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Departure Caseo Caseo Km 2,6 Circular Walk m. 130 Medium

The plain  
of Melette



da S. Anatolia di Narco

Take the SP 471 towards Caseo/Monteleeone di Spoleto and continue for approx. 6.5 km



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

Part of this walk follows the migratory path and the ironworks road. Walk downhill from the town towards the cemetery and the Sanctuary of Madonna delle Grazie, the extension of a 15th century, rural shrine which houses an unusual effigy of the Virgin Mary on horseback, in memory of her miraculous appearance to a young local boy. Inside the walls are covered with the 16th century frescoes by Spagna and his pupils. Continue downhill along a steep mule track which will bring you in less than 15 minutes to the valley bottom at Piano delle Melette, a wide, flat hollow, once full of orchards and nowadays used for fodder and grazing land. The Piano delle Melette is at the centre of a unique scenario: the "Great walls" of Mount Civitella (1,565 m a.s.l.) to the south and the craggy "Cliffs" of Mount Coscerno (1,684 m a.s.l.) to the north-east. When you reach the plain, turn left at Forca di Valcasana to follow the path which runs along the west side of the Plain. Cross a cool, damp wood of imposing maples for approx. 100 m. In order to rejoin the carriage road that leads back to the village, walk towards the agricultural sheds above the maple wood and after approx. 1 km uphill, you will reach the castle of Caseo.