



Saturday 1st - CONERO MOUNTAIN REGIONAL PARK: SOUTHERN RING. From Fonte dell'Olio through the top of the Mount, the Southern Belvedere (view point), Mortarolo Cave and Passo del Lupo. **Estimated time: 3 h 30'-4 h 00' (stops excluded).** Uphill drop: 310m. Hiking difficulty: E (Hikers).

Saturday 1st - SIBILLINI MOUNTAINS NATIONAL PARK: SUNSET AT PANTANI DI ACCUMOLI. An easy walk to the hollow hosting several little lakes and their unavoidable domestic and wild animal, waiting for the moonless night to admire constellations. **Estimated time: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 200 m. Hiking difficulty: T/E (Tourists/Hikers).

Sunday 2nd - GRAN SASSO AND LAGA MOUNTAINS NATIONAL PARK: PRATA WATERFALLS. From Umito of Acquasanta Terme (AP) searching for the amazing water games given by Laga Mountains creeks. **Estimated time: 2 h 30'-3 h 00' (stops excluded).** Uphill drop: 250 m. Hiking difficulty: EE (Experienced Hikers).

Friday 7th - GRAN SASSO AND LAGA MOUNTAINS NATIONAL PARK: SUNSET AT MONTAGNA DEI FIORI. From S. Giacomo ski resort to the three "caciare", suspended between the sea and Abruzzo Apennines. **Estimated time: 3 h 00'-3 h 30' (stops excluded).** Uphill drop: 400 m. Hiking difficulty: E (Hikers).

Saturday 8th - CONERO MOUNTAIN REGIONAL PARK: PORTONOVO RING. Walk for everyone between pebble beaches, salty lakes and architectural jewels and sea dive! **Estimated time: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 50 m. Hiking difficulty: T (Tourists).

Saturday 8th - CONERO MOUNTAIN REGIONAL PARK: NIGHT CROSSING FROM POGGIO TO SIROLO. From Poggio di Ancona to St. Michele beach in Sirolo, in the pale light of the full moon, in search of shooting stars and the many myths of the mountain suspended over the sea, with a final dive at sunrise! **Estimated time: 5 h 00'-5 h 30' (stops excluded).** Uphill drop: 250 m; down: 570 m. Hiking difficulty: E (Hikers).

Sunday 9th - SIBILLINI MOUNTAINS NATIONAL PARK: WALKING ON CASTELLUCCIO PLANS. Easy walk on Castelluccio di Norcia hills and plans to enjoy the incomparable beauty of the blossom of their spontaneous flowers. **Estimated time: 6 h 00'-7 h 00' (stops and lunch included).** Uphill drop: 300 m. Hiking difficulty: E (Hikers).

Friday 14th - FERMO ADRIATIC COAST: SUNSET AT TORRE DI PALME AND CUGNOLO WOOD. Visit to the medieval village perched on an ancient cliff and suspended on the Adriatic coast, and hike through the nearby Marche Region Floristic Protected Area, one of the few intact examples of maquis shrubland. **Estimated time: 1 h 30' - 2 h 00' (stops excluded).** Gap: 450 m. Hiking difficulty: T/E (Touristic/Hikers).

Saturday 15th - SIBILLINI MOUNTAINS NATIONAL PARK: LAME ROSSE. From the dam of Fiastra Lake to the debris pinnacles at the Fosso della Regina, warhead known as "fairy chimneys". **Estimated time: 2 h 30' - 3 h 00' (stops excluded).** Uphill gap: 300 m. Hiking difficulty: E (Hiking).

Saturday 15th - GRAN SASSO AND LAGA MOUNTAINS NATIONAL PARK: SUNSET AT MONTAGNA DEI FIORI. From S. Giacomo ski resort to the three "caciare", suspended between the sea and Abruzzo Apennines. **Estimated time: 3 h 00'-3 h 30' (stops excluded).** Uphill drop: 400 m. Hiking difficulty: E (Hikers).

Saturday 15th - SIBILLINI MOUNTAINS NATIONAL PARK: SUNSET AT PIANI DI RAGNOLO AND DINNER IN A HUT. Walking on sunset as far as Punta del Ragnolo, a natural balcony on the southern Marche overhanging Sarnano (MC) and dinner in "F.lli Cioci" Ski Fund. **Estimated time: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 300 m. Hiking difficulty: E (Hikers).

