

15

Departure Meggiano  
 Arrival Roccagelli  
 Length Km 4.5  
 Route Round Trips  
 Gradient m. 80  
 Difficulty Beginners

Ancient  
Roccagelli

da Vallo di Nera

Take the SS 209 towards Norcia and continue for approx. 3 km as far as turning on the left and take the SS 395. After approx. 4 km turn on the right to the SP towards Meggiano.



Vallo di Nera



Piediacosta

Macchia  
Cerreto di S

S.p.465

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

Meggiano

S. Michele

678 metri

M. Montellino  
938Fosso  
RoccagelliVallo di Nera  
Spoleto

Roccagelli

1000 m  
500 m  
0

When you arrive in the little square of Meggiano in front of the Church of San Michele Arcangelo, take a 90° right turn on to a road going downhill leading to a hard-standing area, an ideal place to park your car. The walk begins with a left turn (near the fountain), and after 30 meters, turn right and continue straight ahead. Once you have passed the last farm, the track runs for little more than 1 km past a hairpin bend and then proceeds alongside the carriage road, which flanks the south-west slope of Mt. Montellino (958 m. a.s.l.) The wood on each side consists mainly of durmast oak and black hornbeam. On the way down you will see Fosso di Rocca Gelli, a gorge with numerous drops, just perfect for canyoning. The path runs right through the centre of Valnerina surrounded by peaks, rocky slopes, little villages set in the hillsides and at the bottom of the valley, the Nera River. The track leads you to the gate blocking the road to Roccagelli, once the fortified outpost of the castle of Meggiano, nowadays abandoned and in ruins. Return to Meggiano along the same track.