

# THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

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## AUGUST 2015 HIKES CALENDAR

**Saturday 1: FRASASSI HERMITAGE AND SENTIERO DEI GRADONI.** Along Frasassi Gorge up to the 19th century's Temple and the early medioeval hermitage set as precious jewels into its caverns, in search of several less known natural caves in this area which have always characterized the Gorge. **Estimated time: 2,00-2,30 h (stops excluded).** Rise gap: 300 m; down gap: 250. Hiking difficulty: EE (experienced hikers).

**Saturday 1: THE MONTAGNA DEI FIORI.** From the old ski resort of San Giacomo to the summit of Monte Girella, among lakes, beech and caciasars (cheese factories) that make up the most beautiful balcony over the Marche-Abruzzo Apennines. **Rise time: 3,00-3,30 h (stops excluded), down: 2,00-2,30 h (stops excluded).** Gap: 850 m. Hiking difficulty: E (hikers).

**Saturday 1/Sunday 2: NIGHT HIKE ON MONTE SIBILLA.** Hike under 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: 2,00-2,30 h (stops excluded); down: 1,45-2,00 h (stops excluded).** Gap: 630 m. Hiking difficulty: EE (experienced hikers).

**Sunday 2: ALONG THE SENTIERO DEI MIETITORI.** From Rifugio di Altino (Altino Refuge) of 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: 3,00-3,30 h (stops excluded).** Gap: 150 m. Hiking difficulty: T/E (tourists/hikers).

**Tuesday 4: VOLPARA AND PRATA WATERFALLS.** From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Laga Mountains creeks. **Rise time: 3,00-3,30 h (stops excluded); down: 2,00-2,30 h (stops excluded).** Gap: 660 m. Hiking difficulty: EE (experienced hikers).

**Thursday 6: MONTE NERO RING.** From Cingoli (MC) to the Lake of Castreccioni bordering the Monte Nero (Black Mount), the mountain-scenery of the Balcony of the Marche and its Floristic Area, Protected by the Marche Region. **Estimated time: 4,00-4,30 h (stops excluded).** Gap: 450 m. Hiking difficulty: E (hikers).

**Friday 7: MONTE PORCHE, PALAZZO BORGHESE and SASSO BORGHESE.** From Monte Prata ski resort to the 2,000 m central Sibillini mountains. **Rise time: 2,30-3,00 h (stops excluded); down: 1,45-2,00 h (stops excluded).** Gap: 670 m. Hiking difficulty: E (hikers).

**Saturday 8: ACQUARELLA HERMITAGE from Albacina.** Discovering the Franciscan hermit through the thick forests overlying the ancient Roman settlement "Tuficum", up the slopes of Mount Maltempo to enjoy the view over the valley of Fabriano (AN) and its surroundings. **Estimated time: 4,00-4,30 h (stops excluded).** Gap: 690 m. Hiking difficulty: E (hikers).

**Saturday 8: 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).** Gap: 475 m. Hiking difficulty: E (hikers).

**Domenica 9: DISCOVERING SPELONGA (AP) and MADONNA DEI SANTI CHURCH.** Visit to the village of Spelonga - setting of some scenes of the famous film "Serafino" with Adriano Celentano - and walk to the lovely little church surrounded by green forests of Mount Cumunitoro. **Estimated time: 2,30-3,00 h (stops excluded).** Gap: 250 m. Hiking difficulty: T (Tourists).

**Monday 10: THE NIGHT OF SAN LORENZO; ON PRATI DI ALTINO HUNTING FOR SHOOTING STARS.** Walk on the heights above Altino Montemonaco, in search of shooting stars. **Rise time: 1,00-1,30 h (stops excluded), down: 0,30-0,45 h (stops excluded).** Gap: 300 m. Hiking difficulty: T (Tourists).

**Tuesday 11: MONTE S. VICINO from Elcito.** From perched and lonely hamlet of S. Severino Marche (MC) guarding the Val Fucina to the top of the Mount that dominates its western side, passing through the Cave of St. Francis, one of the early hermitages of the new monastic order founded by the Poor from Assisi. **Estimated time: 4,00-4,30 h (stops excluded).** Gap: 600 m. Hiking difficulty: E (hikers).

