

33 - 34

La Storta Roma

19,6 km

The true pilgrim does not seek a destination, but a path.

Step 33

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Step 33

An interesting stage: crossing the Via Cassia several times, we managed to reach Rome through a beautiful and wild park, which takes us up to one of the 7 hills of the city. From there we follow the train track that leads us practically to the Vatican City, the final point of the stage. With many ups and downs, the stage is not long, because the desire to get there is already great.

We leave La Storta along Via Cassia, leaving the chapel behind us. After 1 km along Via Cassia, we cross the road to take a lane that enters the highway on our right. We stay on the pedestrian sidewalk and in 600 m we leave the highway, turning 90 degrees to the right. Via Francigena signs guide us. We pass under a bridge of the train to Rome and turn left. We go down a walkway. On our left we see an imposing castle tower: Torre delle Spizzichino. At the end of the promenade turn right and follow the signs for Via Francigena. In a few meters, at the fork, we take the path on the left and follow the asphalt road that leads to a beautiful farmhouse called La Castelluccia, with an inscription in Latin, on the facade of the house, that reads: «Ad Quietem Laboribus Meritam» («Towards the rest deserved by the works»). Just after the house, we turn 90 degrees to the left, descending among olive trees towards a well wooded area, which hides to our

right the Castelluccia Castle. We go up again and we find a closed gate, which theoretically has to be opened when we feel the presence of cars or walkers.

After overcoming the obstacle, we pass under the train tracks and turn right. After only 200 m we turn 90 degrees to the left. We go down and then back up the same street to reach once again Via Cassia, which we follow on our right for 1.2 km. We pass in front of the Institut Saint Dominique and continue along Via Cassia. After passing over the bridge over the highway, we turn 90 degrees to the right and go down an asphalt road that leads to the Insugherata nature reserve. It is quite large, and at first the road is well laid out, but after a while it becomes quite wild, and the weeds and accumulations of water can make it quite difficult for pilgrims to pass. It is 4 km of dirt paths that, in spring, are covered with flowers and abundant grass. It is surprising to be so close to the city of Rome and have so much nature.

We follow the signs for the Via Francigena, and after a fairly long open meadow, we turn left next to a signpost indicating directions. Just after the information panel, a path begins, half hidden by bushes, which takes us off the dirt road we were following. The Via Francigena continues along the dirt road, but we take the path that climbs up the hill, with a fairly steep slope. The park authorities have provided ropes to help hikers climb this trail. If we continue on the dirt road, we soon reach the streets of Rome. If we continue on the trail, we continue walking through the park for 1.3 km more, avoiding 1.5 km of Roman streets. All roads lead to Rome, they say. So, the choice is up to the pilgrim.

We continue along the path that climbs up to Monte Mario and once the dirt road ends, we reach the asphalt of the first street of Rome. We turn left and follow via Giulio Salvadori until we reach the market in Piazza Pietro Thouar. Continue straight on and go down Via Ottavio Gigli and when you reach the end, turn right to go down Via Trionfale. Cross the street and turn right. In 100 meters begins a bike and pedestrian lane, marked in red, that goes next to the life of the train. We turn 90 degrees to our left to take that lane next to the track, which we will follow for the next 4.4 km. We pass regional train stations and leave the large Gemelli hospital on our left. Finally, we arrive at the Appiano Proba Petronia station and leave the pedestrian lane to turn left into Proba Petronia street. The train station is subway, so we have to be careful and when we reach a building that blocks our way and forces us to cross the street Proba Petronia, make the turn that takes us away from the pedestrian lane over the train that we have followed the last 4 km.

Proba Petronia street ends soon and in 100 m we enter Lucio Apuleio street that we will follow straight on until we reach the park of Monte Ciocchi. We continue straight on inside the park, and in 500 m we reach the end of the hill, from where we can already see the dome of the Vatican Basilica. Rome at our feet. We are in Monte Ciocchi-Belvedere.

We take the road that goes down the hill to get closer to the Vatican. We reach Via Anastasio II, which we follow to our left, until we reach in 300 m a walkway that we take to the right, going down: Via degli Ammiragli. The Vatican walls are right in front of us. We cross to the other side of Via Angelo Emo, to find a narrow street called Clivo delle Mura Vaticane, which climbs steeply to lead us to the foot of the Vatican walls. Some stairs help us to climb up to Viale Vaticano, which we take on the left. Now we only have to follow the wall for 1.6 km, going down until we reach the Vatican square. We pass the entrance to the Vatican Museum and turn right to continue along the wall, up to the arcaded square, with the columns and statues of Bernini. And the end of the stage.

Lodging

ROMA

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Foresteria S. Lucia Filippini. Tel: +39 06 6791612. <https://www.romacasaperferie.it/en.html>

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Fraterna Domus. Via Monte Brianzo, 62. Tel: +39 06 687 2563

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Domus Carmelitana. Via Alberico II, 44. Tel: +39 06 684 019

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www.viafrancigena-viterbo-roma.it

Interesting facts

ROME: The Eternal City

It is impossible to summarize in four lines what Rome is. It is certainly one of the most ancient and culturally rich cities in the world. With a population of 2.8 million, Rome is a key tourist destination, famous for its impressive history, architecture and art. Founded, according to legend, in 753 BC by Romulus and Remus, Rome was initially a small settlement on the Italian peninsula. It grew to become the capital of the vast Roman Empire, dominating much of the known world for centuries. After the fall of the empire in the 5th century AD, Rome continued to be a center of religious power as the seat of the Papacy, making it the heart of Christianity.

Throughout the centuries, Rome has been an epicenter of cultural and artistic development, especially during the Renaissance, when figures such as Michelangelo and Raphael contributed to its splendor. Today, Rome is a living testimony to multiple layers of history and culture. Rome was founded on seven hills: Palatine, Aventine, Capitoline, Quirinal, Viminal, Esquiline and Caelian. Rome is home to the Vatican City, the smallest state in the world and seat of the Catholic Church. A curiosity: Rome has more than 2,000 fountains, including the famous Trevi Fountain. Some interesting places to visit:

1. Colosseum: This ancient Roman amphitheater is one of the most iconic monuments in the world, once used for gladiatorial spectacles and public events.

2. Vatican and St. Peter's Basilica: The seat of the Pope and one of the most sacred places of Christianity, with the impressive Sistine Chapel painted by Michelangelo.
3. Roman Forum: The heart of ancient Rome, this collection of ruins includes temples, triumphal arches and markets.
4. Pantheon: An ancient Roman temple converted into a church, famous for its dome and central oculus.
5. Trevi Fountain: One of the most famous fountains in the world, known for the tradition of throwing coins to ensure the return to Rome.
6. Piazza Navona: One of the most beautiful squares in Rome, with the Fountain of the Four Rivers by Bernini.
7. Castel Sant'Angelo: Originally built as a mausoleum for Emperor Hadrian, later used as a papal fortress.

IgnatianTips

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: I desire, Lord, to receive the grace to be able to discern the presence of your spirit in my life, so that I may face injustice and persecution with good courage, always building the Kingdom of God.

Reflections: Rome is a place of mission for the pilgrim. All the experience accumulated by dint of miles, of days of effort and nights away from daily comfort, of simple and sometimes not very abundant meals, of meetings and moments of sharing, all the life that has been woven inside the pilgrim, now comes to light in acts of solidarity (with orphans, the sick, prostitutes, catechumens...), in preaching and personalized accompaniment, giving retreats and spiritual exercises. We no longer walk every day, we no longer follow the usual routine, but the pilgrim's life continues to be full of activity and presence of the Spirit of God, who works in us, with us and for others. In order not to lose heart and to continue

building, we count on the presence of the Lord, our faith and the hope that, despite being rejected, the truth is in us and that we can overcome contradictions. What can I do in my life to better and more build the Kingdom? How can I apply the experience of the pilgrimage to my concrete life? How can I continue to be a pilgrim in my town or city?

Scripture:

Mark 14:22-26. At the Last Supper, Jesus bids farewell to his disciples, offering his life for them, leaving the sacramental symbol of the Eucharist, the bread and wine, as spiritual energy so as not to lose heart on the Way that we must travel until we reach the Kingdom.

Matthew 5:13-16. Jesus invites us to be light and salt for humanity. Our pilgrimage has become a message of light, salt that has increased the joy of living.

Luke 10, 1-12: Jesus sends us out two by two to proclaim the Kingdom, knowing that there will be problems, but not for that reason we must continue proclaiming. From town to town, from nation to nation.

Final colloquy: Ignatius invites us to deepen our friendship with Jesus. As one friend talks with another, comment with Jesus on the doubts, fears and difficulties you feel within yourself. 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 living in Rome. We select here some episodes of his life, which he himself explained, collected in his Autobiography.

Then, coming to Rome, he told his companions that he saw the windows closed, meaning that they must have many contradictions there. And he also said: -We should be very much on ourselves and not engage in conversation with women, if they were not illustrious-. And in this regard, later in Rome, Mro. Francis Xavier confessed a woman and visited her from time to time to discuss spiritual things, and this woman was later found to be pregnant; but it was the Lord's will that the one who had done the wrong should be discovered. Something similar happened

to John Coduri with a spiritual daughter of his, who was found with a man.

From Rome the pilgrim went to Montecasino to give the exercises to Dr. Ortiz, and stayed there forty days, during which time he saw once the bachelor Hoces entering heaven, and in this he had great tears and great spiritual consolation; and this he saw so clearly that if he said otherwise it would seem to him that he was telling a lie. And from Montecasino he brought Francisco Estrada with him. Returning to Rome, he worked to help souls, and they were still in the vineyard, and he gave spiritual exercises at the same time to several; one of whom was in Santa Maria Maggiore and the other near the Sixtus Bridge. Then the persecutions began, and Michael began to bother and speak ill of the pilgrim, who had him summoned in the presence of the governor, showing him a letter from Michael in which he praised the pilgrim very much. The governor examined Miguel and the conclusion was to expel him from Rome. Then they began to pursue Mudarra and Barreda, saying that the pilgrim and his companions were fugitives from Spain, Paris and Venice. At last, in the presence of the governor and the one who was then legate of Rome, the two confessed that they had nothing wrong to say against them either in customs or doctrine. The legate ordered that silence be imposed in all that cause, but the pilgrim did not accept it, saying that he wanted the final sentence. This did not please the legate or the governor, nor even those who favored the pilgrim before; but at last, after some months, the pope came to Rome. The pilgrim went to Frascati to speak with him, and represented to him some reasons, and the pope took charge and ordered sentence to be given, which was given in his favor, etc. Some pious works were done in Rome with the help of the pilgrim and his companions, such as the catechumens, Santa Marta [reception of prostitutes who wished to leave that life], the Orphans, etc. The other things can be recounted by Mro. Nadal.

