

vf023 Via Francigena Muret-Monjovet to Arnad

↔ 12.8 km

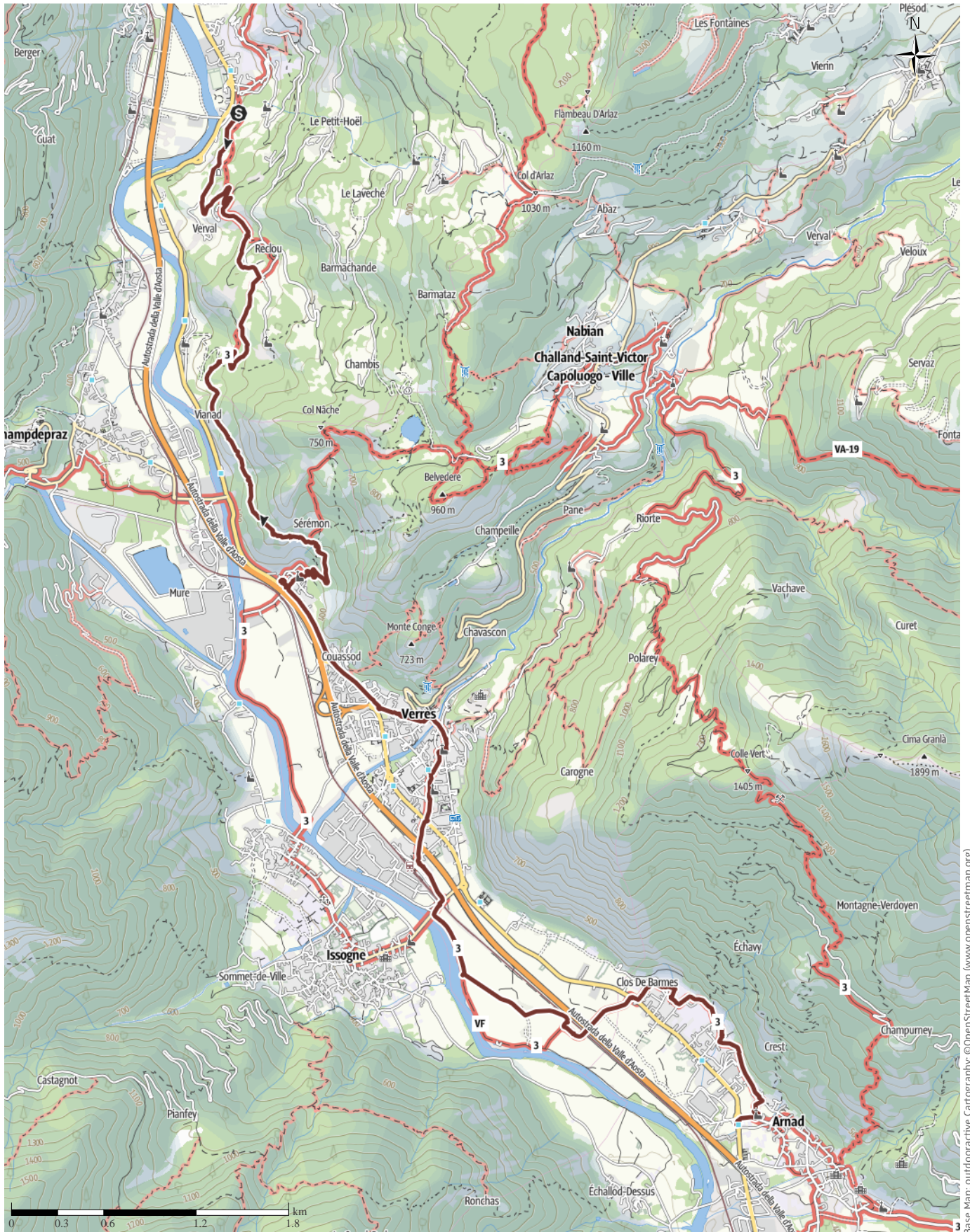
🕒 3:45 h

⬆️ 249 m

⬆️ 317 m

Difficulty

moderate



Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

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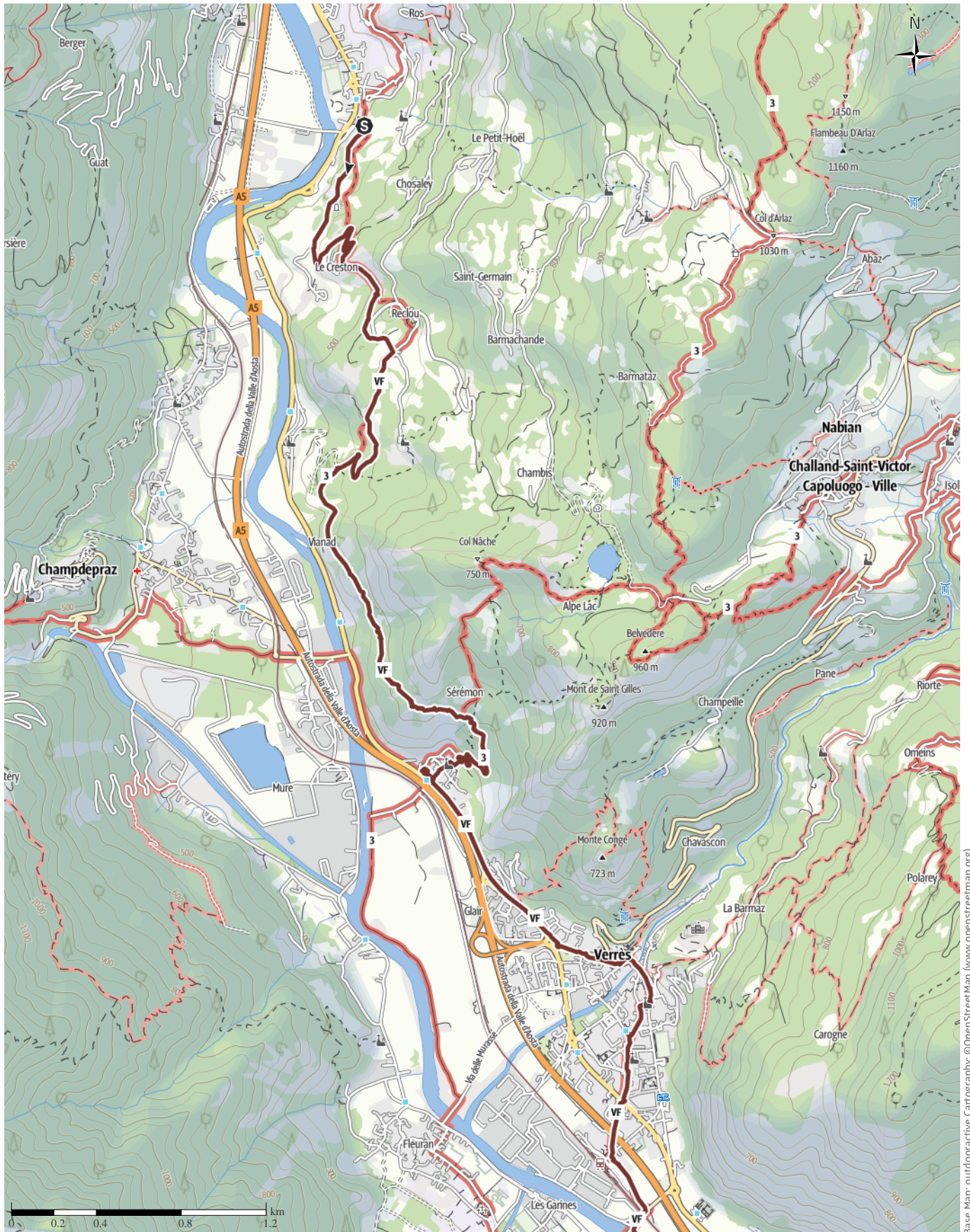
🕒 3:45 h