**Tuesday 11: 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: 2,00-2,30 h (stops excluded).** Gap: 345 m. Hiking difficulty: E (hikers).

**Wednesday 12: 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).** Gap: 400 m. Hiking difficulty: E (hikers).

**Wednesday 12/Thursday 13: NIGHT CROSSING OF MONTE CONERO HUNTING FOR SHOOTING STARS.** From Poggio of Ancona to St. Michele beach in Sirolo, in the pale light of the full moon, in search of shooting stars and the many myths of the mountain suspended over the sea, with a final dive at sunrise! **Estimated time: 5,00-5,30 h (stops excluded).** Rise gap: 250 m; down: 570 m. Hiking difficulty: E (hikers).

**Thursday 13: MONTEGALLO MILLS PATH TO S. MARIA IN PANTANO.** Among the countless villages of Montegallo castled the feet of Monte Vettore to the Church of Sybils. **Estimated time: 3.00-3.30 h (stops excluded).** Gap: 460 m. Hiking difficulty: E (hikers).

**Thursday 13/Friday 14: 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 3,00-3,30 h (stops excluded), down: 2,00-2,30 h (stops excluded).** Gap: 940 m. Hiking difficulty: E (hikers).

**For bookings, rates and info on equipment and clothing needed, time and place of departure:**  
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**Friday 14: LAME ROSSE and GROTTA DEI FRATI.** Discovering the spectacular debris amphitheater with its spiers sculpted by the nature and the hermitage of the rebel friars. In the afternoon, restorative bath in the lake! Rise gap 3,00-3,30 h (stops excluded), down: 2,00-2,30 h (stops excluded). Rise gap: 480 m. Hiking difficulty: EE (experienced hikers).

**Saturday 15: FERRAGOSTO AMONG CASTLES AND HERMITAGES AT THE SOURCES OF RIVER POTENZA.** From Fonte di Brescia (MC), downstream the sources of River Potenza, to the Rock of Spindoli (MC) through the woods of Mount Bordaino, among Varano's fortresses and ancient forsaken hermitages. Estimated time: 4,00-4,30 h (stops excluded). Rise gap: 340 m; down: 470 m. Hiking difficulty: E (hikers).

**Sunday 16: MONTE PRIORA from Vetice.** From Vetice (FM) to the highest and inaccessible peak of Monti Sibillini, through the southern side and the sun of the holm oak wood of Samara and return along the northern side of Pizzo, in the freshness of its beeches. Rise time: 4,30-5,00 h (stops excluded); down: 3,30-4,00 h (stops excluded). Gap: 1.520 m. Hiking difficulty: EE (experienced hikers).

**Sunday 16: 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 excluded). Gap: 630 m. Hiking difficulty: EE (experienced hikers).

**Monday 17: IN SEARCH OF LOST APENNINE.** From Tallacano of Acquasanta Terme (AP) to Pizzo dell'Arco, among chestnut woods and superb views over the River Tronto valley. Estimated time: 3,30-4,00 h (stops excluded). Gap: 450 m. Hiking difficulty: E (hikers).

**Tuesday 18: ON DISCORD PASTURES.** From Refuge Città di Amandola above Garulla to the summit of Mount Castel Manardo through Mount Amandola, suspended over the upper Stream Ambro valley under the shadow of the imposing bulk of Mount Priora, formerly disputed territories among neighboring towns. Rise time: 2,00-2,30 h (stops excluded); down: 1,45-2,15 h (stops excluded). Gap: 790 m. Hiking difficulty: E (hikers).

**Tuesday 18: MACERA DELLA MORTE.** From Poggio above Spelonga to the only 2.000 m of Marche Region in Monti della Laga, their northern watchtower, along the wide ridge between Chiarino and Corte valley. Rise time: 2,30-3,00 h (stops excluded); down: 2,00-2,30 h (stops excluded). Gap: 620 m. Hiking difficulty: E (hikers).

**Thursday 20: MONTE CANFAITO.** From Braccano, district of Matelica (MC), famous because of its mural paintings, to the beech wood overcoming the calcareous plateau, the heart of ancient Riotis Abbey preemptions. Estimated time: 3,30-4,00 h (stops excluded). Gap: 435 m. Hiking difficulty: E (hikers).