I [Gonzalo de Cámara] asked the pilgrim about the Exercises and the Constitutions, wanting to know how he had made them. He told me that he had not made the Exercises all at once, but that some things that he observed in his soul and found useful, it seemed to him, could be useful to others as well, and so he put them in writing, for example, of examining the conscience with that way of the lines, etc. He told me that he had taken the choices especially from that variety of spirits and thoughts that he had when he was in Loyola, while he was still sick with a leg.

Comments

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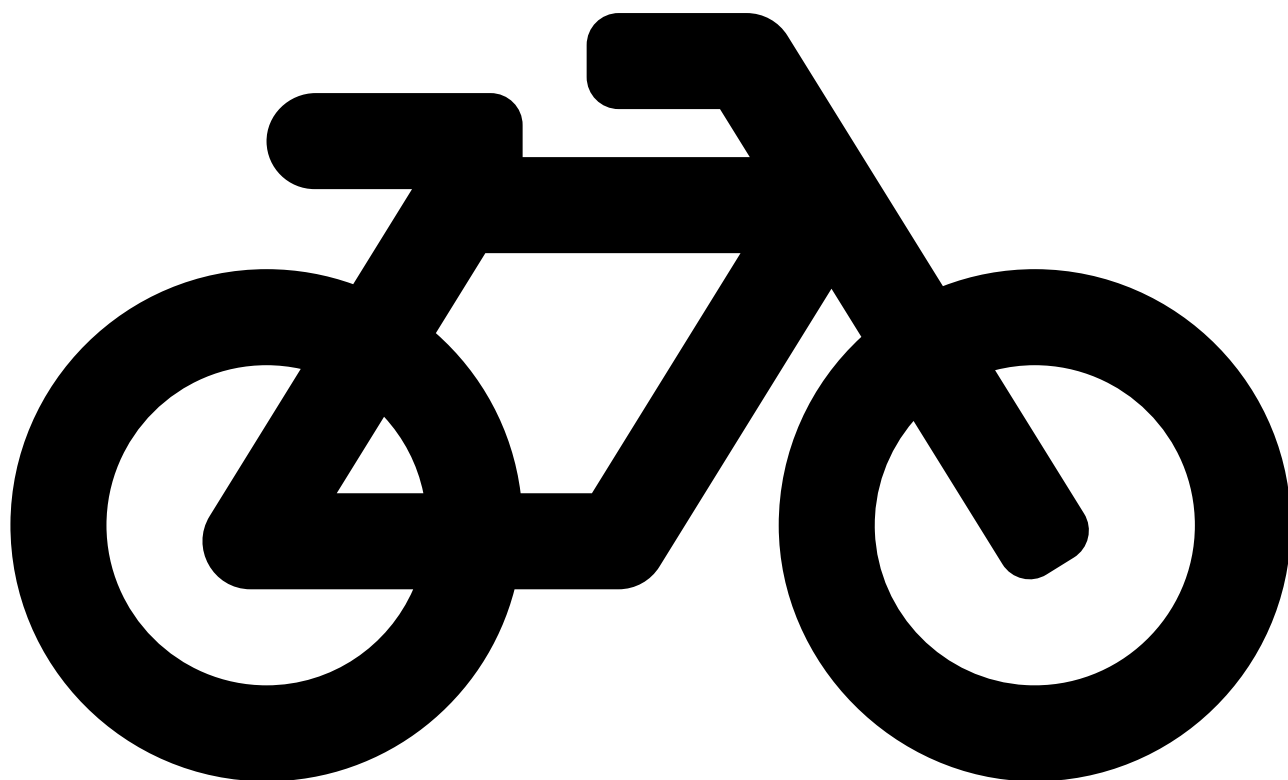
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Bikes without difficulties: Follow the signs for the Via Francigena for bicycles, which do not always follow the dirt paths of walkers. The Insugherata nature reserve can be a little complicated, but not impossible.

