

ENG

Central-North Tuscany

# The Francigener

*Stories and places along the Via Francigena in Tuscany*

STEP BY STEP BETWEEN  
VERSILIA AND THE APUAN  
ALPS

VISIT THE FORTS AND  
PIAZZAS OF THE CITY  
OF ART

ENJOY THE HOSPITALITY  
OF THE VILLAGES IN THE  
PLAIN OF LUCCA



# Francigena Toscana



Set off for a walk in the heart of the ancient European route. An extraordinary millennia-old path to be followed on foot, by bike or astride a horse...

[viafrancigena.visittuscany.com](http://viafrancigena.visittuscany.com)

Download the map of the **Via Francigena in Tuscany**



## The stats



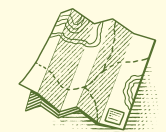
**380**

km



**39**

councils



**15**

legs

## The Via Francigena in Tuscany is...

### Mountains

The access point is the Passo della Cisa which marks the highest point at 1,041 metres above sea level. Between mule tracks and pathways, the northwards stretch is accompanied by extraordinary views of the Tuscan-Emilian Apennine mountains and the Apuan Alps. This journey offers a rewarding journey in luxuriant green valleys of significant naturalistic interest.

### Nature

This walk is a harmonious balance of cities of art, villages and the open countryside. The middle stretch of the Tuscan itinerary, in particular, offers a hilly green landscape alternating woods and streams, pastures and cultivated fields, olive groves and vineyards. The fruits of the land give the flavour to the oenogastronomical specialties that await to nourish the traveller.

### History

On the tracks of the Middle Ages and the Renaissance... The ancient pilgrimage route played an important role as trade and military route as testified by the abbeys, castles, forts and towers met along the way. We walk on the footsteps of history, staying in hostels where the Knights of Tau, the ancient religious knightly order, provided accommodation to pilgrims.

### Spirituality

The walk is lent a spiritual dimension by the hundreds of places of worship found along the way. The wooden statue of the Volto Santo and the bas-relief "labyrinth" of Lucca's cathedral are iconic witnesses. The landscapes passing by southwards give the journey a mystic air: the "moonscapes" of the Crete Senesi, the magic of the Val d'Orcia and the climb to Radicofani.

## The footpath

	km		km
1. Passo della Cisa > Pontremoli	<b>21.7</b>	9. San Miniato > Gambassi Terme	<b>24.0</b>
2. Pontremoli > Aulla	<b>32.5</b>	10. Gambassi Terme > San Gimignano	<b>13.4</b>
3. Aulla > Sarzana	<b>17.5</b>	11. San Gimignano > Monteriggioni	<b>31.0</b>
4. Sarzana > Massa	<b>29.3</b>	12. Monteriggioni > Siena	<b>18.9</b>
5. Massa > Camaiore	<b>26.0</b>	13. Siena > Ponte d'Arbia	<b>25.8</b>
6. Camaiore > Lucca	<b>23.8</b>	14. Ponte d'Arbia > San Quirico d'Orcia	<b>26.1</b>
7. Lucca > Altopascio	<b>18.5</b>	15. San Quirico d'Orcia > Radicofani	<b>32.3</b>
8. Altopascio > San Miniato	<b>29.0</b>		



### The "Credenziale"

This is the "passport" pilgrims carry with them step by step along the route. Each stamp on the Credential from hostels, eateries, tourist offices and parishes will testify to your walk and above all become an indelible souvenir of your journey. If you complete at least the final 100km by foot or 200km by bike, the Credential will allow you to receive the Testimonium once you arrive in Rome. The Credential means pilgrims can receive a discount in associated hostels and be welcomed in "a donativo" accommodation that merely asks for a small offer.



