



This walk climbs into the hills to the East of Lago del Fiastrone in the North of the park. Along its route you can appreciate wonderful views North and West, out of the Park and towards Umbria and other Apennine hills, as well as South into the heart of the Sibillini range and East over Le Marche to the coast. You pass through high meadows which have a profusion of flora in late spring and through lovely woodlands of beech and holm oak.

The majority of this walk follows the route of 'Il Grande Anello dei Sibillini' (the Anello), the long distance path which circles the Park. These sections are usually well signed and the paths good, but where the route differs from the Anello, use of a compass is recommended. There are some sections of steep ascent and descent which may be slippery in wet conditions, and a few places where erosion can degrade the path.

Total Time: 5.0 hours Total Ascent: 750 metres Total Distance: 13 km

Madonna del Sasso Bianco to Pintura del Bognolo – 2.0 hours

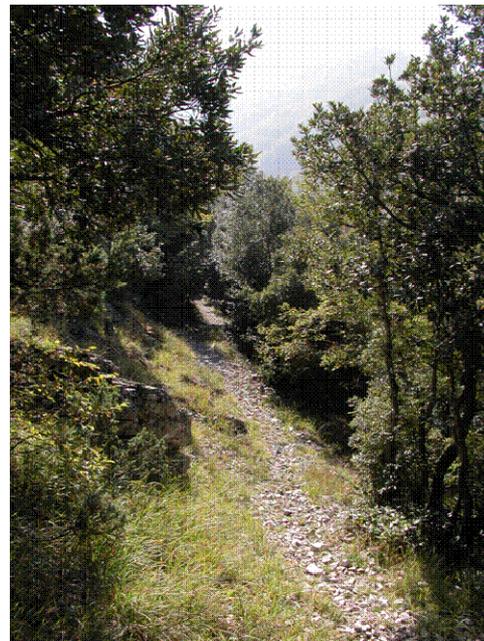
Pintura del Bognolo to Madonna del Rio Bagno – 2.0 hours

Madonna del Rio Bagno to Madonna del Sasso Bianco – 1.0 hours

Getting to the start (40 minutes by car from Amandola; 75 minutes from Norcia)

You can use your CAI map as a road map to reach the start of this walk, which is just outside the small town of San Lorenzo del Lago at the South-West end of Lago del Fiastrone. From the East (Amandola), head North along the main SS78 to Pian di Pieca, then West towards Fiastra. Before reaching Fiastra, you enter San Lorenzo del Lago (also called Fiume on the maps) and arrive at a junction near the church of San Lorenzo. Turn left at the junction, away from the lake, and continue for 150 metres until you see a small sign for Madonna del Sasso Bianco pointing left along a small tarmac road. Follow this small road as it climbs steeply out of the town and becomes an unpaved 'white road' after around one kilometre, arriving at the small chapel of Madonna del Sasso Bianco shortly after. Park considerably in the area in front of the chapel.

From the West (Norcia), head North via Visso and Cupi and then East to Fiastra. Go through Fiastra and on down the road to San Lorenzo del Lago (also called Fiume on the maps). Continue through San Lorenzo del Lago, ignoring the left turn which follows the lake shore, until you see a small sign for Madonna del Sasso Bianco pointing left along a small tarmac road, around 150 metres after the church. Follow this small road as it climbs steeply out of the town and becomes an unpaved 'white road' after around one kilometre, arriving at the small chapel of Madonna del Sasso Bianco shortly after. Park considerably in the area in front of the chapel.



The Anello path passing through Holm Oak woodlands on the return route for this walk.

From ① to ②

From Madonna del Sasso Bianco, head NE up the rough track, following the Anello long distance path, which you will pass red and white signs for after a short distance.

After half km, look for a style a short distance off the track to the right, which enters a fenced enclosure (fence is mostly in ruin). Take the vague grassy track which forks right off the main track to approach the style. Pass to the left of the style and head East up the hill, with the enclosed plantation on your right. To your left is a small wooded ravine. The path here is indistinct, but continue up the scrub covered slope, with the ravine on your left and the fence of the enclosure on your right.

Half a km after leaving the Anello, the gully on your left becomes shallow and the gap between the gully and the enclosure narrows. Where the fenced enclosure on your right ends, turn left and head East across the gully, to enter a large area of open moorland. Continue climbing, heading East, towards the easterly corner of a pine plantation half a km ahead.

