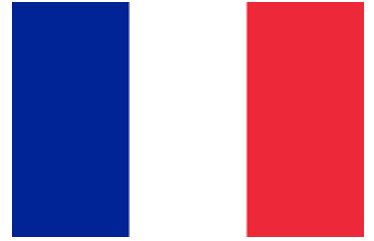
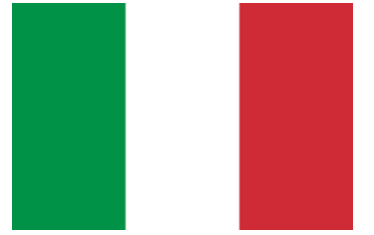




The friendship route
Il sentiero dell'amicizia
La route de l'amitié
Der Freundschaftsweg



**Wirksworth—Die—Varallo—Frankenau—
 Wirksworth**



Approximately 4138 kilometres

Wirksworth to Canterbury (527k)

From Wirksworth Town Hall, walk through the centre before turning right up Summer Lane at the mini-roundabout. Follow the footpath to Carsington Water and then walk anti-clockwise around the reservoir to the Visitor Centre. From there follow footpaths to Hognaston, Ashbourne and then on to the River Dove just before Rocester. From Rocester, follow the *Staffordshire Way* southwards until it intersects with the *Heart of England Way* (HoEW) near the Shugborough estate at the northern side of Cannock Chase.

The HoEW ends at Burford and from there, follow local footpaths for about fifteen kilometres until you arrive at the Thames. The *Thames Path Way* then takes you eastwards towards London. You will remain on the southern side of the river until Southwark from where *Becket's Way* takes you between the cathedrals of Southwark and Canterbury. For much of the way, this footpath follows the line of the Roman Watling Street.

Wirksworth to Ashbourne 15k Ashbourne to Rocester 14k Rocester to Shugborough 24k Shugborough to Tamworth 25.5k Tamworth to Fillongley 22.1k Fillongley to Lapworth 23.7k Lapworth to Bidford 25.8k Bidford to Batsford Arboretum 30.8k Batsford Arboretum to Burford 31.1k Burford to St.John's Priory, Lechlade 14.6k Lechlade to Duxford (Faringdon) 21.8k Duxford to Wytham 19.6k Wytham to Berinsfield 23.6k Berinsfield to Pangbourne 25k Pangbourne to Hurley Bottom 26.7k Hurley Bottom to Old Windsor 22k Old Windsor to Kingston on Thames 25k Kingston on Thames to Southwark 20k

From Southwark to Canterbury the *Becket's Way* is the route that St.Thomas Becket would have used for his frequent journeys between London and Canterbury in the eleventh century.

Southwark Priory to Orpington 22.2k Orpington to Cobham 27k Cobham to Maidstone 22k Maidstone to Newnham 23.6k Newnham to Canterbury 22.2k

For those looking for low priced accommodation, there is a Youth Hostel in Canterbury, the last you will find in England. The best option if you move on to Dover for the night is a Premier Inn less than ten minutes walk from the ferry terminal.



Canterbury to Dover (30k)

Outside the Cristchurch Gate of Canterbury Cathedral is a sign telling you that you are at Kilometre Zero of the *Via Francigena*, an ancient Pilgrim trail that originally went all the way from Canterbury to Jerusalem. Nowadays, the route finishes at **Santa Maria di Leuca** at the southern tip of Italy's heel. To leave England, and for much of the route towards Die, the routes coincide.

After leaving Canterbury Cathedral, pass by the ruins of Saint Augustin's Abbey and then, when you have reached St.Martin's Church, begin to follow the markers for the *North Downs Way* which, after about thirty kilometres and seven to eight hours of easy walking, will bring you into **Dover**.



The GR145

France has an exceptional system of clearly marked long distance footpaths known as *Grand Randonnées*. The Via Francigena is designated as GR145 for the whole of its journey across France.



Calais to Arras (207k) All distances on the Via Francigena route are taken from the official Via Francigena website.

