

8

P Departure Castelluccio
 X Arrival Castelluccio
 Length Km 5.5
 Route Circular Walk
 Gradient m. 180
 Difficulty Medium

Canatra Valley



da Norcia

Follow the SS 685 and take the first exit after the cemetery. At the Ronda take the second exit on to the SP 477. Park in the main square of Castelluccio.

Norcia



www.lavalnerina.it

Leave the square of Castelluccio and walk along the SS 474 towards Visso. After approx. 50 m turn left on to a dirt track which leads to the source of the Canatra Valley after about 2 km on apparently flat ground. Throughout the entire stretch there is a constant view of the prized fields of lentils, overlooked by two of the highest peaks in the Sibillini Mountains, Mount Porche (2,233 m a.s.l.) and Mount Argentella (2,200 m a.s.l.). Walk as far as the fountain, continue past it and after 500 m bear left and walk along a wide mule track to cross an impressive beech wood. It is very important you walk in absolute silence in order not to disturb the real "masters of the house" i.e. wolves, wild cats, hares, roe deer and for the last few years red deer, too. At the end of the ascent you will be able to look out from a natural balcony and admire a breathtaking view. If you look towards Mount Vettore you can see the horizontal split along the side of the mountain: "the road of the fairies", thus named because, after having spent the night dancing with the youths of the village, the fairies had to run up it in order to get to the cave "la Grotta della Sibilla" before dawn. To return, go downhill for 2 km to the left along the south-east slope of Mount Veletta.