



	LENGTH	MAXIMUM HEIGHT	DIFFERENCE IN HEIGHT (ASCENT)	GROUND	AVERAGE DURATION
<b>DIFFICULT</b>	10,3 Km	1613 m	296 m	60% natural, 40% road	about 2h 30m round trip
<b>MODERATE</b>	22,9 Km	1379 m	40 m	100% asfalto	circa 2h anello
<b>EASY</b>	25,3 Km	1355 m	64 m	100% asfalto	circa 2h anello

  

<b>Il Coppo</b>	42°33'7.72"N	13°24'43.54"E	<b>Mascioni</b>	42°31'36.98"N	13°21'5.41"E
<b>Poggio Cancelli</b>	42°33'32.77"N	13°19'42.49"E	<b>Case Isaia</b>	42°31'44.11"N	13°24'32.32"E
<b>Campotosto</b>	42°33'26.26"N	13°22'10.67"E			

**POGGIO CANCELLI**

**CAMPOTOSTO**

**IL COPPO**

**MASCIONI**

**CASE ISAIA**