Sunday 16th - SIBILLINI MOUNTAINS NATIONAL PARK: MONTE PRIORA from Forcella del Fargno. From Fargno Shelter on the homonymous saddle to the most inaccessible peak in Sibillini Mountains through the ridge between the Pizzo Tre Vescovi and Pizzo Berro, on the watershed between the Adriatic and the Tyrrhenian. **Rise time: 3 h 00'-3 h 30' (stops excluded), down: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 870 m. Hiking difficulty: EE (Experienced Hikers).

Saturday 16th - SIBILLINI MOUNTAINS NATIONAL PARK: PANTANI DI ACCUMOLI. An easy walk to the hollow hosting several little lakes and their unavoidable domestic and wild animal. **Estimated time: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 200 m. Hiking difficulty: T/E (Tourists/Hikers).

Sunday 16th - SIBILLINI MOUNTAINS NATIONAL PARK: SUNSET AT FORCA DI PRESTA. From Forca di Presta to Monte Macchialta, suspended between Pian Piccolo and the High Valley of the Tronto overlooking the mountains of the northern Laga. **Estimated time: 2 h 00'-3 h 00' (stops excluded).** Uphill drop: 250 m. Hiking difficulty: E (Hikers).

Friday 21st - SIBILLINI MOUNTAINS NATIONAL PARK: SUNSET AT PIANI DI RAGNOLO. Walking on sunset as far as Punta del Ragnolo, a natural balcony on the southern Marche overhanging Sarnano (MC). **Estimated time: 2 h 00'-2 h 30' (stops excluded).** Uphill drop: 300 m. Hiking difficulty: E (Hikers).

Saturday 22nd - SAN VICINO MOUNT AND CANFAITO MOUNT NATURAL REGIONAL RESERVE: CANFAITO MOUNT from Braccano. From the unique artistic center of Matelica (MC) with its characteristic murals to Jana Gorge and the beech trees of Canfaieto Mount through the Abbey of S. Maria in Rotis and its ancient possessions. **Estimated time: 4 h 30'-5 h 00' (stops excluded).** Uphill drop: 620 m. Hiking difficulty: E (Hikers).

Saturday 22nd - CAMERINO APENNINES: SUNSET ON PRIMO MOUNTAIN. From Trebbio of Sefro to the top overlying Pioraco and his Gorge that hosts an antique Neolithic settlement. **Estimated time: 3 h 00'-3 h 30' (stops excluded).** Uphill drop: 500 m. Hiking difficulty: E (Hikers).

Sunday 23rd - COLFIORITO UMBRIA REGIONAL PARK: MONTE TRELLA RING. From Colfiorito town center to Monte Trella enjoying the 360° views of the Plestine highlands: the paffée of Colfiorito, Cesi, the Devil Hole and the basilica of S. Maria di Plestia. **Estimated time: 4 h 00' - 4 h 30' (stops excluded).** Uphill gap: 550 m. Hiking difficulty: E (Hiking).

Friday 28th - CONERO MOUNTAIN REGIONAL PARK: SUNSET ALONG SOUTHERN RING. From Fonte dell'Olio through the top of the Mount, the Southern Belvedere (view point), Mortarolo Cave and Passo del Lupo. **Estimated time: 3 h 30'-4 h 00' (stops excluded).** Uphill drop: 310m. Hiking difficulty: E (Hikers).

Saturday 29th - ROSSA AND FRASASSI GORGES REGIONAL PARK: THE EAGLE PATH. Along the path that crosses the peaks of Mount La Croce and Mount Gunguno with spectacular views of the Rossa Gorge and St. Vittore alle Chiuse, at the mouth of the Frasassi Gorge. Morning and afternoon hike waiting for sunset. **Estimated time: 2 h 30'-3 h 00' (stops excluded).** Uphill drop: 200 m. Hiking difficulty: E (Hikers).

Sunday 30th - ROSSA AND FRASASSI GORGES REGIONAL PARK: VERNINO VALLEY RING. From the Rossa Gorge to the top of Mount Murano which closes it to the north, through the valley that houses the evocative homonymous cave. **Estimated time: 4 h 30'-5 h 00' (stops excluded).** Uphill drop: 710 m. Hiking difficulty: E (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.