

# Parco del Monte Cucco

## Itineraries to Visit the Park

By going along Via Flaminia by car you can admire and visit all the most important historical centers within the Park territory. Following the inner roads leaving from Scheggia, you can discover the extraordinary itinerary of the abbeys. Further inner roads lead to Val di Ranco and to the tourist structures built here in the 1960s, or to the wonderful area of Pian delle Macinare.

You can also visit the Park mountain area, crossed by a thick network of trails (about 120 km) and by "Sentiero Italia". Some of these trails are also ideal for horse-riding and for tours by mountain bike. Moreover, visitors will find in the Park not only a nature sanctuary, but also a unique "gym" to practice trekking, speleology, free flight, canyoning, and cross-country skiing.

## Description of the suggested itineraries

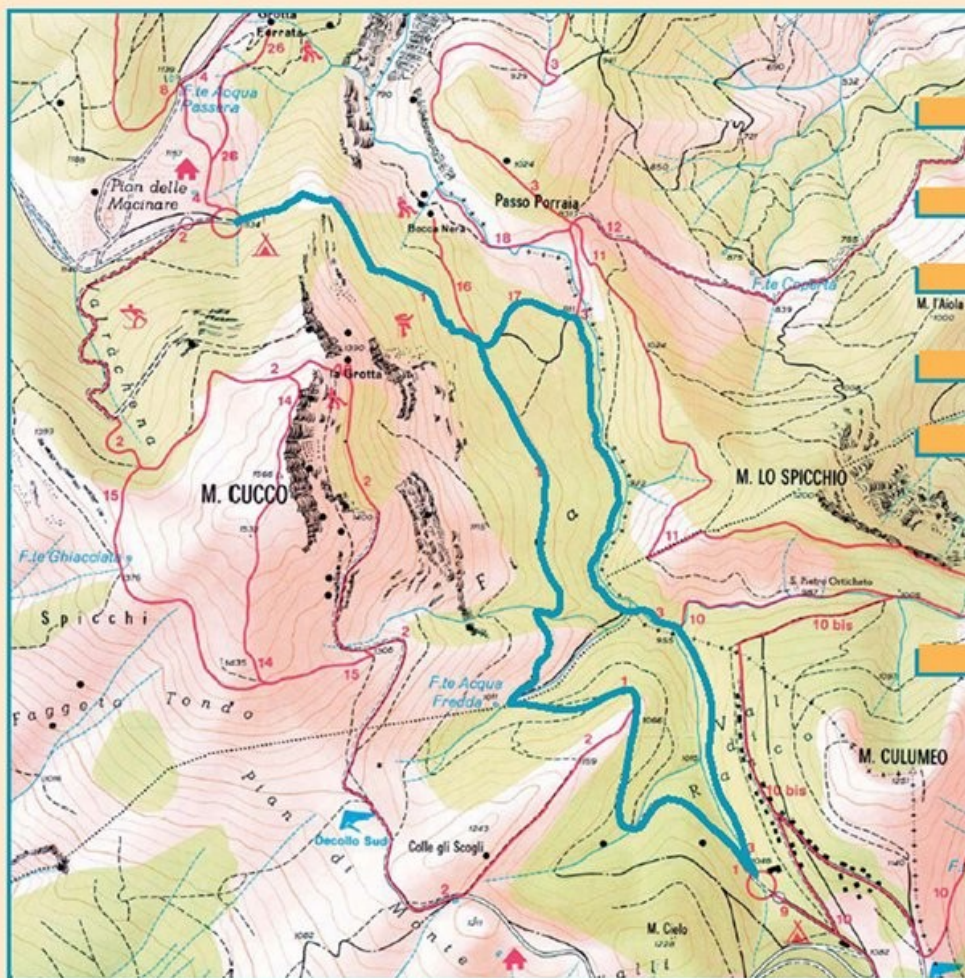
### Legend

1. **T= Tourist**  
Easy itinerary, suitable also for visitors with no adequate training.
2. **E= Hike**  
Demanding itinerary for length, difference in height, accessibility, or direction, which is not always clear.
3. **EE= For Expert Hikers**  
Very demanding itinerary with considerable differences in height, exposed stretches, sometimes bumpy road, not always clear direction. It requires long walking time. Good training and adequate equipment are required, in particular trekking shoes.

