

THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

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OCTOBER 2013 HIKES CALENDAR



IN SEARCH OF AUTUMN'S COLOURS AND FLAVOURS

Saturday 5: ALTINO RING. From Altino di Montemonaco (AP) Shelter to the hamlets of Rocca and Tofe, situated at the entrance of the suggestive ravine dug by River Aso and conducing to Foce, the Star of Sibillini Mountains. Return along part of the G.A.S. (Great Sibillini Ring). **Estimated time: 2,30-3,00 h (stops excluded). Gap: 300 m. Difficulty: E.**

Sunday 6: IL LAGO DI GEROSA. An easy walk to "hunt for" migratory birds standing 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.**

At the end of the walk, 45° EDITION OF FIERA DEGLI UCCELLI (Birds Fair) in Comunanza (AP).

Saturday 12: PETRIENNO CAVE. From Poggio Rochetta of Acquasanta Terme (AP), to the suggestive hidden cave once shelter for shepherds, brigants, partisans e soldiers, in the heart of Monte Ceresa group. **Estimated time: 2,30-3,00 h (stops excluded). Gap: 200 m. Difficulty: E.**

Sunday 13: 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). Climb gap: 200 m. Difficulty: T/E.**

At the end of the walk a further profitable route, in search of the best local gastronomic delicacies: SAPORI D'AUTUNNO (Autumn's Flavours) in the historical center of Montefalcone Appennino (FM).

Saturday 19: QUINTODECIMO WOOD. From Quintodecimo of Acquasanta Terme (AP) to picturesque waterfalls on Noce Andreana Dicht. **Rise time 1,30-1,45 h (stops excluded), down time 1,00-1,15 h (stops excluded). Gap: 490 m. Difficulty E.**

In the Afternoon, FESTA D'AUTUNNO (Autumn's Festival) at Acquasanta Terme: traditional cooking joined to ancient flavours of the mountain, enriched by folklore and amusement.

Sunday 20: MONTE FALCONE AND "LA FESSA" OF SMERILLO. From Montefalcone Appennino to Smerillo (FM) through luxuriant chestnut and hairy oak wood, until the magic atmosphere of "La Fessa". **Estimated time: 2,00-2,30 h (stops excluded). Gap: 300 m. Difficulty: E.**

After walking, now famous CASTAGNATA DI SMERILLO (Smerillo Chestnut Feast) is waiting for you to let you savour the several delicacies born around the autumn fruit.

Saturday 26: MONTEMONACO NATURE PATH. Walk under the majestic bulk of Monte Sibilla, on trail of the myth that have attracted wiches, necromancers and knight errants for centuries. **Estimated time: 2,00-3,00 h (stops excluded). Gap: 130 m. Difficulty: T**

At the end of the walk, SAGRA MERCATO DELLA CASTAGNA (Chestnut Fair Market) in Montemonaco (AP).

Sunday 27: ALONG "HUNTINGS" AND "HARVESTERS" PATHS. From Altino di Montemonaco Shelter to S. Maria in Pantano Church through Vallegrascia, along the Sentiero delle Cacce (Huntings Path) and the historical Sentiero dei Mietitori (Harvesters Path), among different species of trees that give the surrounding woods so multicoloured in this period. **Estimated time: 4,00-4,30 h (stops excluded). Gap: 600 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.**