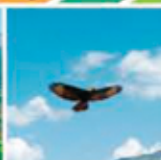


3

P Departure Forca di Ancarano  
 X Arrival Grotta di Patino  
 Length Km 5  
 Route Ruond Trips  
 Gradient m. 200  
 Difficulty Medium

The cave of  
 Monte Patino



da Norcia

Take the SS 476 towards Preci. Continue for approx. 6.5 km and park your car immediately after a tourist signpost for Forca d'Ancarano

Norcia

[www.lavalnerina.it](http://www.lavalnerina.it)



Leave the tarmac road and take the dirt road, continuing to keep to the right past a stone barbecue. At the crossroads continue to keep right and follow the path to the slopes of Mount Patino. At first the path climbs smoothly through an oak wood, followed by an ash and hornbeam wood, to lead to the cave known as Grotta di Patino at approximately 1,250 metres a.s.l. amid sparse, beech trees. The cave acted for a long time as a traditional shelter for shepherds in bad weather and has probably been inhabited by man since prehistoric times. From here you can look out over the Valley of Patino with the Norcia plain in the background, with Mount Coscerno as a back drop, on the left is the north face of Mount Fusconi (1,796 m), on the right the cliffs of Mount Patino and behind you lies the head of the valley. You can see the cross erected on the summit of Mount Patino at the request of Pope John Paul II to show his support for the people of Norcia. Retrace your steps down to the fountain and take care on the slippery surface.