

31 - 32

sutri campagnano

24,7 km

The path of life is made of goals and dreams; it is the pilgrim who gives meaning to each step he takes.

Step 31

Lodging

Interesting facts

Ignatian Tips

Autobiography

Comments

Step 31

A stage without steep slopes, with beautiful landscapes, paths between hazelnut fields and with the precious gift of the waterfalls of Monte Helado, which refresh our eyes. Pilgrimage in spring, the yellow, white and red flowers are very abundant, which contrasts with the green of the fields well-watered by the abundant rain. Do not expect to find fountains, so it is better to fill the bottles when passing through the villages.

We leave Sutri following the road, passing the Etruscan necropolis on our right. We are on the Via Cassia that goes to Rome. The signs marking the Via Francigena are quite clear. We have to be very careful with the road: cars go very fast and there is no segregated road for pilgrims, so we have to be very vigilant on those 600 meters of road. After a traffic light, following the Via Francigena signs, we turn right onto a secondary road, which also has no segregated road for walkers, but not much traffic. After 1.5 km of asphalt road, we turn left onto a dirt road, which in less than 1 km leads to another, which we take on the left. The

fields of hazelnut trees are omnipresent. We continue along this dirt road, straight ahead, without turning off, for 3 km more, until we reach a fountain on our right, at the entrance to the Golf Nazionale. Follow the signs for Via Francigena, turning right to continue on the asphalt road. Still on the same road, after 700 m you will come to a fork on the right, which you do not take. More fields and hazelnut trees accompany us on a road without traffic. We continue 2.3 km more until we reach the village of Monterosi, where pilgrims can rest, stamp the credential, and prepare for the second part of this stage.

We leave Monterosi turning from Via Roma to our left into Piazza Garibaldi. We pass by the Chiesa di San Giuseppe and head towards the highway, which we cross over the bridge, after 300m. In another 300 m we find a dirt road separated from the highway, which we take to avoid entering the highway. The Via Francigena signs help us. In 500 m we turn 90 degrees to our left onto a road that does not lead away from the highway and takes us through fields and a residential area. Always straight on the same road, in 3 km we cross an asphalt road and continue towards the farmhouse Il Cascinone. The road goes up and down in small undulations that help us to see the landscape better. The grassy fields are covered with yellow, red and violet flowers in spring. In 2.2 km our path ends at another one that we take to the right. 600 m later, we turn right again, in the direction of the Treja Valley Park and the Monte Gelato Waterfalls. It is worthwhile to go down to the river and contemplate the waterfalls, which refresh the Camino.

Return to the asphalt road and follow the signs for Via Francigena. In 400 m we find a fork and turn left. In 800 m our path ends, after a gradual ascent, and we turn right. Everything that goes up, goes down and we go up again, but without too much slope. Our path ends in 1 km, and we turn right again, following the road. In 3 km, still on the same road, we arrive near the water treatment plant of Campagnano, and the village can already be seen at the top of a hill. Now we have a steep climb of 600 m to the first houses of the old village.

Through some narrow streets we head towards the parish church of San Giovanni Battista and continue to admire the beautiful stone houses until we reach the main square and the Comune di Campagnano di Roma. Some stores and restaurants in this old part of town can be a good place to stop. If you wish, you can continue walking 1 km inside the village, up to the Parish Center and Oratorio di San Giovanni, which houses the parish pilgrims' shelter.

Lodging

MONTEROSI

Le 3 Sorelle - Via Ernesto Capponi, 28- Tel: +39 3339258622 - le3sorelle2017@yahoo.com

La Campana - Via Roma, 5 - Tel: +39 3333999639- amirri1@alice.it

CAMPAGNANO

Case nel Borgo - Via di Sant'Andrea, 65 - Tel: +39 3316004982 - casenelborgo@casenelborgo.it

The Smiling Oak - Strada del Sorbo, 1 - Tel: +39 069042137 - smilingoak2014@gmail.com

Ristorante Albergo Benigni - Via della Vittoria, 13 - Tel: +39 069042671 - info@hotelbenigni.it

Domus Francigena - Via zuccari, 35 - Tel: +39 069041632/ +39 3284483064 - renzmaria@virgilio.it

Al Corso - Corso Vittorio Emanuele 49- Tel: +39 3428082215 - lindaemme@me.com

Ostello per pellegrini - Via di Sant'Andrea, snc - Tel: +39 3316004982 - info@ostellocampagnano.it

Parrocchia S. Giovanni Battista. Via Dante Alighieri 7. +39 06 90 41094 /// +39 333 93 81576 // Virginio: +39 366 895 2478 (gratuito, pero se pide una aportación económica voluntaria)

Luggage transport on the Via Francigena Viterbo Roma

Bags Free <https://www.bb-booking.com/book/> Booking Bags Free booking@bags-free.com

Associazione Mediterraid Cammina. francigena@mediterraid.it

Francigena Taxi (en italiano: +39 338 2868402; en inglés +39 331 6004 982)

www.viafrancigena-viterbo-roma.it

Interesting facts

MONTEROSI

Perched on the hill, the ancient village is a gem in the province of Viterbo, in the region of Lazio through which we are walking. With a population of approximately 4,500, Monterosi combines the charm of a small town with the rich history and natural beauty of the region. Monterosi's history dates back to ancient times, with roots that can be traced to Etruscan times, like Sutri. However, its significant development began during the Middle Ages, when it became a strategic point on the Via Francigena. Some places of interest:

1. Church of Santa Croce: This church is a beautiful example of religious architecture, with elements that reflect the Romanesque and Gothic style. Its interior houses valuable works of sacred art.
2. Lake Monterosi: This small lake near the village is an oasis of tranquility and natural beauty, ideal for relaxing walks and bird watching.
3. Palazzo Patrizi: A historic palace that has witnessed numerous significant events over the centuries. Its structure and decoration reflect the opulence of the local nobility.

CAMPAGNANO

Campagnano di Roma is a picturesque municipality located in the region of Lazio, now in the province of Rome. With a population of approximately 11,000 inhabitants, this town combines the serenity of rural life with the proximity to the vibrant city of Rome. Etruscan origin and important growth in the Middle Ages, like the other villages we have passed through. In the 13th century, the area became part of the domain of the Orsini family, one of the most powerful noble families in Italy. Over the centuries, Campagnano has preserved its rich cultural heritage, reflected in its architecture and traditions. Some of the places of interest:

1. Chiesa di San Giovanni Battista: This church, built in the 15th century, is an excellent example of medieval religious architecture and houses

several works of sacred art.

2. Palazzo Venturi: A majestic Renaissance palace that offers a fascinating glimpse of the noble splendor of the time.
3. Historic Center: Strolling through the cobblestone streets of the historic center is like traveling back in time to the Middle Ages, with charming squares, ancient buildings and an authentic medieval atmosphere.

Ignatian Tips

Following the outline of the stages of the Ignatian Way in Spain, we offer here some brief prayer notes to center the day in the presence of the Lord Jesus, on the road to Rome.

Notes: We begin our meditation by focusing on the goal of our pilgrimage with the opening prayer: «*May all my intentions, operations and actions be ordered to show forth the glory of God and my life be oriented only to the praise and service of my Lord*». We desire guidance, we want to order ourselves to the greater good.

Grace: Lord, may I know how to remain faithful to the desire to follow you and love you, even in the difficulties of the Way, in the circumstances of life.

Reflection: Our plans are not always fulfilled. Sometimes our wishes are truncated, and we have to look for alternatives. Flexibility is a basic element in life's journey. To maintain our commitment, we must always know how to be attentive to reality and to the Word that comes to us through it. What does God want to say to us today in our Way? How does he manifest himself to us as a guide and companion? The first Jesuits vowed to live a simple life, in poverty, desiring to place their future in God's providence. It seemed to them that they could only be free if they became servants of the Kingdom. Even if they were persecuted, if they remained close to the Lord, they had nothing to fear. To live for the Kingdom, to put all their energy into following Christ, which Ignatius describes as «poor and humble». To place oneself at the service of others, to console the sick, to comfort those who suffer, to reconcile what has been divided or broken. How do I see myself in this model of the first companions? What is striking or groundbreaking about this model of life that the first Jesuits initiated together with Ignatius?

Scripture:

Matthew 12, 1-15. In his walk, Jesus initiates a new style. He is the model: «Here

is someone greater than the temple».

Matthew 19:16-29. We cannot secure our lives in the confidence that we have it all or do everything right. True life is only gained by walking with the Lord. Abandon ourselves to the hand of the Lord.

Luke 5, 36-39. New life must be placed in new persons.

Luke 6:27-49. Living daily life framed by the Word of the Lord who reconciles everything. By the fruits we know if the tree is good.

Final colloquy: Ignatius invites us to deepen our friendship with Jesus. As one friend talks with another, comment with Jesus the doubts, fears and difficulties you feel inside. Also be grateful and show your joy for all that you now see and understand. Finish with an Our Father.

