

i sentieri di mezzo MID WAYS

MONTI SERANO-BRUNETTE E SELLANESE

i sentieri di mezzo MIDWAYS

Edited by

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Along the Olive walk
(T. Ravagli and G. Filippucci)

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*The eventual missing out on some sights to see and **Eat & Sleep** can be indicated to the Comunità Montana who take care of updating the websites*

*Implementing an editorial project is always very complex and asks for many text and image checks. Experience teaches that it is practically impossible to publish a work without errors. May you find any, we kindly ask you to send your indications to cultura@montimartaniseranosubasio.it
The Comunità Montana and the curators wish to thank everyone contributing to make this published work a better one*

Umbria surely is among the best known Italian regions for its medieval hamlets, for the famous people born here like St. Francis, St. Benedict, Pietro Vannucci also known as the Perugino, the architect Giuseppe Piermarini from Foligno and many others, for its agricultural landscape with olive groves perched on steep hills, for its lush hills and vineyards and the fertile plains, for its numerous archaeological sites which tell us about the passion our ancestors had for this land.

Recently, Umbria has become a destination for those who love the Apennines and the hills around them. Visitors love to discover and feel them, walking along paths rediscovering a nature of rare beauty, finding out about landscapes that otherwise cannot be discovered.

Those trails lead to knowledge and flavors, recalling values and traditions which are still alive in these places, so far from noise and frenetic modern life.

This project was financed by the LAG Valle Umbra Sibillini within PSL measures "Le Valli di qualità". The implementation of the co-operation between the Comunità Montana and the Foligno section of the Alpine Club of Italy was extremely precious. Due to this synergistic action it was possible to fill lacks of knowledge in the municipalities of Foligno, Trevi, Sellano and partially Campello sul Clitunno. The missing knowledge about the trails "Sentieri di Mezzo" which allows to cross our hill and mountain territory through living a unique and extraordinary experience.

In order to reach this goal, being at the same time an act of communication and a cultural project, the marking of the trails was done as well as a trail map on which sites to visit and overnight accommodations are marked, allowing the hiker to relax with a meal or a bed after to long walk. All this work is present in the guide book "Sentieri di Mezzo", dedicated to all the people who want to immerse themselves in an extraordinary nature, this way discovering this special part of Umbria.

GIULIANO NALLI

Commissario

Comunità Montana dei Monti Martani, Serano e Subasio



After the publication of the map of Mount Subasio, some associate members of the Foligno section of CAI (Alpine Club of Italy) have started working on old trails in the municipalities of Campello sul Clitunno, Foligno, Trevi and Sellano.

The mission of the Umbrian sections of CAI has always been to inform hikers about the places of our region which are the less visited but the most appreciated for nature lovers. Through the publishing of this guide book which accompanies the trail map, CAI and Comunità Montana aim to spread mountain culture and value of a territory rich in history and traditions passed down over countless generations.

The territory of the project is crossed by many trails, and for this book 19 were chosen covering all together 210 km; the proposed itineraries connect the major hill and mountain towns, starting from the altitude of 420 m a.s.l. And reaching as much as 1429 m a.s.l., the highest peak of the territory.

The great variety of the walks allows everyone walking, biking or horse riding to enjoy this land's nature, history and culture.

We do hope to have contributed to spread the knowledge of unknown corners of Umbria capable of donating the hiker moments of profound emotion.

GABRIELE FINAMONDI

Referente per l'escursionismo
Club Alpino Italiano, sezione di Foligno



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Depart from the Abbey of S. Croce di Sassovivo, walk along the olive path for approx. 1300 m and reach the starting point of the walk. Take the Casale turn, once left the the crypt of the Blessed Alano, right at the first bend, go left (dirt road climbing). Ignore the first left turn and the second right, at the height of 720 m turn right and take the old road to Casale. After 700 m to right turn takes you back to the olive path. Going down some 30 m, to the right there is an old lime kiln which once was used to cook stones and obtain lime (33 T 317781 4759056 | 12.765818, 42.962353 | 718 m a.s.l.). Along the old road, walk up the same direction walking around Mount Serrone anticlockwise. After 3 km you come close to Casale, cross the road and keep on the right side and take the dirt road which leads up, to the left. Walking along the eastern slopes of Mount Aguzzo cross to pinewood and, at the crossing with path 573 (33 T 320370 4757082 | 12.798172, 42.945205 | 986 m a.s.l., 2 h), go down left along the fencing of the abandoned quarry, reach the crossing with the road Cancelli-Scopoli. Continue towards Civitella-Vallupo passing to shrine, the Maestà di Cancelli, in memory of tragic events happened here in WW II. After 30 min reach Vallupo, pass to fountain and take the first turn left going up; after 200 m turn right and walk along the ditch leading to Pian di Spina (30 min). Once on the high plain, leave the road going down to Ponze and follow the path which climbs through the meadows and cuts the western slopes of Mount Rozzo. Once reached to metal cistern (33 T 321443 4753568 | 12.812435, 42.913835 | 1202 m a.s.l., 30 min), cut the crest and follow the dirt road to the right of the eastern slope of Mount Lagarella. Once reached to building, casale Meloni, leave the evident road and follow the path around Cima Monte keeping to the western slopes.

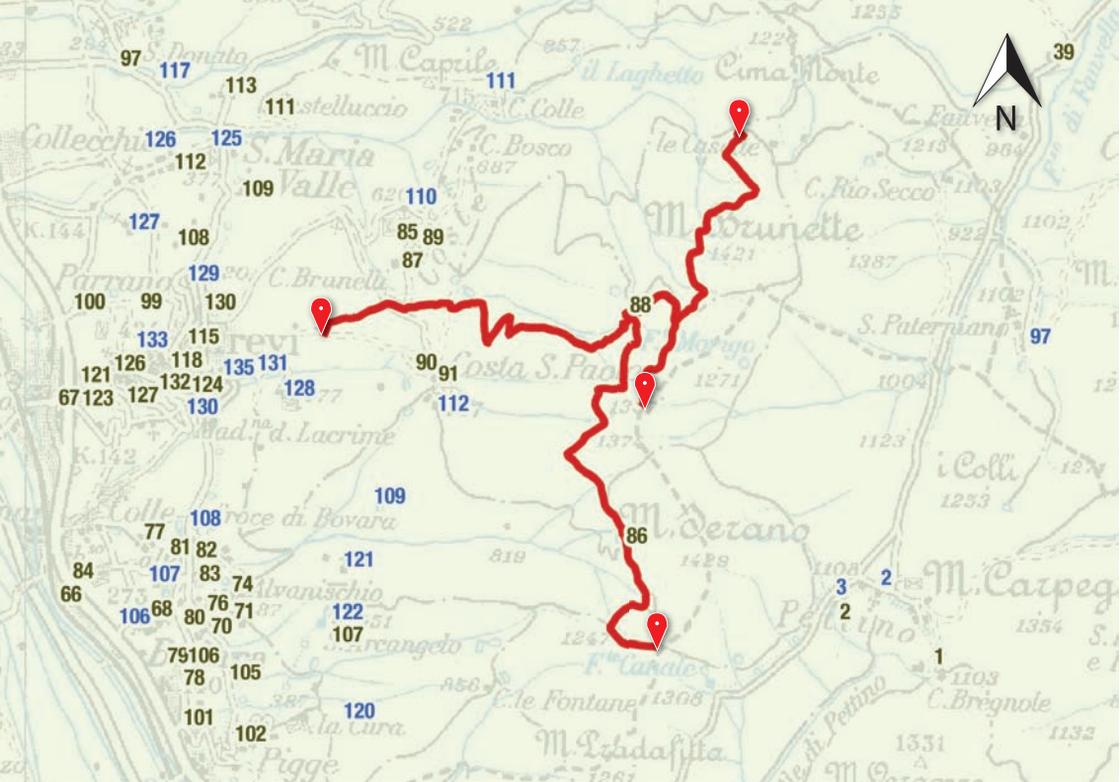
Passing a picnic area reach a votive shrine and cross the road Trevi-Riosecco and start climbing towards Mount Brunette (33 T 320729 4750561 | 12.804654, 42.886609 | 1428 m a.s.l., 2 h) from the northern slope. Walk along the fence up to the antennas on top of Mount Serano (33 T 320271 4748292 | 12.799776, 42.866084 | 1429 m a.s.l., 1 h) walk along the crest and walk down to the anticline of S. Angelo (1290 m a.s.l.). Continue to the left and first reach the provincial road 458/1, then the village of Pettino (50 min).

570

from Sassovivo (574 m a.s.l.) to Pettino (1070 m a.s.l.)

DISTANCE 21,65 km
ALTITUDE CHANGE UPHILL 1075 m
ALTITUDE CHANGE DOWNHILL 580 m
TIME 7-7.30 h approx
DIFFICULTY E





571

from Casette di Coste (or 'delle Brunette') (1270 m a.s.l.) to Sella Sant'Angelo (1290 m a.s.l.)

DISTANCE 6,7 km
ALTITUDE CHANGE
UPHILL 370 m
ALTITUDE CHANGE
DOWNHILL 245 m
TIME 2 h
DIFFICULTY E

From Casette di Coste take the signed dirt road with access restriction for motor vehicles, walk along the fence and up to Mount Brunette. At the height of 1270 m a.s.l., turn right and follow the traces of a path with leads around the mountain until you reach to drinking trough (1313 m a.s.l.) – approx. 2,3 km, 50 min. Go down the dirt road at the opposite side of the ditch and reach the refuge Pozzo Mezzanotte (1220 m a.s.l., 15 min). Cross the fencing of the refuge and continue, on even level, towards the beech wood. Once out of the wood, cut the green hill, hit the dirt road and reach the next beech wood where holly grows. It's one of the most interesting woods of the region. Hit another road which leads to Cassetta Ciccaia (1153 m a.s.l., 30 min, 2,5 km from the refuge Pozzo Mezzanotte). Passed Cassetta Ciccaia, continue to climb until you reach the anticline of Sant'Angelo (1290 m a.s.l., 30 min).

Start off at the crossing with path 575 coming up from Trevi (33 T 317321 4749936 | 12.763154, 42.880178 | 608 m a.s.l.) and continue climbing straight up; when crossing the asphalt road, take the second turn right. After 200 m, after the bend, take the dirt road which leads up to the right until you cross another dirt road leading to Casette di Coste (30 min). Turn right again and follow the mule path for 30 m to the left, next to the pine wood. The path climbs up, first dirt road then path, until it reaches the refuge Pozzo Mezzanotte (90 min); once crossed the area of the refuge, signed with to transit restriction, follow the path until reaching a drinking trough (15 min). Follow the same direction to the peak (Sella Martorello 33 T 319812 4749408 | 12.793803, 42.876018 | 1337 m a.s.l., 15 min, the path does not reach the peak) crossing in direction north-east/southwest the path 570 Sassovivo-Pettino and in direction east, the path 572A towards the fountain of Morigo (15 min).

571A

from the crossing with path 575 (608 m a.s.l.) to Sella Martorello (1337 m a.s.l.)

DISTANCE 4,74 km
ALTITUDE CHANGE
UPHILL 750 m
ALTITUDE CHANGE
DOWNHILL 0 m
TIME 2 h 20 min
DIFFICULTY E



Walk along the provincial road 458/1 towards Campello sul Clitunno and turn right close to the fountain. Enter the village of Pettino (33 T 321200 4747938 | 12.811253, 42.863116 | 1127 m a.s.l.), walk through it and follow the dirt road half way up the hill direction north. After 1,5 km, after to fountain, go through to gate and continue another 500 m until you cross the ditch called Cerri (33 T 320956 4749294 | 12.807836, 42.875261 | 1145 m a.s.l.). Continue on the same road for 500 m until the road becomes larger (33 T 320484 4749247 | 12.802076, 42.874727 | 1190 m a.s.l.). From here keep right direction north and, after 500 m reach the fountain Morigo (33 T 320629 4749647 | 12.803723, 42.878361 | 1271 m a.s.l., 1 h). To the left path 572A starts and takes to Sella Martorello, to the right instead, the path continues along path 572 until it reaches a trough (33 T 321044 4750291 | 12.808595, 42.884253 | 1350 m a.s.l.) between Mount Brunette and Mount Galandino. Continue towards north walking around Mount Brunette and walk down to height 1290 m a.s.l. Set your compass on 300°, you will pass a pale fence and continue at the same altitude until hitting the point where path 570 Sassovivo-Pettino crosses path 571 Casette di Coste-Sella Sant'Angelo (time 30 min).

572A

from fonte Morigo (1271 m a.s.l.) to Sella Martorello (1337 m a.s.l.)

DISTANCE 970 km
ALTITUDE CHANGE
UPHILL 65 m
ALTITUDE CHANGE
DOWNHILL 0 m
TIME 20 min
DIFFICULTY E

572

from Pettino (1127 m a.s.l.) to Casette di Coste (or delle Brunette) (1270 m a.s.l.)

DISTANCE 4,88 km
ALTITUDE CHANGE
UPHILL 247 m
ALTITUDE CHANGE
DOWNHILL 102 m
TIME 1 h 30 min
DIFFICULTY E

From fountain Morigo (1271 m a.s.l.) follow the even path through to wood direction southwest. Climb the meadows direction west until you reach the anticline of Sella Martorello, passing an artificial tarn used by grazing animals as drinking water.



573

from Scandolaro
(450 m a.s.l.) to
Cancelli (929 m a.s.l.)

DISTANCE 8,15 km

ALTITUDE CHANGE

UPHILL 570 m

ALTITUDE CHANGE

DOWNHILL 120 m

TIME 2,45 h

DIFFICULTY E

The walk starts in the square of Scandolaro (450 m a.s.l.) and follows the main road taking the third road to the right. Continuing, one passes to holy shrine, keep left along the climbing road. The path now leads through olive groves, always in the same direction up to to holly oak wood. Cross to barrier and a fountain reaching the chapel of the Madonna del Riparo (33 T 316945 4756197 | 12.756456, 42.936424 | 632 m a.s.l., 30 min), an ancient therapeutic sanctuary once known as Sant'Angelo de Gructis. At the crossroads turn right; ignore the following turns and after 1,5 km reach Roviglieto (713 m a.s.l., 30 min). Once reached the crossing with the local road towards Cancelli, pass the tarn and fountain and turn left on the dirt road leading up. Follow the road for 650 m until it bends to the right: at this point the trail goes straight on (direction 320° for 600m), first through bush land and then and meadow. Follow north for 250 m and hit to dirt road, turn right and go up until you meet another dirt road crossing. Enter the wood and walk around Mount Cologna clockwise. Reached to water cistern, cross the road and pass the ruins of casale Massenzi (33 T 319036 4757231 | 12.781784, 42.946230 | 908 m a.s.l., 1 h). Go down to the trail and walk around the mountain until meeting a dirt road which, towards the right, leads to the old quarries of Cancelli, crossing path 570 Sassovivo-Pettino (33 T 320377 4757074 | 12.798260, 42.945134 | 984 m a.s.l., 30 min).

The tour starts close to the hamlet Coste San Paolo (716 m a.s.l.) and follows the road to Renacciola. 200M after having passed the fountain, in to curve, take the dirt road leading into the wood. In front of to gate, follow the path to the left of the fenced area. Reach Case Bosco, walk across it and walk through an arch avoiding the road that goes down. The walk continues in direction of Case Colle. At the junction to Case Colle, take the right, cross the rift of Colleiume (concrete barrage) and, at the next junction, turn right and walk uphill towards Case Colle (33 T 318703 4751521 | 12.779552, 42.894769 | 690 m a.s.l.). Walk across the small hamlet and walk through the wood; you will pass to barrier, then follow the dirt road which leads to the pass which divides the districts Coste and Ponze, avoid all junctions on the way. Once walked up the rift Venerino you will find to well with two troughs (Conserva well 33 T 320154 4753399 | 12.796708, 42.912012 | 910 m a.s.l., TIME 90 min). The small road to the left, closed by a gate, leads to the refuge Colle Maggio, the road to the right leads to Mount Lagarella. Take the dirt road in direction north-northeast which leads to Ponze. Once reached the crossroads with beautiful and big oak trees, take to the right and, after the bend, walk uphill again keeping to the right (33 T 320620 4754410 | 12.802090, 42.921219 | 872 m a.s.l.). After 2 km on a path reach the rift of Acqua Secchiana. At the junction, take the path which leads uphill and leads towards the first houses of Vallupo (TIME 1 h).

Cross the hamlet, walk past the fountain and follow the dirt road to the right leading uphill towards the ridge of the Terminara rift (33 T 322116 4756107 | 12.819868, 42.936840 | 1000 m a.s.l.). Continue to follow the dirt road in slight uphill ignoring the dirt road to your right which is even and the one to the left which goes downhill. Walk along the Terminara rift, on a dirt road going downhill for approx. 3 km. Once reached the asphalt road, turn right and walk towards the sanctuary Madonna delle Grazie (TIME 90 min). Reach the road number SR 319 Sellanese, turn left and walk into the village of Rasiglia (TIME 10 min). Walk across the village (655 m a.s.l.), famous of its water springs, among which the Capovena spring which pours out at the bottom of the palace which the Trinci family had occupied when they were the lords of Foligno. Follow the path which cuts the hill in two and leads to Vionica. From here walk along the asphalt road for approx. 1,5 km and reach Verchiano (TIME 50 min).

Near the sanctuary of Madonna delle Grazie there is a short itinerary **574A**, leading towards the Santissima Morro's Trinità.

574

from Coste San Paolo (716 m a.s.l.) to Verchiano (774 m a.s.l.)

