

Via Francigena

Long-trail hikes are gaining popularity, and the Via Francigena, an ancient pilgrim trail from Canterbury to Rome is not an exception. Similar, to the Camino de Santiago, the Via Francigena was a holy medieval pilgrimage road to Rome. It stretches over 1900 km and four European countries. The Council of Europe awarded the route status of European Cultural Route in 1994.

Due to the length, the variety of terrain, and vast differences between the infrastructure and services available from country to country, Via Francigena, is not only beautiful and but also challenging. Those new to the long-term hiking should opt to do only a part of the route or choose a more adjusted route like some of the more known ways leading to Santiago de Compostela.



Various Via Francigena signposts



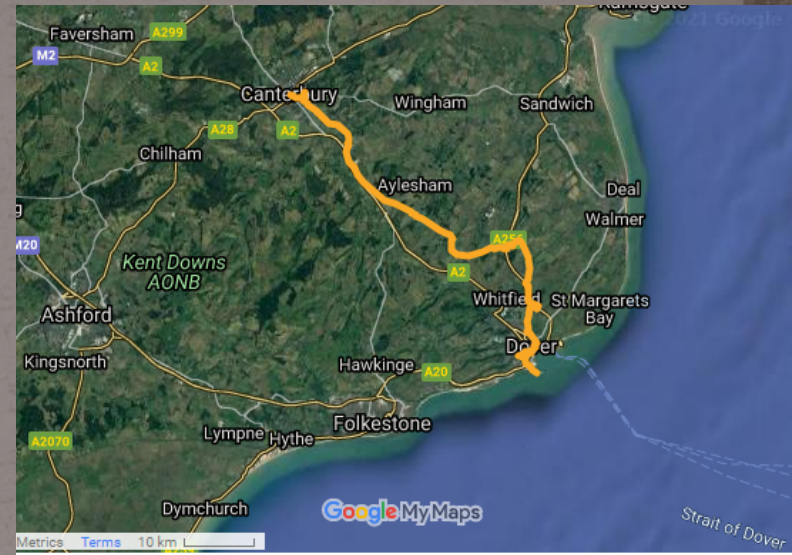
Via Francigena has in store an array of natural, cultural, religious and historical sites. You can be sure, you will not get bored. Some of the most prominent sites along the route include:

- The Canterbury Cathedral
 - The well-known white cliffs of Dover
 - Somme Battlefields from WW1
 - Vineyards of Champagne
 - Reims Cathedral
 - UNESCO-listed Vauban Citadelle – a true military masterpiece (In Besancon, the last French city before crossing over to Switzerland)
 - Lake Geneva in the Alps
 - A marvelous wonder of nature – St Bernard's Pass (only accessible in summer months)
 - Lush region of Tuscany with romantic countryside and historic towns and villages
 - St Peter's Basilica in Rome
- <https://www.dailymotion.com/video/x7y0ksn>

