

Departure S. Anatolia di Narco  
 Arrival Abbazia S. Felice  
 Length Km 4,2  
 Route Ponsard Traps  
 Gradient m 60  
 Difficulty Beginner

Near the River Nera



a S. Anatolia di Narco

Exit from the SS 209-Valnerina at S. Anatolia di Narco


 1000 m  
 500 m  
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[www.lavalnerina.it](http://www.lavalnerina.it)

Part of the walk goes along the hermits' path. From the church of S. Maria delle Grazie take Via Matteotti in Piazza Corrado and walk downhill towards Via della Stazione. Follow the road downhill and then turn right at the Fonte Vecchia on to a wide, dirt road. Throughout the walk you will be continually walking parallel with the River Nera (on your left) and the areas in which hemp was grown from the Middle Ages to the early twentieth century. As you walk along the little road, you will notice the remains of the watermill of S. Anatolia on your right and on your left the ancient parish church of S. Maria di Narco, La Pia, dating from the 14th to the 19th century. Walk alongside the nursery belonging to the Mountain Territorial Community and to the left the road narrows between two ancient, mediaeval workshops with stone benches and an ancient shrine. After a short, straight stretch you will see the mysterious "Dragon's Cave" to your right. Turn left and take the old, double-arched bridge over the River Nera to discover the abbey complex of San Felice. Return to the starting point by retracing your steps along the path you took to visit the Hemp Museum and to admire the frescoes in the 15th century church of S. Maria delle Grazie