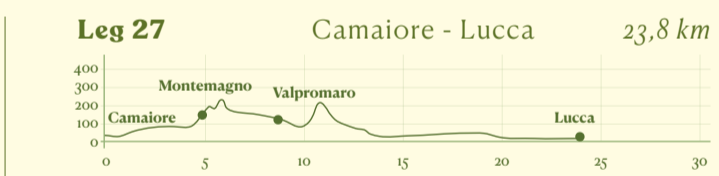
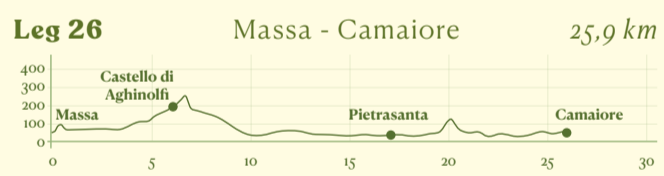
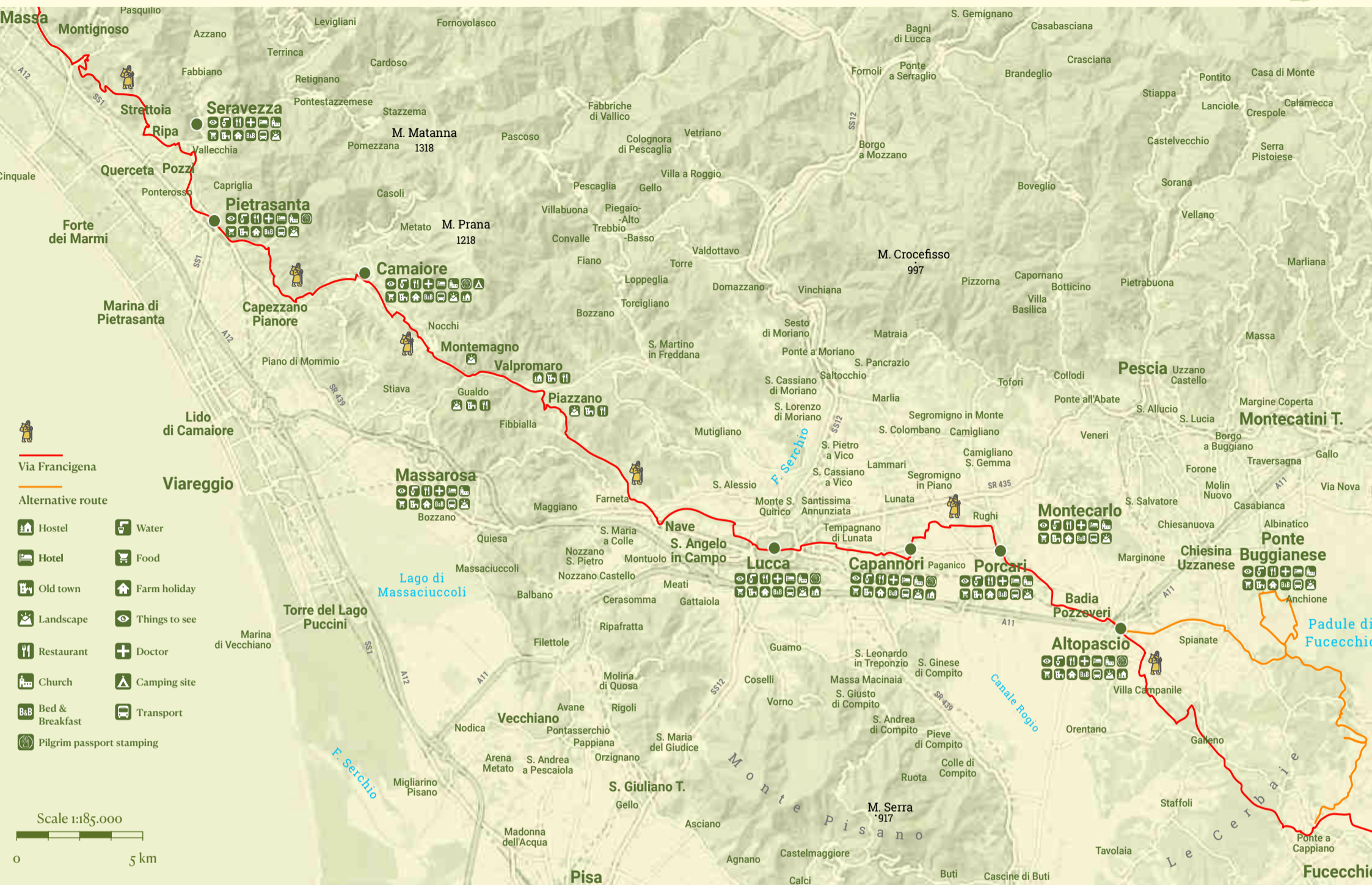
### Finding your way

