

OCTOBER 2015 HIKES CALENDAR

IN SEARCH OF AUTUMN'S COLOURS AND FLAVOURS

Saturday 3rd: HOLM-OAK VALLEY AND GAGLIOLE. Walk in an maquis shrubland edge through karst springs and hidden caves, along a stretch of the franciscan path and visit to Da Varano's rock. **Estimated time:** 2,00 h-2,30 h (stops excluded). **Gap:** 200 m. **Difficulty:** E (hikers).

Sunday 4th: MONTE S. VICINO from Elcito. From perched and lonely hamlet of S. Severino Marche (MC) guarding the Val Fucina to the top of the Mount that dominates its western side, passing through the Cave of St. Francis, one of the early hermitages of the new monastic order founded by the Poor from Assisi. **Estimated time:** 4,00-4,30 h (stops excluded). **Gap:** 600 m. **Difficulty:** E (hikers).

Saturday 10th: 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 (hikers).

Sunday 11th: 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:** E (hikers).

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 17th: 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 (hikers).

Sunday 18th: MONTEGALLO MILLS PATH UP TO S. MARIA IN PANTANO. Among the countless villages of Montegalloy castled the feet of Monte Vettore to the Church of Sybils. **Estimated time:** 3.00-3.30 h (stops excluded). **Gap:** 460 m. **Difficulty:** E (hikers).

Saturday 24th: INFERNACCIO and S.t LEONARD HERMITAGE. Morning and evening hike in the beautiful beech forest upstream the gorge carved by River Tenna up to the Father Pietro Lavini's hermitage. **Going time:** 1,30-1,45 h (stops excluded), **return:** 1,00 h-1,15 h (stops excluded). **Gap:** 250 m. **Hiking difficulty:** T/E (tourists/hikers).

Sunday 25th: S. GERBONE FOREST. In the heart of Monti della Laga, from Fotne dell'Amore along Castellano River that marks the administrative border between Marche and Abruzzo, to the barracks of the Corpo Forestale among a thousand and one colors dressed by wood in Autumn. **Estimated time:** 4,00-4,30 h (stops excluded). **Gap:** 600 m. **Difficulty:** E (hikers).

Saturday 31th: MONTE DELL'ASCENSIONE from Polesio. From the hamlet of Ascoli whose name comes from the legendary Santa Polisia, to the summit of the Mount also called "Polesio", located between Ascoli Piceno and Rotella and characterized by a particular profile, due to its geological history. **Rise time:** 1,45-2,00 h (stops excluded); **down:** 0,45-1,15 h (stops excluded). **Gap:** 650 m. **Difficulty:** E (hikers).

After walking: **SIBILLINI IN ROSA** (Sibillini in Pink) in Montedinove (AP), fair-market of Sibillini Pink Apples.

Sunday 1st november: 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).

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.**