

Itinerary – Rome to Terracina on the Via Francigena of the South

Day 1: Rome to Castel Gandolfo (26.5 km)

The first leg of the Via Francigena in the South is perhaps the most exciting of the whole route: we walk through history, touching some of the most famous monuments in the world before coming out onto the Via Appia Antica and plunging into a unique landscape.



Day 2: Castel Gandolfo to Velletri (distance 19.7 km)

A pleasant leg through the woods of the regional Park of the Castelli Romani, with fine views over lakes Albano and Nemi.



Day 3: Velletri to Cori (distance 22 km)

The rural landscape is the main attraction of this short and easy leg. The destination of this route Cori, was once the Roman town of Cora.



Day 4: Cori to Sezze (distance 29.1 km)

A panoramic route of rare beauty, with three extraordinary historic attractions: the ancient town of Norba, the Cistercian abbey of Valvisciolo and the historic town of Sermoneta.

(Temple to Hercules, Cori)



Day 5: Sezze to Fossanova (distance 22.2 km)

A tranquil transition route, in which we leave the route following the foot of the mountains and descend towards the pontine plain to arrive at the abbey of Fossanova, a jewel of Cistercian architecture.

(Sezze)



Day 6: Fossanova to Terracina (distance 20.6 km)

We walk towards Terracina in an area dedicated to intensive agriculture with view of the Ausoni Mountains.

(Abbey of Fossanova)



Terracina

The modern town occupies the site of the old one. The present piazza is the ancient Roman forum, and the Roman pavement of slabs of travertine with the inscription A. AEMILIUS A. F. in letters once filled in with bronze, is well preserved. The paving is supported by massive arched substructures, which extend under the surrounding houses.

*text from: www.viefrancigene.org/en/resource/statictrack/category/francigena-del-sud/

The route:

