



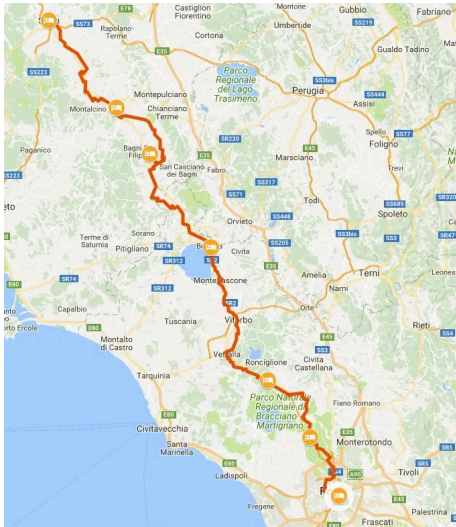
#### GASTRONOMY TAILORMADE

type :	Self-Guided Caminos Cycling Holidays
level :	
duration :	9 days
period :	Apr May Jun Jul Aug Sep Oct
code :	ITSB160

## Siena to Rome Cycling Via Francigena - Italy

### Siena to Rome Cycling Via Francigena

9 days, PRICE FROM € 1581



Are you ready to enter a postcard-like landscape? In the first part of this journey you will travel 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 hills. You will visit wonderful villages such as **Bagno Vignoni**, with its enormous thermal pool in the centre of the square, and **Radicofani**, whose fortress dominates southern Tuscany—one of the most scenic stretches of the **cycling Via Francigena**.

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.

The surprises continue: the enchanting medieval centre of **Viterbo**, with an entire district dedicated to pilgrims; the ancient **Etrurian roads**; and the impressive Roman amphitheatre of **Sutri**, carved entirely out of tuff. A beautiful cycle path then leads you into the heart of Rome, running along the River Tevere all the way to your destination: the iconic **St. Peter's Square**.

If you appreciate good flavours, keep in mind that you will cross the vineyards that produce **Brunello di Montalcino**, one of Italy's finest wines, and the production areas of **Pienza's cacio**, before reaching one of the most important regions for extra-virgin olive oil production, between **Bolsena and Montefiascone**.

## Route

### Day 1 Siena

Your journey will start in **Siena**, one of the most beautiful towns along the Francigena, famous for its Palio race: you will be able to spend the day walking through its paved streets, looking for coats-of-arms on the walls of the contrade, or climbing the **Torre del Mangia** to enjoy a unique view over the roofs of the town; not to be missed is a visit of the **Duomo**, which will impress you with its amazing black and white columns. If you are lucky you will be able to witness a festival in one of the contrade, and see the work of the skilled flag-throwers, before sitting down at a table in **Piazza del Campo** to enjoy a plate of pici all'aglione for dinner, admiring the illuminated **Palazzo Pubblico**.

## Day 2 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 *strade bianche* (typical dirt roads of the Sienese countryside) 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 once held the reserves of wheat for the Republic of Siena.

From Lucignano you will continue your journey through the **Valle dell'Ombrone** to Buonconvento. You will cross wall gate and enter the fine old village centre, discovering why its name means "**happy fortunate place**", before jumping again on your bicycle to continue towards San Quirico over dirt roads and some paved 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.

*Distance: 54 Km*

*Ascent/descent: +650/-490 m*

## Day 3 From San Quirico d'Orcia to Radicofani, 42 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**: however it will definitely be worth it, 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**.

*Distance: 42 Km*

*Ascent/descent: +650/-455 m*

## Day 4 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.

*Distance: 55 Km*

*Ascent/descent: +620/-610 m*

## Day 5 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 view. After descending from the Rocca, you can visit 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 stop at the spas of **Bagnaccio**, recharging your batteries in its thermal waters before proceeding towards **Viterbo**, the end of your journey. In honour of your 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* !

*Distance: 33 Km*

*Ascent/descent: +545/-420 m*

## Day 6 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.

*Distance: 38 Km*

*Ascent/descent: +420/-510 m*

### Day 7 From Sutri to Formello, 34 km

From Sutri we go on towards **Campagnano**: during the journey you will flank the **Mount Gelato Waterfalls**, where you can stop for a reinvigorating bath. 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! Get back on the saddle and face the last leg of your journey which separates you from the **Eternal City**. 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, but also the old town centre of **Formello**, with its fine medieval buildings

*Distance: 34 Km*

*Ascent/descent: +536/-590 m*

### Day 8 From Formello to Rome, 34 km

The leg continues across the countryside of Lazio, so close to Rome yet so distant because of its quiet atmosphere. You will have to cross a short section 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 freshening up with spring lamb, pecorino romano cheese, and perhaps a delicious **maritozzo** with cream...you've deserved it!

