

THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

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JULY 2013 HIKES CALENDAR



July, Saturday 6: **THE STONE RING**. From Piandelloro to Rocchetta through Agore, the Acquasanta Terme (AP) wards in the heart of hidden Apennines woods. **Estimated time: 2,00 h-3.00 h (stops excluded).. Gap: 190 m. Difficulty: E.**
On the way back, **FORCELLA FOLK FESTIVAL** at Forcella di Roccafluvione (AP): Folk and popular music festival, connected to the Apennine Festival.

July, Sunday 7: **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 (stops excluded), down: 1.30-2.00 h (stops excluded). Gap: 900 m. Difficulty: E.**

July, Monday 8: **EVENING-HIKE TO PIANI DI RAGNOLO**. Walking at sunset to Pizzo Meta and Punta del Ragnolo, natural balconies over Sarnano (MC) overlooking the southern Marche, waiting for the newmoon-night to enjoy the celestial vault and recognize its constellations. **Estimated time: 2.00 h-2.30 h (stops excluded).. Gap: 300 m. Difficulty: E.**

July, Saturday 13: **LAME ROSSE, FRIARS' CAVE and FIASTRONE GORGES**. 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. **Rise time: 3.00-3.30 h (stops excluded), down: 2.00-2.30 h (stops excluded). Gap: 650 m. Difficulty: EE**
On the way back, **ARTISTRADA** at Colmurano (MC): street arts festival inside one fo the best preverved medieval towns in the Province of Macerata.

July, Sunday 14: **MONTE NERO RING**. Between woods and springs, between prehistorical settlements and St. Silvestro's communities, between Cingoli and its lake, at central Apennine doors. **Estimated time 4.00-4.30 (stops excluded). Gap: 450 m. Difficulty: E.**
On the way back, **CINGOLI 1848** at Cingoli (MC): ancient bracelet ball games among the three districts of Cingoli.

July, Saturday 20: **AMONG THE VILLAGES OF FLUVIONE**. In the cool of the woods at the feet of Monte Vettore, discovering the countless villages of Montegallo (AP) castled to its slopes and their hidden treasures. **Estimated time: 3.00-3.30 h (stops excluded). Gap: 460 m. Difficulty: E.**
On the way back **MAZZUMAJA 2013** at Comunanza (AP): a "pleasant noise" revives the historical center of Old Comunanza.

July, Sunday 21: **MONTE VETTORE from Colle di Montegallo (AP)**. Along the most impressive slope of monti Sibillini, until the top of their highest mountain. **Estimated time: 7.00 h (stops excluded). Gap: 1.520 m. Difficulty: EE.**

July, Monday 22: **NIGHT-CROSSING OF MONTE CONERO**. From Poggio di Ancona to S. Michele beach in Sirolo under the the pale light of full-moon, in searching of towsand mythes of the mountain suspendend over the sea and final dive at dawn! **Estimated time: 5,00-5.30 h (stops excluded). Rise gap: 250 m; dawn gap: 570. Difficulty: E.**

July, Sunday 28: **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: 4.30-5.00 h (stops excluded). Gap: 475 m. Difficulty: E**
On the way back **TORNEO DELLE GUAITE** at Visso (MC): 1200-1300's historical tournament characterized by archery competition of former five districts of Visso.

Furthermore:

every **Tuesday** (July 23 excluded) hikes on **MONTE SIBILLA**, from Rifugio Sibilla of Montemonaco (AP). **Rise time: 2.00-2.30 h (stops excluded), down: 1,45-2,00 h (stops excluded). Gap: 630 m. Difficulty: E.**

every **Wednesday** hikes to **INFERNACCIO, S. LEONARD'S HERMITAGE and HIDDEN WATERFALL**, from Rubbiano of Montefortino (FM). **Rise time: 1.45-2.00 h (stops excluded), down: 1.30-1.45 h (stops excluded). Gap: 465 m. Difficulty: E.**

**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 and new itineraries will be promptly communicated.**