



**WEEK 8  
FROM MONTEFIASCONE TO  
ROMA**

**WHAT TO SEE**

**PRATICAL  
INFORMATION**

## DAY 1 - MONTEFIASCONA

### PILGRIM STAMP

Tourist Office - Largo Plebiscito 1 -9:00-13:00

### PHARMACY

Piazza Vittorio Emanuele, 6



## MONTEFIASCONA

Montefiascone is a very old town founded by the Falisci, a local pre-Roman population. It is known for its wine produced from the vineyards that surround the town. The legend says that a priest who traveled ahead of the Pope to choose the best places for His stay was supposed to signal the places which were convenient with the word "Est"; he found the local wine so good that he marked the place 3 times; hence the name of the wine "Est Est Est".

The town (600 metres above sea level) is set in a strategic spot at the edge of the southern crater of the Volsini mountains. This area, crossed by the consular Via Cassia, is marked by its unmistakable silhouette, with the remains of the Rocca dei Papi fortress and the impressive cupola of Santa Margherita. Its history is tied to the history of several popes, including Urban V, who is considered Montefiascone's main benefactor. He was responsible for the radical transformation of the fortress to host the pontifical court and the title of diocese. Next to the Rocca, in the upper part of the city, is the cathedral of Santa Margherita, which has one of the largest domes in Italy built by Vignola. Notice the crypt by Bramante.

### Along the way

The road offers nice views of the Bolsena lake and of the Viterbo valley and Mt Soratte.

The whole area is of volcanic origins and close to Viterbo you can soak in steaming pools of thermal waters called "i Bagnacci" once free, now closed.



## DAY 2 - VITERBO

### PILGRIM STAMP

At the Museo del colle del Duomo – P.zza San Lorenzo 8a – (opening hours: 10:00-13:00/15:00-20:00) - Info point - Via Ascenzi, 4



## VITERBO

Viterbo is an ancient city in the Latium region. It is approximately 100 kilometers (60 mi) north of Rome and is surrounded by the Monti Cimini and Volsini. The historic center of the city is surrounded by medieval walls, still intact, built during the 11th and 12th centuries. Entrance to the walled center of the city is through ancient gates. Although Viterbo is very ancient, its precise origins are unknown. Probably Etruscan. The first firm report of the new city dates to the eighth century, when it is identified as *Castrum Viterbii*. It was fortified in 773 by the Lombard king Desiderius who tried to conquer Rome.

Later, Viterbo became part of the Papal States, but this status was to be highly contested by the Emperors in the following centuries, until in 1095 it became a free commune. In a period in which the Popes had difficulties asserting their authority over Rome, Viterbo became their favored residence, beginning with Pope Eugene III (1145-1146) who was besieged in vain in the city walls.

Viterbo's historic center is one of the best preserved medieval towns of central Italy. Many of the older buildings (particularly churches) are built on top of ancient ruins, recognizable by their large stones. The main attraction of Viterbo is the Papal Palace which served as a country residence and a repair in time of trouble in Rome. The columns of the palace are spolia from a Roman temple. The second most important monument of the city is the San Lorenzo cathedral. It was erected in Romanesque style by the Lombard architects over a temple of Hercules. It was variously rebuilt from the sixteenth century on, and was heavily damaged in 1944 by Allied bombs.



### Along the way: The natural reserve of Vico lake.

It is said that Hercules, when once challenged to prove his forces, threw to the ground a big trunk, which opened a cleft, from where begun to gush out the water which filled up the valley forming the Lake of Vico. In reality it is a crater, due to the collapse of the Vicano volcano, during the centuries filled up with the waters of underground springs; the steep slopes were covered by an impenetrable and insidious wood, called Cimina. Roman consul Fabius dared to penetrate it and built a road that later became the ancient Via Cassia.



In the 16th cent. the Farnese lowered the level of the lake through an underground tunnel, already bored by the Etruscans and leading to the Vicano river, in order to increase pasture ground and cultivable land. Nowadays, this vast expanse which can be admired from the ridges, is covered with hazelnut plants. Mount Venere, the last volcano to be active over 70.000 years ago, rises in its midst. The vast extents of secular beeches, over 35 m high, alternate with those of Turkey oaks, not less majestic. Of remarkable interest are the swamp, where thousands of migratory and permanent birds, mainly aquatic like herons or ducks, find shelter.

