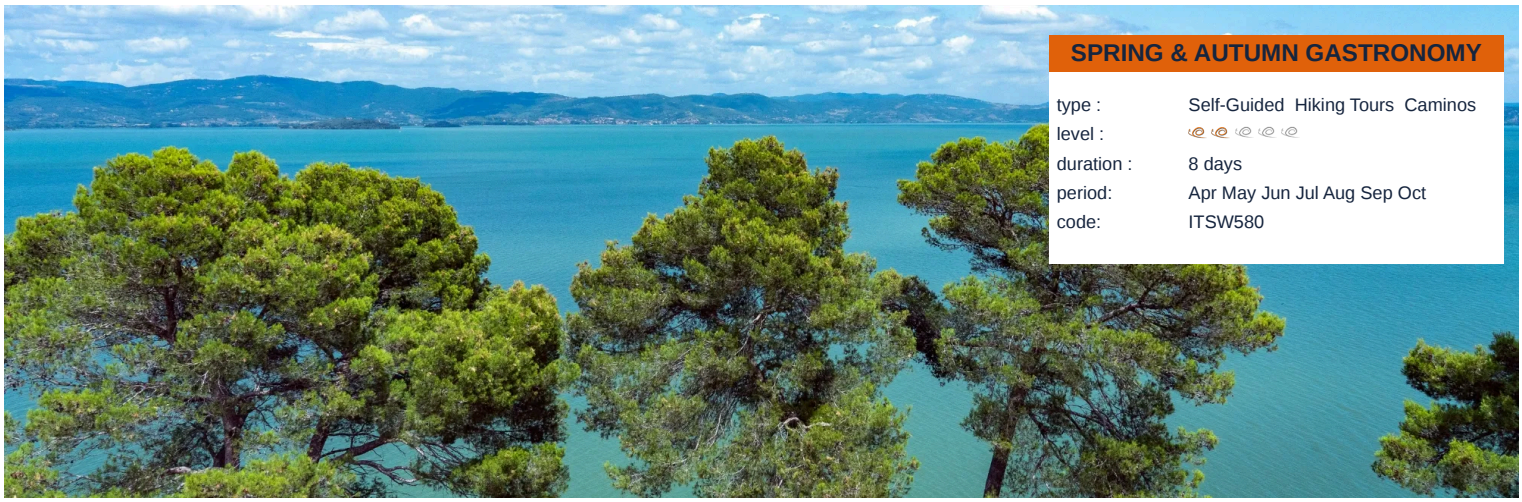


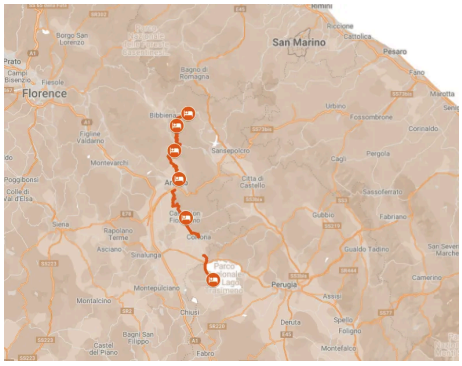
SPRING & AUTUMN GASTRONOMY

type :	Self-Guided Hiking Tours Caminos
level :	
duration :	8 days
period:	Apr May Jun Jul Aug Sep Oct
code:	ITSW580

Via Romea Germanica: Stage 2, La Verna to Castiglion del Lago - Italy

Via Romea Germanica: Stage 2, La Verna to Castiglion del Lago

8 days, PRICE FROM *€ 1008*



The Via Romea Germanica was the chosen route for the **majority of pilgrims from Northern Europe to reach Rome**: this stretch begins from the enchantment of Chiusi della Verna, with its sanctuary, and continues through the **Casentino Forests National Park** and then into the Etruscan lands of the **Arezzo** region, between Subbiano and Arezzo, a city that celebrates all sort of ancient beauty.

And then **Cortona**, a symbol of iconic **Tuscan beauty,** and Castiglion del Lago, the jewel of **Lake Trasimeno.**

Route

Day 1 Arrive in Chiusi della Verna

Arrive in Chiusi della Verna. Head for the hotel and check in. If you arrive early enough, you can visit the Franciscan Sanctuary in the afternoon. The Sanctuary is opened every day of the year from 06:30 to 19:30 hrs (22:00 hrs in summer) NOTE: To enter the Sanctuary, you need to cover your chest and arms and wear trousers / skirts long to the knee

Day 2 From Chiusi della Verna to Chitignano, 14,5 km

It is an easy hike along trails and forest tracks. You reach the Spring of St. Francis where, according to tradition, the saint brought water out of the rock. We suggest a 1-km detour to reach the medieval village of Sarna. The route then passes through the charming village of Rosina. Another suggested short detour can be made to approach Ubertini Castle. Today, there are no traces left of the original extensive walls, and the castle has been incorporated into a vast complex of buildings, taking on the appearance of a 17th-century villa. Of the three towers, one is clearly visible, with its crenellation, another round tower is under the present building, while only the foundations of the third remain.