▲ 249 m

▼ 317 m

Difficulty

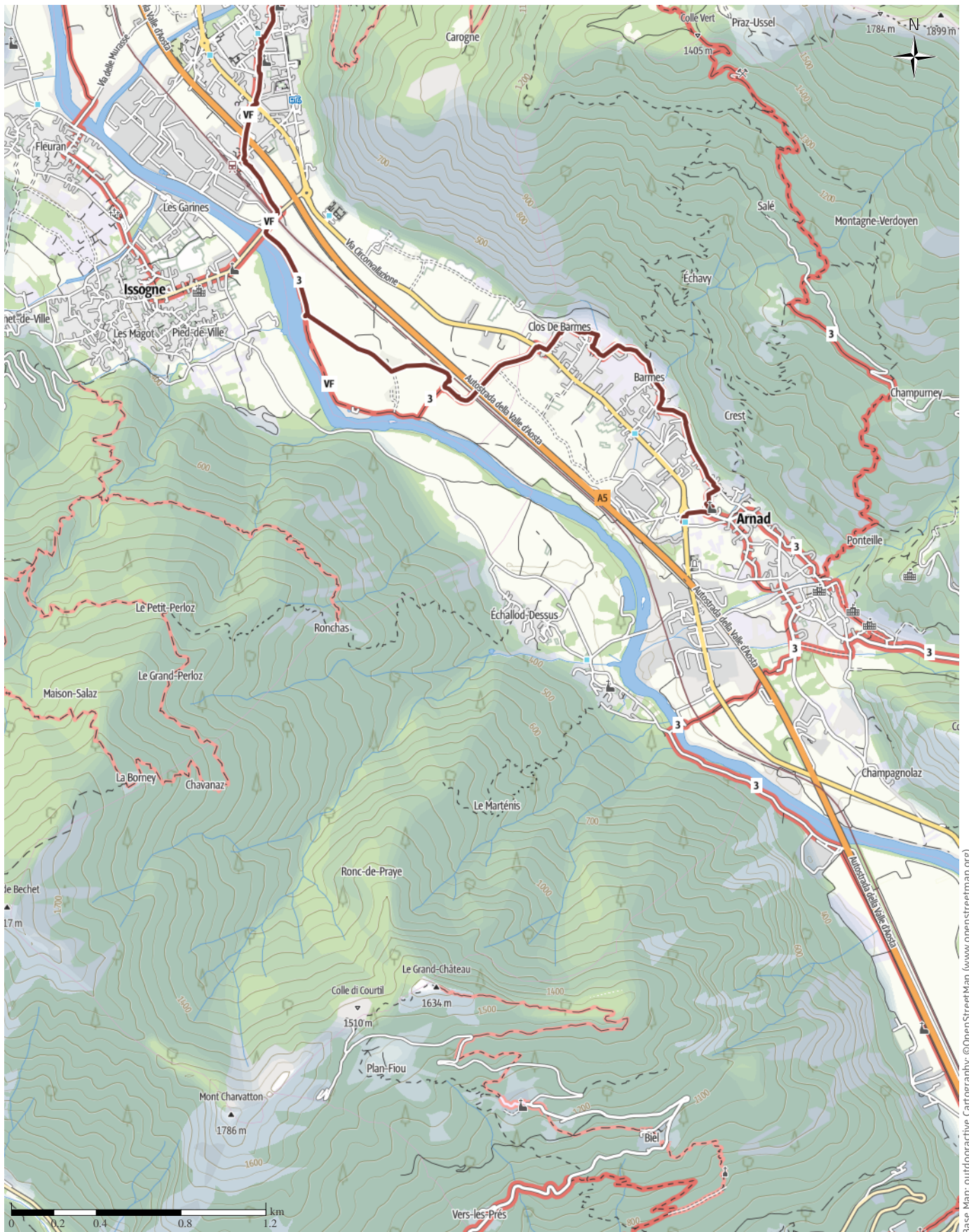
moderate



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↔ 12.8 km | ⌚ 3:45 h | 🏔️ 249 m | 📏 317 m | Difficulty moderate