DISTANCE 17,06 km
ALTITUDE CHANGE UPHILL 535 m
ALTITUDE CHANGE DOWNHILL 505 m
TIME 5 h
DIFFICULTY E

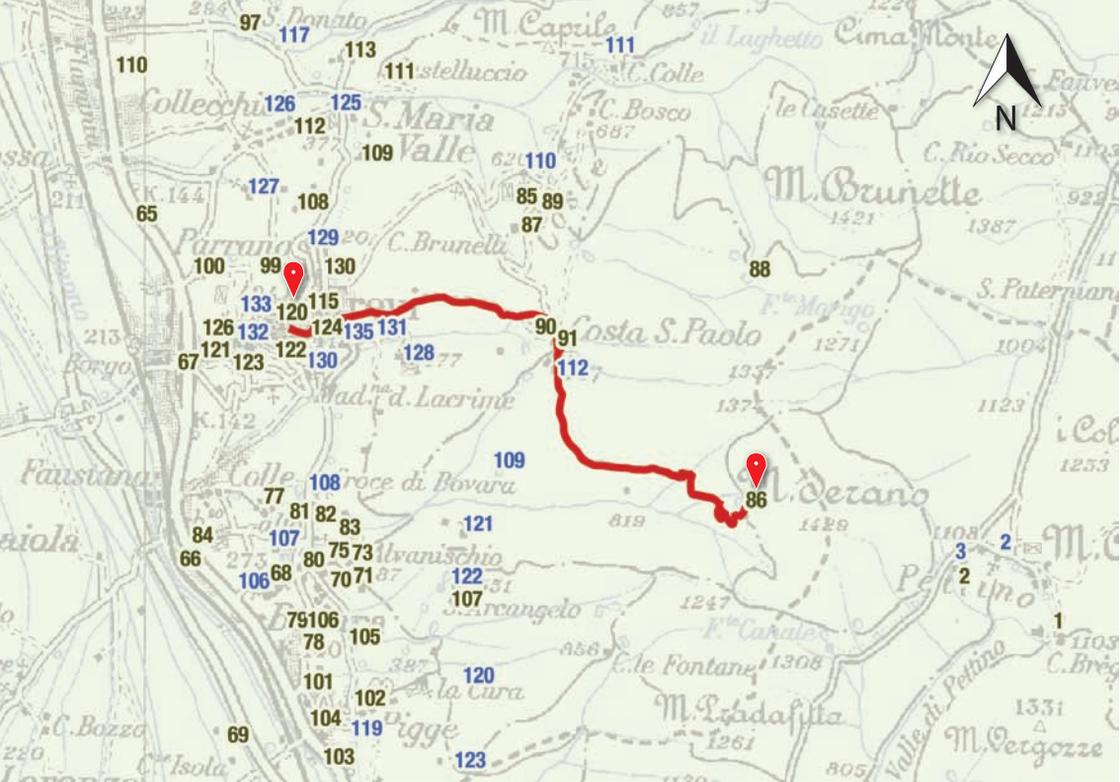


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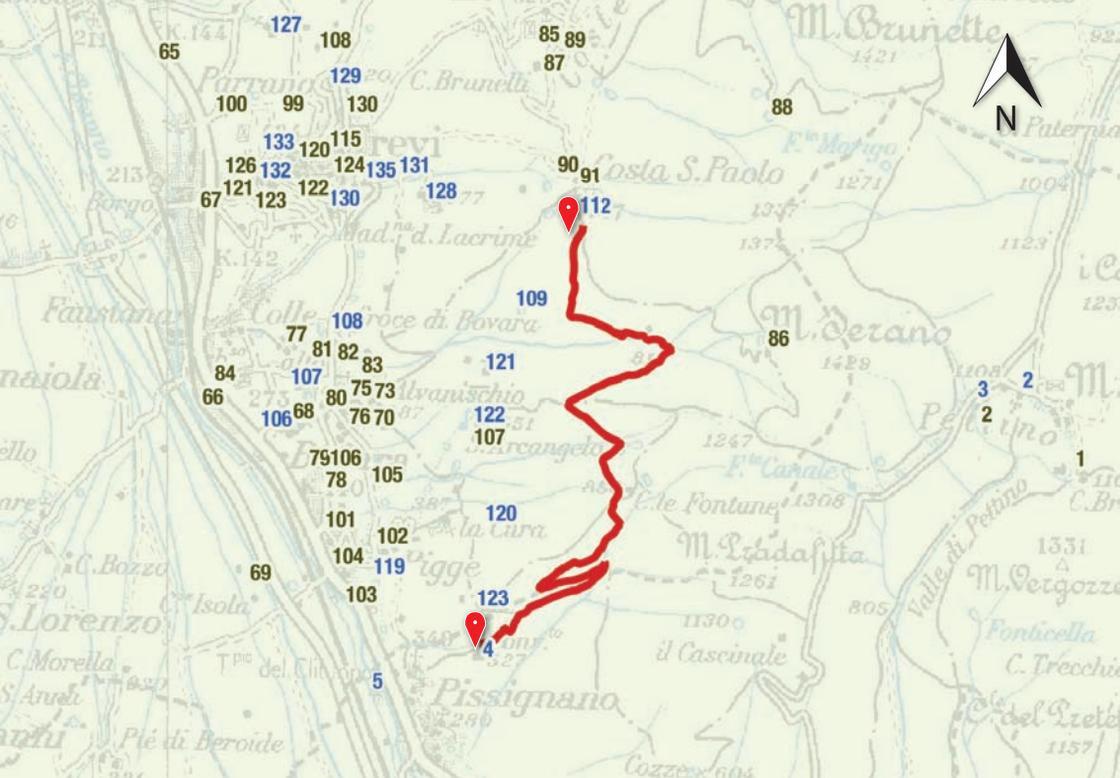


575

from Trevi (412 m a.s.l.) to Lago delle Vecchie (Casetta Ciccia - 1153 m a.s.l.)

DISTANCE 5,33 km
ALTITUDE CHANGE
UPHILL 740 m
ALTITUDE CHANGE
DOWNHILL 0 m
TIME 2.30 h
DIFFICULTY E

The walk starts on the main square of Trevi, leads along the new school building and leaves town towards Coste San Paolo, following the street signs for Foligno. Once having left behind the first climb, cross the provincial road and follow, walrus uphill, along the sports facilities, continue climbing until you reach a junction at 600 m a.s.l. (33 T 317321 4749936 | 12.763154, 42.880178); turn right here, walk for a km and reach the hamlet of Coste San Paolo (716 m a.s.l., TIME 1 h). Cross the village passing a water tank of the municipal aqueduct and walk uphill along the dirt road. To the right a path leading towards the path of the Hermit. Walk straight on, at the first bend (33 T 318739 4748630 | 12.780926, 42.868763 | 940 m a.s.l.), follow the traces of the old dirt road leading to Casetta Ciccia (1153 m a.s.l., TIME 75 min).



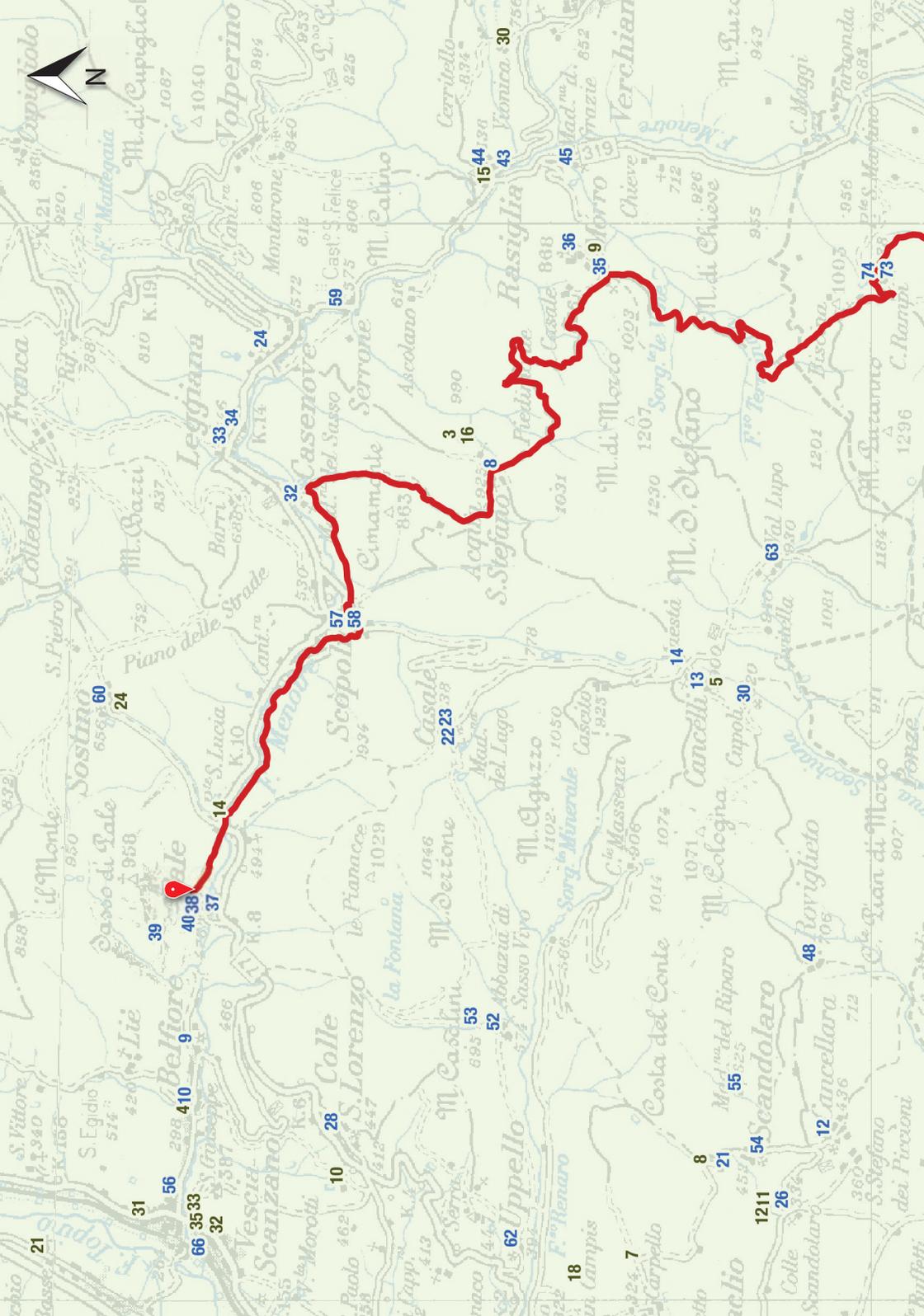
The itinerary starts along the road between Coste San Paolo and Casetta Ciccaia (or Lago delle Vecchie): at the first junction (33 T 318217 4749215 | 12.774351, 42.873903 | 785 m a.s.l.), to the right you encounter while walking uphill. After approx 1 km there is a small lime quarry on the right hand side of the path. Approx. 30 m before that, a tiny trace conducts towards the ancient little church of Santa Croce in Val dell'Aquila (750 m a.s.l.). Once back to the original path, cross the wood of the hermit and continue walking uphill through the wood until you hit a forest road (840 m a.s.l.).

Head on, avoiding the dirt road to the right, walk past a fountain with troughs (i Pisciarelli) and after 1,7 km, reach the Casette di Pigge (junction 33 T 318457 4747125 | 12.777962, 42.85154 | 850 m a.s.l., TIME 70 min). Cross the road and walk past the buildings, some of them have been restored recently. Walk downhill along a fencing of a truffle field and reach the rift of Moscone; follow the trace of the path which goes downhill to the right. Along the way there are the rests of the hermitage of the Blessed Ventura (33 T 318352 4746764 | 12.776794, 42.851880 | 780 m a.s.l.). Walk until you reach a small clearing where you head downhill to the left until you reach a dirt road. Continue to the left until you reach a spring (33 T 318396 4746671 | 12.777362, 42.851054 | 720 m a.s.l.). Ignoring the dirt road at the other side of the rift, continue along the path leading downhill and, after approx. 1,2 km, reach a fence marking the small Franciscan convent of Sant'Antonio abate (district of Pissignano, municipality of Campello sul Clitunno, 33 T 317441 4746050 | 12.765884, 42.845238 | 526 m a.s.l., TIME 50 min).

576

from Coste San Paolo to the Franciscan hermitage (Convento di Sant'Antonio abate – 526 m a.s.l.)

DISTANCE 6,50 km
ALTITUDE CHANGE UPHILL 155 m
ALTITUDE CHANGE DOWNHILL 325 m
TIME 2 h
DIFFICULTY E



The itinerary starts at the spring of Pettino located at the junction of the road coming up from Campello sul Clitunno meeting the one coming from the Valle del Menotre (33 T 321749 4747962 | 12.817961, 42.863460 | 1070 m a.s.l.) and continues along the road which leads to the cemetery. After 500 m turn left on a dirt road which surmounts the hills (pass 33 T 322736 4748778 | 12.829777, 42.871033 | 1200 m a.s.l., TIME 30 min), then leading downhill again, following a path, towards the spring of San Paterniano (33 T 322796 4749792 | 12.830192, 42.880172 | 58 | 1002 m a.s.l., TIME 20 min). Reached here, follow the dirt road to the right going uphill. First you walk around Mount Cammoro, then reach the village of Cammoro (TIME 50 min).

580

from Pettino (1070 m a.s.l.) to Pale (476 m a.s.l.)

DISTANCE 28,76 km

ALTITUDE CHANGE

UPHILL 538 m

ALTITUDE CHANGE

DOWNHILL 1131 m

TIME 8 h

DIFFICULTY E

Once crossed the village (958 m a.s.l.), take the road going uphill to the left. Continue in sequence the first, second and third junction to the right (33 T 324825 4752074 | 12.854307, 42.901175 | 990 m a.s.l.), the walk downhill on a dirt road leading to Torre di Cammoro. Keeping to the left, go downhill up to the village of Molini (720 m a.s.l., TIME 1 h), after having crossed the village of Colletrampo. Cross the asphalt road next to the chapel, walk through an arch and follow a path uphill reaching the old road to Orsano. Continue keeping to the left, take the path to the right and reach the village of Orsano (TIME 30 min). From the upper part of the hamlet, follow the trace of a path entering the wood and leads towards the hamlet of Catacomba (junction 33 T 324903 4754538 | 12.854492, 42.923366 | 877 m a.s.l.).

Reaching the asphalt road, continue walking uphill to the left and reach the hamlet of Casa Rampi, the Biscina (33 T 324078 4755401 | 12.844119, 42.930943 | 1003 m a.s.l., TIME 50 min).

Reaching the pond, take the path to the right going downhill. Cross the wood, reach the rift (33 T 323921 4756256 | 12.841928, 42.938600 | 823 m a.s.l.). Go downhill another 100 m and climb again to the left along a dirt road leading towards Santissima Trinità di Morro (33 T 324536 4757477 | 12.849078, 42.949730 | 850 m a.s.l., TIME 1 h).

Walk on the road to the left and take the dirt road to the left again, walk 4 km and reach the village of Acqua Santo Stefano (TIME 1 h), after having passed the hamlet of Piedimonte. Reaching the junction, leave a small chapel to the right, walk downhill along the path and shortly after turn right again walking along the rift. Reaching the junction in front of the church Madonna del Sasso (TIME 45 min), go left along a forest road. After 1,4 km reach the village of Scopoli (525 m a.s.l.). After having walked through the village, continue along the river banks of the Menotre and reach the village of Ponte Santa Lucia close to the parking lot of Hotel Guesia. Cross the road SS 77 and along a path along the hill, reach the village of Pale where you encounter the Olive path (495 m a.s.l., TIME 75 min).



The landscape of this part of Umbria is shaped by the river Menotre. The name Menotre defines this waterway near the village of Molini di Orsano, and specially after Rasiglia the many channels of the river have always been utilized by men: field and garden irrigation, power supply for craft like the 'famous' paper mills of Pale. Nowadays the waters supply some minor water power-plants. Due to the importance of its waters for many uses, the river Menotre was historically called 'the small river of great service'.

The spring waters of Rasiglia, which flow into the Menotre, make this river particularly rich of calcium carbonate which deposited through the centuries at the Pale waterfalls in big banks of travertine.

In the photo some vigorous examples of *Phyllitis scolopendium*, a fern of the *Aspleniaceae* family.

This walk starts from the village of Rasiglia (precisely at the Capovena spring which feeds the river Menotre) along the road SR 319 Sellanese and take the path after the bridge with a bit of uphill walking in the beginning. Walk on the left banks of the river, at the first junction turn right and follow the dirt road which leads to an asphalt road. Continue left, after 100 m cross the river and walk in direction Ascolano along a path up to Serrone.

Left the river and the road on your right behind, enter the village; follow a dirt road which dominates the valley and reaches Casenove (TIME 1 h).

Walk past the first group of houses (locally known as Spiazza), the itinerary follows for a few meters the road from Casenove-Acqua Santo Stefano) towards Casenove. Before the small bridge turn left and follow the path along a channel of a water power-plant. Go uphill into the wood and continue along the trace of the new aqueduct.

At the height of the village of Leggiana, leave the aqueduct trace and follow the path trace in the wood until reaching the rift of Smarta (route 580 direction Pale).

Turn right here and to the left after only 50 m (before the chapel of Madonna del Sasso TIME 20 min). Follow the dirt road until you reach Scopoli (520 m a.s.l., TIME 20 min). The path continues to the right of the wayside cross and then to the left in order to reach Scopoli castle. Cross the river and continue on the left bank of the river reaching the parking lot of Hotel Guesia and Ponte Santa Lucia. Crossed the road SS 77, after approx. 1000 m, along a narrow path reach Pale (485 m a.s.l., TIME 1 h). From here a steep climb down to the valley, some flights of steps along an ancient path excavated into the travertine, a typical rock of this area rich of the river waters, historically known as 'the small river of great service'.

Walk along old paper mills and waterfalls and beautiful vegetation along the way, a last bit on asphalt road and you reach Belfiore (TIME 45 min).

580A

da Rasiglia (640 m s.l.m.) a Belfiore (290 m s.l.m.)

DISTANCE 12,70 km

ALTITUDE CHANGE

UPHILL 110 m

ALTITUDE CHANGE

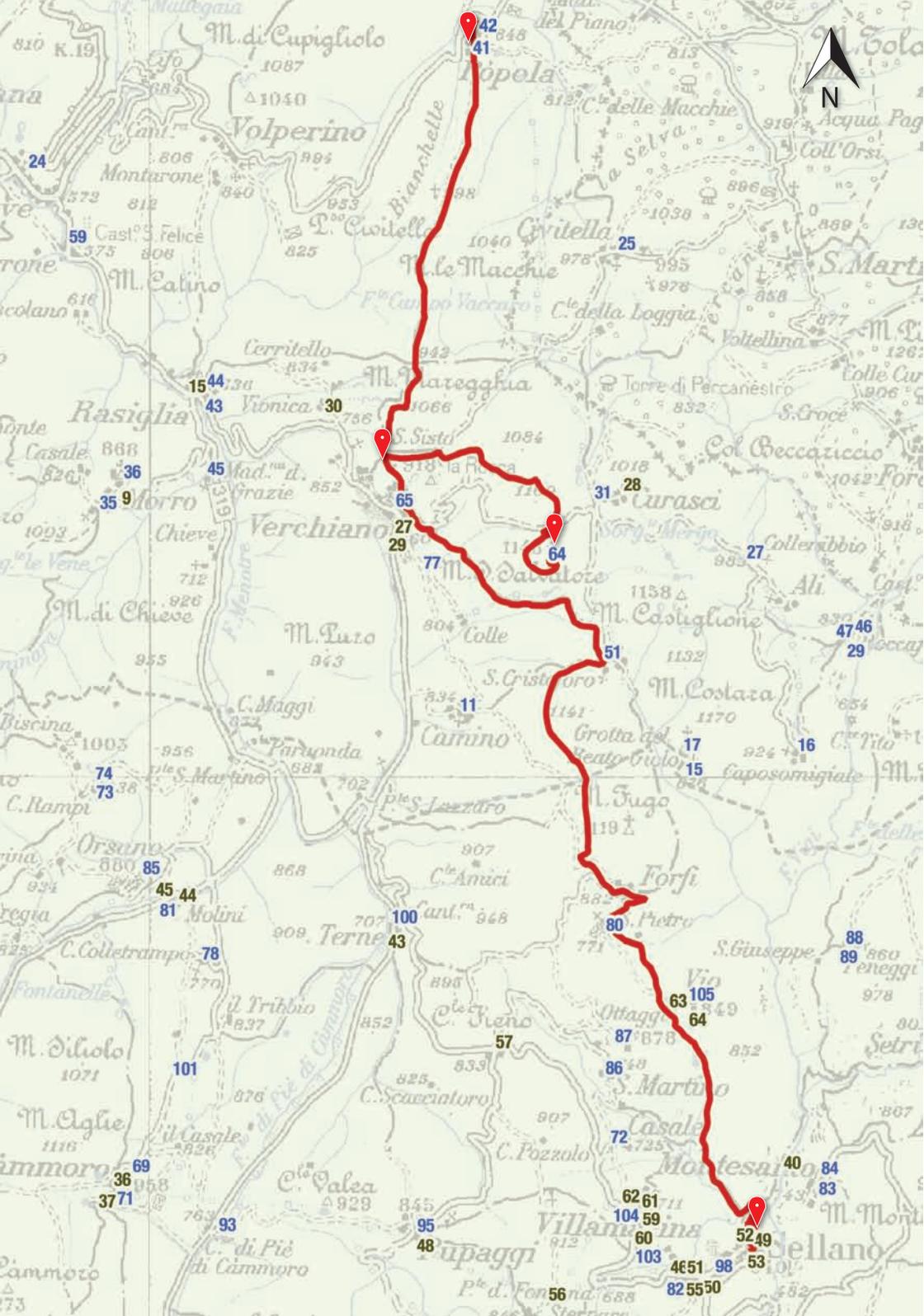
DOWNHILL

520 m

TIME 3,30-4 ore

DIFFICULTY E





Start at Casermette of Colfiorito. Cross the road SS 77 direction Cesi (33 T 328201 4766143 | 12.891310, 43.028550 | 765 m a.s.l.) and continue uphill next to the fountain.

