

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).

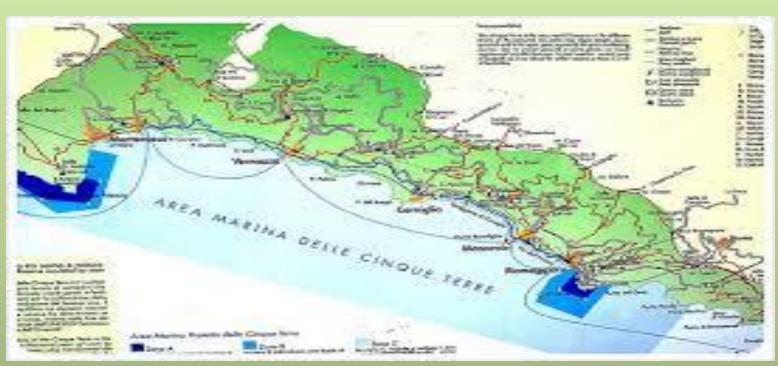
Via Francigena







Hiking The "Cinque Terre"









Walking in Umbria La via della costa





Hiking Campania





Trekking Florence





Trekking resourses

- 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

