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CLUB ALPINO ITALIANO
Sezione di Perugia



Associazione culturale
MONTI DEL TEZIO



Associazione
"ECOMUSEO DEL
FIUME E DELLA TORRE"



Gruppo comunale
PROTEZIONE CIVILE
"PERUSIA"



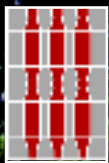
Comune di Perugia
Turismo



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Trails between castles and country churches

In the countryside north of Perugia



ASSOCIAZIONE CULTURALE MONTI DEL TEZIO

The Monti del Tezio cultural association was founded in 1999 and it is focused on cultural-recreational activities aimed at safeguarding and promoting the area in which we live by educating its members about the importance of environmental protection and the promotion and preservation of age-old local popular traditions. The association's main focus revolves around the organisation of initiatives, services, cultural and recreational activities, promoting the expansion of these activities to include other similar organisations, presenting viable proposals to the local public administrations and actively participating in the democratic management of local power.

ASSOCIAZIONE "ECOMUSEO DEL FIUME E DELLA TORRE"

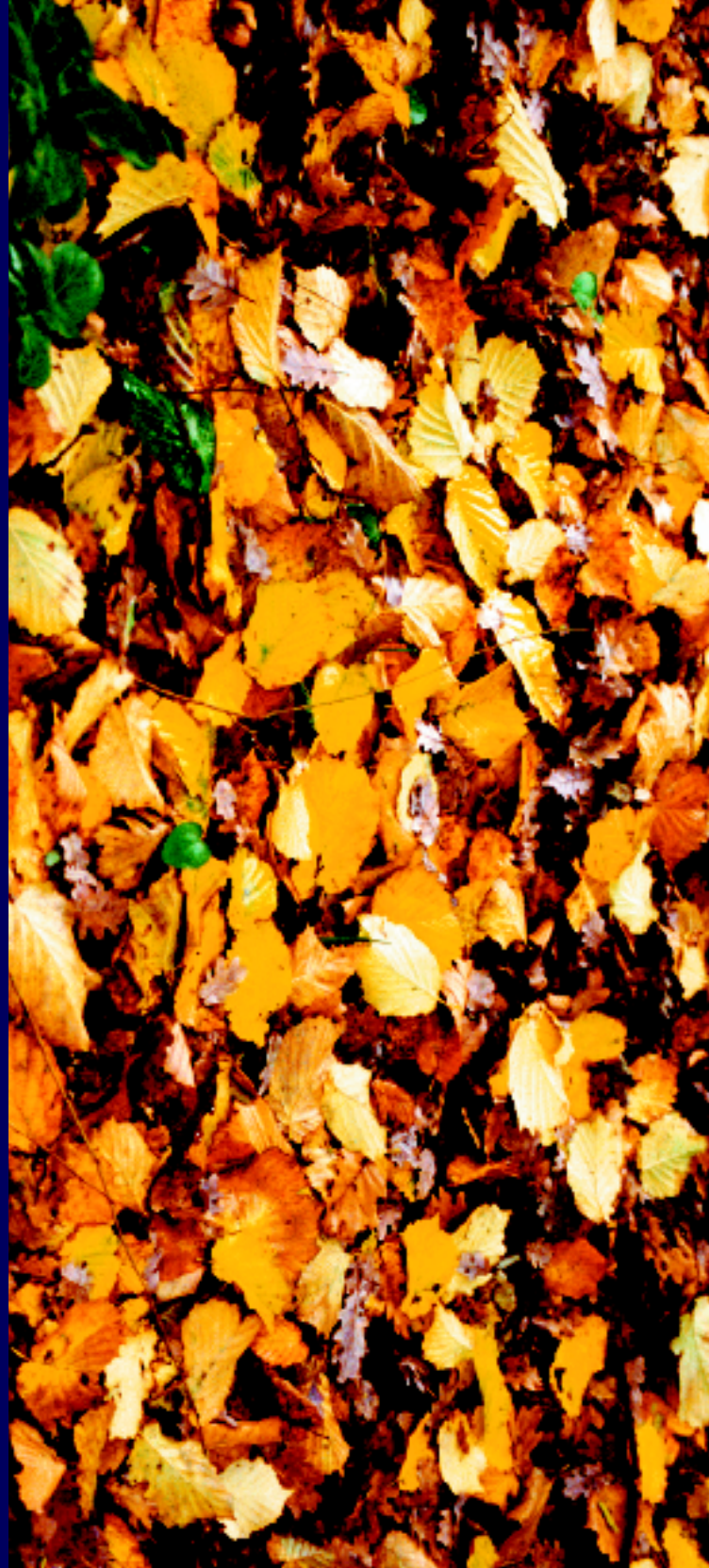
This association was founded in 2004 with the objective of rediscovering the roots and traditions of the local territory, and preventing the loss of traditional knowledge and the recollections of those who have, and still do, always lived along the banks of the Tiber River and on its surrounding hills. The association aims to safeguard the natural and historical environment of the Tiber in the jurisdiction of Perugia with particular attention to the restoration and re-opening of the medieval tower and water mill in Pretola. The meticulous collection, and study, of memoirs, documents, and historical findings regarding the river, as well as a means to safeguard its cultural heritage and environmental importance, have led to the creation of an Eco-Museum.

CLUB ALPINO ITALIANO SEZIONE DI PERUGIA

The Perugia chapter of the Club Alpino Italiano was founded in 1875 – among the first in Central Italy - by Prof. Giuseppe Bellucci. Many different types of activities have been organised in its 130 years of history. The club's main activity is hiking, but mountaineering, spelunking, canyoning, alpine and cross-country skiing, junior mountaineering and mountain bike excursions have an enthusiastic following of thousands of nature-loving members all year round.

GRUPPO COMUNALE PROTEZIONE CIVILE "PERUSIA"

Perugia's Volontari di Protezione Civile "Perusia" was founded in 2004 at the behest of the city's administrators and the corps can now count on the dedication of 65 enthusiastic volunteer members. Over the past few years much energy has been put in to the training of the volunteers through specialised classroom courses and practical hands-on field training. Their active help during recent emergencies (the flooding of the Tiber River and the fires on Monte Tezio), at large-scale public events (the ten year anniversary of the Umbria earthquake) and the seasonal forest fire sighting and reporting shifts has been invaluable. The corps' main non-emergency focus is aimed at social and civic activities, meeting with the public-at-large and promoting the activities of the Civil Protection Agency.



Trails between castles and country churches

*In the countryside north
of Perugia*



Comune di Perugia

Turismo

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Monte Tezio seen from Monte Canneto

On the cover: “Walking towards Montelabate”

PRESENTATION

This guide contains nine walks, or hikes if you will, designed to entice visitors to get off of the beaten track and enjoy the rural areas to the north of the city of Perugia, near to the towns of Corciano and Umbertide, and visit some of the lovely castles, monasteries, villages and little known archaeological sites that dot the area. Or just to get out and walk over some of the charming hills that are so characteristic of our region.

This new initiative is aimed at a type of tourism which, up to now, has not enjoyed the success it merits, but which is certainly an important feature of Umbria and an attractive addition to the highly qualified rural hospitality it offers. An increasing number of visitors to the area choose to stay in rural agriturismo-style lodgings, and perhaps this guide will seduce them to stay just a few days longer and also discover what we call “hidden Umbria”, or at least, “less-visited Umbria”.

This guide also aims to offer visitors to the city of Perugia not just a stay in the city or a vacation, but a global experience of those values that unite the region and those who live in it. It aspires to be a new and alternative guidebook aimed at sustainable and quality tourism, leading visitors to enjoy the landscapes, the environment and the natural and cultural wealth this part of Umbria has to offer on foot.

We will describe the walks and their highlights one by one, with useful technical advice for the walker: the duration, the distances involved, the climb, level of difficulty etc...

This book is also a useful and worthwhile guide for local citizens themselves, who in growing numbers carefully seek out parts of their region to rediscover, searching for common cultural roots and to enjoy the emotions of their long upheld traditions.

Enjoy your walk!

Ilio Liberati
City Councillor for
Tourism and Economic Development

Ancient trails north of Perugia

The aim of this guide is to be a useful instrument for all of those who are passionate about nature, desire to be in close contact with it and discover an environmentally and culturally rich and generous land.

The walks proposed in this guide, over well-marked trails through breathtaking landscapes with lush vegetation, will not delude these expectations, even when nature sleeps in wintertime.

There is no particular season of the year in which these walks cannot be thoroughly enjoyed. Neither winter's cold and snow nor summer's sun and heat pose any particular problems for the true nature-lover. That said, spring and autumn nonetheless stand out as the ideal time for these excursions: the beauty of the magnificent colour-dotted landscape at these times is certainly the best that nature can offer.

