

Parco Nazionale



dei Monti Sibillini

The Park by Mountain Bike

The 14 one-day ring routes and
the Grande Anello Bike



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／ Grande Anello Bike

| 14 one-day routes



In the vividly colourful expanses of the Piano Grande of Castelluccio - Norcia (ph Maurizio Rinaldi)

The Monti Sibillini National Park offers a network of mountain biking routes over 500 km long. Choosing a one-day trail or a section of the Grande Anello Bike (Great Bike Ring Route) allows you to immerse yourself in the beauty of the Park's protected area, following secondary trails, gazing across a panorama that stretches from the top of Monte Vettore at 2476 meters, to the Adriatic Sea across the soft Umbrian-Marche hills.

These ancient paths, once formed by the millenary passage of farmers' wagons, woodcutters' mules, shepherds' boots and pilgrims' sandals, have been revived today with careful and respectful attention given to ensuring a sustainable balance between tourism, conservation and enhancement of environment.

One of the Park's objectives is to promote sustainable mobility, and we invite visitors to explore the area using both MTB and e-MTB. This rich experience more than rewards the effort.

The duration times offered below are in fact longer than what you actually need to complete the itineraries because they are designed to invite the visitor to abandon stopwatches and instead synchronise the cyclical rotation of the pedals with that of nature, which proves different at each change of gear and season.



For all the maps visit
www.sibillini.net

14 one-day routes

Explore the Parco Nazionale dei Monti Sibillini on your Mountain Bike

The following itineraries are ring routes and have different degrees of difficulty: easy, medium, difficult, and they alternate asphalt, gravel or dirt tracks. The routes have been designed for mountain biking and range from 15 to 48 km in length, with a cumulative elevation gain between 400 and 2200 meters. Using e-MTBs (off-road e-bikes) will decrease the difficulty of the routes, but for those who are not experts on an e-MTB we suggest availing oneself of a guide.

Please visit the website www.sibillini.net to find out where you can rent a MTB or an e-MTB within the municipalities of the Park.

Inside the Val di Panico - Ussita (ph Stefano Marchegiani)



Chianti Valley



Length: km 26,5

Cumulative elevation gain: m 980

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: cultural

The rural landscape at the “gates” of the Park

The starting point is the town of Pievebovigliana (441 m), the municipal capital of Valforance, which boasts some interesting historical and architectural remains, including the medieval church of Santa Maria Assunta with its Romanesque crypt, and the “Raffaele Campelli” museum, in which there are Roman and pre-Roman finds from the surrounding area. Going up towards the panoramic hamlets of Isola, Colle San Benedetto and Roccamaia one crosses the wooded high hills and chestnut groves that cover the northern slope of Monte San Savino (892 m). At the foot of Monte Fiegni (1324 m) is the church of San Giusto, considered to be one of the most important Romanesque monuments in the Marche. Going back down the Chianti river one encounters Polverina lake, built in 1967 for the production of hydroelectric energy, which offers humid environments suitable for the nesting and wintering of numerous water birds. Near the lake there is also the Castle of Beldiletto, built in the 14th century by Giovanni Da Varano for the strategic purpose of controlling an important communication route and subsequently adapted into a Renaissance villa by Giulio Cesare Da Varano.



The Castle of Beldiletto situated in the Chianti plains - Valforance (ph PNMS)

Fiastrone Valley



Length: 34 Km

Cumulative elevation gain: m 2240

Difficulty: difficult – medium in e-MTB

Recommended completion: a full day

Special focus: naturalistic

The “Mediterranean” face of the Park

From the hamlet of Villa, near Cessapalombo, the route descends into the Fiastrone valley surrounded by a wild environment with luxuriant vegetation rich in Mediterranean staples, such as holm oak, *Phillyrea*, terebinth and *Cotinus coggygia* (smoke tree), a small shrub that stains the edges and clearings of the woods scarlet in the autumn. From the stretch that leads to the Fiastrone lake (created in the 1950s for the production of hydroelectric power), one reaches the most inaccessible and deepest stretch of the valley, where the rushing waters of the stream have cut into the limestone, forming an impressive gorge. Birds of great naturalistic interest nest on the cliffs and rocky crags above, including the peregrine falcon and the wallcreeper. Once in the hamlet of Fiegini, the view opens onto the Fiastrone lake, the Sibillini peaks, and to the north-west, the fertile hills of the Camerino basin, surrounded by gentle mountain ranges. From Collemese head up towards the secondary pastures of Monte Fiegini where one finds the Romanesque church of Santa Maria Maddalena.



