

Ancient Volcanic Landscapes



8 Day Trip

Independent Walking up to 85.4 miles

Route Open • 16th April to 31st October



THROUGH WILD COUNTRY TO MONTE AMIATA

PHOTO: SARAH WELLS/ATG

Features

- Second section of ATG's 200-mile independent walking route, one of the world's most unique, classic walks following the Via Francigena
- Open rolling hills with a wealth of different landscapes, remotely situated medieval villages and walled towns
- Thermal springs, lakeside beaches for swimming and opportunities for boat excursions on the lake
- Ancient 'flattened' volcanic landscapes punctuated by the wide crater containing Lake Bolsena with its islands, beaches and fertile farms

Itinerary

200 Miles to Rome (Section 2)

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South of Montalcino the country becomes wilder, with forests, low plateaux and ancient volcanic landscapes dominated by Monte Amiata (1,753m / 5,750ft) and the wide crater Lake of Bolsena.

Day 1 • Free day in Montalcino

Centre of Brunello wine production. Hotel with pool and panoramic views.

Day 2 • Montalcino to Pescina

Paths through vineyards lead down to the Romanesque church of Sant'Antimo, then up through wilder country to Pescina (Seggiano) on the slopes of Monte Amiata (16.8 miles, 7.5-8 hrs).

Day 3 • Pescina to Piancastagnaio

Forest paths lead to Piancastagnaio with views southwards (optional detour to Abbazia San Salvatore) (14.1 or 14.9 miles, 7 hrs).

Day 4 • Piancastagnaio to Acquapendente

Tracks across open country lead to Acquapendente (19.3 miles, 9 hrs).

Day 5 • Acquapendente to Bolsena

Forest tracks through the low Monte Volsinii lead to the edge of a wide ancient volcanic crater, then down to Lake Bolsena (12.4 miles, 6 hrs).

Day 6 • Bolsena to Montefiascone

Following the ancient Roman route up to Montefiascone with its panoramic views of the lake (10.6 miles, 5.5 hrs).

Day 7 • Montefiascone to Viterbo

Following the ancient Via Cassia and the best-preserved section of paved Roman road north of Rome to the walled city of Viterbo (11.4 miles, 5-5.5 hrs).

Day 8 • Departure day, or...

Continue with Section 3 of the 200 Miles to Rome route: **Approach to Rome** (following pages)...

Please note: The Romans rested 'every four days'. If you plan to walk more than one section of '200 Miles' we strongly urge you to book some rest days in to your itinerary. Please contact the office for advice.



Ancient Volcanic Landscapes Trip Information

Finding Your Way



The ATG Route Booklet includes detailed directions and maps, as well as up-to-date information on towns visited, places of interest, local history, restaurants, cafés and shops en route.

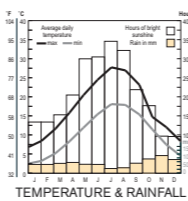


Your Route Manager is there to ensure your trip runs smoothly. They will brief you before you set out, move your luggage along the route, offer advice and answer your questions, and they're contactable by phone to help out in case of emergencies.

Restaurants, Food & Wine

Southern Tuscan food is simple and uses excellent quality, local ingredients. You will enjoy fish from Lake Bolsena – *corregone*, perch and trout, and vegetables from fertile volcanic soil around the lake. Rich and varied pastas, sauces with tomato and *peperoncino*. Specialities include lamb with wild herbs, ricotta, sheep's cheeses (*pecorino*), wild boar and truffles.

On booking you will be sent further trip information: details of how to get to/from the route, what to bring and other practicalities.



Terrain Fitness: 35 / 40+ (see page 12 for fitness calculation)

Although much of the walking follows dirt roads, there are also farm tracks and smaller wooded paths, broad gravel tracks and cart tracks. Some field crossings, some thread-like grassy tracks. In the autumn, be prepared to cross a few roughly ploughed fields. May be muddy in wet weather – sufficient ankle support essential.



Prices

You can plan your Footloose trip for any time within the route opening dates, subject to availability.

TRIP OPTIONS	TRIP PRICES (excluding flights)	DOUBLE FOR SINGLE OCCUPANCY (per night)
8 Days	£795 / \$1,390	£30 / \$53

Walk all three sections of the 200 Miles to Rome route in 2012 for £100 off a future ATG trip and a special pilgrim traveller's 'medal'.

Extend Your Stay

To extend your stay anywhere on the route, please contact the ATG office. See pages 68-69 for extension hotel rates in Pisa, Florence, Siena or Rome.

Accommodation



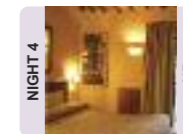
MONTALCINO Dei Capitani
★★★★
Superb views and small pool in summer



SEGGIANO Il Silene
★★★★
Inn surrounded by Monte Amiata's chestnut wood



PIANCASTAGNAIO Hotel Relais San Lorenzo
★★★★
Friendly hotel within private park



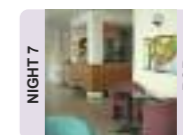
ACQUAPENDENTE Hotel Toscana
★★★★
Friendly, refurbished hotel with family-run restaurant



BOLSENA Columbus
★★★★
Comfortable hotel near lake



MONTEFIASCONE Italia
★★★★
Modern hotel on central piazza



VITERBO Tuscia
★★★★
Modern hotel within the medieval city

3 NIGHTS HB (DINNER INCLUDED)