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Cerreto di Spoleto



To the slopes of the Monte Maggiore



From Cerreto di Spoleto

Take the SP 465, turn left at the crossroads on to the SS 319 and turn sharp right to take the SP 465 towards Macchia/Meggiano.



www.lavalnerina.it

The walk begins in Macchia at approximately 800 m a.s.l. at the church of the Madonna Addolorata and continues along the main road to the foot of Mount Maggiore (1,428 m a.s.l.) The path winds along a panoramic road where very little traffic passes and which overlooks a large slice of the Central Apennines as well as the entire the Valnerina. Go past an old watering trough on the right-hand side below road level as far as the fork for Piedilacosta and turn right. When you arrive at the hamlet, walk through it and go downhill towards Meggiano. Only a few remains of the ancient hillside castle can be seen in the village. The parish church of San Michele Arcangelo is worth a visit to see the frescoes, a vivid expression of local religious belief, mostly from the 16th and 17th centuries. From Meggiano take the easy route along the SS 465 to return to Macchia about 3.5 km away. The little seventeenth century church of the Madonna Addolorata is also worth a visit, as it was built in the style of a chapel of transit, with a small portal, side windows and a small bell tower