



The Caminos and slow tourism. €5.7 million to promote a mode of travel that enhances the spirituality of this land.

"You do nothing by walking, you just walk. But having nothing to do but walk allows one to rediscover the pure feeling of being, to rediscover the simple joy of existing."
(Frederic Gros)

Umbria, with its history and nature, home to iconic figures of Christian religiosity such as St Benedict and St Francis, who with their message and in their works have sculpted the concepts of Europe, social economy and ecology, is an ideal place for 'walks' conceived as a tool for 'going beyond' everyday experience, experiencing a dimension of spirituality and research.

In the paths dedicated to St. Benedict and St. Francis that cross the region, one breathes all this because this land exudes a universal spirituality.

The Region of Umbria, with funding of 5.7 million euros from the Ministry of Culture, has launched a significant redevelopment of the paths of St. Benedict and St. Francis, to profoundly improve their usability and make them more attractive and better equipped, for all those who wish to walk them and experience them as human or tourist experiences.

Investment is being made in walks to encourage 'slow tourism', designed for walkers, pilgrims, for those who simply seek in the slow pace the possibility of a deep look at themselves. We offer a journey to the most authentic soul of this land.