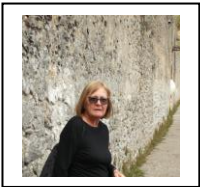
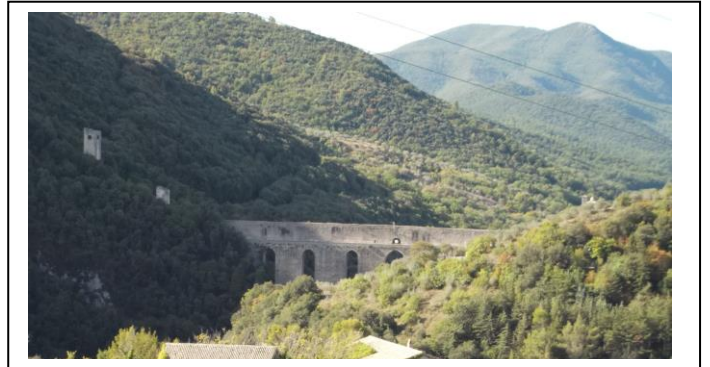


We made full use of our rest day in Spoleto and resisted the temptation to climb into the hills and do one of our favourite walks in Italy, being the walk over the viaduct up the mountain to a disused railway siding and then down the old railway line back to Spoleto. Instead Carol visited a hairdresser and I replaced my casual shoes which had finally become too ragged to wear. We also found time to visit the Duomo, the viaduct and experience some fine dining in Spoleto. We are always impressed by the waiting staff in Italy, they see their job as a vocation and not just a way to finance their travel. I am sure many people have seen the viaduct in Spoleto but as a bridge it is worthy of inclusion on my blog. It was closed but this did not stop people from removing the barrier and walking across to take in the views. In the interest of our walk the next day as the Via Francesco goes across the bridge we investigated the possibility of crossing on the viaduct. Alas the barriers were more securely



affixed on the other side and nobody had broken through yet. This is Carol on the bridge looking a little concerned that it might collapse at any time. We decided that we didn't want to be the first to break through the barrier so we planned an alternative trip around the other side of the mountain rather than take the extra 5 km detour to connect with the Via Francesco. This would re-connect us up with the

Via at Ceselli. We were rewarded the next morning by absolutely stunning views back towards Spoleto. It was a sunny clear morning and all the mist had cleared, the view confirmed what a wonderful place Spoleto is, the Duomo is to the bottom left, our hotel was just behind it and we woke each day to a view of its spire.



We pulled ourselves away from the view and started the climb around the mountain, it was a gradual climb amongst a very dense forest. As we emerged at the top we could see into the next valley and our destination for lunch, Scheggino. The visit to this village was a real bonus as it is not on the Via San Francesco. Scheggino has very successfully merged its new areas with its old. This was done by building a piazza leading to a bridge across to the old town, very tastefully done and well looked after with no rubbish in sight. Also, a great meeting place for the locals. People may consider the Peugeot a rubbish vehicle but the owner of this model obviously has a great love for



their car (our lunch spot was behind the car under the trees). I guess there are some Italians who don't dislike the French. After a very pleasant lunch break we wandered off on the trail beside the trout filled Nera river to Ceselli our place to stay for the night. Walking completely along the river was a nice break from all the mountains we have been climbing over the last week. For the next few days we will continue to follow this river so we are both looking forward to some easier walks on the Via Francesco. We started by doing what is necessary, then what was possible, and suddenly we are seeming to do

the impossible in making it to Rome.