It is rather difficult to get lost on the Francigena. Firstly because of the signposts: the route is marked by signposts with the pilgrim symbol on; the trail signs and red and white boundary stones direct you on your way. Before starting, it is a good idea to download the itinerary from one of the official sites so you can view the track on your smartphone. Finding your way is easy thanks to the signposts and digital tracking, but you can further enrich your experience by asking for directions and advice from the inhabitants of the Francigena lands.

# Francigena Toscana Central-North

Three legs to discover, step by step, the places and territories of the Centre-North Aggregation of the Tuscan Via Francigena. The first leg crosses Versilia, from its breath-taking valleys to the slopes of the Apuan Alps. The next leg winds through the Lucchesia inlands all the way to the jewel of art and culture: the city of Lucca whose Renaissance walls preserve enchanting basilicas and

cathedrals. The third is immersed in the Piana di Lucca between the villages of the councils of Capannori, Porcari, Montecarlo, Altopascio and Ponte Buggianese, wandering amongst churches, aqueducts and hostels of ancient tradition; famous are the "hospitals" founded by the Knights of Tau and the Medici family.



## Tourist offices

All information on what to see and where to eat and sleep.

Here you can request and receive your Pilgrim's Credential

**Comune di Seravezza**  
Pro Loco Turistica  
Via Corrado del Greco 11  
+39 0584 757325  
ufficioinformazioni@prolocoseravezza.it  
prolocoseravezza.it

**Comune di Pietrasanta**  
Tourist Office  
Piazza Statuto - +39 0584 283375  
infocentro@comune.pietrasanta.lu.it  
comune.pietrasanta.lu.it

**Comune di Camaiore**  
Municipality  
Piazza San Bernardino da Siena 1  
+39 0584 986272  
infoturistiche@comune.camaiore.lu.it  
comune.camaiore.lu.it

**Comune di Massarosa**  
Info Point Comune  
Rotonda G. Mazzini  
fraz. Montramito  
+39 0584 433696  
informazioni@comune.massarosa.lu.it  
comune.massarosa.lu.it

**Città di Lucca**  
Tourist Office  
Piazza Curtatone  
+39 0583 442213  
info@turismo.lucca.it

IAT Vecchia Porta San Donato  
Piazzale Verdi  
+39 0583 583150  
turismolucca@metrosl.it  
turismo.lucca.it

**Comune di Capannori**  
IAT Capannori  
Piazza Aldo Moro 1  
+39 0583 428588  
infoturismo@comune.capannori.lu.it  
capannori-terraditoscana.org

**Comune di Porcari**  
Public Library  
Piazza Roma 121  
+39 0583 211884  
biblioteca@comune.porcari.lu.it

**Comune di Montecarlo**  
Pro Loco  
Via Roma 7  
+39 0583 228881  
prolocomontecarlo@gmail.com  
comune.montecarlo.lu.it

**Comune di Altopascio**  
Info Point Comune  
Piazza Garibaldi 10  
+39 0583 216525  
turismo@comune.altopascio.lu.it  
comune.altopascio.lu.it