Autobiography

We continue our Ignatian pilgrimage, now with St. Ignatius walking through Italy. We select here some episodes of his life in these lands, which he himself explained, collected in his Autobiography.

And embarking on a large ship, the storm happened, of which mention has been made above, when it was said that the pilgrim was three times on the verge of death. Arrived at Genoa, he took the road to Bologna, and in it he suffered much, especially once he lost his way and began to walk beside a river, which was below and the road above, and this road, the more he walked, became narrower and narrower; and it became so narrow that he could not go forward, nor turn back, so that he began to walk on all fours, and so he walked a great distance in great fear, because every time he moved he thought he would fall into the river. And this was the greatest fatigue and bodily hardship he ever had; but at last he got out of the trouble. And wanting to enter Bologna, having to cross a small wooden bridge, he fell under the bridge; and so, getting up loaded with mud and water, he made many who were present laugh. And entering Bologna, he began to beg for alms, and did not find even a quarter, although he went through it all. He was in Bologna for some time sick; then he went to Venice, always in the same way.

In Venice at that time he was engaged in giving exercises and in other spiritual

conversations. The most important persons to whom he gave them are Mro. Pedro Contarini and Mro. Gaspar de Doctis, and a Spaniard by the name of Rozas. And there was also another Spaniard there, called the bachelor Hoces, who dealt a lot with the pilgrim and also with the bishop of Cette, and although he had some desire to do the exercises, he did not put them into practice. At last Hoces resolved to do them; and after he had done them, after three or four days, he explained his intention to the pilgrim, telling him that he was afraid lest he might teach him some evil doctrine in the exercises, because of the things that a certain man had said to him. And for this reason, he had taken with him certain books to have recourse to them in case he wanted to deceive him. This one helped himself very remarkably in the exercises, and at last he resolved to follow the way of the pilgrim. He was also the first of the companions to die.

In Venice the pilgrim also had another persecution, for there were many who said that his statue had been burned in Spain and Paris. And this happened so far ahead, that a trial was held, and a sentence was given in favor of the pilgrim. The nine companions arrived in Venice at the beginning of 1537. There they were divided to serve in various hospitals. After two or three months they all went to Rome to take the blessing to pass on to Jerusalem. The pilgrim did not go because of Dr. Ortiz, and also because of the new Cardinal Teatino. The companions returned from Rome with policies of 200 or 300 escudos, which were given to him as alms to pass to Jerusalem, and they did not want to take them more than in policies. These escudos, then, not being able to go to Jerusalem, they returned them to those who had given them to them. The companions returned to Venice in the same manner as they had gone, that is, on foot and begging, but divided into three groups, and in such a way that they were always of different nations. In Venice those who were not ordained were ordained to mass and were given license by the nuncio who was then in Venice, who was afterwards called Cardinal Verallo. They were ordained under the title of poverty, all taking vows of chastity and poverty.

That year there were no ships going to the Levant, because they had broken with the Turks. And so, they seeing that the hope of passing on to Jerusalem was slipping away, divided themselves along the Veneto with the intention of waiting the year they had determined, and if after it was fulfilled there was no passage, they would go to Rome. It fell to the pilgrim to go with Faber and Laínez to Vicenza. There they found a certain house outside the city, which had neither

doors nor windows, in which they slept on a bit of straw they had brought with them. Two of them always went to beg alms in the city twice a day, and so little did they bring that they could hardly support themselves. Ordinarily they ate a little baked bread, when they had it, and the one who was left at home took care of baking it. In this way they spent forty days, attending only to prayer.

After forty days had passed, Mro. Juan Coduri arrived, and the four of them decided to begin preaching, and going to different squares, on the same day and at the same hour they began their sermon, first shouting loudly and calling the people with their hoods. With these sermons much noise was made in the city, and many people were moved to devotion, and they had more abundantly the things necessary for life. During the time he was in Vicenza he had many spiritual visions, and many, almost ordinary, consolations; and the opposite happened to him in Paris. Mainly, when he began to prepare himself to be a priest in Venice, and when he was preparing to say mass, during all those trips he had great supernatural visitations of those he used to have when he was in Manresa. Also, while in Vicenza he learned that one of his companions, who was in Bassano, was sick and about to die, and he was also sick with fever at the same time. However, he set out on his journey, and he was walking so strongly that Faber, his companion, could not follow him. And on this journey, he was certain of God, and told Faber that his companion would not die of the disease. And arriving at Bassano, the sick man was greatly comforted and soon healed. Then they all returned to Vicenza, and the ten of them stayed there for some time, and some of them went to beg for alms in the nearby towns.

Comments

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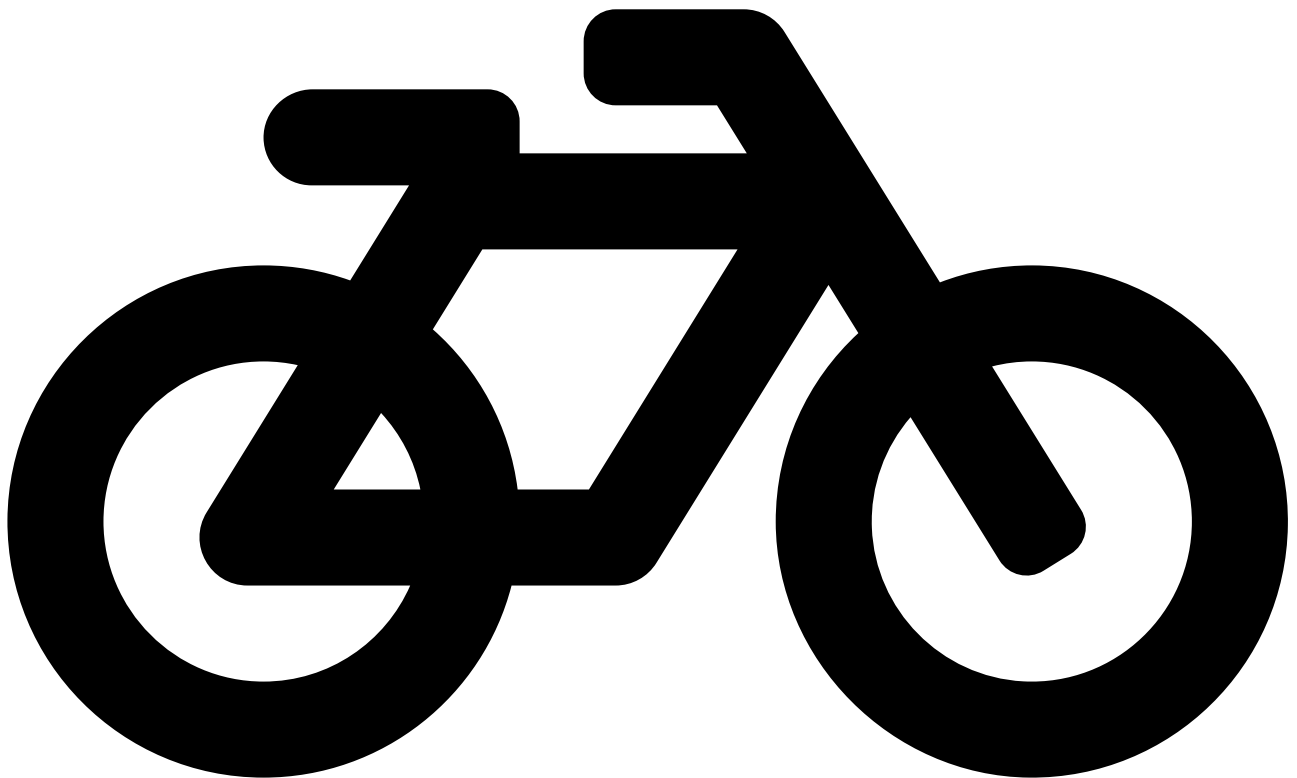
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Bicycles: Follow the Via Francigena signs for bicycles, which do not always follow the dirt roads of the hikers. Mostly asphalt and some dirt

road.

