

Tuscany and Umbria:

Spirit, Culture and Cuisine



Meaningful travel with
Illuminated Journeys
October 1 – 12, 2024

The central seaside Italian region of Tuscany is known for being one of the most beautiful areas of the country. In addition to its rolling green hills, olive groves, vineyards, and coastal elegance, Tuscany is famous for its alluring, rustic villages which reflect the history of the region. Join us as we explore the riches of Tuscany's landscape, culture and cuisine.

Some highlights include:

- Walking on a portion of the Francigena pilgrimage route.
- UNESCO World Heritage Sites
- Lodging in unique hotels with historic significance and meaning.
- Three nights in Assisi chasing Francis and Clare
- Distinctive Tuscan food and wine culture
- Interesting local leaders and professional guides
- Special meals and tastings at local wineries across Tuscany and Umbria

Brad and Rita Berglund created Illuminated Journeys 25 years ago. They are experienced travel organizers, pilgrimage leaders and spiritual directors and will accompany you on this journey.

Pilgrimage is right for everyone some time. Is this the time for you?

—Join us! Rita and Brad

Contact Brad for more information.
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