## 1 - From Val di Ranco to Pian delle Macinare - (trails 1-17-3)

"The beech tree forests and the karstic plateaus of the Upper Rio Freddo Valley"

1. Length: 8 km, ring-route
2. Max. difference in height: 230m
3. Walking time: 4.5 hours (including a few stops)
4. Difficulty level: T
5. Water presence: yes (Fonte Acqua Fredda)
6. Remarks: it is not recommended during the thaw and rainfall periods for the difficulties you can find in crossing Rio Freddo.



1

**Lunghezza:**

8 km, percorso ad anello

**Dislivello max:**

230m

**Tempo percorrenza:**

4,5 ore (comprese alcune soste)

**Difficoltà:**

T

**Presenza acqua:**

si (Fonte Acqua Fredda)

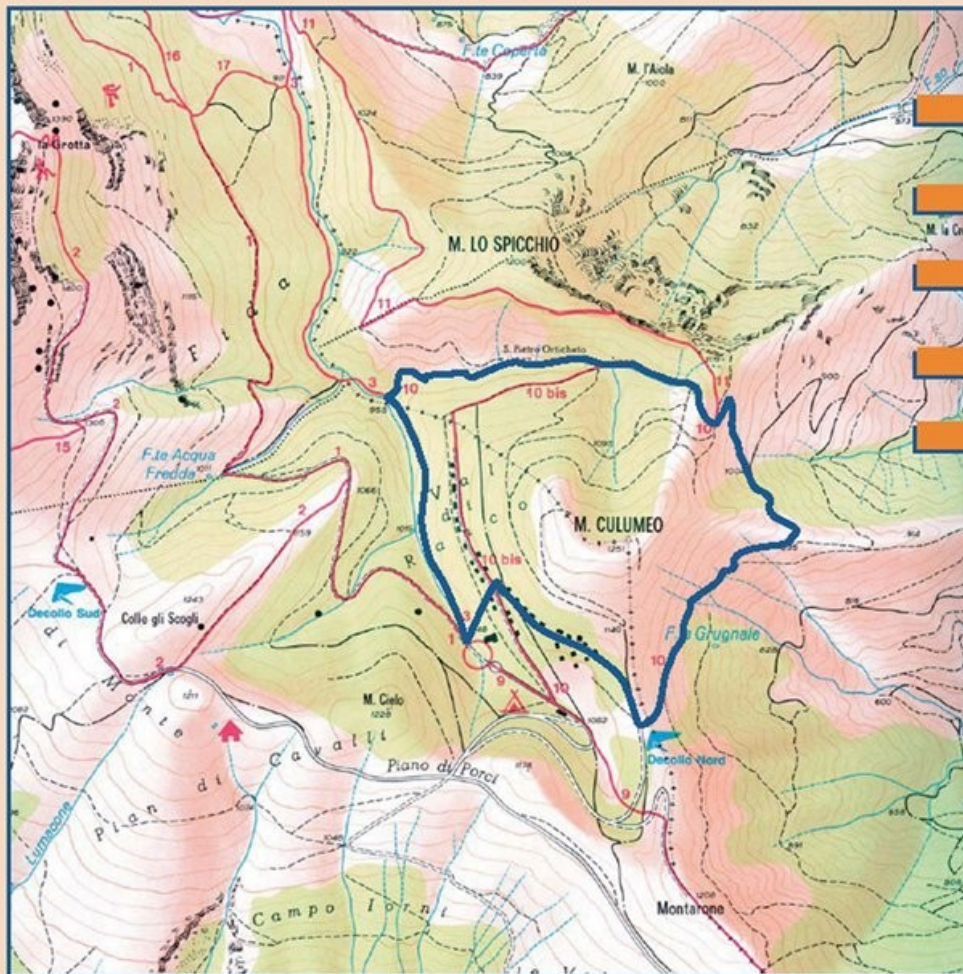
**NOTE:**

si sconsiglia il percorso nel periodo del disgelo e delle piogge per qualche difficoltà a guadare il Rio Freddo.

