

WALKING GUIDE



VIA DI FRANCESCO TUSCANY

FIRENZE - LA VERNA

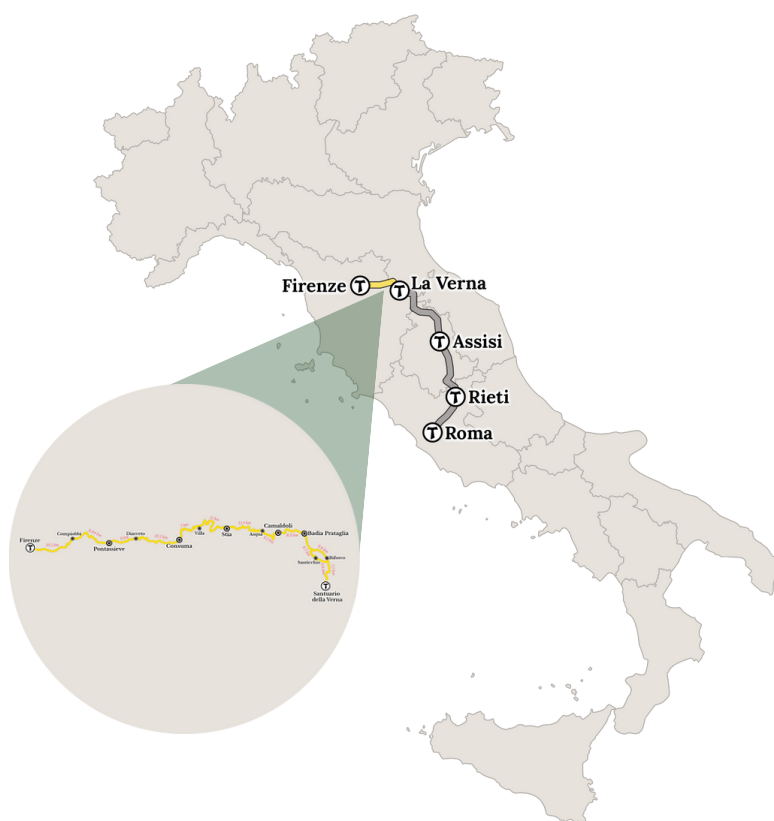
WALKING GUIDE

Via di Francesco Tuscany Firenze - La Verna

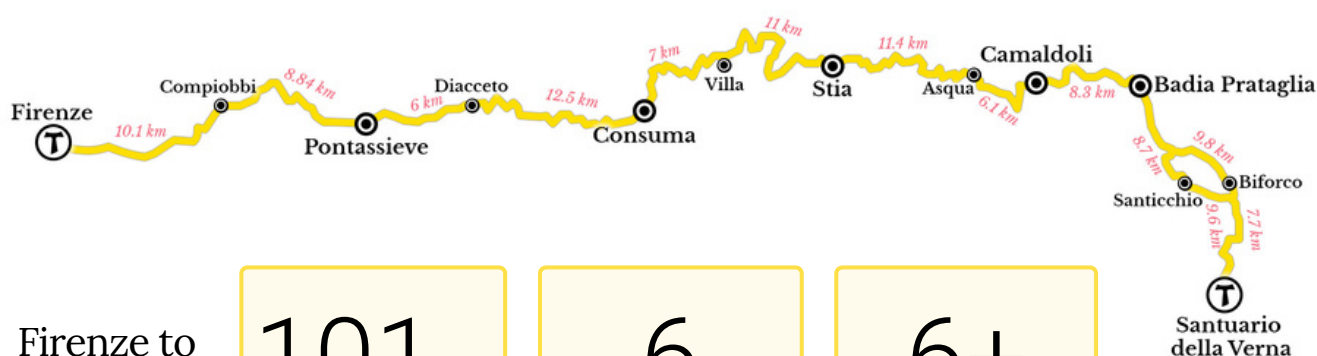
Via di Francesco in Toscana Stages

From the official starting point in Florence, the path leads you through Tuscan vineyards, into the enchanting Casentinesi Forest National Park, and to the Sanctuary of La Verna. Each stage offers a new adventure and a deeper connection to your self and nature.

The 101 km section crosses Firenze, Pontassieve, Consuma, Stia, Camaldoli, Badia Prataglia, and Santuario della Verna.



Schedule Your Walk



Firenze to
La Verna

101 km

DISTANCE

6

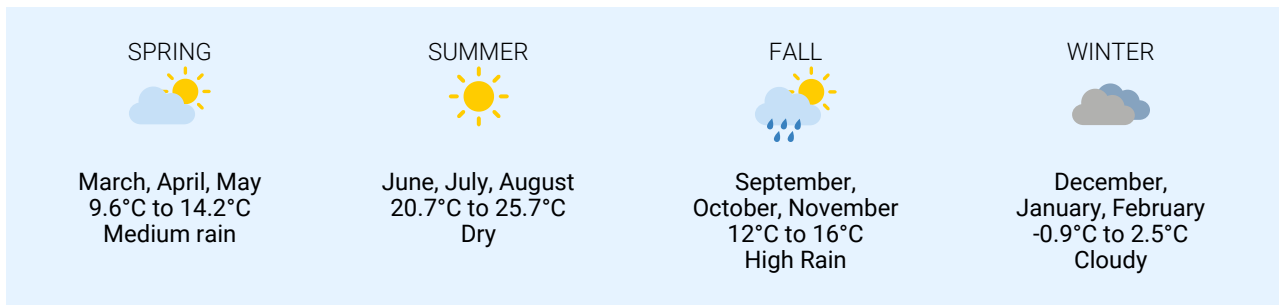
NUMBER OF STAGES

6+

DAYS

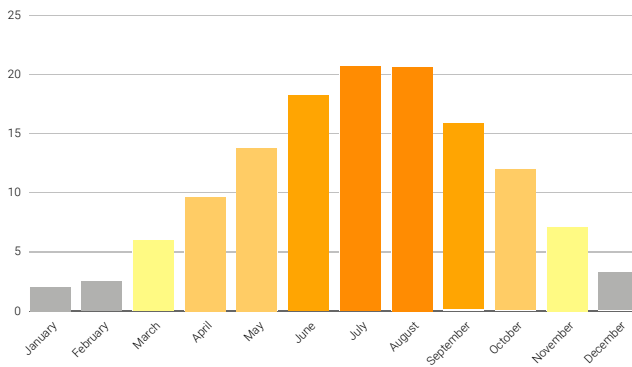
Via di Francesco Tuscany Weather

Average seasonal temperature

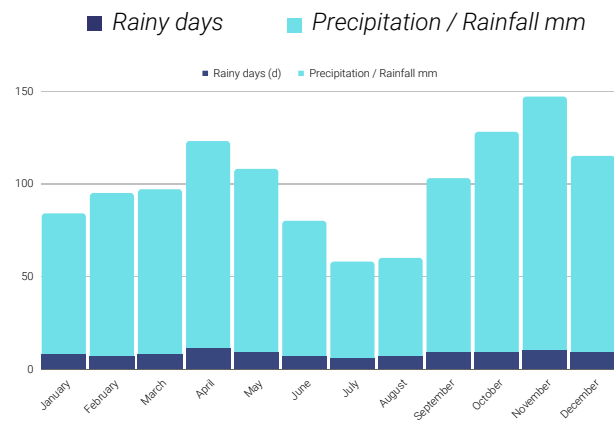


Average Temperature

Average temperature °C



Average Rainy Days & Rainfalls



Best Time to Go



● Prime time
 ● Not ideal
 ● Limited
 ● Off season

Prime Time: April, May, June, and September
Best weather, availability, and low crowds

Not Ideal: July, August, October
Summer can be overwhelmingly hot. October can be cold.

