



	LENGTH	MAXIMUM HEIGHT	DIFFERENCE IN HEIGHT (ASCENT)	GROUND	AVERAGE DURATION
DIFFICULT	8,03 Km	991 m	674 m	100% natural	about 2h round trip
MODERATE	11,3 Km	497 m	180 m	60% natural, 40% road	about 2h 30m round trip
EASY	9,4 Km	394 m	77 m	90% natural, 10% road	about 2h 30m round trip

Bussi sul Tirino	42°12'54.11"N	13°49'21.90"E	Capodacqua	42°16'56.71"N	13°47'33.22"E
Monte Pietra Corniale	42°13'35.93"N	13°50'36.95"E	Presciano	42°16'14.29"N	13°46'53.02"E
Capestrano	42°15'59.16"N	13°46'8.38"E			