## 2 - Mt. Culumeo Ring-Route - (trails 3-10)

"San Pietro Valley and the landscapes of the Marche"

1. Length: 6 km, ring-route
2. Max. difference in height: 100m
3. Walking time: 4 hours (including a few stops)
4. Difficulty level: E
5. Water presence: yes, except in the drought period



# 2

**Lunghezza:**

6 km, percorso ad anello

**Dislivello max:**

100m

**Tempo percorrenza:**

4 ore (comprese alcune soste)

**Difficoltà:**

E

**Presenza acqua:**

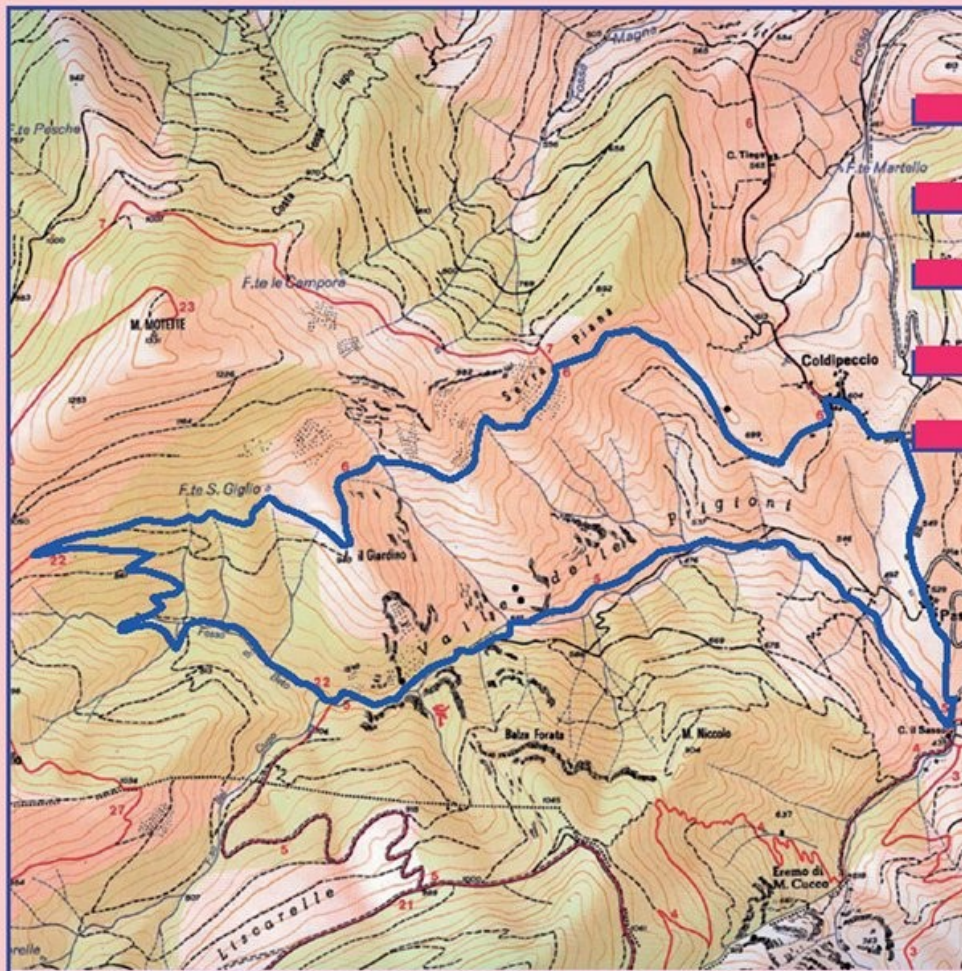
sì, ad eccezione periodo di siccità



## 4 - Valle delle Prigioni - (trails 6-22-5)

*"The charm of wild and uncontaminated nature"*

1. Length: 9.5 km, ring-route
2. Max. difference in height: 400m
3. Walking time: 6 hours (including a few stops)
4. Difficulty level: EE
5. Water presence: yes



# 4

**Lunghezza:**

9,5 km, percorso ad anello

**Dislivello max:**

400m

**Tempo percorrenza:**

6 ore (comprese alcune soste)

