

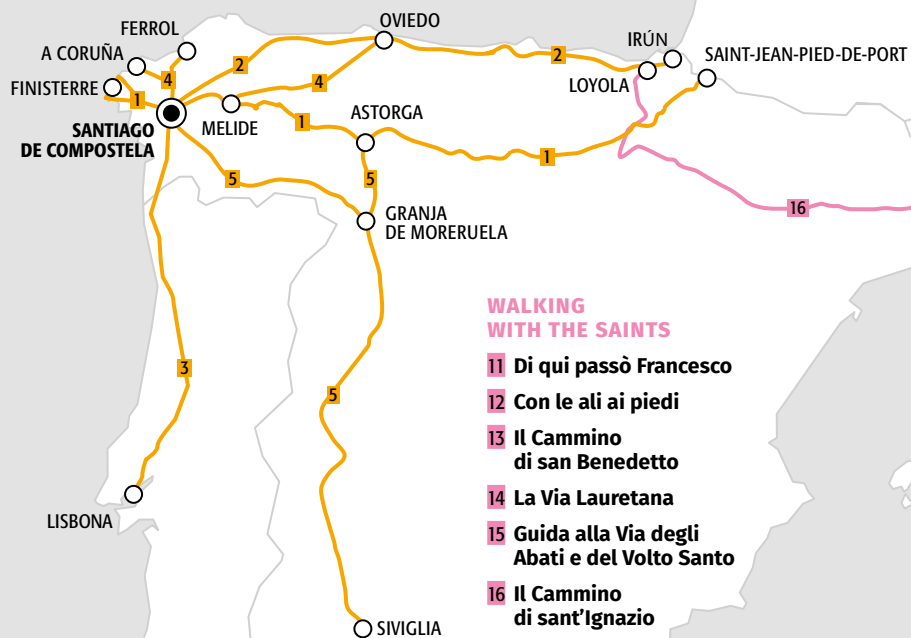
# **TERRE** **DI MEZZO** **EDITORE**

RIGHTS LIST 2020



# Percorsi Series

Terre di mezzo Editore is a leading publishing company in Italy in the guidebook sector, specialized in long trails on foot and by bicycle. Over the past fifteen years, it has mapped and contributed towards building over 7,000 kilometres of trails with hostels and signage – publishing more than 30 constantly-updated guidebooks.



## WALKING WITH THE SAINTS

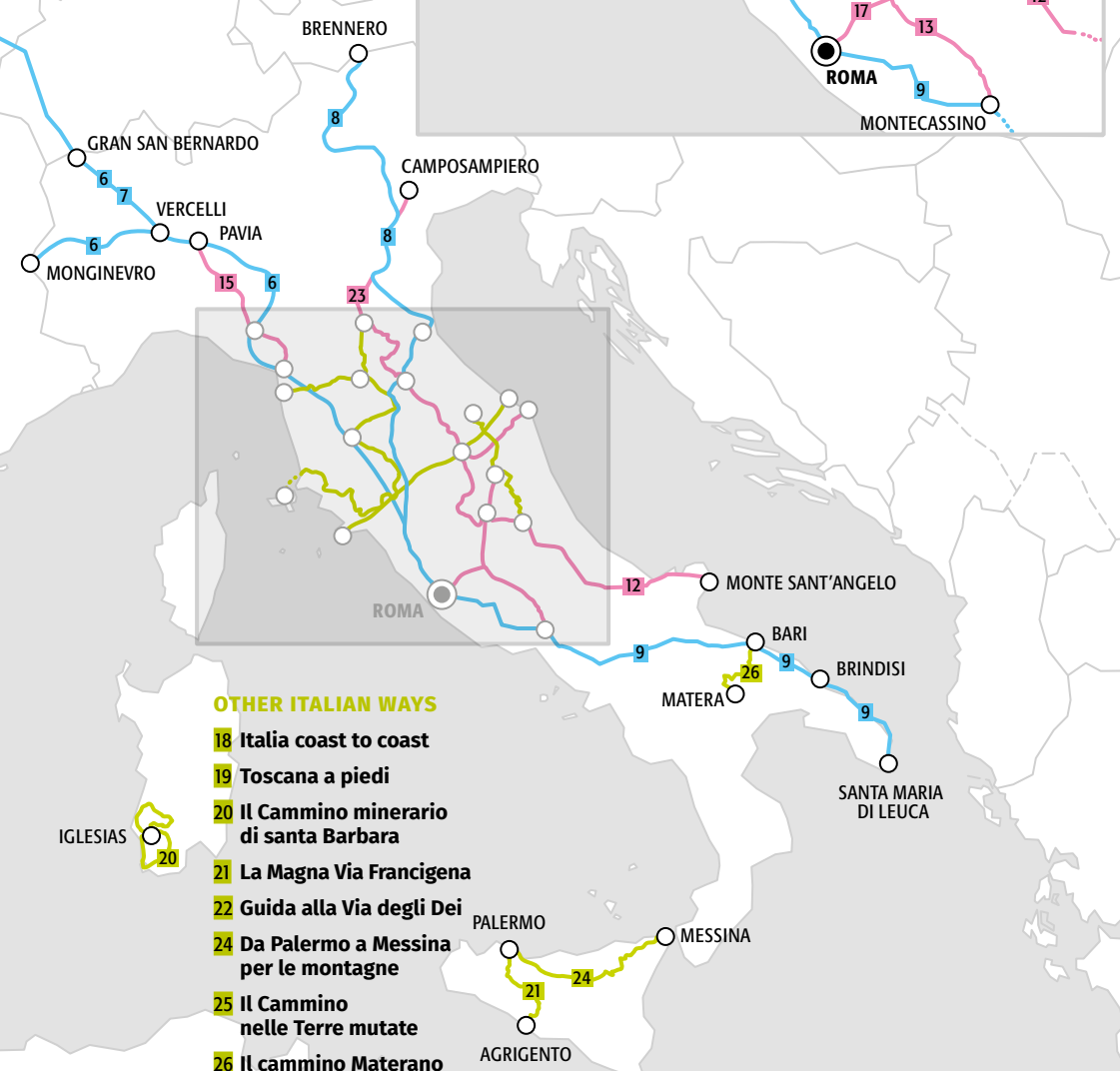
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- 2 A Santiago lungo il Cammino del Nord
- 3 A Santiago lungo il Cammino Portoghese
- 4 A Santiago lungo il Cammino Primitivo e il Cammino Inglese
- 5 A Santiago lungo la Via della Plata e il Cammino Sanabrese

