



**Walking tours in
Italia, for everyone**

BE INSPIRED

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Welcome to sloways

SloWays is the **Italian tour operator specialized in self-guided walking tours** along the great paths of Italy and Europe, located in the center of Florence, between the districts of Santa Croce and Sant'Ambrogio.

We are **experts** in organising free and group walking trips suitable for everyone: in fact walking holidays really are **for everyone**, whether you are an experienced hiker or a beginner on his or her first steps, we have the right adventure for you.

We will accompany you on the **great pilgrimage routes**, on **coastal** or **mountain** itineraries far from the usual destinations. All journeys begin with our feet: we have tested all journeys ourselves, carefully chosen the accommodation facilities, and created detailed and reliable documentation to guide you safely.



Self-guided trips



Embark on a journey without a guide or a group: **traveling solo**, guided by our documentation, detailing step by step where to go and what to do. Our support is always there: we book accommodations, transport your luggage, provide a comprehensive and user-friendly app, and offer a 24-hour active phone line. Don't waste time, **choose who to travel with and when to depart!**

Group trips



Uncover your fellow adventurers, bond over shared values and passions, embrace unique personalities, forge new friendships, and relish the joy of reaching your destination together. If this sounds like your ideal vacation, our **group trips are designed just for you.**



Responsible trips

We collaborate with **Rete Clima** to offset our tours 100% by supporting certified projects around the world.



The planet's resources are limited, the world is becoming increasingly crowded, and tourism is one of the high-impact aspects of our economic system.

At SloWays, we are aware of this, and we have considered how to **contribute** to minimizing your ecological footprint, recognizing that every action we take has an impact on the one beautiful planet we have.

Sustainability Certification

In August 2023, we officially obtained the highest certification, "Travelife Certified."



Travelife stated: *"The award is a recognition of SloWays' efforts and leadership position in sustainability and corporate social responsibility."*

The Travelife standard covers the themes of Corporate Social Responsibility ISO 26000, including environment, biodiversity, human rights, and labor relations, and is formally recognized as fully compliant with the Global Sustainable Tourism Criteria supported by the United Nations.

Via Francigena

The route of the **Northern Via Francigena**, from the **Great St. Bernard Pass** to **Rome**, is 1,000 km long. The route continues with the Southern Via Francigena to S. Maria di Leuca.

We have divided the itinerary into **packages**, but we also offer **shorter** trips, others **easier**, and also the **entire route** from the Great St. Bernard Pass to Rome.

Upon request, we can create a personal package that includes the stages you wish to travel, of the length you prefer.

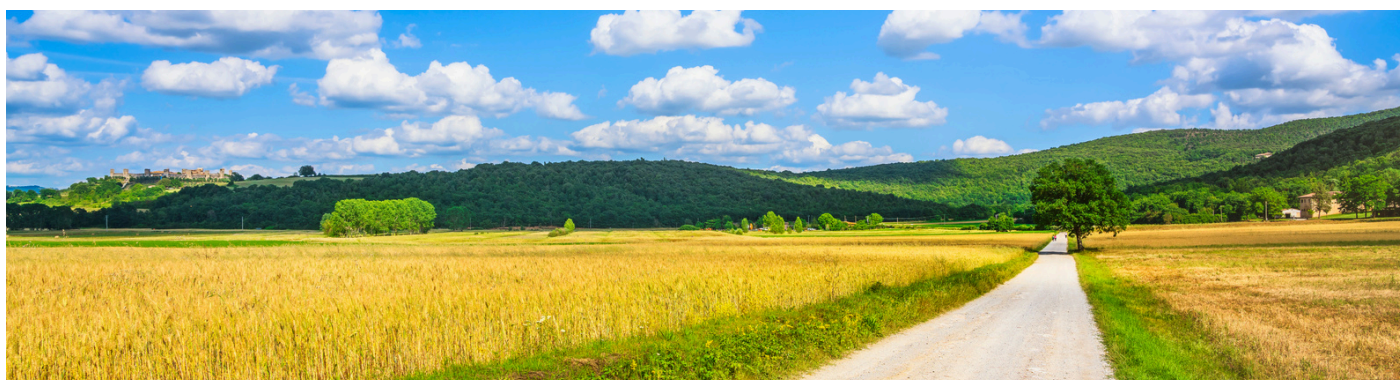
SloWays can accompany you on the entire route. **It's up to you to choose which section you want to tackle!**



The route is marked with metal signs, trail markers and specific symbols facilitating orientation.

The Via Francigena has a credential (pilgrim's passport) and a Testimonium (certificate attesting to having walked the route at the end of the official route).

Don't forget to buy it before you leave!



SLOWAYS

Via Francigena

Camino



The **Via Francigena** is an ancient road - or rather, a network of roads. From the Middle Ages until the early modern period, it was the most well-known and traveled route to reach **Rome**. Many have passed through it, pilgrims going to the apostles' martyrdom sites (such as the Archbishop Sigeric, the most famous of them), merchants, soldiers, and prominent figures of culture and art and travelers of the Grand Tour.

SloWays is well acquainted with the Via Francigena. For over 10 years, we have been contributing with **preserving, planning, mapping, securing, and promoting** the route .

We are **official partners of the European Association of the Via Francigena**. We can accompany you along the entire route. From the Great St. Bernard Pass to Rome and Santa Maria di Leuca, through the Via Francigena South. Making you discover things you will appreciate the most travelling by foot.



Via Francigena

We have divided the itinerary into **8 sections from the Great St. Bernard Pass to Rome**. **If you're unsure** which part of the route to choose, **write to us** and tell us what you expect, what you would like to see, your level of fitness, and any other information - we will respond by suggesting routes that we think might be most suitable for your needs.

Self-guided tours

STAGE 1: From G. S. Bernardo to Ivrea

Day 2:

From G. St. Bernard to Etroubles, 13.5 km

Day 3:

From Etroubles to Aosta, 15.5 km

Day 4:

From Aosta to Nus, 16 km

Day 5:

From Fiorenzuola to Fidenza, 22 km



Explore the trip from **Great St. Bernard to Aosta** on our website!



STAGE 2: From Ivrea to Pavia

Day 2:

From Ivrea to Viverone, 20 km

Day 3:

From Viverone to Santhià, 17 km

Day 4:

From Santhià to Vercelli, 27 km

Day 5:

From Robbio to Mortara, 14 km

Day 6:

From Mortara to Garlasco, 25 km

Day 7:

From Garlasco to Pavia, 25 km



Via Francigena

Self-guided tours

STAGE 3: From Pavia to Fidenza

Day 2:

From Pavia to Belgioioso, 16 km

Day 3:

From Pavia to Orio Litta, 22 km

Day 4:

From Piacenza to Fiorenzuola, 30 km

Day 5:

From Fiorenzuola to Fidenza, 22 km

STAGE 5: From Pontremoli to Lucca

Day 2:

From Pontremoli to Filetto, 17 km

Day 3:

From Filetto to Aulla, 15.5 km

Day 4:

From Aulla to Sarzana, 17 km

Day 5:

From Sarzana to Massa, 27/18.5 km

Day 6:

From Massa to Camaiore, 25/20 km

Day 7:

From Camaiore to Lucca, 25/23 km

STAGE 4: From Fidenza to Pontremoli

Day 2:

From Fidenza to Medesano, 22 km

Day 3:

From Medesano to Bardone, 22 km

Day 4:

From Bardone to Berceto, 21 km

Day 5:

From Berceto to Previdè, 18 km

Day 6:

From Previdè to Pontremoli, 10 km



Explore the **WEEKEND** package
on our website!"



Via Francigena

STAGE 6: From Lucca to Siena

Day 2:

From Altopascio to San Miniato, 29 km

Day 3:

From San Miniato to Gambassi Terme, 24 km

Day 4:

From Gambassi to San Gimignano, 13,5 km

Day 5:

From San Gimignano to Colle Val d'Elsa, 12 km

Day 6:

From Colle Val d'Elsa to Monteriggioni, 16 km

Day 7:

From Monteriggioni to Siena, 20 km

STAGE 8: From Viterbo to Roma

Day 2:

From Viterbo to Vetralla, 16 km

Day 3:

From Vetralla to Sutri, 24 km

Day 4:

From Sutri to Campagnano, 25 km

Day 5:

From Campagnano to Giustiniana, 25 km

Day 6:

From Giustiniana to Roma, 16 km

STAGE 7: From Siena to Viterbo

Day 2:

From Siena to Lucignano, 21 km

Day 3:

From Lucignano to Buonconvento, 13,8 km

Day 4:

Buonconvento to S. Quirico d'Orcia, 21,5 km

Day 5:

S. Quirico d'Orcia to Castiglion d'Orcia, 9 km

Day 6:

From Castiglion d'Orcia to Radicofani, 20 km

Day 7:

From Radicofani to Acquapendente, 25,6 km

Day 8:

From Acquapendente to Bolsena, 23 km

Day 9:

From Bolsena to Montefiascone, 17 km

Day 10:

From Montefiascone to Viterbo, 18 km



Discover the **EASY** and **WEEKEND** versions of these stages on our website!

Via Francigena Susa

Self-guided tours

on request

Day 2:

From Moncenisio to Susa, 15 km

We start walking: after crossing the Moncenisio pass, the lake and the hairpin bends of the Grand Staircase behind us, we take the 100-year-old royal road to **Susa**.



Day3:

From Susa to Vaie, 20 km

Today you leave Susa behind you: you head towards Urbiano, a hamlet of the village of Mompantero. Continuing along the path takes you to **Vaie**, known for the production of Canestrello, a local biscuit.

Day 5:

From Avigliana to Rivoli, 15 km

After saying goodbye to **Avigliana** continue towards **Alpignano**. The route continues in the direction of **Rosta**: built in Roman times along the Via Gallia from Turin to Montgenèvre.

Day 4:

From Vaie to Avigliana, 15 km

The Sacra di San Michele is a symbolic monument of Piedmont. The road then leads you to the historical centre of **Avigliana**: the medieval heart of the town is the Conte Rosso square, characterised by the ancient well.

Day 6:

From Torino to Chivasso, 29 km

Take the train to **Turin**; when you arrive, cross the **Po** and walk along the right bank of the river through the **Michelotti Park** and the **Meisino Nature Reserve** before continuing on to San Mauro Torinese.



