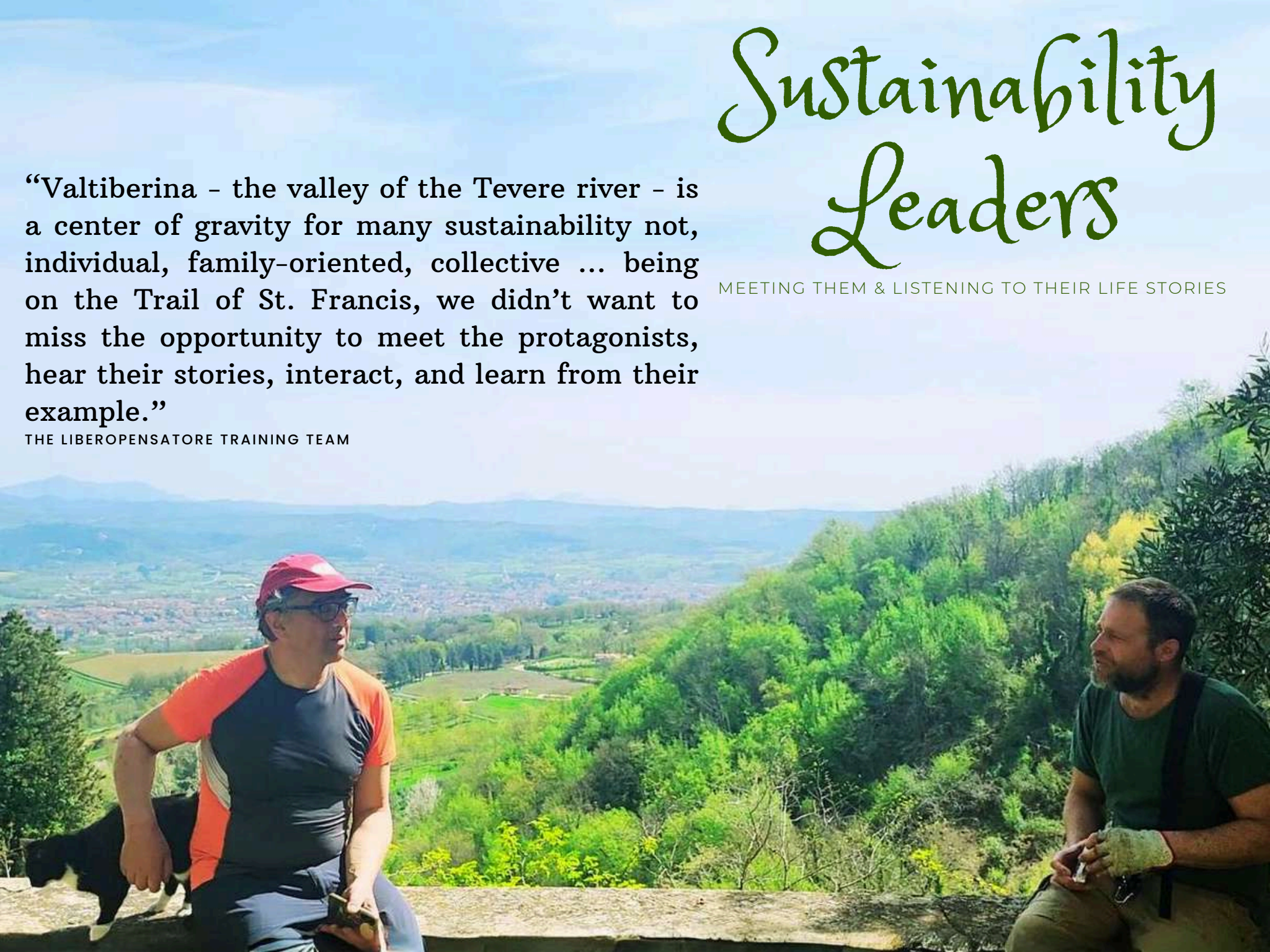
On the 800th anniversary of the Stigmata, we'll hike the paths trailed by St. Francis, learning his life stories in the very same places where they happened. We'll "walk backwards" Francesco's life from his final coronation in Chiusi della Verna (the Stigmata) to his beginnings in Assisi (the taking off of the clothes).

Sustainability Leaders

MEETING THEM & LISTENING TO THEIR LIFE STORIES

“Valtiberina - the valley of the Tevere river - is a center of gravity for many sustainability not, individual, family-oriented, collective ... being on the Trail of St. Francis, we didn't want to miss the opportunity to meet the protagonists, hear their stories, interact, and learn from their example.”