Limited Availability: March, November
Trails may be affected by snow. Few accommodations.

Off-Season: January, February, December
Trails cover in snow. Freezing. Very limited accommodations.

Stages



Download all GPX Files (FREE)

<https://www.viadifrancescofirenzelaVERNA.it/stages/gpx-maps/>

Stage	Start	End	Distance	Duration	Difficulty
1	Firenze	Pontassieve	18.8 km	6 hours	Easy
2	Pontassieve	Consuma	17.8 km	6 hours	Challenging
3	Consuma	Stia	18 km	6 hours	Moderate

Stage	Start	End	Distance	Duration	Difficulty
4 1-Day Walk	Stia	Camaldoli Monast.	17 km	6 hours	Moderate
4A 2-Day Walk: Stia - Asqua - Camaldoli	Stia	Asqua	11.3 km	4 hours	Moderate-Easy
4A 2-Day Walk: Stia - Asqua - Camaldoli	Asqua	Camaldoli Monast.	5.5 km	1.5 hours	Moderate-Easy
4B 1-Day Walk: Stia - Casalino - Eremo	Stia	Casalino (no lodging)	8 km	2.5 hours	Moderate-Easy
4B 1-Day Walk: Stia - Casalino - Eremo	Casalino (no lodging)	Camaldoli Eremo	9 km	3.5 hours	Challenging

Stages

Stage	Start	End	Distance	Duration	Difficulty
5 1-Day Walk	Camaldoli	Badia Prataglia	8.4 km	3 hours	Moderate
5A 1-Day Walk: Follow from 4B Eremo - Badia Prataglia	Eremo	Badia Prataglia	12 km	4 hours	Challenging

Stage	Start	End	Distance	Duration	Difficulty
6 1-Day Walk	Badia Prataglia	La Verna	17.5 km	8 hours	Challenging
6A 2-Day Walk: Badia Prataglia - Santicchio - La Verna	Badia Prataglia	Santicchio	9.5 km	3.5 hours	Moderate-Easy
6A 2-Day Walk: Badia Prataglia - Santicchio - La Verna	Santicchio	La Verna	8 km	4 hours	Challenging
6B 2-Day Walk: Badia Prataglia - Biforco - La Verna	Badia Prataglia	Biforco	12.5 km	4 hours	Moderate-Easy
6B 2-Day Walk: Badia Prataglia - Biforco - La Verna	Biforco	La Verna	7 km	4 hours	Challenging

Pilgrim's Pledge and Motto

The Pilgrim Pledge is a personal commitment that each traveler makes to uphold the values of responsible and reverent travel while journeying along the Via di Francesco.

The Pilgrim's Pledge



"We, the pilgrims of the Via di Francesco, pledge to:

1. Keep the forest floor free of trash and treat the environment as a sacred place.
2. Respect the local customs, traditions, and communities we encounter on our journey.
3. Support our fellow pilgrims and create a welcoming atmosphere for all travelers.
4. Walk mindfully, honoring the spirit of St Francis and fostering personal growth and self-discovery."

By taking the Pilgrim Pledge, you are not only committing to a transformative journey for yourself but also becoming an advocate for the preservation of the environment and the enriching experience of future pilgrims on the Via di Francesco.

The Pilgrim's Motto

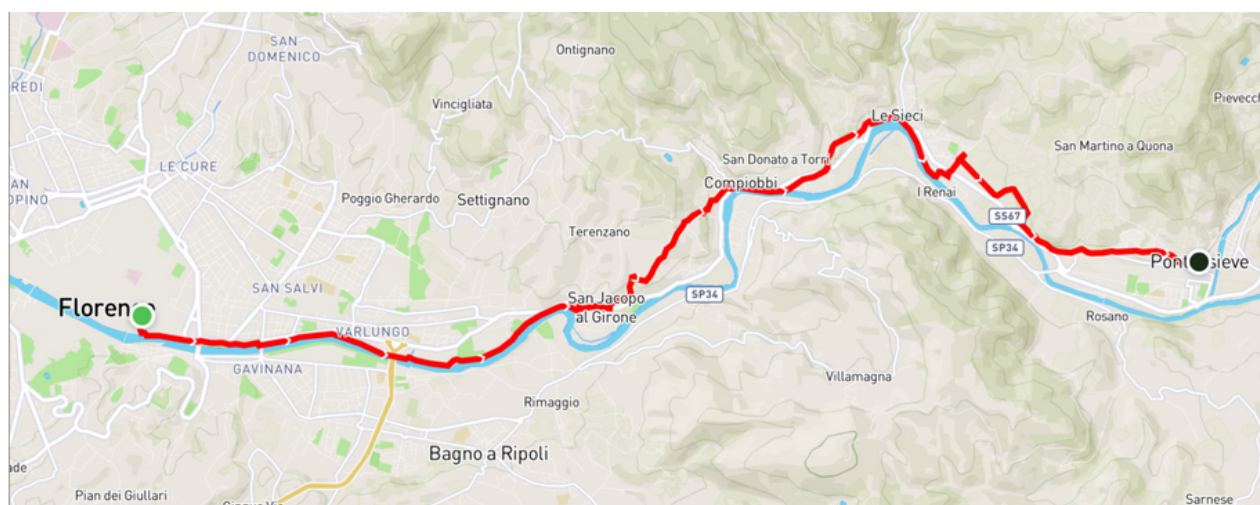
The Pilgrim's Motto is a set of guiding principles that help pilgrims embrace the spiritual journey and cultivate an attitude of openness, faith, and acceptance.

These principles are inspired by Bret Thoman's "The St Francis Camino: A Spiritual Walking Pilgrimage from Assisi to Rome," a great companion book focusing on the stages of La Verna to Rome.



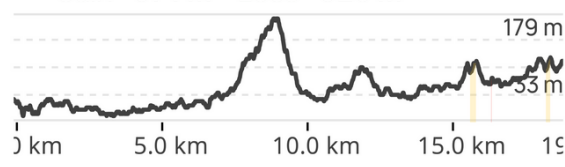
1. I am willing to be flexible.
2. I'm neither in control nor in a hurry.
3. I journey in faith, hope, and peace.
4. I know Source will provide for me.
5. My goal is the journey, not the destination.
6. I joyfully accept today's sacrifices, challenges, and blessings.

Stage 1: Firenze to Pontassieve



Start at Basilica Santa Croce for the official stamp, follow the Arno River, traverse riverside paths and olive groves. Book accommodations in Pontassieve in advance.

Gain: **374 m** Loss: **326 m**



Quick Glance

Start:

Firenze (Florence), Basilica of Santa Croce

Finish:

Pontassieve, Piazza Vittorio Emanuele II

Distance:

18.9 km (11.7 miles)

Travel Time:

6 hours

Total Ascent:

495 meters

Total Descent:

450 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Concrete sidewalk, gravel trail, some concrete road

Trail Signs:

Sparse. No clear starting sign in Florence. Red/White painted tags appear outside city limits on utility poles. Use GPS app.

Water Sources:

Water fountains on Arno River trail at Florence city limits. Water for purchase in Compiobbi cafe.

Food:

Pastry shop at half-way mark in Compiobbi (9.3 km).

Navigation Notes:

No trail signage inside Firenze.

Services at Stage Destination:

Laundry, Farmacia, Restaurants, Market, Bank

Bus:

Firenze - Pontassieve

SI90

Pontassieve - Firenze

SI90

See full details on next pages.