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# Discovering Italy, one step at a time

All the useful information needed before and during the journey: how to get ready, what to put in your backpack, when to

leave, description of the route, detailed maps, altimetry, progressive mileage, accommodation and sights to see.



## From Monteriggioni to Siena



**LENGTH:** 18.9km  
**NET ELEVATION DIFFERENCE:** 100m  
**NET ELEVATION DIFFERENCE:** 250m  
**DIFFICULTY:** average

**PLACES TO STAY**  
**MONTE** Casa delle Belle, Hotel Santa Maria della Scala, Viale San Giacomo 2, t. 0577-26.43.00 / 547-61.32.00, [oselabonati@oselabonati.com](mailto:oselabonati@oselabonati.com), 25 b., €18, (Y) except on 25 December. Check in at the hotel office of the Museo Opera del Duomo, in piazza Duomo 2, 0577-21.27.00 (Oct.-March), 6.30pm-9.30pm (Apr.-Sept.); 7.00pm-9.30pm, daily at the hotel.  
**ACCORRER** Santa Lucia, Via dei Servi 4, t. 0577-26.43.77 (check-in at Via San Giacomo 4, t. 0577-21.27.00), [accorrieri@libero.it](mailto:accorrieri@libero.it), 11 b., (D), breakfast included.  
**SIENA** Hotel, Via Fiorentina 69, t. 0577-16.98.177, [siena@hotel.it](mailto:siena@hotel.it), 100 b., €20, (D) in dormitory breakfast included, (Y)

**PUBLIC TRANSPORT**  
Autobus Tevere, route 130 Siena-Poggibonsi-San Gimignano, stops in Monteriggioni and Il Ceppo on the SS2 Cassia (1.5km from La Chiocciola Castle), runs frequently; suburban route 057 Cassia-Plazza Gramsci, stops in Pian del Lago and along the Strada delle Coste, runs three times a day; [www.siemar.it](http://www.siemar.it).

**FACILITIES**  
Refreshments in La Villa; in Siena, bars, restaurants and shops.

Siena is one of the commonly used pigments in painting, and those who are not exactly sure what tone it is between red, brown and purple should definitely walk between Monteriggioni and Siena. The contrast between the intense colour of the earth and the green of the tender wheat and grass in spring is very strong. The landscape of the Sienese countryside is truly unique, dotted with hamlets and towered castles. You arrive in the city without the usual accompaniment of industrial warehouses and ugliness, but going through woods of holly and oak, walking alongside the unreal space of Pian del Lago, finally climbing onto ridges among the olive trees. Siena is one of the most important cities along the Via, and it is well worth devoting some time to the wealth of its artistic heritage.



SIENA. Among the most beautiful cities on the Via.

Where the road forks, keep right, along the edge of the cultivated fields of **PIAN DEL LAGO**. This was originally a vast marshy area that was reclaimed in the 18<sup>th</sup> century by Peter Leopold of Lorraine. At the following crossroads, keep to the left on the trail that becomes a path through the hedges. Once coming upon a small bridge, turn left along a canal. The country road leads into the SP 101 di Montemaggio road [33.5-km 8.4]. Turn to the left and then immediately to the right onto the country road flanking the canal. Once you reach the T-crossroad, turn right into the most distinct cart track and then immediately left beyond the bridge, on the trail, always along the same canal. The trail continues southwards until it comes to a T-crossroad with another country road; keep to the left and then continue straight ahead until you reach Piramide Leccia, which is reminiscent of Pian del Lago land reclamation. For a short stretch you will be flanking the underground spillway canal – waterworks that allowed for the drainage of the marshland [33.6-km 10.3]. The track climbs up to a farm and from its access road you emerge onto Strada di Casciano (SP 101) [33.7-km 12.7], which is asphalted and which you cross to continue on the cart track that enters the wood a little further on and bends southeast. Follow the signs at the various junctions with other forest paths, emerging onto a dirt road (fence surrounding a stable), continue to the right until reaching the cemetery of Casciano. Take the Strada di Casciano, initially a dirt road and later a paved one, to the left for 600m. Lifting your gaze to observe the horizon is suggested since Siena is unobscured with the sight of the Torre del Mangia and the Cathedral bell-tower. At the houses of Convento Vecchio [33.8-km 13.1], on the ridge, follow the Strada delle Coste downhill to the right, going under the **SIENA** bypass road. Go up again, still on the Strada delle Coste, to the Pietriccio district, going right into Via Gaetano Milanesi, which climbs

very steeply. Continuo left into Via di Marcelino (panoramic view over the city) until it joins Strada del Cuppescini, which leads to the roundabout in Viale Mameli. Going right into Via Caracciolo you reach the historic centre, to which you gain access through Porta Camollia (km 17.7). Follow the main road, for 1.3km, to Piazza del Campo.