Once reached the church, turn left and take the short path which leads uphill; continue up to the pine wood on a road partially asphalted partially graveled. Along this road which leads along the crest of the hill for approx 3 km ignoring the turns to the right, walk down the path to the left (33 T 327790 4762916 | 12.887265, 42.999418 | 866 m a.s.l.) until you reach the hamlet of Fraia. Enter the village. From the square, easy to find out due to a Holy Cross, take the dirt road to the right which leads to the road Cesi-Volperino direction south. At the junction (33 T 328252 4762037 | 12.893199, 42.991612 | 803 m a.s.l.) cross the road and reach the village of Popola (1.40 h). Leaving the castle behind, walk up the dirt road until you cross Mount Le Macchie. Continue on the dirt road for 2,5 km until you reach a junction (easy to see due to a big post) at level 939 m a.s.l. (33 T 327526 4758831 | 12.885289, 42.962597). Continue straight on a path leading to the village of Verchiano 782 m a.s.l., TIME 75 min).

Take the asphalt road direction Roccafranca; once out of the village go down to the right and at the first hairpin bend (33 T 327676 4757294 | 12.887600, 42.948800 | 804 m a.s.l.) take a path to the left which leads to the hamlet of Croce di Roccafranca. At the junction if you turn right you go to Colle, if you turn left you reach San Salvatore. Go ahead. Reached the junction near the chapel of San Cristoforo (TIME 1 h), take the uphill path to the right and walk around Mount Jugo anti clockwise. After 2,5 km reach the village of Forfi (TIME 50 min), from here go down to the cemetery and the church dedicated to San Pietro, Continue for another km and reach Vio. At the beginning of the village (794 m a.s.l.), turn right and follow a downhill path which leads along the hamlet of Palestrina and continues to fosso Capicchio, after another 100 m downhill turn right onto the old road to Sellano and reach the square of the village (640 m a.s.l., TIME 80 min).

The walk starts behind the village of Verchiano, precisely at the junction with route 581 Colfiorito-Sellano next to the ruins of the chapel of San Sisto (33 T 327247 4757995 | 12.882128, 42.955011 | 870 m a.s.l.). From here go uphill along the dirt road, pass the chapel and a piece of the aqueduct. Reached the junction with the road Verchiano-Civitella Marche, follow the dirt road which conducts to the saddle between M. Nagni and M. Cui. At the artificial pond (33 T 328684 4757768 | 12.899803, 42.953292 | 1042 m a.s.l.) turn right and walk around Mount Cui on the eastern slopes.

Reach the road Verchiano-Curasci. Walked another 100 m, to the right take the dirt road to the left which goes uphill to San Salvatore (33 T 328810 4757014 | 12.901577, 42.946535 | 1146 m a.s.l., TIME 90 min).

581A

from Verchiano (775 m a.s.l.) to San Salvatore (1146 m a.s.l.)

DISTANCE 3,70 km
from Verchiano, 3,20 km from junction 581

ALTITUDE CHANGE
UPHILL

390 m from Verchiano
300 m from junction 581

ALTITUDE CHANGE
DOWNHILL 25 m

TIME 1.30 h

DIFFICULTY E

581

from Colfiorito (765 m a.s.l.) to Sellano (640 m a.s.l.)

DISTANCE 21,50 km

ALTITUDE CHANGE

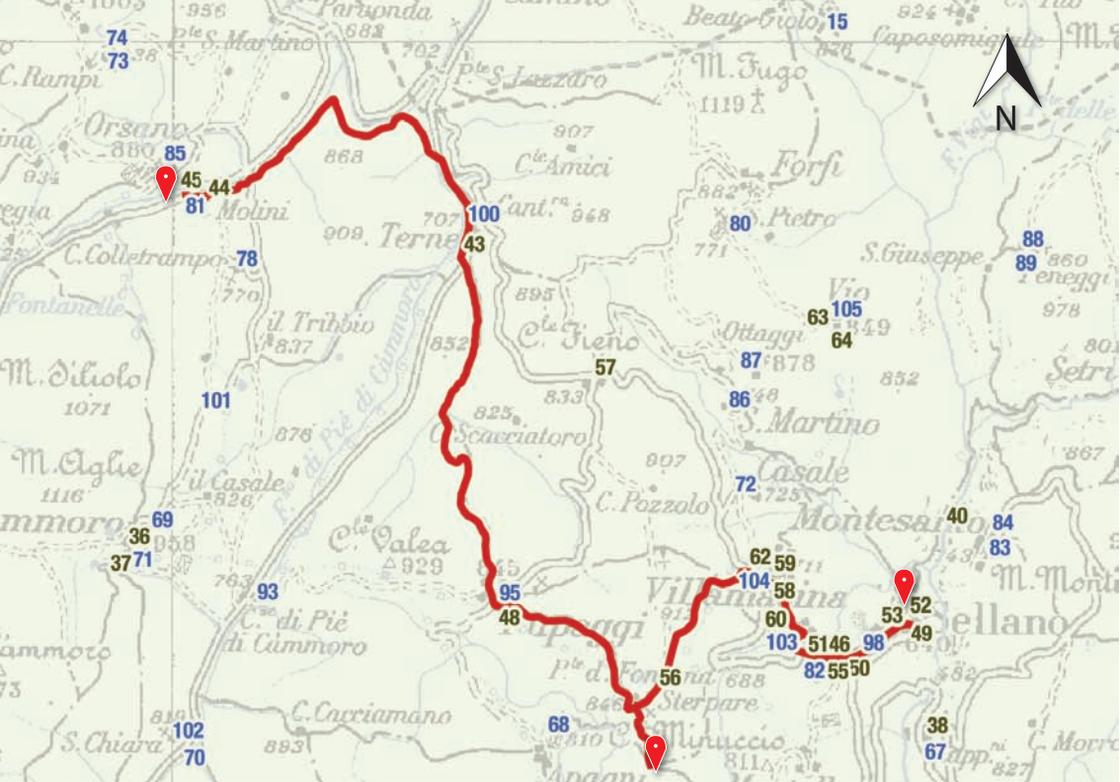
UPHILL 700 m

ALTITUDE CHANGE

DOWNHILL 820 m

TIME 6 h

DIFFICULTY E



582

from Molini di Cammoro (720 m a.s.l.) to junction SR 319 (664 m a.s.l.) and to Sellaiano (640 m a.s.l.)

DISTANCE 11,62 km

ALTITUDE CHANGE

UPHILL 205 m

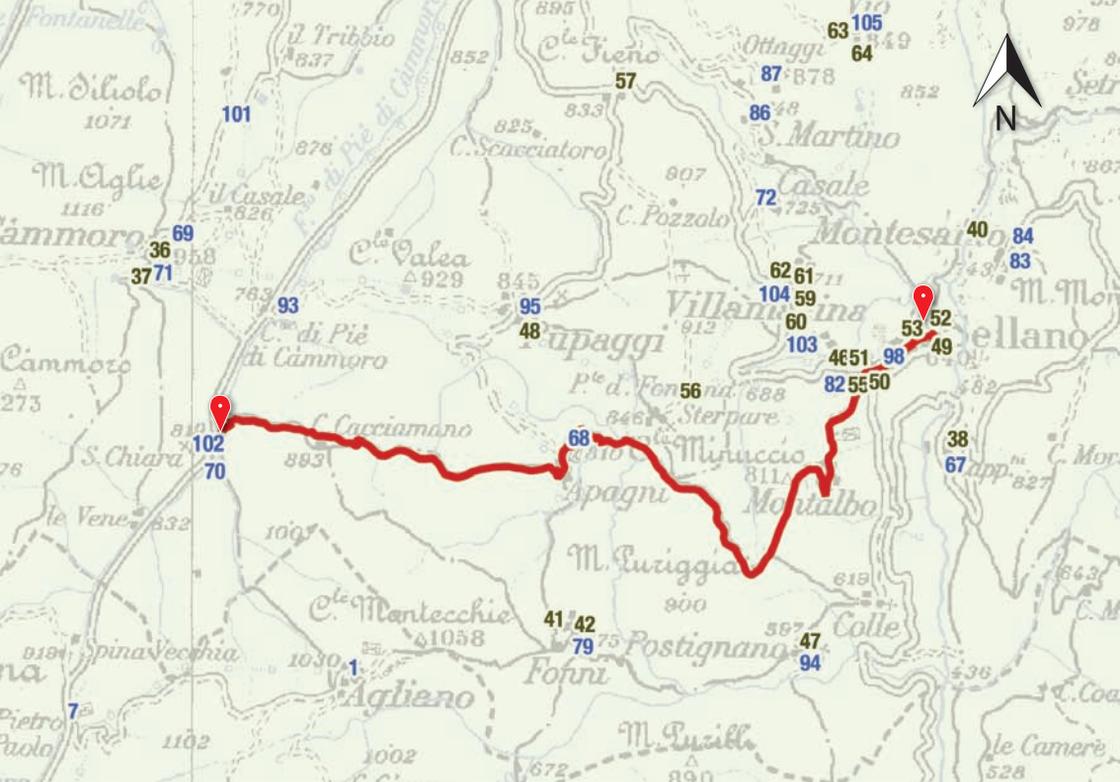
ALTITUDE CHANGE

DOWNHILL 240 m

TIME 3 h

DIFFICULTY E

Start from the village Molini of Cammoro (720 m a.s.l.) and follow the dirt road at the slopes of Mount Molino. Walk clockwise around the mountain, then turning left on a dirt road which leads to the Via della Spina. Heading south reach the hamlet Terne. Cross the hamlet at 725 m a.s.l. and follow a dirt road forbidden to vehicles. Walk uphill along the fosso delle Fogliete, cross the Pretaro hill and reach the village of Pupaggi (TIME 105 min). Head on, take the road to the right of the church (33 T 327609 4750707 | 12.888805, 42.889507 | 832 m a.s.l.) until you reach the hamlet of Sterpare (TIME 30 min). From here head on until you reach an agri-tourism and pass it taking a right on a forest road which almost leads to the village of Villamagina (733 m a.s.l.). at the right hand side of the church take the asphalt road which goes down to Casaino; from here go uphill until you hit the provincial road Sellanese (junction SR 319 664 m a.s.l.) and finally reach the end of the walk (TIME 45 min).

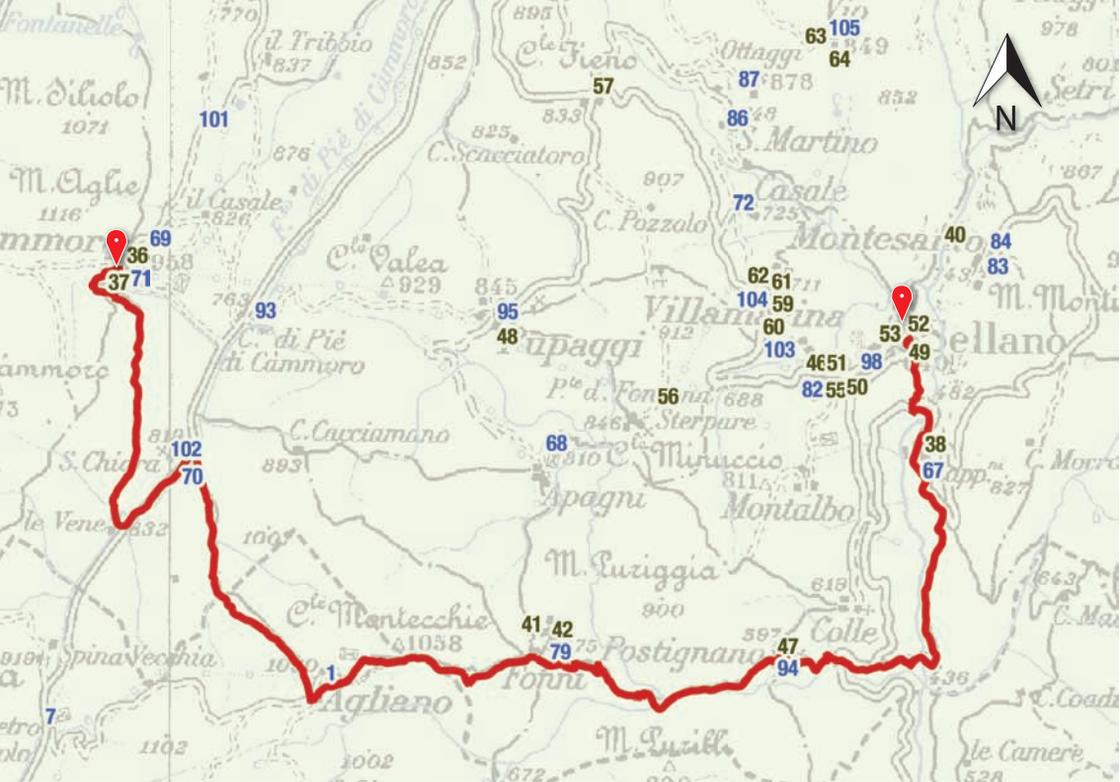


From the main square of Sellano follow the alley leading towards the octagonal church of San Francesco; walk briefly along the road SR 319 and turn left into via Petroselli. The road becomes a path and on it reach the municipality road of Montalbo (TIME 35 min), walk past the cemetery and climb the asphalt road until you reach the village. Before the church, to the right, a climb leads to a small church dedicated to San Severino (33 T 330003 4750082 | 12.918293, 42.884420 | 720 m a.s.l.), patron saint of Sellano together with the Blessed Giolo. The street becomes a dirt road again and climbs Mount Puriggiata, at the third junction (33 T 328725 4749438 | 12.902850, 42.878340 | 842 m a.s.l., TIME 50 min) head left for Apagni following the rift. Walk past the cemetery and walk uphill to the village (TIME 35 min); cross the municipal road to Fonnina and cross the hill before Via della Spina. Once reached an artificial pond (33 T 326282 4749713 | 12.872872, 42.880262 | 910 m a.s.l.) go for the second dirt road to your right then becoming a path which cuts the Costa del Sole and reach Santa Chiara (33 T 325182 4749750 | 12.859400, 42.880344 | 800 m a.s.l., TIME 50 min).

583

from Sellano (640 m a.s.l.) to Santa Chiara (800 m a.s.l.)

DISTANCE 8,75 km
ALTITUDE CHANGE
 UPHILL 325 m
ALTITUDE CHANGE
 DOWNHILL 165 m
TIME 2.50 h
DIFFICULTY E



584

from Cammoro
(958 m a.s.l.) to
Sellano (640 m a.s.l.)

DISTANCE 15,22 km

ALTITUDE CHANGE

UPHILL 545 m

ALTITUDE CHANGE

DOWNHILL 855 m

TIME 5 h

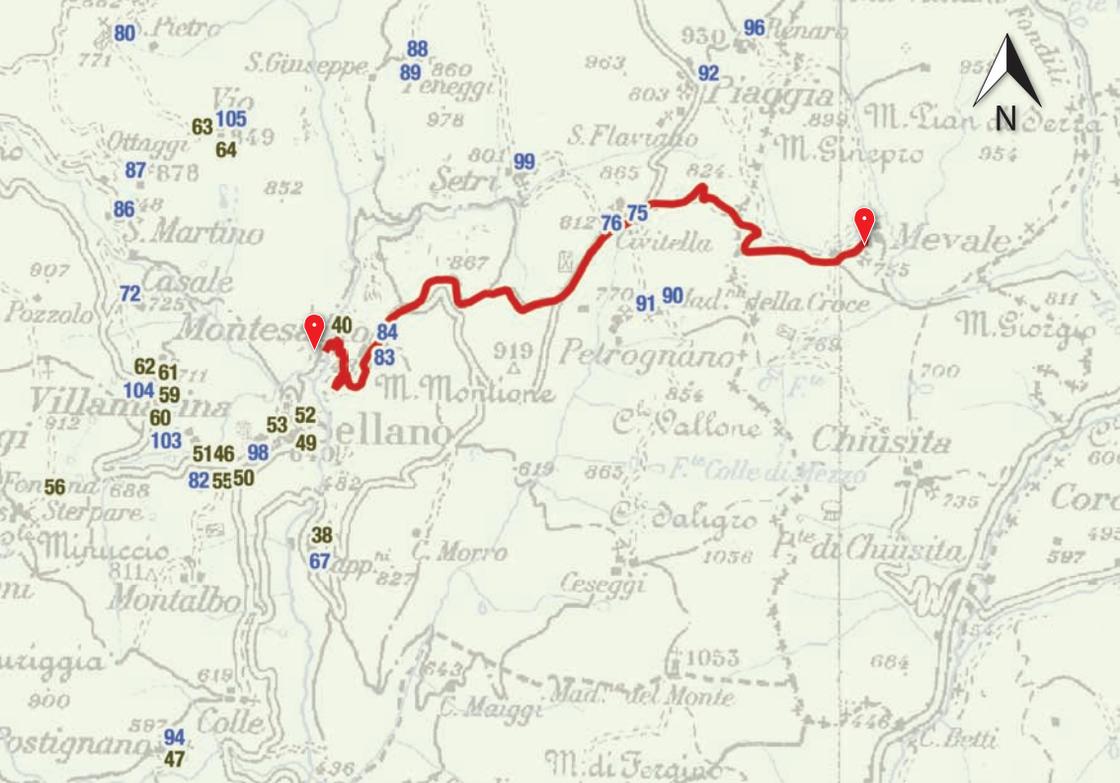
DIFFICULTY E

Walked across the village of Cammoro turn left and head on up to the fosso del Molino (33 T 324596 4751100 | 12.851808, 42.892358 | 980 m a.s.l.). Corresponding to the water access go downhill and then turn right onto the old road which, at half height of the hill links Cammoro with Vene. Once reached the Via della Spina, turn left and reach the chapel of Santa Chiara (TIME 80 min). Turn right and walk uphill on the fosso Canapine; after approx. 1000 m turn left (33 T 325328 4748762 | 12.861494, 42.871486 | 854 m a.s.l.) and along a path reach Agliano (TIME 1 h). walk across the hamlet.

At the church head on on the dirt road which leads to the cemetery and now turn right on the mule path which links Agliano to Fonna walking above the fosso Tesino. After the first buildings of Fonna go down to your right on a trail (33 T 327853 4748137 | 12.892579, 42.866435 | 860 m a.s.l.), to Rocca Brigida (Rocca Alberici), and reach the hamlet of Capo d'Acqua (TIME 1 h, it's here where water is accessed from the Argentina spring, supplying the city of Spoleto with water). After having crossed the bridge, after approx 400 m

Follow the trail to the left which leads to Postignano castle (33 T 329756 4748153 | 12.915855, 42.867005 | 570 m a.s.l., TIME 10 min), totally restored after having been abandoned in the 70's (of the last century).

The walk continues going down to the small church of Madonna del Piano. Following the old road, reach the road SR 319 Sellanese, near the quarry 'Pietra Sponga' (TIME 10 min) and head on to left for approx 300 m. At the second junction (33 T 330458 4748055 | 12.924473, 42.866279 | 490 m a.s.l.) go down a dirt road leading to the river Vigi, cross it and climb up again to the left. Once reached the provincial road of Renaro walk down for 1 km; after the water company Acqua Tullia turn right (33 T 330770 4749995 | 12.927706, 42.883807 | 480 m a.s.l.) and, after 750 m, reach Sellano (TIME 80 min).