*Distance: 34 Km*

*Ascent/descent: +155/-280 m*

### Day 9 Roma

Last day is included. The tour ends after breakfast.

## Accommodation

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Nights in double room in \*\*/\*\* hotels , B&B and agriturismo with breakfast



### Hotel Chiusarelli - Siena

The three-star Hotel Chiusarelli is located in the city centre of Siena, finds its natural setting in a neoclassical villa built around 1870. The structure has been completely renovated in 2013. Rooms are spacious and clean and these offer bathroom with shower or bathtub, hairdryer, air conditioning/heater, telephone, Wi-Fi, TV with Sky Vision. The Hotel has no lift. High quality breakfast.



### Hotel Palazzuolo - San Quirico d'Orcia

Hotel Palazzuolo is situated within a private park of 11 hectares on the edge of the village of San Quirico d'Orcia. The structure is a little bit dated, but rooms are well-furnished and some of these have a balcony with views of swimming-pool or Val d'Orcia. The restaurant is open every day and it offers traditional dishes.



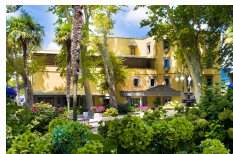
### Agriturismo La Selvella - Radicofani

Set between 2 rolling hills in the heart of the Val D'Orcia Valley, Agriturismo Selvella is a renovated Tuscan country house Radicofani 3 km away offering typical rustic rooms and a summer pool. The location is quiet and totally surrounded by nature. Rooms are comfortable and cozy with free Wifi, air conditioned and some of these have a view overlooking tuscan countryside or Radicofani. Owners are hospitable and helpful. Quality breakfast and cuisine.



### Agriturismo Le Vigne - Bolsena

This agritourism is just 250 metres from the centre of Bolsena and it has a nice view of the Bolsena Lake. Rooms are spacious and well appointed. These offer flat tv, free WiFi, air conditioning, heating, independent bath and shower and some with private entrances. Breakfast is rich and various of sweet and savoury food.



### Hotel Royal - Bolsena

Surrounded by greenery, Hotel Royal is set 20 m from the shores of Lake Bolsena and it offers elegant rooms and an outdoor swimming pool. Rooms are spacious, well-finished and clean with air conditioning, TV, free Wifi, telephone. Breakfast is rich with savoury and sweet dishes.

### Hotel Riario - Viterbo

Hotel Riario is located in the center of Medieval Viterbo, in a building of the 16th century. Rooms are furnish in elegant way, comfortable and well-finished. These offer TV, free Wi-Fi, air conditioning. Breakfast is good and rich.

### Agriturismo Montefosco - Sutri

Agriturismo Montefosco is nestled in the countryside of Lazio a few steps from Rome and surrounded by its hazelnut trees. Room are well-finished, clean and well-furnished with free Wifi, TV, air conditioning/heating. There is quality cuisine and the restaurant offers traditional dishes with local ingredients.

### B&B Nonna Loreta - Formello

B&B Nonna Loreta is located in a quiet and comfortable house and it offers a garden and a terrace. Rooms are well-finished and clean with air conditioning/heating, TV, private bathroom and some of these have common bathroom. Breakfast is rich and varied.

### Hotel Dharma Style - Roma

Dharma Style Hotel, located in the center of Rome, is very close to the main attractions and it is also close to the metro. Rooms are all recently renovated and are modern and beautifully decorated. These are equipped with free Wifi, soundproofing, air conditioning, TV, minibar, coffee/tea maker, telephone with direct line. Breakfast is rich and good.

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## Practical info



*From Bologna Airport (BLQ)*, reach the central railway station, from where you can take a train to Siena with change in Florence.

*From Pisa Airport (PSA)*, you can take a train to Siena with change in Pisa Centrale station and in Empoli.

*From Florence Airport (FLR)*, take a public bus to Florence Santa Maria Novella Train Station, and then either a bus or a train to Siena (both direct).

*On departure*, you can reach Pisa, Bologna and Florence by train. If you are flying from Rome (FCO or CIA), you can reach the airport by bus.

- Train timetables are available on the website [www.trenitalia.com](http://www.trenitalia.com).



Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

## Included

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### What is included

- 8 Nights in double room in \*\*/\*\* hotels , B&B and agriturismo with breakfast
- 2 dinners (Radicofani, Sutri)
- Luggage transportation from hotel to hotel (1 item per person, max 20 kilos, size 65x40x30 cm)
- maps and detailed description of the itinerary in digital form, app
- Pilgrim Passport
- Medical and luggage travel insurance
- 24h phone assistance

### What is not included

- Transfers to the starting location and from the arriving location of the tour
- Lunches and dinners, if not otherwise stated
- Visits and entrance fees - tips
- Personal expense
- Possible sojourn taxes
- Everything that is not mentioned in the "What is included" section.

### Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.