**Friday 21: MONTE CONERO SOUTHERN RING.** From Fonte dell'Olio di 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. Hiking difficulty: E (hikers).

**Friday 21: VOLPARA AND PRATA WATERFALLS.** From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Laga Mountains creeks. Rise time: 3,00-3,30 h (stops excluded); down: 2,00-2,30 h (stops excluded). Gap: 660 m. Hiking difficulty: EE (experienced hikers).

**Saturday 22: 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: 5,15-5,45 h (stops excluded). Gap: 650 m. Hiking difficulty: E (hikers).

**Saturday 22: 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. Going time: 3,00-3,30 h (stops excluded), return: 2,00-2,30 h (stops excluded). Gap: 870 m. Hiking difficulty: EE (experienced hikers).

**Sunday 23: MONTE VETTORE from Forca di Presta.** From Rifugio degli Alpini at Forca di Presta to the Top of the Lord of Sibillini, along the best known, most popular and easier path. Rise time: 3,00-3,30 h (stops excluded); down: 2,00-2,15 h (stops excluded). Gap: 940 m. Hiking difficulty: E (hikers).

**Sunday 23: THE VETTORE MASSIF GRAND TOUR.** From Foce di Montemonaco through the Redeemer Crest as far as mone Vettore and return along the Lago di Pilato valley. A long and rewarding hike on the most elevated group of Monti Sibillini with spectacular views on the Castelluccio Plains, northern Lazio Region, the Laga Mountains and the southern Marche Region! Rise time: 5,00-5,30 h (stops excluded); down: 2,30-3,00 h (stops excluded). Gap: 1.840 m. Hiking difficulty: EE (experienced hikers).

**Tuesday 25: MONTE PRIMO.** From Trebbio di Sefro to the mountain overlooking Pioraco and its gorge, once Neolithic settlement. Estimated time: 3,00-3,30 h (stops excluded). Gap: 500 m. Hiking difficulty: E (hikers).

**Tuesday 25: THE MONTAGNA DEI FIORI.** From the old ski resort of San Giacomo to the summit of Monte Girella, among lakes, beech and caciaras (cheese factories) that make up the most beautiful balcony over the Marche-Abruzzo Apennines. Rise time: 3,00-3,30 h (stops excluded), down: 2,00-2,30 h (stops excluded). Gap: 850 m. Hiking difficulty: E (hikers).

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**Thursday 27: CIMA DEL REDENTORE and PIZZO DEL DIAVOLO.** From Forca di Presta to the highest mountain of Umbria Region, suspended over Piani di Castelluccio and Lago di Pilato. Rise time: 3,30-4,00 h (stops excluded); down: 2,30-3,00 h (stops excluded). Hiking difficulty: EE (experienced hikers).

**Friday 28: THE STONE RING.** In the hearth of Lost Apennine, strolling among Poggio Rocchetta, Rocchetta and Agore, three semi-abandoned settlements in the late 50's, absolutely fascinating. Estimated time: 2,00-2,30 h (stops excluded). Gap: 200 m. Hiking difficulty: E (hikers).

**Friday 28: PIZZO DI SEVO.** From Poggio above Spelonga (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: 3,30-4,00 h (stops excluded); down: 2,30-3,00 h (stops excluded). Gap: 1.100 m. Hiking difficulty: E (hikers).

**Saturday 29: INFERNACCIO and S.t LEONARD HERMITAGE.** Morning and evening hike in the beautiful beech forest upstream the gorge carved by River Tenna up to the Father Pietro Lavini's hermitage. Going time: 1,30-1,45 h (stops excluded), return: 1,00 h-1,15 h (stops excluded). Gap: 250 m. Hiking difficulty: T/E (tourists/hikers).

**Saturday 29/Sunday 30: NIGHT HIKE ON MONTE SIBILLA.** Hike under 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: 2,00-2,30 h (stops excluded); down: 1,45-2,00 h (stops excluded). Gap: 630 m. Hiking difficulty: EE (experienced hikers).

**Sunday 30: 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 excluded). Gap: 630 m. Hiking difficulty: EE (experienced hikers).

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