Walked past the artificial lake on the river Vigi, turn right following indications for Pizzeria Loch Ness. After 30 min reach Montesanto (743 m a.s.l.). After the wooden houses reach a crossing and follow a mule trail which climbs uphill (33 T 331547 4751465 | 12.936773, 42.897208 | 768 m a.s.l.). Having passed the very steep first bit, the path runs along the hill slopes. Keeping to the right, after 2 km reach the road which connects Sellano and Renaro (33 T 332783 4751564 | 12.951873, 42.898371 | 829 m a.s.l.). Continue to the left and after 1 km reach the church of Civitella (TIME 1 h). Take the second junction to the right (33 T 333454 4752244 | 12.959885, 42.904637 | 813 m a.s.l.) and after another 1100 m, turn right again. The last piece of the walk is even and reaches Mevale (760 m a.s.l., TIME 30 min).

585

from the lake of Sellano (515 m a.s.l.) to Mevale (745 m a.s.l.)

DISTANCE 6,80 km
ALTITUDE CHANGE
 UPHILL 325 m
 ALTITUDE CHANGE
 DOWNHILL 80 m
TIME 2 h
DIFFICULTY E

The itinerary starts in Sellano going towards the waterfall on fosse delle Rote on the road along the river Vigi, after the waterfall the dirt road starts climbing steeply. At the second crossing turn left (33 T 331541 4752122 | 12.936503, 42.903119 | 642 m a.s.l., sign Setri-Peneggi). Now walks uphill and reach the hamlet of Setri (TIME 30 min). Turn right on the asphalt road up to a bend where to the left (33 T 332827 4752650 | 12.952088, 42.908154 | 773 m a.s.l.), turn onto a trail which leads through the wood. Passing in front of the church of San Flaviano, you reach the district of Piaggia (TIME 30 min). Walk around the village on the right hand side and follow the provincial road for a short bit. After the fountain take the mule trail to the left (junction 33 T 334010 4753109 | 12.966435, 42.912543 | 816 m a.s.l.) which leads to Renaro. Cross the provincial road and always follow the mule trail for almost 4 km. This way you reach Riofreddo (33 T 335657 4756582 | 12.985582, 42.944155 | 975 m a.s.l., TIME 75 min), in the municipality of Visso.

586

from Sellano (642 m a.s.l.) to Riofreddo (975 m a.s.l.)

DISTANCE 7,35 km
ALTITUDE CHANGE UPHILL 330 m
ALTITUDE CHANGE DOWNHILL 0 m
TIME 2 h
DIFFICULTY E



8



9



10



11

The walk starts at the village of Croce di Roccafranca. Left of the chapel of San Cristoforo (33 T 329322 4756082 | 12.908133, 42.938263 | 1050 m a.s.l.), take the dirt road which leads down the fosso Valicorno until it reaches the crossing with the road Forfi to Caposumigiale. Turn left at the crossing. Before reaching the chapel of San Lorenzo, you can visit the cave of the blessed Giolo (33 T 330066 4755192 | 12.917516, 42.930420 | 900 m a.s.l., TIME 40 min) reachable in a very short time.

Continue on the road until you reach the crossing near Caposumigiale; turn left here and walk to Roccafranca. Once reached the ancient hamlet, not inhabited anymore, take the dirt road downhill and reach the river Vigi (TIME 90 min). Cross the bridge and climb up on the other side taking the second turn to the right, then the second to the left cutting the hairpin bend of the road. Cross the asphalt road (33 T 333309 4755428 | 12.957163, 42.933260 | 962 m a.s.l.) and follow the dirt road in front climbing up, taking to the hills between Rasenna and Peneggi. Next to a trough, head west, crossing the hill. At the first crossing turn left, the second one to the right until you reach a dirt road which descends to Peneggi (TIME 1 h). Walk around the hill (junction 33 T 332128 4754043 | 12.943113, 42.920536 | 915 m a.s.l.) and reach San Giuseppe. Walk through the hamlet and walk downhill towards the fosso delle Rote. Turn right and reach the river Vigi and walk on through the Vigi valley. Leave the sport fishing lake and the pizzeria to the left and reach the crossing with the old road. On this one you reach, quick and easy, the town of Sellano.

587

from Croce di Roccafranca (1050 m a.s.l.) to Sellano (640 m a.s.l.)

DISTANCE 20,05 km

ALTITUDE CHANGE

UPHILL 535 m

ALTITUDE CHANGE

DOWNHILL 945 m

TIME 6 h

DIFFICULTY E



12



13



14



15

The Sentiero degli Ulivi

5 stages:
Spoleto-Poreta,
Poreta-Trevi,
Trevi-Abbazia di
Sassovivo,
Abbazia di
Sassovivo-Spello,
Spello-Assisi

DISTANCE 70 km
approx.

It links Spoleto and Assisi, crossing the hill country which is the eastern border of the Umbrian valley. It was conceived by some members of the Spoleto section of CAI (Alpine Club Italy) and was realized together with the Foligno section: those two sections of CAI cooperate also for the important and tiring task of maintaining the trail. The trail is intended to value and spread the knowledge of the olive hills which dominate the landscape of the Umbrian valley. The trail leads for the major parts on altitudes between 500 and 600 m with level changes which are suitable for all hikers with a basic preparation. It offers splendid views and gives a chance to enjoy vegetation, geology and culture of great value.

It can be hiked all year round and is close to all major roads and some train station. All this allows to split the trail into stages which can be personalized depending on personal capabilities or organizational and logistic necessities.

In the maps of this trail there is also the stage between San Giovanni Profiamma (municipality of Foligno) and the Franciscan hermitage of Sant'Antonino abate: it comprises parts of the second stage, the entire third stage and the beginning of the fourth stage. The numbers of the stages indicated here are to be intended from Spoleto to Assisi.



The Via di Roma is a Franciscan itinerary crossing Italy passing through Venice, Ravenna, Assisi, Rieti and Rome. In Umbria it hits the Via di Francesco. The latter one unites the most significant places in the life of St. Francis like Monteluco di Spoleto. On a single trail one can reach Assisi on foot coming from La Verna in the north or from Greccio in the south. One can also decide to leave Assisi for Rome on foot, following the Via di Roma on the traces of the saint from Assisi. The trails are normally well signed.

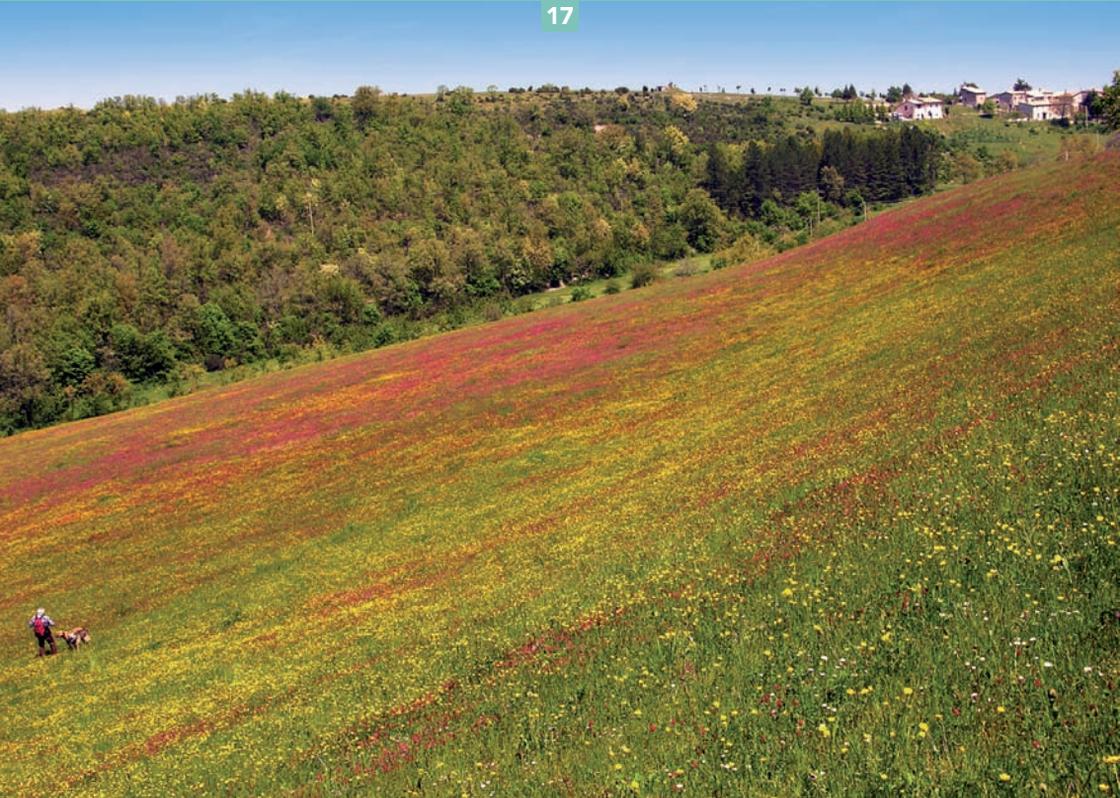
On the maps the piece between Foligno and the Franciscan hermitage of Sant'Antonino abate is signed.

The Via di Francesco The Via di Roma

Via del nord La Verna-Assisi (15 stages), *Via del sud* Greccio-Assisi (21 stages), *Via di Roma* La Verna-Assisi-Roma, via Greccio (23 stages)



16
17





18



19



20



21



22



23

CAMPELLO SUL CLITUNNO

1. Bregnole, Pettino, Agriturismo Cultura Umbra

Latitude 42.858307
Longitude 12.821943
Bregnole, Pettino, 06042 Campello sul
Clitunno
Tel. 339.245840, 340.0712469
mac@montefalcompb.com
www.umbrianculture.com
At approx 15 km from Campello sul Clitunno

2. Pettino, Agriturismo Ristorante Affittacamere Pettino

Latitude 42.862700
Longitude 12.812818
Frazione Pettino 31, 06042 Campello sul
Clitunno
Tel. 0743.276021, 333.2294478
info@ristorantepettino.it
www.agriturismopettino.it
At approx 15 km from Campello sul Clitunno

FOLIGNO

3. Acqua Santo Stefano, Agriturismo Borgo la Torre

Latitude 42.962104
Longitude 12.829921
Acqua Santo Stefano, 06034 Foligno
Tel. 0742.633018, 340.4040625
info@borgolatorre.com
www.borgolatorre.com

4. Belfiore, Bar Fiore

Latitude 42.983271
Longitude 12.752567
Via Daniele Manin, Belfiore, 06034
Foligno
Tel. 0742.352785

5. Cancelli, La Locanda dei 2 apostoli

Latitude 42.940381
Longitude 12.802458
Cancelli 17, 06034 Foligno
Tel. 0742.632590, 0742.632600

6. Carpello, Agriturismo La Maestà

Latitude 42.943702
Longitude 12.726227
Via Carpello 36/37, 06034 Foligno
Tel. 0742.670842
info@la-maesta.com
www.la-maesta.com

7. Carpello, Agriturismo La Quercetta

Latitude 42.944762
Longitude 12.736955
Via Carpello 45, 06034 Foligno
Tel. 333.8672800

8. Carpello, Agriturismo Rocca Deli

Latitude 42.939169
Longitude 12.748045
Carpello, 06034 Foligno
At the moment of publishing, the structure was
closed

9. Casale, Morro, B&B The Casale del Borgo

Latitude 42.951651
Longitude 12.851566
Casale 16, Morro, 06034 Foligno
Tel. 320.8433939
danilamanc@yahoo.it
eilcasaledelborgo@yahoo.it
www.bbicasaledelborgo.com

10. Colle San Lorenzo, Agriturismo Le Vigne

Latitude 42.970041
Longitude 12.744537
Via Vegnole 18, Colle San Lorenzo, 06034
Foligno
Tel. 0742.311612, 346.2414507
info@agriturismolevigne.com
www.agriturismolevigne.com

11. Colle Scandolaro, Azienda Agraria Zucchini Federica

Latitude 42.933728
Longitude 12.743253
Colle Scandolaro 21, 06034 Foligno
Tel. 0742.67417, 347.6704691
federicazucchini@alice.it

12. Colle Scandolaro, Frantoio Agriturismo Antico Frantoio Petesse

Latitude 42.933842
Longitude 12.743212
Colle Scandolaro 29, 06034 Foligno
Tel. 0742.679153, 349.6829423
frantoiopettesse@alice.it
www.frantoiopettesse.it

13. Foligno, Ristorante Gli Orti di Epicuro

Latitude 42.972816
Longitude 12.709762
Via Romana Vecchia, 06034 Foligno
Tel. 0742.692901
info@delfinapalacehotel.it
www.delfinapalacehotel.it/ristorante-gli-
orti-di-epicuro.php

**14. Ponte Santa Lucia, Albergo
Ristorante Bar Guesia Village Hotel and
Spa**

Latitude 42.980808
Longitude 12.785974
Ponte Santa Lucia 46, 06034 Foligno
Tel. 0742.311515
info@guesia.com
www.guesia.com

**15. Rasiglia, Residence Casevacanze
Menotre**

Latitude 42.959714
Longitude 12.859048
Via del Bosco 2a, Rasiglia, 06034 Foligno
Tel. 0742.670383, 335.1264096
info@sanpotente.it
www.sanpotente.it

**16. San Bartolomeo, Agriturismo Borgo
La Torre**

Latitude 42.961313
Longitude 12.829301
San Bartolomeo, 06034 Foligno

**17. San Bartolomeo, Casale San
Bartolomeo**

Latitude 42.954445
Longitude 12.725237
Vocabolo San Bartolomeo 30, 06034
Foligno
Tel. 338.9679887
info@sanbartolomeo.it
B&B and Holiday Home

18. San Bartolomeo, B&B Il Sassovivo

Latitude 42.949596
Longitude 12.734173
Vocabolo San Bartolomeo 23, 06034
Foligno
Tel. 340.5973402, 320.6761004
ilsassovivo@ilsassovivo.it
www.ilsassovivo.it

**19. San Giovanni Profiamma, Bar
Ristorante Pasticceria Beddini**

Latitude 42.969607
Longitude 12.712618
Via Fornaci Hoffman 2/B, San Giovanni
Profiamma, 06034 Foligno
Tel. 0742.510515
info@pasticceriabeddini.it
info@pasticceriabeddini.it

**20. San Giovanni Profiamma, Bar
Tabacchi Dreams Bar**

Latitude 42.982741
Longitude 12.723740
Via Brunelleschi 11/A, San Giovanni
Profiamma, 06034 Foligno
Tel. 0742.846333

**21. San Giovanni Profiamma, B&B
Dolce miele**

Latitude 42.995340
Longitude 12.735753
Via Case Basse 79, San Giovanni
Profiamma, 06034 Foligno
Tel. 0742.660952, 334.171271

**22. San Giovanni Profiamma, Frantoio
Cipolloni**

Latitude 42.979241
Longitude 12.723335
Via Allegri 21, San Giovanni Profiamma,
06034 Foligno
Tel. 0742.311530, 0742.311436
info@cipolloni.com
www.cipolloni.com

**23. San Giovanni Profiamma, Molino
Bordoni**

Latitude 42.979631
Longitude 12.723526
San Giovanni Profiamma, 06034 Foligno
Tel. 0742.660083

**24. Sostino, Ristorante L'Osteria di San
Michele**

Latitude 42.990942
Longitude 12.797953
Sostino 10, 06034 Foligno
Tel. 0742.660766

25. Treggio, Agriturismo Il Moraiolo

Latitude 42.989759
Longitude 12.711154
Treggio 24 A, 06034 Foligno
Tel. 333.3103659
info@moraiolo.it
www.moraiolo.it

26. Treggio, B&B Moschino

Latitude 42.990567
Longitude 12.711175
Treggio 24, 06034 Foligno
Tel. 0742.21861, 349.3772964
info@bbmoschino.it
www.bbmoschino.it

27. Verchiano, B&B Baby Angel

Latitude 42.949808

Longitude 12.883411

Via Adua 24, Verchiano, 06034 Foligno

Tel. 0742.315364, 329.4006939

gnolo1970@libero.it

28. Verchiano, B&B Casa Elisabetta

Latitude 42.952356

Longitude 12.909928

Curasci 30, Verchiano, 06034 Foligno

Tel. 0742.315353, 347.641398

elisabethschmucki@gmail.com

29. Verchiano, Ristorante Osteria dei Carbonari

Latitude 42.947506

Longitude 12.882737

Verchiano, 06034 Foligno

Tel. 0742.633023

30. Verchiano, Vionica, Ristorante Da Paola

Latitude 42.958353

Longitude 12.874934

Vionica di Verchiano, 06034 Foligno

Tel. 0742.632801

31. Vescia, Agriturismo Colle dei Chiaci

Latitude 42.986812

Longitude 12.740300

Via Flaminia nord 8, Vescia, 06034

Foligno

Tel. 0742.311678

ago.benedetti@virgilio.it

32. Vescia, Bar Ristorante Albergo Morico

Latitude 42.981672

Longitude 12.738527

Via Nocera Umbra 43, Vescia, 06034

Foligno

Tel. 0742.660406

info@agrisanmartino.it

www.agrisanmartino.it

33. Vescia, Frantoio Luigi Tega and B&B Il Borgo del Fattore

Latitude 42.982886

Longitude 12.741047

Via dei Frantoi 53, Vescia, 06034 Foligno

Tel. 0742.660015, 328.1392997

tegalink@libero.it

www.ilborgodelfattore.it

34. Vescia, Laghi di Acquabianca, Ristorante Pizzeria Camelot

Latitude 43.002132

Longitude 12.742630

Laghi di Acquabianca, via Flaminia nord,

Vescia, 06034 Foligno

Tel. 0742.311679

35. Vescia, Ristorante Bar Fichetto

Latitude 42.981871

Longitude 12.738910

Via dei Frantoi 20, Vescia, 06034 Foligno

Tel. 0742.660086

SELLANO**36. Cammoro, Agriturismo Il Castello del Sole**

Latitude 42.892595

Longitude 12.852640

Cammoro 32, 06030 Sellano

Tel. 0743.275822, 338.2068698

info@ilcastellodelsole.it

www.ilcastellodelsole.it

37. Cammoro, Casevacanze appartamenti Il Carpino

Latitude 42.892275

Longitude 12.852859

Cammoro 51, 06030 Sellano

Tel. 0742.342313

info@ilcarpino.net

www.ilcarpino.net

38. Cappuccini di Sellano, Ristorante Albergo Residenza d'Epoca La Foresteria Convento di Acquapremula

Latitude 42.880995

Longitude 12.929077

Cappuccini, 06030 Sellano

Tel. 0743.926663

info@conventodiacquapremula.com

www.conventodiacquapremula.com

39. Casaleto, Ristorante Il Casaleto

Latitude 42.900046

Longitude 12.831823

Casaleto, 06030 Sellano

Tel. 0743.97187, 349.3933690

ristorantecasaleto@infinito.it

40. River Vigi, Ristorante Pizzeria Loch Ness Pub

Latitude 42.895441

Longitude 12.930462

Fiume Vigi, 06030 Sellano

Tel. 0743.926637, 339.5482580

lochnesspubristopizza@gmail.com

www.ristorantelochness.com

41. Forni, Affittacamere Borgo di Forni

Latitude 42.867926
 Longitude 12.891088
 Forni, 06030 Sellano
 Tel. 0742.351515, 335.6224718
 info@borgodiforni.it
 www.borgodiforni.it

42. Forni, Affittacamere La DiMora

Latitude 42.867601
 Longitude 12.894000
 Forni 3, 06030 Sellano
 Tel. 340.3446664, 349.6408432
 dinocesarini@libero.it

43. Le Terme, Agriturismo Casala

Latitude 42.913271
 Longitude 12.883858
 Le Terme, 06030 Sellano
 Tel. 0743.971101, 338.5698107
 info@agriturismocasala.com
 www.agriturismocasala.com

44. Molini di Sellano, Affittacamere Il Mulino sul Menotre

Latitude 42.916710
 Longitude 12.859411
 Molini di Sellano 21, 06030 Sellano
 Tel. 0742.359905, 347.1600389
 info@imolini.com
 www.imolini.com

