

2019
CAMINO TO ROME
IN AID OF ST JAMES'S HOSPITAL
13th - 19th October 2019

VITERBO - ROME



ST. JAMES'S
HOSPITAL
FOUNDATION

VIA FRANCIGENA

Together with the Way of St James and the pilgrimage to Jerusalem, the Via Francigena is one of the most important pilgrimage routes.

In medieval times, the Via Francigena was an important road for pilgrims heading south to Rome, and like the Camino de Santiago, this trail is also a European Cultural Route by the Council of Europe.

The Via Francigena takes walkers to some of the most stunning regions in Europe, such as Kent and the Dover cliffs, the Great War battlefields of Northern France, the Champagne region, Lake Geneva and the mighty Alps, the Apennines, lush Umbria, the picturesque hills of Tuscany and finally Rome, the eternal city...



We will be doing the last section which is known as the Camino to Rome.

Starting in Viterbo, a charming thermal city, it then passes by the lovely little town of Sutri with its Etruscan ruins and the forest of Parco di Veio before arriving at Monte Mario that offers an amazing view of Rome and San Pietro church. It ends in Rome.

Rome, Italy's capital, has nearly 3,000 years of globally influential art, architecture and culture on display. Ancient ruins such as the Forum and the Colosseum evoke the power of the former Roman Empire. Vatican City, headquarters of the Roman Catholic Church, has St. Peter's Basilica and the Vatican Museums

At night, you'll stay in carefully selected, authentic accommodation so after a satisfying day of walking, you can put your feet up and enjoy the social and cultural scene, meeting other pilgrims and sharing stories.



2019 VIA FRANCIGENA ITINERARY

Day 1: Dublin to Viterbo

You will stay in a traditional hotel in the heart of the town. Viterbo is a city of ancient origin and historical traditions, lying close to the Cimino Mountains, between the Lakes of Bolsena and Vico. The city offers many alternatives from art to traditional cuisine, from medieval and renaissance architecture to thermal spas nearby.

Day 2: Viterbo to Vetralla 4h30m - 20km

Leaving Viterbo you take country lanes that pass through vineyards and olive groves. Along the route and not far from the city, it may be possible to visit an ancient Etruscan tomb. The rest of the road proceeds smoothly through fields and woods to Vetralla, a fortified town in the heart of the ancient Etruscan territories.

Day 3: Vetralla to Sutri 5h - 22.5km

From Vetralla, you pass through a forest to the Church of the Virgin of Loreto. Then you walk through extensive hazel groves, passing monumental oaks, to arrive at the Orlando towers, ruins of an ancient monastery. You continue to the charming town of Capranica, and you finally reach the walled town of Sutri, known for its Etruscan amphitheatre and archaeological park.

Day 4: Sutri to Campagnano 5h20m - 24km

You start by walking 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.

Day 5: Campagnano to La Storta 5h30m - 24km

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.

Day 6: La Storta to Rome 3h30m - 16km

This last stage of your trip crosses the suburbs to arrive at the centre of Rome. You also pass through Monte Mario Park where you have amazing views of the entire city of Rome and can admire for the first time the dome of St Peter's church. Then you descend to St Peter's square – your final goal!

Day 7: Rome

You will have plenty of time to explore before returning to Dublin.

The Italian capital will fascinate you with its history, the Vatican, Colosseum, Trevi Fountain, Pantheon, and Piazza Navona are just some of the many unforgettable sights in Rome.



2019 VIA FRANCIGENA INFORMATION



Booking your place

To confirm your place on the 2019 Camino Challenge, you will need to:

- Complete and return the registration form (included).
- Pay your €250 non-refundable deposit.

Participation Cost

The total cost of the challenge is €1995.

This includes a fundraising target of €1000.

Please note that the full cost of the challenge must be paid before the **1st of September 2019**.

Unfortunately, if the full amount is not paid by this date, you may lose your place on the trip.