Train:

Trenitalia

Many times

Highlights

- Basilica di Santa Croce, Florence
- Duomo of Florence
- Arno River
- Cafe in Compiobbi
- Ponte Mediceo in Pontassieve

Step-By-Step: Stage 1

1. Obtain the stamp for your credential at the church bookshop in Santa Croce. Santa Croce does not open before 9:30am. Pilgrims who want an early start should consider getting the credentials the day before beginning.
2. Leave the Basilica of Santa Croce and follow the Arno River for 6.5 km until you reach the end of the Girone cycle path. Then, follow Via del Girone until you reach Piazza Pertini.
3. Cross Via Aretina and follow Via San Jacopo. At the end of Via San Jacopo, turn left into the countryside along Via dei Bassi.
4. Go up the hill and then down to Compiobbi. You've reached the half-way point of Stage 1. It's a very good place to get some snacks and use the toilet at the cafe in town, as there won't be any other services until Pontassieve. Then, pass under the overpass on the provincial road, and follow the path behind the newsstand along the Arno River.
5. Continue along the path along the river until you reach Ellera and then until you reach Le Falle.
6. After the roundabout, turn left onto Via delle Falle and cross the railway underpass again, following a footbridge on the right. Follow the path and turn left. At the end, take Via Gricigliano and at the junction, after 300 meters, follow Via del Paretaio.
7. Continue straight until you cross the railway again and arrive on Via Aretina. After 200 meters, you will be in loc. Sieci (12.8 km traveled).
8. Continue on Via Aretina and after the bridge, follow the pedestrian path that runs alongside the Arno River until you meet Via Toscanini on the left.
9. From here, head towards the roundabout on the provincial road, crossing it and following the exit for Via dei Mandorli/Via dello Stracchino. Immediately turn right and follow the farm road until you reach the locality of Massariccia.
10. Follow the Via di Francesco signposts until you return to Via Aretina and arrive in Pontassieve.

Alternative Route

Stop early at Compiobbi

If there's no rooms available in Pontassieve, consider ending early in Compiobbi. Then make Day 2's destination Diacceto – about 2 hours past Pontassieve.

Walk longer to Diacceto

It's possible to walk to Diacceto on Day 1, but you'll need to leave Florence very early. This would take 8-9 hours. It's possible to take bus SI90 from Pontassieve to Diacceto.

Transportation

Bus Timetables

Going to Pontassieve, Consuma, Stia

Take SI90 toward Bibbiena to reach Pontassieve, Consuma, or Stia by bus.

To reach Camaldoli, Badia Prataglia or La Verna, take SI90 to Bibbiena. Then, transfer bus routes.

Firenze - Bibbiena SI90

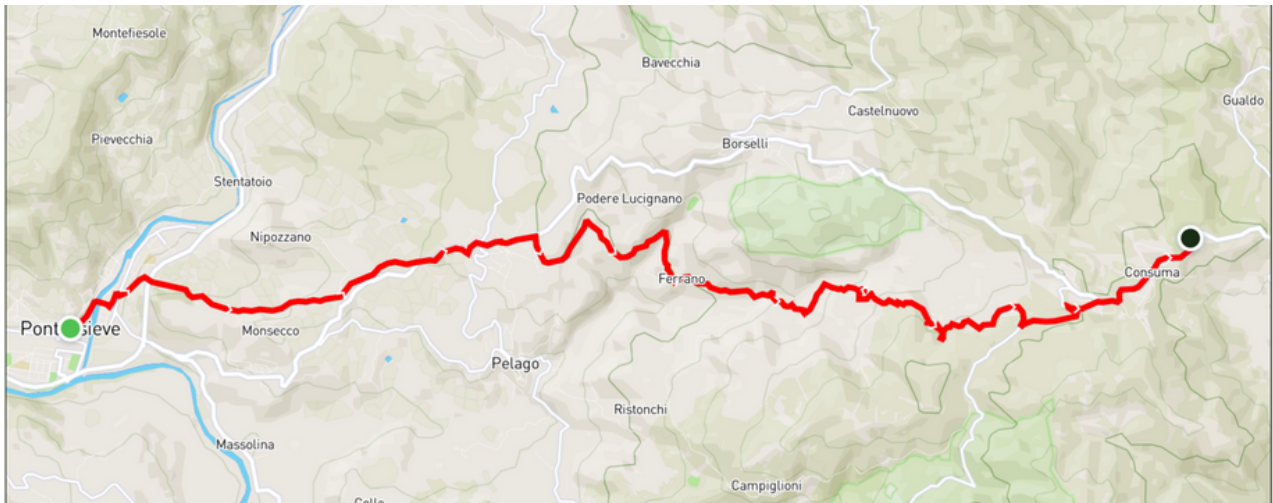
Firenze - Bibbiena	
Monday-Friday	6:00, 7:05, 9:20, 11:30, 12:35, 14:10, 15:30, 17:10, 18:20
Saturdays	6:00, 7:05, 9:20, 12:35, 14:10, 15:30, 17:10, 18:20
Sundays	9:20, 14:05, 17:10



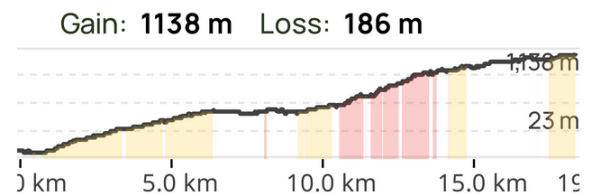
View More Details Online

Stage 1 page
bit.ly/vdf-1

Stage 2: Pontassieve to Consuma



Begin in Pontassieve and embark on an uphill journey through vineyards and forests, stopping at Diacceto's Locanda Tinti. Pass by Castello di Ferrano and the Vallombrosa forest before arriving in Consuma.



Quick Glance

Start:

Pontassieve, Piazza Vittorio Emanuel II

Finish:

Consuma, Chalet Il Valico

Distance:

18.6 km (11.6 mi)

Travel Time:

6 hours

Total Ascent:

1138 meters

Total Descent:

138 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Two-thirds concrete road, then woody trails

Trail Signs:

Sparse. Yellow Tau on white background begins to appear.

Water Sources:

Coop market in Diacceto.
Fountain after Ferrano.

Food:

Pilgrims can stop for cakes, coffee, or snacks in Diacceto (6 km from stage start)

Navigation Notes:

Enter Vallombrosa forest trail just after passing small abandoned chapel on right. The trail entrance is easy to miss.

Services at Stage Destination:

Restaurants, Market inside
Ristorante Consumi

Bus:

Pontassieve - Consuma
SI90

Pontassieve - Firenze
SI90

See full details on next pages.

Highlights

- Stunning morning vistas
- Coffee at Locanda Tinti, Diacceto
- Castello di Ferrano
- Chiesa di Santa Maria a Ferrano
- Vallombrosa forest trail

Step-By-Step: Stage 2

1. From Piazza Vittorio Emanuele II, turn right onto Via Tanzini and pass under the clock tower. Turn right onto Via Ghiberti and continue straight, passing Piazza XIV Martiri and crossing the Sieve River via the bridge.
2. Turn right at the first intersection onto Via IV Novembre and continue straight onto Via Della Farulla, crossing Via Forlivese and onto Via Tirolo.
3. Follow the trail signs for CAI 15 and the yellow-blue signs for the Cammino di Francesco, climbing for about 2.9 km passing under the Castello di Nipozzano and through the vineyards of Frescobaldi.
4. Continue following the yellow-blue signs until you return to the asphalt road in Diacceto (6 km traveled). Continue on the main road, passing through the town and following the signs for Ferrano.
5. You will soon find the yellow-blue and white-red CAI 21 trail signs that you can follow peacefully for the next 4 km until you reach the Chiesa di Santa Maria a Ferrano (9.1 km traveled).
6. After the church, continue until you find the CAI 11 trail signs with a time estimation for Consuma (1.45 hours). Follow this path through the forest of Vallombrosa and the localities of Lagacciolo and Podernuovo, until you return to the asphalt road.
7. Turn left and continue on the road until you reach the lake near an abandoned restaurant ([Google Maps](#)).
8. Follow the CAI 6 trail signs and path until you reach Consuma.
9. Keep an eye out for a thin steep trail that shortcuts up to SR70 highway.
10. When you reach SR70, follow the left shoulder about 800m into the center of Consuma. There are no sidewalks into town.

