







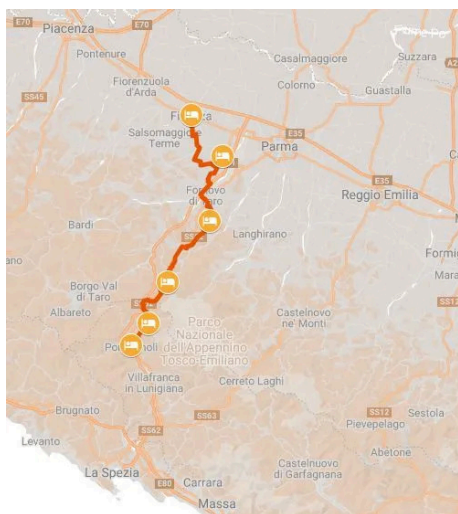
CLASSIC ROUTES SUMMER

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|------------|---|
| type : | Self-Guided Hiking Tours With your dog Solo Holidays Caminos |
| level : |     |
| duration : | 7 days |
| period: | Apr May Jun Jul Aug Sep Oct |
| code: | ITSM340 |

Via Francigena: Stage 4, Fidenza to Pontremoli - Italy

Via Francigena: Stage 4, Fidenza to Pontremoli

7 days, PRICE FROM € 664



Your journey begins in the silence of a church: in front of you, the **reliefs of the Fidenza cathedral**, a tale of pilgrims and knights forever carved in stone.

One of these pilgrims will be your companion throughout your walk - it's the **official symbol of Via Francigena**, a tiny pilgrim indicating the right way to fellow pilgrims through the itinerary's official signs.

From Fidenza begins **your walk across the Appennines**, through the hills around Parma and the Appennine Pass of the ancient Monte Bardone hill, the modern day **Passo della Cisa**. Tough ascents alternate with incredible views - first on the plains of Lombardy and then on Lunigiana, the mysterious and Medieval side of Tuscany.

And right into Lunigiana you walk once past the Tuscan gate of Via Francigena: the last day of walking leads to Pontremoli through enchanted forests and out-of-a-fairytale Medieval bridges.

Route

Day 1 Fidenza

Your journey begins in **Fidenza**, a very important city for Via Francigena: the **European Via Francigena Association** has its seat here, and in this Cathedral walks **the little pilgrim that has become the symbol of the itinerary**. His eternal pilgrimage is carved in the stone, together with a caravan of pilgrims and knights.

Day 2 From Fidenza to Medesano, transfer to Sant'Andrea Bagni, 22 km

Ready to set off? Today you are up for a nice hilly walk, among history and myth. On your way, the **Pieve di Cabriolo**, dedicated to the Canterbury Archbishop Beckett: here you can learn about the fascinating history of this place and the man it is dedicated to, involving none other than the **Templar Knights**.

You then coast the ruins of the **Costamezzana Castle** - a suggestive place, perfect to photograph - or even draw, if that is your thing - with its circular tower that still rises among the trees.

From here, follow the itinerary up and down the hills to reach **Medesano**, from where a transfer will take you to Sant'Andrea Bagni.

Distance: 22 km

Elevation gain: +600/-530 m

Day 3 Transfer from Sant'Andrea Bagni to Medesano, walk to Bardone, 22 km

A morning transfer will take you back to Medesano to resume your walk. Your journey continues, as you walk on the **Parma hills**: step after step you reach the river Taro and then **Fornovo**, where you can stop for a short visit to the cathedral. Its facade - apparently very simple - hides **Medieval reliefs** to be found and interpret, rich with mysterious symbols and apocalyptic scenes.

Today's destination is Bardone, where you spend the night in a cozy bed and breakfast.

Distance: 22 km

Elevation gain: +1090/-440 m

Day 4 From Bardone to Berceto, 21 km

Pack some snacks before setting off, because today's stage is among the toughest - but also the nicest - of the whole itinerary.

On your way you find **Bardone and Terenzio** - tiny sleepy villages, stone houses surrounded by hills and woods, with ancient churches of timeless beauty. From here, you ascend towards the **Casola Castle** and continue through peaceful and fragrant coniferous forests, before setting foot on the cobbled streets of Cassio.

From here, 10 more kilometers on asphalted road (or a transfer) lead you to **Berceto**, a small Medieval jewel, your last overnight stay before entering Tuscany.