Although it should go without saying, we nonetheless remind our visitors to behave respectfully when on these walks: clean up after yourselves, stay on the trail, do not trespass onto cultivated terrain or private property, do not light fires, do walk with a friend or let someone know where you are headed, bring a bottle of water and something to snack on along the way, put some basic first aid things into your pack, dress according to the weather, proper footwear for the trail and avoid doing things that exceed your own personal capacity. Always bring a compass with you, and an altimeter if you have one.

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It is our hope that the trails we propose here, and the manner in which we propose them, will help you to get to know our territory better, respecting nature and without leaving any traces.

All of the walks we describe are loops, that is, they bring you back to your point of departure, and they can all be easily reached by car.

Although the trails we describe are basically meant to be walked, taking care one can also enjoy them on a mountain bike or on horseback. The walk duration times we have estimated do not include rest stops.



The ascent (measured in meters to be climbed) of the walks is the same as the descent.

The names of the places noted along the walks (buildings, water sources, streams, ditches and trenches, hills and mountains) are not signposted in loco but can be found on maps or are the names given them by the local inhabitants.

The Club Alpino Italiano (CAI) has determined a difficulty ranking of walks: **T** = touristy and therefore not at all difficult, **E** = for excursionists and therefore relatively easy, **EE** = for expert excursionists and therefore relatively difficult and **EEA** = for equipped expert excursionists and therefore difficult.

All of the walks proposed in this guide are classified as category **E** walks, which according to the CAI definition means that “*the trail progresses over various types of terrain (pastureland, detritus, stony). It requires a decent level of fitness due to the length of the walk and/or the ascent involved. It requires adequate clothing and footwear*”.

On the map included in the guide the nine walks are marked with a green dotted line which runs parallel to the red marking of the trail. The walks are numbered 1 to 9. Sent. or Sentiero means trail or path. ‘asl’ means above sea level.

The Flora

(by *Giuseppina Lombardi*)

The ridge that goes from Monte Acuto to Monte Tezio, to the hydrographic right of the Tiber River, is characterised by holm-oak woods on the lower levels and where the sun shines, whilst as you go up and on the cooler, less sunny sides, there are black hornbeam and ashwood stands. In areas where the calcareous substratum leaves room for marly-sand formations we find woods dominated by turkey-oak trees, associated with sessile-oak in those areas with southern exposure and maples trees in the cooler areas.

Those areas free from trees are pastureland and wild fields.

The south-western side of Monte Tezio has been reforested with conifers, above all the black pine tree.

The shrubs present in these areas are primarily common juniper, red juniper, hawthorn, thorn bushes, yellow Spanish broom and blackthorn. The area that leads down to the Tiber River, between Monte Giglione, Monte Mussarello, Monte Elceto di Murlo and Monte Elcino has impressive oak woods.

The slopes and valley floors are dominated by agricultural concerns, with olive groves and cultivated land which, going upwards from the hydrological left of the River make way for sessile and turkey oak woods as well as black hornbeam.

Along the river banks one finds classic high vegetation dominated by willow trees interspersed with stands of alders. Poplar trees of various species also grow here, as well as the infesting false acacias, a naturalised exotic species.

Geological aspects

(by Anna Bigozzi)

The typical morphology of this area is the consequence of the interaction between the geological constitution of the area and the successive forces of erosion, primarily superficial water erosion.

From a geological and landscape point of view the area can be divided into three types:

1) The area west of the Tiber River, characterised by the NNW-SSE mountainous ridges which include Monte Malbe, Monte Civitelle, Monte Tezio and Monte Acuto. These mountains have steep, in some cases, craggy slopes.

The mountains around Perugia are composed of clayey calcareous sedimentary masses belonging to the Umbria-Marches succession which was deposited when the area was a marine environment between the Late Trias and the Early Miocene eras (from 220 to 20 million years ago). The sedimentary layers have, over millennia, been bent and folded over one another through seismic activity and have given the calcareous massifs their present-day structure.

6 2) The Tiber Valley is the result of a Pliocene-Quaternary relaxation phase (starting 5 million years ago and still on-going) which is responsible for a NNW-SSE continental basin bordered along both sides by faults. The gentle rolling morphology was further enhanced by sediment deposits from rivers and lake formations over the past 3 million years.

3) The area east of the Tiber River is characterised by a hilly landscape with soft slopes, although sometimes cut through by well developed streams. Here one finds the water-proof, yet easily eroded, rocks from a marly-sandy formation created by the alternating sandstone and clay dating to the Early-Middle Miocene era (17 to 11 million years ago). Under this surface one can hypothesise the presence of the Umbria-Marches succession calcareous folds.

THE WALKS



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The Monte Pacciano loop

P01

Difficulty: E
Total ascent/descent: 354 mts
Duration of the walk: 3 hours
Distance covered: 9.8 km
How to get to the trailhead: drive to San Marco, just north of Perugia, and continue towards Monte Pacciano. Leave your car in the parking area just after the tiny village of Vagliano.

8 The walk starts from the parking area in the historical dei Conservoni area right by the building with the “Conserva delle vene” (P) sign. Leave the Conservoni street towards the right (sent. 401a) onto a paved road upwards towards a house-tower called La Perotta. The paved

road continues for about 400 mt and then becomes a gravel road. On the left there is an ancient and picturesque drinking trough under a centuries old oak tree. A short distance further, again to the left, there is a stone structure closed with a rusty metal sign that indicates we are in an area rich with water and near to the age old Cunicolo della Barigiana water canal which goes for 560 meters and was carved in the Middle Ages to collect and channel the water coming from the streams of Monte Pacciano. Further along you reach Casale Cipoletta, a restructured rural house surrounded by a wooden fence. Keeping it to your left you will enter into a thickly grown area and after 200 meters take a left onto



Flowers on Monte Pacciano

the steep gravel trail that will take you to the crest of Monte Pacciano.

The top, which is called Posto Bello “Lovely Place” was given this name because of it’s magnificent views, from here you can see a part of the Apennines, the Middle Tiber

down to the asphalt road which goes from Montelaguardia towards Valbiancara. Once here about an hour will have passed since you began your walk. Proceed left in the direction of Valbiancara. At this point you are at the divide with Monte Tezio



Monte Tezio seen from Santa Croce di Monte Bagnolo

Valley, Monte Subasio and all of Perugia. Closer in you can see Montenero, Montebagnolo, and Montelaguardia and off to the right Perugia again, which lays before you in all of her mediaeval splendour rising up between the surrounding green hills. Walk along the crest until you enter a woods. The road becomes a narrow picturesque trail which softly descends. You will pass a recently built water tank and continue on until you reach a fork in the road which you take to the left (a sharp turn) of the fence (sent. 401). A bit further on you will once again join the main trail continuing right and downhill. This takes you

which rises majestically dominating the valley below. Pass alongside the Santa Croce di Monte Bagnolo buildings and continue until you reach the first fork in the road and take it to the left over a dirt road towards the Podere Rubbiana (sent. 401c). A bit further on there is a curve which you take down towards the left on a path which takes you into the

9



Santa Croce di Monte Bagnolo

woods. Follow it along until the panorama opens up again and you are above the San Lorenzo della Rabatta church.

Before actually reaching the church turn upwards to the left towards the Rabatta cemetery on a paved road, following the signs to S. Orfeto. About two hours will have gone by since you began your walk. Continue ascending until you reach another fork. Stay to your left again and turn back into the more thickly

overgrown area on a relatively wide but rough path. You will reach the Usurea farm, pass it and continue on the gravel road returning to the aqueduct. Pass the entrance to the Cerrini tunnel and continue above the aqueduct itself. Once again you will meet up with the S. Orfeto road (sent. 401) and go to the exit of the tunnel. From here continue in the woods following the recently restored path that takes you to Conservone Nuovo.



Do not forget to admire the two little bridges of the Cerrini tunnel.

Once at the Conservone turn left along the fencing until you get to the entrance. Here you can take the paved road down which, after a few dozen meters, leads you to the parking lot where you left your car.

We do, however, recommend you go to see the very interesting mediaeval Conservone Vecchio, just a few dozen meters up.



San Lorenzo della Rabatta



Exit of Cerrini tunnel

PERUGIA'S MEDIAEVAL AQUEDUCT

“In 1254 a project was conceived for a grandiose fountain to be built on Piazza San Lorenzo. Frate Plenario was its enthusiastic champion and the supervisor of this far-seeing project. A certain Mastro Ambrogio was given the daunting task of connecting it to the veins of Monte Pacciano, three miles distant from the city, also taking advantage of every other water source to reach this alpine piazza. To get these waters up to their destination Filippo da Orte had the even more daunting task of boring into mountains, raising arches and constructing cisterns.”

Luigi Bonazzi, “Storia di Perugia”.



*External wall of the
mediaeval Conservone*



P02

The Monte Malbe loop

Difficulty: E

Total ascent/descent: 482 mts

Duration of the walk: 3 hours

Distance covered: 11.9 km

How to get to the trailhead: go to San Marco, north of Perugia and then follow the signs to Cenerente until you reach the crossroads with Monte Malbe and turn right. Go up the paved road until you come across a gravel road near to a wall that encircles the Capuchin Monastery. Take the gravel road up until the next crossroads (Villa Galletti) and park.

across them. It is an ideal escape from a hot summer day!