**Difficoltà:**

EE

**Presenza acqua:**

si

## 5 - From the Hermitage on Mt. Cucco to Pian delle Macinare - (trail 4)

*"Nature, history, and spirituality"*

1. Length: 5 km outward journey only
2. Max. difference in height: 700m
3. Walking time: 4.5 hours outward journey only (up), 3 hours return journey only (down)
4. Difficulty level: EE
5. Water presence: yes



# 5

**Lunghezza:**

5 km solo andata

**Dislivello max:**

700m

**Tempo percorrenza:**

4,5 ore solo andata  
in salita, 3 ore ritorno  
in discesa

**Difficoltà:**

EE

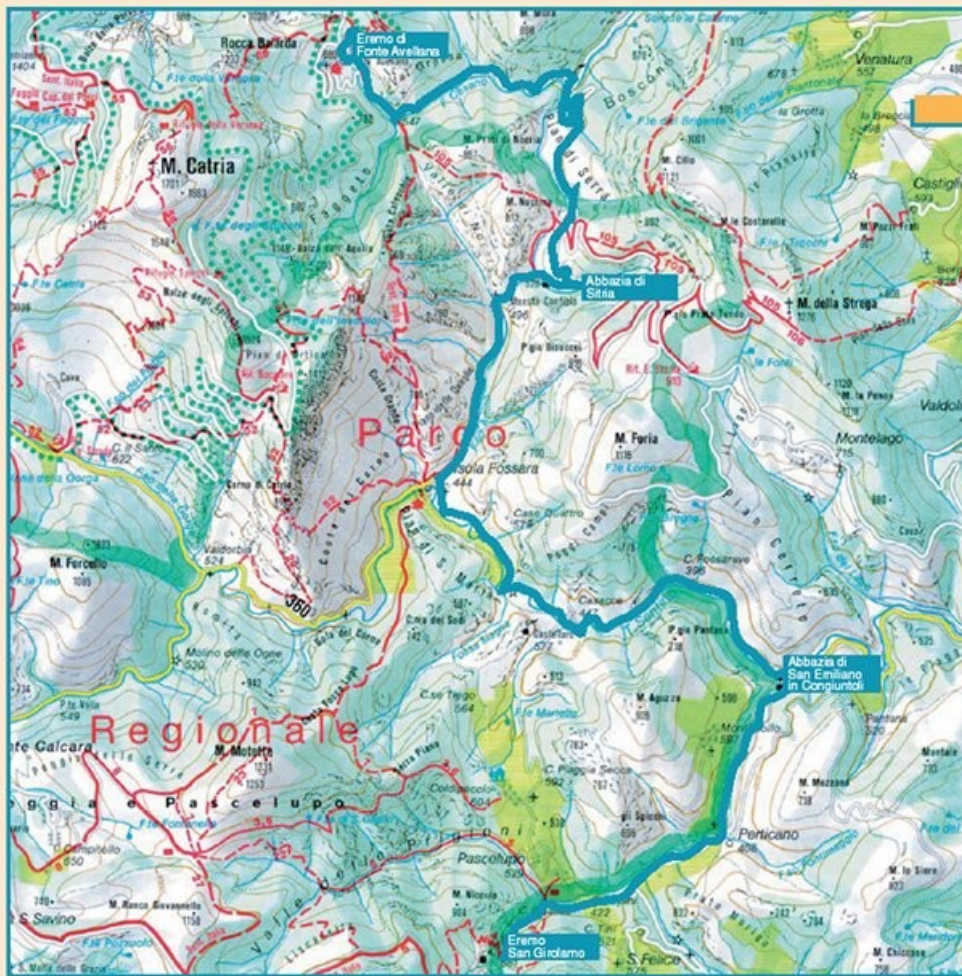
**Presenza acqua:**

si

## 6 - The Itinerary of the Spirit

"San Girolamo Hermitage, Sant'Emiliano in Congiuntoli Abbey, Badia di Sitria, Fonte Avellana Monastery"

1. Length: 62 km return journey from Isola Fossara (Fraz. di Scheggia)  
- Itinerary by car



# 6

**Lunghezza:**

62 km A/R da Isola Fossara (Fraz. di Scheggia) Percorso in macchina

## 6 bis - From Badia di Satria to Fonte Avellana

(on foot, along Calechic trail)

"Nature, history, and spirituality"