Transportation

Bus Timetables

Going to Consuma

To reach Consuma by public transit, take SI90 toward Bibbiena.

Pontassieve - Bibbiena SI90

Pontassieve - Bibbiena	
Monday-Friday	6:38, 7:42, 9:57, 12:07, 13:12, 14:47, 16:07, 17:47, 18:57
Saturdays	6:38, 7:42, 9:57, 13:12, 14:47, 16:07, 17:47, 18:57
Sundays	9:57, 14:42, 17:47

Pontassieve - Firenze SI90

Pontassieve - Firenze	
Monday-Friday	6:15, 7:05, 7:35, 9:00, 11:15, 14:30, 17:05, 18:35
Saturdays	6:15, 7:05, 7:35, 9:00, 11:15, 14:30, 17:05
Sundays	8:30, 16:00, 18:50



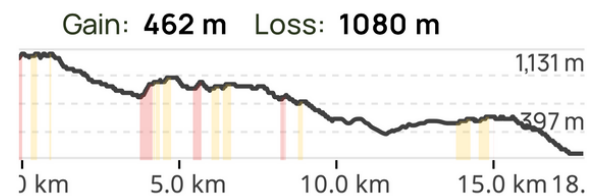
View More Details Online

Stage 2 page
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Stage 3: Consuma to Stia



Start at Consuma Pass and descend through forested trails and quaint villages. Enjoy panoramic views before reaching the historic center of Stia by the Arno River. Hiking poles recommended.



Quick Glance

Start:

Consuma, Chalet Il Valico

Finish:

Stia, Santa Maria Church

Distance:

18 km (11.2 mi)

Travel Time:

6 hours

Total Ascent:

462 meters

Total Descent:

1088 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Forest trail, loose big rocks on descending path. Need poles.

Trail Signs:

Occasional. Recommend GPX

Water Sources:

Several water sources marked on GPX

Food:

No food between Consuma and Stia. Pick up snacks at Ristorante Consumi. In Stia, enjoy pizza at Pizzeria Da Vincenzo, pastries at Pasticceria La Piazza. Coop market in Stia is final market before La Verna.

Navigation Notes:

Side trail halfway allows pilgrims to stop at San Jacopo Church in Villa (only open on weekends)

Services at Stage Destination:

Laundry, Farmacia, Restaurants, Coop Market, Post Office, Bank

Bus:

Consuma - Stia
SI90

Consuma - Firenze
SI90

See full details on next pages.

Highlights

- Castel Castagnaio, Villa
- San Jacopo Church with relics of St James, Villa
- Santa Maria Assunta Church, Stia
- Museum Of Art & Textiles, Stia
- Palagio Fiorentino Castle, Stia

Step-By-Step: Stage 3

1. Strong Recommendation: Use the official GPX files in addition to these instructions to not miss any turns. As signs are sparse, it can be easy to miss one.
2. From the highest point of the Consuma Pass, across the street from the bar Chalet Il Valico, take the CT00 path that branches off towards the Northeast from the SS70 road.
3. Follow the ridge for 2.3 km, maintaining an altitude of about 1000 m.
4. Begin to descend and reach the village of Gualdo (900 m) with a beautiful Romanesque church.
5. Continue descending further down to the ford on the Fosso del Pratolungo (780 m).
6. Continue with ups and downs that often exceed 100 m in altitude, passing through Poggio Pian della Fossa on the CT00 path.
7. Near Castel Castagnaio (770 m), the trail takes a sharp turn to the right onto the municipal road towards the small village of Villa.
8. After 100 meters, turn left onto a dirt road that leads to the Fosso della Segna (650 m).
9. After crossing the ford, the white road turns to the left, more or less following the stream. After about 1 km, reach Case Pippo and Sassi Bianchi.
10. At Sassi Bianchi, there are two options:
11. Turn left and cross the Arno River to reach Stia (450 m) on the SS road.
12. Turn right onto the municipal road marked as the Franciscan path and reach Campolombardo and then Stia on a slightly longer but more scenic and shaded dirt road.
13. In Stia, there are several services available, including a pharmacy, self-service laundry, and Mass times at different locations throughout the week.

Alternative Route

Villa and San Jacopo Church

About 2 hours from Consuma, pilgrims will see a side-trail that sends you down a tight trail through a collection of mountain homes called Villa. Ospitale di San Jacopo may be available for pilgrims who want to end the day early.

Right next to Ospitale di San Jacopo is San Jacopo church, where pilgrims can see a St James' relic (only open on weekends.)

Transportation

To reach Stia by public transit, take SI90 in Consuma. This requires a transfer to another SI90 bus at Ponticelli.

Bus Timetables

Going to Stia

To reach Stia by public transit, take SI90 toward Bibbiena. There is a transfer in Ponticelli.

Consuma - Bibbiena SI90

Consuma - Bibbiena	
Monday-Friday	6:02, 6:07, 6:49, 7:34, 8:14, 8:41, 11:00, 14:09, 14:17, 15:47, 17:07, 18:47, 19:57
Saturdays	6:02, 6:07, 6:49, 7:34, 8:14, 8:41, 11:00, 14:09, 14:17, 15:47, 17:07, 18:47, 19:57
Sundays	6:57, 8:16, 10:59, 18:46

Consuma - Firenze SI90

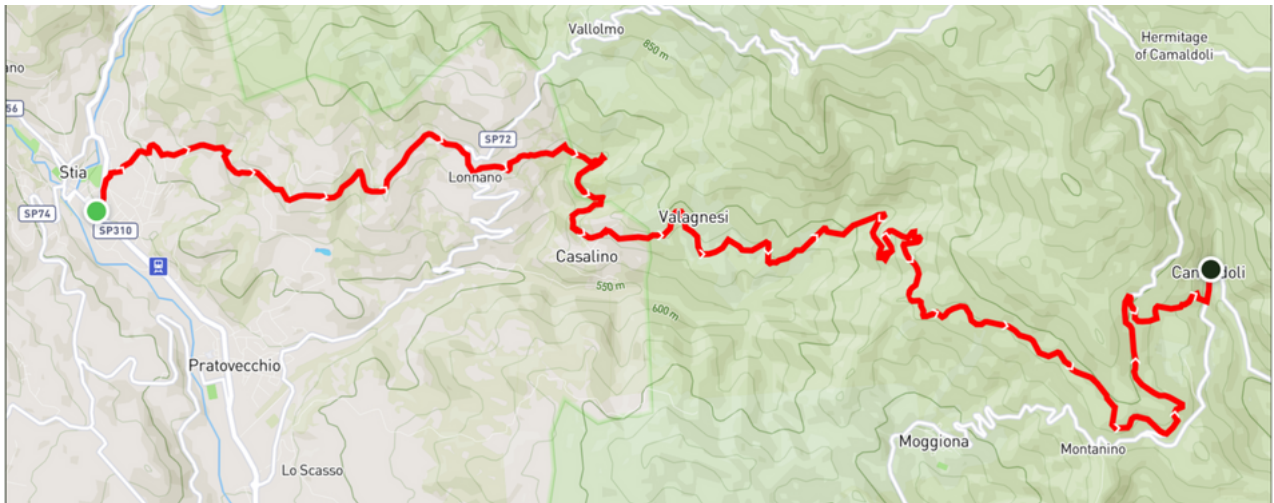
Consuma - Firenze	
Monday-Friday	5:02, 5:52, 6:22, 7:12, 7:45, 9:02, 10:02, 13:12, 14:10, 14:49, 17:22
Saturdays	5:02, 5:52, 6:22, 7:12, 7:45, 9:02, 10:02, 13:12, 14:10, 14:49, 17:39
Sundays	7:12, 8:32, 11:15, 17:37, 19:04