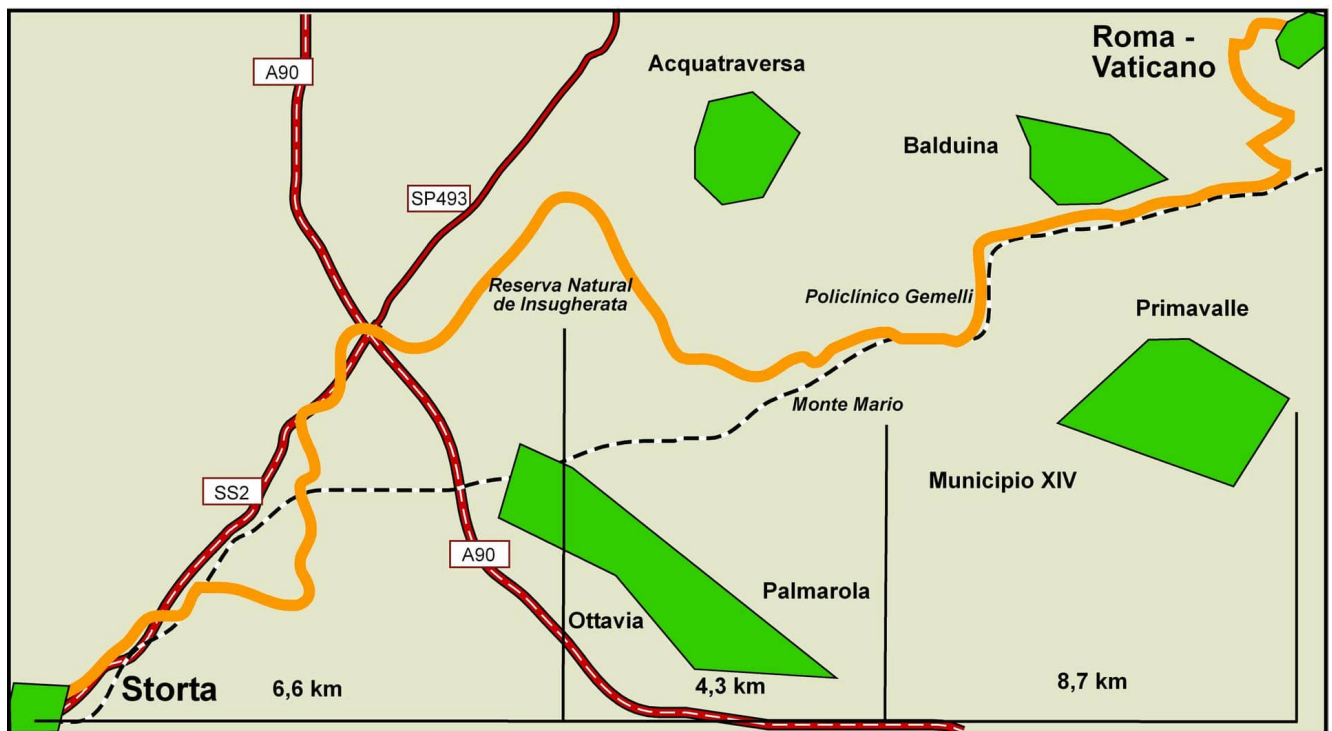
Reserva natural Insugherata: 6,6 km

Monte Mario : 10,8 km

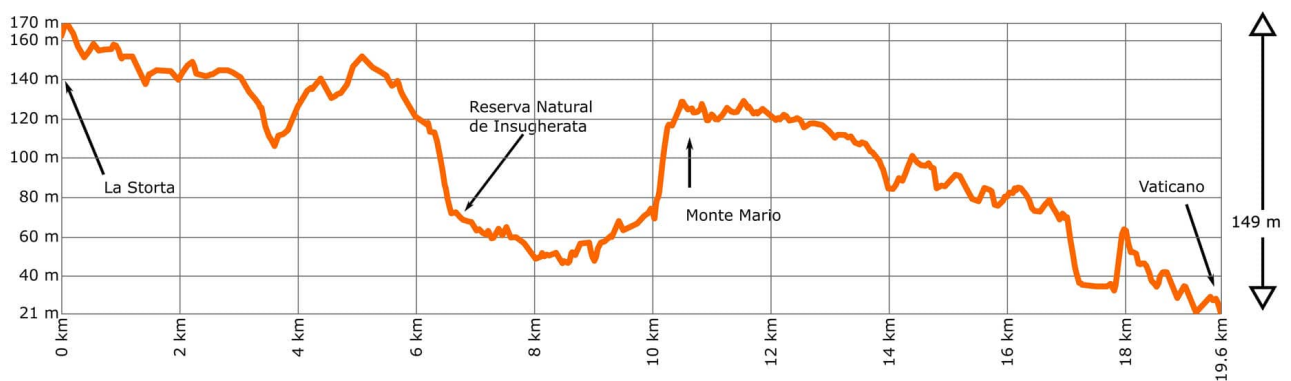
Ciudad del Vaticano: 19,6 km

Trail

Step's sketch



Altimetry



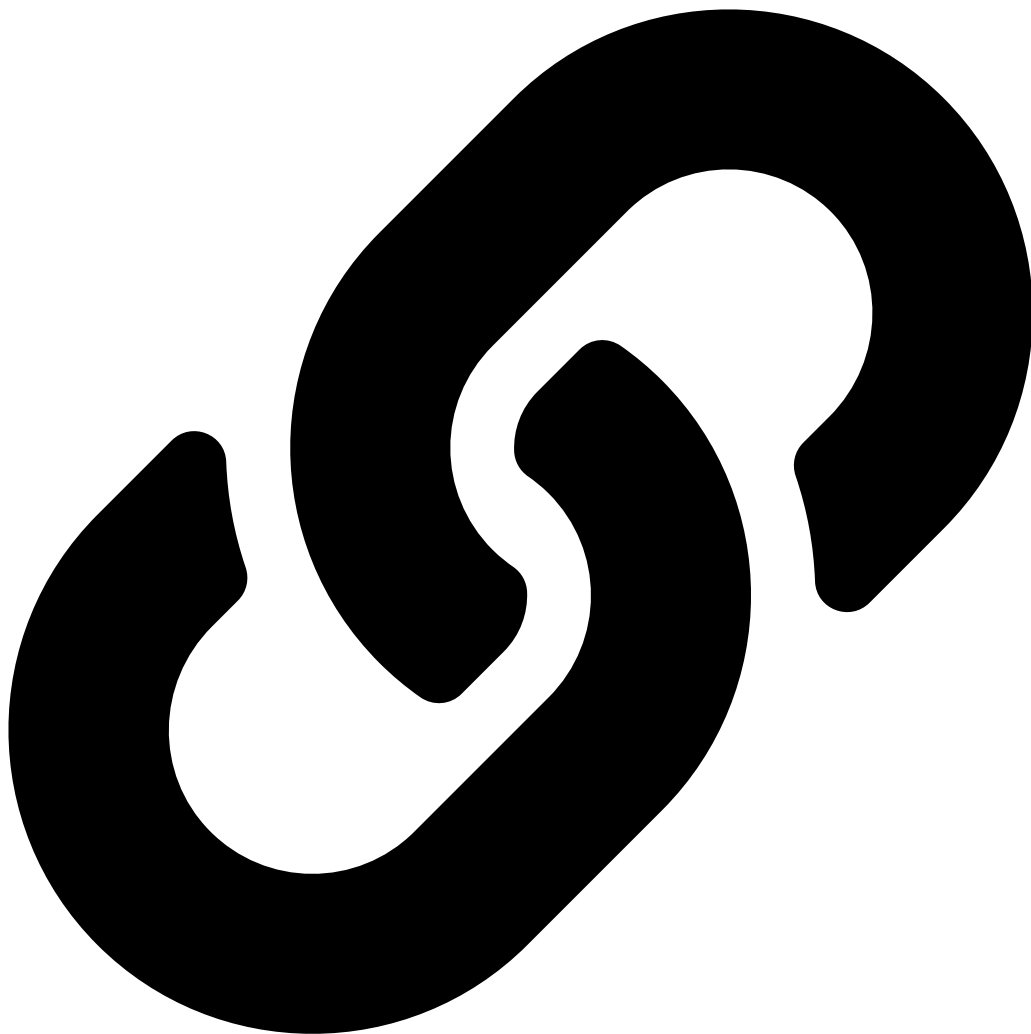
The weather in Roma

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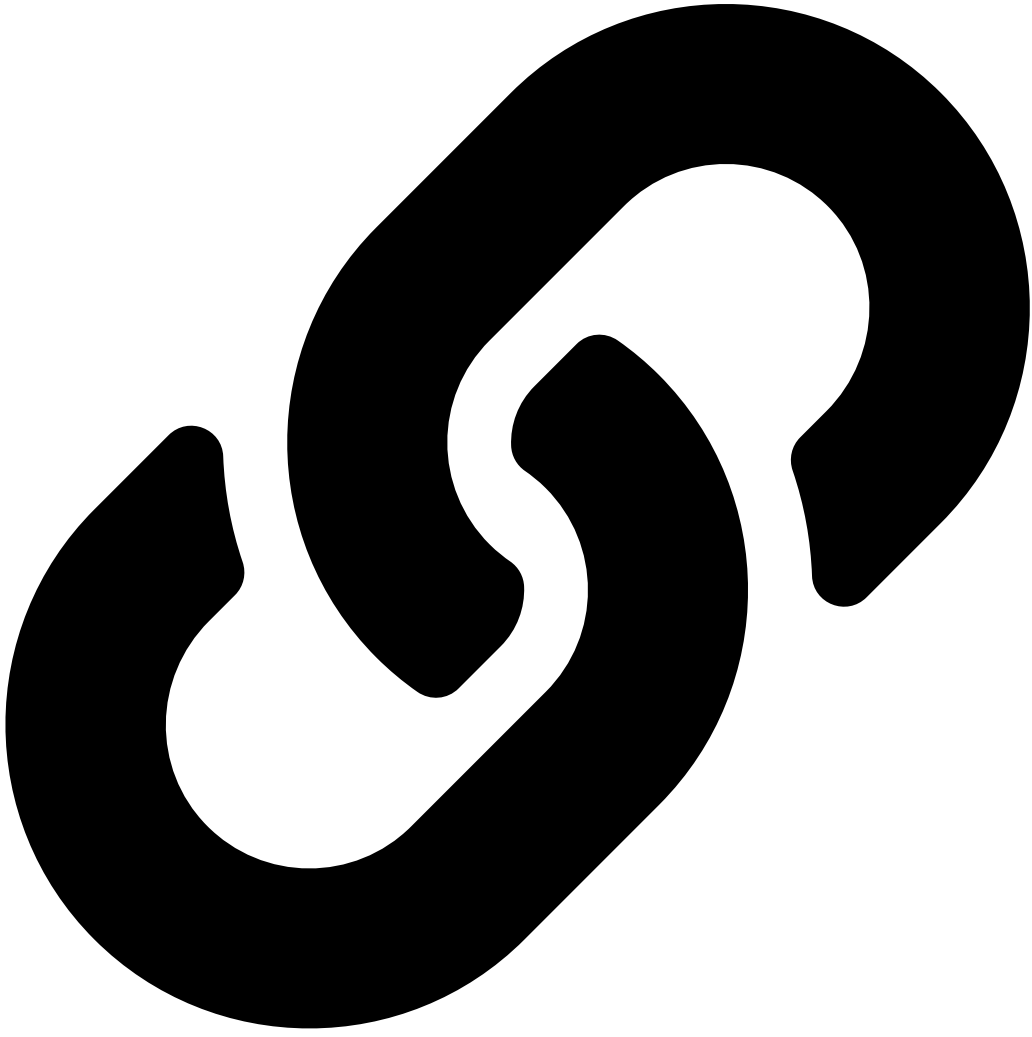
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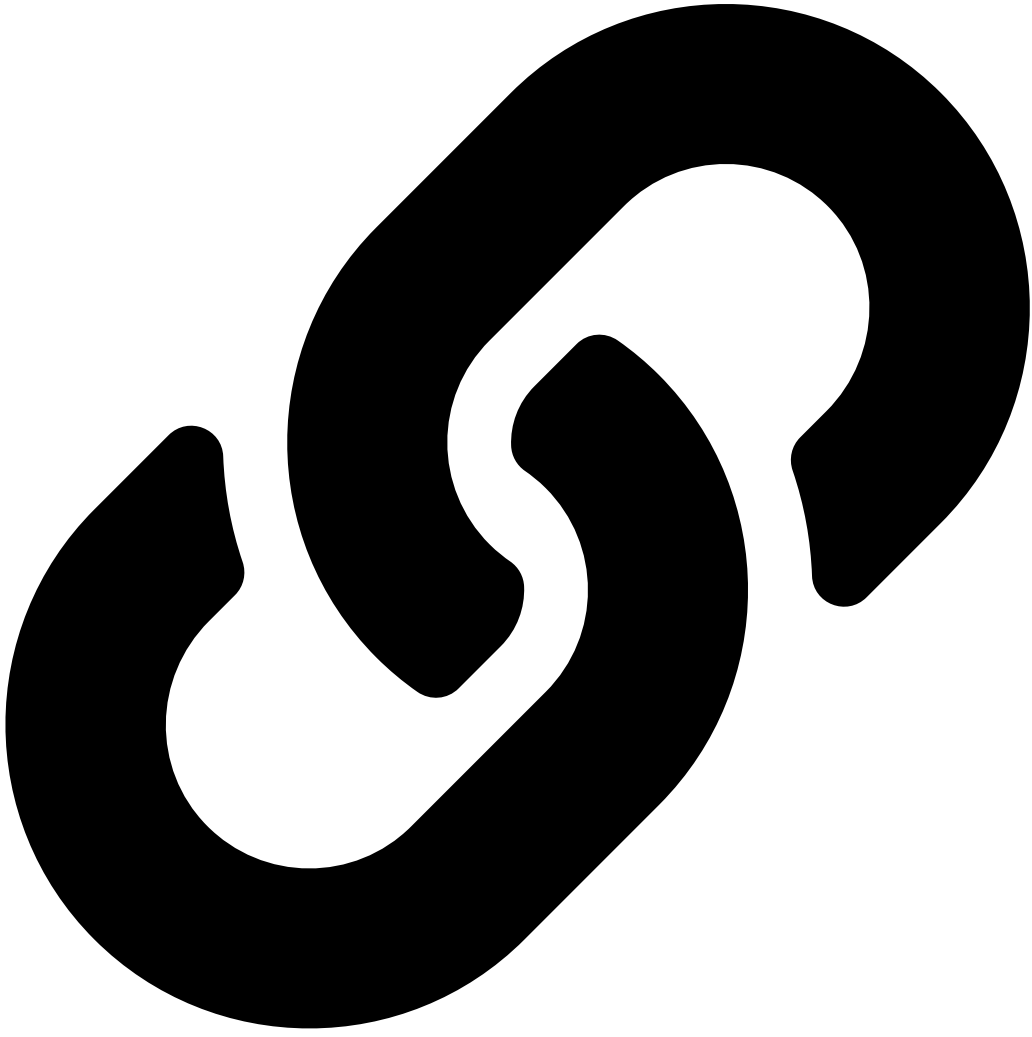
Galery