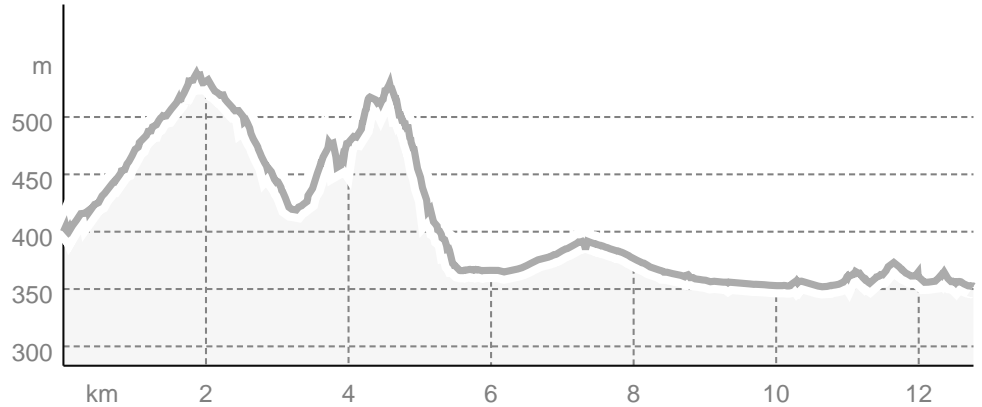


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Track types

— Length 12.8 km

Elevation profile



route data

Pilgrim Walk

Distance ↔ 12.8 km

Duration ⌚ 3:45 h

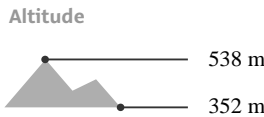
Ascent ▲ 249 m

Descent ▼ 317 m

Difficulty moderate

Stamina ●●●●●●

Technique ●●●●●●



Best time of year

JAN | FEB | MAR
 APR | MAY | JUN
 JUL | AUG | SEP
 OCT | NOV | DEC

Ratings

Authors

Experience ●●●●●●

Landscape ●●●●●●

Community

More route data

Properties

Linear route



Angus Carrick

Update: May 21, 2026

A hillside walk with magnificent views, followed by a riverside walk. Wood carvings and historical villages, churches and castles provided interest on the way. We took the bus back to where we'd left off the day before, and after a debate as to whether to follow the valley and risk a walk along a busy road, or climb up the cliffs which would be bad for Sue's knee, we opted for the high road, with some steep sections but magnificent views. Snack time was at the top! During the day, we came across several expertly carved wooden statues, that had been recently created,

presumably by a local artist. The Aosta Valley is famous for its woodworking skills, developed during the long winter's break from farming. After snack, we headed on down the cliffs to the valley and wandered through old villages to Verrès, which has medieval buildings which have survived the centuries, including a convent dating back to 925, a castle built in 1390 and a church whose oldest parts date back to the 16th century. The town itself was a bustling shopping centre, and we walked through it and across the motorway, railroad and river for a walk along the floodplain of the river before crossing back to walk through hillside villages to the 11th century church in Arnad. This Parish Church of San Martino in Arnad is the most important example of Romanesque architecture in the Aosta Valley.

Takeaway route for iPhone and Android



Scan QR code, save this route offline, share with friends and more...

Website

<https://out.ac/lhHtrH>




















Photo: Angus Carrick, Community

Legend









Topography

	Wood, forest
	Moor, swamp, marsh
	Heath
	Residential area with single building
	Industrial area with single building
	Cemetery
	Golf course
	Sportsfield, stadium
	Stadium
	Open-air pool
	Vineyard
	Petrograph
	Country border
	State border
	District border
	Contour line
	Special use area
	Nature reserve











Topographic signs

	Summit cross
	Elevation point
	Rock
	Cave
	Church
	Chapel
	Cemetery
	Palace/Castle
	Abbey
	Monument
	Ruin
	Mine
	Caim
	Broadcasting tower
	Windwheel
	Water-/windmill
	Viewpoint

Road and track

	Motorway
	Highway
	Statal road
	Road
	Main agricultural road
	Agricultural road
	Trail
	Via Ferrata

Lifts and railway

	Ropeway lift
	Gondola lift
	Chairlift
	Ski-, draglift
	Aerial ropeways
	Railway
	Suburban train
	Subway
	Tram
	Railway station