

STEPS ALONG THE VIA FRANCIGENA

Trekking activity from San Gimignano to Monteriggioni for individuals or small groups

Leaving the car behind to explore the heart of Tuscany on foot is the key to capturing its true essence. Crossing the Valdelsa and the wooded hills of the Montagnola Senese, this itinerary sets off from San Gimignano and guides hikers through the charm of ancient relics, river parks, and tiny hidden hamlets, leading up to the iconic sight of Monteriggioni's towers.

Route 32, covering a total of 30.9 km, connects San Gimignano to the Castle of Monteriggioni. The final stretch of the route is very easy and highly scenic: starting from the tiny village of Abbadia a Isola, a true hidden gem in the countryside, you reach Monteriggioni in just a few kilometres. The trail first crosses open countryside before following an easy forest path, until Monteriggioni's renowned "crown" of medieval towers suddenly comes into view. A breathtaking sight that will leave you speechless!

Route 32 passes through Colle di Val d'Elsa, crossing its historic town center. Here, you can choose to reach the Duomo (where the relic of the Holy Nail is preserved) or walk along the Elsa River to visit the River Park, a nature reserve perfect for a light and adventurous trek.

In the Valdelsa area, the Via Francigena also cuts through the Montagnola Senese, a predominantly wooded region characterized by low-to-medium hills and exceptionally lush vegetation. Here, the itinerary becomes more complex in places with greater elevation changes, intersecting with an extensive network of CAI trails.

Along Route 32 of the Via Francigena, it is also possible to continue toward the Via del Sale (Salt Route) and the Via Etrusca (Etruscan Way), tracing a natural path toward the coast.

Snapshot:

- 2 days / 1 night
- Target: individuals/backpackers or small tourist groups
- In case of small groups, price staying in a hostel starting from € 69 (the fee is calculated on a minimum of 8 people)

Program

Before getting on the way

Equipment: as the itinerary is going to be a backpacking activity through woods and unpaved roads, we recommend boots suitable for trekking activity, hiking poles and a sufficient supply of fresh water for the section across the Montagnola Senese.

Day 1

The beginning of the journey: between history and nature.

★ Stop 1: San Gimignano

The walk begins in the famous medieval village of San Gimignano, nestled among the Tuscan hills. From here, the first steps take you away from the silhouette of its iconic towers and into the white roads, vineyards and open countryside.

★ Stop 2: Colle di Val d'Elsa

Once you reach the village of Colle di Val d'Elsa, the route crosses the historic town centre. At this stage, two fascinating detours are possible: climb to the Duomo of Colle Val d'Elsa, home to the precious relic of the Holy Nail, or head towards the banks of the Elsa River and enter the Elsa River Park, a nature reserve perfect for a gentle yet adventurous trek close to the water.

★ Stop 3: Montagnola Senese

Leaving the central area behind, the route enters the Montagnola Senese, a predominantly wooded area characterised by low and medium hills and exceptionally lush vegetation. This section is more challenging and stimulating due to the greater elevation changes, offering the opportunity to explore the natural environment while following the CAI trail network.

★ Stop 4: Abbadia a Isola

After crossing the wooded area of the Montagnola, the route reaches the tiny village of Abbadia a Isola, considered a true hidden gem in the Sienese countryside. It is the ideal place for a break, where you will find a hostel that we recommend for an **overnight stay** which also offers a "Pilgrim's Dinner" for its guests. This is the perfect stop before tackling the final part of the walk.

Day 2

Reaching the final destination, Monteriggioni.

★ Stop 5: Monteriggioni

The final section of Route 32 starts from Abbadia a Isola and is very easy and scenic.

The path first crosses the countryside and then enters an easy woodland trail, eventually reaching the point where Monteriggioni's famous "crown" of medieval towers suddenly comes into view. This is the final destination of the itinerary, and we recommend visiting the town once you arrive.

Useful information for small groups

What's included:

- Overnight stay at Abbadia a Isola Hostel
- Dinner at Abbadia a Isola Hostel
- Luggage transport

Exclusions:

- Transfers
- Anything not listed under "The price includes"

INFO AND BOOKING

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