



KIT

**Via della Lana
e della Seta**

VIA DELLA LANA E DELLA SETA

Two cities bonded by their productive history and connected by a trekking route “Via della Lana e della Seta” (the Path of Wool and Silk) that enables you to immerse yourself in the natural beauty of the Tuscan-Emilian Apennines filled with excellencies and tradition, and to discover the territory's history and culture.

The path passes through towns, peaks and valleys and links two historic centres that have grown over the centuries thanks to their wise management of water: Bologna, the city of the Sluice and canals and centuries' old silk capital, and Prato, the city of the Cavalciotto, millstreams and fulling mills, capital of the wool and textile district.



Total km: 130

Stages: 6

Municipalities: 12

Regions: 2

Cumulative elevation gain: 5430

Cumulative elevation loss: 5550

Highest point: 931 m.a.s.l.

Lowest point: 54 m.a.s.l.





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IN EMILIA

Bologna

Your journey's starting (or arrival) point is Piazza Maggiore. You're in the heart of the city overlooked by important buildings such as the San Petronio Basilica, Palazzo dei Notai, Palazzo d'Accursio, Palazzo del Podestà and Palazzo dei Banchi. It became officially known with its current name of Piazza Maggiore only from 1945.

Sluice of Casalecchio

Built between the 10th and 11th centuries, converted in masonry in the middle of the 14th century, and enhanced by Vignola from 1457 onwards, it is the oldest hydraulic work in Europe still in use.

The impressive structure was included in the UNESCO list of Monuments and Sites as Messengers of Peace.

Monte Sole Historical Park

Monte Sole Historical Park is a place that stores important testimonies. A place where history has left deep marks, a silent warning not to forget.

The park is mainly known for the episodes of autumn of 1944, when the Nazi troops slaughtered hundreds of civilians, erasing centuries of the quiet and laborious life of the local communities.



Park of the Suviana and Brasimone Lakes

The Santa Maria Lake is located within the Regional Park of the Suviana and Brasimone Lakes. Mixed forests of oak, beech and reforested conifer almost entirely cover the slopes and sandstone of the main reliefs in the western wall of the ridge and downstream of the Brasimone basin, forming the spectacular front of the Cinghi delle Mogne.



Castiglione dei Pepoli

The recently restored historic center maintains the urban characteristics deriving from the project of the Pepoli family who, from 1340 to 1796, maintained control over the area. The old Count's Palace, Clock tower and Palazzina overlook the square.





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IN TUSCANY



Badia di Santa Maria Montepiano

Built starting in the 11th century in a clearing along Setta Creek near the Beato Pietro hermitage, it was entrusted to the Vallombrosan monks who managed a hospice for pilgrims in Mugello and the Bolognese Apennines. The interior of the building features important frescoes from the 12th century.



Calvana Massif

Its rounded peaks create the typical karst setting dotted with caves, sinkholes and springs, recognizable for the meadows that cover the summit.

Here you can see rare flower species, specimens of the native Calvana cattle and among the low vegetation typical of this area you can find herds of wild horses.



Badia di San Salvatore (Vaiano)

Built by Cassinese Benedictine monks in the 9th and 10th centuries and remodeled to some extent during the 1100s, it has three naves. The Renaissance cloister is surrounded by monastic environments that now hosts the museum, and the tanks and canals of the ancient fulling mill for processing wool are still visible.



Cavalciotto di Santa Lucia

Dating back to the 11th century, it is one of the main examples of Prato's rich industrial archaeology heritage. It is the levee of Bisenzio creek that feeds into the water system consisting of 53 km of millstreams that cross the city and powered the textile factories before flowing into the Ombrone river



Prato, Piazza Duomo

You have arrived at your destination (or you're getting ready to start your journey). Here in Piazza Duomo is where the oldest settlement in Prato – Borgo del Cornio – was located.

Its existence was documented as early as the 9th century and the cathedral is home to frescoes by Filippo Lippi.

Ever since the 14th century, the square is where the Sacra Cintola has been displayed from the pulpit designed by Donatello.