Via Francigena South

From Rome to Terracina

Day 2:

From Roma to Castel Gandolfo, 26 km

Day 3:

From Castel Gandolfo to Cori, 21 km

Day 4:

From Cori to Sermoneta, 19 km

Day 5:

From Sermoneta to Sezze, 11 km

Day 6:

From Sezze to Terracina, 20 km

Self-guided tours 



From Rome to Santa Maria di Leuca to discover Southern Italy

Self-guided tours 



The itinerary of the Southern **Via Francigena** has **44 stages**, starting from **Rome** to **Santa Maria di Leuca**.

Upon request, we can create a package that includes the stages you wish to travel, of the length you prefer.





CREDITS: AEVF

Via Francigena South

Camino



The pilgrims traveling along the Via Francigena had different destinations, but one common dream: the '**pasagiumultramarinum**', the route partly over land and partly over sea, leading to the **Holy Land**, to **Jerusalem**.

Those departing from **Rome** and heading south usually followed the traces of **the Appian Way**, one of the oldest roads in Europe, until reaching the sea. There were numerous unforgettable monuments that the traveler could admire along the way: the **castle of Sermoneta** and the recounting of the **history of Fossanova**, are just a few of the rewards for the journey's hardships.

Magna Via Francigena, in Sicily

Self-guided tours

Day 1:

Arrival in Palermo

Immerse yourself immediately in the sparkling atmosphere of this **multicultural city**. Delight your senses with local cuisine as you savour the beginning of your adventure.



Day 2:

S. Cristina Gela to Corleone, 19/25 km

The trail leads to **Corleone**, sadly known for its mafia-related events, but worth rediscovering for its architectural heritage. The documentation center on the mafia and the anti-mafia movement is worth a visit.

Day 5:

From Cammarata to Sutera, 15 km

Skirt the railroad track to **Acquaviva Platani**. The last part of the stage leads to **Sutera**, a small gem on the other side of the massif, via a spectacular stretch over a rocky ridge.

Day 3:

From Corleone to Prizzi, 21 km

Once you leave Corleone, don't miss the beautiful **Due Rocche waterfall**. The trail then continues through vineyards and open fields. From **Lake Prizzi** a climb takes you to the the homonymous village.

Day 6:

From Sutera to Racalmuto, 23.5 km

Descend following the Platani River, to reach **Milena**. Then the path climbs among the hills with panoramic view of the surrounding villages. Your destination is **Racalmuto**, birthplace of Leonardo Sciascia.

Day 4:

Prizzi to Castronovo di Sic., 19/24 km

Much of today's walk takes place within the idyllic **Carcaci Nature Reserve**, habitat for numerous species of birds of prey. In the last part, within **Bosco Comuni**, you will walk to **Castronovo**.

Day 7:

From Racalmuto to Aragona, 11.5 km

Along today's stage you will pass through the town of Grotte. You will arrive near Aragona, famous for its macalubes. Then by train you will arrive in **Agrigento**, where you can explore the old city or visit the Valley of the Temples.

SLOWAYS

Magna Via Francigena

Camino

The **Magna Via Francigena** is not just a journey. It is a true path of discovery that slowly unfolds like a flower to reveal its vibrant heart. From the artistic and archaeological centers of the coast, we enter among the villages of the interior, through one of the last frontier routes. Abandon the ordinary and the stereotypes, welcome the unexpected, to discover the lesser-known sides of this beloved and controversial island.

The strength of the Magna Via is in the **vast open landscapes** and the **people** who animate them. You will meet young Totò, who will captivate you with his enthusiasm. Giuseppe will catch you with his contagious energy. You will taste Francesca's homemade tart. "The Professor", who lives and breathes his land, will tell you all the stories and legends of his country. The route connects two ancient port cities- **Palermo** and **Agrigento**-through a system of trazzere (ancient dirt paths) that links inland villages.



Via degli Dei

Self-guided- 8 DAYS

 Discover the **EASY** version of this trip on our website!

Day 2:

From Bologna to Sasso Marconi, 20 km

The walk begins by crossing **Tolon Park**, where you'll find the Casalecchio lock. After crossing the Vizzano Suspension Bridge, you'll arrive in **Sasso Marconi**.

Day 5:

Bruscoli to S. Piero a Sieve, 21/28 km

Today continue to the **Passo della Futa**, the largest German cemetery in Italy. Today's highest peak is M. Gazzaro. From its white cross you can enjoy the view of Mugello.

Day 3:

From Badolo to Monzuno, 16 km

Today's protagonist is the **Pliocene Spur**, a majestic rock face formed between 2 and 5 million years ago where the sea once was.

Day 6:

San Piero to Sieve all'Olmo, 20 km

On your way you'll encounter the **Medici Trebbio Castle** where Amerigo Vespucci stayed overnight. Continue through olive groves to the sanctuary of **Montesenario**.

Day 4:

From Monzuno to Bruscoli, 19 km

Today you will pass from immense green meadows to chestnut forests. Travel along the old **military Flaminia**, ancient Roman road that connected Bologna to Arezzo.

Day 7:

From Olmo to Florence, 11 km

Today you pass through places that combine history and myth such as **Vetta Le Croci**. Then continue to Fiesole, an Etruscan town built on a natural balcony overlooking **Florence**.

Group Trip - 6 DAYS

DAY 1:

From Bologna to Sasso Marconi, 20 km

DAY 2:

From Sasso Marconi to Monzuno, 22.8 km

DAY 3:

From Monzuno to Monte di Fo, 29 km

DAY 4:

From M. di Fo to S. Piero a Sieve, 22.5 km

DAY 5:

From San Piero to Sieve a Olmo, 20.2 km

DAY 6:

From Olmo to Florence, 18.5 km



Our curated selection of travel dates for 2024!

1 - 6 April	4 - 9 August
14 - 19 April	6 - 11 August
6 - 11 May	11 - 16 August
12 - 17 May	18 - 23 August
19 - 24 May	20 - 25 August
21 - 26 May	25 - 30 August
2 - 7 June	1 - 6 September
4 - 9 June	3 - 8 September
18 - 23 June	9 - 14 September
23 - 28 June	24 - 29 September
25 - 30 June	30 - 5 October
2 al 7 July	7 - 12 October
9 al 14 July	22 - 27 October
21 26 July	29 - 3 November
30 - 4 August	

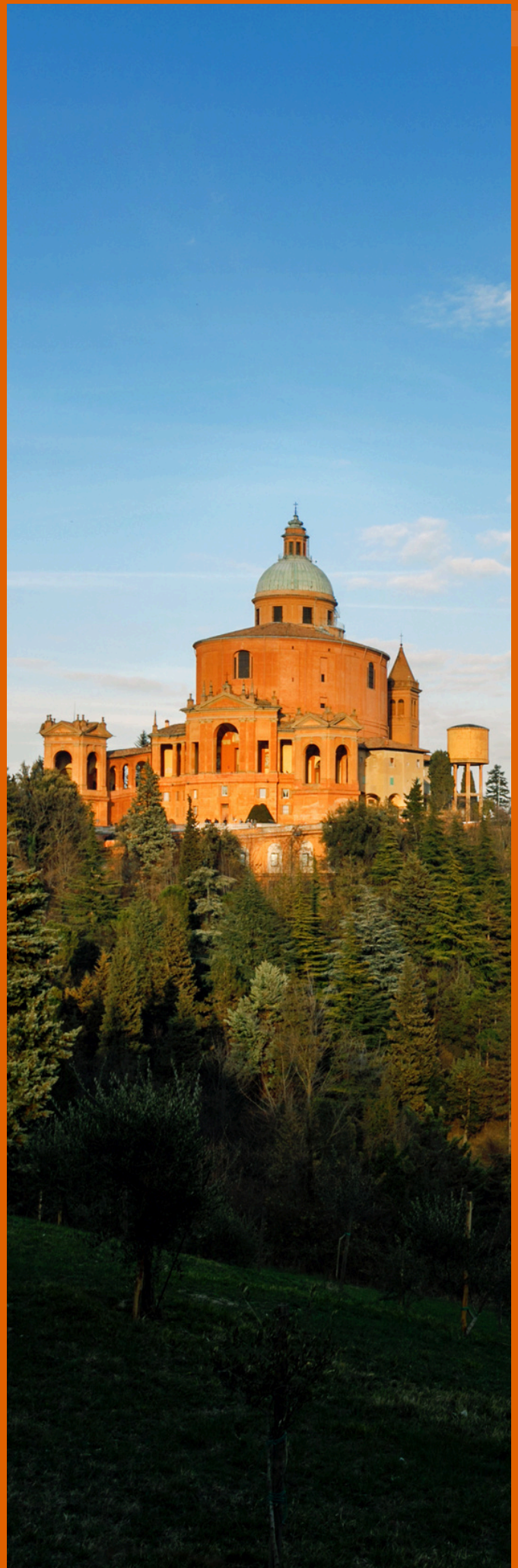
Via degli Dei

Camino

An **ancient military road** connects **Bologna** to **Florence**, traversing landscapes where nature and history come together in a six-day-long tale of walking.

Have you ever heard of the **Via degli Dei**? From Bologna we set off for Florence along the ancient **Roman "Flaminia Militare"**. Sections of the ancient Roman pavement are still perfectly preserved and we will tread them in the silence of the woods. Along the way mountains with the names of Gods, Roman amphitheaters, military cemeteries guarded by the silence of the trees, and fossils of prehistoric shells embedded in the mountain rock.

From **Piazza Maggiore** to **Piazza della Signoria**, in the cradle of the Renaissance: Florence. After admiring the work of nature, we will find in its streets overflowing with art and wonder the highest expression of human mastery.



St. Francis Way

Describing the **St. Francis Way** is challenging: those who have traveled this route know it **strikes chords within us** that words cannot fully capture.


Following in the footsteps of Francis in the **green heart of Italy** means immersing oneself in woods and olive groves, villages where time seems to stand still, humble **hermitages** and majestic **cathedrals**; **Spello** with its flower-filled alleys, **Spoleto** and its fortress, **Anghiari** and its medieval centre, the infinite energy of **Assisi**.



