

Lens letter from the Via

Date 23/07/17

Location	Issogne	KM's to Rome	Steps Today

Overnight in Aosta I came down with traveller's belly. I had eaten some pate for lunch the previous day which was off and it decided to have some fun with my stomach contents. The pate decided that it was much better for it to exist elsewhere and promptly exited from my stomach the way it came in.

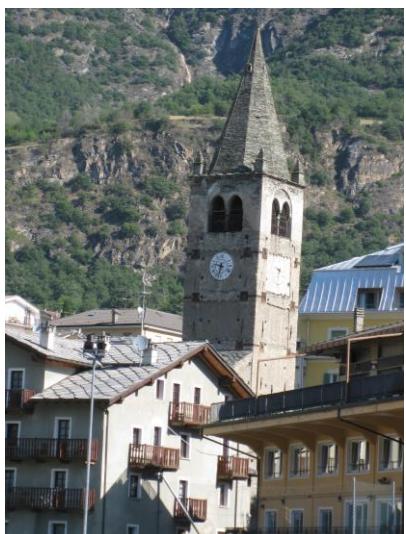
I decided to stay in Aosta until things settled and Leigh headed off to Chatillon. It gave me a chance to sort out my portable WIFI and have a good look at the town which is a great place for shoppers.

I walked out a little way to meet Leigh who had a very tough day in the hills. We worked out later that over the day with the ups and downs he had climbed higher than St Bernard's Pass.

Leigh leaves our little expedition and heads back home today via Milan it's been a great experience having him share the walk.

Feeling better today so decided to walk to our next night's stay in Issogne, it wasn't a big distance and it looked relatively flat.

Didn't come across our companion walkers today so we will never know if Belgium invaded France.



This is a photo of one of the villages I passed through today. It just seems incredible that each village at some stage has found the resources and the effort to build these public spaces be they just to serve as a clock tower as in this instance or a place of worship. I just have to make sure that I am not there at midnight as all the evil things in the world will have full sway

It's disappointing that most of the churches are closed, apart from not being able to view the art work they are always a nice cool place to have a sit down on a hot day. All the villages are pilgrim friendly offering discounts for pilgrims on meals and

accommodation. A pilgrim's menu is widely advertised but haven't at this stage been able to work out what that entails, probably have to have some watery soup, listen to prayers for a while then go off and do a bit of self-flagellation. Us walkers should be exempt from the last part as we are flagellating ourselves for the whole day. Arrived in Issogne to a lovely hotel with this view from the room window. Had a good lie down for a couple of hours then went down to dinner and was the only person in the room. I thought my chances of getting a decent meal were not good but as usual these out of the way places using local product put on a mighty good feed.

And the feet are very happy today.