### What to see

**Chiocciola Castle** To the south of Monteriggioni, built in the 14<sup>th</sup> century, the castle was considerably restructured in the centuries that followed, with the addition of the square towers, the battlements of which are from the 19<sup>th</sup> century. Another isolated building not far away is the Villa, a 19<sup>th</sup>-century construction. **6** Many of the agricultural buildings dotted around the countryside. Chiocciola Castle had defensive functions and was conquered by imperial troops on 21<sup>st</sup> April 1554, a few months before the fall of Monteriggioni, during the war between Siena and Florence.

**Pian del Lago** Today vasters see only open wheat fields, but until the 18<sup>th</sup> century this was a vast marshy area at the foot of Monte Maggio. Its origin is karst, and it is a "poie", a depression with a flat bottom, in the past partially drained by a number of poters, but nevertheless flooded with water up to 3m. The vast upland plain was at one time used as an airport (you walk alongside it for a short stretch), now disused.

**Siena and the complex of Santa Maria della Scala**  
Describing a city like Siena in a few lines is a near impossible. The visitor, like the visitor, needs to make a selection. In the beautiful historic centre, an in-depth visit to the museum complex of the Ospedale di Santa Maria della Scala is well worthwhile. Its legendary foundation dates back before the year 1000, at the initiative of the cobbler Sorore. We have detailed information on its residence from 1090, when it was acknowledged by the canons of the cathedral and turned into a hospital for pilgrims and a hospice for the poor, the infirm and for abandoned children. Thanks to many legacies and to financial support from the Municipality of Siena, the foundation grew very rich and powerful, becoming the proprietor of a large number of agricultural properties and fortified farms, such as the Grancia di Gaja, which you visit on the next stage. Until the 1970s, the Civil Hospital of Siena was located in its blessed rooms. Today, the vast complex is being renovated and is to become one of the largest museum structures in Europe. **7** The route includes the restored Sala del Monte, which housed a collection of relics from Constantinople. Also powerfully evocative for pilgrims is the "View of Rome" by Taddeo di Bartolo, recently recovered in a lunette. A visit to the Pellegrino alone is worth the price of the multiple ticket (€12 for the museum complex, cathedral, baptistry and various other associated museums). The grand passages created in the third decade of the 19<sup>th</sup> century, illustrating very effectively the various work conducted in the Ospedale, from caring for the sick to payment of the "baldric" – the remuneration in money and wheat to wet nurses – to the distribution of alms to the poor. True to its vocation, Santa Maria della Scala has been running the Casa delle Belle, a pilgrim's hotel, on its premises since 2016.

**1** DETAILED MAPS OF THE ROUTE

**2** ALTIMETRY: DISTANCES, ALTITUDES, LOCATIONS.

**3** TECHNICAL DATA: TERRAIN, DISTANCE, TRAVEL TIME, ELEVATION GAIN, DIFFICULTY.

**4** SIGNAGE, DIRECTIONS FOR CYCLISTS, WHERE TO SLEEP AND STOCK UP.

**5** DESCRIPTION OF THE ROUTE: WITH WAYPOINTS AND PARTIAL MILEAGE.

**6** SIGNIFICANT LOCATIONS AND MONUMENTS TO VISIT.

**7** CULTURAL, SPIRITUAL AND LANDSCAPE INSIGHTS.





6

## La Via Francigena

*The Via Francigena*

**1,000 km on foot from Great San Bernard to Rome**

A whole month, a week or just a few days: an extraordinary journey towards the discovery of unexpected landscapes, medieval parishes and stretches of Roman roads, travelling across some of the most picturesque towns in Valle d'Aosta, Piedmont, Lombardy, Emilia-Romagna, Liguria, Tuscany and Lazio. Including detailed maps, altimetry, official variants, accommodation and places to visit. The official guidebook for the cultural itinerary of the European Council.

**ENGLISH AND FRENCH EDITION**

AUTHOR **Roberta Ferraris**

ITALIAN/3<sup>RD</sup> EDITION: 2018

ENGLISH/2<sup>ND</sup> EDITION: 2018

(NEW EDITION: 2020)

FRENCH/1<sup>ST</sup> EDITION: 2018

264 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-462-4

18,00 EUR



**On foot**

DISTANCE: **1,000 km**

STAGES: **45**

REGIONS: **Aosta Valley, Piedmont, Lombardy, Emilia Romagna, Liguria, Tuscany, Lazio**



6

**By bike**

DISTANCE: **1,200 km**

STAGES: **23**

REGIONS: **Aosta Valley, Piedmont, Lombardy, Emilia Romagna, Liguria, Tuscany, Lazio**



## GUIDA ALLA VIA FRANCIGENA IN BICICLETTA

*Guidebook to Via Francigena by Bicycle*

**Over 1,000 km from the Alps to Rome**

All the useful information needed by cyclists: detailed maps, places to visit, accommodation and bicycle workshops. The route describes both pathways setting off from Montgenèvre and Great San Bernard, in addition to all the possible variants.