Below you will find some basic information useful for planning your hike along the Path of Wool and Silk with more peace of mind and having a correct approach to environment that surrounds you. **We recommend:**

- To start your journey early in the morning. It's a chance for pleasant discoveries and also of greater safety. Moreover, having free time in the afternoon allows you to savor the experience, to reflect and to prepare yourself for the next day.
- Clothing must be essential and always suitable for the season.
- It is advisable to wear clothing that is not bulky and breathable, dressing "in layers" to better adapt to the climatic conditions.
- We recommend good quality hiking shoes.
- Anti-blister socks are very important and trekking poles can be useful.
- Keeping the weather forecast monitored is certainly helpful. Especially on stretches with high elevations the fog can surprise us: having a map, compass, altimeter and knowing how to use them is a must.
- It is essential to have the hiking map and / or the guide with you and, if wanted, you can request the gpx and klm tracks
- It is possible to receive further information by contacting the InfoSasso Office (051 6758409 - info@infosasso.it - info@viadellalanaedellaseta.com)
- It is useful to keep friends and / or family members informed about our whereabouts. Preferably do not travel alone.





GOOD PRACTICES

When we move in a natural environment it is necessary to have a careful and respectful behavior of everything around us:

- Do not damage plants, fossils and products of the undergrowth
- Keep dogs on a leash (in parks it is mandatory)
- Do not leave waste
- Prevent any risk of fire
- Try to suggest to those who show up on off-road vehicles, motocross bikes, to those who scream ... that stillness has no drawbacks.
- Our Apennines are naturally evolving and should not be underestimated; it happens to walk for hours in the woods (even at night: it can be an important exercise to better perceive our surroundings): we should set stages suited to our interests and preparation, taking into account that some paths can be particularly challenging in case of unfavorable weather conditions.
- Always follow the indicated paths and if in doubt go back to the last signpost passed. Forget the rush to arrive and enjoy the journey: it will be your best memory





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COVID-19 SAFE HOSPITALITY PLAN



RULES FOR HIKERS



Before starting your journey make sure you're in good health



It is mandatory to book your accommodations in advance



Before entering a space wait and follow the instructions displayed



Put your mask on when entering a closed space, or whenever it is impossible to keep a safe distance



Dispose of single-use masks responsibly in the general rubbish bin



When possible clean your hands with soap and water for 20 seconds, or use an alcohol-based hand sanitiser



Remember that you can be subjected to temperature control and if it is higher than 37.5 ° C, you could be forbidden to enter the facility



If you are staying in dormitories, bivouacs or refuges, we recommend that you bring your sleeping bag with you



if you choose to sleep in tents, remember that free camping along the Via della Lana e della Seta is forbidden. Download the list of facilities to see where you can safely place your tent.



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WHAT TO PACK

To optimize your backpack to the maximum so that you do not forget the essentials and avoid packing anything superfluous here is a list of what should never be missing:

Essentials: At least 2 L of water (3 in warm weather/hot beverage in winter) map, sun glasses, pocket knife, flashlight, charger, powerbank, camera/ smartphone.

- Mosquito/horse-fly repellent - life saving when crossing the Calvana
- Waterproof jacket or k-way jacket appropriate for the season
- Neck protector / bandanna and sunscreen to protect yourself from the sun
- Hat/ cap for sun protection. Thermal headgear and gloves in winter
- Rain cover for your backpack or a poncho
- Watertight bag for valuables and clothing to keep dry in case of rain



Clothing: breathable and made of moisture-wicking fabric, dress in layers to better adapt to the climatic conditions.

Footwear: We always recommend ankle-high boots with molded soles for traction, broken in and of good quality to avoid blisters. Flip flops, sandals or tennis shoes for when we are not on the trail.

Hygiene: toothbrush, toothpaste, soap, deodorant, bandages and band aids, arnica gel, sanitizing gel, ptick tweezers, personal medicines.

Snacks: Dried fruit, energy bars, chocolate, candy, honey (for an energizing snack).
Make sure to pack your lunch before you leave each day or plan to reach/pass by a well-served area.

Less things we pack, less time we lose looking for them
and the more we travel light.

Our mind and shoulders will surely thank us!

Take nothing but memories, leave nothing but footprints!





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MAP & CREDENTIAL



The hiking map of the Via della Lana e della Seta in scale 1:25.000 is complete with a small guide with all the useful information for hikers: distances, elevation changes, hospitality...