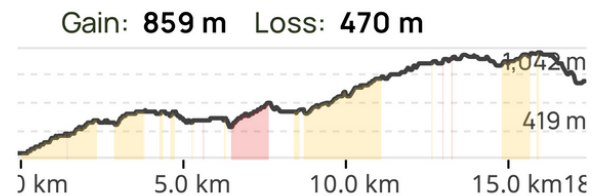
View More Details Online

Stage 3 page
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Stage 4: Stia to Camaldoli



Enter pristine Casentinesi Forests National Park. Experience quiet roads and wooded trails. Choose official route to Monastero di Camaldoli or alternative challenging path to Eremo di Camaldoli. Pilgrims may also consider stopping half-way at Rifugio Asqua.



Quick Glance

Start:

Stia, Pizzeria Da Vincenzo

Finish:

Camaldoli, Monastero di Camaldoli

Distance:

17.5 km (10.9 mi)

Travel Time:

6 hours

Total Ascent:

910 meters

Total Descent:

583 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Forest trail, Casentinesi Forest, Uphill

Trail Signs:

Red/White tags and yellow Taus painted on trees, signs and rocks.

Water Sources:

Water points available throughout trail. Use filter.

Food:

No food between Stia and Camaldoli. Coop market in Stia is final market before La Verna. Pilgrims can find meals at Rifugio Asqua, Camping Camaldoli and Caf  del Parco in Camaldoli.

Navigation Notes:

Official route goes directly to Camaldoli Monastery. Pilgrims can take alternative route the Sacro Eremo di Camaldoli.

Services at Stage Destination:

Restaurants, shop for souvenirs at Antica Farmacia in Monastery of Camaldoli

Bus:

Stia - Camaldoli

SI90, H02, LH3

See full details on next pages.

Highlights

- Rifugio Asqua, Asqua
- Eremo di Camaldoli, Camaldoli
- Monastery of Camaldoli (Monastero di Camaldoli), Camaldoli

Step-By-Step: Stage 4

1. Strong Recommendation: Use the official GPX files in addition to these instructions to not miss any turns. As signs are sparse, it can be easy to miss one.
2. Starting from the southeastern outskirts of Stia, take trail 72, which initially follows the road towards the New Cemetery, passing by the Franciscan Chapel of the Stigmata (from which the logo of the Cammini di Francesco in Casentino is taken).
3. After passing Podere Querceto and Poggiolo, trail 72 coincides briefly with the communal road up to Lonnano, where you pass by the Parish Church (at 680 meters).
4. At approximately 2.5 km from Lonnano, cross the Lavandaia ditch (at 570 meters) and then climb up to 650 meters, where the trail meets the road from the town of Casalino. (For the variant towards the Hermitage and then Monastery, see below).
5. Continue uphill, keeping to the right at the fork leading to Valagnesi, and cross the small village of Case Digonzano (at 650 meters), where the trail becomes a white dirt road again.
6. After a panoramic stretch of 2 km, finally enter the forest, climbing steep hairpin bends up to 850 meters at Asqua, which is 7 km from Lonnano.
7. From Asqua, trail 72 continues along the dirt road for about 2.5 km until it meets the asphalt road again. Follow the trail markers of the Via di Francesco downhill for a few dozen meters until you reach the Monastery of Camaldoli.

Alternative Route

Casalino to Eremo di Camaldoli

To visit the active hermitage Eremo di Camaldoli, deviate from the official route at Casalino. Once you return to asphalt road at Casalino – before reaching Valagnesi – walk uphill to the left until you meet the trail markers of trail 76, Via dei Legni. The trail continues uphill until reaching the panoramic point of Prato Alle Cogne and then resumes the ascent up to Croce Gaggi.

After a rest, follow trail 74, which descends along the stream in the locality of Prato al Fiume. Resume the uphill asphalt road to arrive at the Hermitage of Camaldoli. From the Hermitage, descend towards the Monastery following trail 68, which reaches the Monastery in just over 30 minutes.

Note: You can also visit the hermitage on Stage 5, passing by the Eremo di Camaldoli on your way to Badia Prataglia. See the alternative itinerary suggested on Stage 5.

Stop Early at Rifugio Asqua

If you walk the main route, consider stopping for the night at Rifugio Asqua. They serve fantastic dinner and breakfast. Camaldoli Monastery (Monastero di Camaldoli) will be a two-hour walk the next day, making it reasonable to walk to Badia Prataglia the same day, and keep pace with the original schedule.

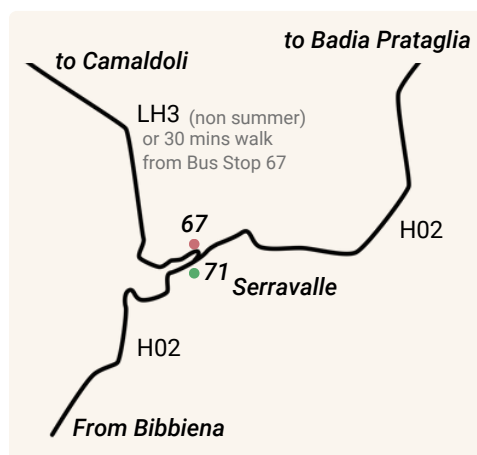
Transportation

To reach Camaldoli by public transit, there is no direct line. See the transfers below.

Bus Timetables

Going to Camaldoli

1. SI90 Stia to Bibbiena
2. H02 toward Badia Prataglia, get off at Serravalle bus stop 71
3. LH3 from Serravalle bus stop 67 to Camaldoli



1) Stia - Bibbiena SI90

Stia - Bibbiena	
Monday-Friday	6:10, 6:15, 6:57, 7:41, 8:22, 8:49, 11:08, 14:17, 14:25, 15:55, 17:15, 18:55, 20:05
Saturdays	6:10, 6:15, 6:57, 7:41, 8:22, 8:49, 11:08, 14:17, 14:25, 15:55, 17:15, 18:55, 20:05
Sundays	7:05, 8:24, 11:07, 18:54

2) Bibbiena - Serravalle bus stop 71 - H02

*Sundays: No buses

**Summer: No buses to Camaldoli or La Verna. Take taxi from La Verna, or walk from Badia Prataglia.

Bibbiena - Badia Prataglia - H02	
Non-Summer Schedule: Sept 15-June 7	
Monday-Friday	6:06, 6:23, 7:11, 7:12, 9:45, 13:06, 13:29, 14:10, 14:35, 15:14, 17:12, 18:05, 19:16
Saturdays	6:06, 6:23, 7:11, 7:12, 9:45, 13:06, 13:29, 14:10, 14:35, 15:14, 17:12, 18:05, 19:16
Sundays	No Bus
*Summer Schedule (June 7-Sept 15); No Bus to Camaldoli or La Verna. Can take taxi from Bibbiena, or walk from Badia Prataglia	
Monday-Friday	6:23, 15:14, 17:12, 19:16
Saturdays	6:23, 15:14, 17:12, 19:16
Sundays	No Bus

