



To walk in the countryside of



From Cerreto di Spoleto

Take the SS 209 towards Borgo Cerreto, turn right on to the SS 319 signposted Sellano and after 1.5 km turn right towards Madonna di Costantinopoli



www.lavalnerina.it

The former Convent of Madonna di Costantinopoli was probably built over a pre-existing, late mediaeval church in 1692 by the reformed minor order of Franciscan brothers. Start to go uphill from the kiosk at the side of the church and after about 200 m leave the main road and avoid a wide bend to take the path which will then cross the main road. Follow the path all the way to San Savino. As you enter the village, walk alongside the walls surrounding a villa on the left and when you get to the red and white trail sign, turn left uphill. When you get to a yellow house on the corner, turn right and then sharp left to follow the signposts. Continue straight along the mule track. When you get to the dirt track, turn left towards the village and continue uphill at the fork to the left. Keep to the right and walk uphill along the old access road to the village and then turn left at the bend. At the top of the steps turn left on to the tarmac road to return to your departure point. Continue as far as a wide-angled mirror near a cabin below the road level, where you turn left. A steep descent leads to Boveto and back to the SP 465, and from here go left downhill to return to your starting point.