

The Via degli Dei is a route of approximately 125 km across the Tuscan-Emilian Apennines that connects the centre of Bologna with Florence. The route is named after the place names of some locations dedicated to Roman deities: Monte Venere, Monte Adone, Monzuno and Monte Luario. Over the centuries, the route has been used as a link between Emilia and Tuscany. The paving stones of the former Flaminia Militare, a Roman road commissioned in 187 BC by Consul Gaius Flaminius, are still visible today.



Directions
Bologna and Florence are easily accessible by all major means of transport.

Bologna
✈ Bologna G. Marconi Airport
🚉 Bologna Centrale Railway Station
🛣 Highways (A1-A13-A14)

Florenz
✈ Firenze A. Vespucci Airport
🚉 Santa Maria Novella Railway Station
🛣 Highways (A1-A11)

Via degli Dei

🚶 Trekking

1 Stage
Length: **21.3 km**
Drop: **+817 -515 m**
Time: **6 h 50 m**

2 Stage
Length: **28 km**
Drop: **+1460 -1038 m**
Zeit: **9 h 50 m**

3 Stage
Length: **17.5 km**
Drop: **+783 -753 m**
Zeit: **5 h 50 m**

4 Stage
Length: **21 km**
Drop: **+641 -1197 m**
Zeit: **6 h 30 m**

5 Stage
Length: **18 km**
Drop: **+750m -430m**
Zeit: **6 h**

6 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

🚲 Mountain Bike

1 Stage
Length: **21.3 km**
Drop: **+817 -515 m**
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6 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

7 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

8 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

9 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

10 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

11 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

12 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

13 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

14 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

15 Stage
Length: **18 km**
Drop: **+250 -645 m**
Zeit: **4 h**

🚲 Mountain Bike

1 Stage
Length: **46 km**
Drop: **+1340 m -610 m**
Time: **9 h 50 m**

2 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

3 Stage
Length: **41 km**
Drop: **+1010 -1190 m**
Time: **5 h**

🚲 Mountain Bike

1 Stage
Length: **46 km**
Drop: **+1340 m -610 m**
Time: **9 h 50 m**

2 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

3 Stage
Length: **41 km**
Drop: **+1010 -1190 m**
Time: **5 h**

4 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

5 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

6 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

7 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

8 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

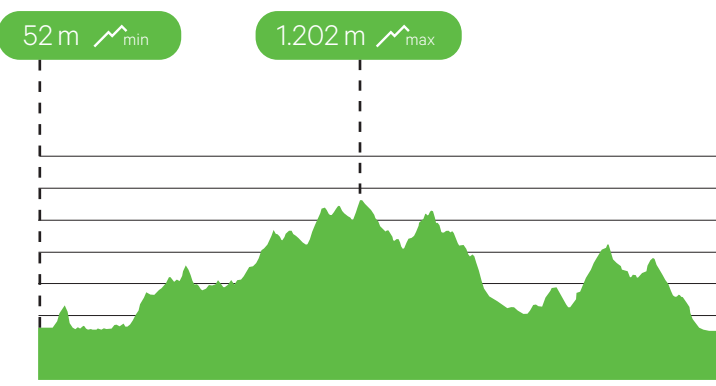
9 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

10 Stage
Length: **40 km**
Drop: **+670 m -1220 m**
Time: **6 h 30 m**

Trekking

Difficulty: **demanding**
Suitable for those who are already accustomed to hiking. A good physical fitness is required.

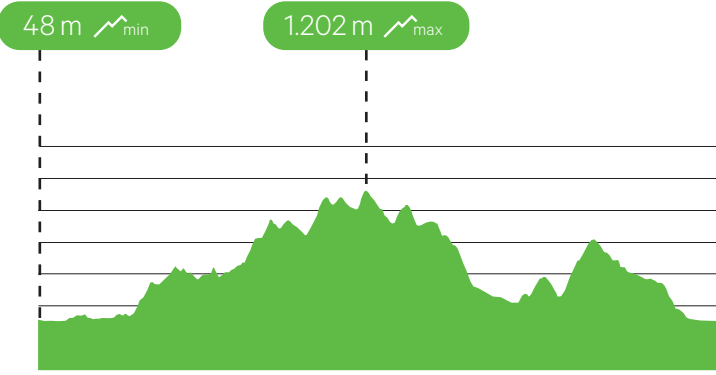
Distance: **125 km**
Ascent: **3.880 m**
Descent: **-3.800 m**
Highest point: **1.202 m above sea level**



Mountain Bike

Difficulty: **demanding**
Good physical fitness along with intermediate driving and control skills of the bike are required.

