



This walk makes use of a detour in the Anello long distance path, where it goes slightly out of its way to visit Cupi, to form a circular route in the North-West of the National Park. Being on the edge of the mountain range, you can enjoy superb views over into Umbria. But this route also has a mountain feel, as you approach the massive of Monte Rotondo, and overlook the pretty valley of the Rio Sacro.

A suggested extension is to visit Santuario di Macereto, a sixteenth century octagonal church, with a cloister and fountain. There are pleasant grounds, with a picnic area, but the church itself is open only occasionally – times are usually posted on the door. The Rifugio in Cupi offers refreshments at peak summer times.

Total Time: 5.0 hours Total Ascent: 600 metres Total Distance: 14 km

Cupi (point 1) to Rifugio Ernesto (point 2) – 2.0 hours

Rifugio Ernesto (point 2) to point 3 – 2.0 hours

Point 3 to Cupi (point 1) – 1.0 hours

Additional figures for the extension to the Santuario di Macereto, from point 3:

Total Time: 1.0 hours Total Ascent: 200 metres Total Distance: 3.0 km



View over the village of Cupi, from the Anello.



The octagonal Santuario di Macereto.

Getting to the start (60 minutes by car from Amandola; 45 minutes from Norcia)

You can use your CAI map as a road map to reach Cupi. From the East (Amandola), go around the Park to the North, via Fiastra, heading towards Visso. From the West (Norcia), head North to Cupi, via Visso and Ussita. There is not much parking available in Cupi. You will need to find a sensible and convenient place somewhere in the vicinity of the Rifugio, which is on the main street through the village.

From ① to ②

From Cupi, walk along the main street, North-East, in the direction of Fi-
astra. On the edge of the village, leave the road and follow the track which
goes uphill to the right (East), past the entrance to a farm. You will see a
red and white marker for the Anello 50 metres up the track on a pylon.
Continue along this track as it climbs the hill, following the Anello mark-
ers, ignoring a right fork and two minor left forks. After around 150m, a
very rough path joins on the left, coming steeply down the hill. Here, stay
right, and you should soon see more Anello markers painted on stones on
the ground. The path soon turns East then South-East, to climb along a
wide shelf in the hillside.

Two kilometres after leaving Cupi, the path crosses a gully in the hillside
and turns South-South-East for around half a kilometer to enter a small
steep valley. After a short distance, the valley floor rises to meet your path
and you arrive at a junction: The Anello turns sharply left, to go North,
back along the hillside you have just climbed, but at a higher level; An-
other path crosses over to the other side of the narrow valley, heading
South; And a further very vague path (not marked on your CAI map) goes
East up the bottom of the valley. Turn North and continue to follow the
Anello.

After two thirds of a kilometre of gentle climbing along the hillside, you arrive at a fork marked by a small post, where you go right along
a vague path heading North-North-West towards the top of the rise. The path follows a line of small cairns marked with red and white, and
turns more Northerly, until after around 150 metres you reach the shoulder of La Vallicelle at 1391m, and can enjoy views North and East.
Here, you will see another cairn, with direction arrows, and the marker posts of the National Park boundary.

Continue to follow the Anello East along the Park boundary for a few hundred metres, until you arrive at a fork marked by a small stand-
ing stone. Go left at the fork (North-East), still on the Anello, past a couple of small cairns and following the line of wooden posts marked
with red and white. The path is vague at first, but becomes clearer after a short distance. You now head East then North, along the con-
tours, and around the head of a steep valley. After one and a half kilometres, you reach the shoulder at the North-East side of the valley.
There are a few small tracks and styles here, but continue North following the red and white of the Anello, until you join a grassy track
running along the top of the wide shoulder, where there is an Anello sign post.

Here you turn sharply right to leave the Anello and follow the grassy track South-South-East uphill, going slightly to the right of the
rounded ridge top. After a few hundred metres, the track becomes vague and turns South-East to approach the top of the ridge. Around 50
metres further on, the track again turns South-South-East, and a track forks left (again, very vague). Take this left fork, which heads
South-East slightly downhill and becomes a clearer track after around 100 metres. You now follow this track across a small valley, then
East to join a white road near Rifugio Ernesto.



**The valley of the Rio Sacro with Monte Rotondo above, viewed
from near the Rifugio Ernesto.**

From ② to ③

From the Rifugio, follow the white road West, then almost immediately South (near where the track joined). Continue on the white road for two kilometres, until you reach a junction, where the right fork heads West downhill and the left skirts around the North and East sides of Monte la Banditella. Note that taking the turn West would take you back towards Cupi, rejoining this walk between points 3 and 1. At the junction, leave the white road and head South along the grass track which climbs towards the rounded summit of Monte la Banditella. The track soon turns South-East and then South again, to go around the summit and finish to its South-East. To appreciate the views West, continue a short way down the West side of Monte la Banditella, but then return to where the track finished. From the end of the grass track walk East for a few hundred metres until you reach the top of a grassy gully, where you will see a small track following the gully down South-East to rejoin the white road.

Where you rejoin the white road, you will see a widening ravine running South-West. Follow this ravine downhill, staying above its left side, as it opens out to become a small valley. After a few hundred metres you will join a clear path, with some cairns. A little later, your path joins a more major path and continues to descend, turning West to cross the valley and continue below the pine woodland on the South-West side of Monte la Banditella. Note that you will see some red and white markers along this section of path, but they are not Anello markers in this case!

After a further half kilometre the path turns left (South-West) away from the woodland. Follow this path for another half kilometre, until you reach a junction of tracks, with the main one running North-South. Here, you have met the Anello again. It runs North to Cupi, and West to Santuario di Macereto.

From ③ to ①

From this point, you can extend your walk to visit Santuario di Macereto: Cross the main track and head West along the path, following the red and white paint markers. This path does get a little vague in places, but it has a number of markers and is not hard to follow. After one and a half kilometres you will arrive at the tarmac road just South of Santuario di Macereto. You return to point 3 by retracing your steps.

If you do this extension, be sure to allow enough time for the return walk, as well as a little time to explore the Santuario.

Now retrace your path back to point 3.

To return to Cupi, you turn right (left if returning from the Santuario) and head North along the Anello. There are a few signs at point 3 which give the direction for Cupi. After two kilometres you reach a white road at a fork. Take the left fork, heading North-West – this is the Anello to Cupi, although the signs at the fork do not point this out – you will soon see the Anello markers.

A kilometre after the fork the white road turns sharply left, into a zigzag, before going to Cupi. Just after the bend, follow the Anello signs right, off the track. After around 100 metres, descending directly towards Cupi, you arrive at a water trough. Here, turn left (West) and walk besides a 50 metre length of wire fence. At the end of the fence, turn slightly right and descend to a dirt track, where you will see a red and white marker on a small cairn. Turn left along the track and continue West for 100 metres, past the first right turn, then go right at the next where there is a red and white marker. You soon re-join the white road you left earlier, and you go right and follow it into Cupi. The track joins the main road through Cupi at the Rifugio.



A disused water trough and spring, on the extension to the Santuario di Macereto. Monte La Banditella is in the background.

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

Key:

- Minor roads and white roads, marked on the CAI map
- Selected paths and tracks marked on the CAI map
- The route of the Anello long distance path
- Boundary within the Park
- The route of this walk
- Boundary of the Park
- Tarmac roads