1. Length: 2.5 km outward journey only
2. Max. difference in height: 104m
3. Walking time: about 4 hours (including the stop at Fonte Avellana Monastery) return journey
4. Difficulty level: T
5. Water presence: stream Nocria, dry during drought periods



# 6 bis

**Lunghezza:**

2,5 km solo andata

**Dislivello max:**

104m

**Tempo percorrenza:**

4 ore circa (compresa la sosta al Monastero di Fonte Avellana) A/R

**Difficoltà:**

T

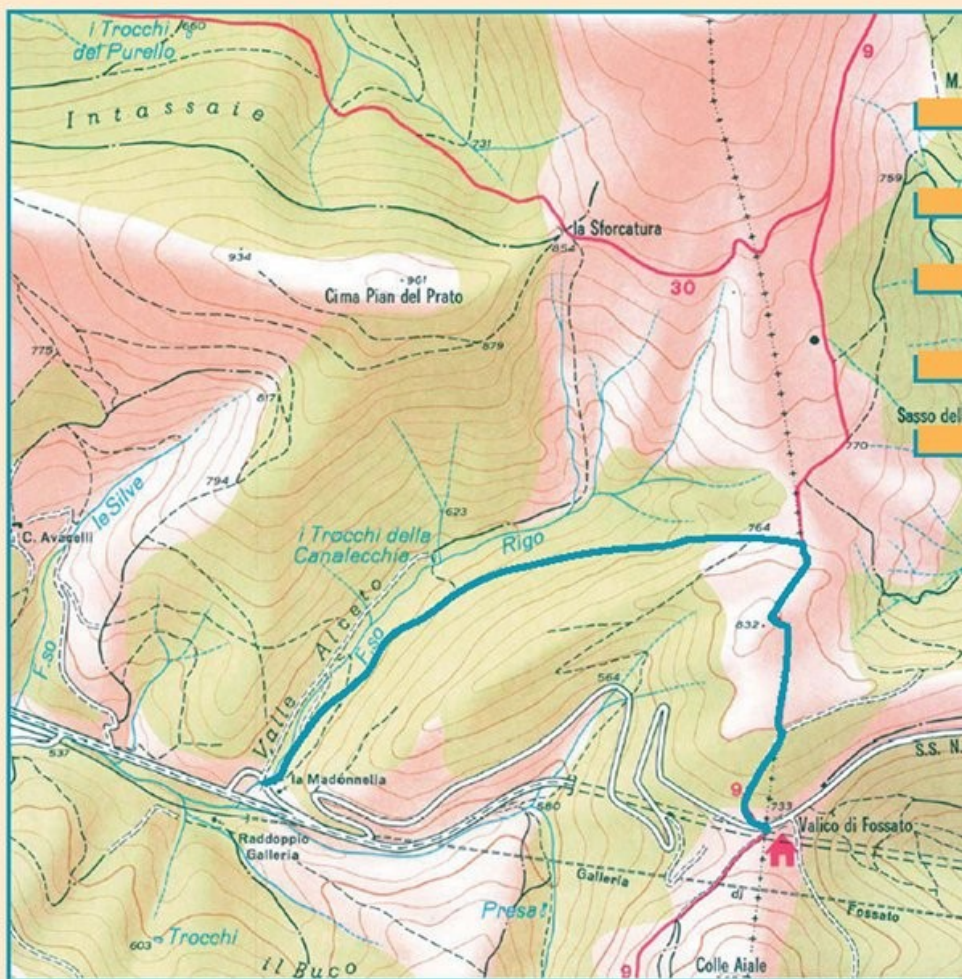
**Presenza acqua:**

Torrente Nocria, asciutto nei periodi di siccità

## 7 - Diverticulum ab Helvillo-Anconam

"Following the traces of the ancient Romans"

1. Length: 2.8 km
2. Max. difference in height: 210m
3. Walking time: 3 hours (including a few stops)
4. Difficulty level: T
5. Water presence: no



# 7

**Lunghezza:**

2,8 Km

**Dislivello max:**

210m

**Tempo percorrenza:**

3 ore (comprese  
alcune soste)