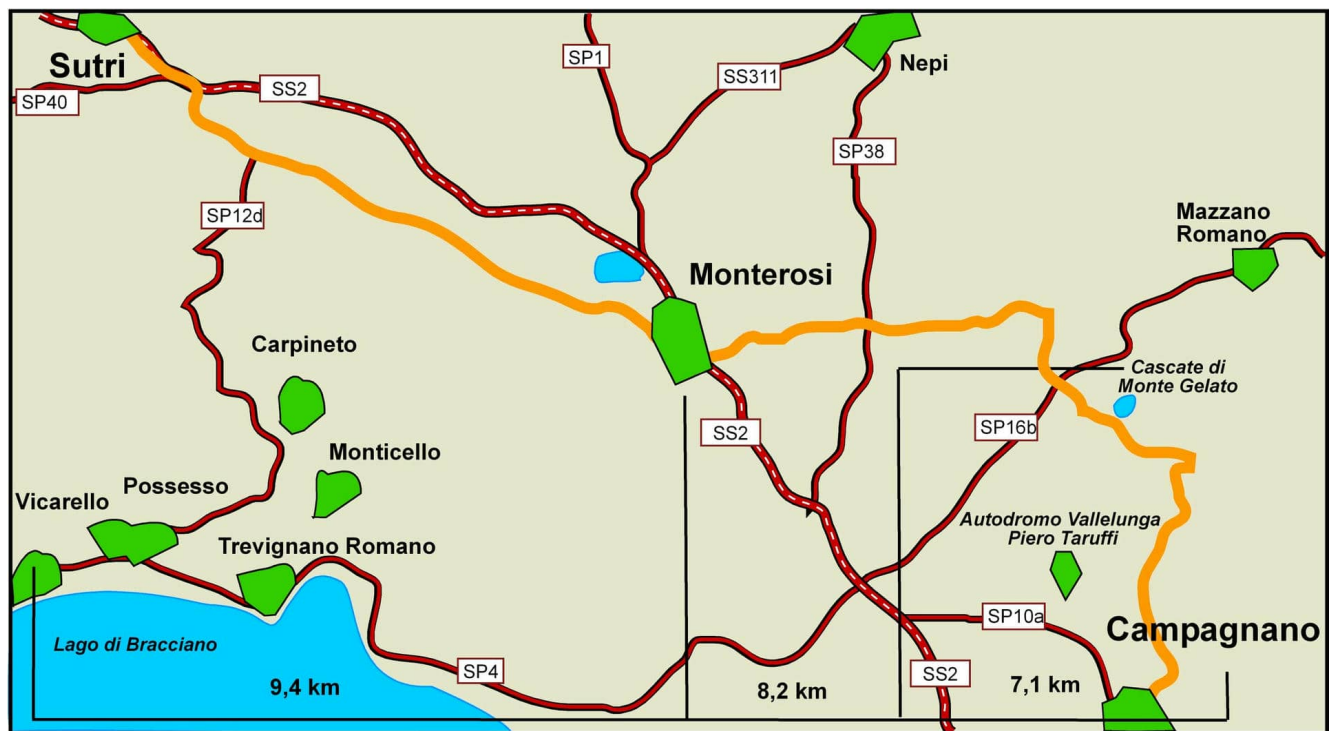
Monterosi: 9,4 km

Cascada Monte Helado: 17,6 km

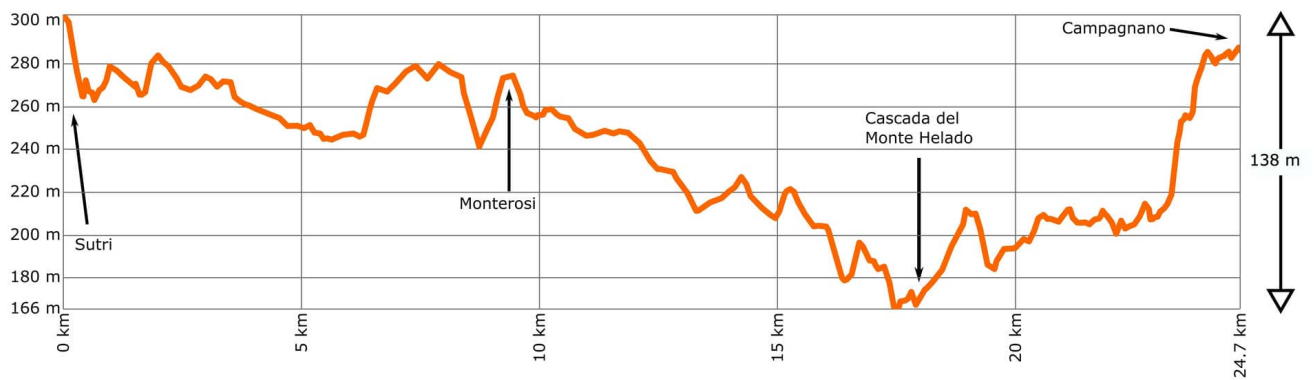
Campagnano: 24,7

Trail

Step's sketch



Altimetry



