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The Way to the
Abbey of St. Eutizio



da Preci

Go downhill from the bypass along Via De Gasperi and then turn right on to the SP 476 towards Norcia. Park your car near the information centre

Preci



www.lavalnerina.it

Although this walk is one of the most physically demanding, it will certainly reward the visitor as it reveals wonderful culture and landscapes. From the car park of Borgo Preci near the Casa del Parco, walk in the direction of Norcia for about 50 m, turn left and go past the local authority housing before entering the first stretch of the Cascia Valley. Here the shady road becomes a dirt track. Walk slowly uphill and bear right at the bend, following the trail sign. Continue uphill and then keep right at the next bend by the little stone marker. The ascent varies both along the valley and on the slope of Carpineta and you will be surrounded for about 1.5 km by a cool wood of deciduous trees which thins out as you approach a farmhouse. As you turn left from Casale Cerreta, the impressive, carbonate massif of Mount Moricone with its peak of 1,429 metres can appear intimidating. At this point you come to a tarmac road and you continue downhill to the Abbey of Sant'Eutizio, whose history and art make it well worth a visit. After your break, turn back along the same path or continue as far as Piedivalle, where you turn right towards Preci along the SP 476. This is a busy road so take great care and after 2.5 km you will come back to your starting point.