They are connected by river paths between poplars and willows; **trails immersed in the forest**, where stopping to listen to the silence is as important as walking.

A journey that is more like a prayer or meditation, where everything is connected.



The route is marked with specific signs that include the Tau symbol  facilitating orientation

The Saint Francis Walk has a credential (pilgrim's passport) and a Testimonium (certificate certifying that the pilgrim has walked the official route).



Don't forget to buy it before you leave!





Saint Francis Way

Camino



St. Francis' Way is an itinerary that traces the symbolic places of the life of the **Saint of Assisi**.

The landscapes you will admire are the same ones that warmed **Francis'** simple heart. The stopping places retain the memory of his words and deeds; the people you meet along the way are connected to him.

Walking the Saint Francis Way, then, constitutes an authentic **journey of the spirit**, which meets the human desire to **seek** in the depths of oneself the **meaning** of one's **existence**.

St. Francis Way

Self-guided tours

STAGE 1:

Firenze-Chiusi della Verna

Day 2:

From Pontassieve to Consuma, 17,5 km

Day 3:

From Passo della Consuma to Stia, 14,7 km

Day 4:

From Stia to Camaldoli, 15,8 km

Day 5:

From Camaldoli to Badia Prataglia, 8 km

Day 6:

From B. Prataglia to Casa Santicchio, 10 km

Day 7:

From C. Santicchio to Chiusi della Verna, 9 km

STAGE 3:

Città di Castello - Assisi

Day 2:

From Città di Castello to Pietralunga, 15 km

Day 3:

From Pietralunga to Mocaiana, 18 km

Day 4:

From Gubbio to Valfabbrica, 23 km

Day 5:

From Valfabbrica to Assisi, 13 km

STAGE 2:

La Verna - Città di Castello

Day 2:

From La Verna to Caprese Michelangelo, 13 km

Day 3:

From Caprese Michelangelo to Anghiari, 20 km

Day 4:

From Sansepolcro to Citerna, 16 km

Day 5:

From Citerna to Città di Castello, 20/16 km

OUR TIPS:

- Stop at the fascinating Hermitage of Camaldoli;
- Visiting the Sanctuary of La Verna;
- Discover the medieval centre of Anghiari;
- Walk in the forest of Francis a few steps from the Basilica of Assisi.



St. Francis Way

Self-guided tours

STAGE 4: From Assisi to Spoleto

Day 2:

From Assisi to Spello, 15,3 km

Day 3:

From Spello to Vegnole, 10 km

Day 4:


From Uppello to Bovara di Trevi, 20 km

Day 5:

From Bovara di Trevi to Poretta, 12 km

Day 6:

From Poretta to Spoleto, 15 km

 Discover the **EASY** version of this trip on our website.

STAGE 6: From Rieti to Roma

Day 2:

From Maglianello to Poggio S. Lorenzo, 18 km

Day 3:

From Poggio S. Lorenzo to Poggio Moiano, 10 km

Day 4:

From Scandriglia to Nerola, 14 km

Day 5:

From Nerola to Palombara Sabina, 19 km

Day 6:

From Palombara Sabina to Monterotondo, 18 km

Day 7:

From Monterotondo to Cesarina - Roma, 12,5km

STAGE 5: From Spoleto to Rieti

Day 2:

From Spoleto to Ceselli, 15 km

Day 3:

From Ceselli to Arrone, 15 km

Day 4:

From Arrone to Pediluco, 13 km

Day 5:

From Pediluco to Poggio Bustone, 19 km

Day 6:

From Poggio Bustone to Rieti, 12 km

OUR TIPS:

- Visit the caves of the Hermitage of the Carceri;
- Walk in the footsteps of Goethe along the Ponte delle Torri to Spoleto;
- Stroll through the historic centres of ancient Rieti and Monterotondo;
- Celebrating the end of the journey in Rome, the Eternal City.



The way to Matera, through Puglia



Self-guided tours 

OUR TIPS:

- Walk along ancient sheep-tracks through olive, almond and cherry trees;
- Discover the warm hospitality of the people of Puglia and Basilicata;
- Visit the Sassi di Matera, a UNESCO World Heritage site since 1993;
- Be surprised by historical jewels such as Altamura and Gravina;
- Taste the gastronomic delights and wines of this region.

Day 1:

Arrival in Bari

Your journey begins in **Bari**. Stroll along the lungomare admiring its Liberty-style buildings. A visit to the **Church of San Nicola** is a must. Also, don't miss a walk through the lively streets of **Bari Vecchia**.

Day 2:

From Cassano to Santeramo, 21,5 km

Today you delve into the **Mesola** forest: you walk among oaks, holm oaks and Aleppo pines. Along unpaved roads and dry stone walls, among pine forests and fields populated by flocks of sheep, you reach **Santeramo in Colle**.

Day 3:

From Santeramo to Altamura, 24 km

Today's route winds through the **Alta Murgia National Park**. **Altamura** awaits you, a town founded by Frederick II of Swabia, offering an authentic glimpse of Apulian life.

Day 4:

From Altamura to Gravina, 20 km

Today the path is through open countryside: fields of grasses and sunflowers, vegetable gardens and fields. **Gravina**, the town you reach today, means "ravine": the town is literally built on the edge of a wide canyon.

Day 5:

From Gravina to Borgo Picciano, 10 km

Cross the stone bridge: on both sides of you stretches the immense Gravina. Below your feet is the **Via Appia** that connected Rome to Brindisi. Further along the path leads you to the **Archaeological Park of Botromagno**.

Day 6:

From Lago San Giuliano to Matera, 16 km

We follow woods and gentle hills to **Matera**. Houses carved into the rock, a testament to a past that was once a shame of Italy but has now become a **UNESCO World Heritage Site**. A true open-air museum!



Materano Trail

Camino



You are walking along a **quiet** road, between the **intense green** of the fields and the bright yellow of the sun. The morning air is cool and crisp and caresses your face. The only sound is that of your footsteps - to a distant bleating of sheep, a flock led by a shepherd who greets you with a smile.

One day olive groves, almond trees and wild flowers accompany you along a pleasant and relaxing path, perfect for thinking; the next, you will venture through bushes, fields and small ravines. You will arrive in **Matera**, a magical place like no other in the world - a **little Jerusalem** with an Italian soul, a living nativity scene animated all year round.

Via Romea Germanica

Self-guided tours

The **Via Romea Germanica**, named after the 'Germanic' countries of Northern Europe from which pilgrims traditionally started their journey to Rome, is a **historic** route.

Our itinerary starts from the lively university town of **Forlì** to the heart of **Rome**. You will pass through the forests of the Casentino and the **sanctuary** of Chiusi della Verna to Castiglion del Lago, on the shores of Lake Trasimeno; from the "**Civita di Bagnoregio**" to the Etruscan sites of **Arezzo**; from the beauty of the Tuscan-Romagna **Apennines** to the well-preserved Roman roads and tufa amphitheatres of Lazio.

STAGE 1:

From Forlì to Chiusi della Verna

Day 2:

From Forlì to Civitella di Romagna, 14 km

Day 3:

From Civitella di Romagna to S. Sofia, 14 km

Day 4:

From Santa Sofia to S. Piero in Bagno, 21 km

Day 5:

From S. Piero in Bagno to Agriturismo, 14 km

Day 6:

From Agriturismo to Chiusi della Verna, 10 km

STAGE 2:

From Chiusi della Verna to Castiglion Del Lago

Day 2:

From Chiusi della Verna to Chitignano, 14,5 km

Day 3:

From Chitignano to Subbiano, 14,5 km

Day 4:

From Subbiano to Arezzo, 20 km

Day 5:

From Gaville to Castiglion Fiorentino, 21 km

Day 6:

From Castiglion Fiorentino to Cortona, 13,5 km

Day 7:

From Terontola to Castiglion del Lago, 13 km

STAGE 3:

From Castiglione del Lago to Montefiascone

Day 2:

From Castiglion del Lago to Paciano, 25 km

Day 3:

From Paciano to Città della Pieve, 17 km

Day 4:

From Città della Pieve to Orvieto, 15 km

Day 5:

From Orvieto to Bagnoregio, 17 km

Day 6:

From Bagnoregio to Bolsena, 16 km

Day 7:

From Bolsena to Montefiascone, 17 km

STAGE 4:

From Viterbo to Rome

Day 2:

From Viterbo to Vetralla, 16 km

Day 3:

From Vetralla to Sutri, 24 km

Day 4:

From Sutri to Campagnano, 25 km

Day 5:

From Campagnano to Giustiniana, 25 km

Day 6:

From Giustiniana to Roma, 16 km



Via Romea Germanica

Camino

In ancient times and until the early 19th century, the practice of pilgrimage was a **mass phenomenon** that involved millions of people across Europe.

The '**Vie Romee**' throughout history were numerous. They varied depending on the starting points, the conditions of the roads, the presence of wars and brigandage. But also based on the presence of safe havens, often among ecclesiastical and monastic orders.

The Via Romea Germanica is one of the many routes devised as the "**Via Melior**" in the 13th century for pilgrims from Northern Europe. The altitudes of the Brenner and the Serra are indeed the lowest and safest passes to cross. This was also the preferred route for Saxon emperors and the German world since the 10th century.



Cammino di Oropa: Piedmont's Alpine pilgrimage

Self-guided tours 



OUR TIPS:

- Admire the shimmer of Lake Viverone from the hills of Roppolo;
- Visit the ancient ricetti, the small fortified medieval towns;
- Immerse yourself in the serenity of the Graglia Sanctuary.

Day 1:

From Santhià to Roppolo, 15 km

From Santhià take the Via Francigena. Follow the hills of the **Ivrea morainic amphitheatre** and stop at **Cavaglià**. Your destination is **Roppolo**, dominated by an imposing castle. Watch the sunset from **Lake Viverone**.

Day 3:

Sala Biellese to Graglia Sanctuary, 15 km

Immerse yourself in the ancient woods of the **Serra Morenica**. As you ascend, the views of the Alps become more enchanting. The destination for today is the **Sanctuary of Graglia**, nestled at the foot of **Mombarone**.