Distance: **125 km**
Ascent: **3.020 m**
Descent: **3.020 m**
Highest point: **1.202 m above sea level**





Discover our land the slow way

A walk along the Via degli Dei is an opportunity to discover this border landscape between Emilia and Tuscany, slowly exploring the mountains of the Tuscan-Emilian Apennines and the cultural and natural heritage of these peaks.



The world's first sustainable trail

The Via degli Dei is the world's first trail to receive GSTC international certification, ensuring sustainability and social responsibility in tourism. It encourages respect for the environment, the local area, and its culture. Along the way, you'll discover small towns and local traditions, stay in family-run accommodations, dine in local restaurants, and visit places cherished by the locals



Easy to follow and well-connected

The route is well marked with red and white signs from the C.A.I. with the letters 'VD' or 'Via degli Dei'. For your safety, we recommend downloading the GPX track from the official website or consulting the map on the Walk + app, which provide detailed descriptions of each stage. The route starts in Bologna and ends in Florence (or vice versa), and in any case, you will be able to use the efficient public transport links between the two cities.



A journey between history and culture

The Via degli Dei is a historic route, known to the Etruscans and Romans and used up until the Middle Ages. After falling into disuse, it was rediscovered in the 1990s by a group of hikers from Bologna—"Dû pas e na gran magnè" (in dialect, 'two steps and a big meal')—who set out to reach Florence on foot, rewarding themselves with the delights of the local cuisine. Winding through a diverse landscape of vast forests and breathtaking views, the Via degli Dei intersects small Apennine villages, ridge roads, ancient mountain passes, and stone hamlets—each with its own hidden stories nestled among the peaks.



The highlights

The route showcases some of the finest examples of architectural and artistic heritage: from Piazza Maggiore in Bologna to the Sanctuary of San Luca with its long porticoes, the Casalecchio Sluice—Europe's oldest masonry hydraulic structure—and the sandstone cliffs of Mount Adone. Crossing the regional border, you'll encounter the Roman paving of the ancient Flaminia military road, the German cemetery of Futa, the Castello del Trebbio, and many other marvels, before arriving at the magnificent Piazza della Signoria in Florence.



Perfect in every season

The trail can be walked year-round. Spring and autumn offer the most pleasant weather and temperatures, but it's also possible to hike in summer—provided you avoid the hottest hours—and in winter, as long as you're dressed warmly. The route mainly follows dirt paths, some of which are quite steep, winding through fields, forests, and up to mountain peaks. While the terrain is varied, it presents no major difficulties, making it suitable for a range of fitness levels.



Flavours of the Apennines

This journey is also an opportunity to indulge in the delicious traditional dishes of the region, ranging from Emilian to Tuscan cuisine, including hearty tagliatelle with ragù, tortellini, the famous Tuscan ribollita soup and the excellent wines of the Tuscan hills.

How many days are needed to complete the Via degli Dei?

This is a moderately challenging route that can be completed on foot in five or more days, depending on the hiker's ability, or in two or more days by bike, based on the cyclist's experience. If you lack hiking experience, a good sense of direction, or the necessary skills to navigate mountain terrain, we strongly recommend contacting a tour operator or eXtraBO – Bologna's outdoor information point– to help you plan your trip safely.

What's the best period to hike?

The route is accessible year-round, but special care should be taken during the summer (high temperatures) and winter (low temperatures and snow).

Do you offer an organised luggage transport service?

Luggage transport can be arranged through specialised tour operators. For further information, please contact eXtraBO or infoSASSO.

How can I travel between Bologna and Florence?

Every day, loads of regional and high-speed trains connect Bologna and Florence. You can only take your bike on regional trains.

Are there public services available along the route?

Almost the whole route hits key spots in the public transport network. For more info, check out the official website www.viadeglidei.it or get in touch with eXtraBO or infoSASSO, the tourist office of the municipality of Sasso Marconi.

Where can I find the GPX tracks and credentials?

You can find the tracks and all the information you need to complete your journey safely on the website extrabo.com. You will also find instructions for downloading Walk+, the official app for the route.

Your essential guide

Footwear

- We recommend ankle boots with good break-in and a proper
- Technical anti-blister socks

Clothing

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

Don't forget

- 1:25,000 scale hiking map
- 40/50 litre backpack, preferably weighing less than 10 kg (including water, at least 3 litres per day in summer)
- Sunscreen
- First aid kit with: bandages, plasters, disinfectant and medication suitable for your health
- GPS system for orientation
- Personal hygiene items
- Phone and charger

Other

- Power bank
- Camera
- Hiking poles
- Via degli Dei credentials to collect stamps at each
- Rain cover for your backpack



Discover

Via degli Dei

Bologna-Florence