3) Serravalle - Camaldoli LH3

*Sundays: No buses

**Summer: No buses to Camaldoli or La Verna. Take taxi from La Verna, or walk from Badia Prataglia.

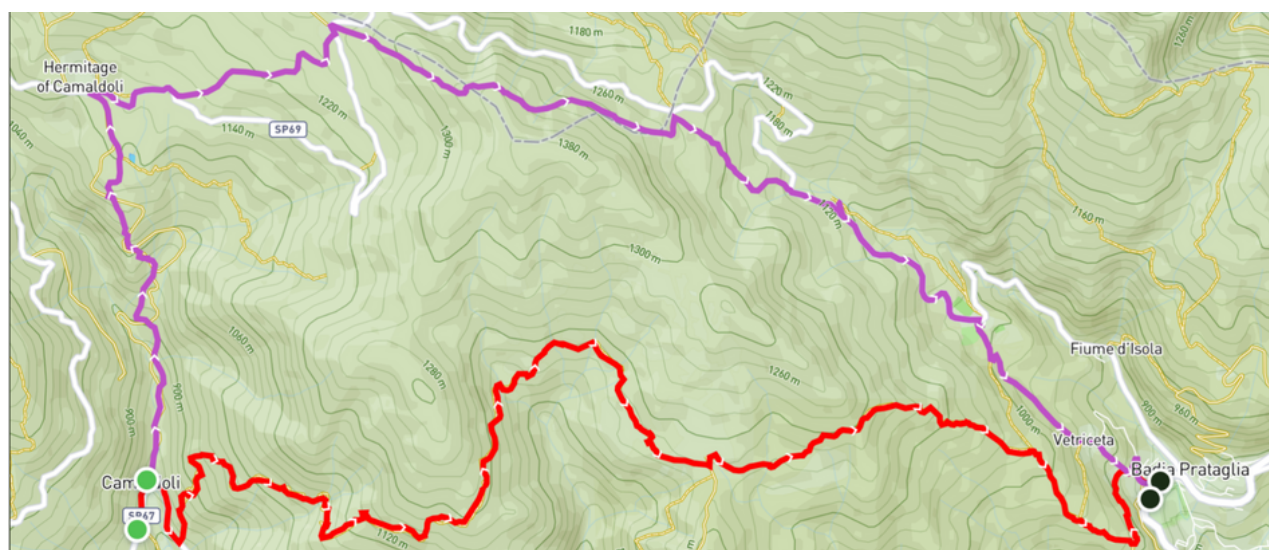
Serravalle Bus Stop 67 - Camaldoli - LH3	
*Non-Summer Schedule: Sept 15-June 7. **No Bus in summer (June 7-Sept 15): Can take taxi from Bibbiena or walk from Badia Prataglia.	
Monday-Friday	6:42, 13:58, 14:30
Saturdays	6:42, 13:58, 14:30
Sundays	No Bus



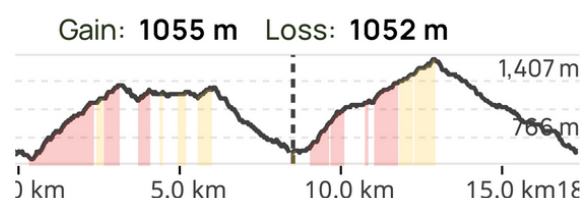
View More Details Online

Stage 4 page
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Stage 5: Camaldoli to Badia Prataglia



Expect a steep climb from Camaldoli, followed by a leisurely hike through the forest into picturesque Badia Prataglia. Prepare for 3 hours of walking. Consider walking to Rifugio Casa Santicchio to get a head start on Stage 6.



Quick Glance

Start:

Monastery of Camaldoli

Finish:

Badia Prataglia, Santa Maria Assunta parish church

Distance:

8.3 km (5.2 mi)

Travel Time:

3.5 hours

Total Ascent:

515 meters

Total Descent:

519 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Forest trail, fern forest, Casentinesi National Park

Trail Signs:

Rare

Water Sources:

None on trail

Food:

There are no eateries between Camaldoli and Badia Prataglia. But the walk is short. And there are several restaurants to visit in Badia Prataglia.

Navigation Notes:

Today's walk is short. Pilgrims can consider visiting Sacro Eremo di Camaldoli or walk directly to Badia Prataglia.

Services at Stage Destination:

Restaurants

Bus:

Camaldoli to Badia Prataglia
LH3, H02

See full details on next pages.

Highlights

- Rifugio Cotozzo
- Badia Prataglia Arboretum

Step-By-Step: Stage 5

Strong Recommendation: Use the official GPX files in addition to these instructions to not miss any turns. As signs are sparse, it can be easy to miss one.

For this trail, pilgrims have 2 options:

OPTION 1 – Straight to Badia Prataglia (8.4 km, 3 hours)

1. Start at the Monastery of Camaldoli.
2. Follow trail 72 and cross the bridge.
3. Note: If you spot a closed trail due to slippery rocks, continue on the street for 300 m. You will notice an alternate path that points to Rifugio Cotozzo. This alternate path is steep. Must use hiking poles.
4. Continue for about 1 km through a forest of fir trees to reach 1100 m altitude.
5. Keep climbing up to 1250 m altitude.
6. Continue with ups and downs of about 100 meters, until you reach the village of Badia Prataglia at 835 m altitude.

OPTION 2 – Visit Eremo di Camaldoli on the way (12 km, 4 hours)

Take in the opportunity to visit the sacred Hermitage. Enjoy the panoramic views of Lake Ridracoli. You will cross impressive beech and fir forests.

1. Take trail 68 next to the post office to reach the Hermitage of Camaldoli (1103 m altitude) which is 3 km away.
2. From the Hermitage, take trail 74 to reach Prato alla Penna (1248 m altitude) which is about 1.3 km away.
3. Follow the ridge for about 1.9 km on CT 00 GEA and reach Passo dei Fangacci (1228 m altitude).
4. From Passo dei Fangacci, descend for about 3 km to reach Badia Prataglia at 835 m altitude.

Alternative Route

Walk to Rifugio Casa Santicchio

Start early to arrive in Badia Prataglia before noon. Then follow Stage 6's GPX to the remote farmhouse, about a third of the way to La Verna. Make sure you call ahead and reserve dinner.

On the Trail - Rifugio Cotozzo

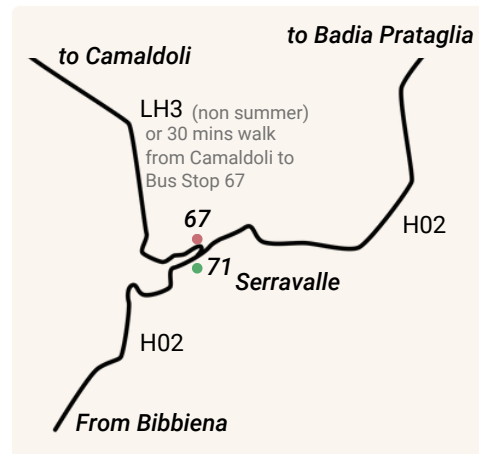
At the top of the climb out of Camaldoli, pilgrims will discover Rifugio Cotozzo near Camaldoli. The small cabin has a fireplace, and can be a nice seat to wait out any bad weather.