Day 2:

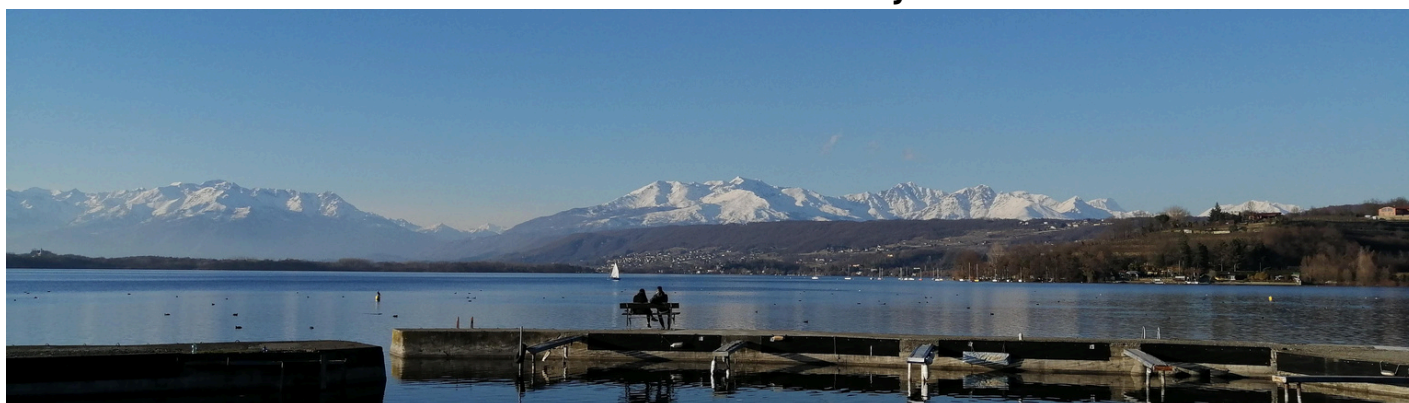
From Roppolo to Sala Biellese, 16 km

It's time to immerse yourself in nature: head for the **Serra d'Ivrea**. Then ascend to the village of **Zimone**, where you can visit the Monastery of Bose, home to Father Bianchi's community, before arriving in **Sala Biellese**.

Day 4:

From Graglia S. to Oropa Sanctuary, 15 km

Today you will walk through woods and mule tracks along the side of the **Mombardone**. From **Favaro**, the final ascent towards the Sanctuary begins. Following the route of the Tranvia you reach the final point of your walk: **the Marian Sanctuary**.



SLOWAYS

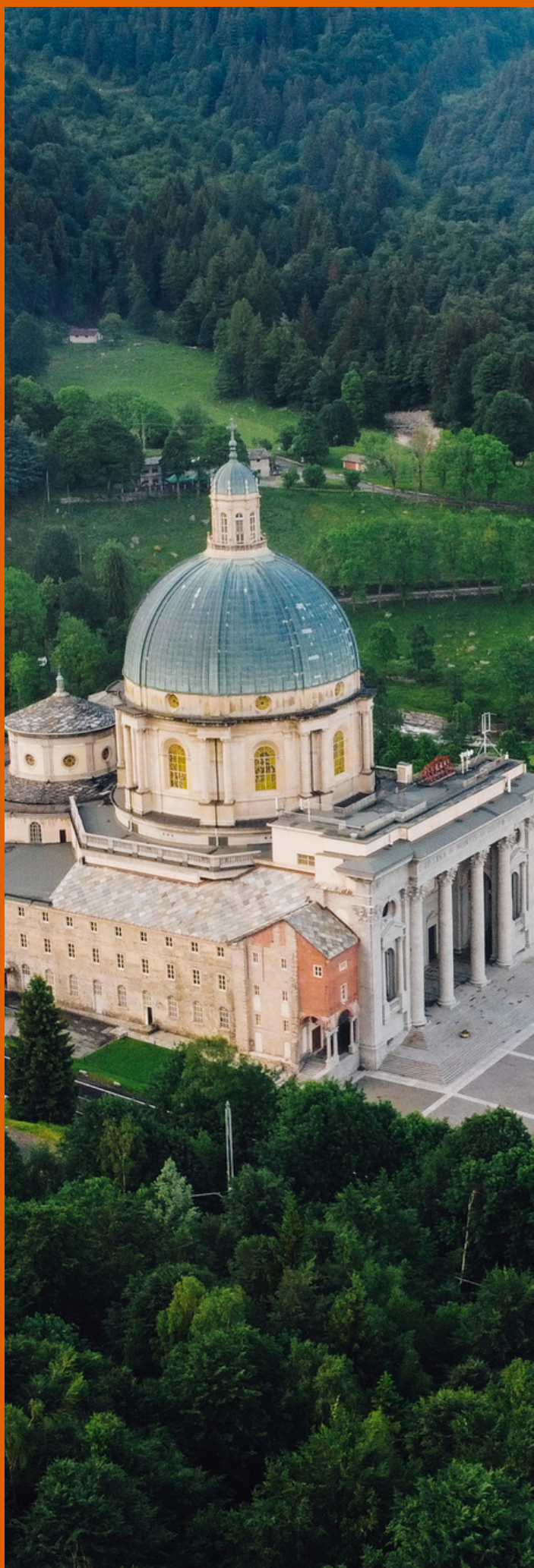
Cammino di Oropa

Camino

Did you know that between the Po plain and the slopes of the Piedmontese Alps lies a wonderful area characterised by **unspoiled nature**? It is the **Biellese**, and the **Cammino di Oropa** is the best way to explore it.

A four-day journey, from **Santhià** to the **Sanctuary of Oropa**, one of the most important places of Marian worship in the world, whose dome is visible from much of Piedmont; four varied and beautiful stages, amidst the nature and historical-artistic beauty of an area that stretches from the agricultural plain towards the **Serra Morenica** - the largest morainic amphitheatre in Europe - to the **Biellese Alps**.

A perfect journey for those who want to tackle a route in stages of increasing difficulty, which surprises and entertains even the most experienced walkers. The Cammino di Oropa has a **credential** (pilgrim's passport) and a Testimonium (certificate certifying that the route has been walked).



Il cammino di San Jacopo

Self-guided tours

on request

Did you know that there is a **small Camino de Santiago in Tuscany**? It is the Cammino di San Jacopo, from **Florence to Lucca**: on the **Via Cassa-Clodia**, a true stretch of the Way to Santiago that leads from the cradle of the Renaissance to the walls of Lucca through **Prato, Pistoia, the little Santiago**. Among the treasures kept in the cathedral is the **relic of San Jacopo**, which arrived in Pistoia directly in Compostella in 1145.



Day 1:

From Firenze to Prato, 14/27 km

On your way, **Medici villas**, Etruscan archaeological sites, churches and small villages. Pass the castle of **Calenzano** and reach **Prato**, known for its mixture of cultures complement each other.

Day 3:

From Pistoia to Pescia, 10/29 km

Ascend **Colle Lucense**, through undulating hills, from the Pieve di Groppoli to **Serravalle** to **Montecatini**. Proceed onward to **Stignano**, **La Costa**, and **Uzzano**. The day's destination is **Pescia**, with its beautiful Cathedral.

Day 2:

From Prato to Pistoia, 20/27 km

Say goodbye to Prato and walk along the **Bisenzio** riverbank. The itinerary is full of surprises: **Figline**, the Protected Area of **Monteferrato**, the Rocca of **Montemurlo**, and finally **Pistoia**, 'the little Santiago'.

Day 4:

From Pescia to Lucca 20/27 km

The fairy tale isn't over; it continues with that of **Pinocchio**: in fact, you follow the "Via della Fiaba" (Fairy Tale Route) all the way to **Collodi**, the village of the world's most famous puppet. **Lucca** is the pearl enclosed by medieval walls.





Cammino di San Jacopo

Trail



Did you know that in Tuscany there's a **small Camino de Santiago**? It's the **Cammino di San Jacopo**, from Florence to Lucca: four days of walking along the route of the Via Cassia-Clodia, a true section of the Camino towards Santiago that leads from the cradle of the Renaissance to the walls of Lucca passing through Prato, Pistoia - the little Santiago - and Pescia.

Prato, the first stop, is a little-known gem, with its Swabian castle, its cathedral made of multicolored marble, and the influence of the Chinese community that enlivens and enriches it. Then there's **Pistoia**, which houses in its **Cathedral the relic of San Jacopo**, directly from Compostela; the medieval village of Pescia and nearby Collodi, the city of Pinocchio, until reaching medieval Lucca.

Via Lauretana Toscana, from Siena to Cortona

Self-guided tours 

OUR TIPS

- Visit the natural, artistic and cultural treasures of the Val d'Orcia, a UNESCO World Heritage Site;
- Admire the marvellous landscapes, wide open fields, hills of cypresses and vineyards;
- Stroll through the incredibly well-preserved medieval and Renaissance villages;
- Relax while walking along quiet country roads;
- Taste the gastronomic delights and wines of this region.



Day 1:

Arrival in Siena

History comes to life as you wander the narrow streets of this **Italian gem**. Don't forget to tour the shell-shaped Piazza del Campo and admire the Duomo.

Day 4:

From S. di Rapolano to Sinalunga, 20 km

This is a long walk through the Tuscan countryside: we leave the Crete Senesi and enter the oak forests that separate us from **Sinalunga**. Along the way, admire the amazing views of the **Valdichiana**.

Day 2:

From Vescona to Asciano, 16 km

Pass through the famous 'Biancane di Leonina' and the 'Sito Transitorio'. Continue through the '**Crete Senesi**' until the 'Eroica'. Follow this legendary route to **Asciano**, the heart of the **Via Lauretana**.

Day 5:

From Sinalunga to Farneta, 18 km

Walk along country roads, through fields, along the banks of canals dug to drain the valley for land reclamation. Halfway along, you can take a short detour to visit the centre of **Bettolle**.

Day 3:

From Asciano to Serre di Rapolano, 14 km

This is an easy walk through the **heart of the Crete Senesi**. You can enjoy a splendid view of the iconic Tuscan hillside **landscapes enriched** by old stone houses and lined **cypress trees**.

Day 6:

From Farneta to Cortona, 16 km

It is a long but gentle walk through the plains and hills of the **Valdichiana**. From here on, the path coincides with the **Via Romea Germanica**. We continue towards **Cortona**, the final destination of our journey.

