

THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

MARCHEINSPALLA.COM



AUGUST 2016 HIKES CALENDAR

Monday 1st: THE MONTAGNA DEI FIORI. From S. Giacomo ski station (TE) up to the top of Monte Girella, among lakes, beech trees and "caciare" (ancient typical stone refuge) forming the most beautiful view-point on Marche-Abruzzo Apennine. Rise time: 3 h 00'-3 h 30' (stops excluded); down: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 850 m. Hiking difficulty: E (Hiking).

Tuesday 2nd: VOLPARA AND PRATA WATERFALLS. From Umito of Acquasanta Terme (AP) in discovery of amazing water-games produced by the streams of Monti della Laga. Rise time: 3 h 00'-3 h 30' (stops excluded); down: 2,00-2,30 h (stops excluded). Uphill drop: 660 m. Hiking difficulty: EE (Experienced Hikers).

Tuesday 2nd: NIGHT-WALK AT PANTANI DI ACCUMOLI. From Forca Canapine of Arquata del Tronto (AP) to the Monte dei Signori, in the new-moon night to admire the starry sky and recognize the constellations. Estimated time: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 200 m. Hiking difficulty: T/E (Tourist/Hiking).

Wednesday 3th: A RING AROUND THE LAST FOREST. From Forca di Presta TO Colle Le Cese, suspended on Tronto River High Valley, viewing the northern Monti della Laga and the Pian Piccolo (Little Plan) bottom through the beech woods that surround it. Estimated walking time: 4 h 30'-5 h 00' (stops excluded). Uphill drop: 510 m. Hiking difficulty: E (Hikers).

Thursday 4th: SPELONGA and MADONNA DEI SANTI CHURCH. Turistic tour of Spelonga (AP), scene of some shots of famous movie "Serafino" with Adriano Celentano and easy walk to the delicious church put in the green woods under Monte Cumuntore. Estimated time: 2,30-3,00 h (stops excluded). Uphill drop: 250 m. Hiking difficulty: T (Tourist).

Thursday 4th: MONTE PORCHE, PALAZZO BORGHESE and SASSO BORGHESE. From Monte Prata ski resort to Sibillini central 2,000 metres high mountains. Rise time: 2,30-3,00 h (stops excluded); down: 1,45-2,00 h (stops excluded). Uphill drop: 670 m. Hiking difficulty: E (Hiking).

Friday 5th: ALONG THE SENTIERO DEI MIETITORI. From Altino Refuge, Montemonaco (AP), to the church of S. Maria in Pantano along the historical Sentiero dei Mietitori (Harvesters' Path), among the woods at the foot of the impressive eastern slope of Monte Vettore. Estimated time: 3 h 00'-3 h 30' (stops excluded). Uphill drop: 150 m. Hiking difficulty: T/E (Tourist/Hiking).

Saturday 6th: MONTE BOVE RING. Walking in the kingdom of chamois, on the peaks that dominate Ussita (MC) and encircle one of the best preserved glacial valley in Monti Sibillini. Estimated time: 5,00-5,30 h (stops excluded). Uphill drop: 475 m. Hiking difficulty: E (Hiking).

Sunday 7 th: LAGO DI PILATO (Pilate's Lake) from Forca di Presta (AP). On the slopes of Monte Vettore to the valley with the only icy lake in the Apennine, admiring the amazing scenery of Piani di Castelluccio. Rise time: 3 h 00'-3 h 30' (stops excluded), down: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 1.050 m. Hiking difficulty: EE (Experienced Hikers).

Wednesday 10th/Thursday 11 th: St. LORENZ NIGHT: HUNTING FOR STARS ON MONTE SIBILLA. From Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of shooting stars. Rise time 2 h 00'-2 h 30' (stops excluded), down 2 h 00'-2 h 30' (stops excluded). Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Thursday 11th: LAGO DI PILATO (Pilate's Lake) from Focce of Montemonaco (AP). In the hearth of Sibillini Mountains, along their most popular valley, among legends and stories of necromancers, fairies and demons. Rise time: 2 h 30'-3 h 00' h (stops excluded), down: 1 h 30'-2 h 00' (stops excluded). Uphill drop: 900 m. Hiking difficulty: E (Hikers).