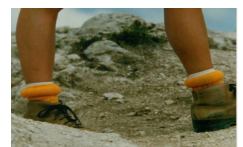
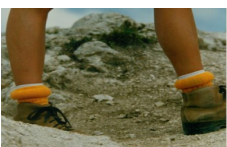
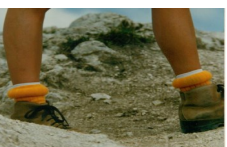
Calais Port to Wissant 20.4k Wissant to Guines 24.7k Guines to Liques 16.5k Liques to Tournehem-sur-la-Hem 15.1k
Tournehem-sur-la-Hem to Wisques 19.7k Wisques to Delettes 18.4k Delettes to Amettes 23.7k Amettes to Bruay la
Brussiere 22.1k Bruay la Brussiere to Ablain Saint Nazaire 25.4k Ablain Saint Nazaire to Arras 21.4k

Turn right out of the port and cross into **Calais** town centre, making sure not to miss Rodin's superb *Burghers of Calais* before joining the coastal path to the South of the town. You have twenty kilometres of spectacular cliff-top walking ahead of you before reaching the seaside village of **Wissant**. Treat yourself to some excellent seafood— *moules frites* if possible, and take a good look at the sea because you're not going to see it again for a long time.

From Wissant, the GR145 meanders inland along paths, tracks and minor roads passing through small towns such as **Landrethun le nord**, **Guines**, **Liques** and **Delettes** before reaching **Arras** where the Via Francigena meets the *Cammino di Santiago*. There is plenty to see in Arras, reasonably priced hotels, a variety of restaurants, a massive market every Saturday that fills the large Place des Heros as well as spilling out into adjoining streets, and at least one shop specialising in Flemish beer!

Although it's off your route, if you decide to take a couple of days break in Arras, it is worth taking a bus ride north to visit the *Louvre Lens* which often gets missed by tourists.

As you cross the Artois Plain, both before and after Arras, you will see numerous war cemeteries from the first world war. There is a major memorial at **Notre Dame de Lorette**, near **Vimy Ridge** and an important battlefield museum at **Peronne**.



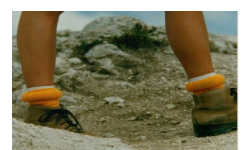
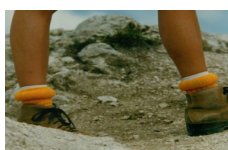
Arras to Reims (228k)

Arras to Bapaume 26.9k Bapaume to Peronne 31.3k Peronne to Trefcon 17.5k Trefcon to Seraucourt le Grand 25.7k
Seraucourt le Grand to Tergnier 18.2k Tergnier to Laon 38.8k Laon to Corbeny 30.3k Corbeny to Berry au Bac
12.2k Berry au Bac to Reims 27.7k

In the middle of the section from **Trefcon** to **Seraucourt**, you will cross the Somme at **San Quentin**. Originally founded by the Romans as a strategically important border city, the town has suffered the ravages of almost every European war in the last two thousand years, being built and rebuilt several times. It can, however, still boast a fine gothic *hotel de ville* which dates from 1509, and which is famous not just for its many sculptures but also for its peal of 37 bells. The town's *butterfly museum* has a collection of over 600,000 insects!

Laon is a city usually seen in the distance from the A26 Autoroute where a sign directs your eyes to the impressive *Cité Coronée*. As well as the imposing cathedral that does resemble a crown from a distance, the city also has a Chapel belonging to the Knights Templar who used to defend pilgrims using the route.

From Laon to **Berry au Bac**, the Via Francigena follows the line of the famous *Chemin des Dames*, the site of several major battles during WWI. After Berry, however, the Via turns southwards towards **Reims**, entering into the Champagne region and beginning to cross vineyards. The Via Francigena website advises the walker/pilgrim not to hesitate to knock on the door of any of the smaller champagne producers and ask if tasting sessions are available.



Reims

One of France's most historic cities, containing three world heritage sites: the Tau Palace, Notre-Dame Cathedral and the former Saint-Remi Abbey. It also contains the headquarters of most of the major Champagne Producers several of which are open for tastings and tours.