SLOWAYS

Via Lauretana Toscana

Camino

This linear journey through the Tuscan landscape of the **Crete Senesi**, **Val d'Orcia** and **Val di Chiana** follows the pilgrimage path of the **Via Lauretana**, which, after Cortona, continues to Loreto in Abruzzo.

Crossing through the most **classic** and **photogenic** of **landscapes**, you will encounter a land of serene natural beauty amid open farmland, deep valleys, dense forests and ancient villages. Passing by picturesque farmhouses nestled amidst olive groves, vineyards and fruit trees, you will reach the **thermal village of Rapolano**, where you can bathe in the warm thermal pools, stay overnight in the hilltop towns and visit the heavenly medieval and Renaissance cities of **Siena** and **Cortona**.

Don't forget to taste the divine **local reds**, **Brunello** and **Rosso di Montepulciano**.



Via Amerina, in Northern Latium

OUR TIPS:

- Visit Orte and its underground city;
- Admiring its Nature Reserves: Cavo degli Zucchi and Parco Valle del Treja;
- Getting lost in the alleys of the medieval villages you encounter along the way;
- Tasting the food and wine of the Via Amerina.

Self-guided tours 

Day 1:

Arrival in Orte

Located at the center of the **Tiber Valley**, situated on a high tuffaceous cliff, **Orte** was considered an important commercial stop. Enjoy a stroll through its narrow streets.



Day 2:

From Amelia to Orte, 19 km

Amelia is famous for its medieval centre. Continue towards the Tiber River as you enter the Latium countryside. On the horizon you can see the cliff of Orte, with its unique shape that has attracted many artists.

Day 3: From Orte to Agriturismo, 10 km

Leaving Orte, the route continues at the foot of the village's cliff. It heads towards **Vasanello**, passing through the rock settlement of Palazzolo, the remains of medieval dwellings, and the Via Cava.

Day 4:

From Agriturismo to Corchiano, 12 km

You will find yourself among vineyards and hazelnut groves. Here you will find the remains of the pavement of the **ancient Via Amerina**, near the **WWF Natural Monument Pian Sant'Angelo** (visitable by appointment).

Day 5:

From Corchiano to Nepi, 18 km

The stage of the Via Amerina that reaches **Nepi** continues to be rich in naturalistic and archaeological wonders: in fact, it passes through the archaeological site of **Falerii Novi** and the **Cavo degli Zucchi Necropolis**.

Day 6:

Calcata to Campagnano di Roma, 19 km

Continuing from **Calcata Vecchia**, today's route takes you to the characteristic village of **Campagnano di Roma**, a stone's throw from the Eternal City, Rome

Day 7:

From Campagnano to La Storta, 22 km

The excursion takes place along the Roman countryside. The route is fairly flat with dirt roads or country paths, with only a few hills at the end. From **La Storta** take the train to **Rome**.

SLOWAYS

Via Amerina

Lazio

The **ancient Via Amerina** winds through the historic heart of upper Lazio, unveiling hidden necropolises and **enigmatic** ruins as it passes quaint villages and untouched forests on its journey from **Amelia** to **Rome**.

Today, it stands as one of the best-preserved roads in **southern Etruria**. It's a **pristine gem** for hikers seeking trekking adventures near Rome, the Eternal City. Built in the 4th century BC during Roman expansionism, the Via Amerina was strategically constructed by the Romans to bypass major Faliscan settlements, thus isolating them and preventing further revolts.

A **captivating place**, rich in **charm** and **mystery**: the Via Amerina is a treasure trove of **invaluable archaeological wonders**. Faliscan tombs, rock settlements, ancient roads carved into stone, towers, castles, medieval towns, and prehistoric caves await you, along with the natural splendor of gorges and lush vegetation.











Camino de Santiago

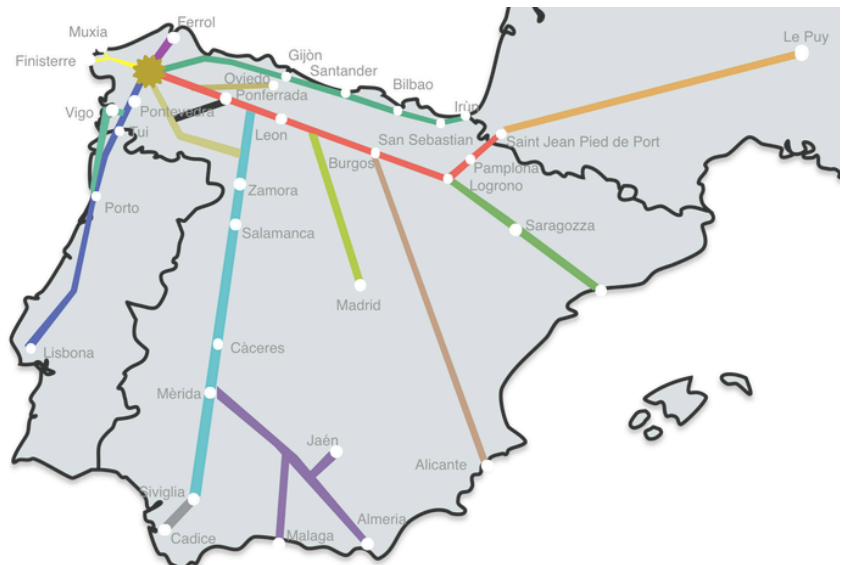
The **Camino de Santiago** needs no introduction: it is the **most popular pilgrimage route** in the world.

The most frequented and popular route is the **French** one, which starts in Saint-Jean-Pied-De-Port and arrives in Santiago, crossing Spain: **the last 100 km**, from Sarria to Santiago, allow you to obtain the coveted **Compostela**, the certificate of completion of the Camino.

However, we invite you to discover the **variations** to the most well-known route: explore them and choose which one is right for you!



-  **Cammino Francese**
-  **Cammino del Nord**
-  **Cammino Portoghese**
-  **Cammino Ruta de la Plata**
-  **Cammino Inglese**
-  **Cammino Primitivo**
-  **Cammino di Le Puy**
-  **Cammino di Finisterre**



Self-guided tours

Camino Sanabrese

Day 2:

From Ourense to Cea, 22,5 km

Day 3:

From Cea to Gouxa, 19 km

Day 4:

From S. Domingo to Ponte Taboada, 20,5 km

Day 5:

From Sillede to Vedra, 24 km

Day 6:

From Vedra to Santiago de Compostela, 19,5 km

From Sarria to Santiago

Day 2:

From Sarria to Portomarin, 22 km

Day 3:

From Portomarin to Palas del Rei, 25 km

Day 4:

From Palas del Rei to Arzua, 29 km

Day 5:

From Arzua to Rua, 18 km

Day 6:

From Rua to Santiago de Compostela, 21 km



Camino de Santiago

Camino



One of the most well-known pilgrimages in the world for its **spiritual significance** and beyond: the **Camino de Santiago** is a symbol of challenging oneself, of deep spirituality, and of the inner growth that individuals aspire to throughout their lives. An **intense and emotional experience**, its keyword is the sharing of stories and unique moments.

You can choose to walk the Camino de Santiago along its various routes or start from the last 100 km necessary to receive the **Compostela**. You can stay in the hotels we have chosen to collaborate with if you prefer comfort and privacy; if you instead enjoy experiencing the essence of sharing, you can opt for hostels.

Camino de Santiago

From Le Puy in Velay to Aumont Aubrac

Day 2:

From Le Puy in Velay to S. Privat d'Allier, 23 km

Day 3:

From S. Privat d'Allier to Saugues, 19 km

Day 4:

From Saugues to Saint Alban, 33 km

Giorno 5:

From Saint Alban to Aumont Aubrac, 21 km

From Roncesvalles to Logroño

Day 2:

From Roncesvalles to Zubiri, 22 km

Day 3:

From Zubiri to Pamplona, 20 km

Day 4:

From Pamplona to Puente la Reina, 23 km

Day 5:

From Puente la Reina to Estella, 25 km

Day 6:

From Estella to Los Arcos, 21 km

Day 7:

From Los Arcos to Logroño, 29 km

From Aumont Aubrac to Conque

Day 2:

From Aumont Aubrac to Nasbinals, 26 km

Day 3:

From Nasbinals to S. Chely d'Aubrac, 16 km

Day 4:

From S. Chely d'Aubrac to Espalion, 22 km

Day 5:

From Espalion to Estaing, 12 km

Day 6:

From Estaing to Golinac, 14 km

Day 7:

From Golinac to Conques, 21 km

From Tui to Santiago

Day 2:

From Tui to O Porriño, 16 km

Day 3:

From O Porriño to Arcade, 23 km

Day 4:

From Arcade to Pontevedra, 12 km

Day 5:

From Pontevedra to Caldas dei Rei, 21 km

Day 6:

From Caldas dei Rei to Padron, 18 km

Day 7:

From Padron to Santiago, 20 km

Cammino del Nord

Day 2:

From Fuenterrabia to San Sebastián, 21 km

Day 3:

From San Sebastián to Orio, 16 km

Day 4:

From Orio to Zumaia, 17 km

Day 5:

Camino del Norte and Geoparco Flysch, 12,5 km

Day 6:

From Olatz to Marquina-Jeméin, 18 km

Day 7:

Loop from Marquina-Jeméin, 13 km



Camino de Santiago

Camino Primitivo

Day 2:

From Oviedo to Samo de Grado, 26 km

Day 3:

From Grado to Salas, 22,5 km

Day 4:

From Salas to Tineo, 20 km

Day 5:

From Tineo to Campiello, 14 km

Day 6:

From Borres to Berducedo, 22/18 km

Day 7:

From Berducedo to Grandas de Salime, 15 km

Day 8:

Rest day

Day 9:

From Grandas to Fonsagrada, 20/25 km

Day 10:

From Fonsagrada to Paradavella, 15 km

Day 11:

From Paradavella to Castroverde, 20 km

Day 12:

From Castroverde to Lugo, 22 km

Day 13:

From Lugo to Ferreira, 26,5 km

Day 14:

From Ferreira to Melide, 20 km

Day 15:

From Melide to Arzúa, 14 km

Day 16:

From Arzúa to A Rua, 18 km

Day 17:

From A Rua to Santiago, 21 km

The Camino de Santiago has a **credential** (pilgrim's passport) and the Compostela (certificate that certifies the completion of at least the last 100 km).