AUTHOR **Roberta Ferraris**

4<sup>TH</sup> EDITION: 2018

216 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-461-7

18,00 EUR



8

**On foot**

**By bike**

DISTANCE: **1,000 km**

STAGES: **46**, **19**

REGIONS: **Trentino A. Adige, Veneto, E. Romagna, Tuscany, Umbria, Lazio**



## LA VIA ROMEA GERMANICA

*Romea Germanica Way*

**1,000 km from Brenner Pass to Rome**

During the Middle Ages, all those who left north-eastern European countries travelled over the Romea Way. A trail that witnessed the transit of pilgrims, wayfarers, merchants and kings. One that crosses Italy from north to south, brushing up against some beautiful cities of art such as Padua, Ferrara, Ravenna, Orvieto, Montefiascone, as well as small hamlets and valleys. A month and a half on foot or by bike, through some of the most beautiful landscapes of the peninsula.

AUTHOR **Simone Frignani**

1<sup>ST</sup> EDITION: 2016

296 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-376-4

18,00 EUR





**On foot**  
**By bike**  
**On horseback**  
 DISTANCE: **350 km**  
 STAGES: **18**, **7**  
 REGIONS: **Tuscany, Umbria, Lazio**



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## DI QUI PASSÒ FRANCESCO

### *On the Road With Saint Francis*

**350 km between La Verna, Gubbio, Assisi... all the way to Rieti**

Seventeen days on foot, by bicycle or on horseback across Tuscany, Umbria and Lazio; through millennial forests and valleys full of history. A new updated version of the first guidebook on the “roads of Francis” on foot. The fundamental events in the life of Francis are described for every stage of the trail. A whole chapter is entirely dedicated to bicycle preparation and maintenance.

AUTHOR **Angela Maria Seracchioli**

ITALIAN/7<sup>TH</sup> EDITION: 2018  
 (NEW EDITION: 2020)  
 ENGLISH/2<sup>ND</sup> EDITION: 2018  
 232 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-464-8  
 18,00 EUR

**RIGHTS SOLD: GERMAN, PORTUGUESE  
ENGLISH EDITION**



**On foot**  
**By bike**  
 DISTANCE: **500 km**  
 STAGES: **25**, **10**  
 REGIONS: **Lazio, Abruzzo, Molise, Apulia**



12

## CON LE ALI AI PIEDI

### *With Wings On Your Feet*

**In the places of St. Francis and Michael the Archangel**

From the Lazio region, all the way to the boulders of Monte Sant'Angelo suspended over the sea in Gargano: 25 stages towards one of the most fascinating and ancient pilgrimage destinations in Europe. This guidebook is the natural sequel to “Di qui passò Francesco” (“On the Road With Saint Francis”). An exciting hiking or bicycle trail across Abruzzo, Molise and northern Apulia – through unknown valleys, cities of art and breath-taking landscapes. Destination: the fascinating grotto of the appearances and worship of Saint Michael, located just a few kilometres away from San Giovanni Rotondo.

AUTHOR **Angela Maria Seracchioli**

2<sup>ND</sup> EDITION: 2015  
 192 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-338-2  
 18,00 EUR

**RIGHTS SOLD: GERMAN**



17

AUTHORS **Gianluigi Bettin, Paolo Giulietti, Nicola Checcarelli**

1<sup>ST</sup> EDITION: 2017  
 (NEW EDITION: 2020)  
 296 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-440-2  
 20,00 EUR

## La Via di Francesco

*The Way of St. Francis*

**From La Verna and Rome to Assisi**

The two itineraries towards Assisi are now together for the first time in one guidebook: from La Verna (in the north) and Rome (in the south). A total of 450 km on foot or by bicycle through the green heart of Italy, between Tuscany, Umbria and Lazio, through the Foreste Casentinesi national park, the Alpe della Luna nature reserve, the upper valley of the Tiber River and the Sacred Valley in Rieti. Including variants towards Perugia and Terni. The guidebook also includes a road book for those travelling by bicycle. In addition to: detailed maps, altimetry, gradients, accommodation, description of the route and places to visit.

**On foot**  
**By bike**  
 DISTANCE: **450 km**  
 STAGES: **24**, **9**  
 REGIONS: **Tuscany, Umbria, Lazio**







13

AUTHOR **Simone Frignani**ITALIAN/4<sup>TH</sup> EDITION: 2019ENGLISH/3<sup>RD</sup> EDITION: 2017

176 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-415-0

18,00 EUR

## Il Cammino di san Benedetto

*The Way of Saint Benedict*

**300 km from Norcia to Montecassino**

Sixteen days on foot (or by bicycle) along a fascinating itinerary through the Umbria and Lazio regions, following in the footsteps of Saint Benedict – the patron saint of Europe. The itinerary will be touching upon three of the sites that were most significant in the Saint's lifetime. They are: Norcia, his place of birth, at the foot of the Sibillini Mountains; Subiaco, where Benedict laid down the foundations of his Rule; and Montecassino, in the Lower Lazio region, where he lived the last years of his life and established the Abbey that survived four destructions. A trail that makes its way through a land rich in history and natural charm.

**RIGHTS SOLD: GERMAN  
ENGLISH EDITION**

**On foot**

**By bike**

DISTANCE: **300 km**

STAGES: **16**, **7**

REGIONS: **Umbria, Lazio**



22

**On foot**

**By bike**

DISTANCE: **180 km**

STAGES: **6**, **3**

REGIONS: **Emilia Romagna, Tuscany**



## GUIDA ALLA VIA DEGLI DEI

*The Way of Gods Guidebook*

**From Bologna to Florence and back**

On foot or by bicycle through the Emilia and Tuscany regions, from Piazza Maggiore to Piazza della Signoria: one week travelling over Roman slab stone roads of the Flaminia Military Trail, amidst the woods of the Apennine Mountains. Then climbing up the mountains dedicated to ancient gods, such as Monte Adone (Adonis) and Monte Senario. Complete with the description of the itinerary in both directions: from Bologna to Florence and vice-versa.

