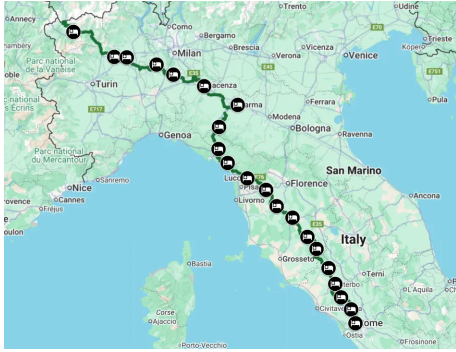


Via Francigena Cycling From Aosta to Rome

24 days, € 4054



Introduction



This section of the Via Francigena is far more than a pilgrim trail: it is an epic and easy bike ride from the Alps to the vast and fertile Po River plain, a true **via francigena cycling** journey keeping everyone including foodies, wine lovers, history buffs and landscape "aficionados" entertained.

Starting from the Gran San Bernard pass, on the Swiss-Italian border, skirt the lake, towered by 3000m peaks and freewheel down the road to the ancient Roman city of Aosta, where your **via francigena cycling** adventure truly begins. Criss-cross

the fast flowing Dora Baltea river on cycle paths and stone walled country lanes as you exit the Aosta Valley. Continue through a scenic landscape of

gently rolling hills, dotted with sleepy old villages, vineyards and orchards that give way to the checkered expanse of rice, wheat and corn fields that surround the historic and culturally rich towns of Vercelli, Pavia, Fiorenzuola and Parma. On your way stop to visit imposing castles, chartreuse, churches and roman ruins as you eat and drink your way through the best Northern Italian cuisine has to offer.

Parma is a real gastronomic heaven, and leads you through Medieval hamlets and ancient archeological sites to cross the Appennines at Cisa Pass, the gate of Tuscan Via Francigena. You then plunge into the mysterious atmosphere of Lunigiana, the little-known land of the moon, to later reach world-famous Tuscan towns such as Lucca and San Gimignano. Your ride continues among parish churches a thousand years old and tower crowned castles to finally reach Siena, with the shell-shaped Piazza del Campo surrounded by competing contrade – one of the most iconic stretches of **via francigena cycling** in Italy.

Are you ready to become the characters in a postcard? In the first part of this journey you will walk along the legendary dirt roads of Siena for kilometres and kilometres, crossing the Val d'Arbia and the Val d'Orcia, icons of the Tuscan landscape. You will visit wonderful villages like Bagno Vignoni, with its enormous thermal pool in the centre of the square, and Radicofani, whose fortress dominates southern Tuscany.

Once you enter Lazio, you will be amazed by the beauty of Lake Bolsena, and charmed by the ancient paving stones of the Via Cassia, still intact after 2000 years.

But the surprises continue, from the enchanting medieval center of Viterbo, with an entire district dedicated to the pilgrim, to the ancient Etrurian roads, to the Roman amphitheatre of Sutri, completely dug out from the tufo, to the beautiful cycle path that leads you into the heart of Rome, running along the River Tevere until your destination: St. Peter Square.

If you appreciate good flavours, keep in mind that you will cross the vineyards of the Brunello di Montalcino, one of the best Italian wines, and the production zones of the cacio di Pienza (type of cheese), before entering one of the most important areas for the production of extra-virgin olive oil, between Bolsena and Montefiascone.

Day to Day

Day 1 Arrival in Aosta

The journey starts in **Aosta**, a Roman town located in a valley surrounded by mountains. Here you can contemplate the medieval capitals in the silence of the cloisters of **Sant'Orso**, or visit the impressive **Roman theatre**. To end the day, we recommend you take a walk through the alleys of the centre, admiring the high mountain peaks that appear over the roofs of the houses.