45. Molini di Sellano, Bar Bianchi

Latitude 42.917181
 Longitude 12.857682
 Molini, 06030 Sellano
 Tel. 0743.97145

46. Montesanto, Residence Vallemela

Latitude 42.886426
 Longitude 12.919552
 Montesanto 9, 06030 Sellano
 Tel. 0743.267383, 335.1264096
 info@sanpotente.it
 www.sanpotente.it

47. Postignano, Ospitalità Diffusa Castello di Postignano Ristorante

Trattoria La Casa Rosa
 Latitude 42.866848
 Longitude 12.915505
 Postignano, 06030 Sellano
 Tel. 0743.788005
 info@castellodipostignano.it
 www.castellodipostignano.it

48. Pupaggi, Agriturismo Castello di Pupaggi

Latitude 42.889169
 Longitude 12.888004
 Pupaggi, 06030 Sellano
 Tel. 0743.96104, 333.2064026
 info@castellodipupaggi.it
 www.castellodipupaggi.it

49. Sellano, B&B Dimora Marchesi

Latitude 42.888807
 Longitude 12.927289
 Piazza V. Emanuele III 18, 06030 Sellano
 Tel. 0743.330316, 338.2620288

50. Sellano, Casevacanza Chalet San Francesco

Latitude 42.886308
 Longitude 12.921451
 Via G. Marconi 64, 06030 Sellano
 Tel. 0743.96139
 info@chaletsanfrancesco.com
 www.chaletsanfrancesco.com

51. Sellano, Casevacanza Valleprata

Latitude 42.886426
 Longitude 12.919552
 Via G. Marconi 94, 06030 Sellano
 Tel. 338.3470559
 info@valleprata.com
 www.valleprata.com

52. Sellano, Ostello Le Fate

Latitude 42.889235
 Longitude 12.927217
 Via Garibaldi 10, 06030 Sellano
 Tel. 320.6521601
 massimoconsoli47@gmail.it
 www.lefateapartments.it

53. Sellano, Ristorante Bar Stella

Latitude 42.888535
 Longitude 12.926516
 Via Umberto I, 5, 06030 Sellano
 Tel. 0743.96160
 info@stellacafe.it
 www.stellacafe.it

54. Sellano, Ristorante Casevacanze and Alimentari San Francesco

Latitude 42.886308
 Longitude 12.921451
 Via G. Marconi 64, 06030 Sellano
 Tel. 0743.96139
 info@chaletsanfrancesco.com
 www.chaletsanfrancesco.com

55. Sellano, Ristorante Il Giardino

Latitude 42.886093
 Longitude 12.921418
 Viale Marconi 39, 06030 Sellano
 Tel. 0743.96120

56. Sterpare, Agriturismo La Ginestra

Latitude 42.883844
 Longitude 12.903523
 Sterpare, 06030 Sellano
 Tel. 0743.96247, 335.5383471
 info@agriturismolaginestra.it
 www.agriturismolaginestra.it

57. Valico del Soglio, Bar D'Andrea

Latitude 42.905045
 Longitude 12.896641
 Valico del Soglio 1, 06030 Sellano
 Tel. 0743 96263

58. Villamagina, Agriturismo Cristofori Agostini

Latitude 42.891506
 Longitude 12.914151
 Villamagina, 06030 Sellano
 Tel. 0743 96129

59. Villamagina, Albergo Campo del Frate

Latitude 42.891901
 Longitude 12.914177
 Villamagina, 06030 Sellano
 Tel. 0743.96129
 casalicalimori@gmail.com
 www.casalicalimori.com

60. Villamagina, Bar of the apes

Latitude 42.889551
 Longitude 12.913390
 Villamagina, 06030 Sellano
 Tel. 0743.96134
Close to gas station

61. Villamagina, Ristorante Agriturismo La Cantina di Calimori

Latitude 42.891919
 Longitude 12.914125
 Villamagina, 06030 Sellano
 Tel. 0743.96129
 casalicalimori@gmail.com
 www.casalicalimori.com

62. Villamagina, Ristorante Osteria Il Canevaro

Latitude 42.892322
 Longitude 12.913792
 Villamagina 15, 06030 Sellano
 Tel. 0743.924013, 347.1817924
 info@ilcanevaro.com
 www.ilcanevaro.com

63. Vio, B&B Gigi e Letizia

Latitude 42.908892
 Longitude 12.918719
 Vio 11, 06030 Sellano
 Tel. 333.4588182, 393.4178189

64. Vio, B&B Hortus in caelum

Latitude 42.908829
 Longitude 12.919031
 Vio di Sellano 6, 06030 Sellano
 Tel. 0743.665110, 335.361515
 algerivito1@hotmail.com

TREVI**65. Borgo Trevi, Albergo Ristorante La Cerquetta****

Latitude 42.882682
 Longitude 42.882682
 Via Madonna 75, 06039 Borgo Trevi
 Tel. 0742.381963
 info@cerquetta.it
 www.albergolacerquetta.com

66. Borgo Trevi, Faustana, Pizzeria Ristorante Birreria Spring House Tavern

Latitude 42.861716
 Longitude 12.738632
 Via Faustana 28, Bovara, 06039 Trevi
 Tel. 0742.381547

67. Borgo Trevi, Ristorante Il Nuovo Fienile

Latitude 42.874489
 Longitude 12.737984
 V. Cannaiola 1, 06039 Borgo Trevi
 Tel. 0742.381890

68. Bovara, Agriturismo Il Convento Centro Soggiorno Studi

Latitude 42.860146
 Longitude 12.747332
 Via Don Sturzo 7, Bovara, 06039 Trevi
 Tel. 0742.781220, 339.6020313
 info@ilconvento.org
 www.ilconvento.org

69. Bovara, Agriturismo Il Portico

Latitude 42.848954
 Longitude 12.743637
 Via Marroggia 5A, Bovara, 06039 Trevi
 Tel. 339.3458432
 marialetiziamicheli@live.it

70. Bovara, Alvanischio, Affittacamere Alvavista

Latitude 42.860606
 Longitude 12.754964
 Alvanischio 14, Bovara, 06039 Trevi
 Tel. 0742.780971, 347.3422459
 info@alvavista.it

71. Bovara, Alvanischio, Affittacamere Camere Belvedere

Latitude 42.861631
 Longitude 12.755161
 Alvanischio 7, Bovara, 06039 Trevi
 Tel. 328.3322939, 320.2148742

72. Bovara, Alvanischio, Affittacamere Casa Venturini

Latitude 42.861856
 Longitude 12.754928
 Alvanischio 4, Bovara, 06039 Trevi
 Tel. 0742.849090, 347.8891600
 venturini.m@tre.it

73. Bovara, Alvanischio, Affittacamere Mattioli Graziano

Latitude 42.861693
 Longitude 12.755007
 Alvanischio 7, Bovara, 06039 Trevi

74. Bovara, Alvanischio, Azienda Olivicola Frantoio Pietro Venturini

Latitude 42.861998
 Longitude 12.754949
 Alvanischio 2, Bovara, 06039 Trevi
 Tel. 0742.780255, 349.7888001
 olivoventurini@tin.it
 www.pietroventurini.it

75. Bovara, Alvanischio, B&B Bellavista

Latitude 42.861869
 Longitude 12.754728
 Via Alvanischio 4, Bovara, 06039 Trevi
 Tel. 0742.849090, 347.8891600
 venturini.m@tre.it

76. Bovara, Alvanischio, Country House Le Vedute

Latitude 42.861439
 Longitude 12.754597
 Alvanischio 4, Bovara, 06039 Trevi
 Tel. 0742.381337, 339.3686103
 info@levedute.com
 www.levedute.com

77. Bovara, Colle Alto, Casevacanze Appartamenti La Vecchia Aia

Latitude 42.865420
 Longitude 12.746462
 Colle Alto 9-9a-9b, Bovara, 06039 Trevi
 Tel. 0742.381825, 338.9775005
 laveccchia.aia@libero.it

78. Bovara, Corciano, Affittacamere Agrifoglio

Latitude 42.855475
 Longitude 12.750587
 Corciano 5/A-B, Bovara, 06039 Trevi

79. Bovara, Corciano, Country House Casa Giulia

Latitude 42.856997
 Longitude 12.750945
 Corciano 1, Bovara, 06039 Trevi
 Tel. 0742.78257, 335.6836130
 info@casagiulia.com
 www.casagiulia.com

80. Bovara, Fondaccio, Agriturismo I Mandorli L'Antico Frantoio dei Cardarelli

Latitude 42.861147
 Longitude 12.751390
 Fondaccio 6, Bovara, 06039 Trevi
 Tel. 0742.78669, 335.1006524
 info@agriturismoimandorli.com
 www.agriturismoimandorli.com

81. Bovara, La Castellina, Ristorante La Locanda del Piccolo Diavolo

Latitude 42.865190
 Longitude 12.748968
 La Castellina 3, Bovara, 06039 Trevi
 Tel. 392.2328698, 0742.480568
 maryka90@libero.it
 www.lalocandadelpiccolodiavolo.it

82. Bovara, La Croce, Agriturismo Fiordaliso

Latitude 42.865784
 Longitude 12.751378
 Via La Croce 12, Bovara, 06039 Trevi
 Tel. 0742.381700, 335.8118604
 info@agrifiordaliso.com
 www.agrifiordaliso.com

83. Bovara, La Valle, Affittacamere Cascioli Orlando Frantoio Cascioli Nadia

Latitude 42.863438
 Longitude 12.753760
 La Valle 10, Bovara, 06039 Trevi
 Tel. 0742.78605, 347.4261461

84. Bovara, SS Flaminia (km 141,7), Frantoio Uliveti Di Trevi
 Latitude 42.862599
 Longitude 12.739763
 SS Flaminia (km 141,7), Bovara, 06039 Trevi
 Tel. 0742.386000

85. Coste, Casavacanza Borghetto Vetuliae
 Latitude 42.886545
 Longitude 12.771749
 Via Agozzi 9, Coste, 06039 Trevi
 Tel. 392.5041059
 f.girolamett@gmail.com
 www.borghettovetuliae.it

86. Coste, Lago delle Vecchie, Rifugio Casetta Ciccaglia
 Latitude 42.866029
 Longitude 12.792372
 Lago delle Vecchie, Coste, 06039 Trevi
Refuge managed by Agricultural University of Coste (Trevi)

87. Coste, Pizzeria Ristorante Lo Stiriolo
 Latitude 42.884552
 Longitude 12.770341
 Le Case 20, Coste, 06039 Trevi
 Tel. 0742.381588

88. Coste, Pozzo Mezzanotte, Rifugio Pozzo Mezzanotte
 Latitude 42.881921
 Longitude 12.792140
 Pozzo Mezzanotte, Coste, 06039 Trevi
 Tel. 0742.22921
 caifoligno@tin.it
 www.caifoligno.it
Refuge managed by CAI Foligno

89. Coste, Ristorante Il Poggio
 Latitude 42.886176
 Longitude 12.772236
 Via Agozzi, Coste, 06039 Trevi
 Tel. 0742.78883, 338.2536790
 info@ristoranteilpoggio.it
 www.ristoranteilpoggio.it

90. Coste San Paolo, Casavacanze Tetti di Trevi
 Latitude 42.877619
 Longitude 12.773871
 Coste San Paolo, 06039 Trevi
 Tel. 347.4317965
 info@tettiditrevi.com
 www.tettiditrevi.com

91. Coste San Paolo, Casevacanze Le Tradizioni di Marianucci Francesco
 Latitude 42.876830
 Longitude 12.774085
 Coste San Paolo, 06039 Trevi
 Tel. 339.8448483, 339.6353851
 info@letradizionicasavacanze.it
 www.letradizionicasavacanze.it

92. Manciano, Affittacamere Ciarletti Valentino
 Latitude 42.902695
 Longitude 12.760464
 Via Istriani 12, Manciano, 06039 Trevi
 Tel. 333.7570776
 valentevacanze@katamail.com

93. Manciano, Agriturismo La Pintura Frantoio Pietrabanca
 Latitude 42.902695
 Longitude 12.760464
 Via Pintura 3, Manciano, 06039 Trevi
 Tel. 0742.78354, 348.7900444
 info@lapintura.it
 www.lapintura.it

94. Manciano, Casa Margherita
 Latitude 42.905011
 Longitude 12.758952
 Via Terra Bianca 12, Manciano, 06039 Trevi
 Tel. 0742.781329
 info@casa-margherita.com
 www.oliopaterno.it

95. Manciano, Le Corone, B&B Colle del Sole
 Latitude 42.913257
 Longitude 12.767271
 Via Le Corone di Colle di Manciano 7, 06039 Trevi
 Tel. 347.6389115
 fiordiclaudio53@gmail.com

96. Matigge, Albergo Ristorante Hotel della Torre***
 Latitude 42.906489
 Longitude 12.732998
 SS Flaminia km 147, Matigge, 06039 Trevi
 Tel. 0742.3971
 info@folignohotel.it
 www.folignohotel.it

**97. Matigge, Albergo Ristorante
Il Borgo dell'Ulivo*****

Latitude 42.897928
Longitude 12.743019
Via Monte Bianco 23, Matigge, 06039
Trevi
Tel. 0742.78969, 329.0537150
info@borgoulivo.it
www.borgoulivo.it

**98. Matigge, Torre Matigge, Società
Agricola Trevi 'Il Frantoio'**

Latitude 42.911149
Longitude 12.733773
Via Fosso Rio, Torre Matigge, 06039 Trevi
Tel. 0742.391631, fax 0742.392441
info@oliotrevi.it
www.oliotrevi.it

99. Parrano, Agriturismo Villa Silvana

Latitude 42.881267
Longitude 12.745566
Via Fonte Pigge 6, Parrano, 06039 Trevi
Tel. 0742.78821, 338.1171133
agriturismo@villasilvana.it
www.villasilvana.it

**100. Parrano, Casa Gabbato, Ristorante
Pizzeria La Locanda di Fanfaluca**

Latitude 42.881116
Longitude 12.739195
Casa Gabbato 7, Parrano, 06039 Trevi
Tel. 0742.780441
info@lalocandadifanfaluca.com
www.lalocandadifanfaluca.com

101. Pigge, Agriturismo La Pigge

Latitude 42.852734
Longitude 12.750677
Via San Marco 4, Pigge, 06039 Trevi
Tel. 0742.381287, 339.6914363
info@agriturismolapigge.it
www.agriturismolapigge.it

**102. Pigge, Azienda Agraria Gaudenzi
Antonio**

Latitude 42.851707
Longitude 12.755601
Via Pietrarossa 1, Pigge, 06039 Trevi
Tel. 0742.781170, 349.3411943

**103. Pigge, Camporeale, Frantoio
Gaudenzi di Brunetti Rossana**

Latitude 42.850241
Longitude 12.751421
Pigge, Camporeale, 06039 Trevi
Tel./fax 0742.781107
info@oliodopgaudenzi.it
www.frantoiogaudenzi.it

**104. Pigge, Camporeale, Ristorante
Birreria Pan di Zucchero**

Latitude 42.849131
Longitude 12.752726
Camporeale 4, Pigge, 06039 Trevi
Tel. 0742.781390

105. Pigge, Frantoio Lucentini Lorenzo

Latitude 42.855922
Longitude 12.754951
Via Corciano 1, Pigge, 06039 Trevi
Tel. 0742.78727, 349.8722842
frantoio.lucentini@email.it

**106. Pigge, Ristorante Antica Locanda
Il Nome della Rosa**

Latitude 42.856997
Longitude 12.750945
Corciano 1, Pigge, 06039 Trevi
Tel. 0742.78257

**107. Pigge, Sant'Arcangelo,
Affittacamere L'Oliveto**

Latitude 42.860213
Longitude 12.764540
Sant'Arcangelo 5, La Pigge, 06039 Trevi
Tel. 331.3684737
sandro.gasperini@poste.it

**108. Santa Maria in Valle, Agriturismo
d'epoca Villa Plini**

Latitude 42.885700
Longitude 12.748930
Villa Nova 2, Santa Maria in Valle, 06039
Trevi
Tel. 0742.78609, 0742.381529
info@villaplini.com
www.villaplini.com

**109. Santa Maria in Valle, Azienda
Agraria Maria Grazia Baliani**

Latitude 42.889201
Longitude 12.754926
Via degli Ulivi 5, Santa Maria in Valle,
06039 Trevi
Tel. 0742.381936, 347.2458351

**110. Santa Maria in Valle, B&B Umbria
Verde**

Latitude 42.894778
Longitude 12.731326
Via Monte Rosa 39, Santa Maria in Valle,
06039 Trevi
Tel. 0742.781298, 338.1999873
info@bbumbriaverde.com
www.bbumbriaverde.com

111. Santa Maria in Valle, Castelluccio,**B&B Le Torte di Edi**

Latitude 42.894841

Longitude 12.756904

Castelluccio 8, Santa Maria in Valle,
06039 Trevi

Tel. 0742.381794, 338.4959701

edizamboni@teletu.it

www.trevibeb.it

**112. Santa Maria in Valle, Collecchio,
Agriturismo Residenza Paradiso**

Latitude 42.891657

Longitude 12.748398

Via Collecchio 11, Santa Maria in Valle,
06039 Trevi

Tel. 0742.78549, 338.3885601

info@residenzaparadiso.it

www.residenzaparadiso.it

**113. Santa Maria in Valle, I Camponi,
Affittacamere Villa Chiara**

Latitude 42.896248

Longitude 12.753058

I Camponi 7, Santa Maria in Valle, 06039
Trevi

Tel. 0742.78594

**114. Trevi, Albergo Ristorante Hotel
Relais Antica Dimora alla Rocca******

Latitude 42.877710

Longitude 12.746838

Piazza della Rocca 1, 06039 Trevi

Tel. 0742.38541

info@hotelallarocca.it

www.hotelallarocca.it

**115. Trevi, Albergo Ristorante
Il Terziere*****

Latitude 42.878921

Longitude 12.750144

Via Coste 1, 06039 Trevi

Tel. 0742.78359

info@ilterziere.com

www.ilterziere.com

116. Trevi, Azienda Agraria Elisir

Latitude 42.877480

Longitude 12.747344

Piazza Mazzini 13, 06039 Trevi

Tel. 0742.357685, 339.8636772

info@aziendaelisir.it

www.aziendaelisir.it

117. Trevi, Bar Caffè Roma

Latitude 42.877259

Longitude 12.747600

Piazza Mazzini 2, 06039 Trevi

Tel. 0742.620672

118. Trevi, Bar Chalet

Latitude 42.878040

Longitude 12.748555

Piazza Garibaldi 1

Tel. 0742.78291

119. Trevi, B&B Palazzo Petroni

Latitude 42.877499

Longitude 12.747048

Via B.P. Riccardi 5, 06039 Trevi

Tel. 0742.67458

120. Trevi, B&B Palazzo Valenti

Latitude 42.878121

Longitude 12.747195

Via San Francesco 22, 06039 Trevi

Tel. 333.7702497

info@palazzovalenti.com

www.palazzovalenti.com

121. Trevi, Casavacanza Bonaca

Latitude 42.876163

Longitude 12.742992

Via dei Monasteri 8, 06039 Trevi

Tel. 347.1959271

**122. Trevi, Casavacanza Dimora
medievale La Bifora**

Latitude 42.876997

Longitude 12.747127

Via Tiberio Natalucci 3, 06039 Trevi

Tel. 0742.78467, 347.6717557

info@labifora.com

www.labifora.net

123. Trevi, Casavacanza Rufini

Latitude 42.876064

Longitude 12.743120

Via dei Monasteri 10, 06039 Trevi

Tel. 349.8590226

info@casarufini.it

www.casarufini.it

124. Trevi, Frantoio Checcarelli

Latitude 42.877136

Longitude 12.750572

Via delle Grotte 10a, 06039 Trevi

Tel. 0742.78498, 347.6668271

info@oliocheccarelli.it

www.oliocheccarelli.it

125. Trevi, Olio & Arte

Latitude 42.877291

Longitude 12.747477

Piazza Mazzini 8, 06039 Trevi

Tel. 392.3363929

lorenzonalini@gmail.com

126. Trevi, Ospitalità Monastero di Santa Chiara

Latitude 42.876952
 Longitude 12.743176
 Via dei Monasteri 4, 06039 Trevi
 Tel. 0742.78216