AUTHOR **Simone Frignani**

2<sup>ND</sup> EDITION: 2019

112 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-460-0

14,00 EUR



18

**On foot**

**By bike**

DISTANCE: **400 km**

STAGES: **18**, **9**

REGIONS: **Tuscany, Umbria, Marche, Lazio**



## ITALIA COAST TO COAST

*Italy Coast to Coast*

**400 km from the Adriatic to the Tyrrhenian**

The charm of central Italy united with an actual coast-to-coast adventure. A unique and charming itinerary envisaging eighteen days on foot (or nine by bicycle) along paths and dirt roads, leading from the Monte Conero promontory to the Monte Argentario one – on the road towards the discovery of underground cities and ancient roads. Including visits to medieval towns such as Nocera Umbra, Assisi, Todi (perched as a guard over the Tiber River), Orvieto (with its splendid Gothic cathedral) and then the tuff cities called Sorano, Sovana and Pitigliano, all the way to the nature reserve of the Orbetello lagoon (in the Maremma area).

AUTHOR **Simone Frignani**

3<sup>RD</sup> EDITION: 2018

(NEW EDITION: 2020)

168 PAGES FULL COLOR

SOFTCOVER

ISBN 978-88-6189-481-5

18,00 EUR





**On foot**  
 DISTANCE: **110 km**  
 STAGES: **8**  
 REGIONS: **Piedmont, Val d'Aosta**



## IL CAMMINO DI OROPA

### *The Oropa Trail*

#### On foot from Santhià to Sacro Monte

For over four centuries, hikers and pilgrims have been climbing up to Oropa to admire the Black Virgin. A trip through the Piedmont region: from rice paddies in Vercelli, all the way to the Alps in Biella. Comprising four stages suited for expert and non-expert hikers, for enjoying the nature intrinsic to these places, encountering the monastic community in Bose or participating in the re-enactment of the Passion of Christ in Sordevolo. The guidebook also describes ancient roads that are still enlivened by emotional nocturnal pilgrimages from Fontainemore in Valle del Lys and from Rassa in Valsesia. In addition to a series of day trips for those who want to continue their hike once they've reached their destination.

AUTHOR **Alberto Conte**

1<sup>ST</sup> EDITION: 2019  
 128 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-578-2  
 15,00 EUR



**On foot**  
**By bike**  
 DISTANCE: **350 km**  
 STAGES: **15**, **6**  
 REGIONS: **Lombardy, Emilia Romagna, Tuscany**



## GUIDA ALLA VIA DEGLI ABATI E DEL VOLTO SANTO

### *Guidebook to the Via degli Abati and del Volto Santo Trails*

#### 350 km from Pavia to Lucca

Eight days on foot over the roads once travelled during the Middle Ages by monks from the San Colombano abbey; then another week's journey, all the way to the crucifix of Il Volto Santo (Holy Face) that is venerated all over Europe. Together these two trails give life to an evocative "Mountain Francigena trail" through the Oltrepò Pavese area, Lunigiana and Garfagnana. Their destination is Lucca, a splendid city of art, from which one may continue on towards Rome. An itinerary that should not be missed by all those who love hardly-trodden paths, silent woods, towns and castles in the Apennine mountains.

AUTHORS **Niccolò e Luciano Mazzucco, Guido Mori**

2<sup>ND</sup> EDITION: 2019  
 176 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-414-3  
 18,00 EUR

15



AUTHORS **Roberta Ferraris, Franco Faggiani**

1<sup>ST</sup> EDITION: 2020  
 192 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-627-7  
 18,00 EUR

## Il Cammino Balteo

### *The Balteo Way*

#### 350 km to discover Valle d'Aosta

All the beauty of the Aosta Valley at a slow pace.

A circular route, among chestnut trees, vineyards and woods.

Nature, culture, food and wine: the *patois* and the Roman remains of Aosta; open-air museums, like those of Challand and Chemp; the fortresses - from Bard to the castle of Fénis - and the small villages where you can taste fontina, Arnad lard and Muscat.

A path within everyone's reach, also suitable to a weekend with the family.

The best way to discover Valle d'Aosta, outside the most popular high-altitude resorts.

**On foot**  
 DISTANCE: **350 km**  
 STAGES: **23**  
 REGION: **Valle d'Aosta**







**On foot**  
 DISTANCE: **180 km**  
 STAGES: **11**  
 REGION: **Sicily**



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## LA MAGNA VIA FRANCIGENA

### Magna Via Francigena Trail

#### Sicily on foot from sea to sea

From the Gulf of Palermo to the Valley of Temples, along ancient roads once travelled by Greeks, Romans, Arabs and Normans. Nine stages towards the discovery of Sicily: the famous one with Monreale and Agrigento, but even that made up of the Sicani Mountains with their breath-taking landscapes, or Sutera that is one of the “most beautiful villages in Italy”. Walking through nature parks, fields of wheat and small towns perched on hilltops, this is a coast-to-coast journey uncovering the traditions and history of an unforgettable land.

