



Vandra i Sabinerbergen

From Greccio to Vacone

Start of walk: Piazza Roma, Greccio
End of walk: Agriturismo in Vacone
Distance: 14,8 km
Hours of walking: 6 hours
Climbing: 835 m
Descending: 1174 m
Food and drinks: fountain on the square in Greccio,
fountain at the 'Casette', bar for lunch in
Cottanello (arrive before siesta!)
Difficulty: Walking poles are recommended
Hotel in Greccio se photo of pink building



From Vacone to Casperia

Start of the walk: The restaurant in Vacone.
End of the walk: Porta Santa Maria in Casperia.
Distance: 10,4 km (easy) and 17,89 km (hard)
Hours of walking: 4 hours (easy) and 8 hours (hard)
Climbing: 422 m (easy) and 1196m (hard option)
Descending: 425 m (easy option) and 1199m
(hard option)
Food and drinks: Buy picnic lunch in the agriturismo
in Vacone and bring water.



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From Casperia to Missiani

Start of walk: Porta Romana or Porta Grande in Casperia.

End of walk: Fienile di Orazio, Monte San Giovanni

Distance: 16,51 km

Hours of walking: 5h (medium option), 9h (hard option)

Climbing: 1143 m (medium) and 1150 (hard option)

Descending: 956 m (medium) and 942 m (hard)

Food and drinks: supermarket Conad in Casperia (buy lunch here), water at fountain and bar in Roccantica, water at Osteria Faducchi.



From Missiani to Mompeo passing Montenero

Start of walk: Fienile di Orazio, Monte San Giovanni

End of walk: Mompeo

Distance: 14,85km

Hours of walking: 5

Climbing: 609 m

Descending: 882 m

Food and drinks: picnic lunch made by Mauro and Ornella, Bar Alimentari Nemo in Montenero in Sabina.

Difficulty: Easy



From Mompeo to Farfa

Start of walk: Agriturismo in Mompeo.

End of walk: Farfa Fara Sabina

Distance: 6 km

Hours of walking: 3 hours

Climbing: 642 m

Descending: 692 m

Food and drinks: Castelnuovo di Farfa, Abbazia di Farfa, fountain near Quattro Venti.

Difficulty: Varied walking. Steep sections down to the gorge and up to Castelnuovo and to San Martino, but generally easy walking. Long pants are necessary for the descent from San Martino.



Our Agriturismo in Mompeo is a little Paradise, thanks to its setting and especially thanks to the hosts.

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