

THE VERNAL FLAVOURS AND COLOURS

Thursday 1: THE 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. Difficulty: EE.

Friday 2: MONTEGALLO NATURE PATH. Morning and afternoon walk among the countless villages of Montegallo (AP) laying along the upper Valley of Stream Fluvione, at the foot of Monte Vettore. **Estimated time: 2,30-3,00 h (stops excluded).** Gap: 230 m. Difficulty: T/E.

Saturday 3: ALONG THE PATHS OF THE HUNTING PLACES AND THE HARVESTERS. From the Refuge of Altino of Montemonaco (AP) to the lovely church of S. Maria in Pantano 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. Both morning and afternoon hikes. **Estimated time: 4,00 h-4,30 h (stops excluded).** Gap: 500 m. Difficulty: E.

Sunday 4: LAGO DI PILATO (Pilate's Lake) from Focce of 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 10: SMERILLO WOOD in the AIGAE GUIDES' DAY. In the day dedicated to the Regional promotion of the activity of the Italian Association of Environmental Hiking Guides (AIGAE), its Guides propose free tours on different itineraries in various parts of the Marche Region. For Fermo Province we propose a walk in the dense wood that covers Monte Falcone, between the villages of Montefalcone Appennino and Smerillo, with privileged sight on Sibillini. **Estimated time (stops excluded): 3,00 h.** Gap: 250 m. Difficulty: T

Sunday 11: 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.

Saturday 24: HERMITAGE OF ACQUARELLA from Albacina. Discovering the ancient Franciscan hermitage through the dense woods above the old Roman village "Tuficum", up to the slopes of Monte Maltempo to enjoy the lovely view on Fabriano basin (AN) and its surroundings. **Estimated time: 4,00-4,30 h (stops excluded).** Gap: 690 m. Difficulty: E.

Sunday 25: CROSSING OF THE MONTE CONERO. From Poggio of Ancona to Passo del Lupo (Wolf Pass) through the two Belvederes and the church of S. Pietro al Conero and return through the Ditch of S. Lorenzo, Pian dei Raggetti and Pian Grande, in discovering the hidden and suggestive spots of the Mountain on the sea! **Estimated time: 5,00-5,30 h (stops excluded).** Gap: 650 m. Difficulty: E.

Wednesday 28: THE "NIGHTLIGHTS" OF THE SKY FROM MONTE LUMIRANO on Settimana Colta (Cultured Week). 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 with the naked eye in the newmoon night. **Estimated time: 2,00-2,30 h (stops excluded).** Gap: 150 m. Difficulty: T.

Saturday 31: LAGO DI GEROSA (Gerosa Lake). An easy walk along the rivers of the Lake found out upstream Comunanza (AP), natural entrance to Sibillini Mountains and visit to the amazing romanic church of S. Giorgio all'Isola. **Estimated time: 2,00-2,30 h (stops excluded).** Gap: 100 m. Difficulty: T.

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:
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.