step's photos

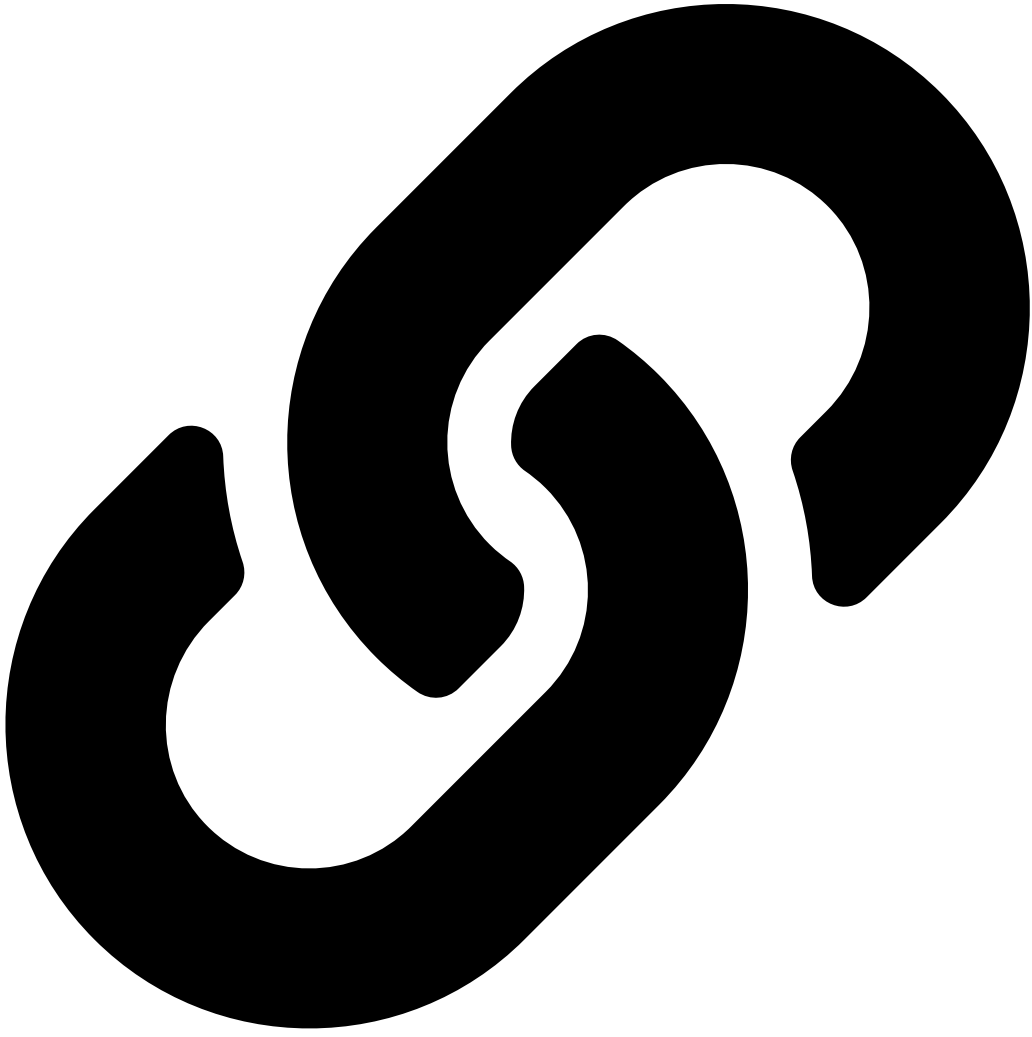


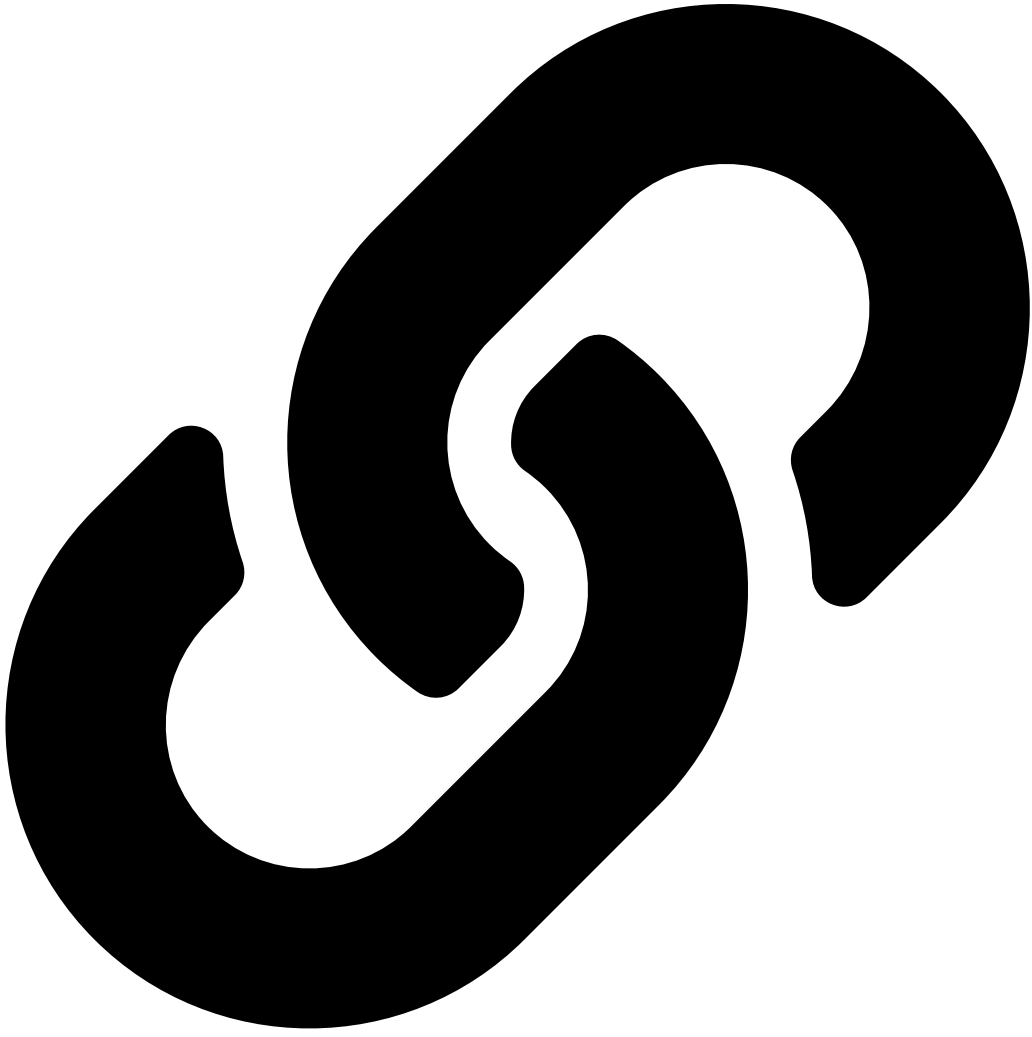


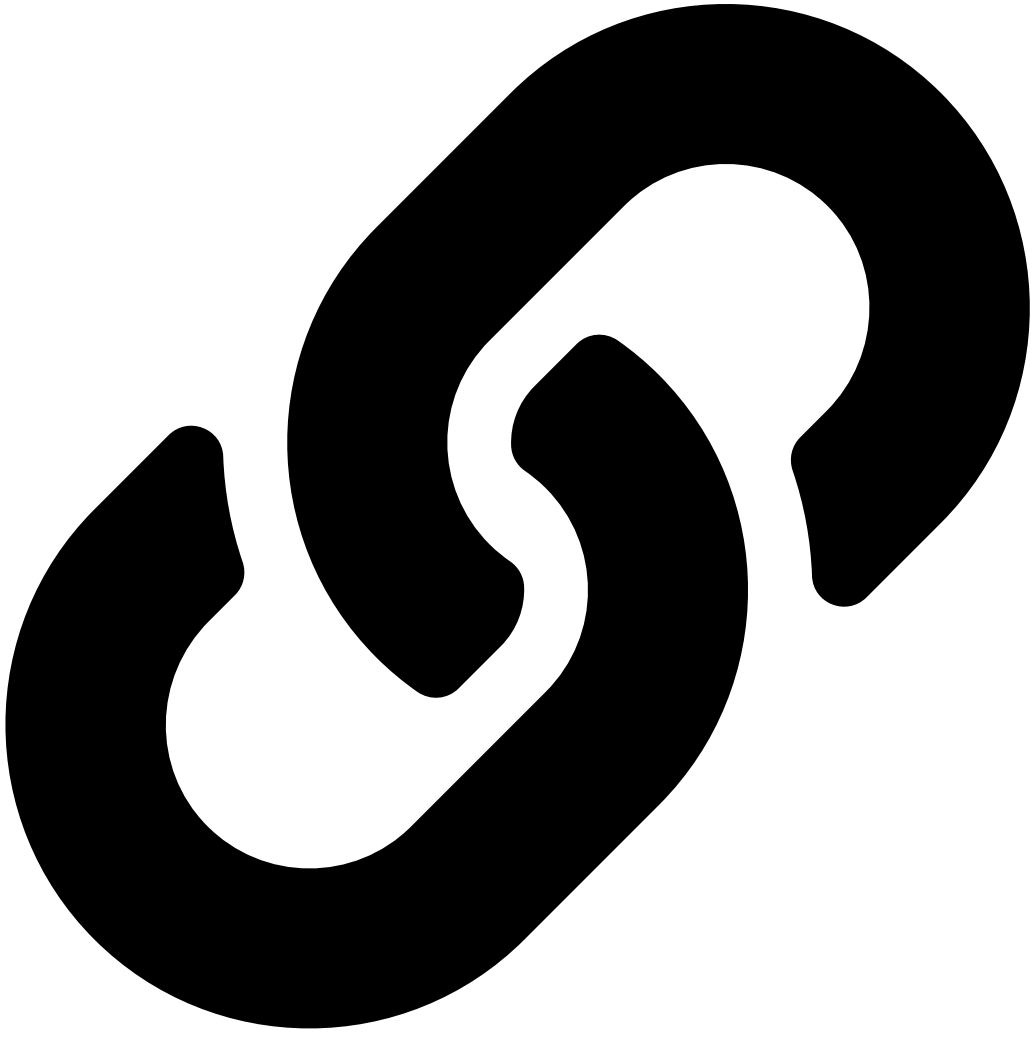