Transportation

Bus Timetables

Going from Camaldoli to Badia Prataglia

1. LH3 from Camaldoli toward Bibbiena, get off at Serravalle bus stop 67
2. H02 Serravalle bus stop 71 toward Badia Prataglia



1) Camaldoli - Serravalle bus stop 67 - LH3

*Sundays: No buses

**Summer: No buses servicing Camaldoli.

Take taxi (Camaldoli Taxi NCC +393663762081) or walk from Camaldoli.

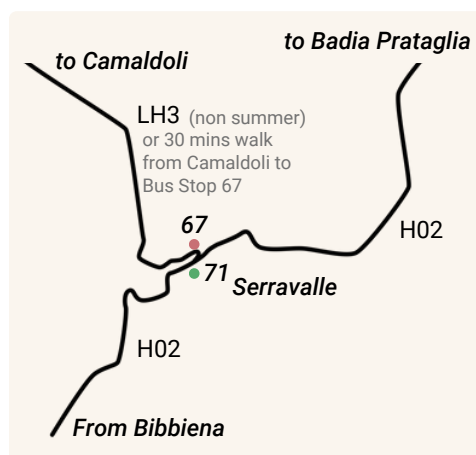
Camaldoli - Bibbiena LH3	
Non-Summer Schedule: Sept 15-June 7	
Monday-Friday	6:58, 14:08, 14:40
Saturdays	6:58, 14:08, 14:40
Sundays	No Bus

2) Serravalle bus stop 71 to Badia Prataglia - H02

Serravalle - Badia Prataglia H02	
Non-Summer Schedule: Sept 15-June 7	
Monday-Friday	6:23, 6:50, 8:17, 10:15, 13:23, 13:58, 14:30, 15:02, 15:43, 17:41, 18:34, 19:43
Saturdays	6:23, 6:50, 8:17, 10:15, 13:23, 13:58, 14:30, 15:02, 15:43, 17:41, 18:34, 19:43
Sundays	No Bus
*Summer Schedule (June 7-Sept 15)	
Monday-Friday	6:50, 15:43, 17:41, 19:43
Saturdays	6:50, 15:43, 17:41, 19:43
Sundays	No Bus

Going from other towns to Badia Prataglia

1. From Firenze, Pontassieve, Consuma, Stia, take SI90 to Bibbiena
2. H02 Bibbiena to Badia Prataglia



1) Firenze, Pontassieve, Consuma, Stia to Bibbiena - SI90

Please look at the bus schedule SI90 on previous stages

2) Bibbiena to Badia Prataglia - H02

Bibbiena - Badia Prataglia H02	
Non-Summer Schedule: Sept 15-June 7	
Monday-Friday	6:06, 6:23, 7:11, 7:12, 9:45, 13:06, 13:29, 14:10, 14:35, 15:14, 17:12, 18:05, 19:16
Saturdays	6:06, 6:23, 7:11, 7:12, 9:45, 13:06, 13:29, 14:10, 14:35, 15:14, 17:12, 18:05, 19:16
Sundays	No Bus
*Summer Schedule (June 7-Sept 15)	
Monday-Friday	6:23, 15:14, 17:12, 19:16
Saturdays	6:23, 15:14, 17:12, 19:16
Sundays	No Bus

Going to Firenze

1. H02 Badia Prataglia to Bibbiena
2. SI90 to Stia, Consuma, Pontassieve, Firenze

1) Badia Prataglia to Bibbiena - H02

Badia Prataglia - Bibbiena H02	
Non-Summer Schedule: Sept 15-June 7	
Monday-Friday	5:51, 6:36, 7:03, 8:20, 8:48, 10:37, 13:36, 14:11, 14:43, 15:15, 16:15, 18:03
Saturdays	5:51, 6:36, 7:03, 8:20, 8:48, 10:37, 13:36, 14:11, 14:43, 15:15, 16:15, 18:03
Sundays	No Bus
*Summer Schedule (June 7-Sept 15)	
Monday-Friday	5:51, 16:15
Saturdays	5:51, 16:15
Sundays	No Bus

2) Bibbiena to Firenze, Pontassieve, Consuma, Stia - SI90

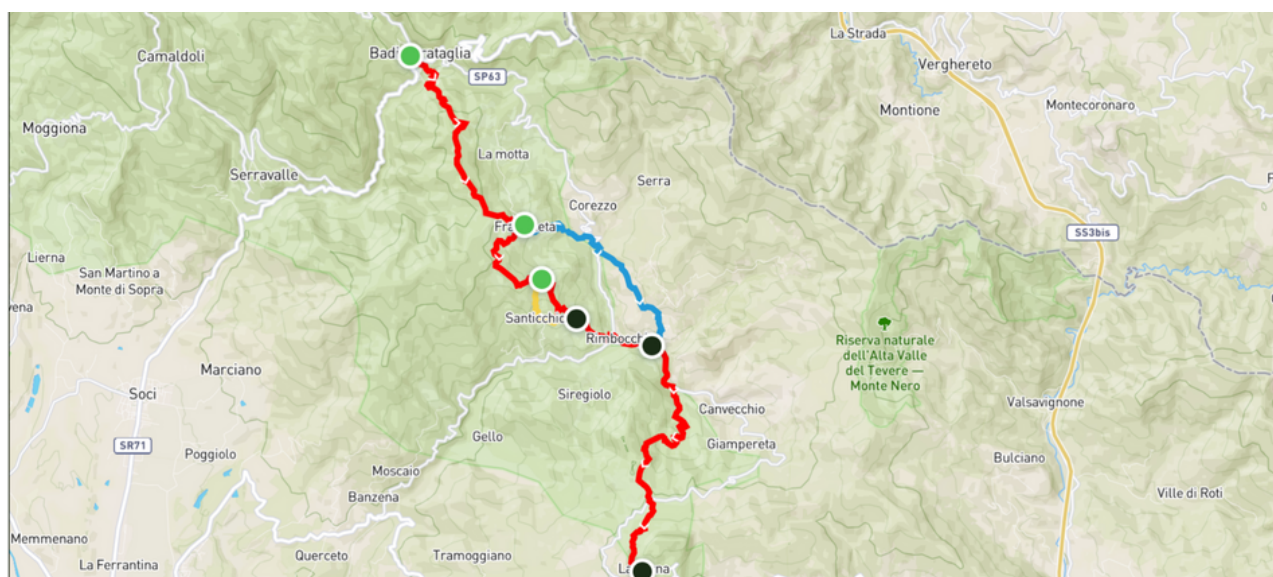
Please look at the bus schedule SI90 on previous stages



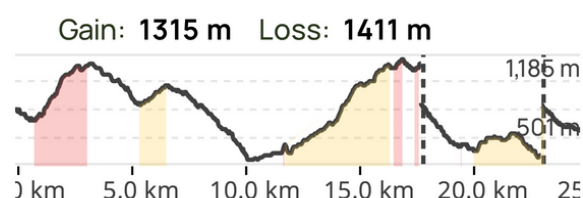
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Stage 5 page
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Stage 6: Badia Prataglia to Santuario della Verna



Challenge yourself with rocky climbs, lush fern forests, and breathtaking vistas. Pilgrims have the opportunity to stop half-way at Rifugio Casa Santicchio or Biforco. Then, navigate the mystical Sacred Forest and arrive at La Verna Sanctuary.



