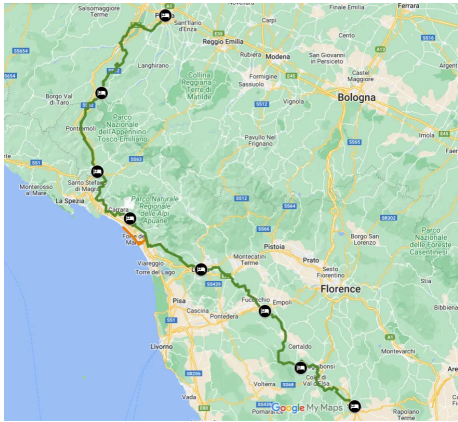


Cycling on Via Francigena from Parma to Siena

9 days, € 1462



Introduction



The **cycling Via Francigena from Parma to Siena** tour begins in Parma, a true **gastronomic heaven**, and follows one of Italy's most historic pilgrimage routes across Northern Tuscany. From here you ride through **medieval hamlets** and ancient archaeological sites before climbing the Apennines and crossing the iconic **Cisa Pass**, the traditional gateway to the Tuscan stretch of the Via Francigena.

The journey continues into the mysterious landscapes of **Lunigiana**, known as the legendary **land of the moon**, then on toward world-famous Tuscan towns such as **Lucca** and San Gimignano. Day after day, you cycle among thousand-year-old parish churches, fortified villages, and tower-crowned castles, until reaching your final destination: **Siena** and its stunning shell-shaped **Piazza del Campo**, heart of the historic contrade.

Day to Day

Day 1 Arrive in Parma

The **cycling Via Francigena Parma to Siena** journey starts in **Parma**, a crown jewel of Italian gastronomic tradition: the province of Parma boasts the largest number of PDO and PGI food products. You can try and taste as many as possible before setting off, or take your time to explore the artistic beauties of the city, from the imposing interior of its **Cathedral** and Baptistery to the enchanting **Palazzo Farnese**, designed by **Michelangelo** and built with stone taken from the Rome Coliseum.

Day 2 from Parma to Beceto

74 km

The first section is quite demanding, but rich in beauty: along your way the villages of **Bardone and Terenzo**, with their **ancient churches** and some **bass-reliefs** treasured in their interiors. From this point you will face an ascent that will lead you to **Cassio**, where a brief descending trail deludes you in believing you have reached your destination. Unfortunately this is not true: you have to face another ascent towards **Berceto**, a little **"stone jewel"**, where you can restore yourselves with local mushrooms and pattona, a typical cake made from **chestnut** flour.

Challenge: 74km, ascent 1068m, descent 322m

Day 3 Ride from Berceto to Aulla**53 km**

There is no rest during the last leg, but the surprises along the way definitely makes all your efforts worthwhile. From the **Cisa Pass** you exciting descent to **Pontremoli**, the town of bridges and mysterious stele statues, where you can enjoy a **relaxing walk** among the alleyways of the old town centre. Once in **Aulla** set your bicycle down and visit the Abbey of San Caprasio, which contains **archaeological finds** from the medieval period. Do not miss a walk along the ancient walls of the **Fortezza della Brunella** before taking a walk through the old town centre. And if you are hungry, there is nothing better than the tasty little local **focaccias**, to be enjoyed still hot accompanied by charcuterie and cheeses.

Challenge: 53km, ascent 370m, descent 1115m

Day 4 Ride from Aulla to Massa**48 km**

From Aulla you travel over demanding but gratifying paths: from here you will glimpse the sea for the first time. long the road you will pass through very green countryside and medieval villages. Once in **Sarzana** you will be amazed by the Baroque interior of the **Cathedral of Santa Maria Assunta**, and you will admire the Gothic facade of the **Pieve di Sant'Andrea**, the oldest building in the town. Your journey continues along flat paths, following in the footsteps of the ancient pilgrims who from the Roman port of **Luni** used to embark towards **Santiago de Compostela**, to finally reach the nice town of Massa, a few kilometres far from the sea of Verisilia.

Challenge: 48km, ascent 716m, descent 770m

Day 5 Ride from Massa to Lucca**52 km**

A nice cycle path along the sea leads you from **Marina di Massa** towards **Pietrasanta**. Before browsing among its art galleries and shops we recommend a visit of the town's Duomo, to walk among its marble columns and to admire its frescoed vaults. From **Camaiole** you continue up and down among the hills of **Lucca** enter through the walls and surround yourselves in its old town centre, browse in the little shops of the circular piazza to buy **spelt and local biscuits** to take home with you, conquer the **Guinigi tower** and admire the town from up high in its hanging garden.

Challenge: 52km, ascent 380m, descent 356m

Day 6 Ride from Lucca to San Miniato**46 km**

An easy and flat leg of the journey leads you from the walls of Lucca to the old town centre of **Altopascio**, passing through the **Badia di Pozzeveri**, where ancient pilgrims stop to rest and pray. Do not miss the local bread, a real delicacy!