Don't forget to buy it before you leave!



In group - Sarria to Santiago 8 DAYS

DAY 2: From Sarria to Portomarin, 23 km

DAY 3: From Portomarin to Palais de Rei, 25 km

DAY 4: From Palais de Rei to Arzúa, 28 km

DAY 5: From Arzúa to O Pedrouzo, 21 km

DAY 6: From O Pedrouzo to Santiago, 19 km



19 - 26 April	9 - 16 August
26 - 3 May	16 - 23 August
14 - 21 June	13 - 20 September
21 - 28 June	11 - 18 October
14 - 21 July	



In group - the Rota Vicentina 9 DAYS

DAY 2: From Porto Covo to Vila Nova, 19,5 km

DAY 3: From Vila Nova to Almogrove, 17,5 km

DAY 4: From Almogrove to Zambujera, 19,3 km

DAY 5: From Zambujera to Odeceixe, 19,3 km

DAY 6: From Carrapateira to Vilo do Bispo, 16 km

DAY 7: From Vilo do Bispo to Sagres, 21 km



20 - 28 april	21 - 29 september
11 - 19 may	9 - 27 october
1 - 9 june	

Wayfarer's Path, other side of Lake Como

Romantic **fishing villages**, majestic mountains reflected in the clear surface of the lake, lush tropical **gardens** and delightful mountain **villages**. Use these days to grasp the beauty and potential of this **little-known paradise** from a new, more **genuine** and **spontaneous** point of view of **Italy's most glamorous lake**.



Day 1:

Arrival in Lecco

Explore the town of **Lecco**, on the shores of **Lake Como**, and admire the panorama of rugged mountains across the lake.

Day 2:

From Abbadia Lariana to Lierna, 11/19 km

Today you will walk mostly on mule tracks and footpaths on the **right bank of the lake**. The Church of S. Giorgio in **Mandello**, a jewel of Romanesque art, is well worth a visit.

Day 3 :

From Lierna to Varenna, 9,5 km

You ascend via a mule track which then becomes a forest path. Along the way you should stop for a picnic lunch with views of **Bellagio** and **Lake Como**.

Day 4

From Varenna to Dervio, 10 km

Say goodbye to **Varenna** by following the 'Sentiero del Viandante'. Halfway along the walk, visit the Orrido di Bellano. The route then follows a mule track to **Dervio**.

Day 5:

From Dervio to Colico, 13 km

From **Dervio** you climb the mountain, then gradually descend towards Colico. You can see the peaks of the Alps in front of you. In **Colico** you can take a refreshing swim on the beach.

OPTIONAL EXTRA DAY:

Acquafraggia waterfalls, Valchiavenna

Self-guided tours 





The Wayfarer's Path

Lombardia



The **Sentiero del Viandante** (Wayfarer's Path) follows an **ancient mule track** along the eastern shore of **Lake Como**, from **Lecco** to **Colico**. This route has assumed various names over the course of its history, and undergone several changes in its layout: it is in fact the result of several paths created over time. The **glacial lakes** of Como and Lecco have always been a popular holiday destination, ever since **Roman times**: this is evidenced by a series of sumptuous villas and gardens surrounding the shores.

Away from these elegant resorts are a series of trails that explore the wooded valleys, mountain peaks and traditional villages that have retained their unique character. During the trip you will also have time to visit some of the beautiful villages and try the excellent regional cuisine.

Salento Coast, Otranto to Lecce

OUR TIPS:

- Stroll along the 'Tratturi', ancient roads through orchards and olive groves, and the 'Cipolliane path', overlooking the sea;
- Admiring historical monuments: from Roman and Messapian cities, to Baroque.
- Diving into Apulia's transparent waters;

Self-guided tours 



Discover the **EASY** version of this trip on our website



Day 1:

Arrival in Otranto

As soon as you arrive in **Otranto**, go out and breathe in the fresh, crisp air of the Mediterranean Sea and discover the historic centre, a little jewel of southern Italy!

Day 2:

Loop along the river Idro, 7,5 km

Today you discover the small **Valle dell'Idro**, which gives Otranto its name. The landscape through which it passes is very fertile, rich in fragrant olive and orange groves.

Day 5:

S. Cesarea Terme to Marittima, 12 km

The route begins inland, first among the fields then in the **ancient Messapian town of Castro**. You will continue on a path through the rocks to **Acquaviva**, before reaching **Marittima**.

Day 3 :

Otranto to Porto Badisco, 12,5 km

From the port, a coastal path offers extraordinary views of the **Adriatic Sea**. Along the way you will find the **Punta Palascia lighthouse**, the most easterly point in Italy.

Day 6 :

From Marittima to Marina Serra, 13,5 km

At **Marittima**, the route plunges through orchards and olive groves and then winds through a series of traditional 'tratturi'. The path is sea-facing when descending to **Tricase Porto**. **Marina Serra** is a small coastal village.

Day 4

Porto Badisco to S. Cesarea Terme, 13 km

The first stop on today's walk is the beautiful inlet of **Porto Badisco**. The walk continues along the coast to the thermal town of Santa Cesarea Terme.

Day 7:

From Marina Serra to Gagliano del Capo, 12,5 km

Walk along the '**Sentiero del Nemico**': dotted with visitable caves, you will reach **the Ciolo bridge** and finally **Gagliano del Capo**, where you take the train to Lecce.

SLOWAYS

Salento Coast

Puglia

A coastal journey from **Otranto** to **Gagliano del Capo**, a perfect synthesis of all that **Puglia** has to offer: spectacular views, crystal-clear **sea**, little-known **villages** waiting to be explored and unspoilt **nature**. After an enchanting first loop hike among **oranges** and **olive** groves, you will leave Otranto to follow a red earth path a few metres from the sea, heading to the **Punta Palascia lighthouse**, the most easterly point on the Italian peninsula, and then to the small port of **Porto Badisco**. Over the next few days you will pass small fishing villages, coastal spa towns and ancient Messapic villages, before concluding your journey among the Baroque palaces and Roman remains of **Lecce**.

A journey that is also a feast for the senses: nature becomes more vivid and present with every step, accompanying you with the blowing of the wind through the olive trees, the song of the crickets, the scent of wild fennel and liquorice and the blue sparkle of the sea.



Langhe, Barolo to Barbaresco

OUR TIPS:

- Taste the endless selection of wines, cheeses, desserts and chocolates;
- Taste the white truffle;
- Walking among the vineyards and hazelnut groves;
- Stopping at fine restaurants in your family-run accommodation.

Self-guided tours 

Day 1:

Arrival in Alba

Arrival in **Alba**, the heart of Piedmont, the wine territory, a fascinating medieval city of the "Hundred Towers" and a treasure trove of flavours and aromas.



Day 2:

From Barolo to Monforte, 8 km

From Barolo you start the **Bar to Bar** route and a short walk takes you to **Novello**. Continue to the picturesque village of **Monforte** situated on a hill with places where you can taste the wines of the area.

Day 5:

From Cravanzana to Benevello, 13,5 km

From Cravanzana you will gradually descend along the Balbo river and then climb the hill to reach **Montemarino**. You can admire the beautiful landscape of the **Basse Langhe**, the Alps and the Apennines.

Day 3 :

From Monforte to Cissone, 15 km

Today you will arrive at the village of **Serralunga d'Alba** offering beautiful views of the vineyard-covered hills. Continue towards Roddino for lunch with a view. Regain your energy to tackle the final climb to **Cissone**.

Day 6 :

From Benevello to Neive, 17 km

From the village of **Benevello** you return to the **Bar to Bar** route that runs along paths through the beautiful rolling countryside. Large farms scattered around the area produce world-class wines.

Day 4

From Cissone to Cravanzana 20 km

Follow the path through the countryside until you descend towards the **Balbo** river. Through woods you will reach **Feisoglio** and finally **Cravanzana** passing through the typical village of **Serravalle Langhe**.

Day 7:

From Neive to Alba, 14 km

You will pass through the village of **Barbaresco**, the heart where world-renowned fine wines are produced. You will descend towards the Tanaro River, walking through beautiful forests.

Langhe: Barolo to Barbaresco

Piemonte

Piedmont is an Italian paradise for connoisseurs of fine **food**, **truffles** and fabulous **wines**. The **Langhe** lies between the Alps and the Apennines and enjoys fertile land that produces **Tuber Magnatum** (an expensive white truffle) and some of Italy's most prestigious red wines: **Barolo** and **Barbera**. Discover local **specialities** such as **gourmet cheeses**, **sweets** and **chocolates** appreciated all over the world.

This walk will take you through magnificent landscapes of rolling hills dotted with small picturesque villages, elegant castles and feudal towers. You will walk through vineyards and hazel groves and stay in small rural villages where accommodation is cosy and pleasant.

Find out more on the next page!

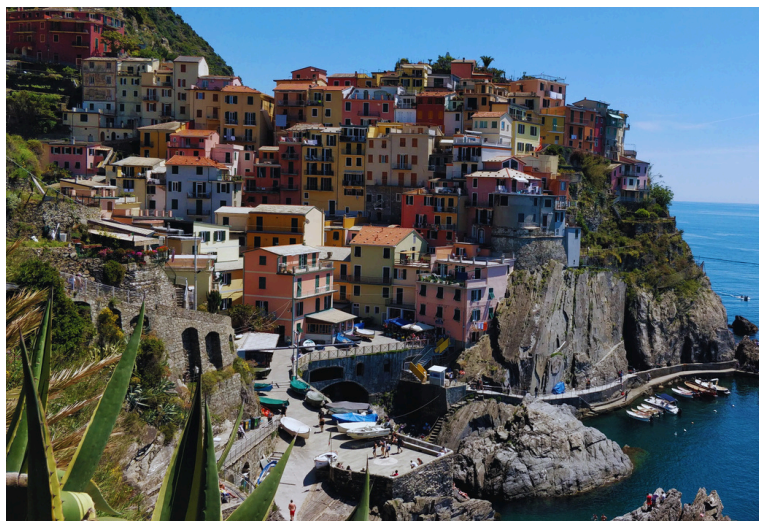


Cinque Terre, Monterosso to Bonassola

Walk along coastal paths overgrown with wildflowers, fragrant juniper and maritime **pine forests**, beautiful **vineyards** and lemon groves opening onto panoramic and unforgettable **sea views**.