Reims to Champlitte (380k)

Reims to Verzy 19.8k Verzy to Condé-sur-Marne 21.1k Condé-sur-Marne to Chalons en Champagne 18.7k
Chalons en Champagne to St.Germain-la-Ville 13.7k St.Germain-la-Ville to St.Amand-sur Fion 17.6k
St.Amand-sur-Fion to Vitry-le-Francois 14.4k Vitry-le-Francois to St.Rémy-en-Bouzemont 20.6k
St.Rémy-en-Bouzemont to Outines 12k Outines to Montmorency-Beaufort 17.6k Montmorency-Beaufort to Précý St.Martin 22k
Précý St.Martin to Dienville 13.6k Dienville to Dolancourt 20.3k Dolancourt to Baroville 18.9k Baroville to Orges 26.8k
Orges to Richebourg 18.8k Richebourg to Faverolles 21.4k Faverolles to Langres 22.7k Langres to Culmont-Chalindrey 23.3k
Culmont-Chalindrey to Coublanc 24.7k Coublanc to Champlitte 11.9k

All stages from Canterbury to Champlitte are stages of the Via Francigena pilgrim trail and more detailed information, including recommended accommodation can be found on the Via Francigena website www.viefrancigene.org in English, French, German, Italian and Spanish. If we were walking from Wirksworth to Varallo, we would stick with the Via Francigena eastwards through France, around Lac Lemán in Switzerland and over the Great Saint Bernard pass into Italy and the Aosta valley before turning off the route at **Ivrea**, to head North Eastwards towards Varallo.

Champlitte to Mijoux (272k)

At Champlitte, we part company with the Via Francigena and turn southwards towards Arinthod, in the Jura region, where we will pick up the GR9 (Grande Randonnée 9). A combination of the GR9 and the Huguenot trail bring us to Die.

*Champlitte to Gray 20.6k Gray to Chevigney 13.8k Chevigney to Saint Vit 28.7k Saint Vit to Mouchard 27.6k
Mouchard to Poligny 18.9k Poligny to La Gare, Publy 24.1k La Gare, Publy to Rothonay 21.5k Rothonay to Arinthod 17.4k
Arinthod to Moirans en Montagne 27.2k
Moirans en Montagne to Valfin 21.9k Valfin to Premanon 23.8k Premanon to Mijoux 26k*

Gray is a very attractive old town bisected by the Saone, with a castle, several museums, a range of accommodation and restaurants.

Mijoux to Die (284k)

*Mijoux to Menthieres 31.2k Menthieres to Valsershône 15.2k Valsershône to Frangy 19.5k Frangy to Fortis 20.9k
Fortis to Aix les Bains 24.4k Aix les Bains to Les Marches 26.7k Les Marches to Saint Pancrasse 34.1k
Saint Pancrasse to Grenoble 21.9k Grenoble to Vizille 16.4k Vizille to Le Mure 21.1k Le Mure to Richardière 32.1k
Richardière to Die 20.5k*

At Frangy we joined the 'In the footsteps of the Huguenots' Way which links Die and Frankenau. We will be joining this route again for a significant part of the route from Varallo to Frankenau.

If you have followed our route all the way from Wirksworth to Die, you have covered 1929 kilometres. A bottle of *Clairette de Die* is definitely now required!

Die to Oulx (256k)

*Die to Beaumont-en-Diois 32k Beaumont-en-Diois to Sigottier 29.2k Sigottier to Laragne-Montéglin 20k
Laragne-Montéglin to Tallard 27.1k Tallard to Rousset 19.9k Rousset to Baratier 33.3k Baratier to Champcella 28.8k
Champcella to Briançon 25.1k Briançon to Melezet (IT) 25.3k Melezet to Oulx 15k*

Oulx to Varallo (212k)

*Oulx to Mattie 29.5k Mattie to Almese 26k Almese to Vastalla 26.5k Vastalla to San Giorgio Canavese 31.2k
San Giorgio Canavese to Ivrea 21.4k Ivrea to Biella 29k Biella to Ponzone 24k Ponzone to Varallo 24.5k*

You have now covered another 468 kilometres (2397 in total). The local liqueur with which to celebrate is the *liquore d'erba bianca* together with one of the excellent gelati from *Gelateria Frigidarium*.



