

Lens letter from the Via

Date 21/07/17

Location	Aosta	KM's to Rome	1,089	Steps Today	52,653
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Today we are in Italy, how can we be sure?

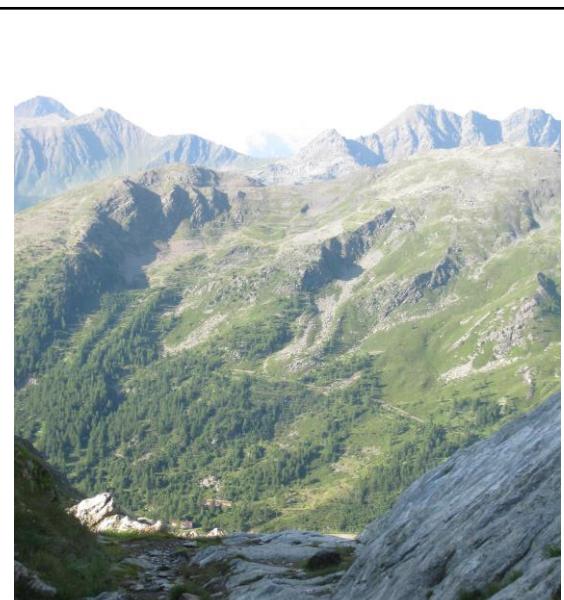
1. The waiting staff are all really nice.
2. We have been attacked by dogs (no causalities).

The walk down off St Bernard's pass is very steep with a drop of 1850 meters in 29 kilometres, but after yesterday we don't mind. The interesting thing is that on this side of the path it is easy to see where we will end up as the track snakes down the valley towards Aosta. The scenery is still as stunning so we should take one last look before we lose our close-up views.

This photo is from St Bernard's pass partly looking down the valley but also including some of the higher peaks off in the distance.

And some advice (and I hesitate to give any advice as this walk is different for everybody) we should have had a rest day at the pass, even though the only activity is gaping in awe at the mountain range, a day's rest would be beneficial before proceeding down the mountain. This is not an age thing as Leigh was of the same opinion.

As we walked down we saw a deer running across the track, hard to believe that they are surviving at this height and with so many people about. Perhaps it was just out for a walk also.



These animals were certainly startled to see a deer. We have seen much evidence of these gopher like animals but this is the first time we have been able to capture a photo of them. The walk down proved a little more discomforting than expected as our toes constantly were trying to tell us they wanted to get out of the front of our shoes. We were treated to more spectacular scenery and had some opportunities to walk through forest again.

The walkers that we have met over the last few days were all on the way down today as well, the Belgian walker is very hopeful to develop things with the French walker (go for it you little brave Belgium man) and the other walker is keeping her options open. I am told things can get a bit exciting in the pilgrim accommodation so I will watch with interest what develops over the next few days