Overnight at monastery, give an offer

127. Trevi, Ospitalità Monastero di Santa Lucia

Latitude 42.876340
 Longitude 12.748052
 Via del Crocefisso 1, 06039 Trevi
 Tel. 0742.78242

Overnight at monastery, give an offer

128. Trevi, Pizzeria Ristorante Birreria La Taverna del Teatro

Latitude 42.877388
 Longitude 12.748052
 Via Roma 15, 06039 Trevi
 Tel. 0742.381239

info@latavernadelteatro.it
 www.latavernadelteatro.it

129. Trevi, Residence Sant'Emiliano Borghetto del Mustaccio

Latitude 42.877898
 Longitude 12.747725
 Via Salvatore Zappelli 24, 06039 Trevi
 Tel. 348.2285443, 380.4393656

info@residencesantemiliano.it
 www.residencesantemiliano.it

Affittacamere

130. Trevi, Residenza La Passeggiata

Latitude 42.882088
 Longitude 12.751607
 V.le A. Ciuffelli 12, 06039 Trevi
 Tel. 0742.780108, 329.3569200

info@residenzalapasseggiata.com
 www.residenzalapasseggiata.com

131. Trevi, Ristorante Affittacamere Osteria La Vecchia Posta

Latitude 42.877470
 Longitude 12.747526
 Piazza Mazzini 14, 06039 Trevi
 Tel. 0742.381690

camerelavecchiaposta@gmail.com
 www.lavecchiaposta.net

132. Trevi, Ristorante Cantina del Bartoccio

Latitude 42.877260
 Longitude 12.747471
 Piazza Mazzini 7, 06039 Trevi
 Tel. 345.0403513

lunasimone@hotmail.it

133. Trevi, Ristorante La Prepositura

Latitude 42.877863
 Longitude 12.747048
 Vicolo Oscuro 2A, 06039 Trevi
 Tel. 0742.385401

info@hotelallarocca.it
 www.hotelallarocca.it

134. Trevi, Ristorante Maggiolini

Latitude 42.878062
 Longitude 12.747308
 Via San Francesco 20, 06039 Trevi
 Tel. 0742.381534

info@ristorantemaggiolini.it
 www.ristorantemaggiolini.it

135. Trevi, Pizzeria Trattoria Affittacamere La Casareccia

Latitude 42.877816
 Longitude 12.748185
 Via Lucarini 17, 06039 Trevi
 Tel. 0742.780994, 333.085292

136. Trevi, Ristorante Taverna del Sette

Latitude 42.877268
 Longitude 12.747091
 Vicolo del Sette 8, 06039 Trevi
 Tel. 0742.780741, 339.8108970

info@tavernelsette.it
 www.tavernelsette.it

137. Trevi, Vineria Ristorante Gustavo

Latitude 42.878366
 Longitude 12.747338
 Via San Francesco 13, 06039 Trevi
 Tel. 389.7638062

info@gustavogustavino.it
 lwww.gustavogustavino.it

At the moment of publishing, the structure was closed

138. Matigge, Piazza Umbra Centro Commerciale

Latitude 42.910217,
 Longitude 12.730979
 S.S. Flaminia km 147, 06039 Matigge di Trevi

Tel. 0742.393251, 0742.677417
 piazzaumbra@pec.rgweb.eu
 www.centropiazzaumbra.it

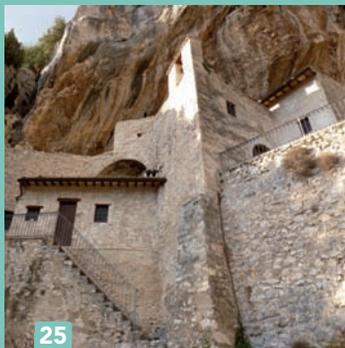
139. Matigge, Tosti Market Roxy Bar

Latitude 42.901355
 Longitude 12.741059
 Località San Clemente 32, 06039 Matigge di Trevi

Tel./fax 0742.78790
 tostimarket@libero.it
 www.tostimarket.com



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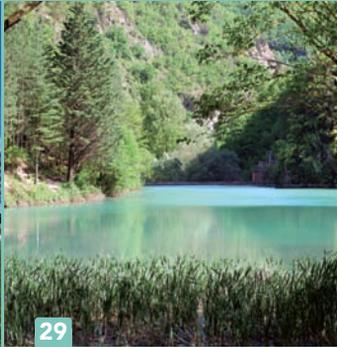
26



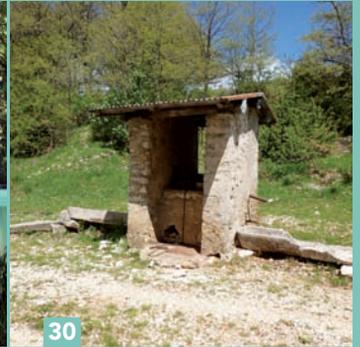
27



28



29



30

CAMPELLO SUL CLITUNNO

1. Agliano, church of San Pietro (14th c.)

Latitude 42.864223

Longitude 12.872608

2. Pettino, church of the Santi Quirico e Giulietta

Latitude 42.863615

Longitude 12.816702

3. Pettino, Colle, church of Sant'Emidio

Latitude 42.862905

Longitude 12.812430

4. Pissignano, Franciscan hermitage Sant'Antonio abate

Latitude 42.844124

Longitude 12.765969

5. Pissignano, Tempietto del Clitunno

Latitude 42.842246

Longitude 12.756929

6. Spina Nuova, church of the Santi Marco and Lorenzo (approx. 15th c.)

Latitude 42.854952

Longitude 12.843047

7. Spina Nuova, church of the Santi Pietro e Paolo

Latitude 42.860745

Longitude 12.845979

FOLIGNO

8. Acqua Santo Stefano, church of San Nicola

Latitude 42.958548

Longitude 12.826708

9. Belfiore, paper mill

Latitude 42.983242

Longitude 12.760229

It is not currently open

10. Belfiore, church of Santa Maria Assunta (17th c.)

Latitude 42.983156

Longitude 12.753166

11. Camino, church of

Latitude 42.933404

Longitude 12.891539

12. Cancellara, church of San Silvestro

Latitude 42.928778

Longitude 12.751469

13. Cancelli, church of the Santi Apostoli Pietro e Paolo (therapeutic sanctuary)

Latitude 42.940485

Longitude 12.802088

14. Cancelli, La Maestà

Latitude 42.942263

Longitude 12.804725

15. Caposomigiale, church of San Lorenzo

Latitude 42.929220

Longitude 12.917917

16. Caposomigiale, church of San Ponziano

Latitude 42.930741

Longitude 12.930927

17. Caposomigiale, Beato Giolo's cave

Latitude 42.930420

Longitude 12.917516

At the boundaries of the municipality of Sellano

18. Carpello, church of Sant'Apollinare

Latitude 42.944227

Longitude 12.731356

19. Carpello, 'Maestà bella' (votive shrine)

Latitude 42.942693

Longitude 12.727500

20. Carpello, monastery and church of Santa Maria di Betlemme (20th c., 1792-1994)

Latitude 42.936185

Longitude 12.727495

Work of the Foligno architect Franco Antonelli. A religious group lives here, Augustinian contemplative sisters, of ancient origins

21. Carpello, Rocca Deli (11th-12th c.)

Latitude 42.937979

Longitude 12.747632

22. Casale, church of Madonna del Lago

Latitude 42.961548

Longitude 12.794951

23. Casale, church of Sant'Andrea apostle

Latitude 42.961810

Longitude 12.797146

24. Casenove, church of Santa Maria

Latitude 42.978340

Longitude 12.839762

25. Civitella, church of Sant'Andrea

Latitude 42.972699
Longitude 12.908620

26. Colle di Scandolaro, church of Santa Maria Assunta (12th-17th c.)

Latitude 42.932143
Longitude 12.743206

27. Collenibbio, church of Sant'Antonio abate

Latitude 42.946916
Longitude 12.924442

28. Colle San Lorenzo, church

Latitude 42.970629
Longitude 12.750681

29. Croce di Roccafranca, church of San Cristoforo

Latitude 42.940283
Longitude 12.936356

30. Cupoli, church of San Giovanni

(original construction of 12th c.)
Latitude 42.936499
Longitude 12.800770

31. Curasci, votive shrine

Latitude 42.951615
Longitude 12.906556

32. Leggiana, Case Maggi, Madonna del Sasso

Latitude 42.975444
Longitude 12.822216

The sanctuary can be reached through an underground crossing from Leggiana

33. Leggiana, church of San Martino

Latitude 42.981648
Longitude 12.828610

34. Leggiana, Il Palazzaccio (14th c.)

Latitude 42.980639
Longitude 12.830664

Ruined rests of to watch castle along the Via Plestina Morro, chapel of Santissima Trinità

35. Morro, chapel of the Santissima Trinità

Latitude 42.949690
Longitude 12.849014

36. Morro, church of San Martino

Latitude 42.952345
Longitude 12.851721

37. Pale, paper mill

Latitude 42.981982
Longitude 12.775286

38. Pale, church of the Santi Biagio and Margherita

Latitude 42.982934
Longitude 12.775060

The first document citing the church is from 1113

39. Pale, hermitage of Santa Maria Giacobbe

Latitude 42.986022
Longitude 12.771711

A signed path leads to it

40. Pale, Palazzo Elisei

Latitude 42.983257
Longitude 12.774838

41. Popola, castle

Latitude 42.990493
Longitude 12.891165

42. Popola, church of Santa Maria Assunta

Latitude 42.990836
Longitude 12.891854

43. Rasiglia, church of the Santi Pietro e Paolo

Latitude 42.959578
Longitude 12.860985

44. Rasiglia, rests of the castle

Latitude 42.960203
Longitude 12.861140

45. Rasiglia, sanctuary of Madonna delle Grazie

Latitude 42.952778
Longitude 12.861439

Outside the village of Rasiglia, on the road towards Sellano, the are signs to reach the sanctuary easily

46. Roccafranca, castle

Latitude 42.940858
Longitude 12.937232

47. Roccafranca, church of Santa Maria Assunta

Latitude 42.940432
Longitude 12.935078

48. Roviglieto, castle, church of Santa Maria Assunta

Latitude 42.930365
Longitude 12.771414

49. San Bartolomeo, convent and church of San Bartolomeo

Latitude 42.951165
Longitude 12.729555

50. San Giovanni Profiamma, church of San Giovanni Battista

Latitude 42.982418

Longitude 12.723102

51. San Sisto, church of San Cristoforo

Latitude 42.938156

Longitude 12.908172

52. Sassovivo, abbey of Santa Croce in Sassovivo

Latitude 42.957082

Longitude 12.762573

53. Sassovivo, crypt of the Beato Alano (11th c.)

Latitude 42.959003

Longitude 12.763181

Testimony of the first nucleus of Sassovivo's abbey**54. Scandolaro, church of San Sebastiano**

Latitude 42.934368

Longitude 12.749392

55. Scandolaro, hermitage of Madonna del Riparo

Latitude 42.936424

Longitude 12.756456

56. Scanzano, church of San Nicolò

Latitude 42.984260

Longitude 12.742945

57. Scopoli, castle and museum of Arte moderna del divenire

Latitude 42.971286

Longitude 12.808013

Castle rebuilt in the second half of the 15th c.**58. Scopoli, church of Santa Maria Assunta**

Latitude 42.971286

Longitude 12.808013

59. Serrone, church of Santa Maria Assunta

Latitude 42.972062

Longitude 12.844682

60. Sostino, church of San Michele

Latitude 42.991319

Longitude 12.798716

61. Treggio, church of San Sebastiano

Latitude 42.978657

Longitude 12.705131

62. Uppello, church of Santa Croce

Latitude 42.955092

Longitude 12.737959

63. Vallupo, church of San Giovanni

Latitude 42.934403

Longitude 12.816962

64. Verchiano, church of San Salvatore

Latitude 42.946376

Longitude 12.901463

65. Verchiano, church of Santa Maria Assunta

Latitude 42.950541

Longitude 12.883484

66. Vescia, church of San Martino vescovo

Latitude 42.981681

Longitude 12.737958

SELLANO**67. Acquapremula, abbey of San Nicolò**

Latitude 42.880711

Longitude 12.928900

68. Apagni, church of San Giovanni Battista

Latitude 42.880403

Longitude 12.893012

69. Cammoro, church of Santa Chiara

Latitude 42.893777

Longitude 12.854803

70. Cammoro, church of Santa Lucia

Latitude 42.878995

Longitude 12.858350

71. Cammoro, church of Santa Maria Novella

Latitude 42.892530

Longitude 12.853030

72. Casale, church of San Rocco

Latitude 42.897263

Longitude 12.910243

73. Casa Rampi, church of San Bernardino

Latitude 42.926757

Longitude 12.849421

74. Casa Rampi, museum of rural culture (local tradition)

Latitude 42.926829

Longitude 12.849307

75. Civitella, church of San Lorenzo

Latitude 42.903689

Longitude 12.958394

76. Civitella, church of San Pietro

Latitude 42.902968
Longitude 12.956912

77. Colle, church

Latitude 42.945330
Longitude 12.886864

78. Colletrampo, church of San Donato

Latitude 42.91865
Longitude 12.862214

79. Fonnì, church of San Biagio

Latitude 42.867579
Longitude 12.893803

80. Forfi, church of San Pietro

Latitude 42.915158
Longitude 12.909129

81. Molini di Sellano, church of San Michele Arcangelo

Latitude 42.916920
Longitude 12.857160

82. Montalbo, church of San Severino

Latitude 42.884564
Longitude 12.918223

Built on the summit of a hill close to the cemetery

83. Montesanto, church of Santa Maria

Latitude 42.894850
Longitude 12.934572

84. Montesanto, ruins of the castle

Latitude 42.895057
Longitude 12.934852

85. Orsano, church of Santa Maria

Latitude 42.918962
Longitude 12.855114

86. Ottaggi, church of San Martino

Latitude 42.903078
Longitude 12.909481

87. Ottaggi, church of Santa Barbara

Latitude 42.905788
Longitude 12.910495

88. Peneggi, church of Sant'Apollinare

Latitude 42.914590
Longitude 12.937066

89. Peneggi, ruins of the chapel and other rural buildings

Latitude 42.914456
Longitude 12.936390

90. Petrognano, church of Madonna della Croce

Latitude 42.898066
Longitude 12.961939

91. Petrognano, church of San Silvestro

Latitude 42.897489
Longitude 12.959459

92. Piaggia, church of San Flaviano

Latitude 42.913422
Longitude 12.964878

93. Pie' di Cammoro, chapel of Beata Vergine (with frescoes of 1515)

Latitude 42.889014
Longitude 12.864997

94. Postignano, castle

Latitude 42.866848
Longitude 12.915505

Inside there are the churches of Santa Maria del Piano and San Lorenzo

95. Pupaggi, church of San Sebastiano

Latitude 42.889373
Longitude 12.888065

96. Renaro, church of San Giovanni Battista

Latitude 42.916629
Longitude 12.969123

97. San Paterniano, hermitage and sanctuary of San Paterniano

Latitude 42.880470
Longitude 12.830314

98. Sellano, church of San Francesco

Latitude 42.886578
Longitude 12.922809
Also known as Madonna della Croce

99. Setri, church of San Cristoforo

Latitude 42.907022
Longitude 12.947503

100. Terne, church of San Pietro

Latitude 42.915362
Longitude 12.884199

101. Tribbio, church

Latitude 42.902070
Longitude 12.859180
Along the road towards Cammoro

102. Vene, church of Santa Chiara

Latitude 42.879340
Longitude 12.857255

103. Villamagina, church

Latitude 42.887965
Longitude 12.913493

Along the road San Severino-Villamagina

104. Villamagina, church of San Silvestro

Latitude 42.891431
Longitude 12.913724

105. Vio, church of San Cristoforo

Latitude 42.909460
Longitude 12.918964

Trevi**106. Bovara, abbey of San Pietro**

Latitude 42.859611
Longitude 12.747215

107. Bovara, Colle Alto, votive shrine 'Cappelletta del Cimitero'

Latitude 42.863275
Longitude 12.746990

108. Bovara, Croce di Bovara, church

Latitude 42.866419
Longitude 12.750744

Rebuilt and enlarged in 1623

109. Coste, Case Nasciano (ruins)

Latitude 42.868300
Longitude 12.768248

Between the ditch of Nasciano and the ditch of Eremita

110. Coste, church of Santa Maria del Carmine (17th c.)

Latitude 42.888942
Longitude 12.770472

111. Coste, La Valle, San Silvestro, votive shrine of San Silvestro

Latitude 42.897064
Longitude 12.777848

112. Coste San Paolo, church of the Santi Pietro e Paolo (12th c.)

Latitude 42.876283
Longitude 12.774020

113. Manciano, Le Corone, church of San Martino

Latitude 42.915581
Longitude 12.770491

114. Manciano, ruins of the abbey of Santo Stefano

Latitude 42.916040
Longitude 12.757800

115. Matigge, church of San Nicolò

Latitude 42.905453
Longitude 12.742117

116. Matigge, parish church of San Clemente

Latitude 42.901114
Longitude 12.742636

117. Matigge, church of San Donato

Latitude 42.897138
Longitude 12.746722

118. Matigge, Matigge Tower

Latitude 42.905720
Longitude 12.730651

119. Pigge, church of San Bernardino

Latitude 42.851135
Longitude 12.755301

120. Pigge, Il Palazzaccio (ruins)

Latitude 42.853478
Longitude 12.765882

121. Pigge, Madonna di Sant'Arcangelo (edicola votiva)

Latitude 42.863890
Longitude 12.765520

There is nothing left of the primitive structure, maybe pagan cults related to wells are remembered here

122. Pigge, Sant'Arcangelo, church of Sant'Arcangelo

Latitude 42.860251
Longitude 12.764524

123. Pigge, on the road to Casette di Pigge, Madonnuccia

Latitude 42.847620
Longitude 12.765291

124. Ponze, church of San Lorenzo

Latitude 42.920522
Longitude 12.798549

125. Santa Maria in Valle, parish church of Sant'Antonino Fantosati

Latitude 42.892602
Longitude 12.751806

126. Santa Maria in Valle, Collecchio, church of Sant'Andrea

Latitude 42.892387
Longitude 12.745515

127. Santa Maria in Valle, San Pietro a Pettine, church

Latitude 42.886679
Longitude 12.744189

128. Trevi, Convento dei Cappuccini (monumental cemetery)

Latitude 42.875537
Longitude 12.759367

129. Trevi, convent church of San Martino

Latitude 42.883259
Longitude 12.749965

130. Trevi, church of Madonna delle Lacrime

Latitude 42.874837
Longitude 12.750163

131. Trevi, church of Santa Caterina

Latitude 42.877234
Longitude 12.756828

132. Trevi, church of Sant'Emiliano

Latitude 42.877444
Longitude 12.746461

133. Trevi, museum of San Francesco

Latitude 42.878649
Longitude 12.746726

134. Trevi, Palazzo Lucarini Contemporary

Latitude 42.877657
Longitude 12.746625

135. Trevi, Sant'Antonio, 'la Cappelletta' (votive shrine)

Latitude 42.876916
Longitude 12.756506

136. Trevi, Teatro Clitunno

Latitude 42.877161
Longitude 12.748238

137. Trevi, Villa Fabri

Latitude 42.877425
Longitude 12.748638

Info point municipality of Trevi/historical building

CAMPELLO SUL CLITUNNO

Pettino, church of the Santi Quirico and Giulitta (*list 2*). Pettino is constituted of 5 groups of houses: Colle, Palazzo, Castiglione, Fiorenzuola and Bregnole. Above the village rests of an ancient medieval fortress can be seen. Point of gathering of the five groups of house has always been the church in Romanesque style with three altars of which the center one is dedicated to the patron saints of the church.

