



Saturday 7th: SIBILLINI MOUNTAINS NATIONAL PARK: PIANI DI CASTELLUCCIO for everybody. Easy hike among the rises of Castelluccio di Norcia (PG) and its Plains to admire the incomparable beauty of the blossom of wildflowers. **Estimated time: 3 h 00'-3 h 30'** (stops excluded). Uphill drop: 330 m. Hiking difficulty: E (Hikers).

Saturday 7th: 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).

Sunday 8th: SIBILLINI MOUNTAINS NATIONAL PARK: OVER THE ANCIENT LAKE for PIANI DI CASTELLUCCIO BLOSSOM. The most panoramic crossing around Pian Grande in full flowering, from Rifugio Perugia to Castelluccio di Norcia (PG). **Estimated time: 3,30-4,00 h** (stops excluded). Uphill drop: 410 m. Hiking difficulty: E (Hikers).

Wednesday 11th: GRAN SASSO AND LAGA MOUNTAINS NATIONAL PARK: THE MONTAGNA DEI FIORI. From the old ski resort of San Giacomo 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: 3 h 00'-3 h 30', down: 2 h 00'-2 h 30'** (stops excluded). Uphill drop: 850 m. Hiking difficulty: E (Hikers).

Friday 13th - SIBILLINI MOUNTAINS NATIONAL PARK: LAME ROSSE BY NIGHT. From the dam of Fiastra Lake to the debris pinnacles at the Fosso della Regina, warhead known as "fairy chimneys", in the darkness of the newmoon night! **Estimated time: 2 h 30' - 3 h 00'** (stops excluded). Uphill drop: 300 m. Hiking difficulty: E (Hiking).

Saturday 14th: SIBILLINI MOUNTAINS NATIONAL PARK: THE INVERNACCIO and St. LEONARD'S HERMITAGE. Pleasant walk in the wonderful beech forest upstream of the Gorge dug by River Tenna, up to the hermitage build up by Father Pietro. **Rise time: 1,30-1,45 h (stops excluded), down: 1,30-1,45 h (stops excluded).** Uphill drop: 250 Gap. Hiking difficulty: E (Hikers).

Sunday 15th: SIBILLINI MOUNTAINS NATIONAL PARK: THE 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: 2,00-2,30 h (stops excluded), down: 1,45-2,00 h (stops excluded).** Uphill drop: 630 m. Hiking difficulty: EE (Experienced Hikers).

Wednesday 18th - 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). Uphill drop: 250 m. Hiking difficulty: E (Hiking).

Saturday 21st: 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).

Sunday 22nd: 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).

Wednesday 25th: ASCOLI APENNINE: THE MONTE DELL'ASCENSIONE from Rotella. From the village suspended over the River Tesino springs to the top of ancient Black Mount whose profile recalls different figures and ancient myths. **Going-walk time: 2 h 00'-2 h 30'; return: 1 h 15'-1 h 30'** (excluding stops). Uphill drop: 650 m. Hiking difficulty: E (Hiking).

Friday 27th: CONERO MOUNTAIN REGIONAL PARK: NIGHT CROSSING FROM POGGIO TO SIROLO. From Poggio to Ancona to St. Michele beach in Sirolo, in the pale light of the full moon, in search of the myths of the mountain, suspended over the sea, with a final dive at sunrise! **Estimated time: 5 h 00'-5 h 30' h** (stops excluded). Uphill drop: 250 m; down: 570 m. Hiking difficulty: E (Hikers).

Saturday 28th - ROSSA AND FRASASSI GORGES REGIONAL PARK: THE EAGLE PATH. Along the path that crosses the peaks of Mount La Croce and Mount Ginguno 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 29th - 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.