THE LIBEROPENSATORE TRAINING TEAM





Date	LEG OF THE PILGRIMAGE	Km
Sept 5th	(Travel day) Arrival in C. d. La Verna	0
Sept 6th	Chiusi della Verna Monastery	0
Sept 7th	Chiusi della Verna - Pieve S. Stefano	13
Sept 8th	Pieve Santo Stefano - Sansepolcro	0
Sept 9th	Sansepolcro - Città di Castello	9
Sept 10th	C. di Castello - Gubbio (Valdichiascio)	9
sept 11th	Valdichiascio - Biscina	12
Set 12th	Biscina - Valfabbrica	10
Sept 13th	Valfabbrica - Assisi	10
Sept 14th - 15th	Assisi	3
Sept 16th	(Travel day) Leaving Assisi	0

walking at least 3-4 hrs in a day

(10-12km)

waking up
at dawn

Using public transport to
skip a few km

SOME PLACES ARE MORE WORTH IT THAN OTHERS

SPORADIC
WASHING

& WASHING YOUR
OWN CLOTHES

WHAT
TO
EXPECT

MINIMAL

baggage!

sleeping in

“heterogeneous”

arrangements

EMERGENCY SHITTING
IN THE
WOODS



FOOD: PILGRIMS EAT WHAT THEY FIND

Key point: we're on the roads, so food changes.

We always try to arrange veg food, but in some cases it might leave us with little choices.

WE'LL OFTEN EAT ON THE ROAD AT LUNCH (I.E., SANDWICHES, MOSTLY) & ARRANGE A WARM DINNER.

GETTING THERE & AWAY



The Aeroporto Internazionale dell'Umbria (PEG) in Assisi is the nearest, though you may find better prices & local connections from Rome Ciampino Airport (CIA) or Rome Fiumicino (FCO).

*Florence Airport (FLR) and Bologna Airport (BLQ) will give you a good access to the train + bus routes to get to **Chiusi della Verna**, our starting point.*

Local CONNECTIONS

FROM ALL AIRPORTS: TAKE THE TRAIN TO TO AREZZO RAILWAY STATION (THIS MIGHT TAKE 2-3 HOURS)

- From there, take the local train line Arezzo-Pratovecchio-Stia (11 stops, 40 min.) and get off in **BIBBIENA** TRAIN STATION
- Walk 1 min to Bibbiena Bus Station
- Take the H11 or H12 bus to CHIUSI DELLA VERNIA CARABINIERI (32 stops, 43 min.) and get off in **CHIUSI DELLA VERNIA** Village (CARABINIERI)

ONCE YOU'RE IN CHIUSI
DELLA VERNIA,
CALL US TO BE PICKED
UP:

+39.348-0331144

OR

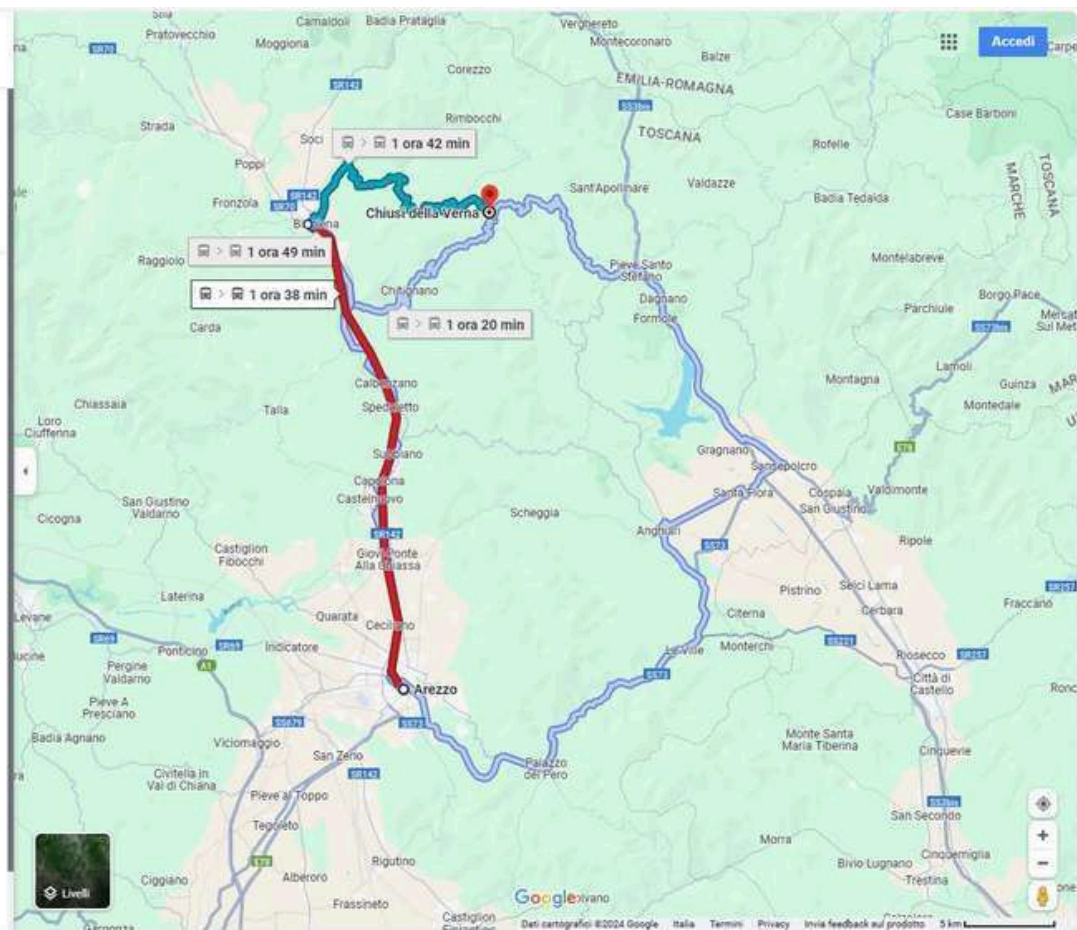
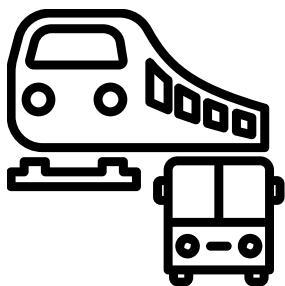
+39.345-2554699