The first part of the walk begins on the same white road you parked on, which then soon takes you to the highest point of the walk (620 mt asl, Sent.m 401). The walk takes you through a stand of holm oak trees, along a cultivated field, a stand of chestnut trees, an oak grove and interspersed between these now and again you will see a lovely view of the numerous wooded areas that cover Monte Malbe.

After 1.6 km you will reach the Le Trosce farm with its lovely old

12 This excursion is an homage to nature and woods, its soothing sounds and earthy aromas surprisingly close to Perugia and its suburbs. The walk takes you through, and sometimes deep into, an oasis of thick Mediterranean shrub dotted with stands of holm oak, sessile oak and chestnut trees. In the enormity of this 'jungle' sunny fields and lovely glimpses of the valleys below and the mountains nearby are rare, and therefore all the more precious and luminous when you do come



traditional farm house and barnyards.

100 mt further along, near a sign, you will leave the main road behind and turn right onto a country path that goes around the farm's courtyard. From here you descend into the holm-oak woods, stay to the left at the fork (well sign-posted as are the next deviations) and, once at the watershed, the path starts to ascend and then joins a country road that descends to the right. Here the woods reign supreme, there are no signs of man's presence, other than the path on which we are walking. Continue along the main path straight ahead through the next crossroads and then 3 km onwards take a sharp right into a stand of holm-oaks trees. 350 meters further on turn right onto a gravel road which comes from Corciano for a short distance and left onto a sign-posted small road.

Here we are not far from the Hermitage (Romotorio), whose walls suddenly appear to your right between the trees. The Hermitage, with its elegant courtyard, is well worth a closer look. Unfortunately, the interior of the building cannot be visited.



The stream by the Hermitage

Just past the Hermitage there is another crossroads (3.65 km from the beginning of the walk) which you take steeply down to your left to then, after another 800 meters, take a sharp right (sent 411). Here you will be at 396 mt asl, one of the lowest points of the walk. Another 55 or so meters later the path straightens out.

In this part of the walk, on the right, you will see two "trosce" or rain/river water troughs, one of



A view of Monte Tezio

which, the cement one, is in need of repair. The path goes up rather steeply here to reach 506 mt asl (at 6.15 km from the start of the walk) where you then take a lovely trail on the left. Ignore the first deviation you come across, and turn left at the next fork onto a narrower path that goes downwards. Stay on this path. Here and there, in between the

trees on your left, you will see lovely views of Monte Acuto and Monte Tezio. At a four road crossroads turn right onto a slightly ascending path and after 50 mts continue right even more steeply to then take a sharp left at a sign-post. Stay on this

path for about a km, ignoring smaller side paths and deviations and don't forget to stop now and again to admire the views of Monte Acuto and Monte Tezio. Once you reach another fork dominated by a large oak tree turn right onto the wide gravel road in the direction of Campore di Sopra. 200 meters after the large oak tree turn left onto a path that returns into the woods, keeping to your left and ignoring the other little paths and deviations along the way until you will reach a lovely open area with three wooden benches surrounded by yellow Spanish broom and oak trees from which to enjoy a picture postcard panorama of all of Monte Tezio. Here you will be at 409 mt asl and 9.3 km from the start of the walk. After your rest stop get back on the path keeping to your left at the next fork in the road and ascend into a mixed wood. You will soon come across the road that comes from Cenerente. Turn right and find the large characteristic 'troscia' known as "del melo" (of the apple tree). The trough is surrounded by a wooden fence and close by (briefly following a very narrow trail to its left) is a cute little miniature village. Back in the main path take the road, which to the right goes down to the Podere



The large "Troscia" known as "del melo"

Campore di Sopra (sent. 411d). Leaving the woods one is struck by the brightness of the large open space, unusual for Monte Malbe, on which there is an old farmhouse, several warehouses and cultivated fields cut into by a sinuous gravel road that comes from Capocavallo. Take it to the left. At the next fork, where there is a large oak tree, turn left again and then, after 150 mt return into the woods turning right and then left again, leaving the fields behind you.

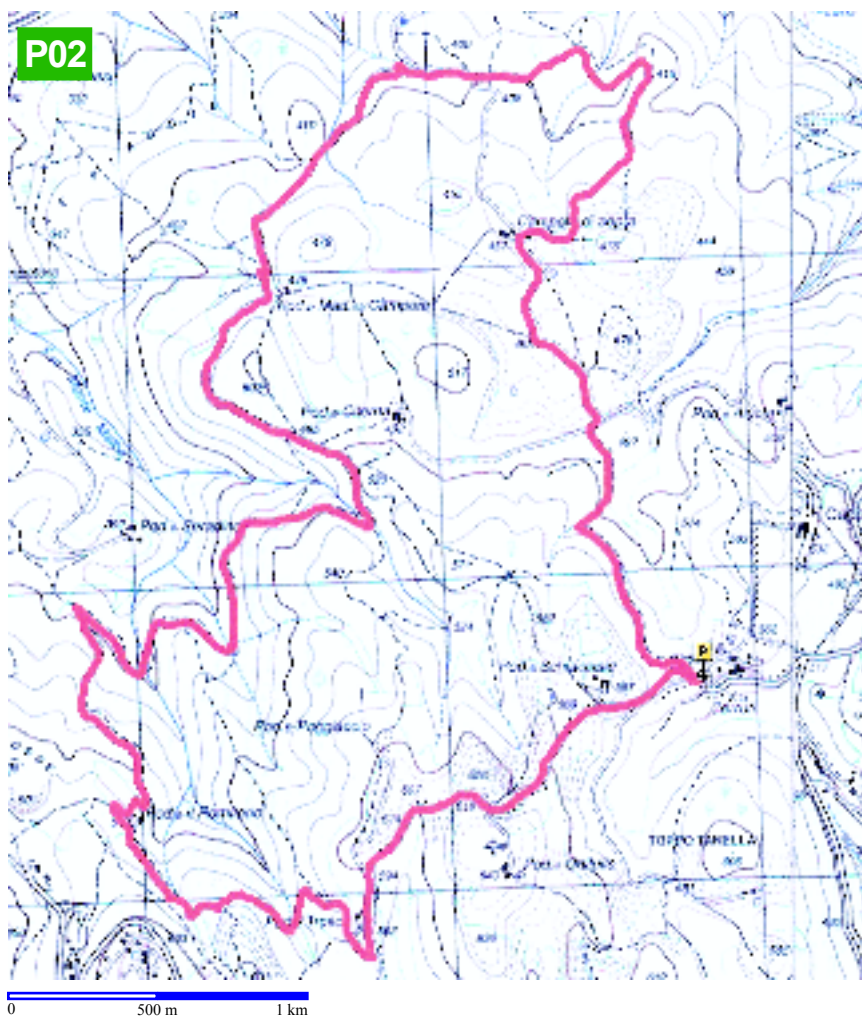
The turns are well sign-posted. Stay on the path as it ascends among the chestnut trees and within a short while you will be back onto the main road which, turning left on to it, will return you to Villa Galletti, 11.9 km from your starting point. Although this walk goes up and down often, the total amount of the climb is not more than 480 mt.

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THE HERMITAGE OF MONTE MALBE

Also known as the hermitage of San Salvatore, it was probably founded in the year 1,000. A document dating to 1139 indicates that it was intended for the Camaldolite Order of Fonte Avellana. It was then used by a succession of religious orders: in 1393 the

Franciscans had it, in the 16th century the Olivetan Monks occupied it and later it went back to the Camaldolite Order. In December of 1569 it was suppressed by Pope Pius V and the priory of San Salvatore was reduced to a commendam for use by an ecclesiastical beneficiary for the duration of his life. The first of these was Francesco Baglioni (1570). At the beginning of the 19th century the monastery was abandoned by the religious orders and it became a common farm house. They say that in the ancient church on November 9th of every year a special mass was celebrated in honour of the dedication day of the San Salvatore church.





