

St Benedict's "Sacro Speco" (Holy Cave) | Italia Slow Tour

The so called Sacro Speco in Subiaco is a place of hermitage that has become work of architecture and art. Here is the cave where the young Benedict took refuge from Rome and where he remained for three years, in prayer. First there was nothing, just the cave with some hermitages here and there. Then, in 1200, a spectacular structure was built and it became a place of pilgrimage, and St Francis passed here too, by his time. You know, this place is important because here the journeys of the two Saints combines. St Benedict and St Francis had in common the idea of peace as their main teaching purpose.