The Fiastrone Valley in its springtide green - Fiastra (ph Michele Sensini)

Ring B3

San Liberato



Length: 15,5 Km

Cumulative elevation gain: m 860

Difficulty: easy – easy in e-MTB

Recommended completion: half a day

Special focus: cultural

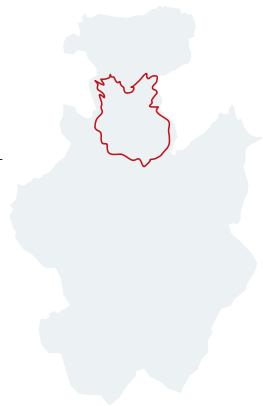
The forest of hidden monasteries

The path starts from the Sanctuary of San Liberato, the construction of which was ordered in 1274 by the lords of Brunforte, and through mixed woods of hornbeam, ash and holm oak it reaches the village of Monastero (723 m), overlooking the deep and wild Fiastrone Valley. At the foot of Monastero there is the Abbey of San Salvatore, re-founded at the beginning of the 11th century by the Benedictine San Romualdo. Monasticism was a widespread phenomenon throughout the Fiastrone Valley, as it was an ideal location for monastic life. In the final stretch of the route, the ruins of the Castle of Col di Pietra are still visible jutting out from a spur of rock. The castle was the last Varano fortress that belonged to Camerino as of the second half of the 13th century. The narrow valley then suddenly opens onto Pian di Pieca, a sweeping alluvial plateau, while from the hamlet of Rocca Colonnalta the view extends over the fertile and harmonious hills of San Ginesio.



On the balcony of Monte Frascare, overlooking the Marche hills - Cessapalombo and San Ginesio (ph Alessandro Ambrosi)

Monte Rotondo



Length: 47,8 Km

Cumulative elevation gain: m 2030

Difficulty: difficult – medium in e-MTB

Recommended completion: a full day

Special focus: naturalistic

The prairies of daffodils and rock partridges

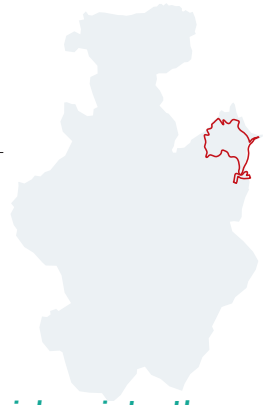
This long itinerary, which starts from the town of Fiastra, climbs up and almost entirely crosses the green mountain meadows that frame the upper Fiastrone valley. The ruins of *Castrum Flastrae*, a complex of buildings protected by towers and perimeter walls dating back to the 11th century, are still evident on the hill above the town of Trebbio (seat of the municipality of Fiastra). The ruins of the castle built by the Varano family in the 14th century and the Abbey of Santa Maria di Rio Sacro (11th century) are both located in the hamlet of Acquacanina. In the spring, the Prati di Ragnolo, located between 1300 and 1500 meters of altitude, are infused with colour from the flowers of numerous and interesting floristic species, such as the *Viola eugeniae*, the elder-flowered orchid, the great yellow gentian, the poet's narcissus, the *Paeonia officinalis*, etc. Here one can also easily observe larks, kestrels and buzzards. Having reached Forcella del Fargno, at 1811 meters above sea level, the view looks out over the Val di Panico, shaped by glacial and karst phenomena and overlooked by the towering rock face of Monte Bove Nord (2112 m). Here it is possible to spot rock partridges, and with a little luck, even the golden eagle. Lastly, the descent from Monte Coglia towards Fiastra offers wide views over the Fiastrone lake.



