

The Abbey of Montecassino | Italia Slow Tour

Slow Tour riding a horse, along the path of St Benedict that leads to the great Abbey of Montecassino, rising up above the Liri valley. Beneath the walls of the abbey there is a magnificent and ancient farm, representing quite well the Benedictine Order, based on ora et labora: the monks not only had to pray, but to work as well, to produce wealth for the abbey and for everything that surrounded it.