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Introduction


Preface

At peace – on foot – and open

This book addresses people visiting Assisi in search of contemplation. Assisi offers the opportunity to become acquainted with Christian Mysticism by following the light of Saint Francis of Assisi.

Travelling with this book merely requires that you are looking for peace, that you move on foot, and take your time. Furthermore, I suggest that you listen to your thoughts and feelings. Sense yourself and be open to the things you encounter. In doing so, you'll get to know yourself better.

This book will support your inner and outer journey through Assisi. It's the simple approach.



The guide is structured in two main parts: inside and outside the city walls.

You can choose to follow the order presented in the guide, thus experiencing Saint Francis' life by starting within the city walls. Or you can follow your own path.

Distances inside the city walls are short but the San Francesco and Santa Chiara Basilicas both require plenty of time to experience.

Reaching places outside the city walls is more time-consuming due to greater distances. I therefore recommend allocating plenty of time

for each location outside the city walls – at least a couple of hours or more, if possible.

Changes to opening and service hours etc. might have occurred since the creation of this book. I hope you will bear over with this issue. Please ask for updated information at the Assisi tourist office.

Assisi, Spring 2016
Tove Ahlmark