Self-guided tours 

At the end of the trail you will find lively, **multicoloured villages**, churches surrounded by oleanders and century-old plants, people ready to offer you their products: a dinner with **fresh fish** of the day, **handmade pasta** with Italy's most special pesto, a rustic rice cake that tastes like a panorama seen from a cliff, the horizon admired from a boat with a nice glass of fresh white wine ready for you.



Day 1:

Arrival in Monterosso

You have landed in the **Cinque Terre**: the fresh, crisp sea air tickles your nostrils. Explore the centre of **Monterosso**, the heart of the Cinque Terre: climb the Aurora Tower and admire the statue of the God Neptune.

Day 4

From Riomaggiore to Portovenere, 17 km

From **Colle del Telegrafo** you will follow a path to **Portovenere**, passing through **Campiglia**. The route will surprise you with wonderful views of the Cinque Terre. You will then return to Monterosso by bus or boat.

Day 2:

From Monterosso to Colle di Gritta, 9 km

Explore the inland part of the coast: walk along the Capuchin Church and then immerse yourself in nature. Follow a path lined with juniper bushes and you will reach **Punta Mesco**.

Day 5:

From Monterosso to Bonassola, 10 km

Another unforgettable journey awaits you: the coastal road from **Monterosso** to **Levanto**, the painters' paradise, along an itinerary that once again enchants you. From here you continue towards **Bonassola**.

Day 3 :

Walk of your choice 10/11 km

Today you can choose between two walks:

Walk 1: **from Soviore to Monterosso**

Walk 2: **from Corniglia to Manarola**

Day 6 :

From Bonassola to Deiva Marina, 12,5 km

It's time to explore the hills around **Bonassola**: the route once again gives you splendid views of the northern coast of Liguria, all the way to your final destination, Deiva Marina.



Cinque Terre & Riviera di Levante

Liguria



A journey into the magical atmosphere of the Cinque Terre, with its colourful fishing villages along the Ligurian coast.

A land that deserves its great popularity, one of those enchanted places that it is good to visit in life, to discover new shades of beauty amidst the vivid colours of the houses and the crystal blue of the sea.

Il Chianti, tra Greve e Siena

Self-guided trips

Day 1:

Arrival in Greve in Chianti;

Day 2:

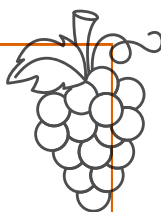
Three options of walks;

Day 3:

M. San Michele to Radda in Chianti, 14 km

Day 4:

Radda in Chianti to Siena, 15,8 km



Val d'Orcia, da Montepulciano a Siena

Self-guided trip

Giorno 1:

Arrival in Montepulciano;

Giorno 2:

Montepulciano to Pienza, 13 km

Giorno 3:

Pienza to Bagno Vignoni, 12 km

Giorno 4:

Castelnuovo dell'Abate to Montalcino, 13km

Giorno 5:

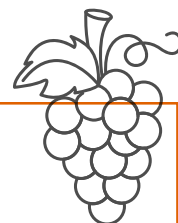
Montalcino to Buonconvento, 15 km

Giorno 6:

Monte Oliveto loop, 14 km

Giorno 7:

Monteroni d'Arbia to Arbia, 11 km





From Brunello to Chianti Classico

Toscana

Immerse yourself in the marvellous Tuscan landscape of the **Val d'Orcia**: you will walk through olive groves, vineyards and fig trees, to the **Bagno Vignoni** spa area and then on to **Pienza**, producer of **pecorino** cheese. You will visit fascinating palaces, Romanesque churches, thermal baths and prestigious typical Tuscan wine cellars where you can taste the divine and unmistakable '**Brunello**' red wine of Montalcino.



Is there any place in Tuscany more iconic than **Chianti**? It has always tickled the imagination of those who dream of one day travelling to this **Chianti wine** region and beyond: medieval villages suspended in time, scenic trails, forests of centuries-old trees and castles nestled among the vineyards will amaze you!

West Sardinia, Sea & Mines

Once you arrive in the **Sulcis-Iglesiente** region, you will immediately understand why it is called **Costa Verde**: this place is remote, wild and has a mining-industrial past that has shaped the landscape and the people. Since 2007, this mining area (about 3,800 km²) has been included in the **UNESCO Geoparks list**.

Self-guided tours 

The **island of Sant'Antioco** is the perfect final stop: in addition to walking among breathtaking views and ancient watchtowers, you can discover the many souls of this island.



Day 1:

Arrival in Buggerru

Arrive in **Buggerru**, founded in 1864 as a mining settlement: visit the **'Henry Tunnel'**, a mining labyrinth carved into the rock with a sheer view of the sea and the rocky coastline.

Day 2:

From Buggerru to Portixeddu, 13 km

From Buggerru you start climbing along a road that overlooks the superb coastline and the beach of **Portixeddu**. Along the last stretch you will see some military fortresses from the Second World War.

Day 3 :

From Ingurtosu to Sciva, 14,5 km

From the almost abandoned village of **Ingurtosu** walk to the ruins of the ancient mining site **'Laveria Brassey'**. You reach the dunes of **Piscinas**, the largest desert area in Europe.

Day 4

Loop to Capo Pecora, 15 km

A path through the Mediterranean maquis will lead you to a splendid viewpoint over the granite promontory of **Capo Pecora**. You will reach the small village of **Portixeddu**.

Day 5:

From Portopaglia to Portoscuso, 14 km

From the tuna fishery at **Porto Paglia**, follow a marked path along a very wild and remote coastline. Follow a sandy path with a breathtaking view of the cliffs.

Day 6 :

Loop to Carloforte, 12 km

From **Carloforte**, a walk towards the north side of the island begins. Here at the end of May, the so-called **Mattanza** begins, a system of nets that catches tuna for about 45 days.

Day 7:

Walk to Sant'Antioco, 16,5 km

From **Capo Sperone**, walk back to Sant'Antioco, passing by the **Torre Cannai** watchtower and **Maladroxia** beach.



La Costa Verde

Sardegna



We are in a little-known part of Sardinia surrounded by **wild nature** and an **ancient, magical** atmosphere. What can you expect? An evocative and beautiful landscape - dunes and wild flowers, **granite** promontories with views of the surrounding coastline, ancient watchtowers, lagoons where flamingos rest.

Beautiful beaches such as that of Piscinas, perfect for a dip in the crystal-clear waters, and a rich culture, full of influences - such as the island of Carloforte, an honorary municipality of Liguria, where people eat focaccia and farinata and speak a dialect very similar to Genoese.

Cilento coast walk

Day 1:

Arrival in Sapri

Breathe in the incredibly fresh and crisp air of the **Tyrrhenian Sea**. In the afternoon you can visit the historic centre of **Sapri**.

Self-guided tours 

Day 2:

Loop to Sapri, 11 km

Today's walk is coastal, along a path once used to transport goods by donkeys. Admire spectacular views of the coast and the **Gulf of Sapri**.

Day 5:

From Licusati to Marina di Camerota, 13 km

As you approach **Marina di Camerota**, you will notice that the landscape changes. Admire the beautiful beaches and the natural arch formed by the sea that has eroded the cliffs over the centuries!

Day 3 :

From Scario a San Giovanni to Piro, 9 km

Today's walk allows you to admire the beauty of the flora and the peaceful atmosphere of the area. You will walk through olive groves, small villages and some woods. The destination is **San Giovanni a Piro**.

Day 6 :

From M. di Camerota to Baia degli Infreschi 14 km

You can explore both the coastline and the hinterland. Arrive at **Baia degli Infreschi**, known for its turquoise waters and pristine beach.

Day 4

From S. G. A Piro to Licusati, 14/10 km

Today you have two options to get to **Licusati**: an easier, lower route and a more challenging route up **Monte Bulgheria** from where you can enjoy breathtaking views of the sea!

Day 7:

From Palinuro to Pisciotta, 15 km

Follow the path through olive groves until you reach the historic hill town of **Pisciotta**, known for its well-preserved architecture and traditional charm.





Cilento

Campania



Less than three hours from Amalfi you will find a well-kept and little-known secret: the **Cilento**. This area is best known for its **mozzarella** and **figs**, but it has much more to offer besides these specialities.

The long sandy **beaches** of the Cilento with their crystal-clear waters awarded the Blue Flag, the fishing villages of **Sapri** and **Scario**, the ancient Greek city of **Paestum** - once called Poseidonia in honour of the god of the sea - that has enchanted its visitors for centuries with three extraordinarily well-preserved Greek temples.

What else is there? Plenty, if you like excursions. **The Cilento and Vallo di Diano National Park** offers a myriad of scenic hiking trails for all levels.

TYPE OF TOURS

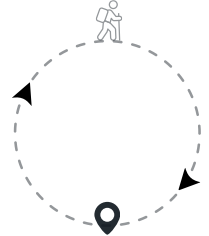
Linear trip:

This form of travelling will let your mind free to dream away and ride onwards to the next destination.



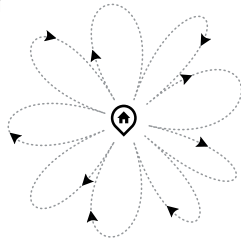
Roundtrip:

In this type of trip you start and end your holiday from the same location, so can be very convenient if you want to get to know the location.



Centerbased:

It allows you to settle in your accommodation and relax. Everyday you can choose to wonder around and explore the surroundings, with no stress at all!



Family tours:

The kids love adventures! Taking them on a hiking tour, where the distances are adequate and the route is safe can be a fun journey they'll never forget!!

