

THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

MARCHEINSPALLA.COM



JUNE 2016 HIKES CALENDAR

TOWARDS SUMMER

Thursday 2nd: THE GEROSA LAKE. An easy walk along the rivers of the Lake found out upstream Comunanza (AP) as far as the amazing roman church of S. Giorgio all'Isola. **Estimated time: 2,00-2,30 h (stops excluded).** Uphill drop: 100 m. Hiking difficulty: T (Tourist).

Thursday 2nd: MONTEGALLO' MILLS PATH. Among the countless villages of Montegalloy castled the feet of Monte Vettore. **Estimated time: 3.00-3.30 h (stops excluded).** Uphill drop: 350 m. Hiking difficulty: E (Hikers).

Friday 3rd: 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).

Friday 3rd: MACCHIA DELLE TASSINETE. Easy Walk in Cingoli (MC) wood, searching for its main tree species. **Estimated time (stops excluded): 3,00 h-3,30 h.** Uphill drop: 250 m. Hiking difficulty: T (Tourist).

Saturday 4th: 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).

Saturday 4th: MONTE SIBILLA. From the Refuge Sibilla (Sibyl) to the top of the Mountain of Lady Sibyl: a walk among the nature, the history and the legend that it has been fascinating all the travellers for centuries. **Rise time: 2,00-2,30 h (stops excluded), down: 1,45-2,00 h (stops excluded).** Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Sunday 5th: VOLPARA and PRATA WATERFALLS. From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Laga Mountains creeks. **Rise time: 2,30-3,00 h (stops excluded); down: 1,45-2,00 h (stops excluded).** Uphill drop: 660 m. Hiking difficulty: EE (Experienced Hikers).

Sunday 5th: 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).** Uphill drop: 650 m. Hiking difficulty: E (Hikers).

Saturday 11th: PIANI DI 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).** Uphill drop: 435 m. Hiking difficulty: E (Hikers).

Saturday 11th: MONTE CONERO SOUTHERN RING. From Fonte dell'Olio through the top of the Mount, the Southern Belvedere (view point), Mortarolo Cave and Passo del Lupo. It is possible to visit the Camerano Caves nearby. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 310m. Difficulty: E (Hikers).

Sunday 12th: INFERNACCIO and CAPOTENNA. From Valleria di Rubbiano to the springs of Tenna River, framed among the most impervious 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).** Uphill drop: 350 m. Hiking difficulty: E (Hikers).

Sunday 12th: 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).** Uphill drop: 850 m. Hiking difficulty: E (Hikers).

Saturday 18th: MONTE FALCONE WOOD. Walk through chestnut and hairy oak woods between Smerillo and Montefalcone Appennino (FM) until the edge of the cliff that gives amazing views from Monte Catria to Maiella. **Estimated time: 2,00-2,30 h (stops excluded).** Uphill drop: 200 m. Hiking difficulty: E (hikers).

Saturday 18th: THE GEROSA LAKE BY NIGHT. An easy walk under the feeble light of the full moon along the rivers of the Lake at the foothill of Monte Vettore. **Estimated time: 2,00-2,30 h (stops excluded).** Uphill drop: 100 m. Hiking difficulty: T (Tourist).

Saturday 18th: THE MONTE SIBILLA BY NIGHT. From Sibilla Refuge of Montemonaco (AP) to the peak of the Mountain Mother of Sibillini in search of the roots of the myth, in discovering of the fair panorama offered by the fullmoon light. **Rise time 2 h 00'-2 h 30' (stops excluded), down: 1 h 45'-2 h 00' (stops excluded).** Uphill drop: 630 m. Hiking difficulty: EE.

Sunday 19th: PILATE'S LAKE from Fonte S. Lorenzo for PIANI DI CASTELLUCCIO BLOSSOM. From Fonte San Lorenzo in the Pian Perduto to the damned Lake thorough Forca Viola, passing from the breathtaking views of the Plains of Castelluccio colored by the Flowering to the suggestive sceneries 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 19th: THE MONTE CERESA. From Piedilama, district of Arquata del Tronto (AO) at the borders of Sibillini National Park, to the most elevated mount of the homonym mountain range, eastern sentinel of Monte Vettore. Return through Colle Galluccio and Pretare, the village of the Fairies. **Estimated time: 4,30 h-5,00 h (stops excluded).** Uphill drop: 700 m. Hiking difficulty: EE (Experienced Hikers).

Saturday 25th: PIANI DI CASTELLUCCIO for everybody. Easy hike among the rises of Castelluccio di Norcia (PG) and its Plains to admire the incomparable beauty of the blossom of wildflowers. **Estimated time: 3,00-3,30 h (stops excluded).** Uphill drop: 330 m. Hiking difficulty: E (Hikers).

Sunday 26th: SUSPENDED OVER THE ANCIENT LAKE for PIANI DI CASTELLUCCIO BLOSSOM. The most panoramic crossing around Pian Grande in full flowering, from Rifugio Perugia to Castelluccio di Norcia (PG). **Estimated time: 3,30-4,00 h (soste escluse).** Uphill drop: 410 m. Hiking difficulty: E (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 and new itineraries will be promptly communicated.