Pissignano, Franciscan hermitage of Sant'Antonio abate (*list 4*). It is located on the hill of San Benedetto or di Ravaliuso. The convent building is below a wall of different eras covered with square stones, typical remains of a Roman tomb and of an ancient half watchtower cited in more than one historical document. It is believed that originally this place was a simple hermitage. First notes of the convent go back to 1385.

Pissignano, Tempio del Clitunno (*list 5*). Located at the lower slopes of the hill of Pissignano along the Via Flaminia, lies the sacred site of the Clitunno dedicated to Salvatore. It is a small temple of rectangular plant which hosts a cell which can be reached by two porticos at the sides of the atrium.

Since June 25th, 2011, the temple is listed in the World Heritage of Unesco 'The Lombards in Italy: places of power'.

FOLIGNO

Belfiore, paper mill (*list 9*). Since medieval times, the hydraulic force of the waters of the river Menotre were used to power oil and grain mills and dyeing mills to work fiber and paper. Statistical records of 1927 count 10 paper mills in Umbria.

In the seventies of last century, active mills around Pale and Belfiore were three. Of those, only the Sordini mill is still active and keeps an old tradition alive which was begun by the first family member Nicola Sordini.

Cancelli, church of the Santi Apostoli Pietro e Paolo (*list 13*). The actual sanctuary of Cancelli was built between 1744 and 1765, thanks to Foligno bishop Mario Antonio Maffei. The picture of the main altar shows the saints Peter and Paul and was painted by Claude François Beaumont who gave it as a present to the sanctuary. Legend wants that the Cancelli family hosted Peter and Paul when they came through these lands and the saints thanking for hospitality received the gift of healing people from sciatic pain. This gift is transcended from father to son in the Cancelli family.

Carpello, 'Maestà bella' (*list 19*). The 'beautiful maestà' was painted by Pierantonio Mesas-tris, a painter from Foligno who lived in the 15th century. The fresco represents the Madonna with child and saints and the autograph of the painter can still be seen. As a side note: in the

village of Carpello in a vast area of olive groves east of Foligno, St. Clare of Assisi had the first Poor Clares' monastery built in 1216 in the district of Foligno.

Pale, paper mill (*list 37*). Among the first to utilize water energy from the river Menotre were the Benedictines of the Sassovivo's abbey, who owned some dyeing mills like the one of Pale. In the 15th century, the lords of Foligno, the Trinci family, became owners of the paper mill and produced paper on which the coat of arms of the family was seen in watermark. The paper produced in the mills along the river is of excellent quality still today.

Pale, hermitage of Santa Maria Giacobbe (*list 39*). The structure is composed by a small church with annexed hermitage built in the second half of the 13th century partially using an existent cave half way up Mount Pale; local traditions say that the saint had lived here in penitence. The church displays interesting frescoes among which a Christ in tunic of unusual iconography, a nativity in wild places which from near remind the local area and the saint. This hermitage is also renowned as a therapeutic sanctuary of the Foligno mountains. Lots of pilgrims suffering rheumatic pain, once a very common disease in the area of Pale and Belfiore due to a humid climate and to the fact that most people worked in the dyeing mills and were exposed to continuous humidity. On Mount Pale an impressive Cross built in 1902 after the decision taken in 1900, in the Holy Year of the Redemption.

Rasiglia, sanctuary of Madonna delle Grazie (*list 45*). The sanctuary is located close to fosso Terminara, at approx 1 km from the castle of Rasiglia. The act of foundation, which was found in the Notary Archive of Foligno, goes back to 1450.

A tradition passed orally among the inhabitants of Rasiglia after the miraculous finding of a statue of the Madonna in a rock close to the water. The statue shows the Virgin on knees admiring the Child and was originally in terracotta and was put on the major altar. Today's copy instead is of wood except face, breast and hands. Local stories tell that during a procession from the sanctuary to the Parish church, while crossing the river, the image of the Virgin fell down and broke in pieces. It was replaced by the actual statue in wood, conserving the original elements above cited.

56 Roccafranca, castle and church of Santa Maria Assunta (*list 46, 47*). The fortress of

Roccafranca is located in the upper valley of the river Vigi on a terrace with a precipice of 400 m. The architecture of the structure, most important are the two polygonal towers, one communal and the other for the bells. The church dedicated to Assunta was once was the castle church. Some remains of frescoes among them a Baptism of Jesus and a painting with San Nicola from Tolentino and San Francesco from Paola, the first of the end of the 16th century and the second of the 17th century.

San Bartolomeo, convent church (*list 49*). The convent of San Bartolomeo of Marano is sited on a hill along an ancient road which links Carpello and Uppello to Sassovivo. The name Marano comes from the close spring Marana. The original structure goes back to the very first years of the 15th century: the beginning of the building is uncertain (1406 or 1408) and work was finished in 1415 testified by a memorial stone built into the stone below the portico of the church. Building was started thanks to an important donation of the Trinci family to improve the work of friar Paoluccio Trinci who initiated the reform which led to the observation of the rules of the Minor friars like it had been lived and written by St. Francis.

The actual facade of the church goes back to the years between 1731 and 1736. Inside, in the chapel dedicated to the patron saint, one can admire a most beautiful painting showing the martyr of San Bartolomeo, the last work of Niccolò Alunno, finished by his son Lattanzio (1502).

In another chapel the 'faithful copy' of the Holy sepulcher of Jerusalem is conserved, dating back to 1676.

San Giovanni Profiamma, church of San Giovanni Battista (*list 50*). It is located in the village along the ancient Via Flaminia, on the spot where once was the statio of the Forum Flaminii founded 220 BC by the consul Gaius Flaminius.

It was built in 1231 on the rests of a precedent construction of the 9th century and then widely modified during an important restoration in 1830 when the only nave was built. The ciborium instead is from 1903.

Sassovivo, abbey of Santa Croce (*list 52*). It was built in the second half of the 11th century on the rests of a fortified residence of the Monaldi family. It is located in a context of rare natural beauty, on the outskirts of a holm oak wood rich of centennial plants surrounded by ancient olive groves. Inside the abbey the church with frescoes of the 15th century, the log-

gia of the Paradise with fresco fragments, most probably works of Giovanni di Corraduccio, a Romanesque cloister, splendid work of master Pietro de Maria, and, finally, the crypt of San Marone, a Syrian-Lebanese hermit lived in the 4th century. In May 2010, to this place of peace and contemplation, today run by the congregation of the Minor Friars of the Community Jesus Caritas of Charles de Foucauld, Unesco attributed the recognition 'heritage testimonial of peace culture Unesco'.

Scandolaro, hermitage of Madonna del Riparo (*list 55*). On the slopes of mount Cologna near Roviglieto is the ancient hermitage of Madonna del Riparo once known as Sant'Angelo de gructis. It was built by the Uppello counts in the 11th century based on the model of the Lombard sanctuary of San Michele Arcangelo nel Gargano. Today the complex comprises a small church restored in the 19th century and a wide natural cave which can be reached by a stairway worked into the stone. The church is opened for the religious holiday of Ascension day of San Michele on September 29th and for the Holy Mess on Christmas night.

SELLANO

Acquapremula, abbey of San Nicolò (*list 67*). The structure is sited on the left slopes of the Vigi valley, the name deriving from an ancient spring, Acqua Premula, which was used for centuries healing calculus, an illness locally known as 'premiti'.

Apagni, church of San Giovanni Battista (*list 68*). The Romanesque church is part of the cemetery complex of Apagni and underwent a full restoration after the earthquake of 1997. It was built between 1300 and 1600: the presence of spurs on the edges of the building tell us a lot about the past of this place which has lived quite a few earthquakes.

Cammoro, church of Santa Lucia (*list 70*). Built in the 13th century, this is the oldest parish church of Cammoro. Built below the village it can be reached by a path through the wood. It has interesting frescoes of the 15th century of the Foligno painting school and an octagonal chapel built at the back of the church in the 14th century.

Cammoro, church of Santa Maria Novella (*list 71*). A rare case of pending church above an ancient road now covered and of which we can still see the two access ways: the first one is partly barred by the actual entrance stair, the

second one was the access from the castle to the village. Throughout the centuries the facade had been manipulated many times and not much of the original one is left.

Civitella, church of San Pietro (*list 76*). This church is considered one of the oldest ones in the Valnerina, the first document about it dates back to 1115; it's called San Pietro in Tutorio deriving from the ancient name of Mount Dogolo (see military IGM map). The church is enclosed into the cemetery walls of Civitella.

Montalbo, church of San Severino (*list 82*). The Romanesque structure has an interesting portal with a lunette while the church tower defines the silhouette to the left.

Peneggi, church of Sant'Apollinare (*list 88*). This structure was built in the 13th century and is one the most beautiful and interesting examples among the Romanesque rural churches. Inside we find a pretty fresco of 1585 showing the Madonna and child between the saints Apollinare and Appolonia painted by Camillo Angelucci from Mevale.

San Paterniano, hermitage and sanctuary (*list 97*). The church was originally built in Romanesque style and is sited at 1020 m a.s.l. on the slopes of Mount Cammoro near the springs of the stream Fauvella. Inside a pretty wood, this church was built where, according to legends, the saint, bishop of Fano, stayed overnight in solitude in his trips to Rome. Close to the church the spring of San Paterniano. It's waters, limpid and fresh are said to be healing waters.

TREVI

Bovara, abbey of San Pietro (*list 106*). It was built in the 12th century by the Benedictines as a church annexed to an important abbey. The actual church conserves the original architectonic plant.

The portal, the bifores at the side and the central part of the rose window. Inside three naves, the central one higher, the outer ones lower. Not far from the church is the old 'Olive tree of S. Emiliano', a true monument of the history and the nature around Trevi, one of the oldest olive trees of Italy (more than 16 centuries).

Manciano, Le Corone, church of San Martino (*list 113*). This small ancient church is notable for its bell tower belonging to later restorations of the original structure. Entering

the church a step made of the millstone of an ancient olive mill. A few hundred meters above the church an ancient quarry where one can see the cutting into the stone.

Manciano, ruins of the church-abbey of Santo Stefano (*list 114*). Santo Stefano di Manciano was built on the northern slopes of Mount Matigge.

In a isolated spot far away from the settlements of the Trevi mountains. Nowadays it is well hidden in the woods. It's a sanctuary dating back to the 12th century and was enlarged most probably a century later. The church belonged to an ancient abbey founded in the 7th century.

Matigge, church of San Nicolò (*list 115*).

The building dates back to the 12th century and shows evident signs of later interventions. The half round apse frescoes painted by Mesastris. On the wall to the right frescoes dating back to the 14th century, particularly interesting a Madonna with child, dated by Silvestro Nessi and attributed to a painter known as 'First maestro of Santa Chiara'. On the wall to the left, frescoes of the 16th century, partially deteriorated by growing humidity due to the lack of maintenance of this little rural church. It's visible all around thanks to huge cypress trees giving it a unique appearance.

Pigge, Sant'Arcangelo, church (*list 122*).

It's a church of ancient origin, it was already cited in the letters of Alexander III in 1177, described as depending from San Pietro di Bovara. In the beginning it certainly was a small structure: it became particularly important for the locals after the appearing of the Madonna to a shepherd girl in 1646. The church is just one room with a barrel vault; on the major altar rests of a fresco of the 15th century showing the Madonna with child.

Santa Maria in Valle, Collecchio, church of Sant'Andrea (*list 126*).

It is one of the most interesting Romanesque churches of the area. Built on an ancient path connecting Trevi to the consular road Via Flaminia towards Foligno. Inside two frescoes of the beginning of the 16th century, showing the patron saint and San Rocco.

Santa Maria in Valle, San Pietro a Pettine, church (*list 127*). Typical small rural church of the Trevi hills with more developed architecture compared to the other churches specially with due to bell-gable.

Inside a stupendous figure of St. Peter which was recently attributed to Batrolomeo da Miranda who was active in the area in the fourth decade of the 15th century.

Trevi, convent church of San Martino (*list 129*).

Built in the 15th century with great views and of great landscape value at the bottom of viale Ciuffelli, a magnificent alley known as the 'passeggiata di Trevi'. On the outside square the chapel of San Girolamo (1512) with a masterpiece of Giovanni di Pietro called Lo Spagna, a pupil of Perugino.

Trevi, church of Madonna delle Lacrime (*list 130*).

This monumental church was built around a votive chapel after the miraculous event of Aug 5th, 1485 when the image of the Madonna, a painting which was here already back then, cried tears.

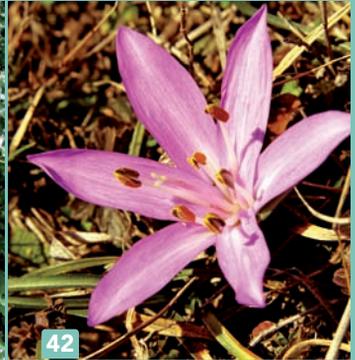
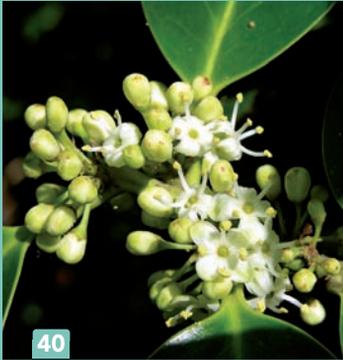
The chapel was later transformed into the church altar (1621). The church is a pretty Umbrian example of Renaissance churches with a Latin cross-plan. Of special interest the chapel of S. Francesco with frescoes of Giovanni di Pietro, known as Lo Spagna, painted between 1518 and 1520, and the chapel of the adoration of the Magi, the best known chapel of this church which frescoes were painted by Pietro Vannucci, known as the Perugino, in 1522, one of the last works of the Umbrian maestro.

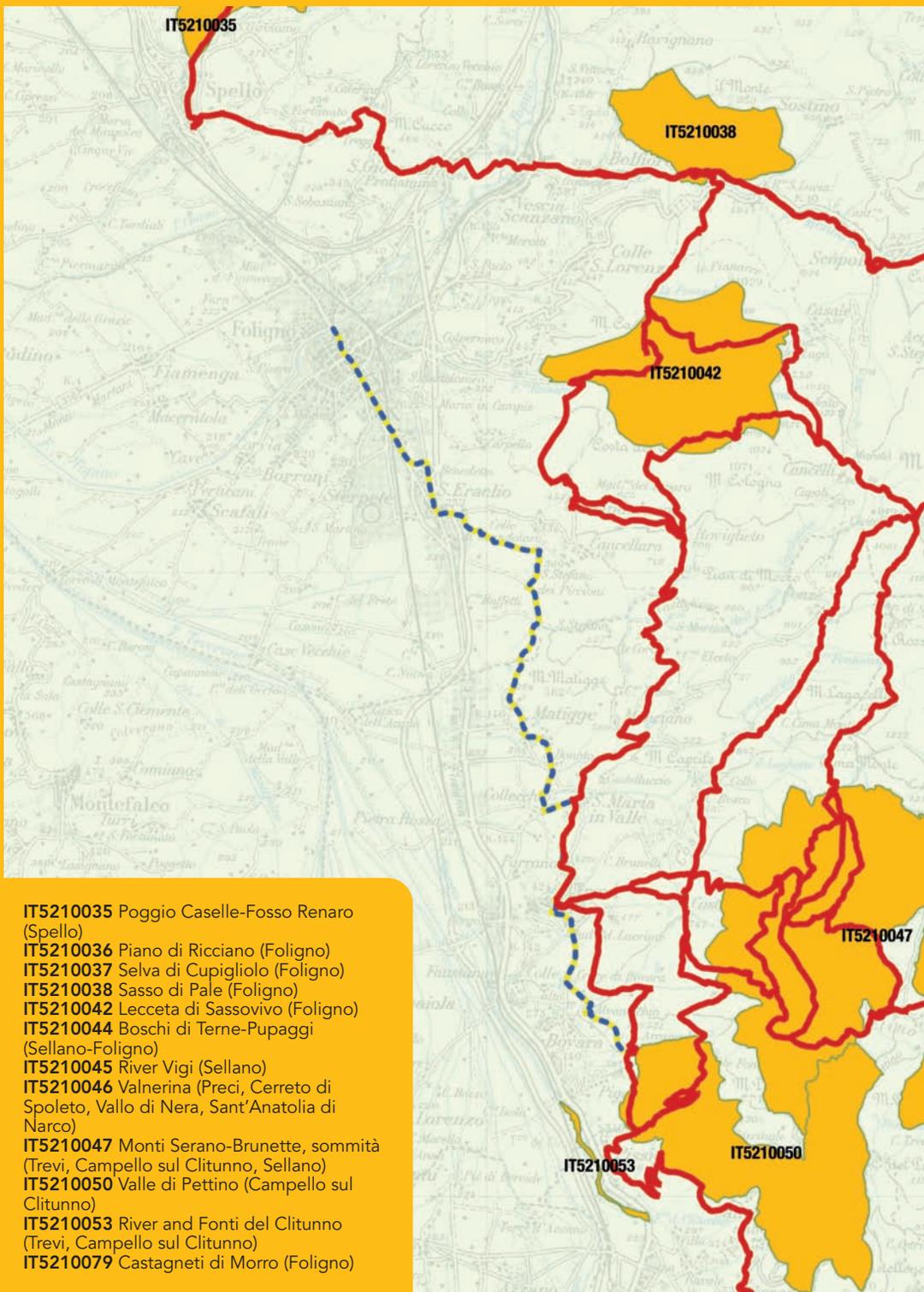
Trevi, church of Santa Caterina (*list 131*).

Before the turn to the monumental cemetery of Trevi, looking up towards the mountain, one can see a small stone edifice, nicely restored. On the wall the unique leftover of the ruined church, a fresco from 1326 painted by the 'First maestro of Santa Chiara from Montefalco'. The fresco shows a beautiful crucifixion with the Marys, St. Francis, John Baptist and St. Catherine from Alexandria.









IT5210035 Poggio Caselle-Fosso Renaro (Spello)

IT5210036 Piano di Ricciano (Foligno)

IT5210037 Selva di Cupigliolo (Foligno)

IT5210038 Sasso di Pale (Foligno)

IT5210042 Lecceta di Sassovivo (Foligno)

IT5210044 Boschi di Terme-Pupaggi (Sellano-Foligno)

IT5210045 River Vigi (Sellano)

IT5210046 Valnerina (Preci, Cerreto di Spoleto, Vallo di Nera, Sant'Anatolia di Narco)

IT5210047 Monti Serano-Brunette, sommità (Trevi, Campello sul Clitunno, Sellano)

IT5210050 Valle di Pettino (Campello sul Clitunno)

IT5210053 River and Fonti del Clitunno (Trevi, Campello sul Clitunno)

IT5210079 Castagneti di Morro (Foligno)

I Sentieri di Mezzo develop in a particularly precious territory due to the complexity of its environment and the rich biodiversity which led to the nomination of several SCI (sites of Community importance). The SCI together with the SPA's (special protection areas) are the fundamental implementation of 'Nature network 2000' conceived at European level in order to safeguard biodiversity through measures of natural habitat conservation of animal and plant species of Community importance. SCI's and SPA's are not protected areas in the traditional sense of the term but rise and are ruled by the European directive nr. 79/409 also known as 'bird directive' and by the European directive 92/43 also known as 'habitat directive'.

Both directives oblige to conserve all wild bird species and their natural habitats as well as those of many animal and plant species of European interest through adaption of specific plans of managing sites and habitats where those animals or plants live.