The itinerary continues across the wild land of the **Cerbaie**, before crossing the river Arno and continue towards **San Miniato**. The Seminary which gives the name to the main square will amaze you with its particular facade: enjoy it lit up, perhaps after eating a risotto dusted with the typical white truffle, the pride of the local area.

Challenge: 46km, ascent 380m, descent 356m

Day 7 Ride from San Miniato to San Gimignano**41 km**

A demanding but unique section awaits you. From San Miniato you descend in the bottom of **Val d'Elsa** to later ascend again towards **Gambassi Terme**, where you will be able to cross the threshold of the **Pieve di Chianni**, where the same Archbishop Sigeric slept on his way to Rome.

You will continue your journey pedalling across splendid natural scenery to **San Gimignano**, one of the most beautiful towns along the Via Francigena: its famoustowers that make its skyline unmistakable. Do not miss the view of the medieval town and its surrounding valleys from the top of the **Torre Grossa**, or if you don't run out of energy, venture up the steps of the **Rocca di Montestaffoli**, for an even more special view.

Challenge: 41km, ascent 640m, descent 476m

Day 8 **Ride from San Gimignano to Siena**

50 km

From San Gimignano you continue, up and down, through the Tuscan hills to **Colle Val d'Elsa**, an out-of-time Tuscan village with a charming old town centre and narrow alleyways winding through the stone walls. The itinerary then continues through one of the most beautiful sections of the **Via Francigena**: a meditative route, along which you can surround yourselves with the silence of the **Pieve di Strove**, with its Romanesque interiors, or stand in the quietness of the splendid Abbadia at Isola, with its imposing Abbey. Do not miss a stroll along the wall of the breath-taking castle of Monteriggioni, once defending the Repubblica of **Siena**, before reaching Siena through dirt roads and the ancient medieval hamlet of Cerbaia. An unforgettable way to celebrate your arrival? A plate of **pici all'aglione in the illuminated Piazza del Campo**. And don't forget the panforte!

Challenge: 50km, ascent 505m, descent 470m

Day 9 **Arrivederci Via Francigena**

The trip ends after breakfast, unless you have booked extra nights or other optional services with us.

Prices, Data, Booking

Price pp		€
Double room, breakfast	price from	1,462.00
Single room, breakfast	01 Oct 2025 - 24 Oct 2025	1,805.00
	01 Apr 2026 - 24 Oct 2026	1,813.00
season surcharge		€
	28 Apr 2026 - 29 Apr 2026	15.00
	30 Apr 2026 - 01 May 2026	15.00
	02 May 2026 - 03 May 2026	15.00
	04 May 2026 - 05 May 2026	15.00
	06 May 2026 - 07 May 2026	15.00
	08 May 2026 - 09 May 2026	15.00
	10 May 2026 - 11 May 2026	15.00
	12 May 2026 - 13 May 2026	15.00
	14 May 2026 - 15 May 2026	15.00
	16 May 2026 - 17 May 2026	15.00
	18 May 2026 - 19 May 2026	15.00
	20 May 2026 - 21 May 2026	15.00
	22 May 2026 - 23 May 2026	15.00
	24 May 2026 - 25 May 2026	15.00
	26 May 2026 - 27 May 2026	15.00
	28 May 2026 - 29 May 2026	15.00
	30 May 2026 - 31 May 2026	15.00
	01 Jun 2026 - 02 Jun 2026	15.00
	03 Jun 2026 - 04 Jun 2026	15.00
	05 Jun 2026 - 06 Jun 2026	15.00
	07 Jun 2026 - 08 Jun 2026	15.00
	09 Jun 2026 - 10 Jun 2026	15.00
	11 Jun 2026 - 12 Jun 2026	15.00
	13 Jun 2026 - 14 Jun 2026	15.00
	15 Jun 2026 - 16 Jun 2026	15.00
	17 Jun 2026 - 18 Jun 2026	15.00
	19 Jun 2026 - 20 Jun 2026	15.00
	21 Jun 2026 - 22 Jun 2026	15.00
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	31 Jul 2026 - 01 Aug 2026	15.00
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	22 Aug 2026 - 23 Aug 2026	15.00
	24 Aug 2026 - 25 Aug 2026	15.00
	26 Aug 2026 - 27 Aug 2026	15.00
	28 Aug 2026 - 29 Aug 2026	15.00
	30 Aug 2026 - 31 Aug 2026	15.00
	01 Sep 2026 - 02 Sep 2026	15.00
	03 Sep 2026 - 04 Sep 2026	15.00
	05 Sep 2026 - 05 Sep 2026	15.00
Rental bike		€
Hybrid		200.00
E-bike		290.00
Extra services		€
Giving back to nature	per piece	5.00

Accommodation

3* hotels and agriturismo (farms)

Practical Info



9 nights included



3* hotels and agriturismo (farms)



Breakfast included



Tourist information on all the places of interest



Bike rental available



7-days a week service-hotline



Luggage transport to your next hotel



GPS-tracks available