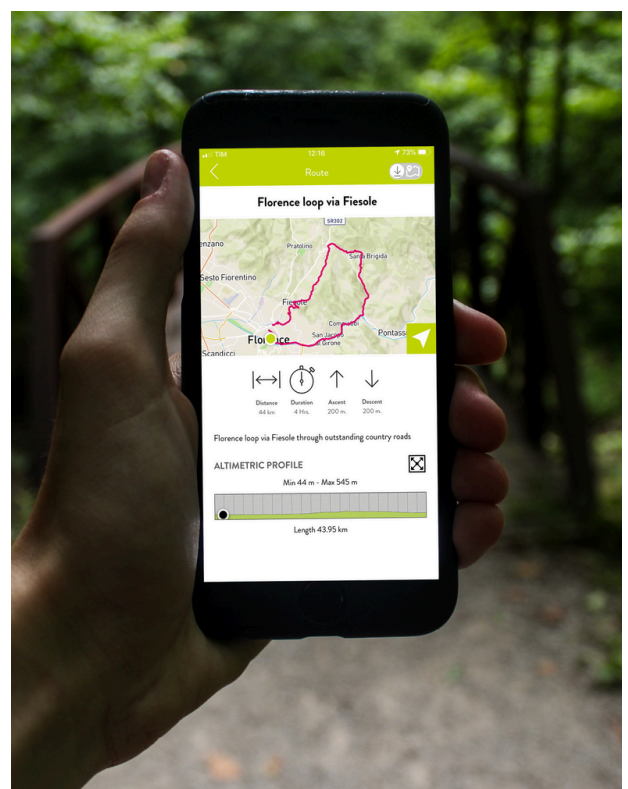











































































SLOWAYS' APP



























































SloWays' app will enable you to follow your daily cycling or hiking routes in an easy and intuitive way.

The navigation **features** include::

- Offline navigation. Mobile data not required after initial download
- Accurate GPS tracks
- Autorotation of the maps
- Daily route summary and elevation chart
- Panorama of the track and at street level
- Alarm and vibration that alerts you in case you go off track.
- Emergency SMS button with position coordinates
- Possibility to record and take georeferenced photos of problems on route alerting fellow travelers
- Hotel information
- Points of interest along the way
- Historical background.



CODE	TRIP NAME	DAYS	GRADE
ITSW190	Valle d'Aosta Mountain Hiking Trip	9	  
	Tour des Six	5-7	  
ITSW430	The Lys Way, To Monte Rosa	8	  
ITSM080	Dolomites Alta Via, Fanes & Sennes	8	  
ITSW420	Dolomites: Alta Via 1	8	  
ITSW450	Dolorama Trail, a view on Dolomitis	7	 
ITSW310	Chestnut Route, in South Tyrol	8	  
ITSW070	Dolomites of Val Badia	7	  
ITSW280	Walking in the Heart of Dolomites	8	  
ITSW440	Alta Via Val Venosta: Resia to Merano	8	 
ITSW260	Val Maira, between Piedmont and France	8	  
ITSW175	Majella National Park: In the Land of Wolves and Bears	7	  
ITSW060	Madonie: the mountains of Sicily	7	 
ITSW600	Il Montefeltro, from the Appennines to the Adriatic Sea	8	 
ITSW510	Via Spluga: Switzerland to Northern Italy	6	 
ITSW290	Langhe, Barolo to Barbaresco	8	 
ITSW030	Langhe: in Piedmont, Barbera to Barolo	8	 
ITSW028	Lake Como: Mountains to the Lake	8	 
ITSW084	The heart of Chianti	5	 
ITSW320	Val d'Orcia, Montepulciano to Siena	8	 
ITSW630	Lake Iseo	7	 
ITSW530	Via Lauretana Toscana, Under the Tuscan Sun	7	 
ITSW010	Cinque Terre, Monterosso to Bonassola	7	 
ITSW018	Portofino & Cinque Terre	8	 
ITSW140	Elba Island, coasts to summits	6	 
ITSW250	Amalfi Coast & Capri	8	 
ITSW300	Salento Coast, Otranto to Lecce	8	 
ITSW051	Volcanoes of Sicily: Aeolian and Etna	8	 
ITSW340	West Sardinia, Sea and Mines	8	 
ITSW040	Wild East Sardinia, Tiscali to Cala Gonone	8	  
ITSW620	Cilento coastal walk	8	 

CODE	TRIP NAME	DAYS	GRADE
ITSM420	Cammino di Oropa: in Piedmont, Alps to Sanctuaries	4	 
ITSW500	The Wayfarer's Path, Other Side of Lake Como	6	 
ITSW330	Via degli Dei, Bologna to Florence	8	  
ITSW470	St. Francis Way: Stage 1, Florence to Chiusi della Verna	8	  
ITSW350	St. Francis Way: Stage 2, Chiusi to Città di Castello	6	 
ITSW355	St. Francis Way: Stage 3, Città di Castello to Assisi	7	 
ITSW230	St. Francis Way: Stage 4, Assisi to Spoleto	7	 
ITSW360	St. Francis Way: Stage 5, Spoleto to Rieti	7	 
ITSW370	St. Francis Way: Stage 6, Rieti to Rome	8	 
ITSW400	The Way to Matera, through Puglia	8	 
ITSW410	Magna Via Francigena, in Sicily	8	  
ITSW560	Etruscan Way, Buonconvento to Chiusi	8	 
ITSW570	Via Romea Germanica: Forlì to Chiusi	7	  
ITSW580	Via Romea Germanica: La Verna to Castiglion del	8	 
ITSW590	Via Romea Germanica: Castiglion del Lago-Montefiascone	8	 
ITSM300	Via Francigena: Stage 1, Great St. Bernard Pass to Ivrea	9	  
ITSM320	Via Francigena: Stage 2, Ivrea to Pavia	8	 
ITSM330	Via Francigena: Stage 3, Pavia to Fidenza	6	 
ITSM340	Via Francigena: Stage 4, Fidenza to Pontremoli	7	  
ITSM350	Via Francigena: Stage 5, Pontremoli to Lucca	8	 
ITSM360	Via Francigena: Stage 6, Lucca to Siena	8	 
ITSM365	The Heart of Tuscan Via Francigena	8	 
ITSM370	Via Francigena: Stage 7, Siena to Viterbo	11	 
ITSM380	Via Francigena: Stage 8, Viterbo to Rome	7	 
ITSW540	Via Francigena South, Rome to the Sea	7	 
ITSW610	Via Amerina, in Northern Latium	8	 

FAMILY BRANDS



Per i più avventurieri abbiamo tutto l'occorrente per mettersi in viaggio in autonomia! Dal nostro shop è possibile acquistare le **guide** ufficiali dei principali cammini Italiani ed Europei, le **credenziali** del pellegrino e **gadget** che renderanno il vostro viaggio indimenticabile. Le **guide** hanno una descrizione dettagliata delle tappe e delle possibili varianti, corredata da cartografia dettagliata e con tutte le informazioni tecniche. Una sezione è dedicata a chi si mette **in cammino per la prima volta**, con informazioni sulla segnaletica, il testimonium, l'abbigliamento e lo zaino.

TI ASPETTIAMO! www.sloways.shop



Siamo i guru nell'organizzazione di **viaggi in bicicletta** per tutti. Facciamo parte di una rete di operatori locali distribuiti in Europa in modo da garantirti un'esperienza unica e originale. Tutto quello che devi fare è saltare in sella e iniziare a pedalare, seguendo la semplice App di navigazione! Realizziamo itinerari adatti alle vostre esigenze. Qual è il vantaggio di pedalare sù e giù per le colline toscane o lungo la costa siciliana? Non avrete rimpianti quando vi siederete in una tipica taverna locale per un meritato aperitivo prima di cena o quando assaggerete arancine fritte o cannoli ripieni di ricotta fresca!



GENERAL CONDITIONS CONTRACT OF INDIVIDUAL TOURIST PACKAGE

A) REGULATIONS

Contracts concerning only the provision of transportation services, accommodation services, or any other separate tourist service, as they cannot be construed as travel organization or tourist package transactions, are governed by the following provisions of the General Conditions of Contract for Tourism (CCV): Article 1, no. 3 and no. 6; Articles 17 to 23; Articles 24 to 31 (limited to the parts of these provisions that do not refer to the organization contract), as well as other provisions specifically related to the sale of the individual service subject to the contract. The seller who undertakes to provide third parties, even electronically, with a disaggregated tourist service, is required to provide the tourist with documents relating to this service, indicating the amount paid for the service, and cannot in any way be considered a travel organizer.

B) CONTRACT CONDITIONS

The following clauses of the general conditions of contract for the sale of tourist packages mentioned above are also applicable to such contracts: Article 6, paragraph 1; Article 7, paragraph 2; Article 13; Article 18.

The application of these clauses does not absolutely determine the classification of the respective services as tourist packages. The terminology of the aforementioned clauses relating to the tourist package contract (organizer, trip, etc.) should therefore be understood with reference to the corresponding figures of the contract for the sale of individual tourist services (seller, stay, etc.).

PRIVACY

Information pursuant to Article 13 of Legislative Decree No. 196/03 (personal data protection): The processing of personal data, the provision of which is necessary for the conclusion and execution of the contract, is carried out in full compliance with Legislative Decree No. 196/2003, both in paper and digital form. The data will be communicated only to the suppliers of the services included in the tourist package. The tourist may exercise the rights pursuant to Article 7 of Legislative Decree No. 196/03 at any time by contacting S-Cape Countryside Travels Srl (info@sloways.eu), the data controller.

Mandatory communication pursuant to Article 17 of Law No. 38/2006.

Italian law punishes with imprisonment crimes related to prostitution and child pornography, even if committed abroad.

TECHNICAL DATA

Technical organization: S-Cape Countryside Travels s.r.l., Travel Agency and Tour Operator, with registered office at Borgo Allegri 16R, Florence (FI), VAT and tax code number 05227330486, REA FI - 530499, unique code SUBM70N, and certified email s-cape.travel@pec.it

CIVIL LIABILITY AND INSOLVENCY BANKRUPTCY INSURANCE S-Cape has taken out, in accordance with Article 47 of the Tourism Code (Legislative Decree No. 62 of May 21, 2018), civil liability insurance with Generali Italia S.p.a. policy number 380684985 with a maximum coverage of € 3,000,000.00.

We adhere to the Guarantee Fund with the bankruptcy insolvency policy taken out with TUA Assicurazioni Spa (Policy number 40321512001398 - FOGAR Consortium - FIAVET) All prices are in Euros.

Membri di



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