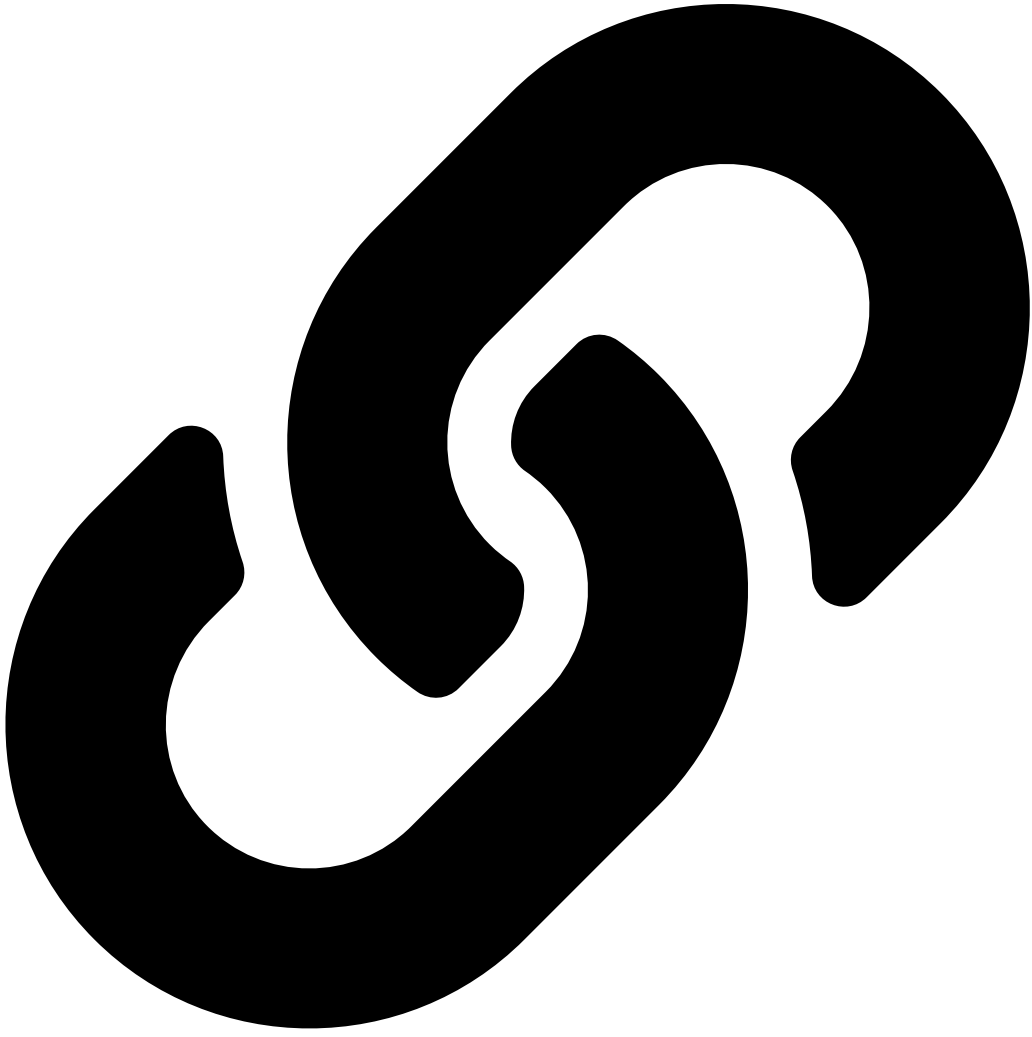


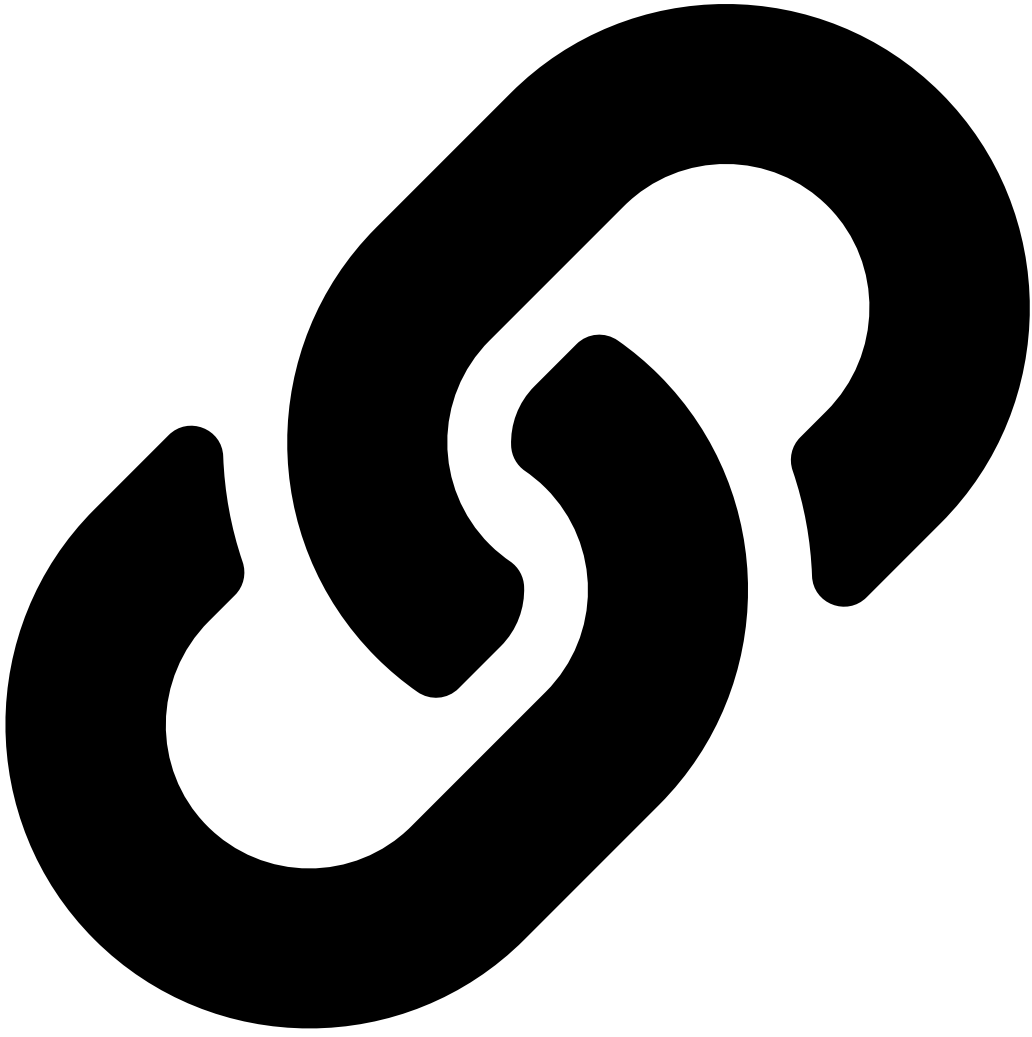


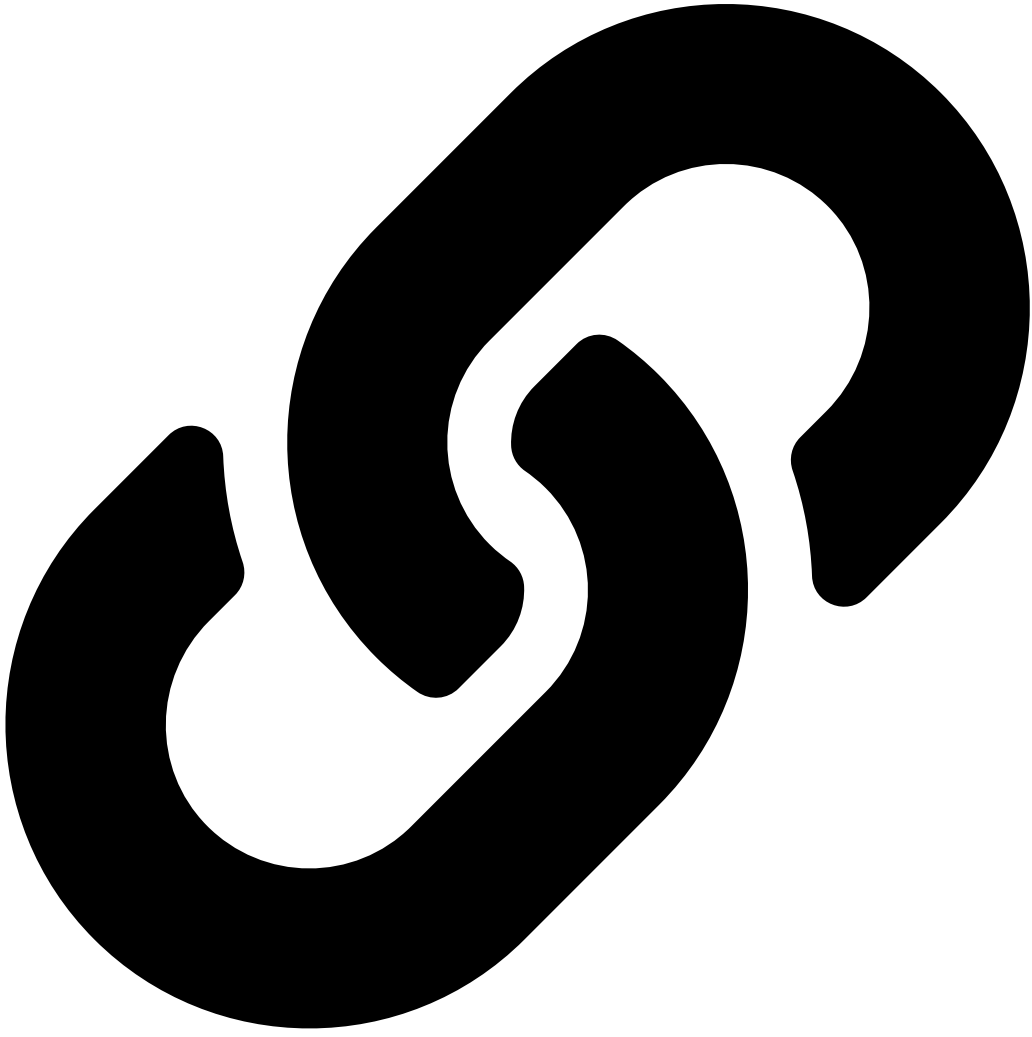


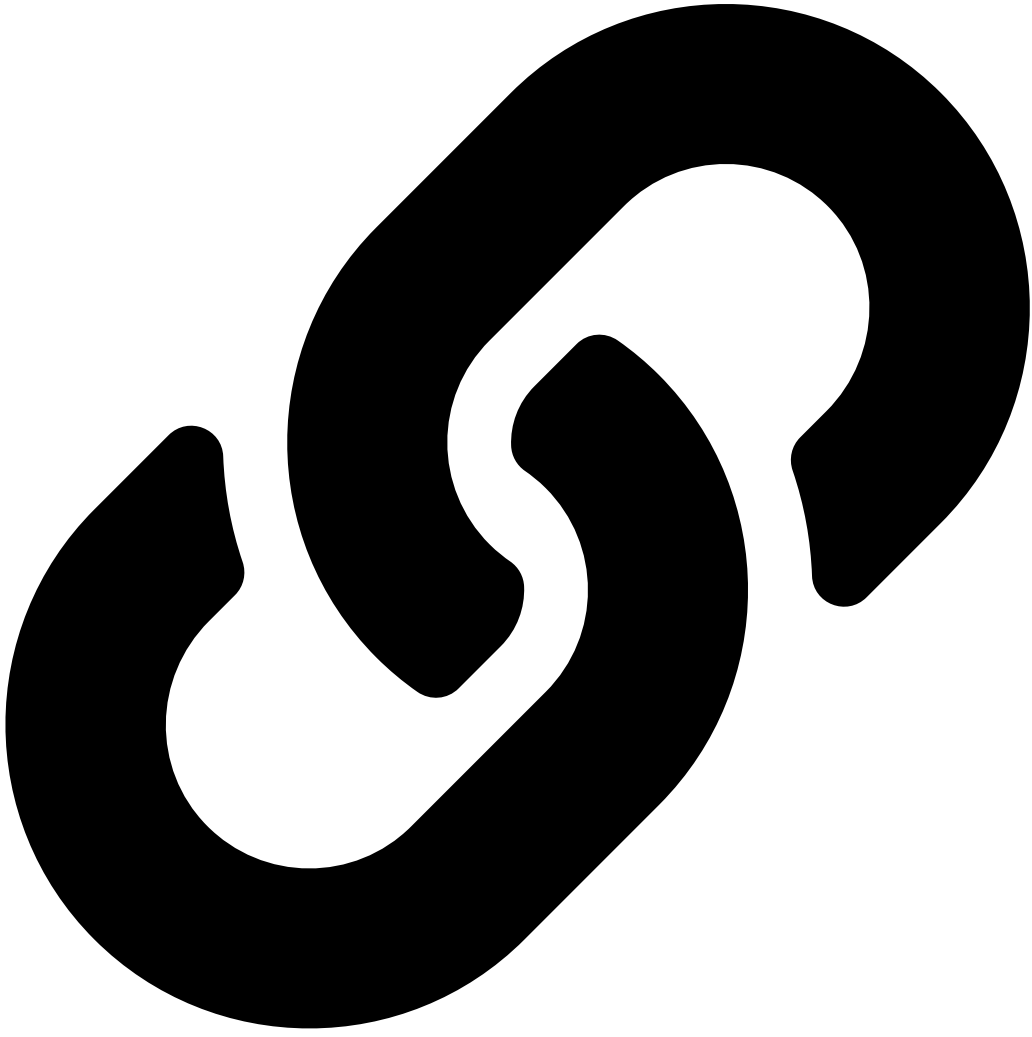


