

## APRIL 2014 HIKES CALENDAR

### THE EASTER TIME AND THE VERNAL FLAVOURS

**Saturday 5: MONTE CONERO SOUTH 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).** Gap: 400 m. **Difficulty: E.**

**Sunday 6: IN SEARCH OF WILD HERBS.** Walking in the woods between Collefalciano and Tallacano, districts of Acquasanta Terme (AP) in the heart of the mountainous range of Monte Ceresa, in company of Anna, the only resident inhabitant in Collefalciano, owner of B&B Cuore, who will make us rediscover the pleasure of collecting weeds, their qualities and their use. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 350 m. **Difficulty: E.**

**Sunday 6: THE VAL CANATRA.** From Castelluccio of Norcia (PG) to Poggio di Croce, going up the side valley of Pian Perduto to admire the scenery of its Piani. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 500 m. **Difficulty: E.**

**Saturday 12: MACCHIA DELLE TASSINETE.** Easy Walk in Cingoli (MC) wood, searching for its main tree species. **Estimated time (stops excluded): 3,00-3,30 h.** Gap: 250 m. **Difficulty:**

**Saturday 12: VOLPARA WATERFALL.** From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Rio Volpara. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 630 m. **Difficulty: E.**

**Sunday 13: VALLE DELLA SCUROSA as far as Montelago.** From shady valley at the foot of Monte Pennino with its magnificent beech forest to the aerial views of the Montelago Plateau. **Estimated time (stops excluded): 4,30-5,00 h.** Gap: 555 m. **Difficulty: E.**

**Sunday 13: THE MONTAGNA DEI FIORI.** From the old ski resort of San Giacomo to the summit of Monte Girella, among lakes, beech and caciare (cheese factories) that make up the most beautiful balcony over the Marche-Abruzzo Apennines. **Rise time: 3,00-3,30 h, down: 2,00-2,30 h (stops excluded).** Gap: 850 m. **Difficulty: E.**

**Saturday 19: THE ALTINO RING.** From Altino di Montemonaco Refuge (AP) to the hamlets of Rocca and Tofe, situated at the entrance of the suggestive ravine dug by River Aso and conducting to Foce, the Star of Sibillini Mountains. Return along part of the G.A.S. (Great Sibillini Ring). **Estimated time: 2,30-3,00 h (stops excluded).** Gap: 300 m. **Difficulty: E.**

**Saturday 19: ON CASTELLUCCIO HIGH AND LOW HILLS.** Along the high grounds standing at the foot of the main Sibillini ridge and separating Pian Perduto (Lost Plan) from Pian Grande (Great Plan), in the shade of Norcia outpost of Castelluccio (PG). **Estimated time: 2,30-3,00 h (stops excluded).** Gap: 450 m. **Difficulty: E.**

**Sunday 20: EASTER SUNDAY ON 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 2,00-2,30 h (stops excluded), down 1,45-2,00 h (stops excl.).** Gap: 630 m. **Difficulty: EE.**

**Sunday 20: THE PANTANI OF ACCUMOLI (Accumoli Marshes).** From Forca Canepine of Arquata del Tronto (AP) to Monte dei Signori (Mount of Lords), on the tracks of wild animals. **Estimated time: 2,00-2,30 h (stops excluded).** Gap: 200 m. **Difficulty: T.**

**Monday 21: EASTER MONDAY IN INFERNACCIO.** From Valleria di Rubbiano to the springs of Tenna River, framed among the most imperious peaks of Sibillini Mountains, through the wonderful S. Leonard beech wood. **Rise time 2,00-2,30 h (stops excluded), down 1,30-2,00 h (stops excluded).** Gap: 350 m. **Difficulty: E.**

**Monday 21: THE MADONNA DEI SANTI (The Saints' Lady).** From Spelonga of Arquata del Tronto (AP) to the nice church hidden in the overhanging wood, on the slope of Monte Cumunitore, facing the nearby Sibillini Mountains. **Estimated time 2,00-2,30 h (stops excluded).** Gap: 250 m. **Difficulty: T.**

**Friday 25: ALONG THE PATHS OF THE HUNTING PLACES AND OF THE HARVESTERS.** From Altino di Montemonaco Refuge (AP) to S. Maria in Pantano Church through Vallegrascia, along the Sentiero delle Cacce (Path of the Hunting Places) and the historical Sentiero dei Mietitori (Path of the Harvesters), among the woods at the foot of the impressive eastern slope of Monte Vettore. **Estimated time: 4,00 h-4,30 h (stops excluded).** Gap: 500 m. **Difficulty: E.**

**Saturday 26: LAGO DI PILATO (Pilate's Lake) from Foce di Montemonaco (AP).** In the hearth of Sibillini Mountains, along their most popular valley, among legends and stories of necromancers, fairies and demons. **Rise time: 2,30-3,00 h, down: 1,30-2,00 h.** Gap: 900 m. **Difficulty: E.**

**Saturday 26: PRATA WATERFALL.** From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Rio Prata. **Rise time: 1,15-1,30 h (stops excluded), down: 1,00-1,15 h.** Gap: 500 m. **Difficulty: EE.**

**Sunday 27: THE MONTE BANDITELLO.** From Altino di Montemonaco Refuge (AP) to the summit of the overlooking mountain, northern sentry of the Lord of Sibillini and privileged balcony over Pilate's Lake Valley. **Rise time: 3,00 h-3,30 h (stops excluded). Down: 2,00 h-2,30 h (stops excluded).** Gap: 800 m. **Difficulty: E.**

**Sunday 27: THE MONTE ROTONDO from Bellisio Solfare.** In search of the most important mining district in the Marche Region, from the main town named as the yellow mineral caved for over 100 years and located inside the Comune of Pergola (PU) to the overhanging mountain, privileged balcony over the northern part of Umbria-Marche Apennine. **Estimated time: 4,00-4,30 h (stops excluded).** Gap: 500 m. **Difficulty: E..**

Furthermore: every Friday sunset **hikes on Sibillini Mountains**, possibly with snowshoes.  
every Saturday, in addition to what listed above, **night hikes "hunting" for stars.**

For bookings, rates and info on equipment and clothing needed, time and place of departure:  
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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 and new itineraries will be promptly communicated.**