P03

The three crosses of Monte Tezio

Difficulty: E

Total ascent/descent: 450 mts

Duration of the walk: 4 hours

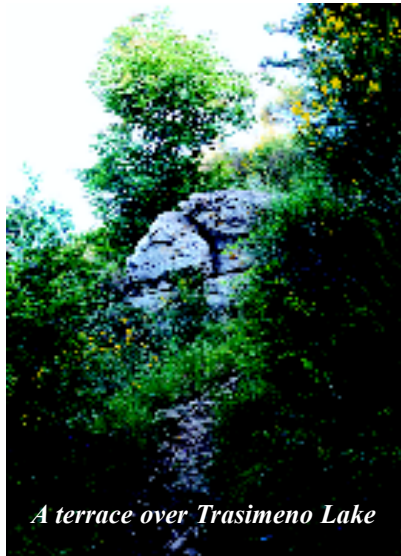
Distance covered: 10,1 km

How to get to the trailhead: drive to northwards out of Perugia on the S.P. 170 to Colle Umberto, go through the little town and 500 meters later turn right when you are by the fields of a school building. After about 3 km you will reach a large public parking area where you can leave the car.

stern slope of the mountain (sent. 483). Stay on this path and ignore the sign that indicates Sentiro N. 1 off to the right. The woods end and a rest stop on top of a craggy outcrop is a must to admire the magnificent views from Monte Malbe to Lake Trasimeno, the Cetona mountains to Monte Amiata in distant Tuscany to the west and the closer-by hills of Castel Rigone. Back on the path there is a hairpin turn which must be taken upwards to the right, ignoring the path that continues straight ahead. Once you reach an old barbed wire fence you will see a crossroads with arrows

The starting point of the walk from the parking area at the feet of Monte Tezio is at 580 mt asl.

16 Follow the paved road upwards to the right until you reach the park entrance gate. The first part of the walk is a relatively steep ascent on a wide gravel road through the woods (sent 481). Ignore the deviation to the left of sent. 482 (Tezio's n° 2 path -Miralago) and continue until the ascent terminates at a little wooden hut to your left. This is the starting point of several trails. The one that we are going to follow starts with the steep stone steps to the left of the hut and takes us up through the woods on the we-



A terrace over Trasimeno Lake



The Pieve cross

indicating Le Neviere (“snow pits”) to the right, and if you continue straight onwards you will get to the open fields at the top. Go to the left (sent. 482) to reach the “Parete Bellucci” (the Bellucci Wall). The path is flat here, although somewhat broken up, and do beware of the bits of abandoned rusty barbed wire along the way. The Bellucci Wall is a steep wall which is sometimes used by climbers for training and practice. It is dedicated to the founder of the Perugia chapter of the Club Alpino Italiano (CAI), Giuseppe Bellucci. You will find a sign here that indicates Sentiero 2 downwards to the left, and another one indicating the Croce della Pieve (the Cross of the Parish Church). At this point you will have been walking for about an hour. Go left upwards towards the cross for about five minutes to reach the crest (sent. 481) and then

continue on to the cross. The view from up here is truly magnificent.

Backtrack over the top of the mountain towards the large open fields that spread out in front of you. Off to your left you will soon find the imprint of an old service road and follow its undulating track until you reach the ‘Le Neviere’ (the Snow pits) sign. The true top of Monte Tezio (961 mt asl) is 150 mt to your left. Head towards the right and after 200 mts you will be at the conch of the snow pits. In the olden days compact snow was brought down from this spot

in summer to cool the pre-electricity fridges of the local inhabitants. Now head towards the South-East (sent. 489) over the grassy fields until you reach the wide descending road and, just before entering the woods, turn left on the traces of a trail which, hugging the south-eastern side of the mountain, leads down to the saddle between the two mountain humps. As you descend the path, which in the beginning is quite disconnected, it becomes easier to follow and will take you to the saddle where the service road that leads to the top of Monte Tezino runs. About 100 mts before the antennas take a sharp left (sent 486) downwards to reach, rather quickly, the Croce di Fontenova (the New Fountain Cross). The slopes here are very steep and you can see Castel Procoio and Migiana di Monte Tezio down below, the entire central Apennine

range on the horizon all the way to the distant Sibillini and Laga Mountains and, closer in, the pre-Apennines from Monte Acuto all the way to Monte Subasio above Assisi. Walk downwards for about 100 mts to the right to reach the Croce di Migiana (the Migiana Cross). Your altimeter here should read 715 mts asl and about three hours will have gone by since you left the parking area. Ascend a bit and get onto sent. 485 which runs along the slope of the mountain towards the south, and then enter the stand of pine trees. Continue for about 10 minutes on this undulating and shady trail until you reach, on a curve, sent. 484 which goes down to the Monte Tezio Hermitage (Romitorio). Continue down to the left without leaving the wider trail and do not follow the deviation on the left for the Romitorio. After about 150 meters the trail narrows into a thin path. At the fork continue your descent until you finally reach the wide road, sent 484, which goes to the Belvedere. Take the road downwards to



The remains of the snow pits

the left. At a certain point to your left you will see high green fencing which was put up in 1994 by the University to create a living space for, and study, a baby she-wolf found injured on Mt Subasio. After the wolf's fence, you will soon reach the hut and, continuing downwards, the main entrance gate to the park.

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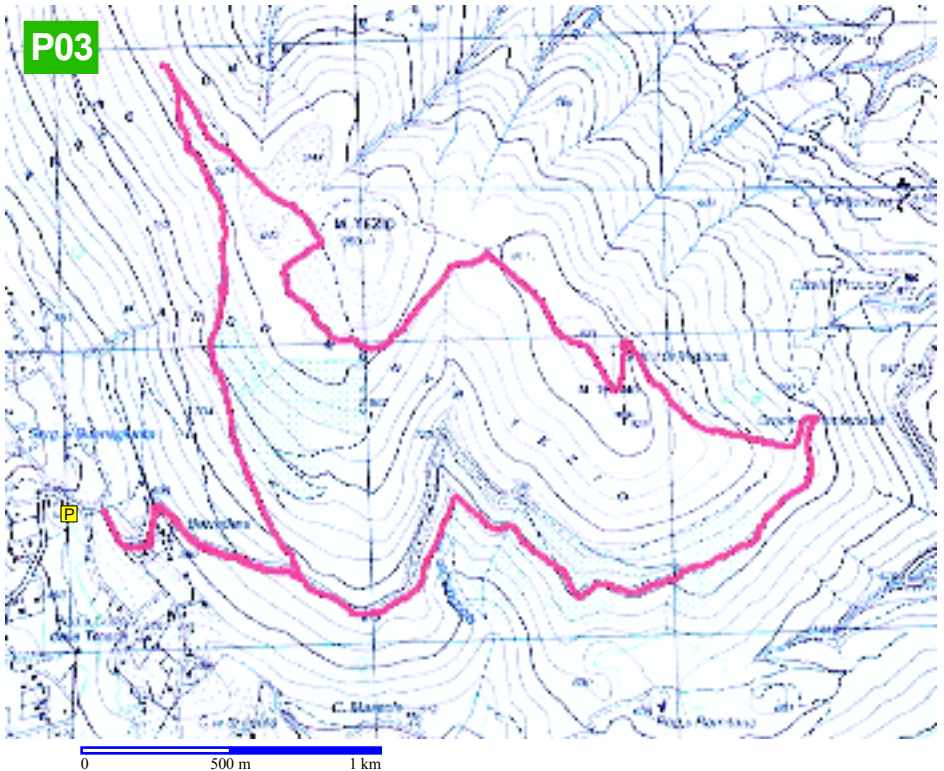
The Fontenova cross



The Migiana cross

THE “NEVIERE” (Snow pits)

On the undulating fields at 917 mt asl on top of the mountain are the remains of the ancient ‘snows pits’, or Neviere. Completely abandoned for over a hundred years, they were recently cleared of wild growth by the Monte Tezio Association (in 2000) and again by the Comunità Montana (in 2005). These pits were once filled with compact snow and covered with thick layers of straw and were the source of ice in the summertime before the advent of refrigerators. The ice, cut into large blocks, was brought down in burlap sacks on mule back to be used in hospitals and to keep the food of the richer families cool.





Around Castel Procoio

Difficulty: E
Total ascent/descent: 598 mts
Duration of the walk: 4 hours
Distance covered: 12,400 km
How to get to the trailhead:
 Take the SP 170 north out of Perugia to Cenerente, and turn right following the signs for Migiana di Monte Tezio.
 Park by the church

At a certain point there is a barrier across the road to prevent cars from entering. Go under (or over) it and after a long steep descent it levels out. You will pass the remains of the Vallecupa (Dark Valley) farm, its name evoking the fascinating wildness of the area, and, further on, that which remains of the Pié di Monte (Foot of the Mountain) farm. The thick forest is mysterious and now and again you can see bits of the wild surrounding countryside with its amazing colours. After about an hour of walking you will reach Casale Pavia, a tall well-restored building and, after a few meters take the red/white CAI signposted trail (sent 481) which begins to take you up on a steep gradient which then becomes less steep. Follow it through the high beech

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The walk begins from the parking area by the church of Migiana di Monte Tezio (P). Take the gravel road that goes slightly downwards past the tiny village cemetery (sent. 472) and soon takes you to the fence surrounding the Fontenova farm. Continue the slight descent without paying attention to the various deviations off to the right.