- Day 2 Transfer to Saint Bernard Pass and ride to Aosta 40 km**
Today a private transfer will take you to the jagged peaks of the Great Saint Bernard Pass, where the same Saint Bernard built the first pilgrim hospice: from here you will descend to Aosta along a panoramic road with breath-taking views, pedalling first on a State Road and then through orchards and woods, crossing enchanting villages such as Saint Rhemy and Etroubles.
- Day 3 Ride from Aosta to Verres 50 km**
The itinerary continues across the valley floor, on the cycle path that runs along the River Dora, through castles and vineyards. Along the way you encounter the enchanting Saint Germain castle, with its imposing Midday tower that used to defend the noble De Mongiovetto family. From here the itinerary continues to Verrès through breath-taking views!
- Day 4 Ride from Verres to Roppolo 54 km**
Entering in Piedmont, the alpine scenery gives way to the gentle **Piedmont hills**, as ascents and height differences become less and less challenging. You alternate wood trails to typical towns such as Ivrea, with its nice old town centre and the tall tower of Santo Stefano. Continuing the ride you arrive close to the imposing Serra of Ivrea, the biggest European drift, until the nice village of Roppolo where a cozy, family-run bed and breakfast awaits you.
- Day 5 Ride from Roppolo to Vercelli 41 km**
Today you enter the area of rice fields, which get flooded from March to May, creating a landscape of great fascination. The leg is easy and enjoyable, and you exit the philological itinerary of Via Francigena to visit the **Bosco della Partecipanza** (Wood of Community), whose name originates from the fact that the locals have been taking care of the wood together. If you appreciate local dishes, try the Panissa!
- Day 6 Ride from Vercelli to Vigevano 54 km**
Crossing the fertile plains of the Po river valley you leave Vercelli, the Sesia river, the vast rice fields and the region of Piemonte. As you reach the Ticino river you enter Lombardy region. During the renaissance Duque Ludovico Sforza ruled this land and it is said he commissioned Leonardo da Vinci to design Vigevano's beautiful central square. Mingle with the locals as you relax at one of the outdoor terraces on the square. Today's ride is flat and relaxing giving you ample time to visit this picturesque town.
- Day 7 Ride from Vigevano to Pavia 42 km**
The green way of the Ticino River, among the most important in Italy, lets you immerse in a savage nature, and if the weather is good you may even sunbathe on the **beaches or meadows near the river**, looking out for great tits and squirrels that run through the trees. You then leave the river to visit the **Certosa di Pavia**, beautiful monastic complex built in the XIVth century, before arriving to Pavia, one of the "pearls" of Via Francigena: we suggest you end your journey with a nice visit to the wonderful historic center, and discovering the young soul of the city with an aperitif in **Piazza della Vittoria**, animated by university students.
- Day 8 Ride from Pavia to Piacenza 75 km**
This part takes you through the flood plain of the basso Pavese, with its typical flood terraces. You reach the ford of Sigerico, the "transitum Padi", where walking pilgrims are transported to the other bank: the cycling itinerary allows you to cycle along the river Po until **Piacenza**, entering gate to **Emilia Romagna**, a land of great hospitality famous for its food and wine delicacies. Here you will be able to taste the famous charcuterie, washed down with a glass of **Gutturnio wine**, and pass through the Porta del Paradiso to discover the Romanesque interiors of the **Basilica**.
- Day 9 Ride from Piacenza to Parma 98 km**
Today's quiet, flat leg leads you to **Parma**: along the way do not miss a visit of the Cistercian abbey of **Chiaravalle della Colomba**, where you can stand in thought for a few minutes in the silence of the cloisters or admire the carved wooden interiors of the church. The ride continues among the Parma hills, a foretaste of Tuscan mountains, until arriving to the final point of your trip: Parma, the Italian province boasting the largest number of PDO and PGI gastronomic products. A great place to celebrate the end of your trip!

Day 10 From Parma to Berceto**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.

Day 11 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** your 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.

Day 12 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. Along 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.

Day 13 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 **Camaiore** 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.

Day 14 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.

Day 15 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 the **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 famous towers 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.

Day 16 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**!

Day 17 from Siena to San Quirico d'Orcia**54 km**

Let's hope that the sun will be shining during the first day of your journey, because the Crests of the **Val d'Arbia** offer unforgettable views: after saying goodbye to **Siena**, resting on the hills on the horizon, you will travel along the typical dirt roads of **Siena** as far as the fortified village of **Lucignano**, with its fine Church. At the gates of **Monteroni d'Arbia** you will be able to admire the impressive **Grancia di Cuna**, a fortified farm which held the reserves of wheat destined to the republic of **Siena**.

From **Lucignano** you will continue your journey through the **Valle dell'Ombrone** to **Buonconvento**. You will cross the gate of the walls and enter the fine old town centre of the village, discovering why its name means "happy fortunate place", before jumping again on your bicycle and continue towards **San Quirico** over dirt roads and some asphalted ones: these however will be compensated by the beautiful views of the **Val D'Orcia**, among hills tinted with charming shades and scattered with vineyards and cypress trees. At **San Quirico** you will stand enchanted before the gate of the **Collegiata**, trying to recognise the various architectural styles that blend into its decorations, before enjoying a rest among the green hedges of the **Horti Leonini**, a fifteenth century garden.

Day 18 Ride from San Quirico d'Orcia to Radicofani**37 km**

You will continue your journey across the fabulous views of the **Val D'Orcia**: just beyond **San Quirico** you will enter a timeless world visiting **Vignoni Alto**, and you will be able to enjoy a reinvigorating rest in the thermal waters of **Bagno Vignoni**.

Today you will test your strength with a short but demanding leg of your journey which will take you as far as **Radicofani**: stick it out, because admiring the view from the **Radicofani** fortress, tired but satisfied, will repay all your efforts. You will also be able to visit the **Pieve di San Pietro**, a little jewel dating back to the thirteenth century, and take an evening walk in its old town centre, admiring the magic of the illuminated **Fortress**.