Fundraising Support

Our fundraising team will happily work with you to provide any advice and support that you may need. Including:

- Sponsor Cards
- Online fundraising page.
- Fundraising materials.

Training

Walking can be strenuous in any weather and you must ensure that you are in good health and fit enough to participate.

You will be walking for up to 6 hours a day so strong legs and good cardiovascular fitness is highly recommended.

We will also provide you with a training guide to help you prepare for the trip

Support Team

A member of the St James's Hospital Foundation team will be present to provide extra support.

The following is also provided:

- Daily luggage transfer.
- First Aid support.

Accommodation

3 star hotel accommodation is provided on every night of the trip. Rooms are shared twin rooms. If you are travelling with a friend please inform us so that we can allocate you a room together. A small number of single rooms are available and these are on a first come - first served basis. There is an additional supplement for these rooms.

Food

We are staying in the hotels on a half board basis so breakfast and dinner are included.

Lunch and snacks are not included so you will need to make sure that you carry money with you during the walk.

Transport

We will be flying with Aer Lingus

Sunday, 13th October:

Departs Dublin at 15:55
Arrives in Rome at 20:05

Saturday, 19th October:

Departs Rome at 20:45
Arrives in Dublin at 22:55

Weather

At this time of year, the weather is quite pleasant and sunny with temperatures not exceeding 25 degrees. However; you should prepare for all weather. Waterproofs, hat and sunblock are essential.

Not Included

Travel Insurance is not provided and it is mandatory. You must show proof of cover. Personal spending money and lunch each day is not included.

2019 VIA FRANCIGENA TERMS & CONDITIONS

Conditions of Entry:

We require a non-refundable deposit of €250 to be paid on registration. In addition, you undertake to raise a minimum of €1000 in sponsorship.

1. If you are unable to meet the minimum fundraising target, you will forfeit your place. However; you are allowed to make up the difference yourself.
2. Should you, for any reason, not take up your place on the trip, all sponsorship cards and money collected must be returned to St James's Hospital Foundation.
3. If you are over 65 years of age, you must have written clearance from your doctor.
4. Your passport must be valid for at least 6 months from the date of your return to Ireland.
5. You must agree not to do anything that will bring St James's Hospital into disrepute.
6. All funds raised should be made payable to St James's Hospital Foundation.
7. All participants take part at their own risk and St James's Hospital Foundation is unable to accept liability for any loss, damage or cancellation of the event for any reason.
8. St James's Hospital Foundation reserves the right to decline an application.

REFER A FRIEND!

If you invite a friend who signs up for the 2019 Camino Challenge, both of you will benefit from a reduced participation fee of €1895pp



2019 VIA FRANCIGENA REGISTRATION FORM

To sign up for the 2019 Camino Challenge, please complete this registration form and return it to us along with your deposit of €250

Personal Details: (BLOCK CAPITALS PLEASE)

Full Name: (As per passport) _____

Address: _____

Mobile Phone Number: _____

Email Address: _____

Date of Birth: _____

Passport Details:

Passport Number: _____

Nationality: _____

Place of Issue: _____

Date Issued: _____

Date of Expiry: _____

Medical Details:

Special Dietary Requirements: _____

Medical Conditions/Allergies: _____

Emergency Contact Details:

Name: _____

Mobile Phone Number: _____

Do you have Travel Insurance? Yes No

SJH Official Camino Challenge T-Shirt

Please select required size

Small Medium Large XL

Please note all accommodation is based on twin sharing. If you have a preference for who to share with, please specify name:

If you do not wish to share, there is a very limited number of single rooms. If you wish to apply for one of these and pay the additional supplement please tick here:

Payment Details:

I enclose a cheque for €250 made payable to St James's Hospital Foundation.

Please deduct €250 from my (Tick card type)

VISA MASTERCARD VISA DEBIT

Name on Card: _____

Card Number: _____

Expiry Date: _____ CVV No: _____

Declaration: I have fully read & agree to the conditions as outlined above.

Signed: _____

Date: _____