Thursday 11th/Friday 12 th: HUNTING FOR SHOOTING STARS ON MONTE S. VICINO. Evening ascent from Prati di San Vicino to the peak of the isolated and particular mountainous relief, barycentre of Regional Apennine. Estimated time: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 345 m. Hiking difficulty: E (Hiking).

Saturday 13th: MONTEGALLO MILLS PATH TO S. MARIA IN PANTANO. Among the countless villages of Montegallos castled the feet of Monte Vettore to the Church of Sybils. Estimated time: 3.00-3.30 h (stops excluded). Uphill drop: 460 m. Hiking difficulty: E (Hiking).

Saturday 13th/Sunday 14th: HUNTING FOR SHOOTING STARS and SUNRISE ON MONTE VETTORE. Evening hike from Forca di Presta (AP) to the top of the Lord of Sibillini, waiting for shooting stars and the sunrise from the sea. Estimated time 3 h 00'-3 h 30' (stops excluded), down: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 940 m. Hiking difficulty: E (Hiking).

Thursday 18th: INFERNACCIO and CAPOTENNA. From the narrow and cool canyon carved by River Tenna to the blooming meadows, surrounded by the most famous mountains of the group, from which its springs gush forth. Rise time 2 h 00'-2 h 30' (stops excluded); down: 1 h 30'-2 h 00' (stops excluded). Uphill drop: 350 m. Hiking difficulty: E (Hikers).

Friday 19th/Saturday 20th: THE MONTE SIBILLA BY NIGHT. Hike in the pale light of the full moon from Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of the roots of the myth. Rise time 2 h 00'-2 h 30' (stops excluded), down 2 h 00'-2 h 30' (stops excluded). Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Saturday 20th: THE MONTE SIBILLA. From Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of the roots of the myth. Rise time 2 h 00'-2 h 30' (stops excluded), down 2 h 00'-2 h 30' (stops excluded). Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Sunday 21st: CIMA DEL REDENTORE (REDEEMER'S TOP) and PIZZO DEL DIAVOLO (DEVIL'S PEAK). From Forca di Presta to the highest Peak of Umbria Region, suspended between Castelluccio Flats and Pilate's Lake Valley. Rise time: 3 h 00'-3 h 30' (stops excluded), down: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 992 m. Hiking difficulty: EE (Experienced Hikers).

Sunday 21st: MONTE REVELLONE RING. From Falcioni di Genga (AN) up to the peak that bolts south of Rossa Gorge, through Grottafucile hermitage and local precious stone quarries, at the edge of Frasassi Gorge. Estimated time: 5 h 15'-5 h 45' (stops excluded). Uphill drop: 650 m. Hiking difficulty: EE (Experienced Hikers).

For bookings, rates and info on equipment and clothing needed, time and place of departure:

Environmental Hiking Guide Dino Gazzani tel (+39) 380 3020147 --- info@marcheinspalla.com

Professional Guide empowered by national and regional regulations and covered by R.C. insurance.

Note: this calendar may be changed because of adverse weather conditions. Any possible changes will be promptly communicated.

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Monday 22nd: VOLPARA AND PRATA WATERFALLS. From Umito of Acquasanta Terme (AP) in discovery of amazing water-games produced by the streams of Monti della Laga. Rise time: 3 h 00'-3 h 30' (stops excluded); down: 2,00-2,30 h (stops excluded). Uphill drop: 660 m. Hiking difficulty: EE (Experienced Hikers).

Tuesday 23rd: MONTE PRIORA from Forcella del Fargno. From Refuge Fargno on the homonymous pass to the most inaccessible peak of Monti Sibillini, along the ridge among the Pizzo Tre Vescovi and Pizzo Berro, on the watershed between the Adriatic and Tyrrhenian Seas. Rise time: 3 h 00'-3 h 30' (stops excluded), down: 2 h 00'-2 h 30' h (stops excluded). Uphill drop: 870 m. Hiking difficulty: EE (Experienced Hikers).

