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P Departure San Pellegrino
 X Arrival San Pellegrino
 Length Km 6
 Route Circular Walk
 Gradient m. 90
 Difficulty Beginners

The plain of Santa Scolastica



da Norcia

Take the SS 685, take the second exit after the cemetery signposted S. Pellegrino. Park in the large square with the fountain immediately after the crossroads.

Norcia



www.lavalnerina.it

When you have parked your car, walk for a short stretch along the main road to reach the starting point on the right of a long dirt track that crosses the southern part of the Plain of Santa Scolastica, named after the sister of S. Benedetto. The walk goes straight up a gentle slope along what used to be the bed of the River Pesca. In this exceptional country environment it is highly likely you will see hen harriers, kestrels and buzzards as they hunt during the migratory period. As you go further up, take a right turn opposite Colle Rum to shorten the walk by half, otherwise go straight on as far as a crossroads with the main road where you must turn right at the oak tree. A few metres on at a road shrine take the dirt track once more to the right which will take you back down to the starting point. Before going back to the car park, however, you will see a group of houses on the right, the hamlet of Popoli, where in the past decorative architectural fragments and inscriptions from a necropolis have been found; all signs of a very ancient settlement. At the end of the dirt track, a brief stretch of tarmac road will take you back to your car.