Distance: 14,5 km

Elevation gain: +360/-790 m

Day 3 From Chitignano to Subbiano, 14,5 km

It is a comfortable hike through the agricultural landscape in the lower Casentino hills. It is worth making a small detour at the beginning of the route to see Poggio d'Acona hamlet. Then you walk pass the Valenzano Castle. The origins of the castle are lost in the obscurity of the Middle Ages and appear to predate the 10th century. The first nucleus arose in the late period of Lombard domination, between the end of the 1st and the beginning of the 10th century, as a lookout tower. It is thought that in Etruscan times, the tower was a garrison along the salt route, which was an essential commodity, in fact it was also used as currency. Presumably expanded between the 10th and 11th centuries, the fortified nucleus of Valenzano was owned by Lombard nobles, who shared the land with Camaldolese monks from the monasteries of Sasso and Selvamonda.

Distance: 14,5 km

Elevation gain: +360/-620 m

Day 4 From Subbiano to Arezzo, 20 km

It is a long hike that runs first along the Arno River and then across the plain that separates Arezzo from the beginning of the Casentino. The landscape is dominated by fields and hedges in the rural Tuscan tradition. Alon the route we suggest a short detour to reach the Pieve di Sietina. The stage can be shortened by about 8 km by taking the train at Subbiano-Capolona station and getting off at Giovi station.

Distance: 20 km

Elevation gain: +240/-260 m

Day 5 From Gaville to Castiglion Fiorentino, 21 km

It is a long hike through the hills of Valdichiana valley towards east. You pass through forests and wide stretches of countryside. Along the way there are sweeping views of the valley. You walk on country roads and trails passing sites of historical interest such as the Convent of Sargiano and the Pieve di Rigutino.

Distance: 21 km

Elevation gain: +700/-650 m

Day 6 From Castiglion Fiorentino to Cortona, 13,5 km

The hike of the day runs close to the plains, mainly on paved and dirt roads. At various points there are views of the valley, and in the final stretch Cortona appears to us in all its magnificence. The route pass by the Castle of Montecchio. The first settlements on the Montecchio hill date back to Etruscan-Roman times and perhaps a pagan sanctuary stood here. Around the 9th century, the castle was built here, originally a feud of the Marchiones and with interests of the Abbey of Farneta. Other feudal lords, such as the Orselli and Panzoni of Cortona or the Da Vitiano, also had rights there. In the early 13th century, Montecchio Vesponi was allied with the Municipality of Arezzo along with the other castles of Mammi and Monticello. Around 1234 it was purchased by the Municipality of Arezzo, which repopulated it, turned it into a 'semi-free' municipality and made it a stronghold against Castiglion Fiorentino and Cortona. Along the way we suggest a 600-meter detour to the monumental Etruscan tomb of Sodo.

Distance: 13,5 km

Elevation gain: +370/-205 m

Day 7 From Terentola to Castiglion del Lago, 13 km

A short train ride takes you to Terentola. The day route first crosses the countryside on the border between Tuscany and Umbria and then runs all along Lake Trasimeno with few possibilities of detours to hidden point of view of the lake. The town owes its name to the symbol of the family that once ruled over it; in fact, Castiglione derives from Castellum Leonis (Castle of the Lion), later vulgarised into Castellioni. Founded by the Romans under the name Novum Clusium (New Chiusi), it stands on a hill that in ancient times constituted the fourth island of Lake Trasimeno (the three islands that still exist are Maggiore, Minore and Polvese) before the strip of water separating it from the mainland was filled in.

Distance: 13 km

Elevation gain: +70/-30 m

Day 8 Depart from Castiglion del Lago

Last day included. Tour ends after breakfast.

Practical info

There are several trains per day from Rome PIsa and Florence, going to Arezzo, where you change train to Bibbiena and then a bus to Chiusi della Verna.

It is possible to book a transfer from Arezzo to Chiusi della Verna, or from Città di Castello to Rome or Florence.

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

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- 1 dinner
- luggage transportation from hotel to hotel
- maps and detailed description of the itinerary
- 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.