

THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

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FEBRUARY 2014 HIKES CALENDAR

FROM THE PEACE OF THE SNOW TO THE JOYFULL CARNIVAL NOISE

Saturday 1: MONTE NERO RING. Between woods and springs, prehistorical settlements and St. Silvestro's communities, Cingoli (MC) and its lake at central Apennine doors. **Estimated time 4,00-4,30 h (stops excluded).** Gap: 450 m. **Difficulty: E.**

Sunday 2: SNOWSHOE WALK AT PANTANI DI ACCUMOLI (Accumoli Marshes). From Forca Canepine of Arquata del Tronto (AP) to Monte dei Signori (Mount of Lords), on the tracks of wild animals. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 200 m. **Difficulty: EAI.**

Saturday 8: THE PETRIENNO CAVE. From Poggio Rocchetta of Acquasanta Terme (AP) to the evocative hidden cave, former refuge for shepherds, bandits, partisans and soldiers, in the heart of Monte Ceresa Group. **Estimated time: 2,30-3,00 h (stops excluded).** Gap: 200 m. **Difficulty: E.**

Sunday 9: SNOWSHOE WALK ON PIANI DI RAGNOLO. From S. Maria Maddalena to Punta del Ragnolo, natural balcony overlooking the southern Marche over Sarnano (MC). **Estimated time: 3,00 h (stops excluded).** Gap: 300 m. **Difficulty: EAI.**

Sunday 9: SNOWSHOE WALK IN VAL CANATRA. From Castelluccio of Norcia (PG) to Poggio di Croce, going up the side valley of Pian Perduto (Lost Plain) to admire the winter scenery of the Plains. **Estimated time: 5,00-5,30 h (stops excluded).** Gap: 500 m. **Difficulty: EAI.**

Saturday 15: 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.** In case of snow, snowshoe walk on the **same** path!

Sunday 16: OVER THE ANCIENT LAKE. On the hills surrounding the Pian Piccolo (Little Plain), under Forca di Presta (AP), with spectacular views on the upper valley of River Tronto. **Estimated time: 4,30-5,00 h (excluding stops).** Gap: 500 m. **Difficulty: E.** In case of snow, snowshoe walk on the **same** path!

Sunday 16: SNOWSHOE WALK AT PANTANI DI ACCUMOLI (Accumoli Marshes). From Forca Canepine of Arquata del Tronto (AP) to Monte dei Signori (Mount of Lords), on the tracks of wild animals. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 200 m. **Difficulty: EAI.**

Saturday 22: MONTE CONERO SOUTH RING. From Fonte d'Olio of Sirolo (AN) to Passo del Lupo (Wolf Pass) through Pian dei Raggetti and Suoth Belvedere, privileged balcony over the famous beach of Due Sorelle (Two Sisters) and the southern Marche coast. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 400 m. **Difficulty: E.**

Sunday 23: AT THE FOOT OF THE ODD MOUNTAIN. Walk around Pian dell'Elmo of Apiro (MC) on the slopes of Monte S. Vicino, instinctive relief of Marche Apennine encircled by age-old woods, point of reference from all over the Region. **Estimated time: 3,30-4,00 h (stops excluded).** Gap: 400 m. **Difficulty: E.** In case of snow, snowshoe walk on the **same** path!

Sunday 23: SNOWSHOE WALK AT CASTELLUCCIO HIGH AND LOW HILLS. Along the high grounds standing at the foot of the main Sibillini ridge and separating Pian Perduto (Lost Plain) from Pian Grande (Great Plan), in the shade of Norcia outpost of Castelluccio (PG). **Estimated time: 4,30-5,00 h (stops excluded).** Gap: 450 m. **Difficulty: EAI.**

Thursday 27: MONTE DELL'ASCENSIONE. From Polesio of Ascoli Piceno to the top of ancient Black Mount whose profile recalls different figures and ancient myths. **Time of going 2,00-2,30 h, return 1,15-1,30 h (stops excluded).** Gap: 650 m. **Difficulty: E.**

On the way back CARNEVALE A CASTIGNANO (Carnival in Castignano): Fair of "Pizza Onta" (Greasy Pizza), take it FREE!

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.**