

Day 3 From San Quirico to Radicofani**37 km**

Bid San Quirico farewell, meld with a timeless world in Vignoni Alto and rejuvenate at hot springs in Bagno Vignoni. Test your strength on the short but demanding leg to Radicofani, and be rewarded with a fabulous view from the fortress. Leave time here to inspect the 13th-century gem of Pieve di San Pietro. After dusk, an evening stroll takes on a magical quality beneath illuminated monuments.

Challenge: 37/42 km, 650/650m ascent, 455/650m descent

Day 4 From Radicofani to Bolsena**55 km**

Move on to one of the Via's most exciting sections, as the old Via Cassia cuts through a scene of infinite hills dominated by Monte Amiata. Take in the silence at the Romanesque crypt of Basilica del Santo Sepolcro and gaze up at ornate capitals and arches which, according to tradition, protect marble slabs bathed in the blood of Christ.

A first glimpse of Lake Bolsena signals the start of your descent into a volcanic crater, as you roll along dirt tracks through woodlands, meadows and olive groves. In Bolsena, curious Catholics will witness proof of the local 13th-century miracle of 'Corpus Domini' and foodies can sample traditional Sbroscia soup, made from tomatoes and freshly-caught fish from the lake.

Challenge: 55/60 km, 620/840m ascent, 610/610m descent

Day 5 From Bolsena to Viterbo**33 km**

Border the lake passing woodlands and olive groves and pause to savour the local extra virgin olive oil, scrumptious when combined with a bit of bread. In Montefiascone, a climb up to the Rocca provides boundless views. Then trek to a typical wine bar and order a glass of km-zero Est!Est!!Est!!!, made on site.

Spoil yourself a bit more with an optional stop at Bagnaccio Spas, recharge your batteries in its thermal waters then end your route in Viterbo. Honour the Via with a visit to the picturesque pilgrims' quarter, admire the splendid Palazzo dei Papi and sit in silence at Santa Maria Nuova's Longobard cloister. To end your day on a sweet note, celebrate with delicious local 'frittellacce'!

Challenge: 33 km, 545m ascent, 420m descent

Day 6 From Viterbo to Sutri**38 km**

Head onward to Vetralla, the heart of ancient Etrurian territory, then cross lush countryside via Lazio to Sutri, a small town rich in attractions. The Roman amphitheatre is a must-see 'sculpture', dug right out of the volcanic tuff. Whether you view from the stands or take the stage, remember to sign the visitors' register before you leave! Pause to reflect at Santa Maria del Parto, where well-preserved frescoes decorate the church walls and one of the images depicts pilgrims in prayer, complete with walking staffs.

Challenge: 38 km, 420m ascent, 510m descent

Day 7 From Sutri to Formello**34 km**

Flanking the falls at Mount Gelato, you roll toward Campagnano, an ideal spot to stop for an invigorating paddle. A panoramic route through Veio Natural Park leads to Venturi, home of a 300-year-old yew called the 'Tree of Death', though its shade is not known to cause any harm! Back in the saddle, you face the final stage leading to the Eternal City. Breathe in the beauty of Veio's wooded hills, as you cycle the enchanting Valle del Sorbo. Stop off to see its sanctuary and Madonna, as well as Formello's old town and elegant medieval buildings.

Challenge: 34 km, 534m ascent, 590m descent

Day 8 **From Formello to Rome**

34 km

The landscape around Lazio sits surprisingly close to Rome, yet its quiet atmosphere seems to be oh-so-far away. Navigate through traffic on busy roads to reach the pleasant River Tevere cycle path. Follow it ... all the way to the gates of Vatican City, where your cycling pilgrimage ends on St. Peter's Square.

Celebrate with a triumphant photo in front of the Basilica, then replenish your energy with a well-deserved meal of spring lamb, pecorino romano cheese and perhaps a delicious maritozzo with cream. Yes, you've earned it!

Challenge: 34 km, 155m ascent, 280m descent

Day 9 **Arrivederci Rome!**

Your cycling pilgrimage comes to an end this morning after breakfast.

Prices, Data, Booking

Price pp		€
Double room, breakfast	price from	1,581.00
Single room, breakfast	price from	1,949.00
Rental bike		€
Hybrid		200.00
E-bike		290.00
Extra services		€
Bike helmet	per piece	21.00

Accommodation

Nights in 3-star hotels with breakfast

Practical Info



8 nights included



3 Star hotels



Breakfast included



Tourist information on all the places of interest



7-days a week service-hotline



Luggage transfer included



On arrival: Siena train station
On departure: Rome train station



Parking available at the hotel



GPS tracks available on request