



This route climbs the hills to the south of the man-made Lago del Fiastrone, then descends into the small town of Fiume at the west end of the lake, before returning along the lake shore. The majority of the climbing is undertaken in the first half hour of the walk, with the remaining distance consisting of gentle undulations, the descent back to the lake, and the relatively flat return along the shore. The paths used are well defined, and include a 2 kilometre section of 'Il Grande Anello Dei Sibillini' (the Anello), the long distance circular path, which is clearly signed. The climbing is sometimes steep, and the stony tracks can be slippery in wet conditions. The route allows views towards the more northern Apennines, as well as of Lago del Fiastrone itself, and has the opportunity for refreshments in the bars at Fiume.

#### Getting to the start (30 to 40 minutes by car from Sarnano; 90 minutes from Norcia)

You can use your CAI map as a road map to reach the start of this walk on the North-East edge of Lago del Fiastrone. Approaching from the East (Sarnano, Macerata), leave the SS78 at Pian di Pieca along the SP502, following signs for Fiastra. After around half a kilometre take a left turn, still following Fiastra. This road climbs and winds its way towards the lake, giving spectacular views (for the passengers!) down into the Fiastrone gorge. Point ① is reached about 1.5 kilometres after passing the dam for the lake. Park in the lay-by on the left.



Looking over Lago del Fiastrone.



The view from the Anello path as you descend into Fiume.

From the West (Norcia), go North and then East around the top of the Park, through Visso and Cupi to Fiastra. Go through Fiastra, down to Fiume on the lake shore, where you turn left to follow the South side of the lake. Point ① is a large lay-by on the right, about two kilometres along the lake shore from Fiume.

Note that the town of Fiume is marked on the CAI map, but the road signs for the town now name it San Lorenzo del Lago.

**Total Time: 2.0 hours    Total Ascent 250 metres    Total Distance: 7.5 km**

Lay-by on lake shore (point 1) to shoulder of first rise (point 2) - 0.25 hours  
 Shoulder of first rise (point 2) to junction with the Anello (point 3) - 0.5 hours  
 Junction with the Anello (point 3) to Fiume (point 4) - 0.75 hours  
 Fiume (point 4) to the lay-by on the lake shore (point 1) - 0.5 hours

#### From ① to ②

From the lay-by, walk south west along the road, ignoring the small track which rises from the end of the lay-by. After around 100 metres, take the clear track, a sharp left, which climbs diagonally up the hill. After a few hundred metres, the gradient lessens as the shoulder of the hill is reached, and a less well defined track joins on the right at point ②.

**From ② to ③**

Take the track on the right, which climbs steeply heading south. The path now ascends for about half a kilometer, passing through the wooded slopes of small oaks, until emerging into the grass covered vale of Terra Nera. Still climbing, but at a far gentler gradient, follow the track up the valley until it joins the obvious path of the Anello at the corner of a fenced square of the grassland.

**From ③ to ④**

Turn right onto the Anello, heading west. You now follow the Anello, which is well marked with red and white stripes upon posts and rocks, all the way into Fiume (San Lorenzo del Lago). The clear path undulates at first, before starting the descent into the town. Just after the small chapel of Madonna del Sasso Bianco, the path widens and then becomes a tarmac road which takes you down to the main road through the town at point ④.

**From ④ to ①**

Turn right along the main road and continue for 200 metres to the junction near the church. The road here bears left to cross the lake, but continue straight ahead along the one-way street (via circonv. del lago) towards the lake shore. There are bars and shops along your route through Fiume, and there is a bar at the lake during summer. Just before the lake, cross the wooden footbridge on your right which marks the start of the lake shore path. This path now continues along the shore for three kilometres. Follow it for its entire length, before emerging back onto the road just to the north east of point ①. The CAI map does not show the path following the lake shore, since it is a more recent creation.

Please send any comments or feedback on this walk to:  
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