Norcia

Once you have reached Ancarano, a hamlet consisting of 4 houses, begin your walk from the built-up a vrea of S. Angelo with the Church of the Madonna Bianca, with its elegant, fourteenth century, embellished portal to which a side portico was added at the end of the 15th century, followed by the portico below the facade in the following century. Walk along the side of the portico, go uphill for about 200 metres and turn left at the fork. After almost 1 km, take the left-hand fork at the church of S. Benedetto, take the left-hand fork downhill and walk past the cemetery on your right. Walk on to reach an imposing oak tree where you turn right along a dry stone wall, and then right once again uphill to reach Capo del Colle, which lies at the foot of the imposing ruins of Castelfranco. Opposite the steps leading up to the top of the village, bear right into via Rossini and then take the left-hand fork at the next fork along the slope of Mount Prata (1,652 m) and Colventoso (1, 725 m) as far as Piè la Rocca, another hamlet belonging to Ancarvano. The road to the right downhill (Via dei Sabini) closes this circular walk and returns to the Church of the Madonna Bianca, or you could choose to take a break at the Belvedere and the fountain of Piè la Rocca.