The challenging climb to the Rifugio del Fargno - Bolognola (ph Stefano Marchegiani)

Ring B5

Lera Valley



Length: 28,5 Km

Cumulative elevation gain: m 1330

Difficulty: medium – easy in e-MTB

Recommended completion: a full day

Special focus: scenic

Where the Marche countryside vanishes into the mountains

This route, which starts from the town of Amandola, unfolds between the hills that slope down from the mountain of the same name (1706 m) towards the Tenna valley. In Amandola there are some notable places of worship such as the church of Sant'Agostino, the convent of San Bernardino (16th century) and the church of San Francesco (14th century), where one can find both the Museum of Rural Civilization and the Visitor Center for the Park landscapes (Anthropogeographic Museum). Going up towards the hamlets of Vidoni and Garulla, the landscape is dotted with mixed woods and small cultivated fields. The biodiversity of these hills has spontaneously increased in recent decades and favours the presence of numerous animal species, such as the wild cat, roe deer, porcupine, wild boar and wolf. Secondary grasslands and woods dominated by beech appear as one goes up to Campolungo, while a little further on the path reaches the foot of the Balzo Rosso, a vertical limestone spur of red scale over 300 meters high. This is a popular nesting spot for interesting rock birds such as the showy wallcreeper, the mountain swallow and the black redstart. From up here one looks out over the lush Ambro valley and the narrow entrance to the Infernaccio, dominated by the legendary Monte Sibilla (2173 m), before returning to Amandola.



Preparations for departure from the Rifugio Città di Amandola - Amandola (ph PNMS)

Ring B6

Tenna Valley

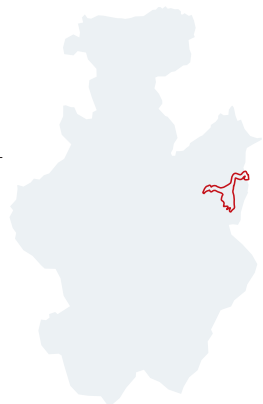
Length: 22,5 Km

Cumulative elevation gain: m 1170

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: naturalistic



At the foot of the magical mountain

The itinerary winds around the foot of Monte Sibilla (2173 m), inside which, according to legend, there is the kingdom of the mysterious Apennine Sibyl, called Maga Alcina in the chivalric novel “Guerrin Meschino” written by Andrea da Barberino in 1410. The route starts from the medieval historic center of Montefortino, at the top of which are the churches of Sant’Agostino (14th century), San Francesco (13th century) and San Michele Arcangelo (1870). Going down to Tre Ponti, at the confluence of the rivers Tenna, Ambro and the Cossudro stream, there are “tower houses”, sixteenth-century buildings with a characteristic tower shape, commonly called “dovecotes”, probably used in the past as lookout points. Beyond the village of Rubbiano, the erosive action of the Tenna river formed the impressive Gola dell’Infernaccio, squeezed between the steep cliffs of Monte Zampa (1791 m) and Pizzo (1758 m).



The Aso Valley at the foot of Monte Palazzo Borgese and Monte Sibilla - Montemonaco (ph Alessandro Ambrosi)

Ring B7

Aso Valley

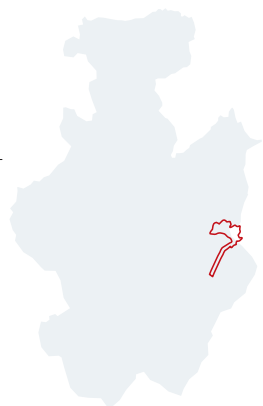
Length: 24,6 Km

Cumulative elevation gain: m 1260

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: scenic



The wooded hills between the Sibillini and ... “infinity”

The path starts from the town of Montemonaco, perched at the altitude of 1000 meters above sea level, a real balcony overlooking the Sibillini Mountains and the Piceno hills all the way across to the Adriatic Sea. In addition to the presence of exceptional natural and historical highlights, the importance of this area is also linked to many evocative legends, such as those that still cloak Lago di Pilato (Pontius Pilate’s Lake) and Monte Sibilla with charm and mystery. From the base of Monte Sibilla, the route descends into the Aso valley and then climbs up to the town of Altino, another pleasant vantage point. It then winds through the hamlets of Vallegrascia and Rascio, at the foot of the long ridge that climbs up to Monte Vettore (2476 m), the highest mountain in the Sibillini. At the foot of Monte Torrone, at 1159m altitude, there is the ancient church of Santa Maria in Pantano, dating back to the end of the 8th century, whose original name “Santa Maria delle Sibille” testifies to the ancient and frequent custom of combining Christian rites with pagan ones.