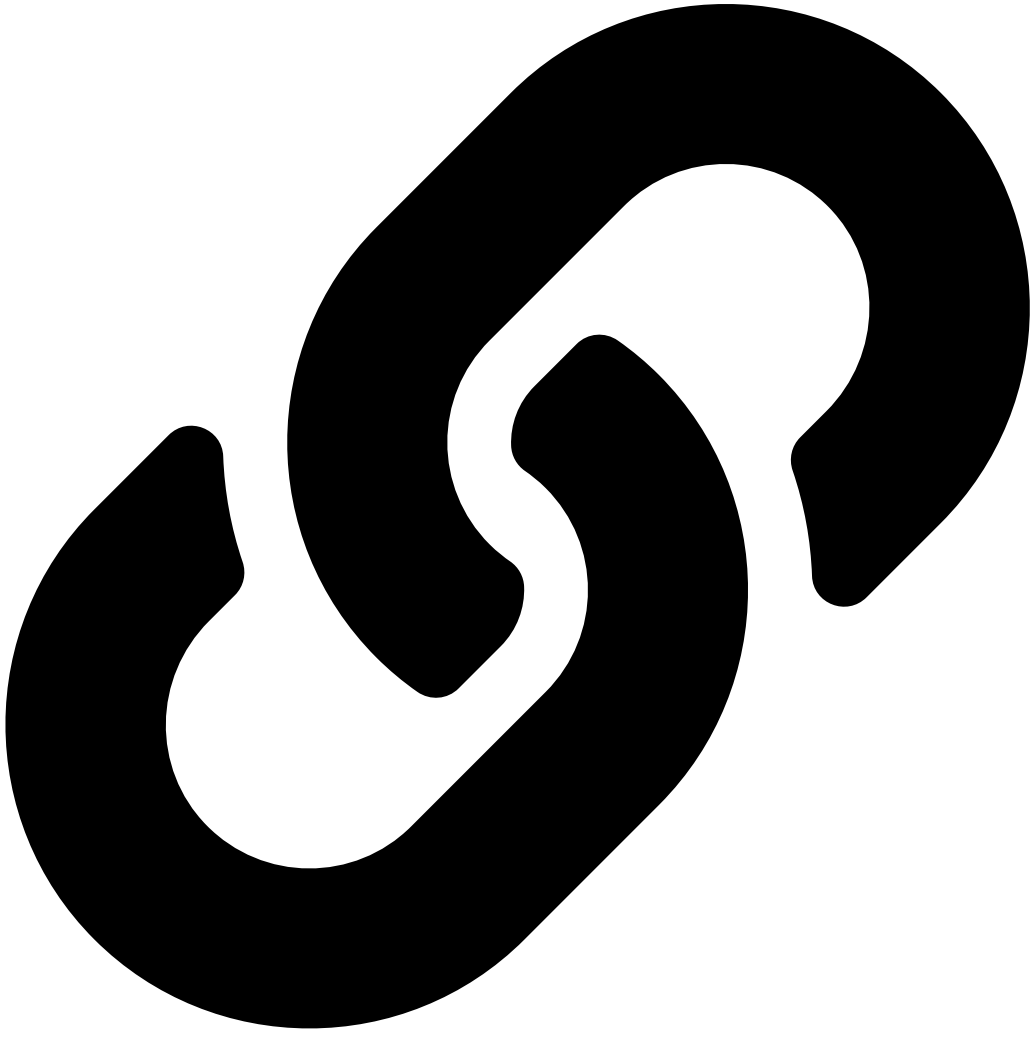
The weather in Campagnano

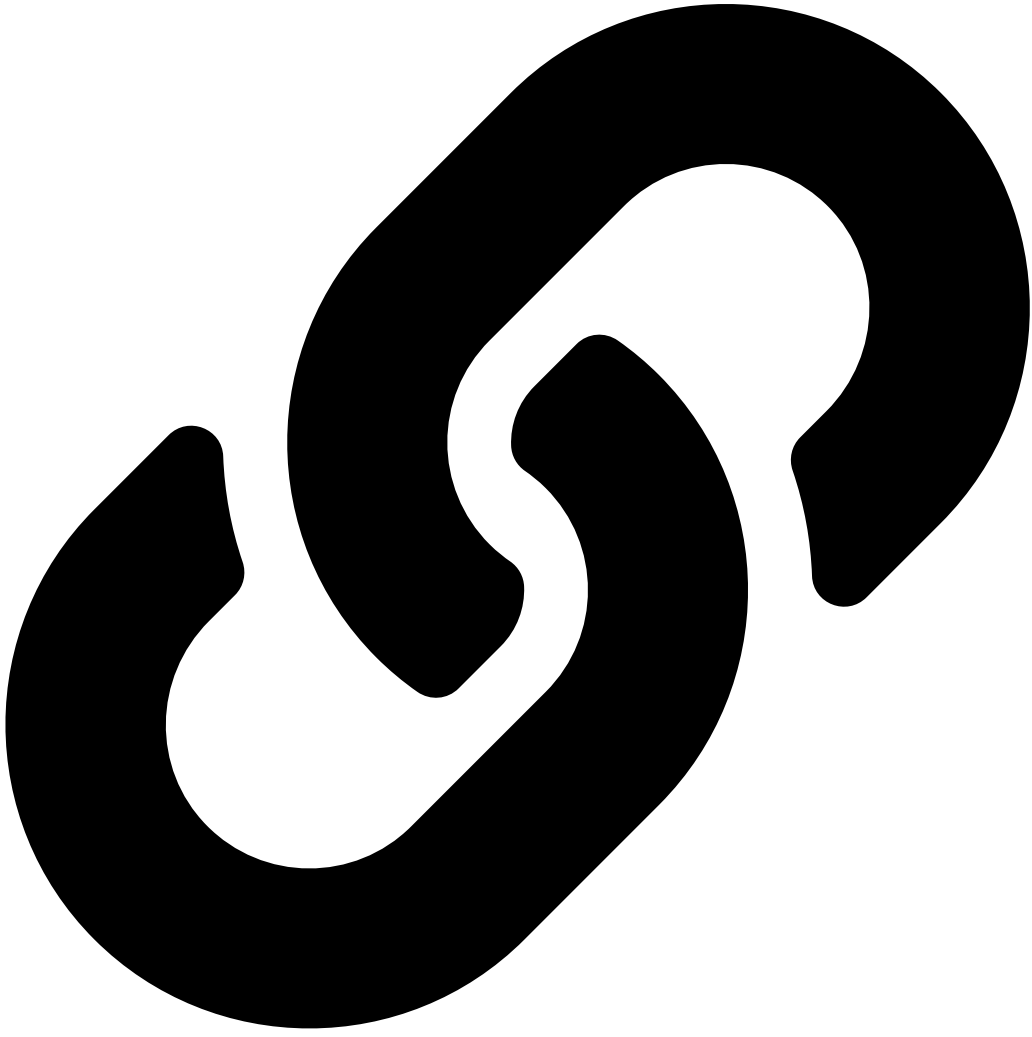
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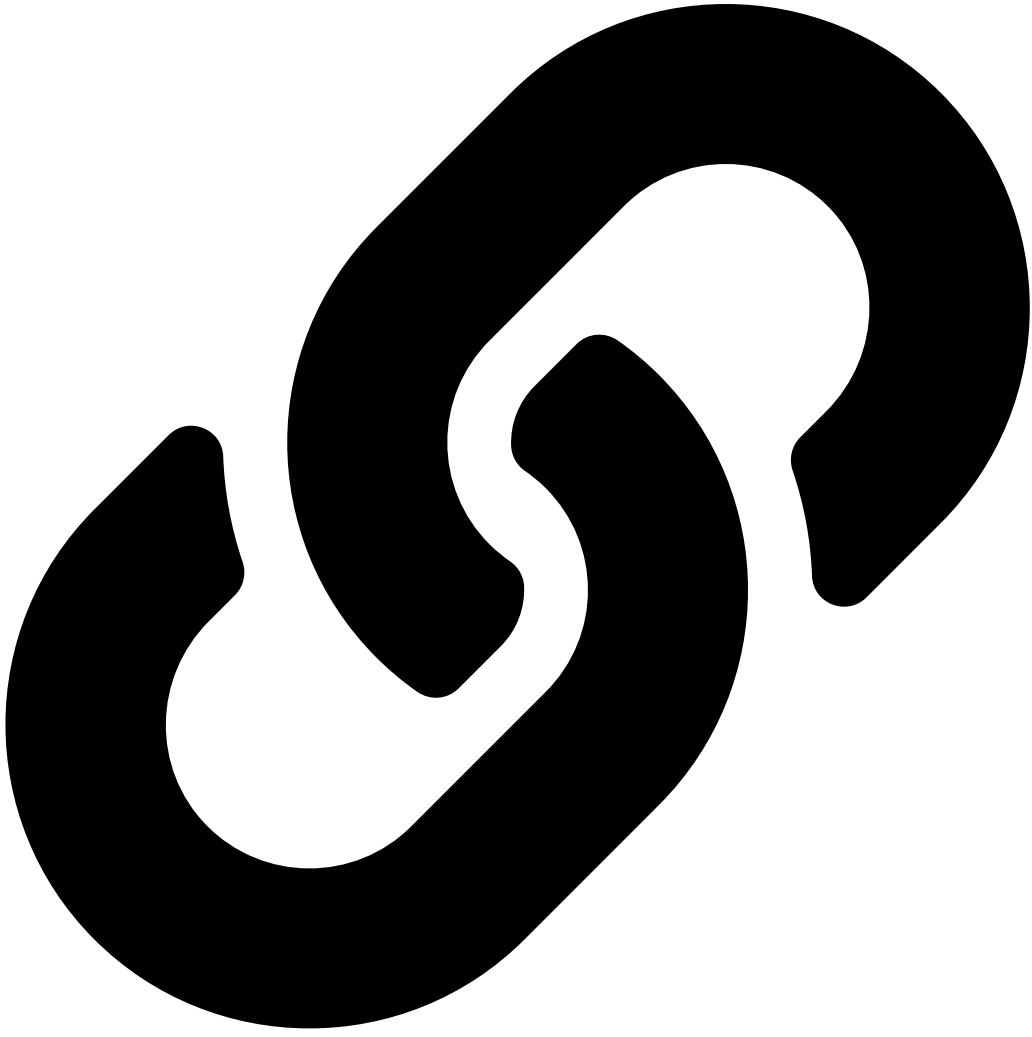
Galery

