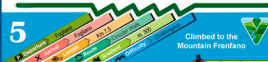


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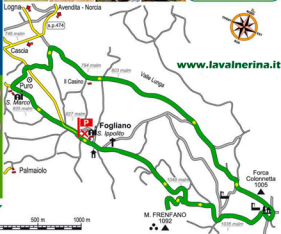
Climbed to the  
Mountain Frenfano



#### From Cascia

Take the SS 320 towards Norcia, after approx. 1 km from the town, opposite a boarding facility, take the right hand fork and a few metres later turn left to follow the sign to Fogliano

Cascia



Take care down the initial, steep slope. Leave the car at the entrance to the town at the foot of a large cement wall and continue right uphill. Keep right at the fork and go past some tourist accommodation. Follow the track as far as a roadside shrine, from here the track goes up to the left and continues to another fork. Turn left here up the hill. The track rises steeply for about 1.5 km. At the top of the hill turn right on to a wide track. After approx. 120 m, the road continues to the left on a bend, but our walk veers to the right as far as a field and from here we continue left up a winding path to reach the top of Mount Frenfano. Go back down the same path and take the right fork. At the crossroads where three roads meet, take the left-hand fork on apparently flat ground avoiding the downward path. After approx. 500 m you reach F. ca. Colonna. From here, go past the fountain and take the left-hand road downhill. Go straight over the crossroads and after approx. 500m turn right on to a path running alongside a field with a cross to the left. After approx. 2 km pass by an abandoned farmhouse and continue right. About 500 m later turn left at the fork on to an oak-lined path. Cross the tarmac road, take the path that soon rises to the left to Puro. Once you reach the village, turn towards the church and take the road to the left-hand side which will take you back to the main road for Fogliano