AUTHOR **Davide Comunale**

ITALIAN/2<sup>ND</sup> EDITION: 2019  
 ENGLISH/1<sup>ST</sup> EDITION: 2019  
 FRENCH/1<sup>ST</sup> EDITION: 2020  
 96 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-441-9  
 15,00 EUR

**ENGLISH AND FRENCH EDITION**



**On foot**  
**By bike**  
 DISTANCE: **370 km**  
 STAGES: **20**  
 REGION: **Sicily**



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## DA PALERMO A MESSINA PER LE MONTAGNE

### Through the Mountains, from Palermo to Messina

#### 370 km hiking along the Via Francigena Trails in Sicily

On foot from Palermo to Messina in a matter of 20 days, through Norman fortresses, arabesque domes, nature reserves and culinary delights. Towards the discovery of the Apennines in Sicily, speckled with splendid hamlets and surprising glimpses of the sea. A historical itinerary through the Madonie peaks, the Nebrodi woods and the summit of the Peloritani mountain range, all the way to the Strait of Messina – the island's ancient gateway to the Orient.

AUTHOR **Davide Comunale**

ITALIAN/1<sup>ST</sup> EDITION: 2018  
 ENGLISH/1<sup>ST</sup> EDITION: 2020  
 132 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-479-2  
 18,00 EUR

**ENGLISH EDITION**



26

AUTHORS **Angelofabio Attolico, Claudio Focarazzo, Lorenzo Lozito**

1<sup>ST</sup> EDITION: 2019  
 128 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-525-6  
 15,00 EUR

## Il Cammino Materano

### Materano Trail

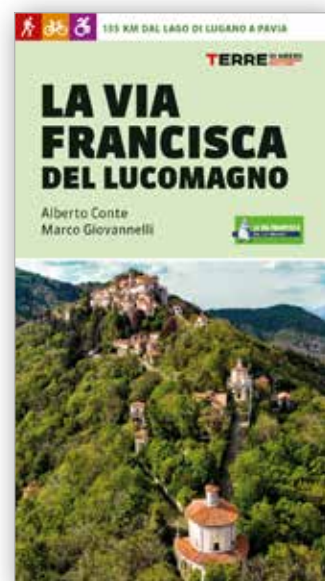
#### On foot along Via Peuceta

On the road towards Matera, the 2019 European Capital of Culture: a 7-day journey between the Puglia and Basilicata regions, between past and present, from the historical legacies of Frederick II to the infinite horizons of the Murge plateau that has been shaped by the work of man over the course of centuries. Hiking during the day involves walking through olive and almond groves, vineyards and drywalls; whereas evenings involve discovering the flavours of traditional dishes prepared in masserie farmhouses. Until suddenly coming upon the most famous Sassi in the world: a unique kind of beauty, suspended between the earth and the sky.

**On foot**  
 DISTANCE: **160 km**  
 STAGES: **7**  
 REGIONS: **Apulia, Basilicata**







AUTHORS **Alberto Conte, Marco Giovannelli**

1<sup>ST</sup> EDITION: 2020  
128 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-626-0  
18,00 EUR

## La Via Francisca del Lucomagno

### *The Via Francisca of Lucomagno*

**135 kilometers from Varese to Pavia**

The first official guide to the Italian ancient way that, from Constance, crosses Switzerland and Lombardy and then connects to the Via Francigena. A Roman-Lombard route that, from Lake Lugano to the Sacro Monte of Varese up to the abbey of Morimondo, winds through Unesco and Fai heritage assets, natural parks and waterways. With detailed cartography, hosts contacts and all useful information to travel.

And in addition, an appendix dedicated to the stages in Germany and Switzerland, and indications to enter the Via Francigena.

**On foot**  
 **For all**  
DISTANCE: **135 km**  
STAGES: **8**  
REGIONS:  
**Lombardy**



19

**On foot**  
 **By bike**  
DISTANCE: **630 km**  
STAGES: **31**  
REGION: **Tuscany**



## TOSCANA A PIEDI

### *Tuscany on Foot*

**630 km between Pisa, Florence, Arezzo, Siena and Elba**

Hiking for a month, a week or even simply for a weekend through the entire Tuscany region: including historical trails, cities of art and nature. Pisa, Florence, Siena, Arezzo and then the trails and dirt roads in the Valdarno area, the hills in Chianti and Val d'Orcia. In addition to Etruscan settlements in Pitigliano, Sorano and Sovana, the Maremma area and Via dei Cavalleggeri along the coastline. All the way to the last stage: the wild and fascinating island called Elba.

AUTHORS **Milena Romano, Vincenzo Moscati**

2<sup>ND</sup> EDITION: 2017  
170 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-420-4  
19,00 EUR



25

**On foot**  
DISTANCE: **250 km**  
STAGES: **14**  
REGIONS: **Marche, Umbria, Abruzzo, Tuscany**



## IL CAMMINO NELLE TERRE MUTATE

### *Terre Mutate Trail*

**250 km on foot from Fabriano to L'Aquila**

The Long Trek for L'Aquila, an annual solidarity trek that brings hundreds of hikers to the places hit by earthquakes between 2009 and 2017, has now become an actual route: from Camerino to Piana di Castelluccio, from Norcia to Amatrice with the aim of becoming acquainted with these beautiful and fertile places, the stories of those who have decided to stay. An itinerary contributing towards the rebirth of a land that has been transformed, both in its outward appearance and in its soul, and returning from the hike as changed persons.