The Migiana di Monte Tezio church

and oak trees for about a half an hour until you reach the high open fields on the top of Monte Tezio. Not far off on your right you will see the Pantano cliff. Continue upwards over the humps of the mountain keeping on the left trail which, the high grass notwithstanding, is easy to identify. In about a half hour you will reach the Croce della Pieve (the Cross of the Parish Church). On a clear day the views from this recommended rest spot are magnificent: to the west, after the last hills of Perugia on the left, you can see Monte Malbe and, behind it, Trasimeno Lake, and the Cetona and Amiata mountains in distant Tuscany. Continuing with your eyes towards the right you will see the hills of Monte Rigone which cover the Catenaria Alps and the Luna Alps, and then the pointy top of Monte Acuto, behind which in the distance the Apennine range comes into view with the Simone and Simoncello mountains, Monte Nerone, Catria and Cucco, the mountains of Gualdo Tadino, Monte Pennino and Assisi's Mt.

Subasio behind which the Sibillini mountain peaks stick majestically into the sky. The true top of Monte Tezio hides the last marvels to behold. Back on the trail go over the humps towards the south to get to this summit and enjoy them. Once here, turn left along a service road that takes you to Tezino (sent. 487). When you are almost in the dip take a sharp left downwards through the woods until you reach the next open space from where you will see Monte Acuto (with its pointy top), Antognolla and Monte Corona NW. Follow the path through the woods with the electrical cables overhead for a few dozen meters, and then continue on it as it takes you through bits of woods and open spaces until you get to an old water trough. Continue downwards until you reach the remains of Castel Procoio. Keeping to your right the path becomes more level and then goes down steeply to the right until you reach the first houses of Migiana. Climb over the chain and turn left along the gravel road which, among the old houses, leads you back to your car by the church.

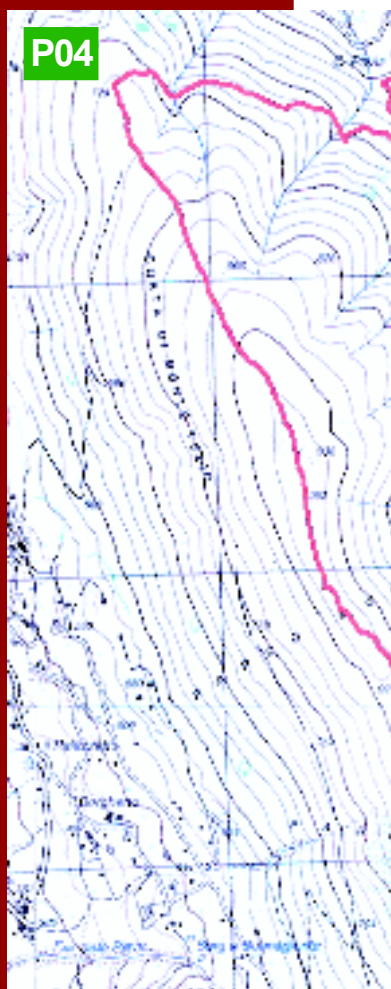
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Castel Procoio on a knoll below Migiana di Monte Tezio

CASTEL PROCOIO OR PROCOPIO

This castle sits at 580 mt asl on the eastern slopes of Monte Tezio. Like other castles in Umbria, it too started out as an open (without defences) rural hamlet. Over time the need arose to defend its grain stores, armaments and citizens so thick defensive walls and towers were built up around it. The work began in 1455 and in 1481 its inhabitants requested financial aid for the construction of a well or cistern but, the 600 florins contributed by the people themselves and the 55 florin contribution from the city government notwithstanding, the castle was never completed. After centuries of neglect and several owners, a complete restoration in the near future seems possible. At the moment (2008), for safety reasons, visiting the inside of the structure is not recommended. One can, however, study its construction phases by examining the outer walls. The north-western corner is its oldest part and was most likely a safe-house around which, in later times, barrages were built on three sides and two cylindrical corner towers were raised. To the left of the portico an archway was raised when short-lived restoration work was initiated in the 1980's. A little church dedicated to Saint Eurasia, protectress of harvest and grain, located on the NW corner, seems to have been demolished during this time. A photograph taken in 1978 is all that remains of it today and it can be found on page 215 of a book published by Grifo Perugia entitled *San Giovanni del Pantano e il suo intorno* written in 1997 by Ermanno Polla.





Castel Procoio





P05

Monte Acuto

Difficulty: E

Total ascent/descent: 678 mts

Duration of the walk: 4 hours

Distance covered: 11,450 km

How to get to trailhead:

drive to S. Giovanni del Pantano, following the S.P. 170 north of Perugia. Once here go left in the direction of Umbertide to the bridge over the Nese River. Just over the bridge turn left off of the main road and then right onto a gravel road where you can leave the car.

near the houses of Galera. Take a left hand turn here, along the remains of an old trail that runs alongside a fence. Near two walnut trees, the fence has an opening through which you get onto a road that takes you to the remains of an old farmhouse, Podere Ranieri. To the left of this, close to the remains of an old pigsty, look for a difficult to find path that heads into the thick vegetation and take it. When the thicket clears the path takes you along the slope of the mountain among lovely fragrant yellow (if in bloom, early summer) Spanish broom. At about 700 mt asl the trail forks into two. Take the left one into the thick beech grove (sent. 170a) and, staying at the same height, you will reach Cima Cerchiaia, easily distinguished for the remains of the stone perimeter wall of an ancient

24

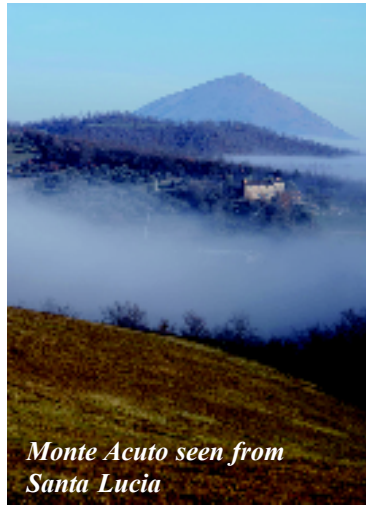
Take this gravel road uphill until you pass a building with a mediaeval tower. Continue the climb upwards to the right (sent. 170b) and, after several turns in the road, you will reach the Cappella di Sant'Angelo. The climb continues through the woods, through oak tree stands and juniper trees, and you must stay on the right-most trail. You will cross the Fosso della Scannata, a gorge, and eventually arrive at an open pasture





The houses of Galera

castle. Now head southwards up the slope that takes you to the top of Monte Acuto (923 mt asl). Coming down the mountain head south again down a steep and badly maintained mule path. At about 500 mt asl this road will cross another gravel road, ignore it and continue down on the mule path which, if you continue going south, will take you back to your car.



