

LENGTH	MAXIMUM HEIGHT	DIFFERENCE IN HEIGHT (ASCENT)	GROUND	AVERAGE DURATION
DIFFICULT	MODERATE	EASY		
6,19 Km	1812 m	472 m	100% natural (cart road)	about 3h 30m one-way
7,23 Km	1515 m	175 m	100% natural	about 2h (last stretch on foot 1h)
4,46 Km	1399 m	104 m	100% natural (cart road)	about 1h 30m round trip

Ceppo	42°40'16.95"N	13°27'55.44"E	Lago dell'Orso	42°39'27.11"N	13°26'45.09"E
Morricana	42°40'0.63"N	13°24'56.19"E	Monte La Morra	42°42'28.06"N	13°27'54.81"E