In sight of Monte Vettore and the sharp crest of Monte Torrone - Montemonaco (ph PNMS)

Fluvione Valley

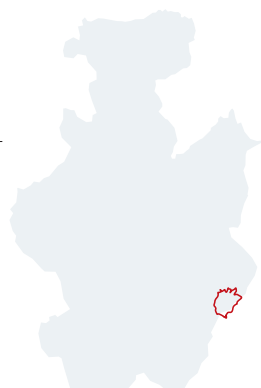
Length: 16 Km

Cumulative elevation gain: m 900

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: naturalistic



Under the “cloud factory”

The itinerary starts from Balzo, the municipal seat of Montegalloy, and winds its way through the other small hamlets that seem to disappear in a landscape dominated by the imposing eastern slope of Monte Vettore, the highest peak of the Sibillini Mountains, once nicknamed “the cloud factory” due to the sudden weather changes that often occur on its summit.

From the marly-arenaceous base, Monte Vettore rises over 1,600 meters with steep slopes prone to avalanches and, especially on the south-east side visible from Colle Galluccio, with rocky bands of massive limestone and carnelian. From the Montegalloy side, which goes from Il Pizzo (2281 m) to Monte Torrone (2117 m), ditches and gullies of glacial origin spiral downwards and convey wellspring water and meteoric water, especially abundant in springtime, into the Fluvione stream, a left tributary of the Tronto river.

The fauna of the territory is characterised by interesting species such as roe deer, wolves and wild cats, as well as numerous species of birds typical of wooded environments such as the red woodpecker, the sparrow hawk and the rare goshawk, in Italian “astore”, from which the name of the hamlet Astorara seems to derive.



Monte Vettore as seen from the meadows of Monte Oialona - Montegalloy (ph Gessica Ribichini)

Ring B9

Tronto Valley

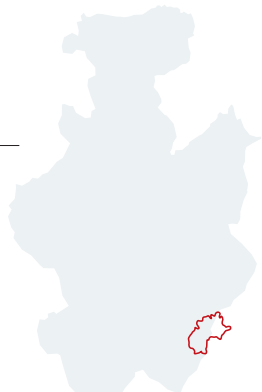
Length: 20,8 Km

Cumulative elevation gain: m 1210

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: scenic



The valley that unites and separates

From Borgo di Arquata del Tronto (672 m) take the provincial road for Colle Galluccio until Piedilama (818 m). From here, the route follows a white road to the right, continuing in a gentle incline across the brook valley of La Valle and Pian Pecorelle (1141 m), until finally coming out at the pass of Colle Galluccio (1197 m). Then turn left and head down to a junction and from there carry on to the right towards Forca di Presta. Due to its dominant position over the Tronto valley, which is crossed by the historic Salaria road, the hill of Arquata was fortified between the eleventh and thirteenth centuries with the construction of the majestic Castle of the Rocca, in which Giovanna D'Angiò of Naples resided. The Tronto valley marks the border between the Umbrian-Marche Apennines and the Abruzzese ones, which rise here with the wild massif of the Laga mountains; right on the Tronto river the Sibillini Mountains National Park merges with that of the Gran Sasso and Monti della Laga for a stretch. The territory of the valley and of the surrounding hills is mainly composed of beech and chestnut woods, while an artificial conifer forest grows at the foot of the Monte Vettore. From the slope that descends from Forca di Presta towards Arquata del Tronto, the view extends from the Gemelli mountains to the Monti della Laga.



The majestic south-east side of Monte Vettore - Arquata del Tronto (ph PNMS)

Ring B10

Plains of Castelluccio

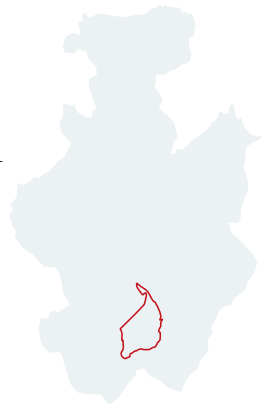
Length: 23,5 Km

Cumulative elevation gain: m 420

Difficulty: easy – easy in e-MTB

Recommended completion: half a day

Special focus: scenic



The magic of great silences

Starting from Castelluccio, 1452 meters above sea level, one of the highest inhabited centres of the Apennines, one bikes immersed in the evocative scenery of the large tectonic-karst basin formed by the Piano Grande, Pian Piccolo and Piano Perduto, located at about 1300m of altitude and enclosed by a frame of mountainous reliefs from which the imposing “Coste del Vettore” rise, with a single jump, from the Pian Grande to the Cresta del Redentore (2449 m). The lentil fields stretching out at the foot of Castelluccio are a swath of colour between spring and summer, dense with the spectacular flowers of wild mustard, poppies, leucantherums and cornflowers. Passing from Monte Cappelletta towards the Dogana valley, which opens towards the north onto the Pian Piccolo, one encounters a small lake, surrounded by the vegetation typical of peaty environments. On the right, the north-west side of Monte Macchiaalta (1751 m) is covered by the Macchia Cavaliera, an interesting strip of beech wood which escaped the deforestation of the past, where various species of animals find refuge, including the wolf.



