



Green  
is Bologna

Explore

# Via degli Dei

Bologna-Florence





The Via degli Dei (the “Path of Gods”) is a 125 km trail that connects the centre of Bologna with Florence, crossing the Tuscan-Emilian Apennines. First the Etruscans and then the Romans had already used the road as a connection between the two cities. Although in the Middle Ages it became a simple trail used by travellers who needed to walk this pathway, it is still possible to see sections of the Flaminia Militare road dating back to 187 BC, built on the orders of the Roman consul Caio Flaminio.



# Via degli Dei

## Trekking

### 1st leg

Distance: **22 km**  
Height difference:  
**+817 -515 m**  
Duration: **6.50 h**

## Mountain Bike

Distance: **21.8 km**  
Height difference:  
**+827 -525 m**  
Duration: **2.30 h**

### 2nd Leg

Distance **28 km**  
Height difference  
**+1460 -1038 m**  
Duration **9.50 h**

Distance: **27.3 km**  
Height difference:  
**+1301 -888 m**  
Duration: **2.30 h**

### 3rd Leg

Distance: **17.5 km**  
Height difference:  
**+783 -753 m**  
Duration: **5.50 h**

Distance: **17.65 km**  
Height difference:  
**+786 -755 m**  
Duration: **2.00 h**

### 4th Leg

Distance: **23.5 km**  
Height difference:  
**+641 -1197 m**  
Duration: **6.30 h**

Distance: **23.5 km**  
Height difference:  
**+702 -1246 m**  
Duration: **2.00 h**

### 5th Leg

Distance **34 km**  
Height difference  
**+1267 -1510 m**  
Duration **11.20 h**

Distance: **34 Km**  
Height difference:  
**+1177 -1038 m**  
Duration: **3.00 h**

## Bologna

22 km

## Badolo

28 km

## Madonna dei Fornelli

17,5 km

## Monte di Fò

23,5 km

## San Piero a Sieve

34 km

## Florence

Total km: 125

Overall positive altitude difference: 4,968

Overall negative altitude difference: 4,452

Maximum altitude: 1,202 le Banditacce

Minimum altitude: 54 in Bologna

Stops: 5

Municipalities: 12

Regions: 2



## Bologna

### Crossroads of generations and origins

Piazza Maggiore, a crossroads of generations and origins, its palaces and monuments forming the backdrop to the starting point of the Via degli Dei. Walk under the 666 arches (3.8 km long) of the San Luca UNESCO portico. According to some, its arches represent the serpent or the devil (666 in the book of Revelations of St. John 13:18, this number is specified as the number of the beast, otherwise known as the devil), whose head is crushed by the Madonna, symbolised by the Sanctuary at the top of the Colle della Guardia hill.



## Sluice of Casalecchio

The oldest hydraulic engineering work in Europe

Still operating today, for 800 years it has "governed" the inflow of the waters of the Reno river into the City of Bologna through a system of overflows and canals. Symbol of synergy between man and nature, in 2010 it was added to the list of UNESCO World Heritage Sites (Messengers of a Culture of Peace for Youth).



## Vizzano Bridge

The "passatori"

To cross the Reno river there were "passatori", boatmen who transported people and goods, taking advantage of the points along the river that were easiest to navigate. A thousand-year tradition that remained unchanged until 1930, when a teacher made a petition for the construction of the bridge so that her students could cross the river to reach the school in any weather.

### Why Via degli Dei?

The Via degli Dei is a path conceived in the late '80s by a group of Bolognese hikers. It mainly traces the ancient Roman route "Flaminia Militare", of which several tracts of basolato (large stone paving) are today visible thanks to two mountain lovers, Cesare Agostini and Franco Santi who discovered this route on 25 August 1979. The route is probably called like that because of the names of the places crossed by the it: Monte Adone (Adonis), Monzuno (Mons Iovis), Monte Venere (Venus) and Monte Luario (Lua).



## Monte Adone

### The "towers" of Monte Adone

The height of 655 metres and the unique towers forged by erosion and weather events make the mountain easily recognisable. At the summit (the highest of the Contrafforte Pliocenico Nature Reserve) two crosses appear, one white and one black, and a small metal container that holds the memories of travellers. Opening it and reading the comments of previous travellers with a breeze in your face makes you feel part of a community.

### Watch out for the lion!

If you hear a roaring lion or a chimpanzee between Badolo and Brento don't be scared: you're not suffering hallucinations due to hunger or fatigue. Tigers, lions, chimpanzees and all the native fauna of the Apennines live right here: the Monte Adone centre for the protection and research of exotic and wild fauna hosts specimens of animals of all species, many having suffered trauma in the past.