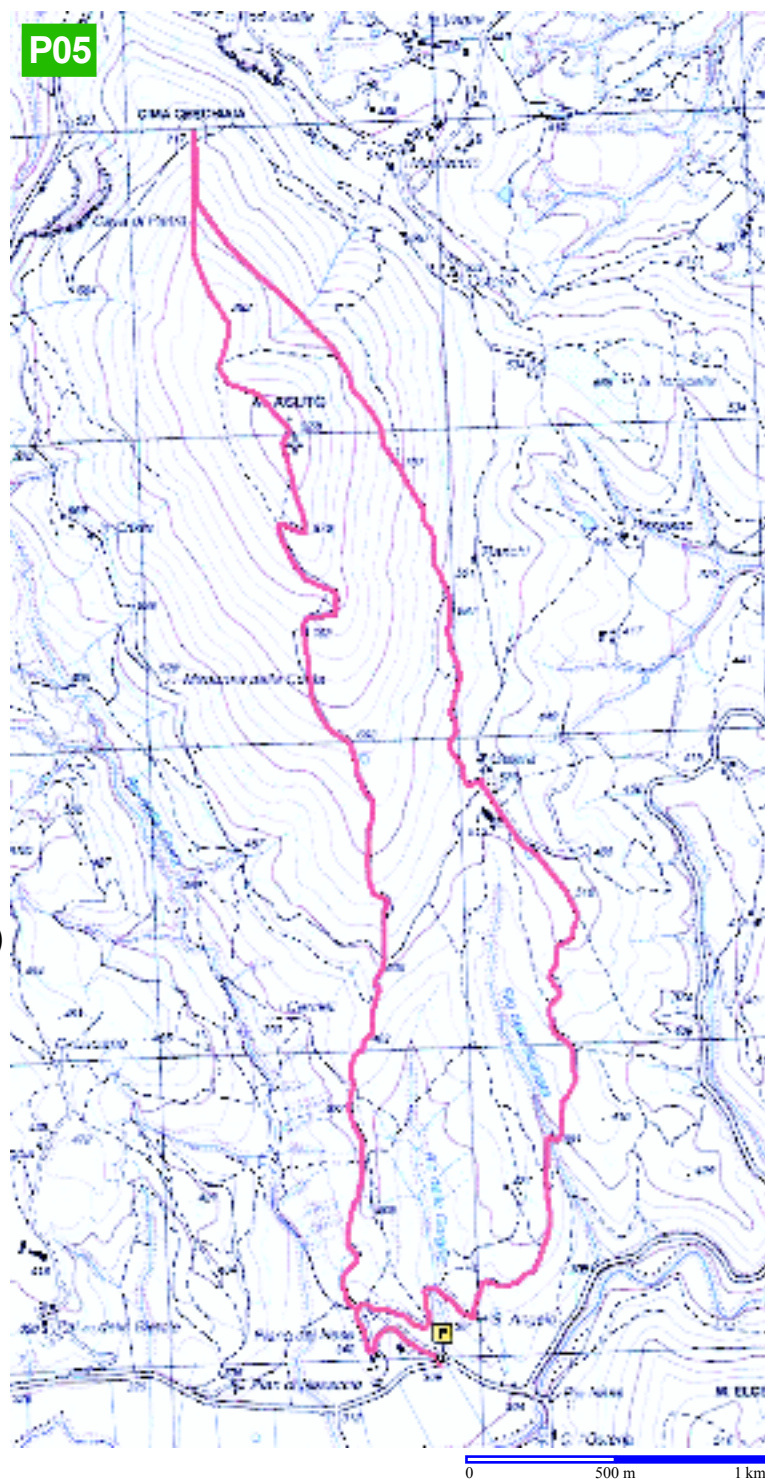
Monte Acuto seen from Santa Lucia

25



Monte Tezio seen from Monte Acuto

P05



26

MONTE ACUTO AND ITS RUINS

As you drive around the Tiber Valley Monte Acuto does not escape notice, with its cone shape sticking up isolated from the flat valley below. The strategic importance of this mountain was well known even in the distant past. As you walk up its slopes you can see what remains of an old castle, known as *Cima Cerchiaia*. Dating to prehistoric times, it was a watch tower from which the territory of the underlying valley and slopes was kept under control. The remains of the dry wall defined an elliptic area locally called “*cerchiaia*”, or “circle”. *Cima* means ‘top’. The summit of Monte Acuto also had a defensive structure which kept a watchful eye on the goings on below and defended the communication routes that crossed the border between the Etruscans and Umbrians, the Tiber River. On the top of Monte Acuto, between the 6th and 4th centuries BC, a sanctuary dedicated to a divinity that protected agriculture and pasture was built. During a 1995 dig organised by the Superintendence of Archaeological Heritage several bronze votive relics were discovered bearing witness to the cult practised here.



Monte Acuto from Podere Seradino (Monte Malbe)



Monte Corona

Difficulty: E

Total ascent/descent: 690 mts

Duration of the walk: 4,30 hours

Distance covered: 12,5 km

Distance covered: 12.5 km

How to get to the trailhead:

Take the E45 highway north towards Cesena and exit at Pierantonio. From there follow the S.P 169 towards Mantignana and just after the bridge over the Tiber turn right following indications for the Abbazia (Abbey) di Monte Corona. Leave your car at the Abbey's parking lot.

visible. Take this path uphill at the niche dedicated to the Madonna and the San Savino farm (sent. 172) This path cuts over the paved road several times. From here there is a beautiful view of the Apennines to enjoy. Cross over the road and follow the sign-posted path through the woods. There is a fork in the path from which you can make a short deviation to the summit of Montecorona and the entrance to the hermitage. Once back at the split the path continues along the hermitage's fence. Take care to follow the rather disconnected path here which leads to a gravel road. Turn left here to make a worthwhile visit to the fortified hamlet of Santa Giuliana. After the visit, go back to where

28

Leaving the Abbey to your right walk towards the Tiber and continue on the road that goes up to the Montecorona Hermitage (sent. 171). As you reach the first curve an ancient uphill path made by the monks begins, today known as the "Mattonata" ("with bricks") because in some places along the footpath the old stones used by the monks are still



you turned left get back on the gravel road going upwards to the left, the west (sent.172). Stay on it until you get to a fork in the path and take the right (headed north-sent. 171) and continue downwards passing by the Santa Giuliana delle Pignatte farm (sent. 169a). Once you get to the bottom of the valley cross over the main road and continue in the same direction from which

you came along the road in front of you which soon leads you to Podere Toro. Soon after you will find another fork, turn right (sent. 169). There are other paths leading off this road, but keep to the right and it will lead you to an old country cemetery. Continue



The Monte Corona Hermitage

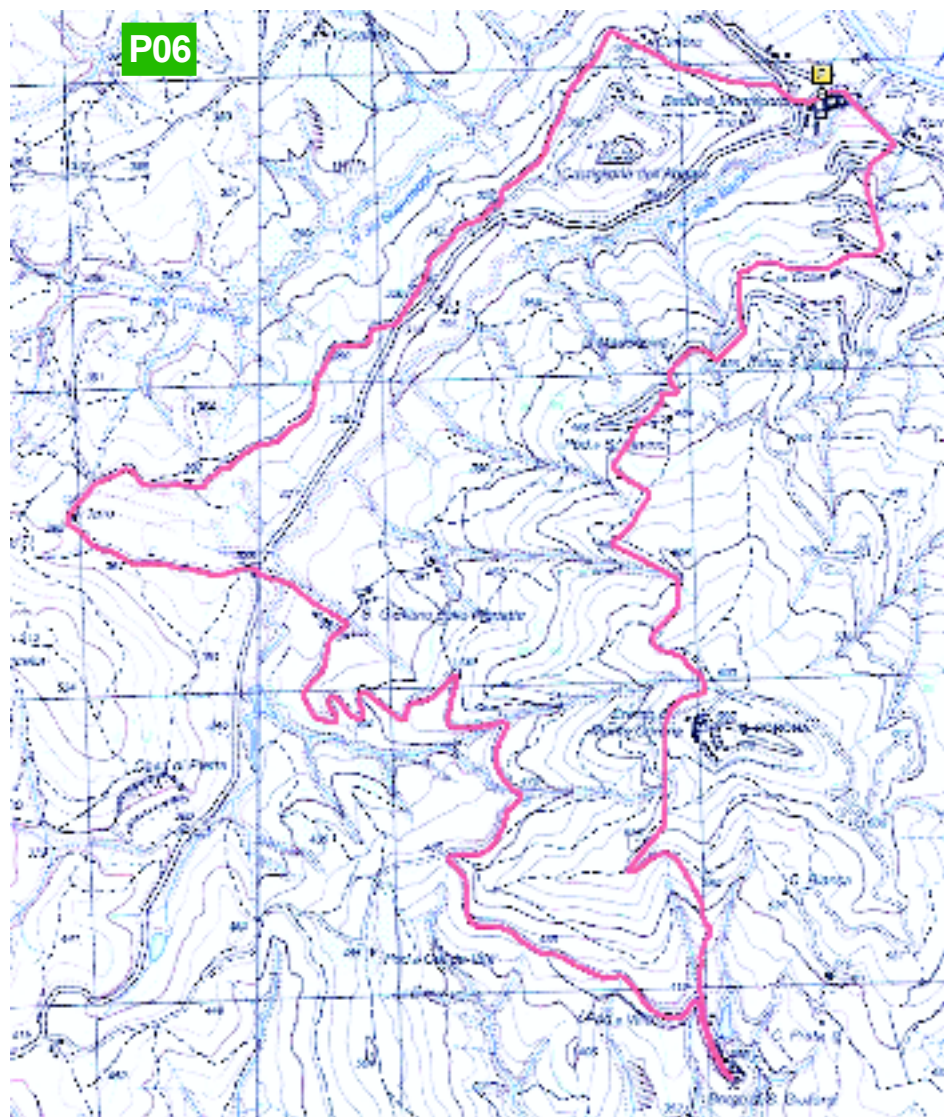
onwards and when you reach a three-split in the road turn left following the road that goes along the slopes of the Castiglione dell'Abbate hill. Before long you will be back at your car by the Abbey.



Castle of Santa Giuliana

0 500 m 1 km

P06



Fields in full bloom at "la Badia"

THE SAN SALVATORE DI MONTECORONA ABBEY

It is said that the San Salvatore di Montecorona Abbey was founded by Saint Romualdo who, just after the year 1000, had built a simple hermitage there which soon, however, became an important religious and economic hub. In fact, not more than 2 centuries later it had jurisdiction over 21 churches! The Abbey was originally inhabited by Camaldolite monks, who in 1234, ceded it to the Cistercian monks. In 1523 it returned to the Camaldolite monks and became the Mother House of the Benedettino della Compagnia di San Romualdo Order. Nine years later, in order to observe monastic rules more correctly, work was begun on the building of a hermitage on the summit of Montecorona. The hermitage became the centre of spiritual life while the Abbey served the more coenobitic and economic needs of the community. At the Abbey there was even a famous pharmacy which sold medication made from local officinal herbs. The Romanesque church with its three nave plan and remarkable octagonal tower was consecrated in 1105. When it was partially destroyed the new plans called for a larger structure. The crypt, with its nave and double aisles, and the three apses under cross vaults held up by a variety of roman and high mediaeval columns, is stupendous. The 8th century ciborium, which came from the San Giuliano delle Pignatte church after restoration work in 1959, is another important feature worthy of note.

