



LENGTH	MAXIMUM HEIGHT	DIFFERENCE IN HEIGHT (ASCENT)	GROUND	AVERAGE DURATION
DIFFICULT				
10,9 Km	1163 m	304 m	80% natural, 20% road	about 2h loop
MODERATE				
7,12 Km	1163 m	298 m	80% natural, 20% road	about 2h round trip
Fonte Cerreto	42°25'32.54"N	13°31'38.14"E	Assergi	42°25'5.85"N 13°30'28.34"E