Towards Pian Perduto, at the foot of Castelluccio - Castelsantangelo sul Nera and Norcia (ph Stefano Marchegiani)

Ring B11

Plain of Santa Scolastica

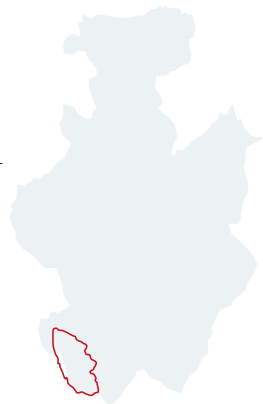
Length: 22,3 Km

Cumulative elevation gain: m 460

Difficulty: easy – easy in e-MTB

Recommended completion: half a day

Special focus: cultural



At the bottom of the vanished lake

Norcia is a town completely surrounded by walls that only open in correspondence with the city gates and it retains a significant historical-architectural heritage linked to its Etruscan, Sabine and Roman history, and to St. Benedict, patron saint of Europe, who was born here. In Nottoria, one of the hamlets the itinerary crosses through, there is a monumental over 100-year-old oak still in excellent health. It is also worth visiting the parish church of San Pellegrino, located in the homonymous hamlet, to view the 17th-century paintings that are preserved inside.

The route goes around the Norcia basin, a vast tectonic depression formed after extensive movements of the earth's crust and originally home to a pliocene lake, which probably emptied with the opening of a gorge called the Stretta di Biselli. The bottom of this ancient lake is now the Plain of Santa Scolastica, a fertile table of land on a slight slope at between 750 and 580 m altitude.



The rural landscape of Piano di Santa Scolastica, at the foot of Monte Ventosola - Norcia (ph PNMS)

Ring B12

Castoriana Valley

Length: 22,7 Km

Cumulative elevation gain: m 1060

Difficulty: medium – easy in e-MTB

Recommended completion: half a day

Special focus: cultural



Nature shrouded in history

The route begins at Preci, the main center of Val Castoriana, crossed by the Campiano stream. Its historic center, originally a village built in the 13th century near a Benedictine oratory, retains a 16th century appearance distinguished by a nucleus of very small houses. Going up towards the Forca d'Ancarano you will find the villages of Campi and Ancarano, where important Roman remains and numerous architectural and artistic gems from various eras are preserved. Salient examples are the church of the Madonna Bianca in Sant'Angelo (16th century), the evocative ruins of the Castle of Castelfranco (14th century) in Capo del Colle, and the castle and church of Sant'Andrea in Campi Alto (14th century). Returning towards Preci one passes through the village of Acquaro, located near the Benedictine Abbey of Sant'Eutizio, whose origins date back to the 5th century and which, over the centuries, represented the political and religious reference point for a vast territory.



The ancient hamlet of Campi Vecchio overlooks the Campiano Valley - Norcia (ph Roberto Sbriccoli)

Ring B13

Monte Cardosa

Length: km 32,2

Cumulative elevation gain: m 1370

Difficulty: difficult – medium in e-MTB

Recommended completion: a full day

Special focus: naturalistic



Along the paths of the wolf and the deer

Visso (607 m), a true architectural gem, is buttressed between the woodlands that descend from Monte Fema (1575 m), from the main ridge of the Sibillini Mountains and from Monte Cardosa (1818 m). In addition, Visso is located at the confluence of five valleys crossed by the same number of rivers and streams, including the Nera, the main tributary of the Tiber river. Heading up from Borgo San Giovanni, the view opens onto the Visso valley, Monte Fema (1576 m) and the limestone massif of Monte Bove Sud (2169 m) at around 1407 m. This territory is populated by the Apennine wolf which was at risk of extinction in all of Italy and took refuge in the northernmost reach of its species' geographical range, nearby in the upper Valnerina, during the 1970s. Since 2005, deer have also returned to live in this place, thanks to the repopulation efforts carried out by the Park. At the bottom of the valley lie the small hamlets of Rapegna and Nocelleto, while further downstream, at the confluence with the Nera river, lies the town of Castelsantangelo sul Nera (730 m), overlooked by a medieval castle.



