



### VIA ETRUSCA GASTRONOMY

type : Self-Guided  
 level :   
 duration : 8 days  
 period: Mar Apr May Jun Jul Aug Sep Oct Nov  
 code: ITSW550

## Etruscan Way, Volterra to Buonconvento - Italy

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8 days, Price On request



This journey is dedicated to one of the **most enigmatic and fascinating peoples in history – the Etruscans**. Even though part of their history is shrouded in mystery, their traces in the Tuscan territory are many, precious, and clearly visible: they can be found, in particular, between **Val di Merse, Val d'Elsa, and Val d'Orcia**, where votive statues and cypress keys, tombs, and ancient roads are hidden.

The path itself is marvelous – you'll walk among **olive groves, vineyards, and fig trees**, ancient Roman roads and Etruscan sunken roads, in the **lunar landscape of the Val d'Orcia hills**, tinted with enchanting shades. What more could you ask for? Perhaps wine – but fortunately, **this is a blessed land** in this sense, and **the food is even better**.

## Route

### Day 1 Arrive in Volterra

Arrive in the **ancient Etruscan city of Volterra**, after check in take your time wondering through town where you can explore its **Alabaster artisan shops**, the interesting Etruscan Museum and the **Roman Theatre**, superb palaces and alluring city walls. Veláthri (the Etruscan name for Volterra), was part of the Etruscan confederation, known as the Etruscan dodecapolis, and from the second half of the 6th century BC enlarged the walls defending the acropolis to a circumference of about 1,800 metres, in practice the plane below the summit of the hill; this process was completed in the early 5th century BC.

## Day 2 From Volterra to Mazzolla, 10 km

Today you start your holiday through history, passing through the extraordinary territory surrounding Volterra where the **Tuscan countryside is at its wildest**. The route ends at the small village of Mazzolla from where you have a **breath-taking view** of the iconic Tuscan landscape.

*Distance:* 10 km

*Elevation gain:* +290/-500 m

## Day 3 From Mazzolla to Casole d'Elsa, 18 km

The day's walk goes **along paths and country roads**. For a long stretch you walk through the "**Tatti Forest**", one of the most important in Italy for the presence of the Oak (*Quercus petraea*), which is not very common in the Mediterranean environment.

*Distance:* 18 km

*Elevation gain:* +460/-335 m

## Day 4 Morning transfer from Casole d'Elsa and walk to Sovicille, 20 km

A short transfer in the morning will take you to the start of the walk near Casa Verniano. From here you start a long walk through the area known as the "**Montagnola Senese**". You walk mostly through the forests along main and secondary roads. Along the way you will pass by the Etruscan Tumulus of Mucellena, one of the most significant archaeological sites in Tuscany. Along the way are two striking Romanesque parish churches.

*Distance:* 20 km

*Elevation gain:* +688/-614 m

## Day 5 From Sovicille to San Rocco a Pilli, 11 km

The day's walk is short and easy across the tuscan plain separating the two villages. Along the route you can stop and visit the **Etruscan Necropolis of Malignano**. The earliest evidence of man in this area is very ancient, but at the rise of the Etruscan civilisation, the last centuries of the Iron Age, in the period from the 8th century B.C. to the 7th century B.C., a princely tomb was excavated in the necropolis of Malignano, very articulated and twenty metres deep. Around this, in the Archaic period, most of the other chamber tombs were added, which in this necropolis have a certain variety of types.

*Distance:* 11 km

*Elevation gain:* +109/-130 m

## Day 6 From San Rocco a Pilli to Vescovado, 19 km

It is a **long walk along the hills** bordering the Val d'Arbia valley. You pass through **the iconic Tuscan landscape** of round shapes, vast fields, farmhouses and small villages. The enormous and renowned fertility of the fields, the presence of a large waterway such as the Arbia, and the ever-increasing importance assumed by the 'Strada Francigena', soon created the conditions for villages of a certain density to develop on the plains as well.

*Distance:* 19 km

*Elevation gain:* +471/-436 m

## Day 7 From Vescovado to Buonconvento, 19 km

On the last walk you wonder through a wild area which follows the narrow valley of Crevole stream. You pass through **Murlo (a charming medieval village)** with a very important Etruscan museum which we recommend a visit) and Miniera di Murlo where the ancient mines and factories were based. Then you walk through the iconic **hills of Val d'Orcia** towards Buonconvento where you can celebrate the end of your holiday through history sipping a glass of the **famous Montalcino red wine**.

*Distance:* 19 km

*Elevation gain:* +600/-740 m

## Day 8 Arrivederci Buonconvento!

Our services end after breakfast, unless you have booked another service with us.

## Practical info

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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

- 7 Nights in double room in \*\*/\*\* hotels , B&B and agriturismo with breakfast
- luggage transportation from hotel to hotel (max 1 item per person)
- transfer from Casole d'Elsa to Casa Verniano
- maps and detailed description of the itinerary in digital form, app
- 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.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel