

MARCH 2015 HIKES CALENDAR

THE LAST SNOW AND THE EARLY VERNAL COLORS

Saturday 7: 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).** Gap: 660 m. Difficulty: EE (Experienced Hikers).

Sunday 8: 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. Difficulty: T/E (tourists/hikers). **In case of snow, snowshoe walk on the same path!**

Sunday 8: SNOWSHOE WALK ON CASTELLUCCIO HIGH AND LOW HILLS. On the hills arising under Sibillini main ridge and separating the Pian Grande from Pian Perduto, under the shadow of the village guarding them. **Estimated time: 4,30 h-5,00 h (stops excluded).** Gap: 450 m. Difficulty: EAI (Hike in snowy environment).

Sunday 8: SPECIAL FOR THE INTERNATIONAL WOMEN'S DAY: SNOWSHOE WALK AT FORCA DI PRESTA. On the hills surrounding the Pian Piccolo, with spectacular views on River Tronto High Valley. **Estimated time: 4,00 h-4,30 h (stops excluded).** Gap: 500 m. Difficulty: EAI (Hike in snowy environment).

Saturday 14: DECATHLON SNOWSHOE WALK: VAL CANATRA RING. From Castelluccio of Norcia (PG) to Monte Veletta, going up the side valley of Pian Perduto, to admire the winter scenery of its Piani, in collaboration with VerdAvventura and Decathlon-S. Benedetto del Tronto. **Estimated time: 3,00-3,30 h (stops excluded).** Gap: 250 m. Difficulty: EAI (hiking in snowy environment).

Sunday 15: 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 15: SNOWSHOE WALK IN VAL CANATRA. From Castelluccio of Norcia (PG) to Poggio di Croce, coming back through the side valley of Pian Perduto to admire the winter scenery of its Piani and of the surrounding mountains. **Estimated time: 5,00-5,30 h (stops excluded).** Gap: 500 m. Difficulty: EAI (hiking in snowy environment).

Friday 20: TO CLIMB UP INTO THE STARS. In collaboration with Arkéo, Cultural Association of Montegranaro (FM), evening walk along the mysterious ridge of so-called "Monti di S. Rosa" to observe the starry sky to the naked eyes in the newmoon night. **Estimated time: 2,00.** Gap: 20 m. Difficulty T (Turistic).

Saturday 21: MONTE CANFAITO from Braccano. From the singular artistic hamlet of Matelica (MC) with its distinctive murals to Jana Gorge and to Monte Canfaieto pastures trough S. Maria in Rotis Abbey and its ancient estates. **Estimated time: 4,30-5,00 h.** Gap: 620 m. Difficulty: E (Hikers)

Sunday 22: 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 Apennines. **Rise time: 3,00-3,30 h, down: 2,00-2,30 h (stops excluded).** Gap: 850 m. Difficulty: E (Hikers).
In case of snow, snowshoe walk on part of the same path!

Saturday 28: 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 (Hikers).

Sunday 29: VALLE DELLA SCUROSA UP TO MONTELAGO. From shady valley at the foot of Monte Pennino with its magnificent beech forest with aerial views of the Piani di Montelago and its ephemeral lake. **Estimated time: 5,30-6,00 h (stops excluded).** Gap: 755 m. Difficulty: EE (Experienced Hikers).

Sunday 29: SNOWSHOE WALK AT PANTANI DI ACCUMOLI. From Forca Canepine to Monte dei Signori, on animal tracks. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 200 m. Difficulty: EAI (hiking in snowy environment).
Furthermore:

every Friday, **sunset hikes on Sibillini Mountains**, possibly with snowshoes.

every Saturday, in addition to what listed above, **night hikes "hunting" for stars**, possibly with snowshoes.

**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.**