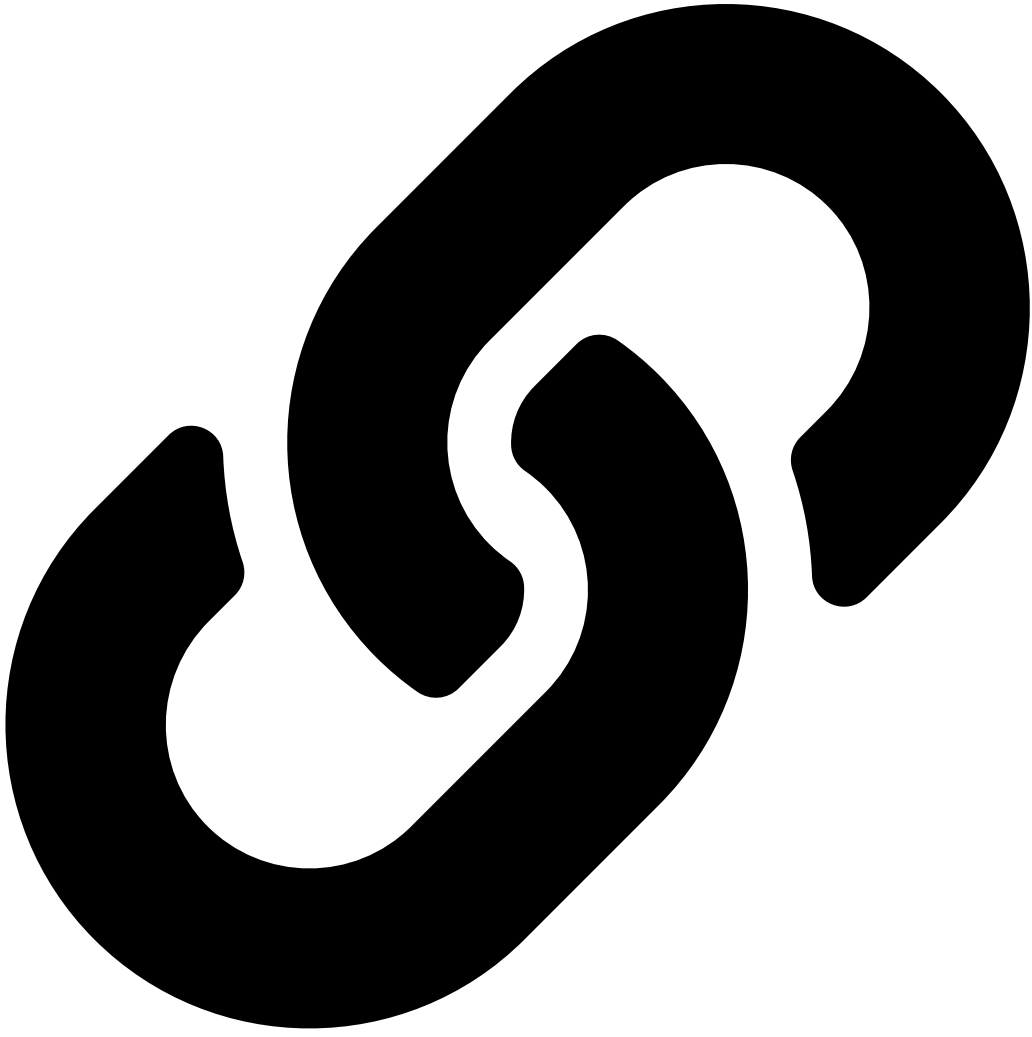


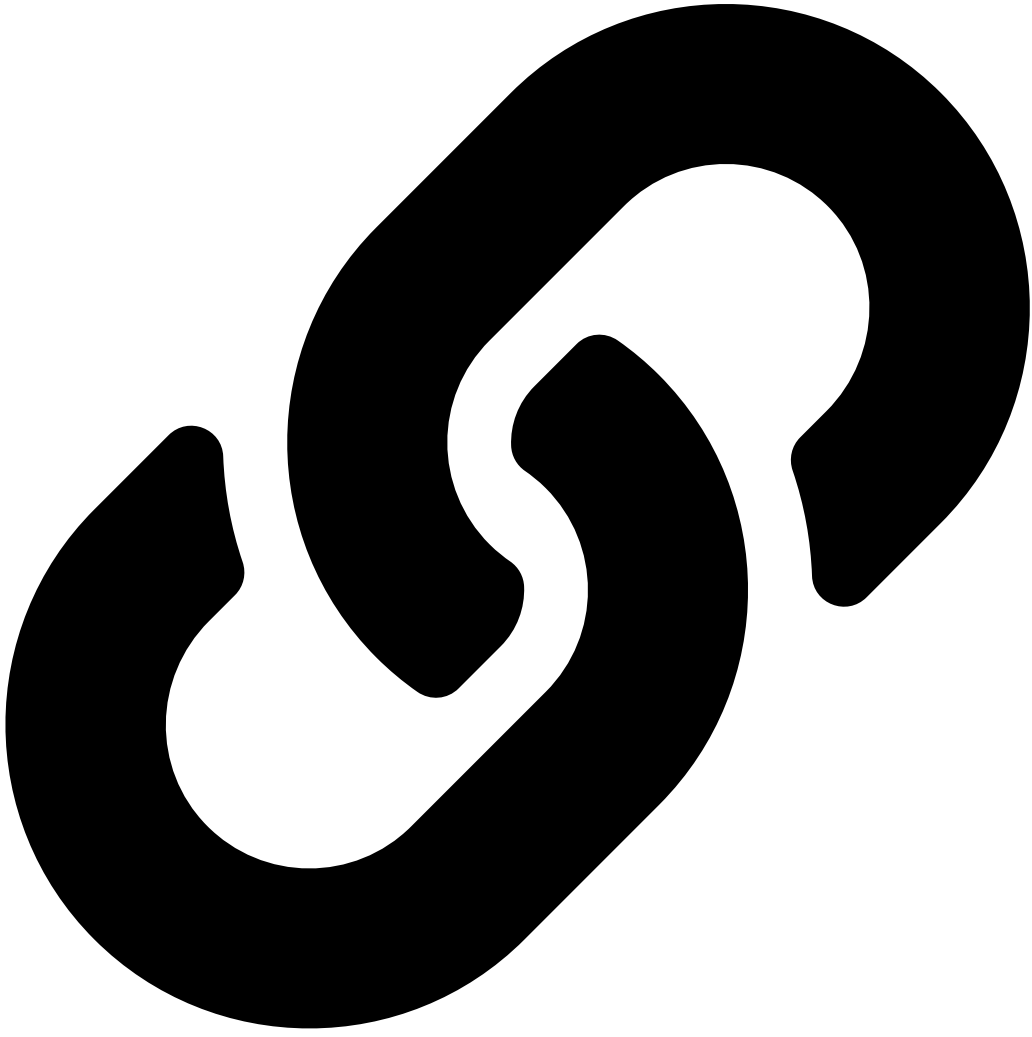




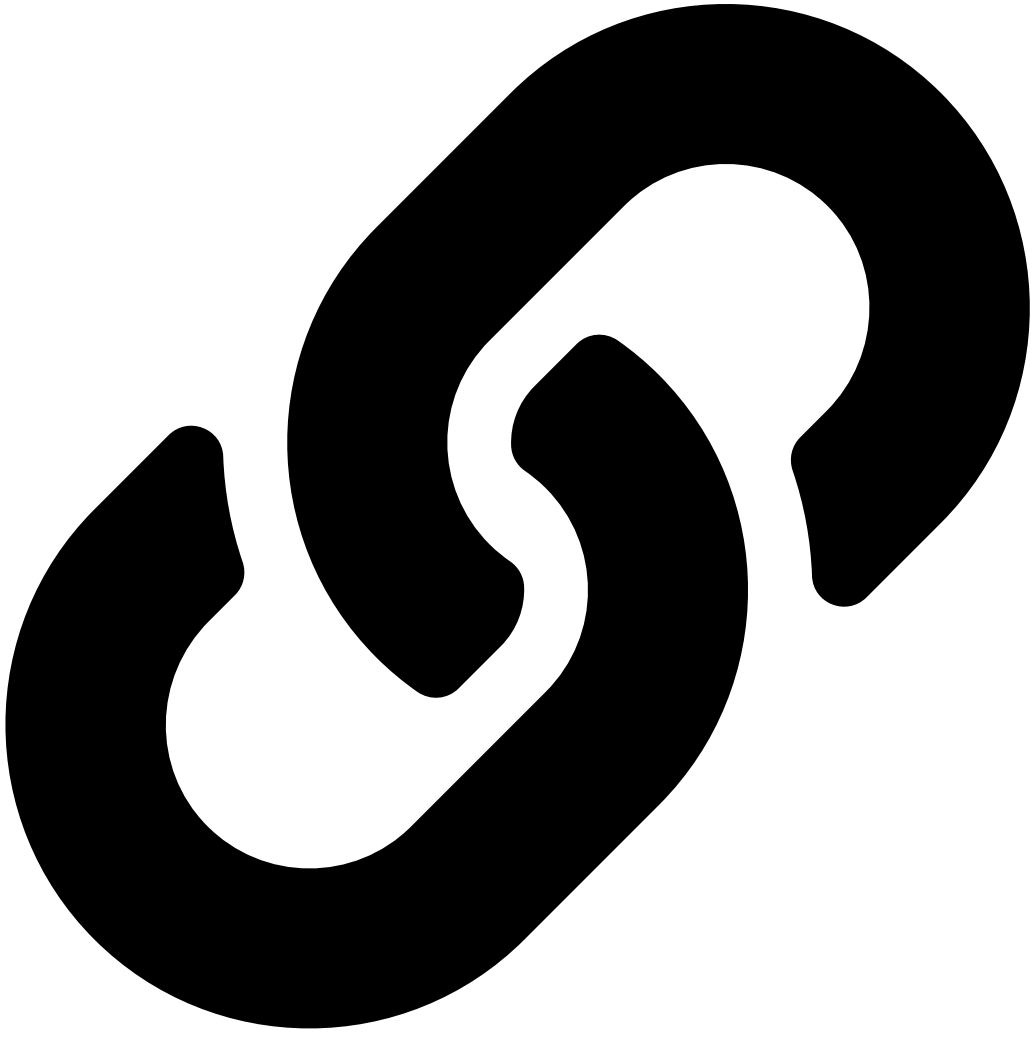