## The Contrafforte pliocenico

An open-air geological museum

The Contrafforte Pliocenico (Pliocene Buttress) has fossils and shells that bear witness to the fact that during the Pliocene (5-2 million years ago) this place was located at the bottom of the sea. It was a shallow sea with a tropical climate, composed of large bays where the rivers that descended from the mountain ranges flowed into the sea that today is the Po Valley.

## Madonna dei fornelli

Burners, furnaces and hearth

The name "fornelli" refers to the presence of charcoal burners situated in the woodlands used to slowly burn wood to make charcoal. According to others, however, the word derives from Fornax, referring to a kiln furnace or a crater.

One could therefore also hazard the hypothesis that in this place there were kilns for firing ceramics or making lime at the time of Imperial Rome.

**The German cemetery in Futa, Monte Adone**

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**The Contrafforte pliocenico**

© Archivio Ente Parchi Emilia Orientale  
Daria Victorini



## Flaminia Militare

The ancient road of the Roman legions

This ancient road built by the Roman legions is about 24 km long, from Monte Venere to Monte Poggione. It runs about 10-20 metres below the ridge, well sheltered from the wind. It has characteristics that are typical of an official road: it is linear, has a constant width of 2.40 m (corresponding to the Roman measure of 8 feet) and for each metre of road about 2,500 kg of sandstone have been used.



## The German cemetery in Futa

The largest German cemetery in Italy

This is the largest of the 12 German military cemeteries in Italy. It counts almost 33,000 bodies and remains a reminder of a war that profoundly affected the whole country. Designed and built in the 1960s (until the 1950s Germany was not allowed to build cemeteries in foreign theatres of war), it is an example of landscape architecture.



## Fiesole

Florence is in front of you

Etruscan city with a large archaeological area. Crossing the city centre you can see the Roman theatre, the Cathedral of San Romolo and the Convent of Saint Francis where the acropolis stands. In Fiesole it is also possible to visit the quarries, famous for their sandstone, called "fiesolana". Climb up to belvedere where you will see Florence just "a few steps" away from you. You're almost there.



## Florence

The cradle of the Renaissance

You have finally arrived in Florence, a city that has maintained its ancient charm and splendour and that UNESCO has called a Symbol of the Renaissance. Surrounded by the rolling hills of Settignano, Fiesole, Careggi, Arcetri and Bellosguardo, Florence is the point of arrival (or departure) of the long road rich in history, anecdotes, travellers and sensory experiences that you have traversed.

## How many days does it take to travel the Via degli Dei?

It is a medium difficulty trail that can be covered on foot in five or more days (depending on the ability of the walkers) or in two or more days by bike (depending on the ability of the cyclists). If you have no experience, sense of direction or mountaineering skills, we strongly recommend that you contact a tour operator who can help you organise your trip.

## When is a good time to travel the Via degli Dei?

The itinerary can be travelled all year round, but special attention is required during the summer (high temperatures) and winter (low temperatures and snow).

## Is there a baggage transport service?

Baggage transport can be organised through specialised Tour Operators. For more information contact eXtraBO or Infosasso.

## Is it possible to use public services along the way?

Nodes of the public transport network are available throughout almost the entire length of the itinerary. For more information visit the official website [www.viadeglidei.it](http://www.viadeglidei.it) or contact eXtraBO the Outdoor Infopoint of Bologna.

## Where can I find GPX tracks?

You can find all the tracks and information you need to complete your journey safely at [extrabo.com](http://extrabo.com).

## Travel Essentials

### Footwear

- Ankle boots recommended, sufficiently broken
- in and well fitted to your foot.
- Anti-blisther technical socks

### Clothing

- 2-3 microfibre T-shirts and cotton T-shirts for the night
- Technical trousers, preferably long
- A sweater or sweatshirt or fleece
- A breathable windproof and waterproof jacket
- Underwear
- Gloves and hat in winter
- Cap and sunglasses
- Microfibre towel or bathrobe

### Essentials

- Hiking map of the itinerary 1:25,000 scale
- 40-50 l backpack that should never exceed 7-8 kg
- (including water, at least 3 l per day in the summer)
- Sunscreen
- First aid kit with: bandages, plasters, anti-blisther patches, etc.
- A GPS system for orientation
- Products for personal hygiene

### Other

- Telephone and recharger
- Portable charger
- Camera
- Telescopic poles (optional)
- Via degli Dei credentials to collect stage stamps
- Rainproof canvas for your backpack

[viadeglidei.it](http://viadeglidei.it)



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