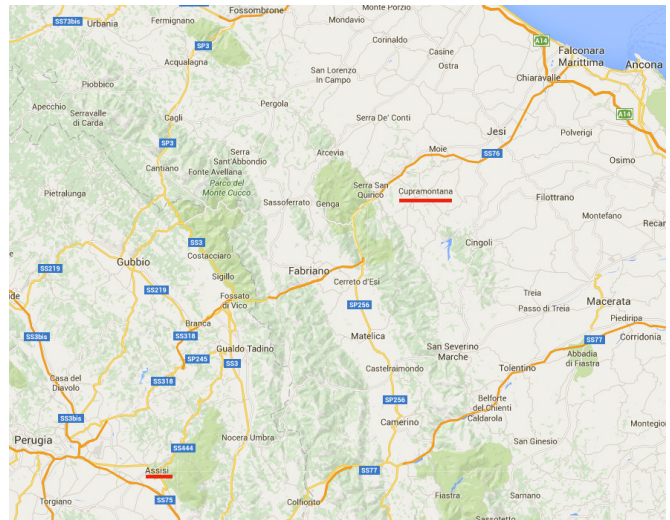


Pilgrimage from Cupramontana to Assisi



When: 19/5- 27/5/2017
Start: Cupramontana (AN), The Marche, Italy
Organising fee: 300€

Join us for a guided walk from Cupramontana to Assisi, home town of St. Francis of Assisi. Distance from Cupramontana to Assisi is ca 100 km. We will walk it in five day trips, 18-22km each. We will spend the nights in small family hotels or rural houses on the way. The route passes through the incredibly beautiful Apennine mountain landscape.

Organising fee includes:

- transfer from Ancona airport or Castelplanio railway station
- guided walk from Cupramontana to Assisi
- bookings of all half board accommodations for the walking days (4 nights)
- daily transfer of luggage
- optional common meditations and guided Pal Dan Gum exercise on walking days.
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- Accommodation to be paid directly to the hotel or agriturismo on the route, 50€ per day. Cost of the accommodation in Assisi and Cupramontana depends on chosen hotel or B&B

We recommend that everybody arrive in Cupramontana by the latest on Sat 19/5/2018 and take Sunday 20/5 to relax. We start walking on Monday morning 21/5 and will arrive in Assisi on Friday 25th May.

Travelling to Cupramontana

Closest airport to Cupramontana is Ancona. You can also fly eg. to Rome and arrive at Castelplanio-Cupramontana railwaystation by train.

Guided trip ends in Assisi where everyone is free to stay as they please. We anticipate two nights in Assisi. There are connections from Assisi by train to Ancona or Rome. Assisi - Ancona train connection on SundayIt starts 14:47, other week days also in the morning.

Inquiries and binding registrations to sirkka.aho@live.fi by 31/1/2018.

Welcome!

Sirkka Aho and Kari Pajunen