Day 19 Ride from Radicofani to Bolsena**55 km**

From Radicofani you will walk towards one of the most exciting sections of the Via Francigena, leaving the fortress behind you and travelling along the old Via Cassia, surrounded by scenery of infinite hills dominated by Monte Amiata. You will be able to walk in silence in the Romanesque crypt beneath the Basilica del Santo Sepolcro, among decorated capitals and arches: where, according to tradition, some stones bathed in the blood of Christ are supposed to have been kept.

Your journey will continue gently as far as the first views of Lake Bolsena: from here you will descend into a volcanic crater and you will continue along dirt tracks, alternating thick woods with meadows scattered with olive trees, as far as Bolsena. If you are curious to see proof of the miracle of the Corpus Domini, for which Bolsena is famous, in the Cappella del Miracolo some marble slabs stained by the blood pouring from a Host in the thirteenth century are kept. If, instead, you are more interested in the typical cuisine, you can taste the products offered by the lake, such as the Sbroscia, a typical soup made from lake fish and tomatoes.

Day 20 Ride from Bolsena to Viterbo**33 km**

You will continue through woods and olive groves, on a route that will offer constant views of the lake: you will cross an area famous for the production of Extra virgin olive oil, which we recommend you taste on the a piece of fragrant local bread before arriving in Montefiascone: not to be missed, a climb up to the Rocca, where you will be enchanted before a boundless views. After descending from the Rocca, you can go into a typical wine bar and taste a glass of Est!Est!!Est!!!, which is even better here because it is km zero.

If you want to spoil yourself a little more, you will be able to enjoy a pleasant halt at the spas of Bagnaccio, recharging your batteries in its thermal waters before proceeding towards Viterbo, the end of your journey. In honour of our trip, do not miss visiting the picturesque pilgrim's quarter, before admiring the splendid Palazzo dei Papi and enjoying the silence of the Longobard cloisters of Santa Maria Nuova. And to end on a sweet note, celebrate the end of the journey with the delicious local frittellacce.

Day 21 Ride from Viterbo to Sutri**38 km**

From Viterbo the journey continues towards Vetralla, town in the heart of the ancient Etrurian territory, to later continue through the green countryside of Lazio you come to Sutri, a small town rich in attractions. The Roman amphitheatre, completely dug out from the tufo, is something not to be missed. Decide whether to sit on the terraces or to get up onto the stage, but as you leave remember to sign the visitors' register: it is very important for the custodian, and if he is there he will invite you to do so. After this, proceed to the church of Santa Maria del Parto, the tufo walls of which are decorated in well preserved frescoes. Look for the group of pilgrims among the images, depicted in prayer with their sticks in their hand.

Day 22 Ride from Sutri to Formello**34 km**

From Sutri we go on towards Campagnano and the Formello: during the journey you will flank the Mount Gelato Waterfalls, where you can stop for a reinvigorating dip. A panoramic road of the Veio Nature Park will bring you to the gates of Campagnano. Here you can rest in the Venturi Park, the home of a three-hundred year old Yew tree the locals call the "Tree of Death": but don't worry, you can sit in its shade without any danger! You will continue through the Veio nature park with its woody hills, before entering the enchanting Valle del Sorbo. Along the way you will be able to admire the sanctuary of the Madonna del Sorbo and later arrive to Formello, with its medieval buildings.

Day 23 Ride from Formello to Rome**34 km**

Get back on the saddle and face the last leg of your journey which separates you from the Eternal City. The leg continues across the countryside of Lazio, you could never guess to be so close to a metropolis. You will have to cross a brief trait of trafficked roads to reach the cycle path of River Tevere, an enchanting slow path which will lead you to the gates of Vatican City, where you will be able to end your journey in St. Peter Square.

Do not forget to take a triumphant photograph in front of the Basilica, before celebrating the end of the journey fortifying yourselves with spring lamb, pecorino romano cheese, and perhaps a delicious maritozzo with cream...you've deserved it!

Day 24 **Arrivederci Rome!**

The trip and our services end after breakfast unless you have booked extra services with us.

Prices, Data, Booking

Price pp		€
Double room, breakfast	price from	4,054.00
Single room, breakfast	01 Apr 2026 - 29 Apr 2026	5,129.00
	01 May 2026 - 30 May 2026	5,129.00
	01 Jun 2026 - 29 Jun 2026	5,129.00
	01 Jul 2026 - 30 Jul 2026	5,129.00
	01 Aug 2026 - 30 Aug 2026	5,129.00
	01 Sep 2026 - 29 Sep 2026	5,129.00
	01 Oct 2026 - 09 Oct 2026	5,129.00
Rental bike		€
E-bike		400.00
Extra services		€
Bike helmet	per piece	20.00

Practical Info



23 nights included



3/4 * Hotels



Breakfast included



Tourist information on all the places of interest



Bike rental available



7-days-a-week service hotline



Luggage transport included



Aosta Train Station



GPS tracks available