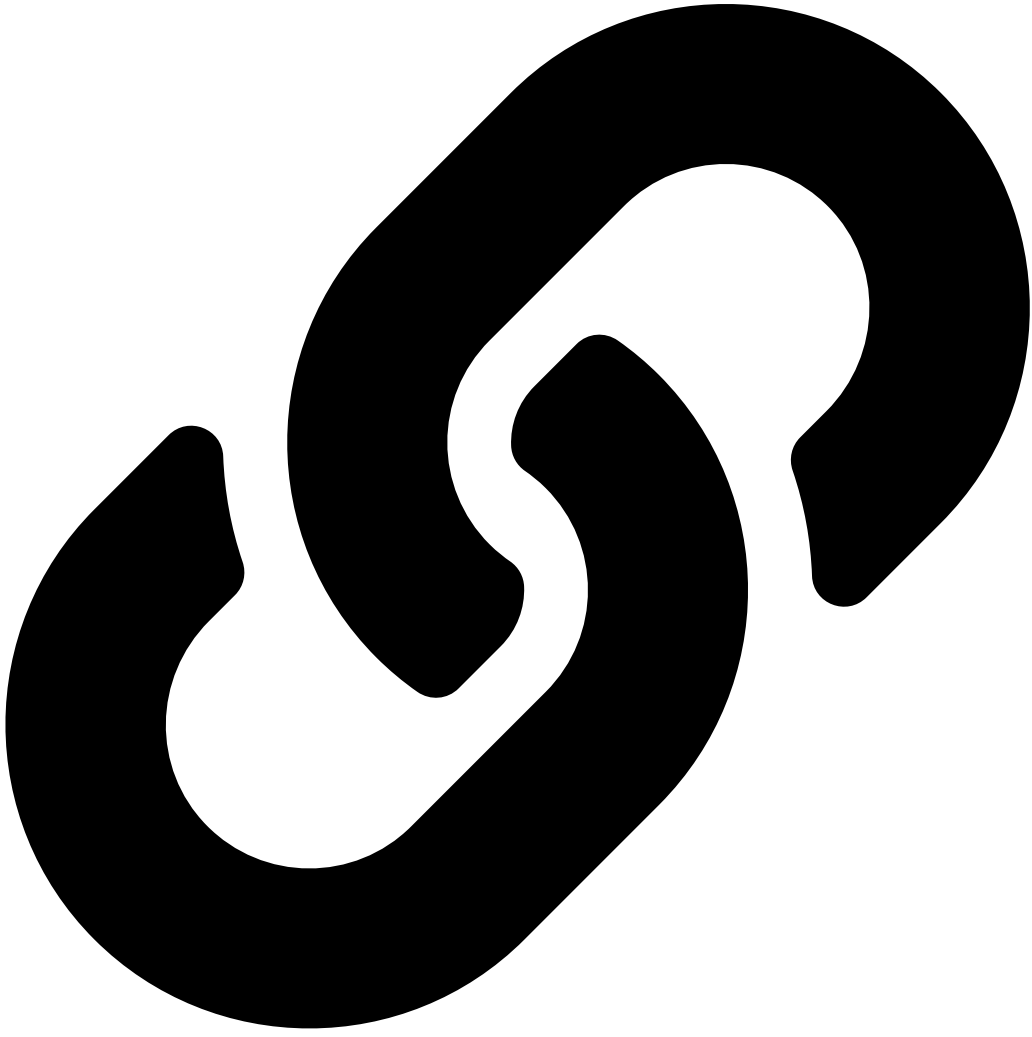










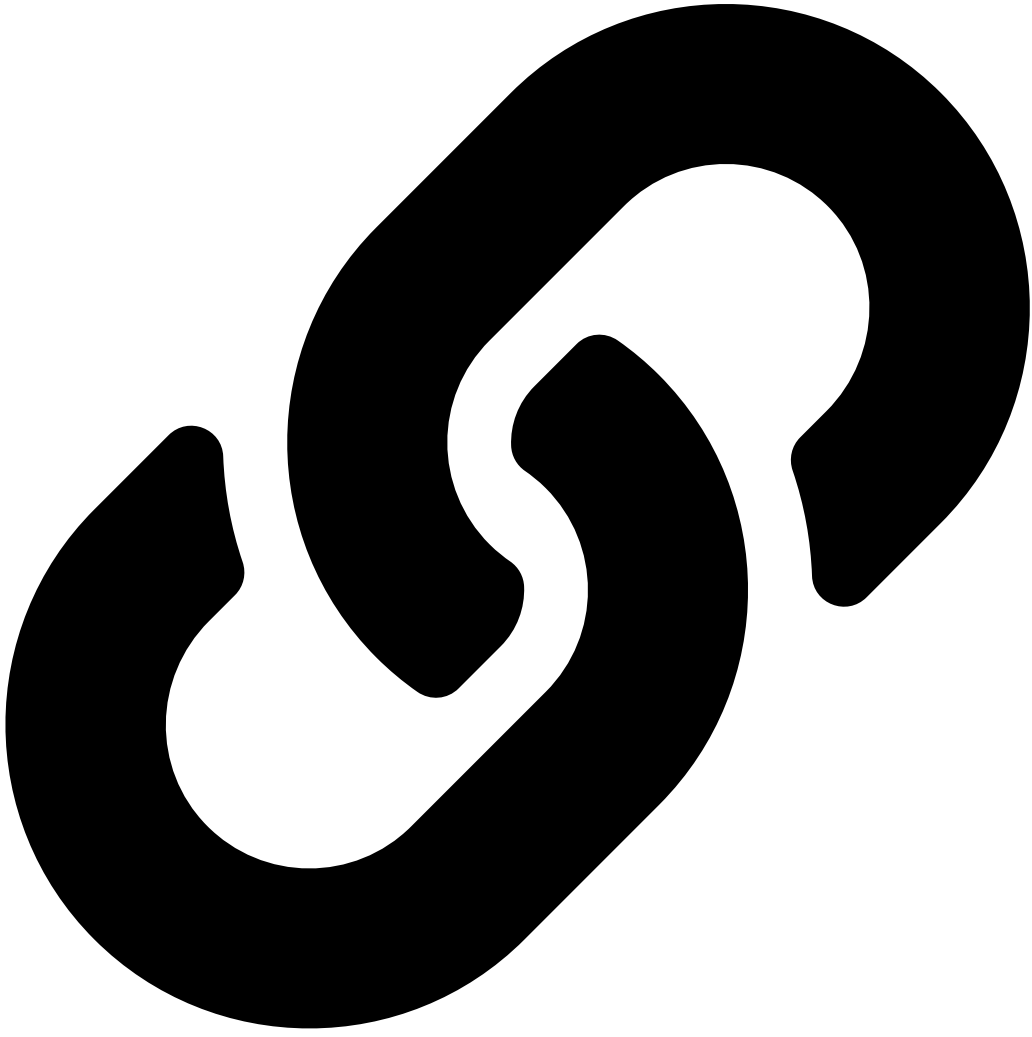


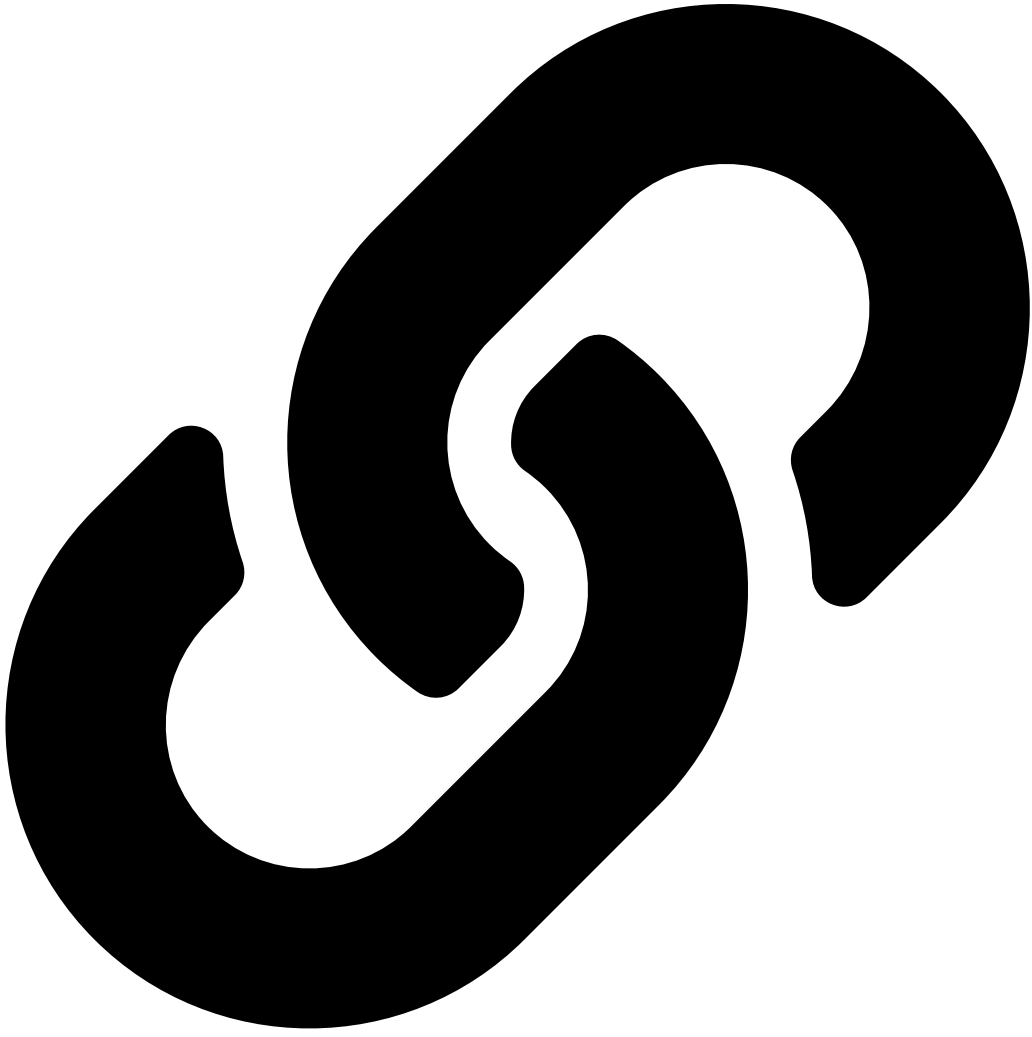


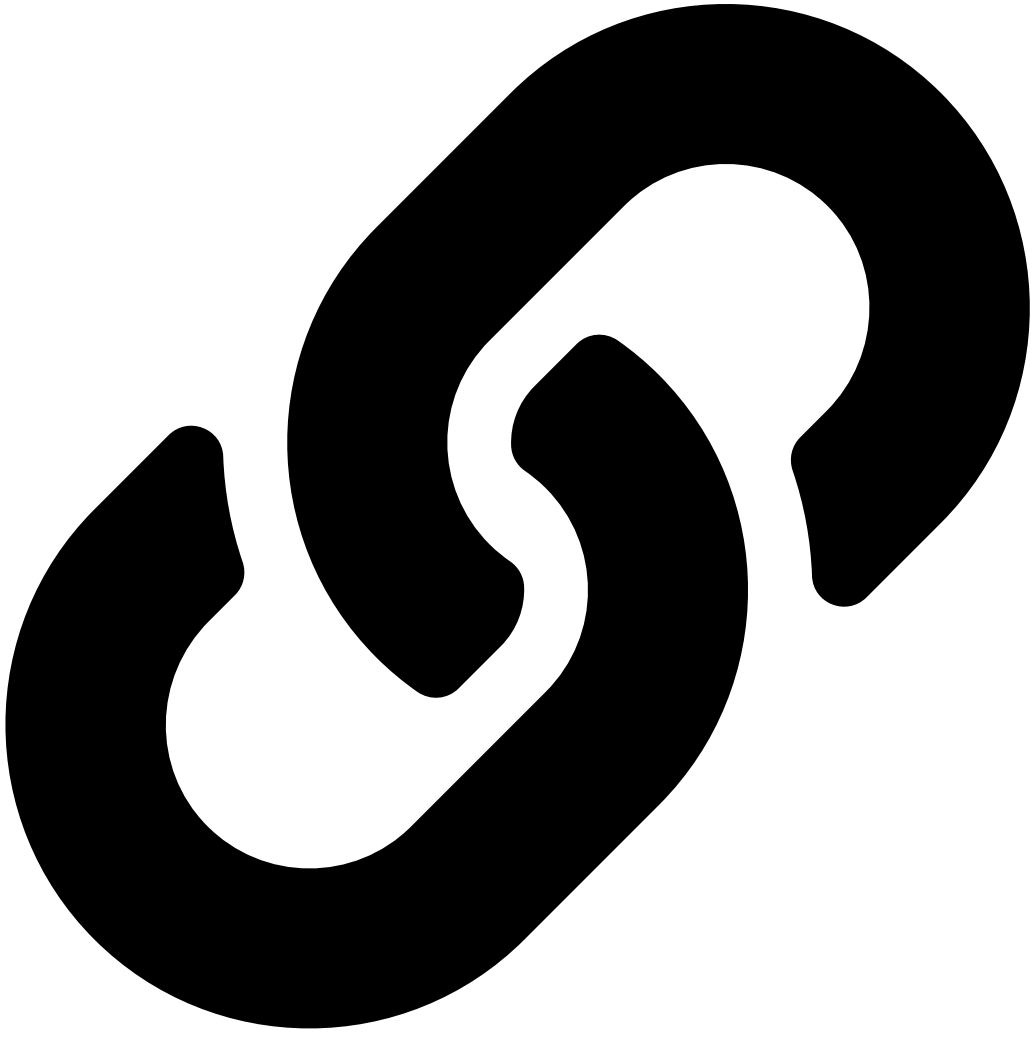