Via Francigena begins at Canterbury Cathedral



Cathedral



The well-known white cliffs of Dover



Arras



Somme Battlefields from WW1



*La Via Francigena
Le P'tit mémo du Pèlerin*

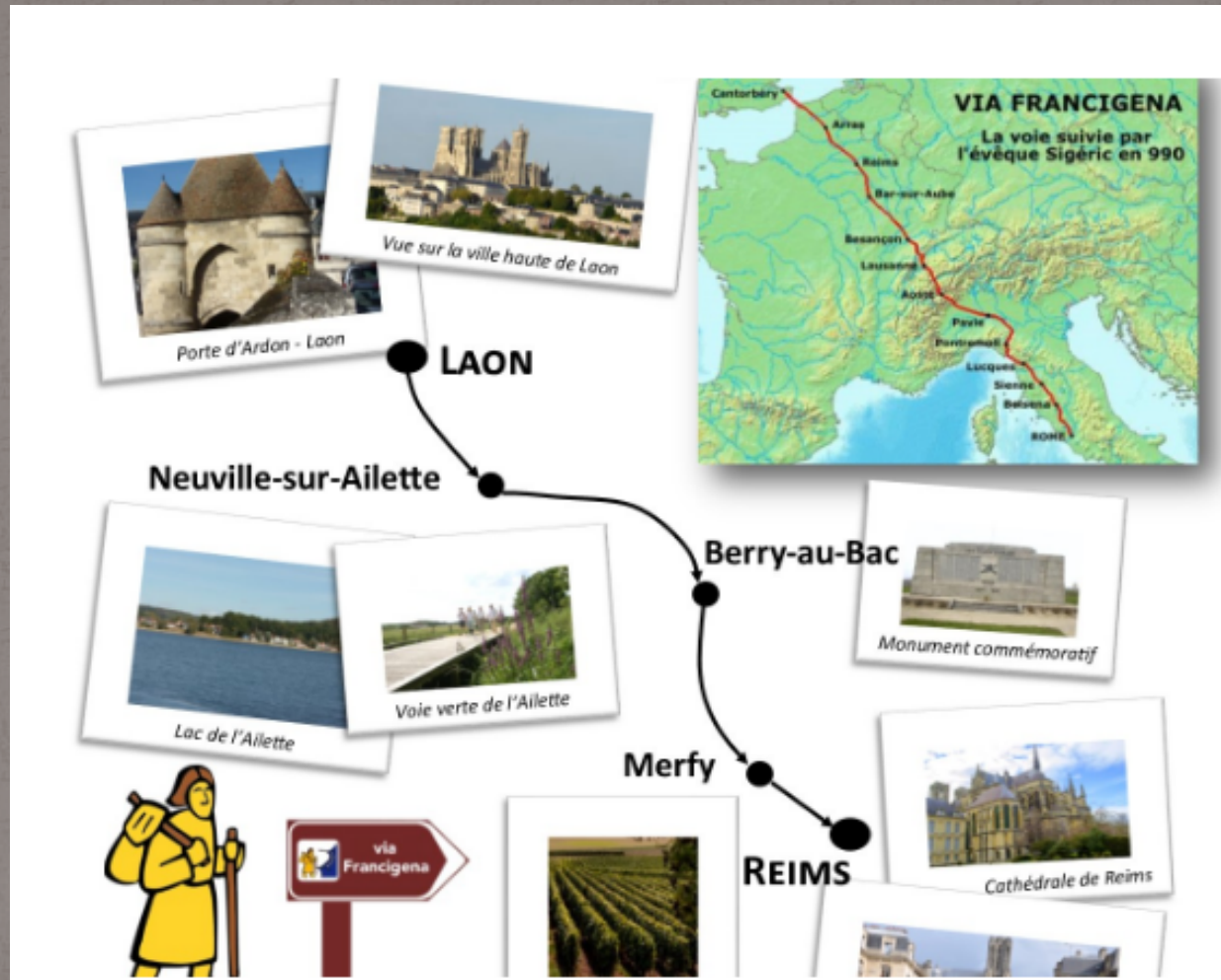
Arras à Bapaume 23.30 km = 4h49
Bapaume à Péronne 21.10 km = 4h24
Péronne à Trefcon 16.50 km = 3h35