Varallo to Lausanne (307k)

*Varallo to Cesara 20.1k Cesara to Candoglia 20.7k Candoglia to Domodossola 25.5k Domodossola to Simplon 32.4k
Simplon to Brig 28.2k Brig to Gampel-Bratsch 22.1k Gampel-Bratsch to Chalais 22.6k Chalais to Conthey 22.7k
Conthey to Martigny 24.8k Martigny to Bex 28.4k Bex to Montreux 32.3k Montreux to Lausanne 27.9k*

At Lausanne, we rejoin the 'In the footsteps of the Huguenots' way route to head northwards towards Frankenau.

Lausanne to Schaffhausen (298k)

Lausanne to Essertines sur Yverdon 24.7k Essertines sur Yverdon to Concise 21.3k Concise to Neuchâtel 25.4k
Neuchâtel to Nidau 32.3k Nidau to Solothurn 28.1k Solothurn to Langenthal 25.8k Langenthal to Aarburg 19.3k
Aarburg to Aarau 18.5k Aarau to Mellingen 21.4k Mellingen to Zurich 33.5k Zurich to Eglisau 27.6k
Eglisau to Schaffhausen 20.5k

Schaffhausen to Heidelberg (261k)

Schaffhausen to Tengen 18.6k Tengen to Öfingen 26.9k Öfingen to Rottweil 26.1k Rottweil to Heigerloch 35.8k
Heigerloch to Althengstett 22.9k Althengstett to Pforzheim 29.3k Pforzheim to Gondelsheim 24.7k
Gondelsheim to Kronau 24.1k Kronau to Heidelberg 25.3k

Heidelberg to Frankenau (266k)

Heidelberg to Weinheim 22.5k Weinheim to Seeheim-Jugenheim 29.5 Seeheim-Jugenheim to Ober Ramstadt 14.1k
Ober Ramstadt to Offenbach 36k Offenbach to Friedrichsdorf 27k Friedrichsdorf to Waldsolms 28.5k
Waldsolms to Giessen 25.5k Giessen to Marburg 29.9k Marburg to Burgwald 33.9k Burgwald to Frankenau 19k

You have now covered 3502 kilometres. In Frankenau, you can meet up with old friends, have a coffee, a local beer, or a glass of German wine before staying overnight in a Pension or with friends. If you haven't already seen them make sure you visit the Edersee and the Kellerwald Naturpark.

Frankenau to Munster (164k)

Frankenau to Korbach 24.5k Korbach to Heringhausen 16.4k Heringhausen to Büren 30.7k Büren to Lippstadt 22.9k
Lippstadt to Oelde 26k Oelde to Everswinkel 26.1k Everswinkel to Munster 16.9

Munster to Hook of Holland (286k)

Munster to Nottuln 22.9k Nottuln to Gescher 26.4k Gescher to Winterswijk(NE) 22.1k Winterswijk to Halle-Heide 22.8k
Halle-Heide to Beinum 24k Beinum to Arnhem 19.5k Arnhem to Rhenen 25k Rhenen to Culemborg 26.7k
Culemborg to Ameide 24.7k Ameide to Lekkerkerk 22.9k Lekkerkerk to Rotterdam 17.6k Rotterdam to Hook of Holland 31.5k

Hook of Holland to Hull to Lincoln (87k)

Hull Ferry Port to South Ferriby 22.6k South Ferriby to Messingham 24.7k Messingham to Hemswell Cliff 19.k
Hemswell Cliff to Lincoln 20.7k



Lincoln to Wirksworth (100k)

Lincoln to Beckingham 25.3k Beckingham to Southwell 21.1k Southwell to Newstead Village 24.7k
Newstead Village to Wirksworth Town Hall 28.4k

Congratulations—you have now completed the Wirksworth Twin Towns Walk covering approximately 4,138 kilometres!