OR

+39.348-6368242

OR

+39.324-400230



WISE PILGRIMS TRAVEL LIGHT!

WHATEVER YOU BRING

IS CARRIED BY YOUR OWN SHOULDERS!

suggested
comfortable backpack
(30 lt. is already big, make sure
you're used to it):

- "Sleeping sheet" (like a sleeping bag made with sheets)
- 3 pairs of good hiking socks
- 4 underwears + 3 t-shirts + 1 trek-pants
- Warm fleece + sleeping pants
- 1 kway/rain poncho + 1 hat + bandana
- OLD hiking shoes (already used!) + flip-flops + swimsuit
- Gel/silicon heel-support + compeed plasters
- Towel for all uses + minimal toiletries
- Water bottle + Waist pouch for documents, cellphone etc.
- Aspirin, Ibuprofen, ear-plugs, bandaids, antiseptic cream.
- (optional) lightweight hammock
- (optional) small musical instrument if you can play



5-16 SEPTEMBER 2024

Preparing for the pilgrimage

Praemonitus, praemunitus

F F

Train for the hike!
(3-4 hrs on mixed terrain)

The hike is for normal people,
but a bit of training WILL help

Sustainability

WHAT IS YOUR REASON TO COME? THIS IS WHAT
WILL SUSTAIN YOU IN MOMENTS OF HARDSHIP

Reflect on this:

WHAT DO I
BRING TO THE
PILGRIMAGE?

All help, well...helps!

LINKS

TO BETTER UNDERSTAND THE WHAT WHERE WHEN HOW

...see you in Italy! - THE LIBEROPENSATORE TEAM



Official website of the Route
FRANCESCO'S

WAY

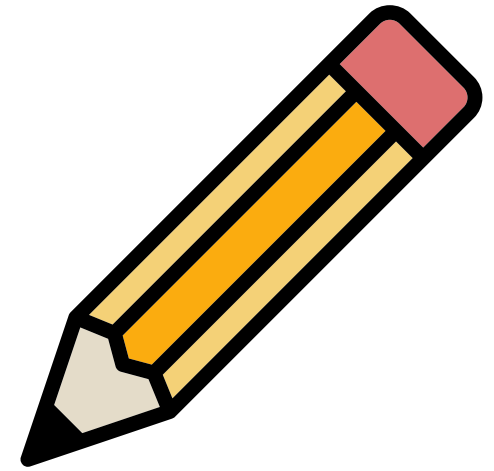
ECONOMY

OF

FRANCES

CO

SUSTAIN
ABILITY



APPLICATION FORM

[HTTPS://FORMS.GLE/XQPH8DBBGGKP4GTA6](https://forms.gle/XQPH8DBBGGKP4GTA6)

(CLICK HERE & FILL OUT)