**Difficoltà:**

T

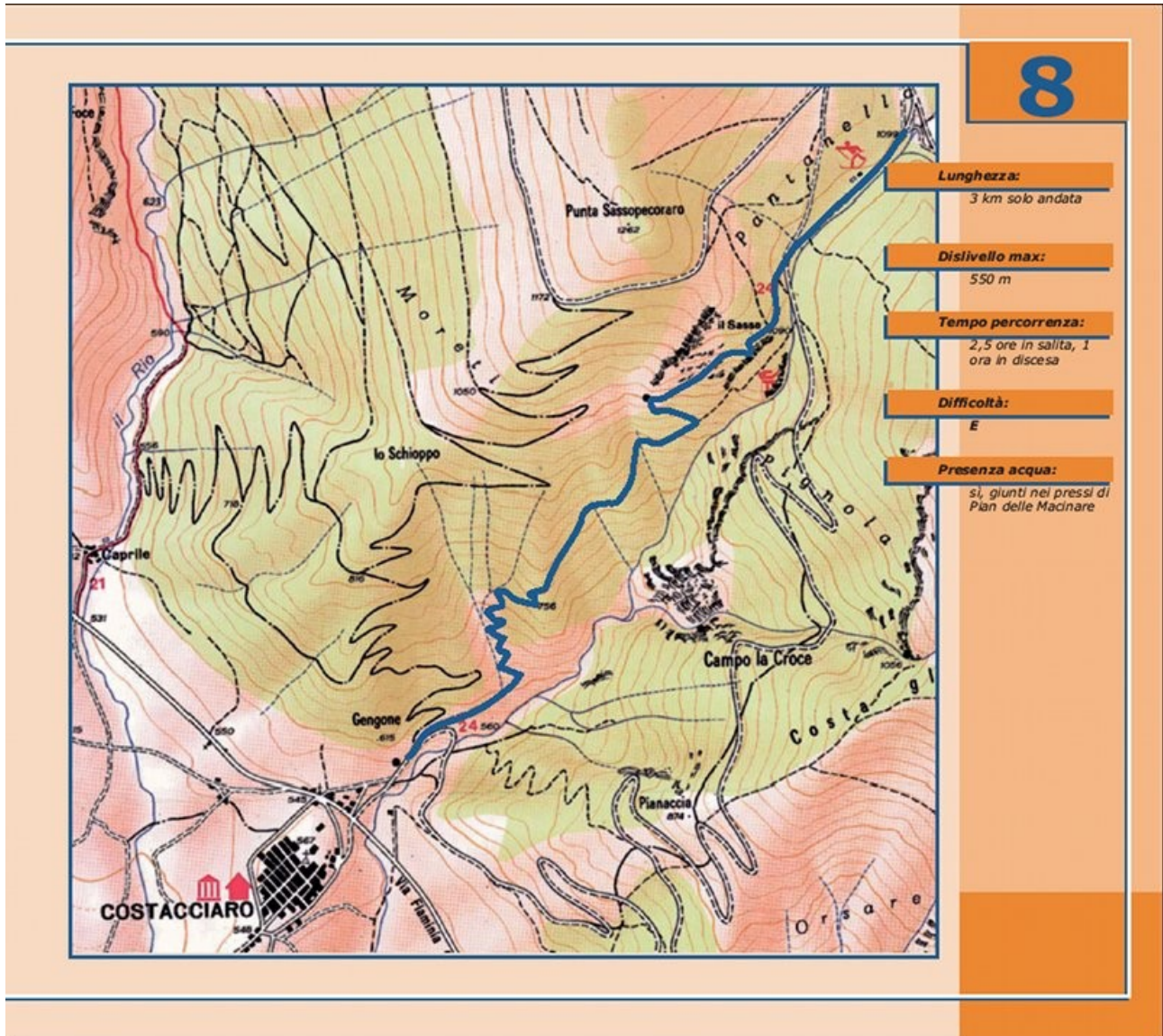
**Presenza acqua:**

no

## 8 - From Costacciaro to the Mountain along the ancient road - (trail 24)

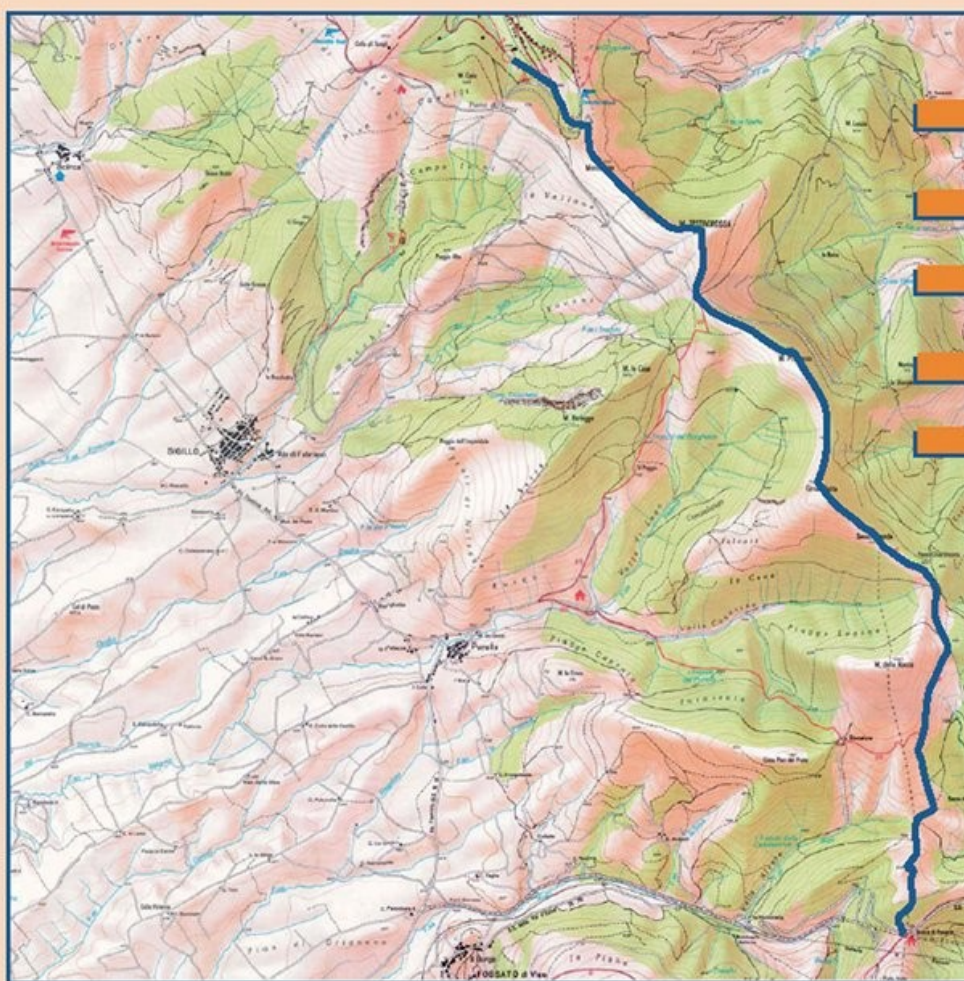
"Man and the mountains"

1. Length: 3 km outward journey only
2. Max. difference in height: 550 m
3. Walking time: 2.5 hours up, 1 hour down
4. Difficulty level: E
5. Water presence: yes, near Pian delle Macinare



## 9 - From Fossato Pass to Val di Ranco - (trail 9 - Sentiero Italia) "The ridge"

1. Length: 8 km outward journey only
2. Max. difference in height: 475 m
3. Walking time: 5 hours outward journey only (including a few stops)
4. Difficulty level: E
5. Water presence: no



9

**Lunghezza:**

8 km solo andata

**Dislivello max:**

475m

**Tempo percorrenza:**

Sore solo andata  
(comprese alcune  
soste)