The path passes between the pine plantation and the slope down into the Terra Nera valley. Continue climbing, more gently now, with the plantation on your right and Terra Nera on your left. After a few hundred metres you reach the edge of the plantation. Here, turn slightly right and head SE to meet and follow a vague path which climbs East, following the high points along the North side of Valle dell Asino, until reaching the 1200 metre rounded summit. From here, head East to follow a line of wooden fence posts to the sharp bend in the small tarmac road.

Walk around the bend in the road for a few metres, then take the vague grassy track East, which leaves the road just to the right of the sign for 'Sarnano 20'. The path climbs slightly, crossing over the high meadow, until after around two thirds of a km you will arrive at a small stone animal shelter at Pintura del Bognolo.



The view West, out of the National Park and towards Umbria, from above the Terra Nera valley.

From ② to ③

Passing the shelter and continuing East, after half a km you arrive at a wide track where you again join the Anello (which you will now be following for the remainder of this route). Turn left here and follow the Anello North-East, then North, around the East side of Monte Frascare.

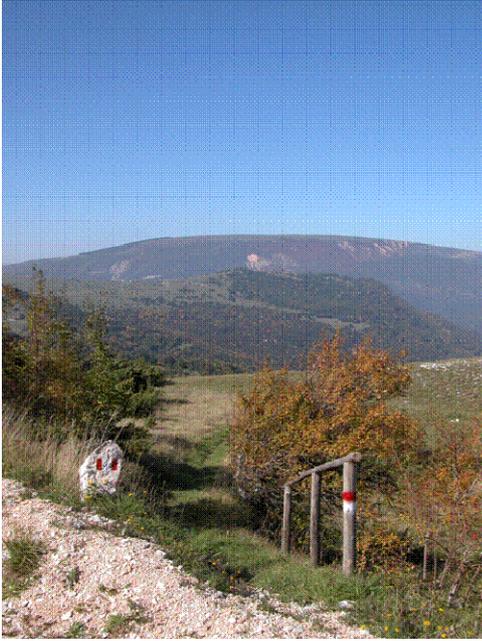
After one and a half km, the wide track takes a sharp right turn to head South-East downhill. At this corner, follow the Anello left off the track - marked by a red and white sign with a 'G', on a rock slab. When you leave the track at the sign, go left and up hill or a few metres, then follow the path right, to the edge of the woodland. At the wood's edge, turn right again and go downhill for around 100 metres until you see the path turn sharply left to enter the wood and start to descend steeply.

Continue to follow the Anello as it descends, crossing the winding wide track twice, before joining it again where it levels off on the hill above Monastero (1.5 km NE).

Follow the wide track North for a few hundred metres, before turning left, and shortly after left again, to follow the Anello downhill South-West into a small valley (follow Anello signs for Fiastra, not Monastero).

After crossing the small stream at the bottom of the valley (no bridge), the path turns North to climb back out, passing through woodland. After a couple of hundred metres, the path climbs around the end of the valley side and heads South-West, still climbing, until you emerge from the woodland into a shallow ravine. Cross the ravine and follow the path South-East, climbing slightly through the high pasture of Cerro Portelle, until after half a km you reach a track. Turn right along the track, continuing to follow the Anello.

At first the track runs straight, but after a short distance it bends right. Here, follow the Anello left and down into a small valley which descends to Madonna del Rio Bagno.



The red and white paint of a well marked section of the Anello.



The high pasture land of Cerro Portelle.

From ③ to ①

Cross the Rio Bagno using the bridge a little downstream of the small church, then climb the slope opposite until after around 20 metres you join a broad path. Turn right and head West along the path, past a short section of wire mesh fence, and climbing diagonally up the hillside towards the high point of Collicello (1044 metre point).

After climbing for around three quarters of a km, the path emerges from woodland onto the grassy area just short of the high point. Here, head South-South-West over the rise and then descend slightly to a water trough. From the water trough, the path heads Westerly, descending into and across the Terra Nera valley. Follow the marked Anello route 2 km back to Madonna del Sasso Bianco.



The Anello path entering the small valley of Terra Nera.

Please send any comments or feedback on this walk to:
feedback@sibillini-walks.com



Key:

- The route of this walk.
- Selected paths and tracks marked on the CAI map.
- The route of the Anello long distance path
- ▨ Boundary within the Park
- ▨ Boundary of the Park
- Tarmac road as marked on the CAI map
- Where features differ from the CAI map.