AUTHOR **Enrico Sgarella**

1<sup>ST</sup> EDITION: 2019  
(NEW EDITION: 2020)  
144 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-523-2  
18,00 EUR





**On foot**  
 DISTANCE: **180 km**  
 STAGES: **9**  
 REGIONS: **Umbria, Marche**



## IL CAMMINO FRANCESCANO DELLA MARCA

### Franciscan Way of Marca

#### 180 km from Assisi to Ascoli Piceno... and back

Eighty years from the proclamation of Saint Francis as patron saint of Italy, an itinerary has been taken up once again. It follows his footsteps along the Apennines, between the Umbria and Marche regions; going from Foligno to Muccia, from the San Liberato convent (where he wrote The Little Flowers), all the way to Amandola through natural parks and medieval towns. A unique occasion for discovering lands full of art and history, but even the places and communities that have risen up again after being hit by earthquakes in 2016 and 2017.

AUTHORS **Maurizio Serafini, Luciano Monceri**

1<sup>ST</sup> EDITION: 2019-2020  
 128 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-577-5  
 15,00 EUR



**On foot**  
**By bike**  
 DISTANCE: **150 km**  
 STAGES: **7**  
 REGIONS: **Marche, Umbria**



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## LA VIA LAURETANA

### Lauretana Trail

**150 km on foot from Assisi to Loreto**  
 A 7-day hike that can be covered two ways – either on foot or by bicycle – through the Umbria and Marche regions, amidst unscathed nature and charming locations such as Spello, Tolentino and Macerata. Complete with detailed maps, description of the route, altimetry, places to visit, accommodation and even nature/spiritual insights.

AUTHORS **Chiara Serenelli, Paolo Giuliotti**

1<sup>ST</sup> EDITION: 2015  
 128 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-322-1  
 18,00 EUR



**On foot**  
**Family-friendly**  
 DISTANCE: **75 km**  
 STAGES: **10**  
 REGION: **Piedmont**



## IL TREKKING DEL LUPO

### The Wolf's Trek

#### From the Maritime Alps to Mercantour Park

A family-friendly itinerary, one that is unique thanks to the undisputed charm exercised by wolves on children of all times. One week through the Maritime Alps Park in the Piedmont region, all the way to the Mercantour Park in France where one may catch a close-up glimpse of wolves – without any danger at all. The return trip envisages travelling over ancient royal hunting roads. Including all the useful information needed when embarking upon this itinerary even in the company of children.

AUTHORS **Franco Voglino, Annalisa Porporato**

1<sup>ST</sup> EDITION: 2014  
 96 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-295-8  
 13,50 EUR



**On foot**  
 DISTANCE: **75 km**  
 STAGES: **20**  
 REGION: **Piedmont**



## SULLE STRADE DEI VALDESI

### The Way of the Waldensians

#### 20 days on foot between France and the Piedmont region, travelling in the footsteps of Waldensians returning from exile

On the night of 17 August 1689, one-thousand Waldensian men set off along the shores of Lake Geneva with the hope of returning to their valleys in the Piedmont region – from which they had been exiled in the year 1687. Today hikers can once again travel over that same historical route: twenty stages on foot through beautiful valleys and snow-capped mountains, along the roads of the heroic return of Waldensians from exile. Complete with the day-by-day report of an endeavour that took place over three centuries ago.

AUTHORS **Riccardo Carnovalini, Roberta Ferraris**

1<sup>ST</sup> EDITION: 2020  
 208 PAGES FULL COLOR  
 SOFTCOVER  
 ISBN 978-88-6189-588-1  
 19,00 EUR





 **On foot**  
STAGES: 23  
REGION: **Sardinia**



## SARDEGNA A PIEDI

### *Sardinia on Foot*

#### 13 spectacular itineraries along the coastline

Rocky headlands, centuries-old juniper trees, dunes and beaches of white sand, nestled in nature that has gone practically unscathed; and, of course, its emerald and turquoise sea. One-day or weekend excursions, or actual routes in stages; trails suited for one and all, towards the discovery of a nearly unknown Sardinia. Solitary coves and landscapes of rare beauty that can sometimes be found just around the corner from the most crowded places. From Gallura to Cala Gonone, from Capo Spartivento to the island called Caprera. A book that is the outcome of an extraordinary adventure experienced by its authors: walking the entire perimeter of the island in 80 days.

AUTHORS **Riccardo Carnovalini, Roberta Ferraris**

3<sup>RD</sup> EDITION: 2019  
216 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-243-9  
18,00 EUR



 **On foot**  
DISTANCE: 400 km  
STAGES: 24  
REGION: **Sardinia**



## IL CAMMINO MINERARIO DI SANTA BARBARA

### *The Mining Way of Santa Barbara*

#### 400 km in Sardinia, amidst history and nature


From the crystal-clear waters of Sant'Antioco to the thick forest in Marganai, from the white sand dunes in Piscinas to the spectacular Is Zuddas caves – an unforgettable journey towards the discovery of south-western Sardinia. A journey through suggestive abandoned mines, galleries overlooking the cliffs, ghost towns and ancient railroads that disappear into the woods. And as a devotional common thread: the worship of Saint Barbara (patron saint of miners) whose churches are scattered over this splendid ring-shaped itinerary.

AUTHOR **Giampiero Pinna**

ITALIAN/1<sup>ST</sup> EDITION: 2017 (NEW EDITION: 2020)  
ENGLISH/1<sup>ST</sup> EDITION: 2020  
180 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-251-4  
18,00 EUR

**ENGLISH EDITION**



 **On foot**  
DISTANCE: 430 km  
STAGES: 22  
REGIONS: **Veneto, Emilia Romagna, Tuscany**



## GUIDA AL CAMMINO DI SANT'ANTONIO

### *The Saint Anthony Trail*

**430 km on foot from Padua to La Verna**  
Twenty-two days towards the discovery of spirituality and the life of St. Anthony. From Camposampiero to the Basilica in Padua, and then across the Apennines to the sanctuary in La Verna – the crossroads of Franciscan paths. An itinerary that joins together some of the most beautiful cities in the Veneto and Emilia-Romagna regions to locations of meditation and peace, such as the Camaldoli hermitage.