**Difficoltà:**

E

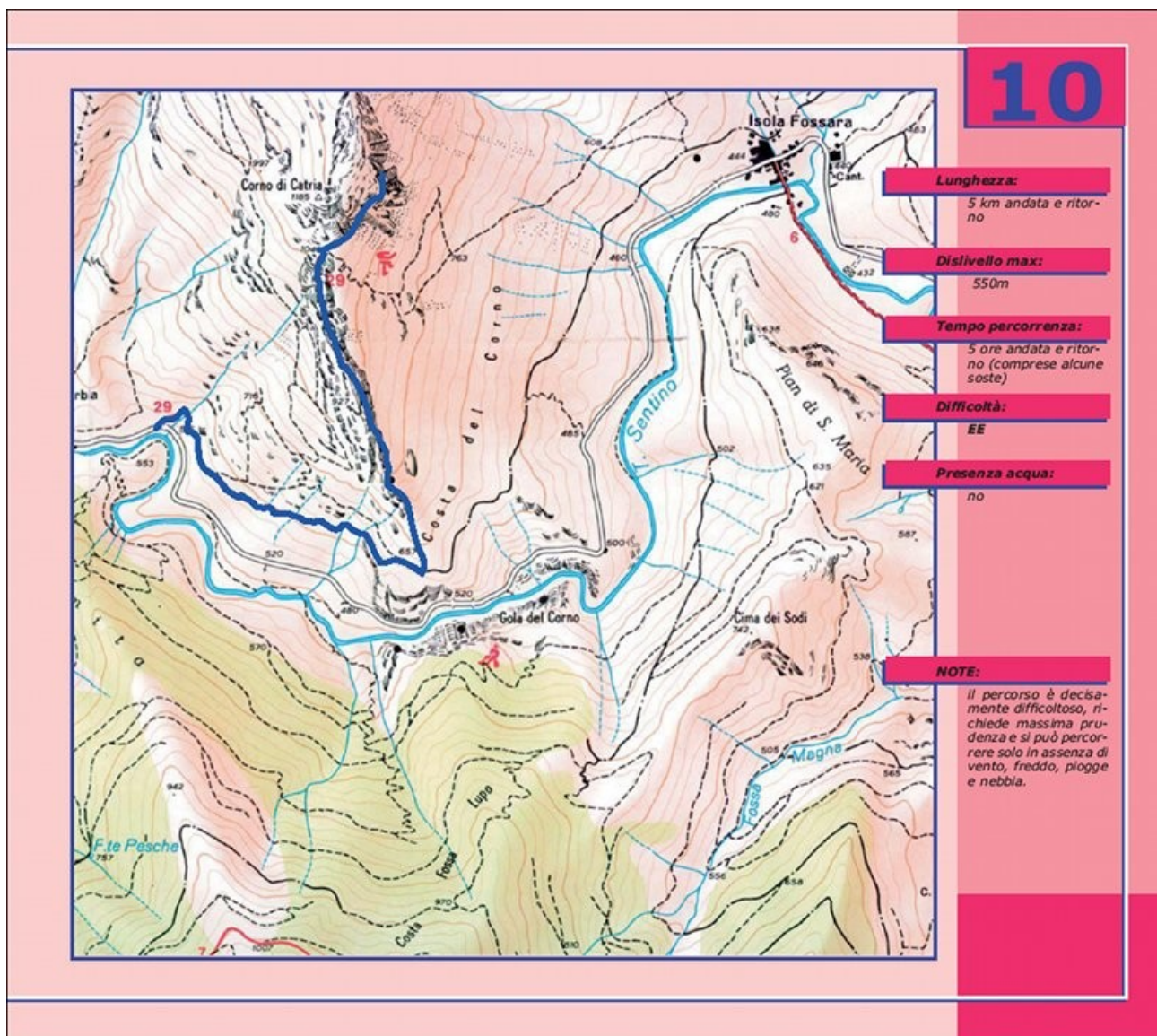
**Presenza acqua:**

no

## 10 - Corno del Catria - (trail 29)

"The geological outcrops and the realm of the eagle"

1. Length: 5 km return journey
2. Max. difference in height: 550m
3. Walking time: 5 hours return journey (including a few stops)
4. Difficulty level: EE
5. Water presence: no
6. Remarks: the itinerary is very difficult, it requires caution and can be followed only when there is no wind, rain, or fog and when it is not cold.



## 11 - Spaccatura Delle Lecce - (trail 13)

"In the realm of god Volcano"

1. Length: 2 km return journey
2. Max. difference in height: 175m
3. Walking time: 1 hour return journey (including a few stops)
4. Difficulty level: T
5. Water presence: yes, Torrente delle Gorghe (except during the drought periods)

