

14

Departure: Mulino di Corone
 Arrival: S. Lazzaro
 Length: Km 9.7
 Route: Round Trips
 Gradient: m. 100
 Difficulty: Medium

The waterfalls of
Lu Cugnuntu



da Preci

When you get to the SS 476, turn left towards Cerreto-Visso and after less than 3 km, leave the car near the mill in Corone.



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Preci



This long walk will enable you to discover the river landscape of the Upper Valnerina. As you go up towards the waterfall on the last stretch, you will be walking along the river bed and in some places you may have to cross some shallow water. Start from the mill of Corone (street number 2) along the SP 476. Take the road marked by the signpost for S. Vito and walk along for a few metres as far as the fork where you branch right to begin the attractive path first along the River Campiano and then the River Nera. The path is clearly marked and continues mostly on the flat, with the exception of some short stretches uphill, straight to the hamlet of San Lazzaro, where a leper colony was built in 1218. Once you have passed the first house, you turn left and follow the sign "lu cugnuntu". When you reach 2 stone markers, go downhill to the right (sign "lu cugnuntu") to easily ford the stream. Bear left and go past a wooden gate, here you leave your bicycle and you go up along the stream on your left. The path goes steadily upwards without any noticeable change in gradient. The higher you go, the narrower the valley becomes with sheer, vertical, limestone walls covered with luxurious vegetation. Go up the river bed, occasionally jumping from rock to rock until you reach the 20 metre high waterfall, which is a natural gem in this corner of the Valnerina. Retrace your steps to return to the starting point.