1<sup>ST</sup> EDITION: 2018  
168 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-463-1  
18,00 EUR



 **On foot**  
DISTANCE: 650 km  
STAGES: 32



## IL CAMMINO DI SANT'OLAV

### *The St. Olav Way*

#### The downfall of a king and the birth of a legend

An ancient route following in the footsteps of a warrior who became king, saint and legend. The impassioned and ironical voice of an expert pilgrim narrates his days of hiking in Norway. From Oslo, for 650 km made up of lakes and boundless forests, going further and further, all the way to the fjords in Trondheim and Stiklestad – the Finis terrae (end of the earth) of the north. Complete with all the information needed to get started.

AUTHOR **Roberto Montella**

1<sup>ST</sup> EDITION: 2019  
200 PAGES TWO COLORS  
SOFTCOVER  
ISBN 978-88-6189-576-8  
15,00 EUR





AUTHORS **Alfonso Curatolo,**  
**Miriam Giovanzana**

12<sup>TH</sup> EDITION: 2019  
(NEW EDITION: 2020)  
232 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-488-4  
18,00 EUR

## Guida al Cammino di Santiago de Compostela

*Camino de Santiago de Compostela Guidebook*

**Over 800 km on foot from the Pyrenees to Finisterre**

On foot for 30 stages along the French Trail, from the Pyrenees and all the way to Santiago, in the north of Spain, setting off from Roncesvalles or from the harsher and more solitary Somport Pass. Thirty days "away from the world", or better yet away for the normal pace of everyday life. From the Navarra woods, going through the Mesetas desert plateaus, all the way to luxuriant Galicia. Spending every night in an equipped shelter where one can sleep and enjoy the hospitality of pilgrims from way back when.

 **On foot**  
DISTANCE: **900 km**  
STAGES: **30**



**2021 The Compostela Holy Year**



AUTHORS **Pietro Scidurlo,**  
**Luciano Callegari**

2<sup>ND</sup> EDITION: 2016  
328 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-385-6  
20,00 EUR

## Guida al Cammino di Santiago per tutti

*Camino de Santiago for All guidebook*

**A barrier-free trail!**

In the year 2018, 27,000 Italians reached Santiago on foot and increasingly more intend to embark upon the journey: people with mobility and sensory impairments, the elderly, those who have undergone transplant surgery, people with minor yet debilitating diseases. Thirty days of travelling may represent a problem for them, but one that can be overcome thanks to this guidebook. Three different routes: over paved roads (by handcycle); mixed terrain (for wheelchairs); along the classic Camino (for those with minor disabilities).

 **On foot**  
 **For all**  
DISTANCE: **900 km**  
STAGES: **33**







**On foot**  
**By bike**  
DISTANCE: **900 km**  
STAGES: **33**



## A SANTIAGO LUNGO IL CAMMINO DEL NORD

*Towards Santiago  
Along the Northern Way*

**Over 800 km on foot from Irún to Compostela**

Enchanting beaches, high cliffs, unscathed nature between the sea and the mountains in northern Spain: one month on foot, facing onto the ocean, towards Santiago – following in the footsteps of pilgrims from the past. The first complete and updated guidebook to one of the best-known Jacobean routes: for those who have already completed the French Way or those who are searching for the solitude and charm of ancient pilgrimages. Complete with all the variants by bicycle and the possibility of requesting GPS data.

AUTHOR **Luciano Callegari**

5<sup>TH</sup> EDITION: 2017  
(NEW EDITION: 2020)  
240 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-416-7  
19,00 EUR



**On foot**  
**By bike**  
DISTANCE: **520 km**  
STAGES: **18**



## A SANTIAGO LUNGO IL CAMMINO PRIMITIVO E IL CAMMINO INGLESE

*To Santiago, Along the Primitive Way and the English Way*

**Two alternative routes towards Compostela**

The Primitive Way, the oldest route travelled by pilgrims, sets off from the fascinating city called Oviedo and brushes up against historical Lugo: thirteen days on foot between the Asturias mountains and sunny Galicia. But you can also reach Compostela along the English Way: five days on foot, setting off from A Coruña Ferrol located on the western coast of Spain, where pilgrims from northern Europe used to land during the Middle Ages.

AUTHOR **Donatella Capizzi Maitan**

3<sup>RD</sup> EDITION: 2018  
(NEW EDITION: 2021)  
192 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-451-8  
19,00 EUR



AUTHORS **Giovanni Caprioli, Luciano Callegari, Irina Bezzi**

4<sup>TH</sup> EDITION: 2018  
(NEW EDITION: 2020)  
264 PAGES FULL COLOR  
SOFTCOVER  
ISBN 978-88-6189-452-5  
19,00 EUR

## A Santiago lungo il Cammino Portoghese

*To Santiago along the Portuguese Way*

**With variants for the coast and Fatima**

One month carrying a backpack over ancient Portuguese roads. The first guidebook for travelling over this very well-marked and flagged trail, which includes the long variant towards Fatima (destination for thousands of pilgrims on a yearly basis). Those who love the ocean will find Senda Litoral and Variante Espiritual in this new updated edition, for walking along the sandy beaches of Portugal and the jagged coasts of Galicia.

**On foot**  
**By bike**  
DISTANCE: **650 km**  
STAGES: **26**



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