



NOVEMBER 2018 HIKES CALENDAR

IN SEARCH OF AUTUMN'S COLOURS AND FLAVOURS

Thursday, 1st – **REGIONAL PARK OF MONTE CONERO: THE 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).

Friday, 2nd - **NATURAL REGIONAL RESERVE OF MONTE SAN VICINO AND MONTE CANFAITO: MONTE CANFAITO 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, 3rd – **PROTECTED FLORISTIC AREA OF MONTE DELL'ASCENSIONE: THE CLIFF OF SANTA POLISIA FROM CAPRADOSSO.** Among the woods of chestnut, downy oak, hornbeam and flowering ash that cover the north-east slope of the ancient Monte Nero, up to the cliff that bears the name of the saint of Ascoli that continues to weave on its golden frame among its ravines. **Rise time: 2 h 00'-2 h 30', down 1 h 00'-1 h 30'** (stops excluded). Uphill drop: 460 m. **Hiking difficulty: E (Hikers).**

At the end of the hike: Tasting of goat cheeses at LE CAPRE DI CAPRASOSSO and FESTA DELLE MELE ROSA DEI SIBILLINI in Montedinove (AP).

Sunday 4th – **NATIONAL PARK OF GRAN SASSO AND MONTI DELLA LAGA: THE FOREST OF ST. GERBONE.** In the heart of Monti della Laga, from Fonte 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 the wood in Autumn. **Estimated time: 5 h 00'-5 h 30'** (stops excluded). Gap: 600 m. **Difficulty: E (Hikers).**

Saturday, 10th - **SIBILLINI MOUNTAINS NATIONAL PARK: INFERNACCIO 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 (Hiking).**

Sunday, 11th - **SIBILLINI MOUNTAINS NATIONAL PARK: THE SANCTUARY OF MACERETO.** From the Bramante-style Sanctuary, built on the homonymous plateau along the via lauretana that once passed through Visso (MC), to the summit of Monte Careschio from which the whole western side of the Sibillini is embraced. **Estimated time: 3 h 00'-3 h 30'** (stops excluded). Uphill drop: 430 m. **Hiking difficulty: E (Hiking).**

Saturday, 17th - **ROSSA AND FRASASSI GORGES REGIONAL PARK: THE EAGLE PATH and MONTE FRASASSI.** Along the path that crosses the peaks of Mount La Croce and Mount Ginguno up to the mountain overlooking the homonymous gorge, with spectacular views of the Rossa Gorge and St. Vittore alle Chiuse. **Estimated time: 3 h 30'-3 h 30'** (stops excluded). Uphill drop: 350 m. **Hiking difficulty: E (Hikers).**

Sunday, 18th - **PROTECTED FLORISTIC AREA OF GOLA DI S. EUSTACHIO and TORRE BEREGNA: MONTE D'ARIA RING.** From the Valle dei Grilli to the Madonna del Monte through Manfrica Wood and the Earthquake Hole, along the ancient roads connecting medieval states, through woods, ancient quarries and a wonderful abandoned hermitage. **Estimated time: 4 h 00'-4 h 30'** (stops excluded). Uphill drop: 650 metri. **Hiking difficulty: E (Hikers).**

In the afternoon APPASSIMENTI APERTI in Serrapetrona (MC): visit to the cellars where the Vernaccia di Serrapetrona DOCG is produced, the only red sparkling wine produced by three fermentations.

Saturday, 24th - **FERMO ADRIATIC COAST: SUNSET AT TORRE DI PALME and CUGNOLO WOOD.** Easy walk in a rich of maquis shrubland a few steps far from Torre di Palme (FM), hanging on the Adriatic coast. **Estimated time: 1 h 30'** (stops excluded). Uphill drop: 80 m. **Hiking difficulty: T (Tourist).**

Sunday, 25th - **SIBILLINI MOUNTAINS NATIONAL PARK: FROM ASTORARA TO SANTA MARIA IN PANTANO.** Among the villages that dot the upper course of the T. Fluvione at the base of the imposing eastern side of Monte Vettore up to the ruins of the church of Sybils, destroyed by the recent earthquake. **Estimated time: 2 h 00'-2 h 30'** (stops excluded). Uphill drop: 250 m. **Hiking difficulty: T (Tourist).**

At the end of the hike, lunch at the RIFUGIO AGRIMUSICISMO of ASTORARA (AP).

**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.**