Monte Corona Abbey

31





P07

Up to Castiglione Ugolino

Difficulty: E

Total ascent/descent: 210 mts

Duration of the walk: 2 hours

Distance covered: 6,7 km

How to get to the trailhead: take the E45 highway towards Cesena, exit at Resina and take the Tiberina road, the SS3 bis, north in the direction of Umbertide. After about 2 km, on your left, take the road that goes to la Bruna. You can leave your car near the parish church there.

of Castiglione Ugolino with a tower that was, most likely, part of a fortification system built over the top of the knoll. Continue along past an abandoned vineyard and, at a fork in the road, turn left keeping in the lower part of the valley which will soon lead you to just below the Castello di Valenzino. Here you will leave sent. 412 and follow sent. 412a over a gravel road that goes up and, after having walked alongside the provincial road, with a wide arch towards the right, continue

32

This short walk takes you through the hilly countryside that lies between Monte Tezio and the Tiber River, with lovely views of the Tiber valley. Leave your car near the La Bruna parish church and start your walk going west through the little town (sent. 412). At the town's end turn right on the paved road. At the next fork in the road leave the paved road behind you to turn left onto a gravel road (signposted sent. 412) ignoring the various deviations you may come across. Looking up to the right you will see the houses



The Little Church of the Carmine



Valenzino castle

climbing to the highest part of the hill from where you can enjoy some nice partial views. The road begins to descend and takes you to a wide saddle. Continue on this

main road until it takes a decisive turn to the right (south) and starts to climb again in the direction of a little villa with a small campanile. Along the way you can see some more partial views, this time of the Folci gorge above which the Antognolla Castle rises. Near a gate which seems to block your way, turn left along a lane that takes you to the centre of the little town of Castiglione Ugolino. Here you pass by a private home which has a magnificent example of a beautifully restored dovecote tower. Once you reach the

former parish complex with belltower, now private property, turn left up a paved ramp which takes you to the old, now abandoned, village cemetery. Notice the perimeter walls of what



Castiglione Ugolino church

was once an old castle (it can not be visited as it is private property and in serious disrepair). Continue down towards the valley (you will glimpse views of the village of Bruna and a bend in the Tiber River) along the paved road until you get to the new cemetery by a cross under which your trail continues through cultivated fields in the direction of the first houses of La Bruna and, by the church, your car.



P07



CASTIGLION UGOLINO

All that is left of the ancient castle on top of a hill dominating the Tiber Valley are the overgrown walls. The first mention we find of this magical place dates to 1189 when its feudal lord Ugolino renders his submission to Perugia. At the feet of the



*House-Tower at
Castiglione Ugolino.*

strategically located castle the historian Pellini tells us that in 1275 a bridge over the Tiber River was built. Seventy years later, however, the bridge, it seems, no longer exists: in a statute of the City of Perugia dating to 1342 one reads that “we order a bridge to be built from the castle of Castiglione Ugolino down to the so-called Tiber River”. In 1370 the nobleman of the castle, a certain Ludovico di Taddeo degli Armani, rebels against Perugia, but the citizen’s army lay siege to it and he was forced to surrender. A church dedicated to Santa Maria Maddalena, and other small churches of the area dating to the

14th century and owned by the distant High Tiber Valley’s Marzano Abbey, have all long since disappeared.

35



View of Castiglione Ugolino



Montelabate end its castles

P08

Difficulty: E

Total ascent/descent: 286 mts

Duration of the walk: 2,30 hours

Distance covered: 6,8 km

How to get to the trailhead: take the E45 highway north towards Cesena and exit at Bosco. Turn left at the exit and follow the SP 175 towards Ramazzano. Once past Ramazzano, before reaching Casa del Diavolo, turn right towards Montelabate. Follow the road and high up you can already see the outline of the Abbey. Park your car by the Abbey walls.

the walls of the ancient monastery. This equally ancient road once connected Gubbio to Perugia (sent. 202). The silver-green leaves of the olive trees line the trail and in the distance Perugia can be seen up above the hills, whilst below one can see the walls of the Castellaccio (the local name for the remains of this castle and which is also used as the name for the entire area). Not far from the Abbey, on the road indicated above, one arrives at a house where the inhabitants sell pecorino (sheep) cheese. Once past it turn right onto a path which goes down to

36 This walk takes you through one of the most beautiful and uncontaminated areas of the region north of Perugia. The ancient Benedictine Abbey of Montelabate, the starting point of our walk, sits surrounded by olive grove dotted hills and is one of the most important monuments of the Perugia area. We recommend you reward yourself with a visit after the walk.

The walk begins along the slightly uphill road where vehicles are not permitted to transit and which goes around



The Abbey's belltower



Montelabate Abbey

an evident craggy hill formation. The path, which divides into two, invites a deviation: taking it to the right you reach the foot of this formation and, willingly, you can climb up over its fallen boulders and thicket. Once at the top one discovers ruins and the remains of a wall that once belonged to Castiglione dei Figli d’Azzo and which, later on, will take the name Castiglione Fidatto when it became a fortified outpost which was eventually abandoned in the 1500’s. It was here that a will was drawn in 996 which permitted the Abbey to take possession of several terrains. Return to the original fork in the road to continue the walk taking the left path which goes around the hill to the next fork in the road. Take the right here onto a brief stretch of dirt road which leads to casa Libraro, one of the many rural houses abandoned after the last war. Along the downhill road (take care during the rainy season as it could be slippery) you can

sometimes see the signs of the passing of the local fauna: deer, porcupines and wild boar, just to name a few. You will get to a wide open area, continue on the road and enter the woods, where, soon after, take the path that goes upwards to the right and along the eastern perimeter of the Castellaccio. The Castello di Montelabate, not far from the Abbey and once a place of refuge for the local farmers, still has a

37



Montelabate Abbey



Montelabate Abbey-the cloister



Montelabate Abbey the cloister seen from the campanile

38



*Entrance of the
Montelabate castle*

good part of its ancient outer walls intact but the inside, through its only remaining gate, has long since been overgrown with tall trees and vegetation. Continuing onwards you will soon reach a building with an olive oil press and the farm of the Abbey. Take the road upwards (vehicles may pass here) to the Abbey and the starting point of your walk.

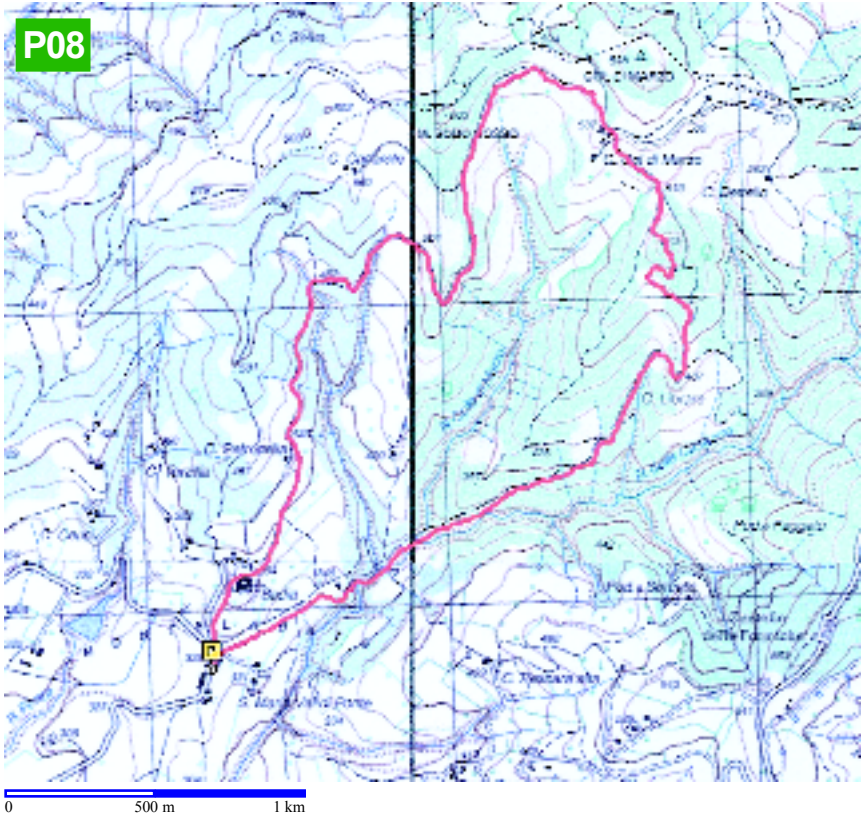
The Abbey is open to the public and the tour takes you through its silent 1200's cloister, the mystical

crypt, the evocative chapterhouse with its walls embellished with 13th century frescoes, the aromatic cantina and the bright open upper

church: a true journey into the soul of time and space. Contact the Società Agricola at 075 603120 by fax to request a tour.