On the western side of the Sibillini Mountains, from Monte Bove to Monte Porche - Castelsantangelo sul Nera (ph Francesco Tamburi)

Ring B14

Ussita Valley

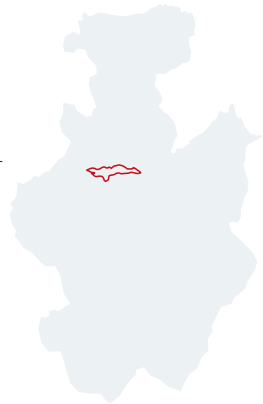
Length: km 15,2 Km

Cumulative elevation gain: m 790

Difficulty: easy – easy in e-MTB

Recommended completion: half a day

Special focus: scenic



A valley carved by ice

The route begins from Fluminata, one of the hamlets that make up Ussita, around the cleft created by the Ussita stream, which is home to the Mediterranean trout. The stream descends impetuously from the Val di Panico, of glacial origin, over which loom the vertiginous rock walls of Monte Bove. Fluminata is the seat of the municipal palazzo, in which one room is dedicated to Cardinal Pietro Gasparri (1871 - 1934), Secretary of State of the Vatican City and architect of the Conciliation with the Italian State. The temperate seasons offer the best conditions for taking on this itinerary: in spring the peaks are still covered with snow and the snow water feeds the temporary streams that descend from the steep channels, forming thundering waterfalls in some points. The meadows around the springs of Panico (1346 m) are made vivid by the blooming of crocuses, *Gageas*, *Scillas* and orchids. In autumn, on the other hand, the days are clear with crystalline air and the bright red and yellow hues of the maples and *Sorbus*. The golden eagle can be seen in this area.



In Val di Panico, at the foot of the grandiose eastern face of Monte Bove Nord - Ussita (ph Stefano Marchegiani)

The Grande Anello Bike

Explore the Parco Nazionale dei Monti Sibillini on your Mountain Bike

This long itinerary of about 170 km can be done in 4-5 days and from the saddle of your mountain bike it allows you to discover many of the most evocative environments of the Park through routes that are not included in the "classic" itineraries of the Sibillini Mountains. The route starts from the municipality of Visso, seat of the Park, and continues clockwise with stops in 4 other municipalities: Fiastra, Amandola, Montegallo and Norcia.

To stay overnight, in addition to the various possibilities offered by the accommodation facilities already present in the area, the Park shelters, or "refuges", are also available along the Grande Anello of the Sibillini, a hiking route similar to the Grande Anello Bike in that it embraces the entire territory of the Park.

More information is available on the website www.sibillini.net



A path among mountain grasslands (ph Stefano Marchegiani)

Section B15 a

Visso - Fiastra

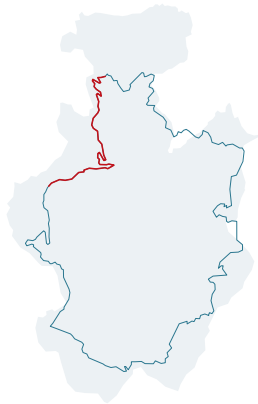
Length: : km 32

Cumulative elevation gain: m 1007

Cumulative elevation loss: m 858

Difficulty: difficult

Special focus: naturalistic



Itinerary

From Visso, seat of the Sibillini National Park, take the paved road to Ussita from which you go up towards the hamlet of Casali. Just before the village, take the dirt road on the left and climb up to the Piani di Pao, where there is a crossroads. Continue along the road on the left that crosses the Pian Terrena and Pian del Capriolo meadows, up to Monte Coglia, from which you descend to Trebbio.

The highlights of this first section are the spectacular rocky walls of Monte Bove Nord, the kingdom of the Apennine chamois, which fall into the Ussita valley, while from the Piani di Pao, at almost 1600 m above sea level, the view embraces the entire Valnerina. The descent from Monte Coglia towards Fiastra offers sweeping views of Lake Fiastrone and the gentle hills of Camerino.