Wednesday 24th: MONTE CONERO SOUTHERN RING. From Fonte dell'Olio of Sirolo (AN) to Passo del Lupo, privileged balcony over Due Sorelle Beach and the southern Marche coast. Estimated time 3,30-4,00 h (stops excluded). Uphill drop: 400 m. Hiking difficulty: E (Hiking).

Thursday 25th: THE MONTAGNA DEI FIORI. From S. Giacomo ski station (TE) up to the top of Monte Girella, among lakes, beech trees and "caciare" (ancient typical stone refuge) forming the most beautiful view-point on Marche-Abruzzo Apennine. Rise time: 3 h 00'-3 h 30' (stops excluded); down: 2 h 00'-2 h 30' (stops excluded). Uphill drop: 850 m. Hiking difficulty: E (Hiking).

Friday 26th: VALLE DELL'ACQUASANTA (Holywater Valley). From Villa da Capo of Bolognola (MC) to the ravine at the base of the impressive Eastern slope of Monte Rotondo, very rich in waterfalls. Estimated time: 3 h 00'-3 h 30' (stops excluded). Uphill drop: 300 m. Hiking difficulty: E (Hikers).

Friday 26th/Saturday 27th: THE MONTE SIBILLA BY NIGHT. Hike in the pale light of the full moon from Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of the roots of the myth. Rise time 2 h 00'-2 h 30' (stops excluded), down 2 h 00'-2 h 30' (stops excluded). Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Saturday 27th: LAGO DI PILATO (Pilate's Lake) from Fonte S. Lorenzo. From Fonte San Lorenzo in the Pian Perduto to the damned Lake through Forca Viola, passing from the breathtaking views of the Plains of Castelluccio to the suggestive scenarios of Lake Valley. Rise time: 2,30-3,00 h (stops excluded), down: 2,00-2,30 h (stops excluded). Uphill drop: 890 m. Hiking difficulty: E (Hikers).

Sunday 28th: LAME ROSSE, GROTTA DEI FRATI and GOLE DEL FIASTRONE. From the spectacular debris amphitheater with its pinnacles down to the wild and hidden ravine downstream of Fiastra Lake dam (MC), passing by rebel friars' hermitage. In the afternoon, strengthening bath in the Lake! Estimated time: 5 h 30'-6 h 00' (stops excluded). Uphill drop: 650 m. Hiking difficulty: EE (Experienced Hikers).

Sunday 28th: PIZZO DI SEVO. From Poggio above Spelunga (AP) up to the imposing mountain overlooking Amatrice and the headwaters of River Castellano, along the wide ridge between Chiarino and Corte valley. Rise time: 3 h 30'-4 h 00 h (stops excluded); down: 2 h 30'-3 h 00' (stops excluded). Uphill drop: 1.100 m. Hiking difficulty: E (Hikers).

Monday 29th: MONTE CONERO NORTHERN RING. From the former quarry of Massignano (AN) to Northern Belvedere through Pian dei Raggetti and S. Pietro al Conero, flying as a bird on Adriatic Sea. Estimated time: 3 h 30'-4 h 00' (stops excluded). Uphill drop: 320 m. Hiking difficulty: E (Hikers).

Tuesday 30th: PRETARE RING. From Piedilama to Pretare (AP) through Colle Galluccio, along the unfrequented paths of Monte Ceresa group, a shred of Ascoli Piceno Apennines in the shadow of the mighty southern slope of Monte Vettore. Estimated time 3 h 30'-4 h 00' (stops excluded). Uphill drop: 450 m. Hiking difficulty: E (Hikers).

Wednesday 31st: THE INFERNACCIO and St. LEONARD'S HERMITAGE. Pleasant walk in the wonderful beech forest upstream of the Gorge dug by River Tenna, up to the hermitage build up by Father Pietro. Rise time: 1,30-1,45 h (stops excluded), down: 1,30-1,45 h (stops excluded). Uphill drop: 250 Gap. Hiking difficulty: E (Hikers).

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