"Walking from Bologna to Prato" is divided into 6 stages and was created favoring the clarity of perception of the trail and the elements useful for the journey, in addition to historical, architectural and panoramic landmarks.

The map and the guide are written in both Italian and English!

Where to buy the map:

Online:

- In the Shop section of www.appenninoslow.it
- On www.fustaeditore.it


Retailers:

- **eXtraBo** - Piazza del Nettuno, 1/ab, Bologna - +39 3461159222
- **InfoSasso** - Via Porrettana 314, Sasso Marconi (BO) - +39 051 6758409
- **PratoTurismo** - Piazza del Comune - Prato - +39 0574 24112

Check the following [LINK](#) to see the complete list of retailers.

Credential

The credential can be found at the infopoints mentioned above and can also be inserted in the order of the guide or the map on appenninoslow.it.

The ones with the official stamp are those with this  symbol next to their name.

Title: Map Guide

Via della Lana e della Seta

Author : Vito Paticchia

Publisher: Fusta

Language: IT/EN

Date of Publication: 2018

ISBN: 978-88-85802-216

Retail price: 12,90€



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FOR FURTHER READING



Title: Via della Lana e della Seta

A piedi da Bologna a Prato

Author : Vito Patichia

Publisher: Fusta

Date of Publication: 2018

ISBN-13: 9788885802049

Retail price: 16,90€

A walking trip of extraordinary interest. A total immersion in the most beautiful nature of the Tuscan-Emilian Apennines, among incredibly panoramic woods, valleys and ridges, along paths and ancient droveways that cross fascinating rural settlements. A different experience, which guarantees the opportunity to closely observe the appearance of the mountain landscape.

The presence of parks, protected areas and nature reserves along the Path between Bologna and Prato - 130 km divided into six stages - is accompanied by the widespread presence of medieval villages, feudal and noble palaces, and ancient infrastructures. The trekking described in this guide manages to combine in an exemplary way the environmental component, the meeting with the locals and the cultural and historical aspects of the area. The path connecting Bologna to Prato crosses areas that, since the Bronze Age, were connected to each other by pedestrian and transhumance arteries. Routes that were later implemented by the Etruscans, Celts, Ligurians, Romans, Lombards and Byzantines. Even the Middle Ages, however, left important signs: just think of the clashes between local lords and the Municipalities of Bologna and Florence fighting for the control of resources, for the use of pastures and water, for the cutting of woods, duties and customs tolls. Finally, during the twentieth century, with the Gothic Line, the Apennines were a frontier land, of war, of pain: the German occupation left wounds that were difficult to heal, and the Resistance represented ransom and dignity paid for at a high price from partisans and civilians.

The itinerary described in this guide shows that the Apennines are still capable of telling stories and legends; to amaze with the religious architecture of its abbeys and sanctuaries; to impress with the ancient hydraulic works of Bologna and Prato; with the medieval villages and tower-houses of the comacini masters; to enchant with the landscapes and capture the visitor's interest with gastronomy.




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SLEEPING, EATING AND SERVICES



At the following [LINK](#) you'll find the list of all the establishments and services found in proximity of the Via della Lana e della Seta.

The ones shown on the website are part of the network of the path, there you can find the stamp for your credential!

The ones with the official stamp are those with this >  symbol next to their name.

Remember to always book your accommodation beforehand!





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INFORMATION & CONTACTS



If you need further information, want to ask us questions about the path, or want an organized travel proposal you can contact infoSASSO and eXtraBO.

The cities of Bologna and Prato are easily accessible by the main means of transport and the path can be undertaken in both directions, being very attentive to the signs and taking into account the indicated differences in height.

Contacts

Mail: info@viadellalanaedellaseta.com

Web: www.viadellalanaedellaseta.com

Social



Via della Lana e della Seta



Viadellalanaedellaseta



InfoPoints along the path:

ExtraBo: Piazza Nettuno 1/ab, Bologna - +39 346 115 9222 - extrabo@bolognawelcome.it

infoSASSO: Via Porrettana 314, Sasso Marconi - +39 051/6758409 - info@infosasso.it

PratoTurismo: Piazza del Comune - +39 0574 24112 - info@pratoturismo.it



Managment and Development of the Path:
Appennino Slow - info@appenninoslow.it



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