The Castrum Flastrae and the Church of San Paolo overlooking Lake Fiastrone - Fiastra (ph Giorgio Tassi)

Section B15 b

Fiastra - Amandola

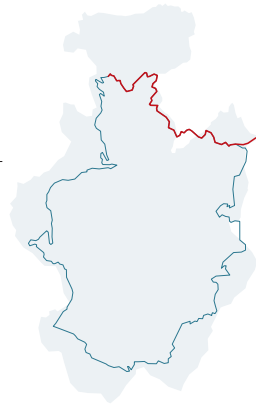
Length: km 40

Cumulative elevation gain: m 926

Cumulative elevation loss: m 1148

Difficulty: difficult

Special focus: scenic



Itinerary

From Trebbio, in the municipality of Fiastra, go down towards Lake Fiastrone and continue towards Acquacanina, up to a crossroads near a spring. From there, proceed upwards to the Ragnolo meadows and continue to the crossroads of Santa Maria Maddalena, then turn right and after a light downhill stretch you will reach Pintura di Bolognola. From the square, take the dirt road that continues downhill to the Casale di Vallecaprina refuge and then to the town of Garulla, from which you can easily reach the town of Amandola.

This route is rich with the colours of the spring blossoms of poet's narcissus, the elder-flowered orchid, the Viola eugeniae, and the gentians and greenery of the Prati di Ragnolo. From there the gaze sweeps over the sharp ridges of the Sibillini Mountains and the Piceno hills, up to to the Adriatic Sea.



Elder-flowered orchids brighten the Prati di Ragnolo - Fiastra and Bolognola (ph Gessica Ribichini)

Section B15 c

Amandola - Montegallo

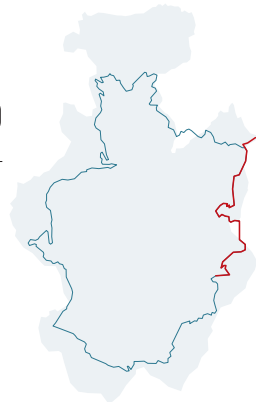
Length: km 34,5

Cumulative elevation gain: m 1082

Cumulative elevation loss: m 601

Difficulty: difficult

Special focus: scenic



Itinerary

From Amandola, take the road to Comunanza until Ponte San Giacomo. Once you reach the “Tre Ponti”, continue towards the Gorges of the Infernaccio and the hamlets of Sossasso and Casa Lingi, until you reach the crossroads to go up to Colle Regnone. From here a cart track leads onto the asphalted road to Isola San Biagio. Continue up to Montemonaco and along the road to Montefortino, then take a deviation onto a dirt road that descends onto the provincial road to Ascoli Piceno, then turn in the direction of Montegallo. After crossing the bridge over the Aso river, take the dirt road to Propezzano. Turning to Montegallo, take a dirt road that passes through the woods, and then rejoins the main road; from here turn to Castro and continue to the hamlet of Colle. Here you are at the foot of the grandiose eastern side of the Sibillini Mountains, dominated by Monte Priora, Monte Sibilla and the imposing Monte Vettore.



At the foot of Monte Zampa, in sight of Monte Priora and Monte Zampa (ph PNMS)

Section B15 d

Montegallo - Norcia

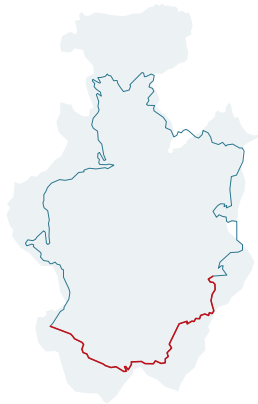
Length: km 39

Cumulative elevation gain: m 1064

Cumulative elevation loss: m 1471

Difficulty: difficult

Special focus: scenic



Itinerary

From Colle di Montegallo proceed towards the Colle Galluccio pass and then turn towards the Forca di Presta pass.

Take the dirt road on the left which passes the Belvedere refuge and then continues to Colle le Cese. From here you cross the fields and ski resorts and make the ascent up to a small church, from which you can reach the Forca Canapine pass. From the road to Norcia take a path on the left which descends to the village of San Pellegrino through the wooded Canapine valley. Beyond the town continue to the Santa Croce pass, from which you descend towards Norcia.