## DAY 3 - CAPRAROLA

### PILGRIM STAMP

Get the hotel stamp - there is a pro-loco (small tourist office, but it only opens in summer. Caprarola Municipal building. Via Filippo Nicolai, n.2 - Ph. +39 (0)761 64901



You can admire the imposing Palazzo Farnese just before entering Caprarola.

The Villa Farnese is situated directly above the town of Caprarola and dominates its surroundings. It is a massive Renaissance and Mannerist construction, It is built on a five-sided plan in reddish gold stone; buttresses support the upper floors. As a centerpiece of the vast Farnese holdings, Caprarola has always been an expression of Farnese power, rather than a villa in the more usual agricultural or pleasure senses.

In 1504, Cardinal Alessandro Farnese, the future Pope Paul III, acquired the estate at Caprarola. He had designs made for a fortified castle or rocca by the architects Antonio da Sangallo the Younger . The pentagonal building started as a defensive fortress probably between 1515 and 1530, Later it was transformed into a country residence, when the Farnese family retired from Rome under an hostile Pope.



## DAY 4 - SUTRI

### PILGRIM STAMP

At the Pro-Loco (Comunal info point) - P.zza del Comune 31  
Ph. +39 (0)761 600330

## SUTRI

Town of ancient origins with rests and monuments of the Etruscan, Roman age and the medieval period, that attest its strategic importance. Sutri had the period of main splendor in the Etruscan time - from IV the century a.C. - when, fortified on the height of tufa rocks (are visible the rests in blocks of tufe), it controlled the commerce in this part of Etruria. From here the denomination of T. Livio of "door of the Etruria".

Stormed by the Romans in the 394 a.C. it knew hard battles between Etruscans and Romans in 311 and 310 a.C. Its prosperity grew with the construction of Cassia, a great artery of traffic between Rome and the northern regions. Later on was a roman municipium.



On the hill of tufa is still visible the Etruscan necropolis carved in the rock nowadays composed by 64 tombs disposed on more levels. The tombs are dated from 3th century a.C. to the 1st century d.C. Near this fascinating tombs is one of most evocative ancient monuments of the Lazio: the amphitheater of Sutri. The amphitheater of Sutri: it's entirely dug in the cliff of soft rock with a line North-South and has the greater axis 49 mt. long. and that minor of 40 mt. It was constructed with Etruscan technique and Etruscan workers between the end of 1st century a.C. and the beginning of the 2nd century.

## DAY 5 - CAMPAGNANO DI ROMA



Just outside Sutri you will pass in front of the gate of the rock church of St Maria del Parto well worth a visit with ancient frescoes on the walls.

The old centre of Campagnano is pleasant. The main attractions of the day are, however the Monte Gelato waterfall that you can visit with a small detour (see your roadbook).



## DAY 6 - LA GIUSTINIANA

### PILGRIM STAMP

At the “Sacro cuore di Gesù e Maria” convent - Via del cenacolo 43 – Ask for Adele. 5 minutes straight from the railway station, past the l'istituto di radiologia, climbing . Ring the bell

## VEIO PARK



The Archaeological Park of Veio is nearby. It is badly kept, but it still deserve a visit

Veio was, in ancient times, an important Etruscan city 16 km northwest of Rome; Veio was the richest city of the Etruscan League, on the southern border of Etruria. As the nearest Etruscan city to Rome, it was continually at war with Rome for nearly 100 years. It eventually fell to the Roman general Camillus' army in 396 BC. Veio continued to be occupied after its capture by the Romans; Many statues, now kept in different museums were found here. The site was abandoned and forgotten until its rediscovery in the 17th cent. The remains of Veio today lie near the small village of Isola Farnese, but tombs and other remains have been discovered recently in adjacent areas in Formello and the Veio Natural reserve park.

Outside the remains of the city there are remnants of an apparent temple. Also tombs have been found cut into the rock. The most famous is the Grotta Campana, uncovered in 1843, a chamber tomb with the oldest known Etruscan frescoes.

The sanctuary of the Madonna del Sorbo is worth a visit.

## DAY 7 - ROMA

### PILGRIM STAMP

To have your last stamp on the credential and the final certificate you have to go to opera Romana pellegrinaggi.  
San Pietro - Piazza Papa Pio XII, 9/11