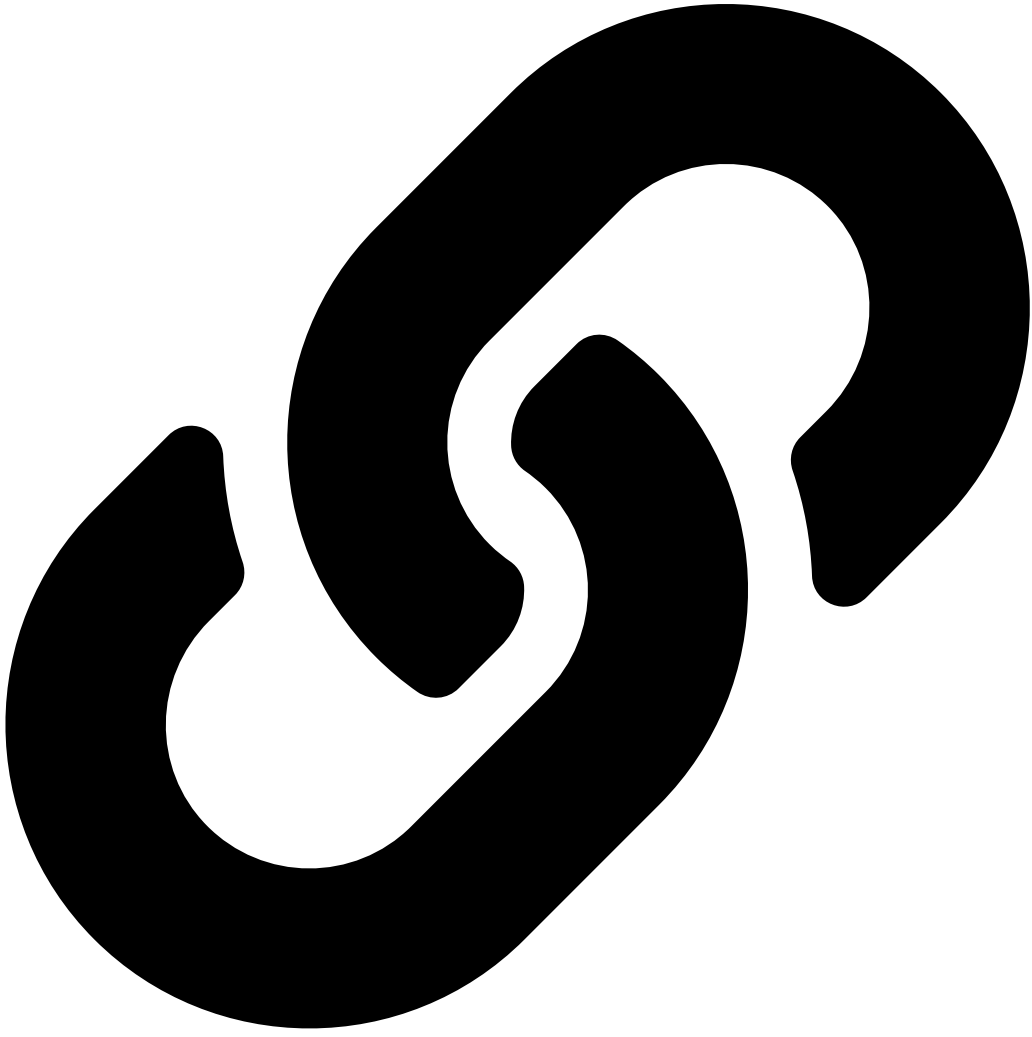


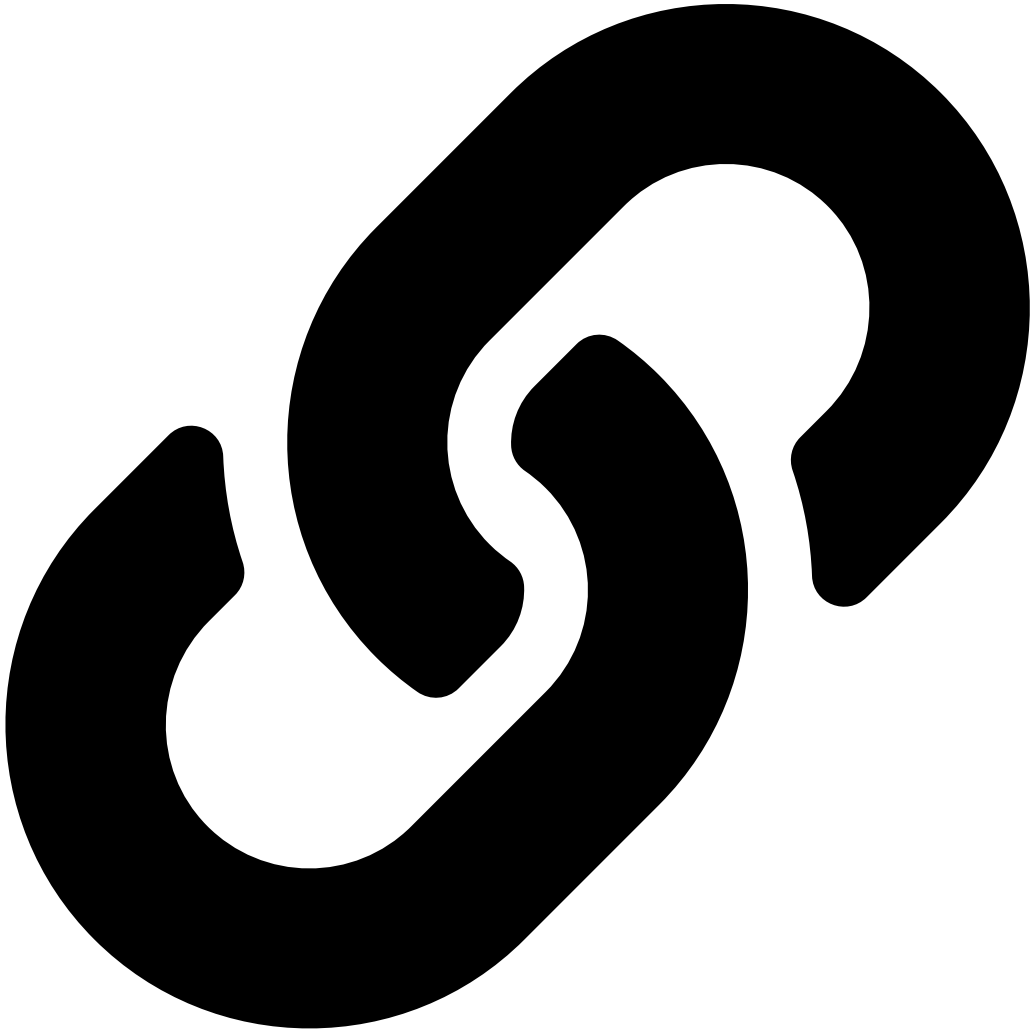












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