From Colle Galluccio the landscape opens onto the Tronto valley, which divides the Sibillini from the Monti della Laga. From Forca di Presta you enter the magic of Piani di Castelluccio, a realm of vast prairies and late spring blooms of rare intensity. The descent towards Norcia crosses the harmonious rural landscape of the Piano di Santa Scolastica.



Rifugio Belvedere along the Path for All NT2 - Arquata del Tronto (ph PNMS)

Section B15 e

Norcia - Visso

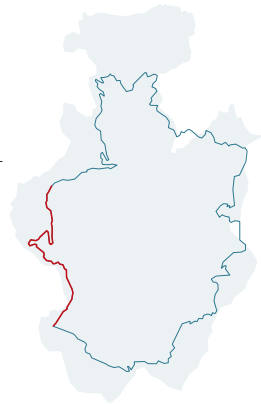
Length: km 30

Cumulative elevation gain: m 1002

Cumulative elevation loss: m 1002

Difficulty: difficult

Special focus: cultural



Itinerary

From Porta San Giovanni di Norcia continue on an uphill path that reaches the main asphalted road (to Preci), from which you take a path that climbs steeply up to Forca di Ancarano. Following the path you will reach Campi and the church of San Salvatore. Then take a comfortable and flat dirt road, and just before reaching the hermitage of the Madonna della Croce turn left onto a narrower road. After some slight ascents and descents one reaches the small hamlet of Acquaro. Continue towards the Abbey of Sant'Eutizio, but before reaching it go up towards Collescille. Beyond the town, follow the dirt road across the ridge of Monte Lungo to the meadows of Colli dell'Acquaro. Then continue northwards along the dirt road that enters the Visso Valley and descends to the municipality of the same name.

The Casali dell'Acquaro and the Valle di Visso, with which the Grande Anello Bike ends, offer solitary environments of particular naturalistic value.



The Visso Valley from the Casali dell'Acquaro - Visso and Preci (ph Francesco Tamburi)

Traversata B15 f

Visso - Amandola

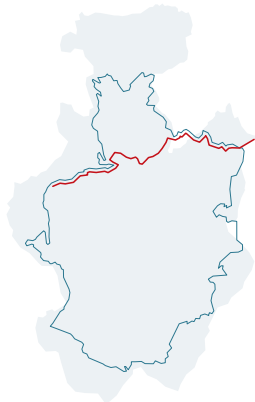
Length: km 48

Cumulative elevation gain: m 1278

Cumulative elevation loss: m 1002

Difficulty: difficult

Special focus: naturalistic



Itinerary

This itinerary can be a variant that “cuts” the Grande Anello Bike, shortening it by reducing one section.

From Visso take the paved road to Ussita, from which you go up to Tempori and continue uphill towards Casali. Just before the village, turn left onto the dirt road and climb up to the Piani di Pao, then turn right at the crossroads and continue to the Forcella del Fargno, which is located at over 1800 m above sea level and is the highest point of all the routes described. From the refuge go down to Pintura di Bolognola and take the dirt road that continues downhill to the Casale di Vallecaprina refuge and then to the town of Garulla, from which you can easily reach the city of Amandola.



A pause at the foot of the imposing limestone wall of Monte Bove Nord - Ussita (ph Stefano Marchegiani)

The Park by Mountain Bike

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A Park open to all, in every season: this is the goal that led to the conception of the Parco Nazionale dei Monti Sibillini on your Mountain Bike actualisation strategy.

By following the **La Grande Via del Parco**, a route that runs along the border of the protected area of the Park, which can be traveled by bicycle, camper, car or motorbike, it is possible to visit and experience thousands of different facets of the Park: from the richness of the natural environment to the 16 municipalities of the Sibillini. Each town boasts a **Nature Trail**, dedicated to families and novice hikers, along which one can enjoy extraordinary landscapes.

Paths NT1 and **NT2** are designed for use by everyone, including people with mobility restrictions such as wheelchairs.

The magical world of the peaks is reserved for more experienced hikers and can be reached by picking a route from the rich tapestry of **Hiking Trails**.

The **Grande Anello of the Sibillini** presents a unique experience: a trail of 120 km divided into 9 stages offering warm hospitality for those who overnight in a mountain 'refugio' (accommodation at a higher altitude normally including a restaurant) and other nearby accommodation facilities.

The **Grande Anello Bike**, an itinerary of 170 km and **14 one-day routes** perfect for mountain bike lovers, is the subject of this publication.



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