In Umbria, the European directive was adapted after approval of the regional government, management plans were made involving the Comunità Montane, the municipality of Foligno, zoologists and botanists of the universities of Perugia and Camerino as well as professionals with proved experience and knowledge of the regional territory. The SCI's in Umbria, wearing a European identification code, are 104.

The full and final adaption of the management plan predicts approval of specific measures of conservation by the Ministry of Environment and the following transformation of the SCI's into SAC's (special areas of conservation). That passage is fundamental for the full adaption of Nature Network 2000 which has the mission to stop losses in biodiversity in Europe within 2020.

As of today, 95 SAC's are designated in Umbria with a surface of 102.981 hectares. Here we describe those making part of the maps in this book as a contribution to the consciousness about places passed through by the trail network of the 'Sentieri di mezzo'.

IT5210035 Poggio Caselle-Fosso Renaro (Spello)

The site comprises the southern peaks of M. Subasio and has 300 ha. It is characterized by extended olive groves which are on the lower south western debris slopes of the mountain close to the town of Spello.

The most common habitat is bushes with common juniper (*Juniperus communis*) and prickly juniper (*Juniperus oxycedrus*), species who demonstrate the Mediterranean character of the area. Inside the SCI a plant species has been signaled as to attachment II of the European Directory 92/43 EEC: the Adriatic Lizard orchid (*Himantoglossum adriaticum*). Among the animal species of Community interest are: invertebrates as of the directory 92/43: stag beetle (*Lucanus cervus*) and great capricorn beetle (*Cerambyx cerdo*).

IT5210036 Piano di Ricciano (Foligno)

The site comprises the plains of Ricciano close to the pass of Colfiorito (821 m a.s.l.), being an integral part of the karst system of the Colfiorito plains. It extends over 100 ha and is a closed basin of tectonic origin with karst sign at the surface and underground. The plains are normally dry in the summer and wet or partially flooded during the rest of the year depending on the quantity of rainfalls. Normally water floods the plains for 20-30 days a year. Animal species of Community interest as of Directory 79/409/EEC are birds in this area: the white stork (*Ciconia ciconia*), the black stork (Cicogna nera) – *Ciconia nigra*, the golden plover (*Pluvialis apricaria*), the hen harrier (*Circus cyaneus*), Montagu's harrier (*Circus pygargus*), the honey buzzard (*Pernis apivorus*), the western marsh harrier (*Circus aeruginosus*), some bats as of Directory 92/43/EEC: the lesser mouse-eared bat (*Myotis blythii*), the greater mouse-eared bat (*Myotis myotis*), and, among the species as of the same directory Hermann's tortoise (*Testudo hermanni*).

IT5210037 Selva di Cupigliolo (Foligno)

The site occupies a low-mountain area connected with the system of the Colfiorito high plains and comprises the northern slopes of Mount Cupigliolo, a calcareous soil trenched by numerous trench cuts. It lies between 800 and 100 m of altitude and is of 330 ha surface. Woods are present in the area like the Macchia di Cupigliolo (inferior part) and Selva di Cupigliolo (superior part). All together woods with predominant turkey oaks (*Quercus cerris*) and the common horn beam (*Carpinus betulus*) and common beech (*Fagus sylvatica*). This plant association can only be found in very few areas of the Umbrian Apennines. Several bird species of Community interest are: the hen harrier (*Circus cyaneus*), Montagu's harrier (*Circus pygargus*), the short-toed snake eagle (*Circaetus gallicus*). The wolf (*Canis lupus*) is present as of Directory 92/43/EEC, some species of amphibians and reptiles, among them the Italian crested newt (*Triturus carnifex*) and the land tortoise. Among the invertebrates the presence of the stag beetle (*Lucanus cervus*) and the great capricorn beetle (*Cerambyx cerdo*).

IT5210038 Sasso di Pale (Foligno)

The site extends on a surface of 312 ha and preserves the calcareous mountain of Pale of 958 m a.s.l., rising up the the hydro-graphic right of the river Menotre.

The Sasso di Pale is characterized by rising slopes cut by narrow hollows. Due to its phytoclimatic character, this site is an important phytoclimatic island of the Mediterranean type and comprises one of the most interesting holly oak woods of our region. Close to the village of Pale there is a cave.

Among the animal species of Community interest are: the peregrine falcon (*Falco peregrinus*) ('birds' as of Directory 79/409/EEC), some bats, among them the greater horseshoe bat (*Rhinolophus ferrumequinum*) the minor horseshoe bat (*Rhinolufus hipposiderus*), mammals like the land tortoise and among the invertebrates the great capricorn beetle.

IT5210042 Lecceta di Sassovivo (Foligno)

Located between M. Serrone and M. Agusso, the holm oak wood of Sassovivo has a surface of approx 639 ha, occupying a great part of the Valle del fosso Renaro, where some minor streams during the rain season. From a geo-morphological point of view it is a calcareous complex of slopes, sometimes very steep. The oak wood of Sassovivo, composed in majority of deciduous plants, is one of the most beautiful and best preserved woods of Umbria. It is located near the abbey of Santa Croce in Sassovivo and has many century-old, high trunk trees of holm oak (*Quercus ilex*). Among the bird species as of Directory 79/409/EEC there are the common kingfisher (*Alcedo atthis*), among the mammals as of Directory 92/43/EEC, the wolf, among the reptiles as of same directory the land tortoise and among the invertebrates, same directory, the stag beetle and the great capricorn beetle.

IT5210044 Boschi di Terne Pupaggi (Sellano-Foligno)

This SCI extends on a surface of approx 1460 ha. It preserves a low-mountain area characterized by the presence of calcareous peaks with a round morphology. It is widely covered by woods with secondary prairies in the highest areas with a most beautiful blossoming of orchids in spring. Of great natural interest is also the presence of tunnel woods with white willow (*Salix alba*) and white poplar (*Populus alba*). Among the bird species as of Directory 79/409/EEC there is the honey buzzard (*Peris apivorus*); the wolf as of Directory 92/43/EEC. Among amphibians and reptiles as of Directory 92/43/EEC there are the northern crested newt while among the invertebrates as of Directory 92/43/EEC, the stag beetle and the great capricorn beetle.

IT5210045 River Vigi (Sellano)

This SCI occupies the valley bottom of almost the entire basin of the river Vigi and extends for approx 122 ha. It is between altitudes of 750 and 377 m a.s.l. This area belongs to the continental bio-geographic region with wide wood covering. The wolf is present and the greater horseshoe bat (as of Directory 92/43/EEC), the common kingfisher and the red-backed shrike as of bird section of (Directory 79/409/EEC), among the fishes as of Directory 92/43/EEC, there are the European bullhead (*Cottus gobio*) and among the invertebrates as of Directory 92/43/EEC, the white-clawed crayfish (*Austropotamobius pallipes*).

IT5210046 Valnerina (Preci, Cerreto di Spoleto, Vallo di Nera, Sant'Anatolia di Narco)

This site has a surface of approx 679 ha and covers a great part of the valley bottom of the basin of the river Nera between the maximum altitude of 490 m a.s.l., in the village Molini di Visso, and the minimum altitude of 240 m a.s.l., in the village Ponte di Precetto. This site belongs to the Mediterranean bio-geographic zone. Along the banks of the Nera river there are still small portions of hygrophile woods which once covered the area. Among the bird species as of Directory 79/409/EEC, there is the European eagle-owl (*Bubo bubo*), the lanner falcon (*Falco biarmicus*), the peregrine falcon (*Falco peregrinus*) and the common kingfisher. Among the species of mammals, as of Directory 92/43/EEC, the wolf, the brown bear (*Ursus arctos*) and the bent-wing bat (*Miniopterus schreibersii*). Among the amphibians as of Directory 92/43/EEC, the spectacled salamander (*Salamandrina terdigitata*), while among the fishes, as of Directory 92/43/EEC, the European bull-head, the south European roach (*Rutilus rubilio*) and the Souffia (*Leuciscus souffia*).

IT5210047 Monti Serano-Brunette (Trevi, Campello sul Clitunno, Sellano)

This SCI covers the peaks of the calcareous massif of M. Serano and Brunette on a surface of approx 1900 ha. The point of highest elevation is the peak of Mount Serano with 1429 m a.s.l. This is one of the most important mountain, wood and grazing complexes of the Umbrian calcareous Apennines, specially for the presence of extended beech woods with most beautiful examples of common holly (*Ilex aquifolium*).

Inside the SCI non plant species as of Directory 92/43 EEC have been signaled, but some botanical species of special interest are present. Among them: pyramidal orchid (*Anacamptis pyramidalis*), *Astragalus vesicarius*, spring meadow saffron (*Bulbocodium versicolor*), Apennines foxglove (*Digitalis micrantha*), Apennines wallflower (*Erysimum pseudorhaeticum*), Naples gentian (*Gentiana columnae*), Boccone hellebore (*Helleborus bocconeii*), green-veined orchid (*Anacamptis morio*), *Orchis pauciflora*, elder-flowered orchid (*Dactylorhiza sambucina*), *Polygala flavescens*, *Senecio brachychaetus*, *Viola eugeniae* ssp. *eugeniae*. Some animal species of Community interest: among the birds as of I Directory 79/409/EEC the golden eagle (*Aquila chrysaetos*), the short-toed snake eagle (*Circaetus gallicus*) and the honey buzzard; among the mammals as of II Directory 92/43/EEC9) the wolf, the greater horseshoe bat, the minor horseshoe bat, the long-fingered bat (*Myotis capaccinii*) and the greater mouse-eared bat; among the amphibians as of II Directory 92/43/EEC the northern crested newt and among the invertebrates as of Directory 92/43/EEC the stag beetle, the Rosalia (*Rosalia longicorn*) and the great capricorn beetle.

IT5210050 Valle di Pettino (Trevi, Campello sul Clitunno, Spoleto)

The site extends on a surface of approx 844 ha and lies in the Pettino valley and the mid slopes of the mountains of Campello. Almost the entire area is covered with holm oak woods which represents a noteworthy example of internal Apennines sub Mediterranean oak wood, one of the best preserved in southwest Umbria. Inside the SCI non plant species have been signaled as of II Directory 92/43 EEC, some flowers of regional interest though grow here: the Apennine foxglove, the Apennine wallflower, the Boccone hellebore, the yellow snakeroot and the southern rockfoil (*Saxifraga lingulata* ssp. *australis*). Among the bird species, as of I Directory 79/409/EEC, the short-toed snake eagle and the nightjar; among the mammals, as of II Directory 92/43/EEC, the species already signaled for the Serano and Brunette mountains. Among the amphibians, as of II Directory 92/43/EEC, beside the northern crested newt the spectacled salamander and yellow-bellied toad (*Bombina variegata*), while among the invertebrates as of Directory 92/43/EEC) the stag beetle and the great capricorn beetle.

IT5210053 River and Fonti del Clitunno (Campello sul Clitunno, Trevi)

The SCI extends on a surface of approx 16 ha and includes the springs and the first part of the river Clitunno up to the village of Pigge (municipality of Trevi). The Clitunno river springs from rich springs (le 'Fonti') which reach the soil surface through the deposits of the plains and converge the calcareous waters coming from Mount Serano. The Clitunno springs have an average yearly carrying capacity of 1.400 l/sec, with the springs, le 'Fonti' (approx 1000 l/sec) feeding the name of the same lake and the 'Tempio', temple spring which contributes to forming the water system which provides drinking water for a part of the local territory. The springs form a natural lake which is a private park that can be visited, from here on the river Clitunno forms its waterway. Inside the SCI no special plant species of II Directory 92/43 EEC have been signaled, but there are some plants which are important on a regional level like the water star-worts (*Callitriche palustris*), the Carice tagliante

(pint sedge), the yellow iris (*Iris pseudacorus*), the whorl water-milfoil (*Myriophyllum verticillatum*), the spiked water-milfoil (*Myriophyllum spicatum*), the longleaf pondweed (*Potamogeton nodosus*) and the fennel pondweed (*Potamogeton pectinatus*). Among the animal species of Community interest are the common kingfisher ('birds' as of I Directory 79/409/EEC), the long-fingered bat ('mammals' as of II Directory 92/43/EEC), the northern crested newt ('amphibians' as of II Directory 92/43/EEC). Among the fishes, as of II Directory 92/43/EEC, the European brook lamprey (*Lampetra planeri*), and the Souffia and the south European roach (*Rutilus rubilius*).

IT5210079 Castagneti di Morro (Foligno)

The sites is located on the high river valley of the river Menotre close to the village of Morro. It is a tiny sub mountainous area characterized by chestnut woods (*Castanea sativa*) with numerous centennial plants.

Among the animal species of Community interest an invertebrate as of II Directory 92/43/EEC, the marsh fritillary butterfly (*Euphydryas aurinia*).



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1. Eugenia violet blossoming. Casette di Coste, Trevi, May 1st 2003 (T. Ravagli and G. Filippucci); 2. Abbey of Sassovivo, the cloister. Foligno (G. Finamondi); 3. Monte Brunette, blossoming. Trevi (T. Ravagli and G. Filippucci); 4. Ponze, blossoming. Trevi (T. Ravagli and G. Filippucci); 5. Ponze. Trevi (T. Ravagli and G. Filippucci); 6. River Menotre, waterfall in Pale. Foligno (T. Ravagli and G. Filippucci); 7. Hikers walking, in the back mount Pale. Foligno (F. Cicio); 8. Waterfall Le Rote. Sellano (F. Cicio); 9. Artificial waterway into the river Vigi. Sellano (G. Finamondi); 10. Sellano, panorama (G. Finamondi); 11. San Flaviano. Sellano (G. Finamondi); 12. Cancelli, panorama. Foligno (F. Cicio); 13. Morro, panorama. Foligno (F. Cicio); 14. Roccafranca, panorama. Foligno (G. Finamondi); 15. Olive landscape on the olive path, panorama. Trevi (T. Ravagli and G. Filippucci); 16. Vigi valley, panorama. Sellano (F. Cicio); 17. Ponze, blossoming. Trevi (T. Ravagli and G. Filippucci); 18. Menotre valley and Mount Pale, panorama. Foligno (F. Cicio); 19. freeclimbing at 'Sasso' di Pale. Foligno (F. Cicio); 20. Postignano. Sellano (G. Finamondi); 21. Pupaggi. Sellano (G. Finamondi); 22. Rasiglia. Foligno (G. Finamondi); 23. Madonna delle Grazie, Rasiglia. Foligno (G. Finamondi); 24. Blossoming along path 571, between Casetta Ciccaia and the refuge Pozzo Mezzanotte. Trevi (T. Ravagli and G. Filippucci); 25. Santa Maria Giacobbe. Foligno (G. Finamondi); 26. Waterfall at Setri. Foligno (G. Finamondi); 27. San Pietro, Forfi. Sellano (G. Finamondi); 28. San Pietro, Agliano. Campello sul Clitunno (G. Finamondi); 29. Artificial waterway into river Vigi. Sellano (G. Finamondi); 30. Pozzo del Falcaro. Sellano (G. Finamondi); 31. Santa Caterina. Trevi (T. Ravagli and G. Filippucci); 32. Sant'Andrea. Trevi (T. Ravagli and G. Filippucci); 33. Elder-flowered orchid (T. Ravagli and G. Filippucci); 34. Elder-flowered orchid (T. Ravagli and G. Filippucci); 35. Pyramidal orchid (T. Ravagli and G. Filippucci); 36. Adriatic Lizard orchid (T. Ravagli and G. Filippucci); 37. Yellow orchid (T. Ravagli and G. Filippucci); 38. Green-veined orchid, var. *clorantha* (T. Ravagli and G. Filippucci); 39. Green-veined orchid (T. Ravagli and G. Filippucci); 40. Common holly, flowers (T. Ravagli and G. Filippucci); 41. Common holly, leaves and drupes (T. Ravagli and G. Filippucci); 42. Spring meadow saffron (T. Ravagli and G. Filippucci); 43. Yellow iris along the river Clitunno. Trevi (T. Ravagli and G. Filippucci); 44. Turtle and snail walking (T. Ravagli and G. Filippucci); 45. Red-backed shrike (T. Ravagli and G. Filippucci); 46. Common kingfisher (to. Pepponi, LIPU for the project TreviAmbiente)

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www.zonambiente.it

i sentieri di mezzo is a project of the collection 'Happy Hours', row of books 'Montagne di libri' of the Comunità Montana dei Monti Martani, Serano e Subasio, dedicated to the 'Carta dei Sentieri Monti Serano-Brunette e Sellanese' of the Club Alpino Italiano, Sezione di Foligno of which it constitutes a useful appendix to better understand the sites crossed by the trails.

The survey of the sites presented in this project, of accommodation and food (where to eat where to sleep), and also of the most interesting places to visit, was carried out by Insight Italy srl from Gualdo Cattaneo and only involved the area covered by the CAI maps. It comprises a huge part of the mountain territory of Foligno, Sellano and Trevi e marginally that of Campello sul Clitunno. For some of the places worth visiting, some annotations were added on order to invite the tourist to an attentive visit but they are also meant to underline how rich in history and culture the places crossed by the trail net are. The invitation extended to all hikers is to continue the research which was just begun, to enrich an eventual future edition with the cooperation of all those who want to join this work.

The area subject of this publication and the maps of CAI are limited to the west by the city of Foligno, north by the line Treggio, Sasso di Pale, Sostino, Popola, east by the ideal line running along the ditch of Fermatre, getting longer towards south along the western slope of Colle Meina (near Chiusita, south of Mevale). The southern limit is set by the Franciscan hermitage (Conventino di Sant'Antonio Abate) of Pissignano, in the municipality of Campello sul Clitunno at the boundaries with the territory of Trevi.

The map 'Carta dei Sentieri Monti Serano-Brunette e Sellanese' towards south links with the trail network of the trails of the Spoleto territory, implemented by the CAI of Spoleto, whereas north it confines with the trail network of Mount Subasio, always carried out by CAI Foligno. Together, these maps allow to have a large view onto the hiking trails which cross the hill country and the mountains east of the Umbrian valley.

The map base which was used derives from the territory mapping of the Regione Umbria, scale 1:100.000 and with free permission (all rights reserved – last update of the Regione Umbria in 2010 – consignment protocol 1070 of April 11th, 2014 – convention SITER n. acc. 922 of Aug 28th, 2008). We wish to thank the Regione Umbria, Department Programming, innovation, competitiveness of Umbria, service landscape,

territory and geography, section regional maps, for the free permission.

The positioning of all sites on the maps, including the scale which was used, is to be intended as purely referential. The coordinates taken by INSIGHT ITALY who carried out their registration, other than being published in this book, can also be found online www.zonambiente.it and www.montagneaperte.it, which means they can be reproduced on Goggle satellite maps and they are also available for download and use in GIS instruments, including Google earth.

A quick note, at last, about the geographical and map systems which were used for this work: on the map 'Carta dei Sentieri Monti Sernao-Brunette e Sellanese', the reference system had the datum WGS84 in the designated zone UTM33T. The surveyed points of interest (where to sleep, where to eat, sites of interest) were taken with GPS and reference system WGS84. To simplify the use of the data related to the points of interest in the walk descriptions, also thinking of a simple visualization of these points on satellite maps in Google or with GIS instruments including Google earth, we considered convenient to describe the coordinates in both systems. Keep in mind that in order to convert them to the UTM system, longitude comes first, then latitude, opposite in the WGS84 system. Considering that, as mentioned above, the original position format adopted in the walk descriptions is UTM 33T – datum WGS84, in this section it was decided to first indicate longitude (in our area east, zone or fuse 33) then latitude (north). The tourist index (where to sleep. Where to eat) e the points of interest was, on the contrary, left in the conventional order of the WGS84 system (latitude, longitude).

All trails described in this book are signed the following way: horizontal marks (red and white colour, on the ground) end vertical marks (posts with directions and walking times).



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