SANTA MARIA IN VALDIPONTE

The Santa Maria in Valdiponte Abbey, its original name, already existed in the 10th century as evidenced by a document dated 996 in which Giovanni, called Gregorio, in the presence of plenty of witnesses left his entire estate to the Valdiponte Monastery. In the 13th century, at the apex of its prestige, the Abbey was the largest and most powerful religious and economic force in the Perugia area. The building has not undergone much restoration and its mediaeval bulk and stones tell us of its history with each turn. When, in 1404, the Abbot, Giacomo Mori, was forced to abandon it, the Abbey fell into economic ruin. *The Abbey tour must be reserved by contacting the Società Agricola fondi rustici Montelabate, owned by the Gaslini Foundation, via fax at 075 603120 .*





The Faggeto etruscan tomb

P09

Difficulty: E
Total ascent/descent: 450 mts
Duration of the walk: 4,30 hours
Distance covered: 13,3 km
How to get to the trailhead: take the SP 170 north out of Perugia to San Giovanni del Pantano and park your car by the church.

This walk starts off from the church in San Giovanni del Pantano. After about 250 mts turn right in the direction of Umbertide (sent.418). After about 100 mts turn left towards the cemetery (on the “strada dei Calderoni”). The road is initially steep and after a while it becomes a gravel road for about 2 kms. The views of Monte Tezio to the left and Monte Acuto a bit later to the right are breathtaking. You will reach a fork in the road, take it to the right and following this level road for a few hundred meters on your right you will find a downhill path which will, in a short time, take you to the Torre Gualterotta, 400 mts away. A visit to this ruin is a must, but do be very careful as it is unsafe, and the threat of collapse is very real. After the visit, go back up to the main road and, turning right, you will get to that which

remains of the Villa del Faggeto (the beech tree grove villa) with its totally abandoned garden and two palms which seem completely out of place in this area. Continue your ascent, going upwards at the next fork, and you will reach, after 15 or so minutes, an open pasture. Continue the climb upwards to your left carefully following the path up to a crest where you continue to your left, then downwards for a few meters to your right to the border of a field and once again upwards to the left until you reach a relatively clear trail. Continue to the right into a thicket along a more or less level path until, in a

40



Gualterotta Tower-ruins



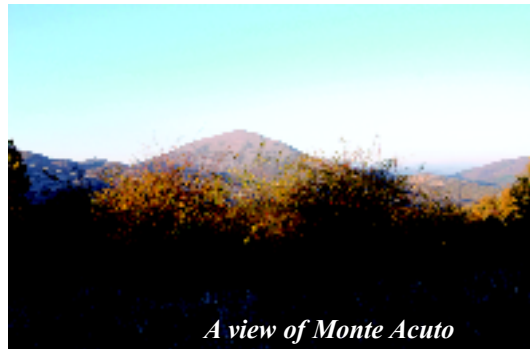
The "Bisciario" castle

curve, you reach the meeting point with the road that goes from Brogo Giglione to the Nese plain. A few meters down is a group of buildings called "Bisciaiuolo", whilst going up you will soon reach the "Bisciario" castle (a biscia is a grass snake), whose name reminds the locals of several bizarre legends. The walk continues on the gravel road surrounded by woods and Mediterranean shrub until you reach a widening of the road which you take slightly upwards to the left to then, after a few meters downwards to the right, onto a deviation to the a

house called "Marano". When you reach an old barrier take a sharp left, initially downwards, on an uneven road which goes up and down among grey gorges and leads to a gravel road coming from "Santa Lucia" which goes to a house called "Maranaccio". Pass this house, continue onwards and soon you will reach a fork, which you take to your left, that goes steeply upwards to the Etruscan tomb in the beech grove about 500 meters on, marked by a sign indicating its location. A visit to this tiny but fascinating tomb

is a must. When done, go back down this last 500 mt path to the main gravel road. Turn left onto it until you reach the road that comes from Pantano. You will pass a lovely restructured house called Col Giorgio and then return to the fork you left earlier. Take the gravel road to the cemetery and the San Giovanni del Pantano church, where you left the car.

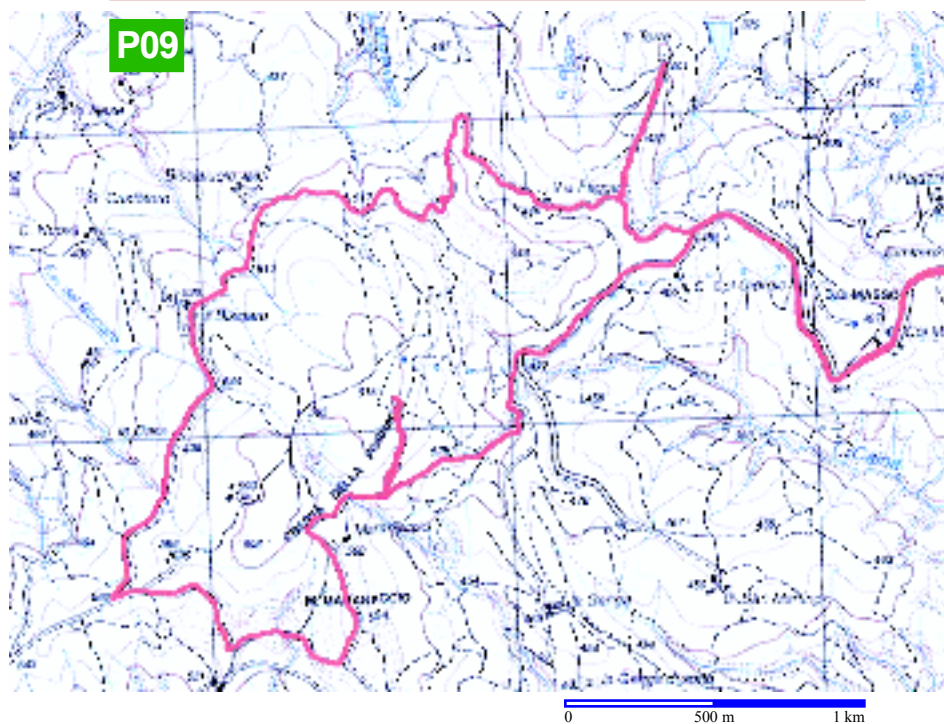
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A view of Monte Acuto

THE FAGGETO ETRUSCAN TOMB

Discovered by chance by woodsmen in late 1919 or early 1920 following heavy rains which uncovered its entrance vault, it is located on the eastern slope of the hill surrounded by thicket just below the crest. Inside the tomb there was a single travertine funerary urn with sloping lid with the name of the defunct carved on the upper part: "Arnth Cairnina", a male. On the ledge next to the urn were a vase and two bowls and on the pavement fragments of a clay pot. After its discovery the urn was given for safekeeping to the then owners of the land, the Calderoli family. The tiny cell (1.25 X 1.12 meters) was built with perfectly fitting big blocks of sandstone for walls and a barrel vault raised by 5 cuneiform conches of the same material. The entrance area is further defined by an architrave in the form of a rudimental gable, while the inside is arched. What makes this tomb different from all the other ones found in the area around Perugia is that it had an 11 cm thick stone door polished on the outside. Not only that, it had upper and lower hinges which corresponded to holes bored into the architrave and the floor which permitted the door to open and close. Scientists have dated the tomb to the 2nd century BC.





Access corridor to the Faggeto Etruscan tomb

This image shows a vertical sheet of white paper with horizontal ruling lines. There are 18 evenly spaced horizontal lines across the page. At each of the four corners, there are small black L-shaped marks, resembling corner brackets or registration marks. The top-left corner mark consists of a short vertical line on the left and a short horizontal line on the top. The top-right corner mark consists of a short vertical line on the right and a short horizontal line on the top. The bottom-left corner mark consists of a short vertical line on the left and a short horizontal line on the bottom. The bottom-right corner mark consists of a short vertical line on the right and a short horizontal line on the bottom.



Gualterotta tower



Useful addresses

Tourist information office

Perugia – tel. 075 5736458

Corciano – tel. 075 5188255

Umbertide – tel. 075 94191

CAI (Club Alpino Italiano) Sezione di Perugia

Perugia - Via della Gabbia, 9 – 06123 Perugia

Tel. 075.5730334

Tuesdays and Fridays from 18:30 to 20:00

www.caiperugia.it

Alpine rescue

Tel. 118

Forest Rangers

Tel. 1515

Fire Alert

Tel. 115

Comunità Montana – Associazione Comuni

Trasimeno Medio Tevere

Tel. 075 8474133

Comunità Montana Alto Tevere Umbro

Tel. 075 9420152

APM – Perugia area bus lines

Toll free call: 800.512.141

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Maurizio Matteini Chiari
- *La tomba del Faggeto in territorio perugino*

Giuseppe Bambini and Ineke Lindijer
- *L'Umbria per strade e sentieri*

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