Pilgrimage on one's knees

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Dear Colleagues,

I am wondering if some of you might have some information I have been seeking. I am currently researching the Labyrinth in the French Cathedral in the Gothic era, and found some vicarious information about the path being walked on the pilgrims' knees.

Would anyone know of some research and/or actual sources mentioning the physicality or performance of these type of "walks", in the context of pilgrimages, or different aspects of pilgrimage, such as the via crucis, (other than the Scala Sancta in Rome)? The earlier the source, the better.

Thank you so much for your assistance,
Shiri Fridman Waisbard

Reference:

Q: Pilgrimage on one's knees. In: ArtHist.net, Sep 5, 2011 (accessed Nov 25, 2026), <https://arthist.net/archive/1787>.