

# THE TREASURES OF MARCHE: WALKING BETWEEN NATURE AND CULTURE

## JUNE 2017 HIKES CALENDAR

### TOWARDS SUMMER



MARCHEINSPALLA.COM



**Saturday 3rd - MOUNT OF GINGOLI: MACCHIA DELLE TASSINETE.** Easy Walk in Cingoli (MC) wood, searching for its main tree species. **Estimated time:** 3 h 00'-3 h 30' (stops excluded). **Uphill gap:** 250 m. **Hiking difficulty:** T (Touristic).

**Saturday 3rd - SIBILLINI MOUNTAINS: THE GEROSA LAKE.** An easy walk along the rivers of the Lake found out upstream Comunanza (AP) as far as the amazing romanic church of S. Giorgio all'Isola. **Estimated time:** 2 h 00'-2 h 30' (stops excluded). **Uphill gap:** 100 m. **Hiking difficulty:** T (Touristic).

**Sunday 4th - SIBILLINI MOUNTAINS NATIONAL PARK: THE MILLS PATH OF MONTEGALLO.** Among the countless villages of Montegalloy castled the feet of Monte Vettore. **Estimated time:** 3 h 00'-3 h 30' (stops excluded). **Uphill gap:** 350 m. **Hiking difficulty:** E (Hiking).

**Saturday 10th - UPPER ESINO VALLEY: MONTE GIUOCO DEL PALLONE.** From the Hermitage of S. Cataldo over Esanatoglia (MC) to the summits that overlook the springs of the River Esino and the valleys of S. Peter and S. Angelo, once rich of life and now calm and silent. **Estimated time:** 3 h 00'-3 h 30' (stops excluded). **Uphill gap:** 250 m. **Hiking difficulty:** E (Hiking).

**Saturday 10th - UPPER NERA VALLEY: THE HERMITAGE OF BLESSED GIOLO.** On the mountains crowning the valley of Vigi Creek, the main tributary of River Nera, within the territory of Sellano, among the karst caves that housed in the XIII century. the hermit capable of mastering water and fire. **Round-walk time:** 2 h 30'-3 h 00' (stops excluded). **Uphill gap:** 270 m. **Hiking difficulty:** E (Hiking).

**Sunday 11th - UPPER SENTINO VALLEY: MONTE STREGA.** From Montelago of Sassoferato (AN), very close to Umbrian Monte Cucco Regional Park to the bleak and permeated by legends mountain. **Round-walk time:** 3 h 00'-3 h 30' (stops excluded). **Uphill gap:** 560 m. **Hiking difficulty:** E (Hiking).

**Sunday 11th - SIBILLINI MOUNTAINS NATIONAL PARK: MONTE SIBILLA.** From the Refuge Sibilla (Sibyl) to the top of the Mountain of Lady Sibyl: a walk among the nature, the history and the legend that it has been fascinating all the travellers for centuries. **Rise time:** 2 h 00'-2 h 30' (stops excluded), **down:** 1 h 45'-2 h 00' (stops excluded). **Uphill gap:** 630 m. **Hiking difficulty:** EE (Experienced Hikers).

**Saturday 17th - MOUNT OF GINGOLI: THE "ROCCACCIA" OF S. LORENZO AND THE CAVE OF S. SPERANDIA.** On the southern spur of Cingoli mountain, a few steps from Treia, between fortification ruins and karst caves that housed the ascetic life of the Saint venerated by Cingoli people. **Round-walk time:** 2 h 30'-3 h 00' (stops excluded). **Uphill gap:** 440 m. **Hiking difficulty:** E (Hiking).

**Saturday 17th - MONTAGNA DEI FIORI: AROUND THE OLD VILLAGE.** Full visit of the area around Castel Trosino, village perched on a travertine outcrop overlooking the course of the Torrente Castellano, discovering forest and aquatic surrounding environments. **Round-walk time:** 3 h 00'-3 h 30' (excluding stops). **Uphill gap:** 260 m. **Hiking difficulty:** E (Hiking).

**Sunday 18th - MONTE CUCCO UMBRIA REGIONAL PARK.** From Val di Ranco through Pian delle Macinare to the main mountain of the first Natural Park of Umbria Region, walking through the fresh woods in the valleys to the wide spaces of the grasses of the top. **Estimated time:** 4 h 00' - 4 h 30' (stops excluded). **Uphill gap:** 620 m. **Hiking difficulty:** E (Hiking).

**Sunday 18th - GRAN SASSO AND MONTI DELLA LAGA NATIONAL PARK: THE MONTAGNA DEI FIORI.** From the old ski resort of Monte Piselli to the summit of Monte Girella, among lakes, beech and caciare (cheese factories) that make up the most beautiful balcony over the Marche-Abruzzo Apennines. **Rise time:** 2 h 00'-2 h 30' (stops excluded), **down:** 1 h 30'-2 h 00' (stops excluded). **Uphill gap:** 480 m. **Hiking difficulty:** E (Hiking).

**Friday 23th: TO CLIMB UP INTO THE STARS.** 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 to the naked eyes in the newmoon night. **Observation time:** 2 h 00'. **Uphill gap:** 20 m. **No hiking difficulty.**

**Saturday 24th - 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).

**Saturday 24th - 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 24th - CAMERINO APENNINE: SUNSET ON MONTELAGO PLAINS.** In the new moon night, late afternoon walk on Montelago (MC) hills until sunset and observation of the starry sky with naked eye and with telescope! **Estimated time:** 2 h 00'. **Uphill gap:** 100 m. **Hiking difficulty:** T (Touristic).

**Sunday 25th - MONTE CONERO REGIONAL PARK: THE SOUTHERN RING.** From Fonte dell'Olio through the top of the Mount, the Southern Belvedere (view point), Mortarolo Cave and Passo del Lupo. It is possible to visit the Camerano Caves nearby. **Estimated time:** 3 h 30'-4 h 00' (stops excluded). **Gap:** 400 m. **Hiking difficulty:** E (Hiking).

**Sunday 25th - GRAN SASSO AND MONTI DELLA LAGA NATIONAL PARK: BOSCO DELLA MARTESE RINGE.** A long but rewarding ride from Ceppo to the Storna on Pizzo di Moscio, through the Bosco della Martese and the Mossicana Waterfall: from the fresh woods to the central summit sunny meadows on the arenaceous group. **Estimated time:** 5 h 30'-6 h 00' (stops excluded). **Gap:** 700 m. **Hiking difficulty:** E (Hiking).

**Friday 30th - GRAN SASSO AND MONTI DELLA LAGA NATIONAL PARK: BOSCO DELLA MARTESE AND MORRICANA WATERFALL.** A long but rewarding walk in the freshness of the Bosco della Martese as far as the Waterfall at the feet of Pizzo di Moscio. **Estimated time:** 4 h 30'-5 h 00' (stops excluded). **Gap:** 250 m. **Hiking difficulty:** E (Hiking).

Furthermore:

every Friday sunset hikes.

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:  
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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.