9 DAYS · 8 NIGHTS

Rome and Assisi

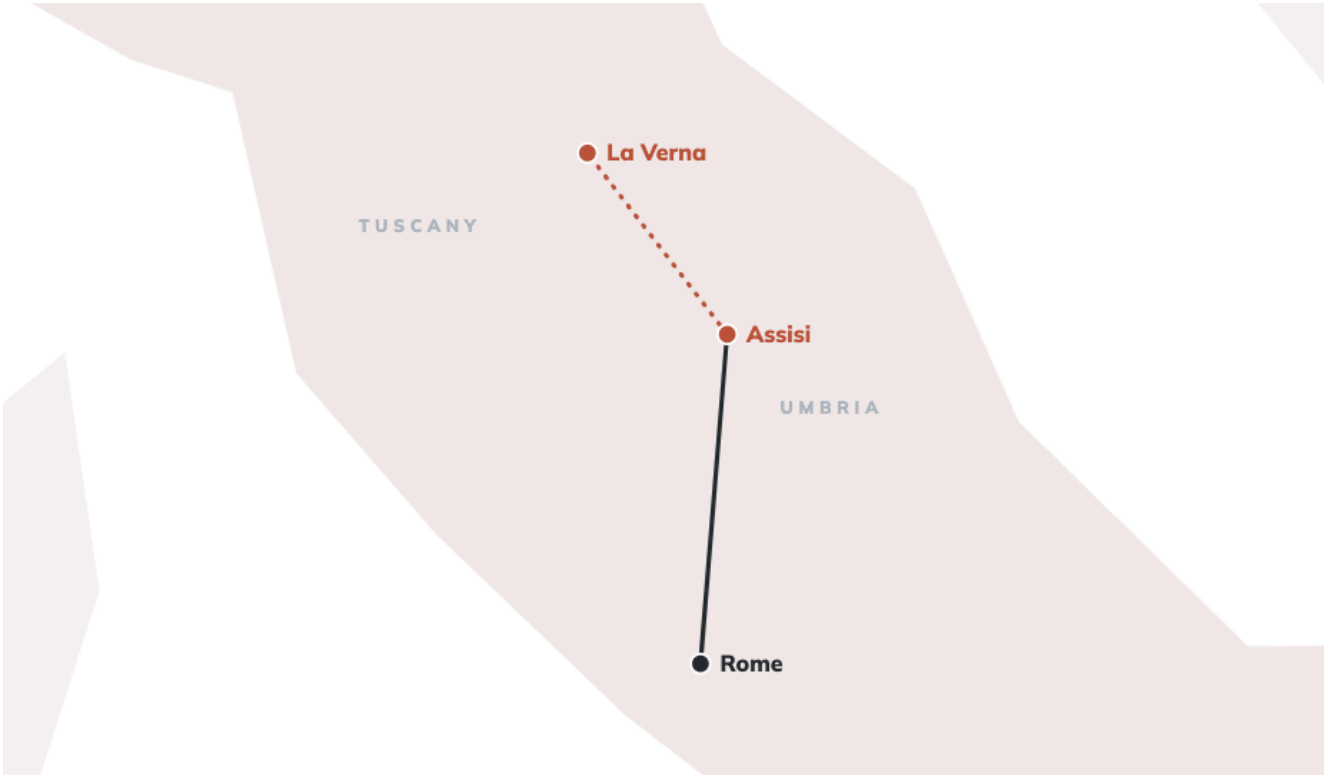
A Catholic pilgrimage of prayer and renewal, with protected time in Rome and Assisi.

BASE CITIES
Rome, Assisi

BEST MONTHS
May–June
September–October

PACE
Moderate, with quieter half-days built in

FOCUS
The apostles in Rome, and the lives of Francis and Clare



Rome · Days 1–3 — Assisi · Days 4–9 — La Verna, when the pace allows

THE JOURNEY

Built for a priest or spiritual director who wants Rome and Assisi to do their real work: prayer, not a checklist.

