

9a

Circular Route
Around Mount
Meraviglia

9b

On the summit
of Mount
Meraviglia

da Cascia

Walk uphill along the SS 471 following the Monteleone di Spoleto, after approx. 1.3 km turn left towards Onelli – Casali S. Antonio



Cascia



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Cascia



Start from the Church of S. Paolo ad Onelli and take the main road towards Cascia. After approx. 2.3 km, turn left for (ss) Casali S. Antonio where the road rises, gently and follow the sign for the farm holiday accommodation. Walk past the fountain to reach the fork in the road where you bear left uphill along the track. Walk slowly to compensate for the stiff climb. Continue along the clearly marked track and after about 600 m, on apparently flat ground, you will reach the concrete structure of the aqueduct to your left. Turn left here towards Casale Costabile. Continue for about 300 m and then take the right-hand fork on apparently flat ground. Along the path are some interesting examples of country houses of the *vignaiola* with the hay rack and living quarters on the first floor and the covered on the ground floor. After walking approx. 3.3 km you come to a fork, to the right you can glimpse a recently built farmhouse, Casale Totale, whereas our walk continues uphill to the left. Keep along the well-marked path for about 2 km as far as the fork a short distance from Onelli, where you turn right towards the church of S. Paolo and your point of departure.

The path is mostly sun-dated and is very steep and care must be taken in some parts where the track is not very clear. Start from the Church of S. Paolo ad Onelli and take the main road towards Cascia. After approx. 2.3 km take the left-hand turning for (ss) Casali S. Antonio, go gently uphill and follow the sign for the holiday farm. Go past the fountain on the left as far as the fork and take the left-hand track uphill. Walk slowly to compensate for the stiff climb. Continue along the clearly marked track and after about 600 m on apparently flat ground, you will reach the concrete support of the aqueduct to your left, where you turn left towards Casale Costabile on the right. Continue for about 300 m and take the left-hand fork uphill. Keep straight on for about 3 km to reach the summit of Mount Meraviglia, 1,300 m a.s.l. From here you can discover all the peaks of the Apennines from the Sibillini Mountains to the Mountains of the Lago. To return to the starting point go past the tall, green, rusty stele on the left, go straight on for roughly 50 m and then at right angles through the beech woods. When you reach a large meadow with a wonderful view of Casale S. Giovanni, take the well-marked track to the left. Keep straight on past 2 fountains, the first on the left and the second on the right. The clear path continues downhill back to Onelli, famous locally as being the village of madmen.