Here you can recharge with the local specialty, **pattona or castagnaccio**: a flat cake made with chestnut flour and pine nuts, a typical grandma-made dessert, **nourishing and rustic** - like the land that is welcoming you.

Distance: 21 km

Elevation gain: +780/-340 m

Day 5 From Berceto to Previdè, 18 km

Serve yourself **another slice of castagnaccio for breakfast**, because there is another good climb awaiting out of that door: first through country roads and forests paths, then on secondary asphalted roads, towards the **Cisa Pass**.

The ground resists under your feet, your legs struggle with the ascent, but don't forget to take a look around: **you are surrounded by incredible views on Lunigiana**, and **Mount Valdoria** is the best point to admire them and have a snack and some water, before facing the last climb of the day.

Finally, the pass. As you start descending, enjoy the views and soften your steps - you deserve it. After reaching **Previdè**, a peaceful hamlet immersed in the nature of Lunigiana, a transfer will take you to Pontremoli.

Distance: 18 km

Elevation gain: +563/-1294 m

Day 6 From Previdè to Pontremoli, 10 km

In the morning, a transfer will take you to the little hamlet of Previdè to resume your walk. From Previdè you walk **long sections of forest paths** immersed in nature, through small villages like Groppadalosio with its **picture-perfect medieval bridge** and Casalina, with the stone houses and the tiny dome on the bell tower.

Finally, enjoy the exhilarating descent towards **Pontremoli** - one of our favorite places, a city of bridges and **"Stele Statues"**: we highly suggest a visit to the **dedicated museum**, housed in the imposing Pontremoli castle, to learn more about these **famous and peculiar locals**

The best way to celebrate the end of your trip? A nice stroll in the lively old town centre and a good portion of **testaroli with almond pesto**, the local specialty.

Distance: 10 km

Elevation gain: +563/-1294 m

Day 7 Pontremoli

Last day is included. Service ends after breakfast.

Accommodation

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



Hotel Astoria - Fidenza

The Astoria Hotel is housed in the center of Fidenza, close to the train station. Staff is kind and helpful. Location is clean and comfortable . Rooms are quiet and equipped of air conditioning, TV, free WiFi and direct phone. Breakfast is rich and various.

www.hotelastoriafidenza.it



Hotel Salus - Medesano

www.hotelsalus.eu



B&B Sulla Strada - Sivizzano

B&B Sulla Strada is located on the roas Val Sporzana 135 and it has 6 beds with breakfast and self-catering meals. The B&B offers a repair shop for bicycle and an information point with maps and news about territory.

B&B Sulla Strada



B&B La Casa dei Nonni - Berceto

Located in Berceto's historic centre, just a few steps from the Romanesque Cathedral, La Casa dei Nonni offers different accommodation types with its five rooms: single, twin and double rooms (extra beds available for children). The location is well-finished and beautifully decorated. Breakfast with house specials is served on the ground floor and for the dinner it's suggested to try the restaurant.

www.lacasadeinonniberceto.it



B&B Ai Chiosi

“Ai Chiosi” Bed and Breakfast consists of two recently restored ancient manor houses, separated by a 300 square metres stone paved patio and surrounded by 3 hectares of farmland.

Between the two farm houses there is the availability of a large open space in the green of nature, where it is possible to stay in relax, of a suitable area for the entertainment of children and of a reserved parking.

The hospitality is familiar and careful of guest expectations, respecting their privacy.

www.aichiosi.it

Practical info



From Bergamo-Orio al Serio (BGY), you can

- get to Milano Centrale railway station by bus and reach Fidenza by direct train;
- get to Bergamo railway station and catch a train to Fidenza, with change in Milano.

Check bus connections from Bergamo Orio al Serio (BGY) on www.orioaeroporto.it.

From Milano airports (MXP, LIN), Bologna airport (BLQ) and Verona airport (VRN), get to the central railway station, where you can catch a train to Fidenza (not direct in case you are travelling from Verona).

On departure from Pontremoli, you can reach Bergamo, Milano, Bologna and Verona by train (not direct).

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

- 6 Nights in double room in **/** hotels , B&B and agriturismo with breakfast
- 1 dinner
- luggage transportation from hotel to hotel
- Transfer Medesano-Sant'Andrea Bagni and back
- Transfer from Previdè to Pontremoli and back
- official guide of the route, 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.