step's photos



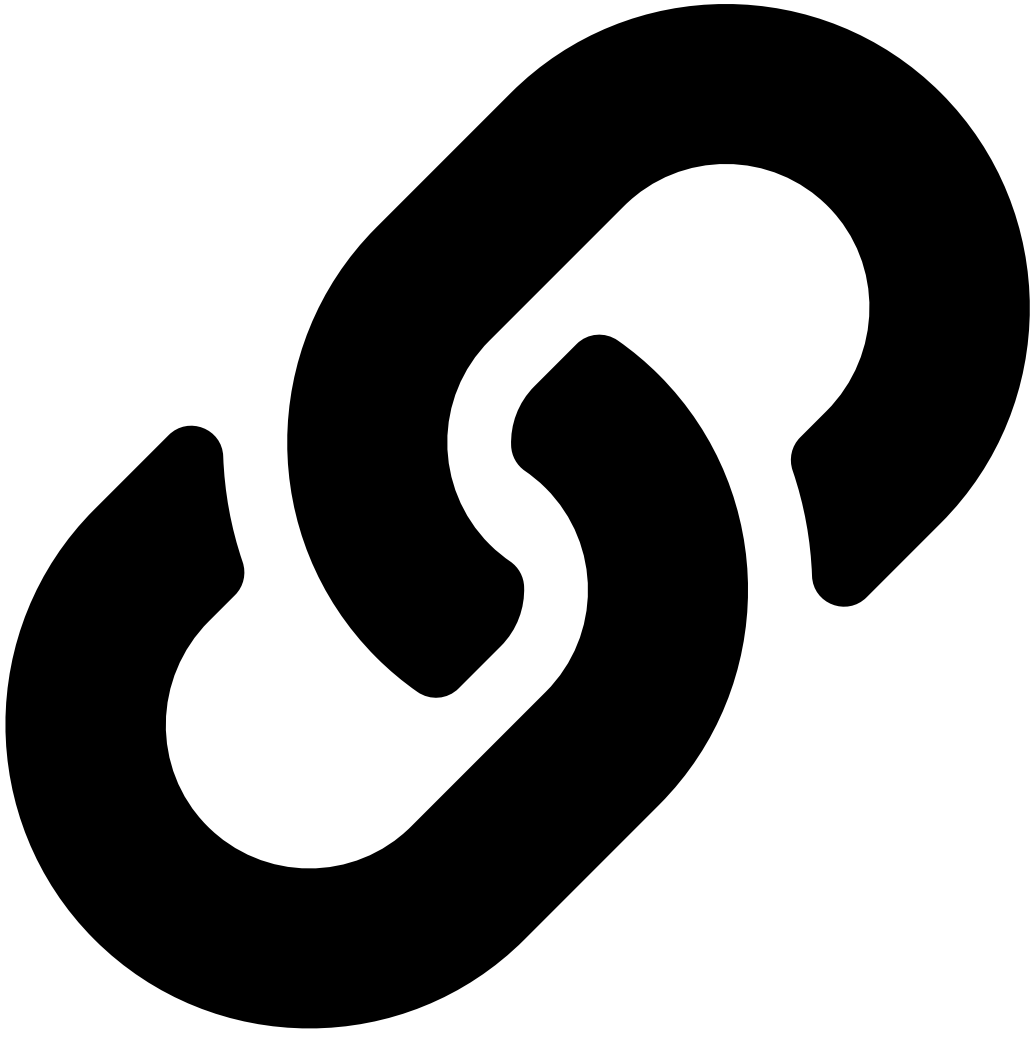




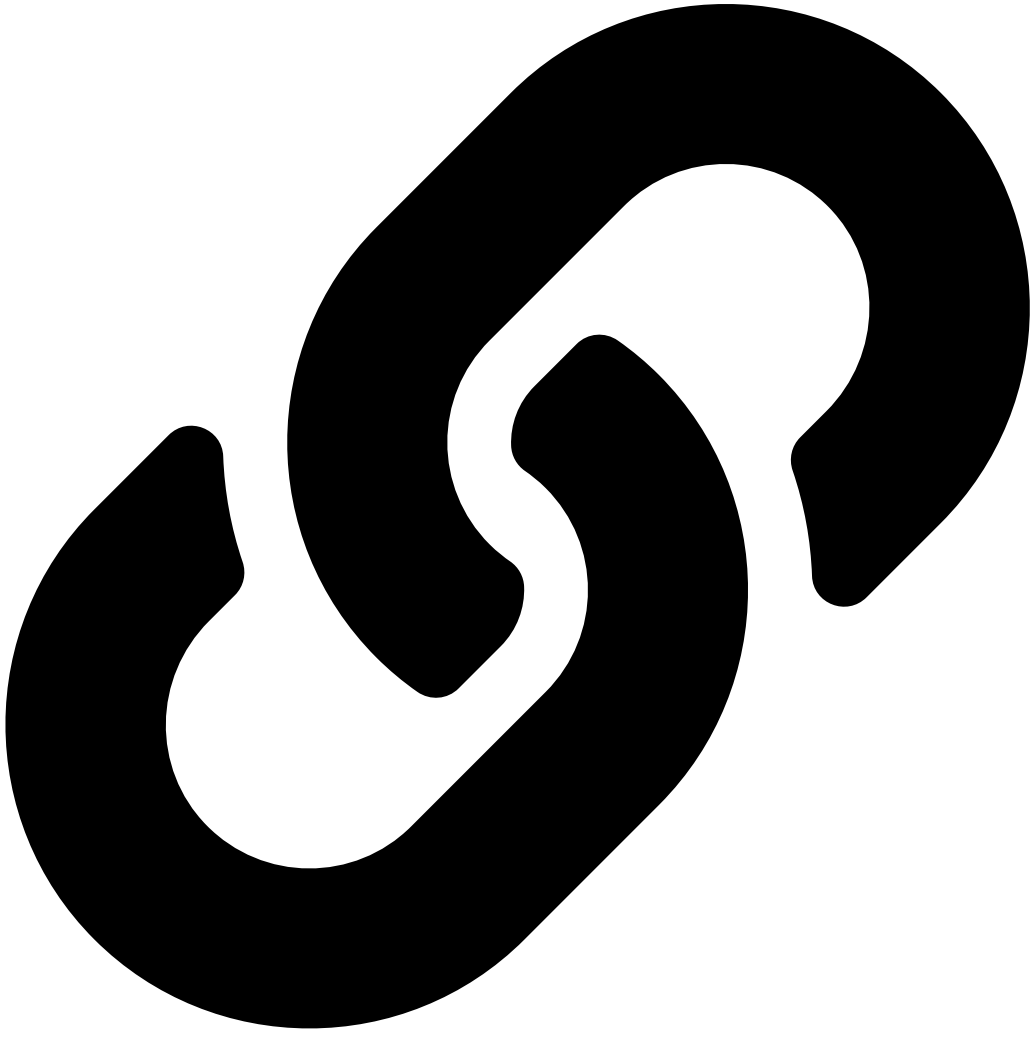


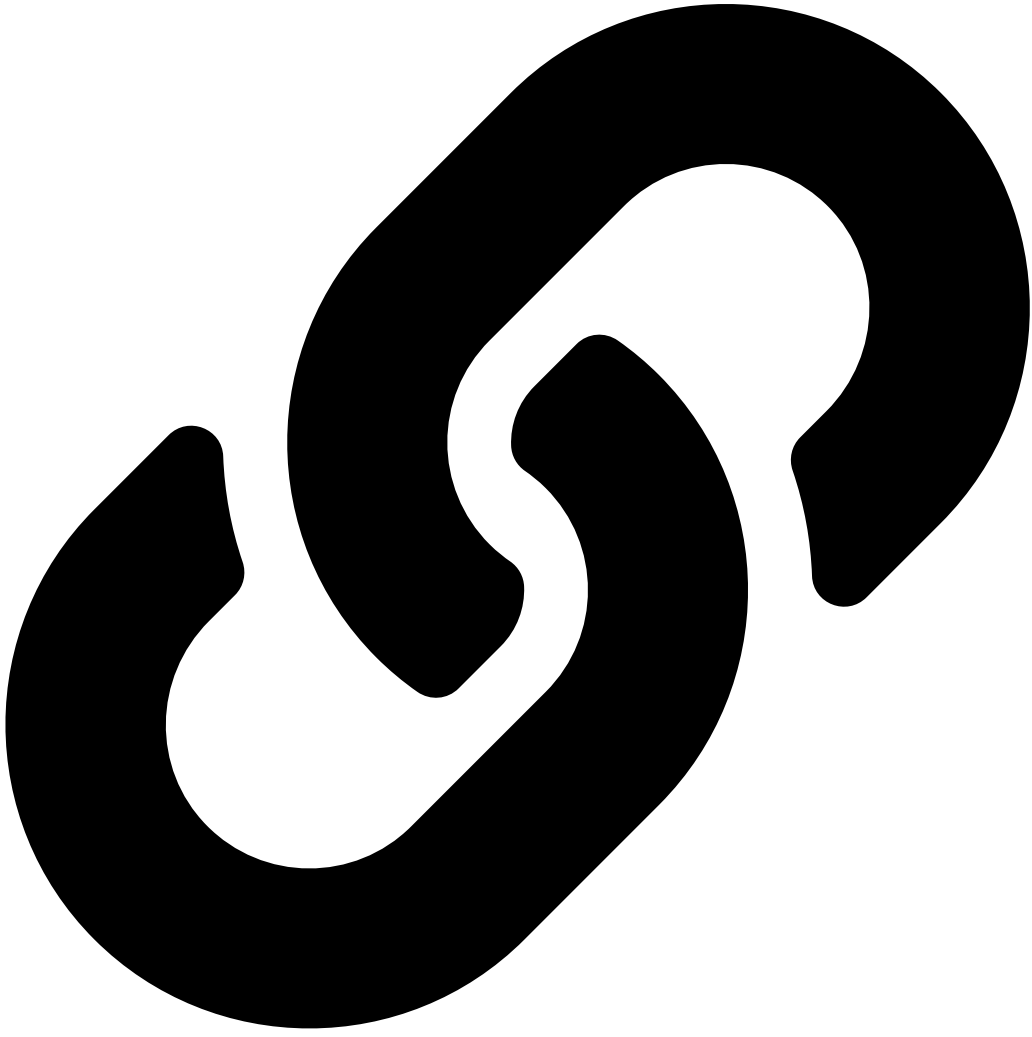










