

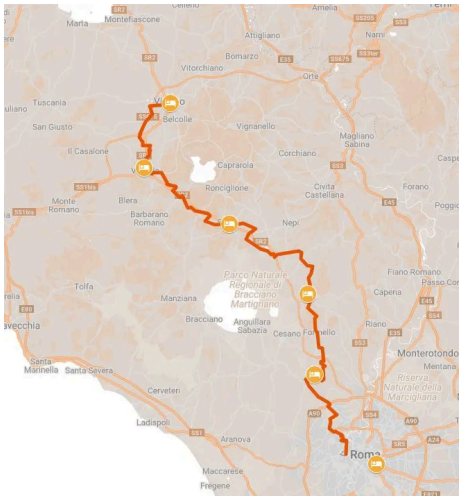
SPRING & AUTUMN GASTRONOMY

type :	Self-Guided Hiking Tours Caminos
level :	
duration :	8 days
period:	Mar Apr May Jun Jul Aug Sep Oct
code:	ITSM375

Via Romea Germanica: Stage 4, Montefiascone to Rome - Italy

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8 days, PRICE FROM *€ 728*



The last section of **Northern Via Francigena** is enchanting and surprising: would you ever expect to find an **ancient Etruscan road** right out Viterbo? And a **Roman amphitheatre** built in **tufa stone**? The remains of **ancient towers** rising through the chestnut trees? Enchanting forests, waterfalls and **Roman remains** in the depht of the forest?

This part of Lazio, called **Tuscia** (the land of Tusci, the **Etruscans**) has all of this and much more in store, surprising you with every step as you get closer and closer to Rome.

On the last day of the walk, there it is - the **St.Peter's Dome**, well visible from the Monte Mario park, and then it's the last steps through the crowded Vatican streets and through the columns of St.Peter's Square - and there you are, the place everyone wanted to reach, in the heart of the **Eternal City** and Italy itself.

Route

Day 1 **Arrive in Montefiascone**

Your trip starts in Montefiascone: not to be missed, a climp 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 the famous Est!Est!!Est!!!, which here tastes even better because it is produced locally.

Day 2 **From Montefiascone to Viterbo, 18 km**

We return to travelling along the ancient paved road of the **Via Cassia**, in a leg of our journey that takes us over hills dotted with charming views over **Montefiascone and Viterbo**; you will be able to enjoy a pleasant stop at the spa of **Bagnaccio**, recharging your batteries in its thermal waters before proceeding towards Viterbo, the end of your journey. To honour of our trip, do not miss visiting the pictoresque 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: 18 km

Elevation gain: +150/-465 m

Day 3 **From Viterbo to Vetralla, 22 km**

The second leg of the journey will take you towards **Vetralla**, a village in the heart of the ancient Etruscan area. On your arrival, treat yourself to a snack of **rustic bread** and the local extra-virgin olive oil, before enjoying a walk through the alleyways of the old town centre.

Distance: 22 km

Elevation gain: +525/-538 m

Day 4 From Vetralla to Sutri, 24 km

Continuing 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: 24 km

Elevation gain: +400/-400 m

Day 5 From Sutri to Campagnano, 25 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 bathe. 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!

If you feel like this stage may be too long, don't worry: you can make it shorter with brief stretches by public transport.

Distance: 25 km

Elevation gain: +350/-350 m

Day 6 From Campagnano to Giustiniana, 25 km

From Campagnano 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. You will then encounter the little village of **Isola Farnese**, clinging to a cliff surrounded by woods and dominated by the **Castello Farnese**: visits can be booked by internet and they offer a panoramic view of the surrounding valleys. The last stretch through the Roman countryside leads you to the small hamlet of Giustiniana, where you will overnight.

Distance: 25 km

Elevation gain: +580/-690 m

Day 7 From Giustiniana to Rome, 16 km

So, you have reached the last leg of your journey which separates you from the Eternal City. Since this is a metropolis, there is, unfortunately, heavy traffic along the last section of the route: the belvedere di Monte Mario, from which you will finally be able to glimpse the dome of Saint Peter's, however, makes the whole journey worthwhile and will soon make you forget the confusion of the big city. From here you will descend towards Piazza San Pietro, the arrival point of your journey and of the whole Northern Via Francigena. 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 have deserved it!

Day 8 Arrivederci Rome!

Last day included. Service ends after breakfast.

Accommodation

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

Hotel Riario - Viterbo
Hotel Riario is located in the center of Medieval Viterbo, in a builiding 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.

Albergo Da Benedetta - Vetralla
This hotel is a family business in the small town of Vetralla, 12 km south of Viterbo and it's suggests to those who have no many demands. Rooms are basic and simple with private bathroom, TV, free Wifi, air conditioning, but not well soundproofed. Staff is not very much present and breakfast is normal.

B&B Notti d'Oriente - Sutri
The B&B is located in the center of Sutri: the structure overlooks an ancient and picturesque street, while the interior of the B&B is in a rather modern style. Kind and friendly welcome of the owners, great breakfast.

Hotel Benigni - Campagnano
Hotel Ristorante Benigni is located in central Campagnano Di Roma surrounded by Veio's Park and by volcanic complex of Monti Sabatini. Rooms are simple and basic with private bathroom, air conditioning, TV, telephone and free Wifi. Restaurant is very esteemed. Average breakfast.

Resort La Rocchetta - Giustiniana
This Hotel is set in the little village of Giustiniana, and enjoys a quiet position despite being really close to the Capital. Rooms are furnished in a simple way, but they are spacious and comfortable. Staff is welcoming and helpful. Good italian breakfast.

Hotel Domus Sessoriana - Roma
The rooms of Domus Sessoriana are obtained from the cells of the monastery attached to the Basilica of the Holy Cross in Jerusalem. These are spacious, basic and clean. They have these comfort: air conditioning, satellite TV and free WiFi in common areas. Staff is courteous and helpful. Italian breakfast is served on the terrace.

Hotel Urbano V - Montefiascone
Hotel Urbano V is situated in a very tranquil position, in perfect balance with the architecture of the historical centre. Rooms are well-finished, clean and comfortable. These offer TV satellite, safe, air conditioning, free WiFi. Breakfast is rich and good.

Practical info

From any of the airports indicated (PEG, FLR, CIA, FCO), you can reach the central train station by public transport, and then take a train to Viterbo. Trains are direct from Rome, whereas you need to change either once or twice if you are travelling from Perugia or Florence.

From Rome, you can reach the main airports by either bus or train.

Check train timetables on 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

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- luggage transportation from hotel to hotel (max 1 item per person)
- 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
- official camino guidebook, shipped to the first hotel
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel