

1

Departure
Arrival
Length
Route
Gradient
Difficulty
Round Trips
m. 40
Beginners

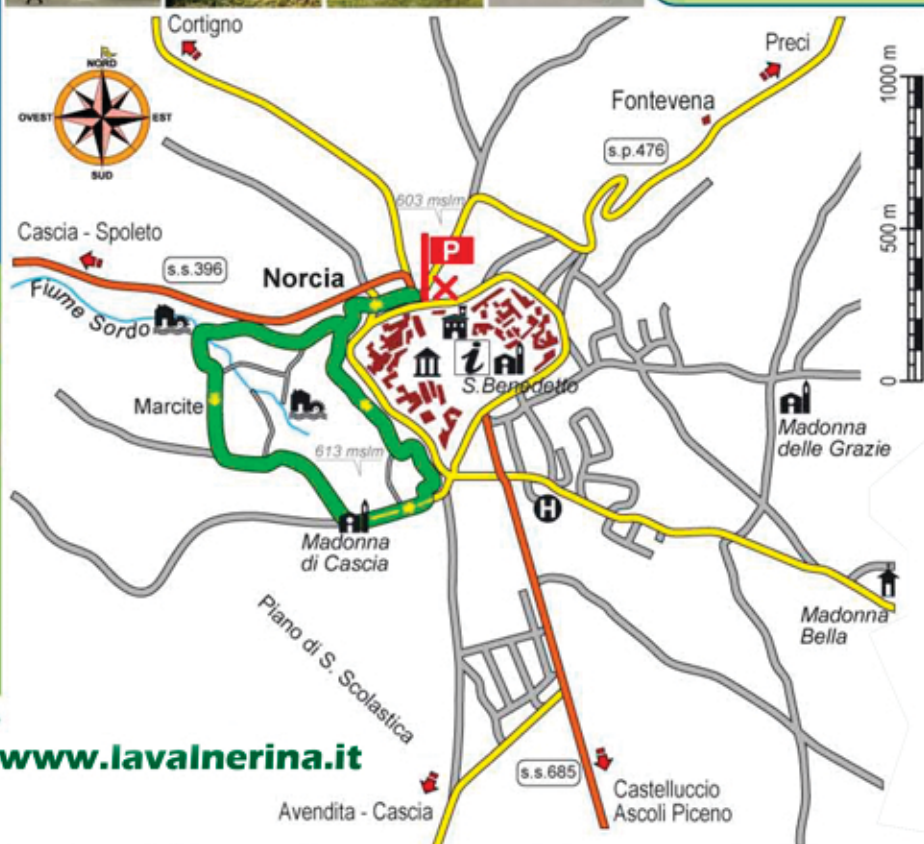
The Marcite (perennial meadows)



a Norcia



Exit from the SS 209-Valnerina at Serravalle and take the SS 396 as far as Porta Romana.



www.lavalnerina.it

Straight on for approx. 30 m, then at the board with the map of the town turn left and go up the steps to the car park. Follow the trail sign (red and white flag) near the car park ticket meter and take the subway to reach the area of the Marcite, an exceptional example of perennial meadows that were well irrigated by the Benedictine monks. Keep left, go past some ruins and turn right near a small, rural building with adjoining vegetable garden. Turn right at the information shelter and follow the trail signs (red and white). Turn left at the bend towards the old, recently restored watermill with its horizontal blades, which can be visited on request. After your tour, cross the little wooden bridge, turn sharp right to cross the meadow to reach the overhead dirt track, and go uphill to the left. Keep straight ahead as far as the church of Madonna di Cascia where you turn left. Continue along the dirt track, and then take the road to the left that runs between two small villas with red railings. Bear left and walk beneath the bypass in order to return to your starting point.