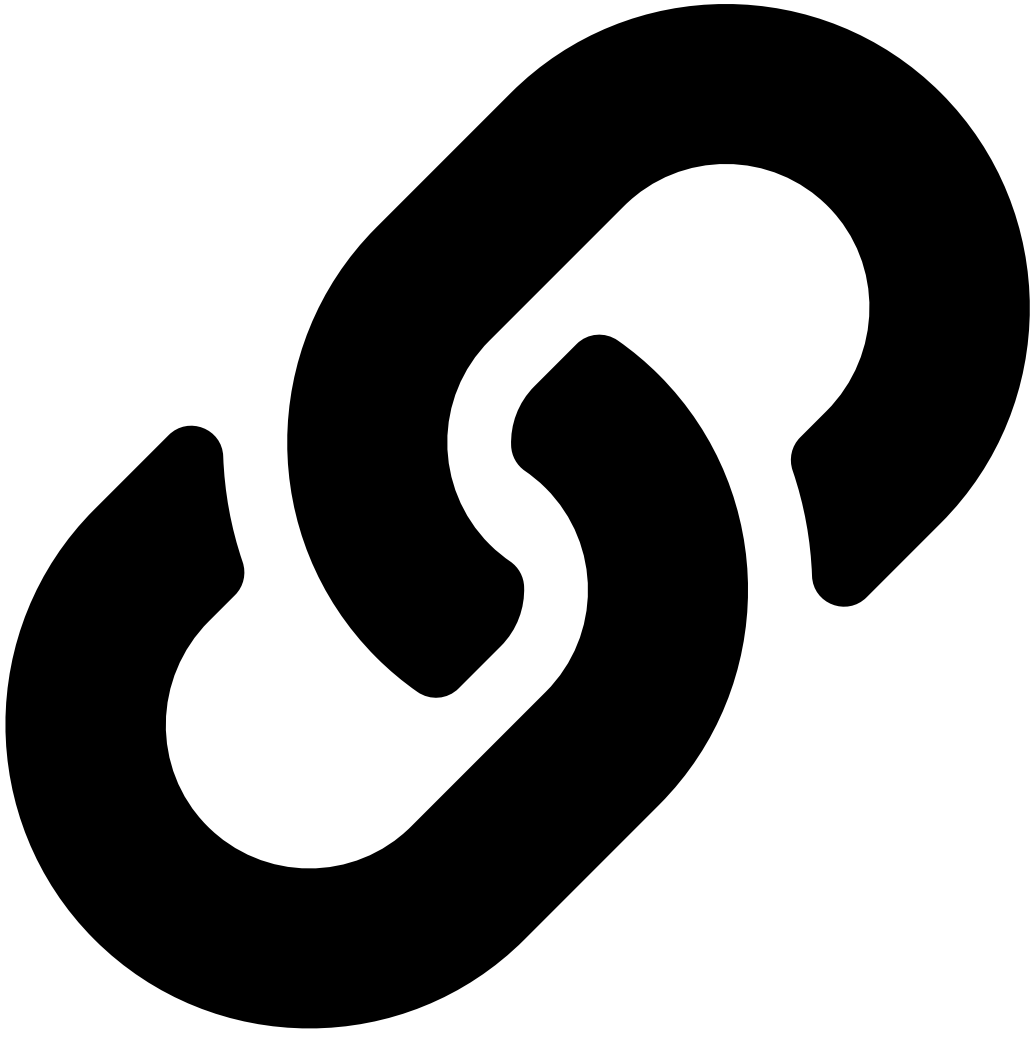




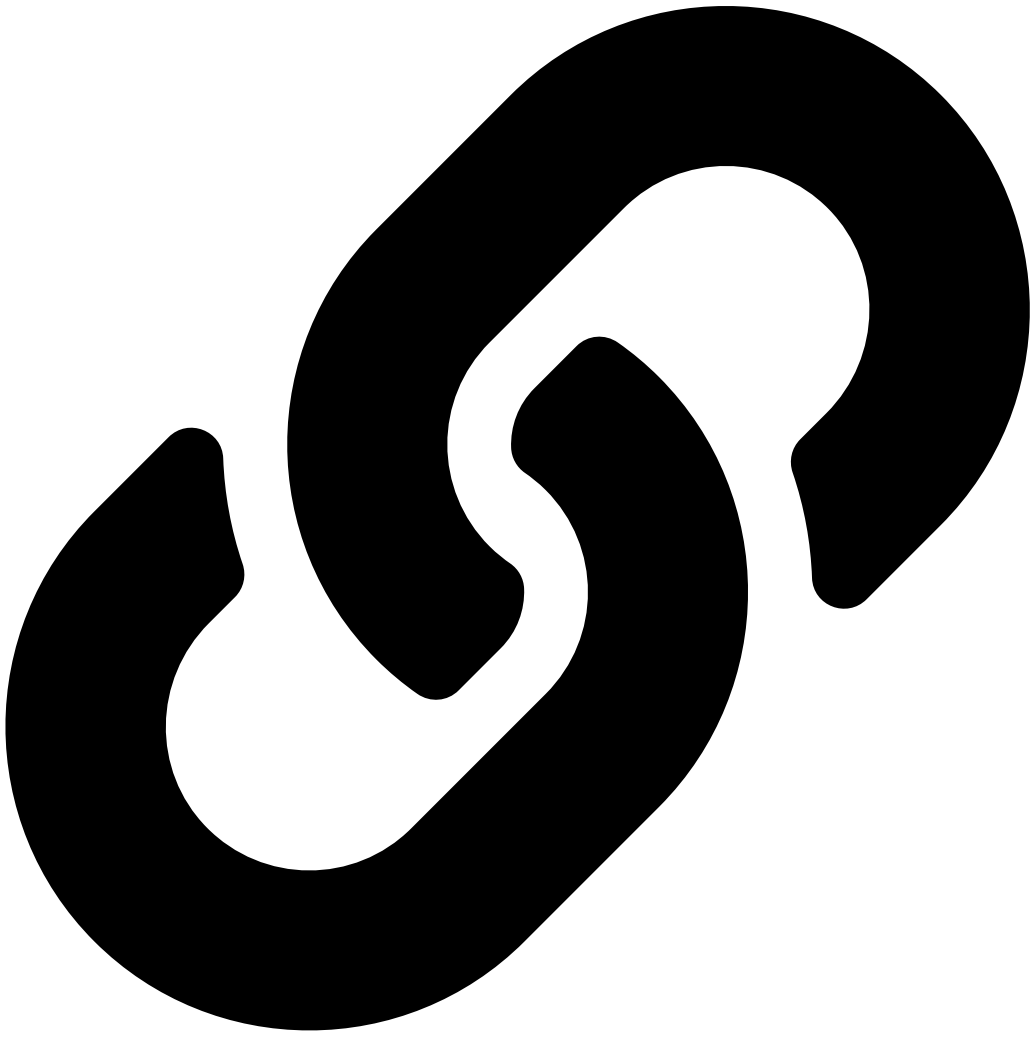


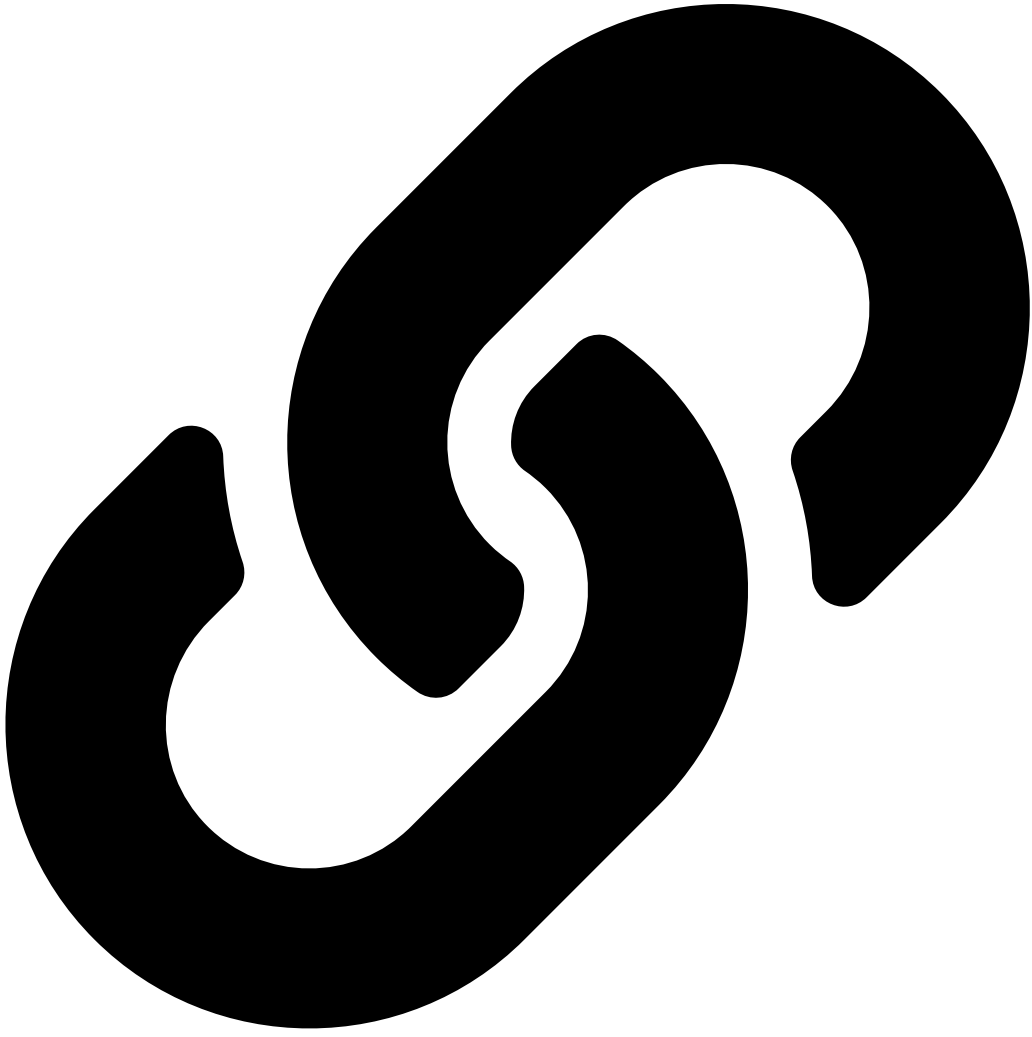