**Comune di Ponte Buggianese**  
Municipality  
Piazza Santuario 1  
+39 0572 93211  
info@comune.ponte-buggianese.pt.it  
comune.ponte-buggianese.pt.it

**Via Francigena Entry Point - Museum**  
Via dei Bacchettoni 8 Lucca  
+39 0583 496554  
info@viafrancigenaentrypoint.eu  
viafrancigenaentrypoint.eu

## Hospitality

Hospitality is a millennia-old value and tradition of the Via Francigena. Every pilgrim travelling to and from Rome, sometimes from the Holy Land, could find accommodation together with their fellow travellers. Still today, there is an official network of hostels along the road, as well as the "a donativo" facilities or those for tourists at a range of rates.

**Pietrasanta**  
**Casa Diocesana La Rocca**  
Via della Rocca 10  
+39 0584 793094  
casarocca@tiscali.it

**Comune di Camaiore**  
**Ostello Comunale del Pellegrino**  
Via Madonna della Pietà (centro storico)  
+39 345 1168661  
ostellodicamaiore.it

**Massarosa**  
**Ostello Parrocchiale Casa del Pellegrino**  
loc. Valpromaro (di fianco alla chiesa)  
+39 0584 956028  
valpromarogmail.com

**Lucca**  
**Ostello di San Frediano**  
Via della Cavallerizza 12  
NB: the hostel is momentarily closed

**Arciconfraternita della Misericordia**  
Via Cesare Battisti 2  
+39 0583 494902  
NB: the facility is momentarily closed  
luccaospitale@gmail.com

**Canonici Regolari Lateranensi**  
Via San Nicolao 76  
331 1311522

**Pellegrinario San Davino**  
Via San Leonardo 12  
+39 0583 53576 - +39 366 1062641  
sandavino@luccatranoi.it  
luccatranoi.it

**Capannori**  
**Ostello La Salana**  
Via del Popolo 182  
+39 339 7237912  
ostellolasana.it

**Ostello Rio di Vorno**  
Via del Folle Mansi 1, loc. Vorno  
+39 0583 97108  
ilriodivorno.it

**Altopascio**  
**Hostal Badia**  
Via della Chiesa  
loc. Badia Pozzeveri  
+39 0583 1808194 - +39 335 7025335  
iniziativaturistica.org/hostalbadia

**Foresteria dei Pellegrini**  
Piazza Vittorio Emanuele 23  
+39 0583 216525  
+39 0583 216280 - +39 366 5708802  
altopasciocultura.it/foresteria

**Ponte Buggianese**  
**Ostello Dogana del Capannone**  
loc. Dogana del Capannone  
+39 0572 93211  
NB: the hostel is momentarily closed  
comune.ponte-buggianese.pt.it/il-territorio/alberghi-ristoranti

View the full list of hostels:



# Stories and places along the Via Francigena in Tuscany



The Francigener was inspired by travel diaries kept by pilgrims who have followed the Via Francigena over the centuries. The most ancient documented example dates back to the 10th century, written by Archbishop Sigerico as he returned from Rome to Canterbury. Another is the diary written two centuries later by the Benedictine Abbot Nikulás, who came to Rome from Iceland along the Via Francigena before continuing to the Holy Land. Still today, many travellers take notes of thoughts and impressions of the places they discover along each leg, from hostels to eateries. The Francigener evokes the flexible, lightweight format of many travel diaries, highlighting and explaining the places, stories and traditions of each section of the Via Francigena. It is a free-press for pilgrims, tourists, local inhabitants and all “francigeners” who find themselves wandering this ancient route.

[viafrancigena.visittuscany.com](http://viafrancigena.visittuscany.com)



Comune di Seravezza



Comune di Pietrasanta



Comune di Camaiore



Comune di Massarosa



Comune di Altopascio



Città di Lucca



Comune di Capannori



Comune di Porcari



Comune di Montecatini



Comune di Ponte Buggianese