Quick Glance

Start:

Badia Prataglia, Santa Maria Assunta Parish Church

Finish:

Santuario della Verna

Distance:

17.8 km (11.1 mi)

Travel Time:

8 hours

Total Ascent:

1182 meters

Total Descent:

959 meters

GPX Map:

AllTrails GPX ([Open in App](#))

Trail Surface:

Rocky mountain, forest trail, Sacred Forest

Trail Signs:

Occasional, with directional signs

Water Sources:

Fountain in Rimbocchi

Food:

There is no food on the trail. It's possible to stop for a snack or water at Rifugio Casa Santicchio about halfway. Or just stay overnight! The Monastery at La Verna features a coffee shop and serves dinner to pilgrims who sleep there.

Navigation Notes:

Challenging walk. Pilgrims can stop half-way at Rifugio Casa Santicchio, or take alternative route to Biforco.

Services at Stage Destination:

Restaurant

Bus:

Camaldoli to Badia Prataglia
LH3, H02

See full details on next pages.

Highlights

- Rifugio Casa Santicchio
- Sacred Forest of La Verna
- Santuario della Verna
- Chapel of the Stigmata

Step-By-Step: Stage 6

Strong Recommendation: Use the official GPX files in addition to these instructions to not miss any turns. As signs are sparse, it can be easy to miss one.

Official Route: Pilgrims will walk by Rifugio Casa Santicchio.

1. From Badia Prataglia's Santa Maria Assunta, take the trail 073.
2. Descend until reaching the altitude of 770 meters while crossing the Archiano stream, then climb up to the Poggio della Cesta at an elevation of 1100m.
3. Follow the ridge, more or less at the same elevation, until you reach Quattro vie, an irregular clearing approximately 3.5 km from Badia Prataglia.
4. Continue for another km until you reach the small village of Frassineta (at 880m).
5. Take path 070, which is north of the church in Frassineta, towards Rimbocchi.
6. Climb up to an elevation of 975m, then descend to 700m at Poggio alla Forca (total distance of approximately 1.5 km).
7. Follow the signs to turn off towards the nearby Rifugio Casa Santicchio.
8. Descend steeply for another 1.5 km until you reach Rimbocchi (at 540m).
9. Follow the paved road towards La Verna from Rimbocchi.
10. Less than 2 kilometers later, turn right onto the dirt road – known as a carrareccia or 'wagon road' – toward Podere Casalino Farmstay (at km 1.5).
11. Cross the Corsalone stream on a recent viaduct and head toward Podere Casalino (at 765m) on path 54, which meanders pleasantly through the steep walls of the surrounding hills.
12. From the clearing of Podere Casalino, the trail continues uphill, almost like a rudimentary staircase. After a kilometer and a half, you will reach an altitude of about 1000 meters at the intersection with trail 53.
13. Take path 53, which leads to Sasso Cavallino below La Verna, and guides the route through the tangle of boulders that have fallen from Mount Penna.
14. From Sasso Cavallino, the trail 53 climbs up and ends at the road of Beccia. From there, with a final climb, you will reach the Sanctuary.

Alternative Route

Biforco

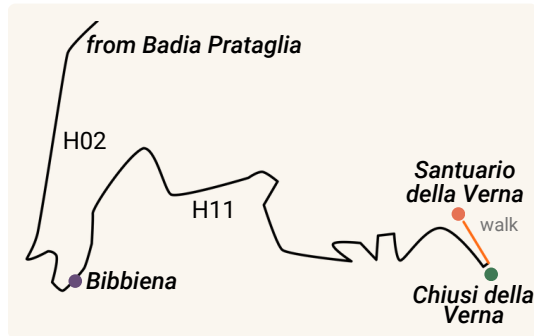
Some guidebooks guide pilgrims to accommodations in Biforco to split up this stage. Consult other guidebooks for this route.

Overnight at Rifugio Casa Santicchio

Rifugio Casa Santicchio features comfortable rooms, and most of all, quiet. Stopping overnight makes the remaining kilometers to La Verna much more relaxed.

Transportation

There is no direct bus from Badia Prataglia to Santuario della Verna. Take a bus to Bibbiena first. See the bus schedule Badia Prataglia to Bibbiena H02 on the previous stage, under "Going to Firenze" section.



Bus Timetables

Going from Bibbiena to Santuario della Verna

To reach Santuario della Verna by public transit, make your way to Bibbiena first. Bibbiena is the transfer point.

If it is summer (June 7-Sept 15), there are no buses to Camaldoli or La Verna. It's best to take a taxi from Bibbiena or walk from Badia Prataglia.

1. H11 Bibbiena to Chiusi della Verna
2. Walk from Chiusi della Verna to Santuario della Verna (20 - 30 mins)

1) Bibbiena to Chiusi della Verna H11

Bibbiena - Chiusi della Verna H11	
*Non-Summer Schedule: Sept 15-June 7. **No Bus in summer (June 7-Sept 15): For Camaldoli/La Verna, take taxi from Bibbiena or walk from Badia Prataglia/Santicchio.	
Monday-Friday	5:57, 6:48, 7:55, 13:17, 14:10, 18:15
Saturdays	5:57, 6:48, 7:55, 14:10
Sundays	No Bus

2) Walk from Chiusi della Verna to Santuario della Verna (20 - 30 mins)

1. Follow the old paved road called Ansilice toward Santuario della Verna.
2. You will pass the Cappella degli Uccelli (Chapel of the Birds) built in 1602.
3. Continue sharply upward along the ancient road until you reach the Southern gate of the Sanctuary, "Porta del Martello" (Hammer's Door). The door's inscription states "non est in toto sanctior orbe mons", meaning: This is the holiest mount in the world.
4. Enter the monastery here or continue to the main entrance, where you can access the cafe and foresteria reception.
5. If continuing to the main entrance, follow the monastery's perimeter to the main door near the parking area.
6. At the main entrance, view the statue of St. Francis and the child with doves.
7. Refer to the [AllTrails map](#) for detailed route information

Going to Firenze

To return to Firenze by public transit, make your way to Bibbiena first. Bibbiena is the transfer point.

If it is summer (June 7-Sept 15), there are no buses servicing La Verna. It's best to take a taxi to Bibbiena or walk to Badia Prataglia.

1. Walk from Santuario della Verna to Chiusi della Verna
2. H11 Chiusi della Verna to Bibbiena
3. SI90 Bibbiena to Firenze (transfer in Ponticelli)

1) Walk from Santuario della Verna to Chiusi della Verna

Reverse steps from previous page

2) Chiusi della Verna to Bibbiena H11

Chiusi della Verna - Bibbiena H11	
*Non-Summer Schedule: Sept 15-June 7. **No Bus in summer (June 7-Sept 15): For returning to Firenze, take taxi to Bibbiena	
Monday-Friday	6:52, 7:57, 10:27, 15:10, 19:02
Saturdays	6:52, 7:57, 10:27, 12:32, 15:10
Sundays	No Bus

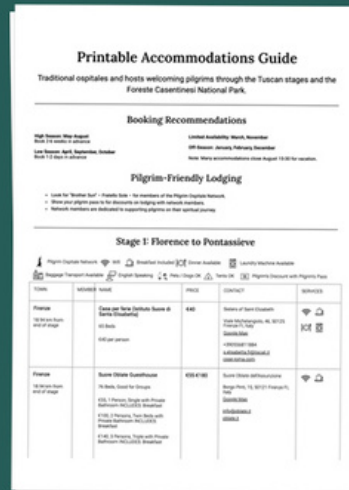
3) Bibbiena to Firenze SI90 (Transfer in Ponticelli)

Bibbiena to Firenze SI90	
Transfer in Ponticelli	
Monday-Friday	4:25, 5:50, 7:15, 9:30, 12:45, 15:25, 16:40
Saturdays	4:25, 5:50, 7:15, 9:30, 12:45, 15:25
Sundays	6:40, 14:20, 17:00



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