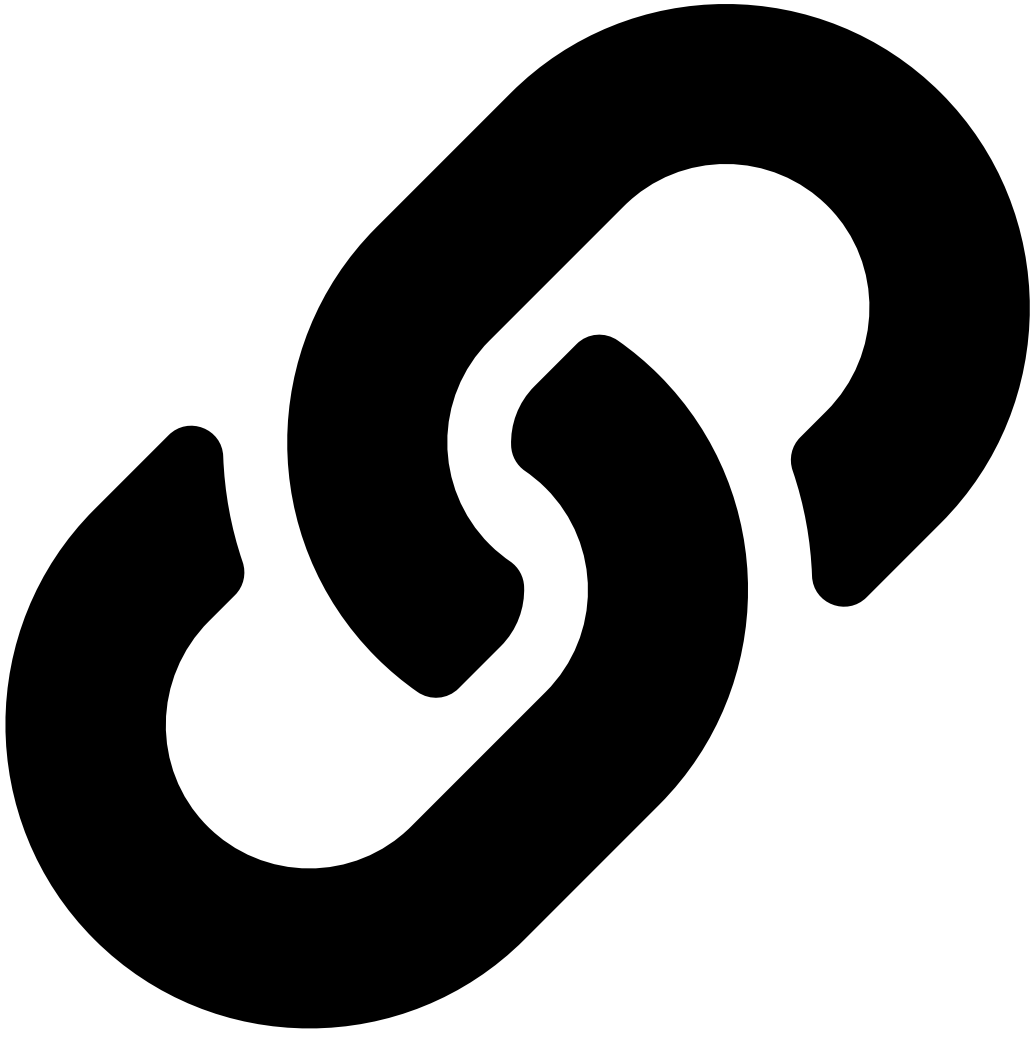




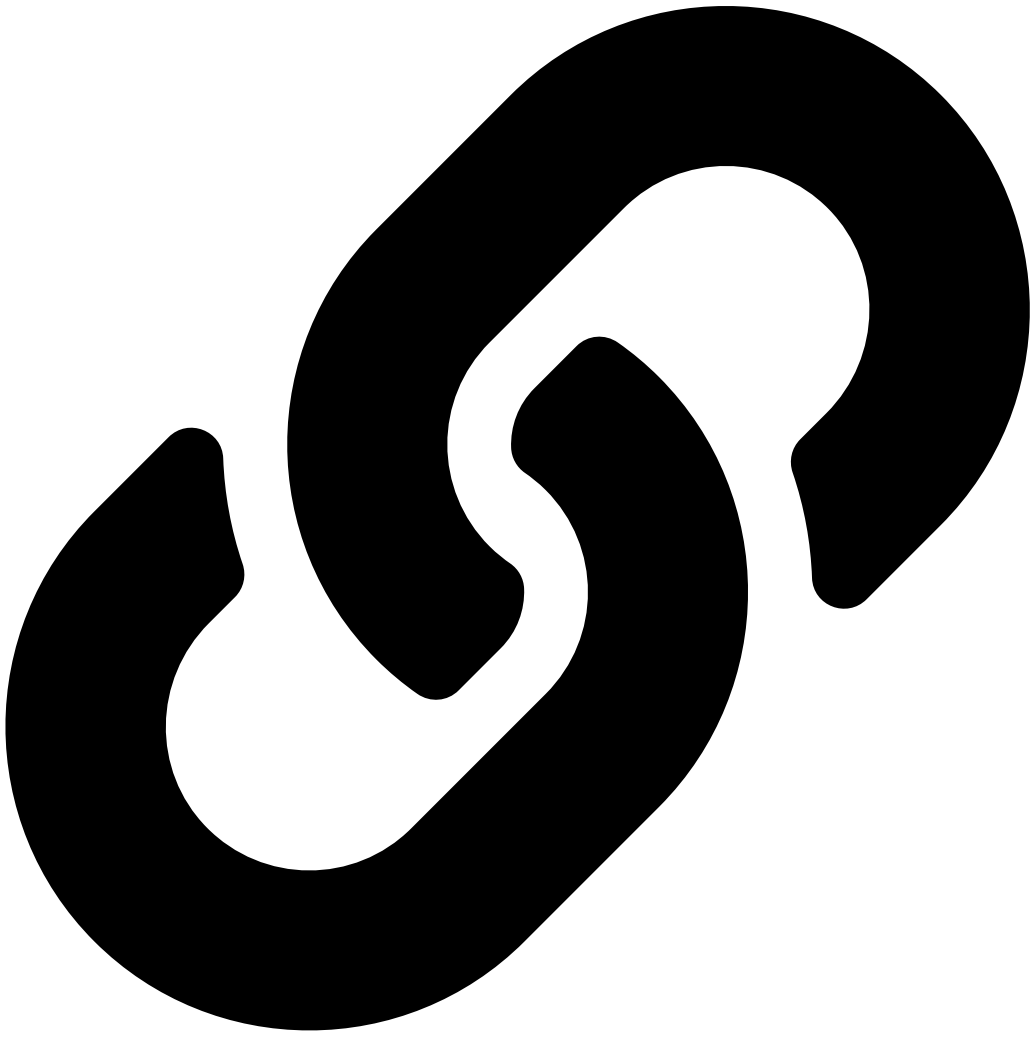


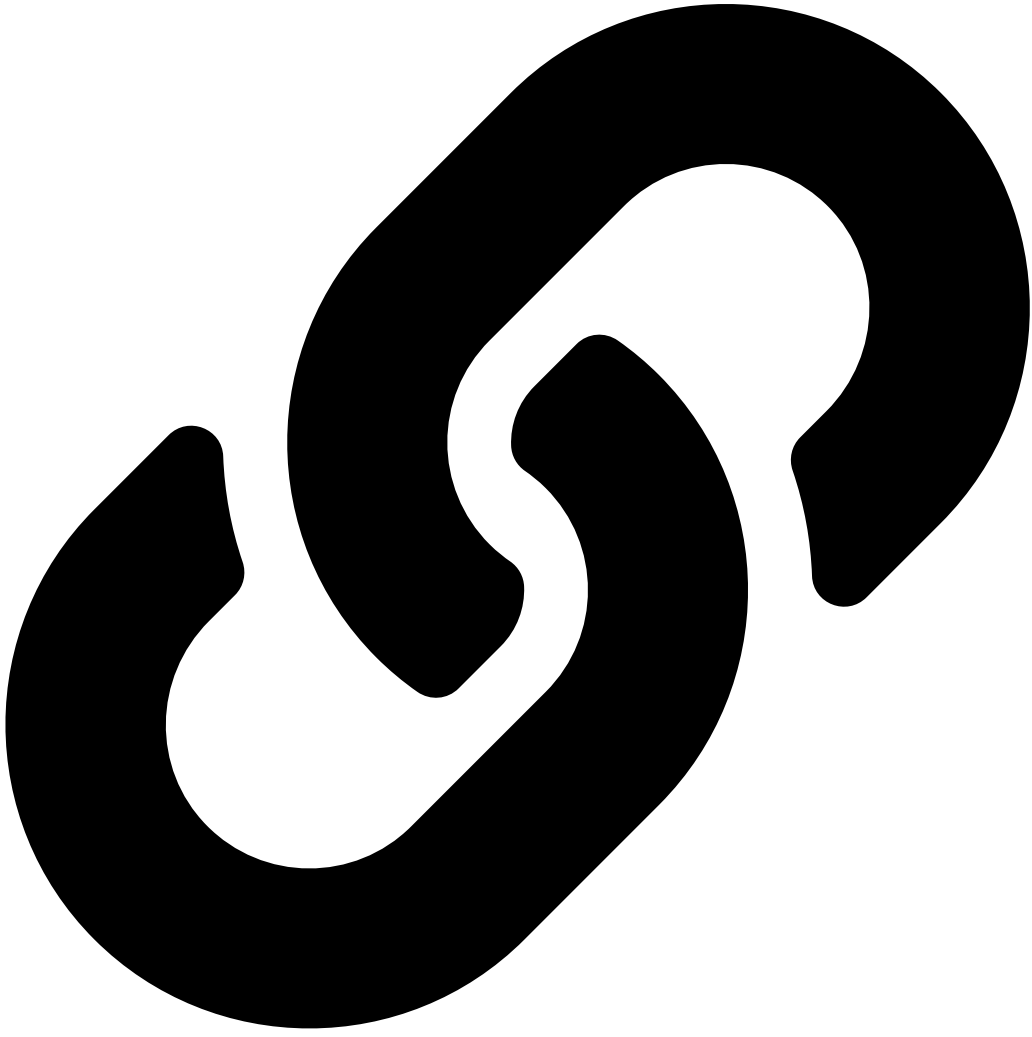