Saint Quentin to Laon via Francigena



Laon to Reims via Francigena



Besançon via Francigena



Switzerland :
Lake Geneva in the Alps

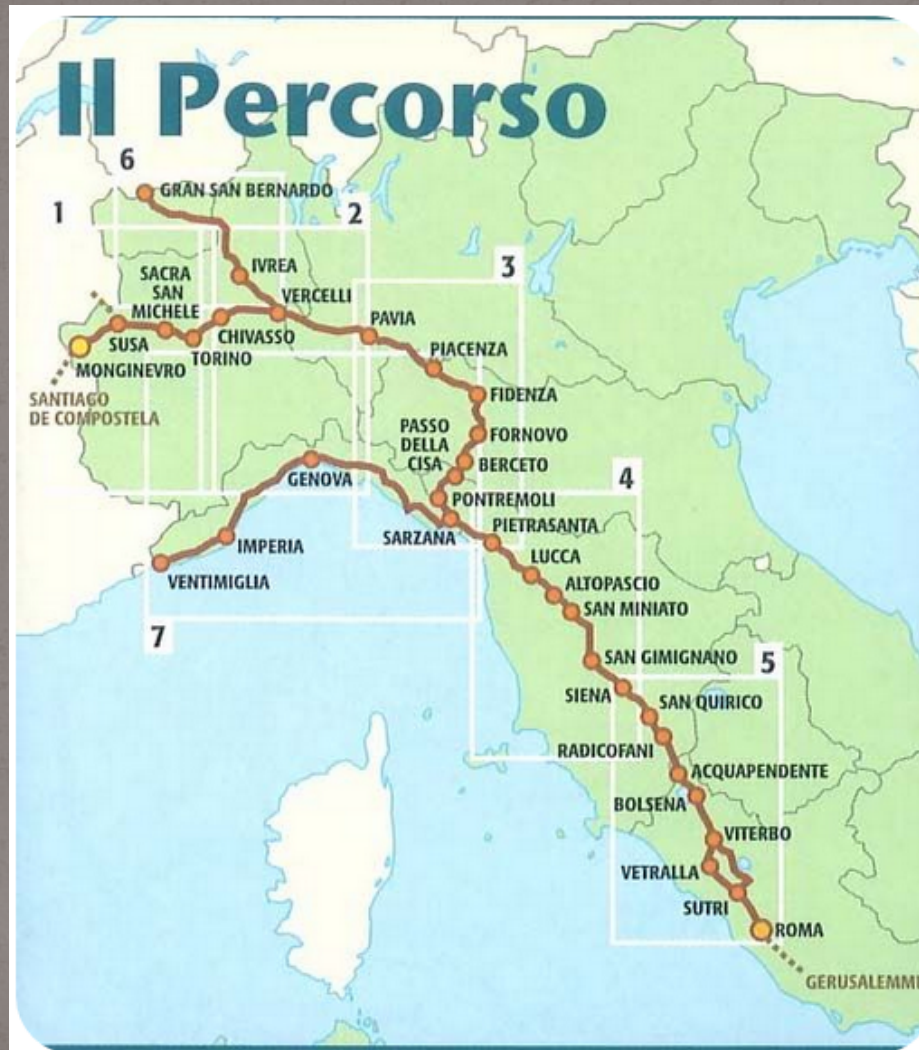


A marvelous wonder of nature –
Bernard's Pass - via Francigena

St



Gran San Bernardo to Roma



Camino packing list – What to bring on the Camino

Camino de Santiago Checklist

- Hiking Boots/Shoes**
For the Camino, you may opt for hiking shoes instead of hiking boots!
- Water Storage**
A hydration bladder is useful - it sits in your backpack with a tube conveniently stretching from it to your mouth!
- Blister Plasters**
After a day or two of pounding the pavement, blisters can start to form and provide discomfort...
- Flip Flops**
Comfortable shoes are important for when you're finished your day of hiking. The last thing you want to do is rest around in your boots!
- Zip-off Trousers/Shorts**
Shorts or zip-off trousers are useful for when the weather is warmer!
- Sun Protection**
Sun cream, sun glasses and a sun hat are a necessity for walking on the Camino during the summer months
- Light, Long-Sleeved Top**
Breathable fabric is ideal as it allows you to keep cool while also providing protection for your otherwise bare arms!
- Gloves & Warm Hat**
Gloves are helpful for the colder months as higher sections of the Camino Frances can get quite cold.
- Rain Gear**
Rain gear is a must because the weather along the Camino can be wet at times
- First Aid Kit**
It's a very good idea to have a first aid kit in your backpack - and not just while on the Camino!

The 10% Rule
Your backpack should be no more than 10% of your bodyweight

Essentials!
Don't forget to pack essentials such as general hygiene goods

Snacks, Snacks and More Snacks
Good news - eat lots! High-energy snacks such as nuts, chocolate (mind the heat...) and trail mix are great for keeping the energy up

Underwear
You wouldn't forget this, surely?...

