

Trekking in Italy



Walkers won't have difficulty finding great places for day-hikes and longer treks in Italy. There are long distance walking trails, but there is also a reawakening of the spiritual pathways like that of the *Via Francigena*, the "Frankish Way" from Canturbury to Rome.

Trekking path

- The Valcamonica - Great trekking, great rock art.
- La Via Francigena - Spiritual walking on the pilgrimage trail to Rome.
- Hiking the Cinque Terre - Rick Steves says everyone has to do it. So there! Writer David Downie describes some of the top treks on Wandering Liguria, some of them off the beaten track:
- Classic Cinque Terre Coast Walk
- Hiking the Cinque Terre, from Montenero to Volastra and Corniglia
- Hiking the Cinque Terre, from Riomaggiore to La Madonna di Montenero
- Vineland Paradise: Hiking the Italian Riviera's Cinque Terre
- A Path to Lunch - Walking trails and trekking in northern Tuscany and southern Liguria.
- Walking in Umbria - Follow Bill Thayer in search of history in Umbria, 2000 kilometers of it.
- La Via Della Costa is a new route up the Ligurian coast that ultimately takes you to Santiago di Compostela. 350km in 12 stages.
- Hiking Campania is a fabulous new site that includes not only maps and descriptions of walks and treks in Campania but a blog with a very evocative voice about walking and the cultural interactions you can have on an Italian walk. There are also guided walks available.
- The province of Firenze (Florence) has set up a great site with trekking maps of the natural protected areas in the region: Aree naturali protette e sentieri in provincia di Firenze (in Italian).

Via Francigena



The Valcamonica



Hiking The “Cinque Terre”



Walking in Umbria

La via della costa



Hiking Campania



Trekking Florence



Trekking resources

- Wikiloc is a great resource for the "Best Hiking trails in Italy".
- Italy magazine does a great job with Puglia On Food: Hitting the Trails in the Gargano Promontory.
- Giovanni Visetti: Hiking Guide and Mapmaker - a good resource for walks and walking maps, especially along the Amalfi coast and the Island. of Capri.
- Giovanni's spectacular maps will not let you down; his most popular you've probably heard of: Path of the Gods, Capri, Campanella, S. Costanzo, Valley of the Mills - Amalfi, Sirenuse Trail, Monte Faito, Sorrento. You can access them here with associated QR codes.
- Wandering about in Rome: TRASTEVERE - a good account of wandering through one of Rome's most interesting neighborhoods. Our own map of Trastevere will lead you to some good eats, drink, and more.
- Treking Siena.

Gargano Promontory.

Wikiloc



The Amalfi coast



Giovanni Visetti



The Island of Capri



Trekking Siena