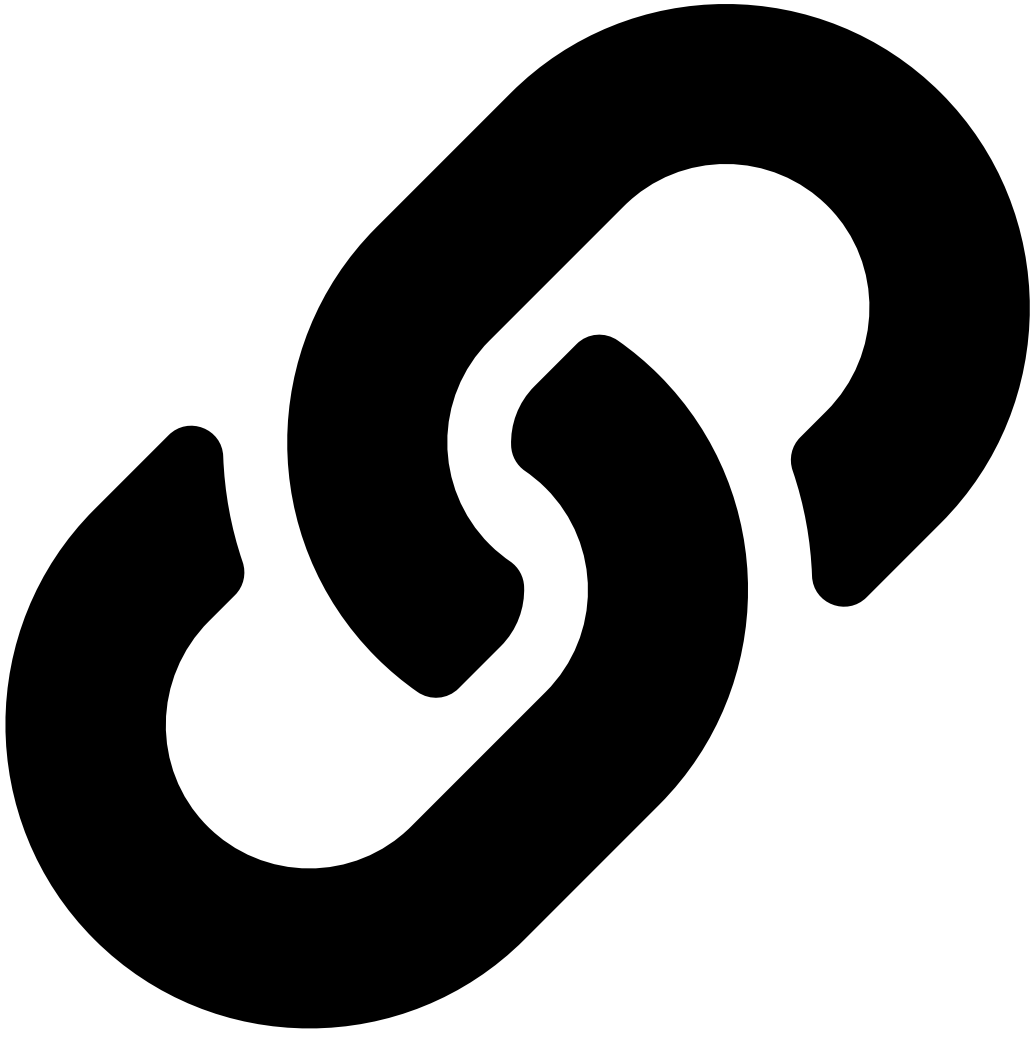




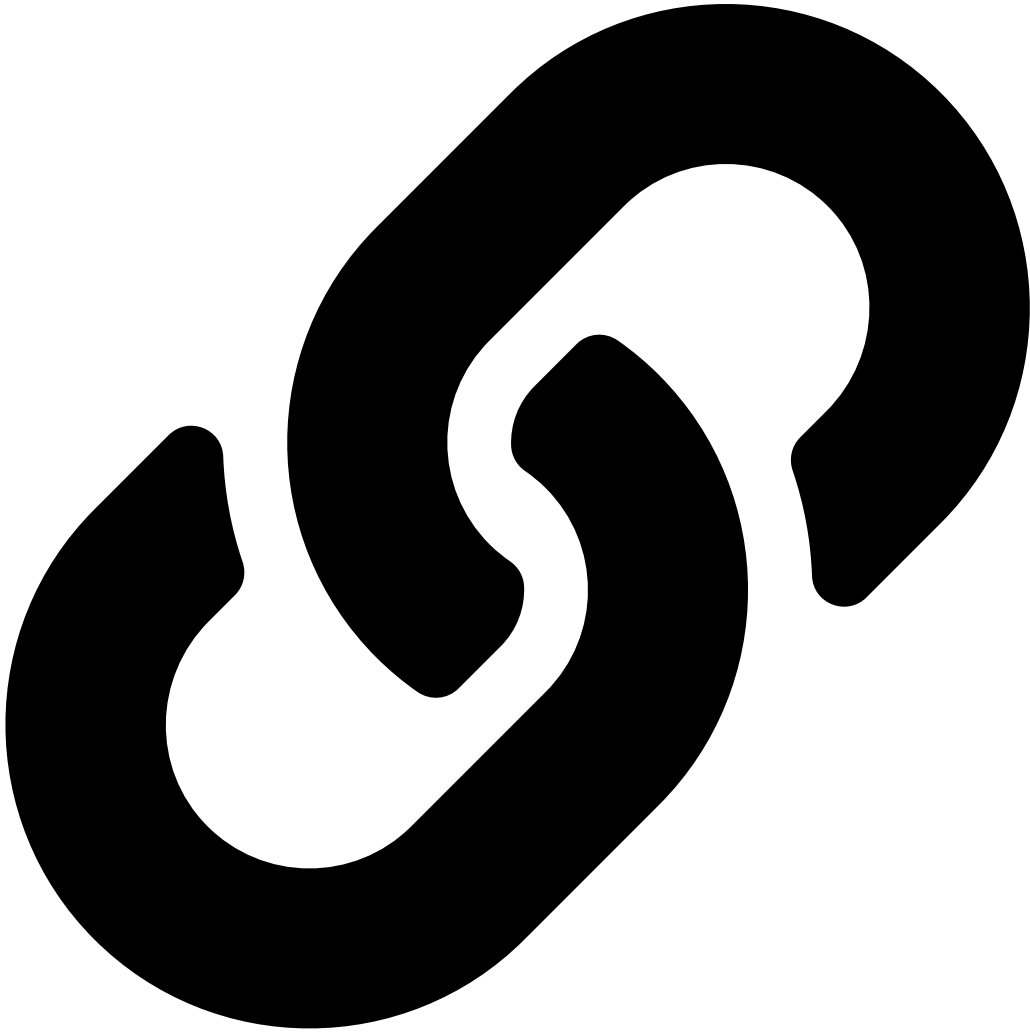












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