A proposed itinerary, not a confirmed departure. Hotels, meals, worship times, and price are set when a departure is planned.

Mass venue and time are confirmed before any date is published. Other Christian groups can walk the same places on a heritage telling of this route.

Assisi is several nights. It is not a day trip bolted onto a Rome tour.

HOW IT'S EXPERIENCED Who leads, what's built in, and what the hosting church can add.

01

Who leads

A priest or spiritual director leads prayer and sets the rhythm of the days.

02

In the program

Rome's apostolic basilicas, then five nights in Assisi, with La Verna when the pace allows.

03

By request

A heritage telling of the route for other Christian groups.

ITINERARY

Day by day

ROME → ASSISI

Rome DAYS 1–3

01

ROME

Night in Rome

Pilgrims, not passengers

Arrival and a first evening that sets the posture of the week: prayer and renewal, basilicas and silence, with a director who is directing.

> *"I was glad when they said unto me, Let us go into the house of the LORD."*
>
> PSALM 122:1

TEACHING

Bless the group by name before the week begins.

02

ST. PETER'S

Night in Rome

Upon this rock

St. Peter's Basilica and the tradition of Peter in Rome, with time set aside for prayer.

> *"Thou art Peter, and upon this rock I will build my church."*
>
> MATTHEW 16:18

TEACHING

Pray for one intention, as the whole church.

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03

ST. PAUL OUTSIDE THE WALLS

Night in Rome

The apostle to the nations

The basilica at the traditional tomb of Paul.

> *"And let us not be weary in well doing: for in due season we shall reap, if we faint not."*
>
> GALATIANS 6:9

TEACHING

Name a calling that has grown tired, and pray for perseverance.

Assisi

DAYS 4–9

04

ASSISI

Night in Assisi

The hill town at evening

The transfer to Assisi and an evening walk through the town without commentary.

> *"How beautiful upon the mountains are the feet of him that bringeth good tidings."*
>
> ISAIAH 52:7

TEACHING

Let the town introduce Francis before anyone explains him.

05

SAN FRANCESCO

Night in Assisi

The basilica, then the silence it requires

The Basilica of San Francesco, followed by protected quiet time.

> *"Rejoice in the Lord alway: and again I say, Rejoice."*
>
> PHILIPPIANS 4:4

TEACHING

What would your parish lay down to be known for joy?

06

ASSISI

Night in Assisi

Clare, the little church, the Portiuncula

Santa Chiara, San Damiano, and the Portiuncula below the town.

> *"Behold the handmaid of the Lord; be it unto me according to thy word."*
>
> LUKE 1:38

TEACHING

Let the women of the group lead prayer at Santa Chiara.

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07

ASSISI

Night in Assisi

A quieter height

A slower day above the town, with time left open.

> *"Be still, and know that I am God."*
>
> PSALM 46:10

TEACHING

If the day is full, cancel one optional stop. Rest is part of the rite.

08

LA VERNA

Night in Assisi

La Verna, when the pace allows

The Franciscan sanctuary at La Verna, included when the group's pace allows.

> *"But God forbid that I should glory, save in the cross of our Lord Jesus Christ."*
>
> GALATIANS 6:14

TEACHING

Choose one practice for the first week home.

09

DEPARTURE

Transfer for departure

Go in peace

Transfer for departure.

> *"The LORD bless thee, and keep thee."*
>
> NUMBERS 6:24

TEACHING

Bless them as a parish going back to work.

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BEFORE YOU GO

Practical notes, clear limits, and the options a group can add.

Practical considerations

WALKING	Assisi's steep slopes and hilltop access. Wear sturdy shoes.
CROWDS	The basilicas are busy. Quiet time is planned around the crowds.
SCHEDULES	Vatican and church schedules change around feast days, so times are confirmed close to departure.
LA VERNA	Can be omitted for a gentler journey.

What this journey is not

- × Assisi is not a day trip bolted onto a Rome tour.
- × Not a checklist of sites. Prayer comes first.

What can be arranged

- + Include La Verna when the pace allows
- + A heritage telling for other Christian groups

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