



A Hike in the Nature

Meet some magical places
in our area

Le Lame Rosse...

The Red Blades ...

- ❖ Itinerary..
- ❖ How we can get there..
- ❖ Flora & Fauna..
- ❖ Geology..
- ❖ History..



La Grotta dei Frati

The Friars' Cave

- Itinerary..
- How we can get there..
- Flora & fauna..
- Geology..
- History..





Le gole del Fiastrone !

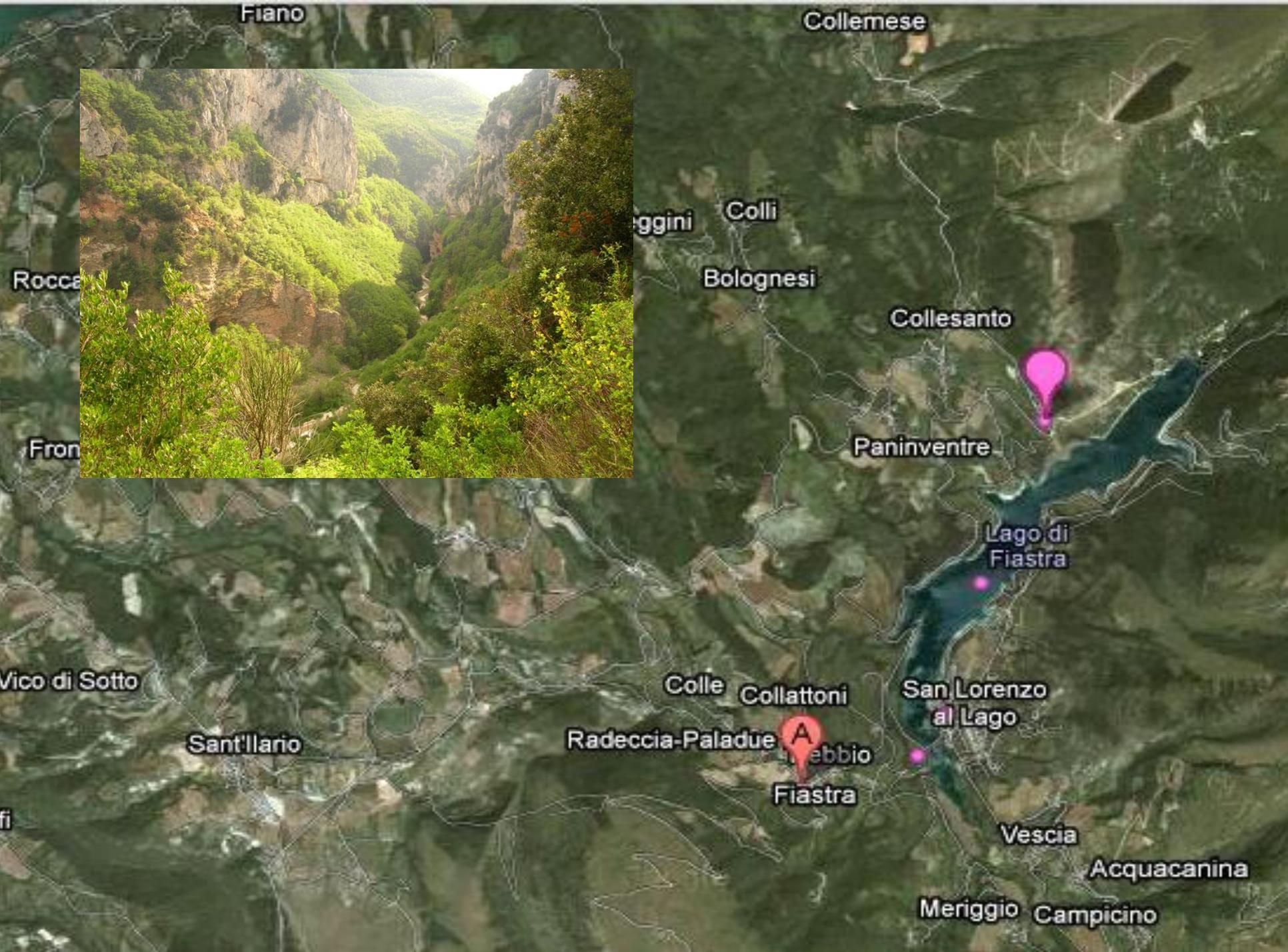
Fiastrone Gorges

- **Itinerary..**
- **How we can get there..**
 - **Flora & Fauna..**
 - **Geology..**
 - **History..**

Route

From Macerata , take the highway as far as Polverina, then turn left into a secondary road, follow it for 15km, then turn right, follow the signs until you get to Fiastra. Here, in the area of the wonderful Fiastra lake, your excursions begin.





Lame Rosse



The red blades Le lame rosse

Is it the Sahara
desert?

Noooooooooooo

Is it Bryce Canyon in
the USA?

Noooooooooooo

It is just here, 40
kilometres up in the
mountains!



Red rock pinnacles and pillars
carved by the incessant
erosion of wind and water.

How to get to "Lame Rosse"

This path is really easy to walk along, it's about 1 hour walking and it is really beautiful!

You can leave your car near the dike, in a little car park. From here you will start walking. It is totally in shade and it isn't dangerous, the only worry are the stones where you may stumble in. During the walk you will have the chance to admire the scenery of the Fiastra lake. The last effort is a climb of 100 metres and finally the path number 335 brings you to your destination. It is an unexpected and enchanting vision!





"The Friars' Cave"

"LA GROTTA DEI FRATI"

History

The Friars' cave has this name as it was the place where a group of Benedictine monks decided to settle around the year 1000. Subsequently, a simple convent and a small chapel were built, in Romanesque-Gothic style (1234). Service is still celebrated here, three times a year.

How to reach "The Friars' Cave"

To reach the Friars' cave is a formality. In just over a half hour and without fatigue you will reach the cave. With its easy accessibility it can be visited in every moment.

From the villages of Monastero or Montalto, you walk along a path and you arrive in the wood. The deviation on the left goes to the Lame Rosse and the deviation on the right leads to a stream. During the walk you have to cross a small wood with oaks and junipers. After 30 minutes walk you'll get there



And now the trip to reach "Gole di Fiastrone"



Almost all the path is in the wood. At the beginning you will have a pleasant walk, down a steep slope. Then you will have to cross and walk in the river many times.

The Fiastrone Gorges

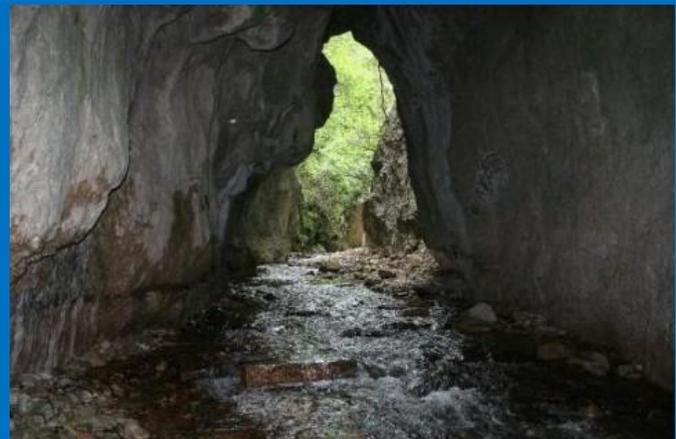
It is a unique place. In the most suggestive point of the gorges, the mountain walls seem to touch and the water drips from the sky!!!



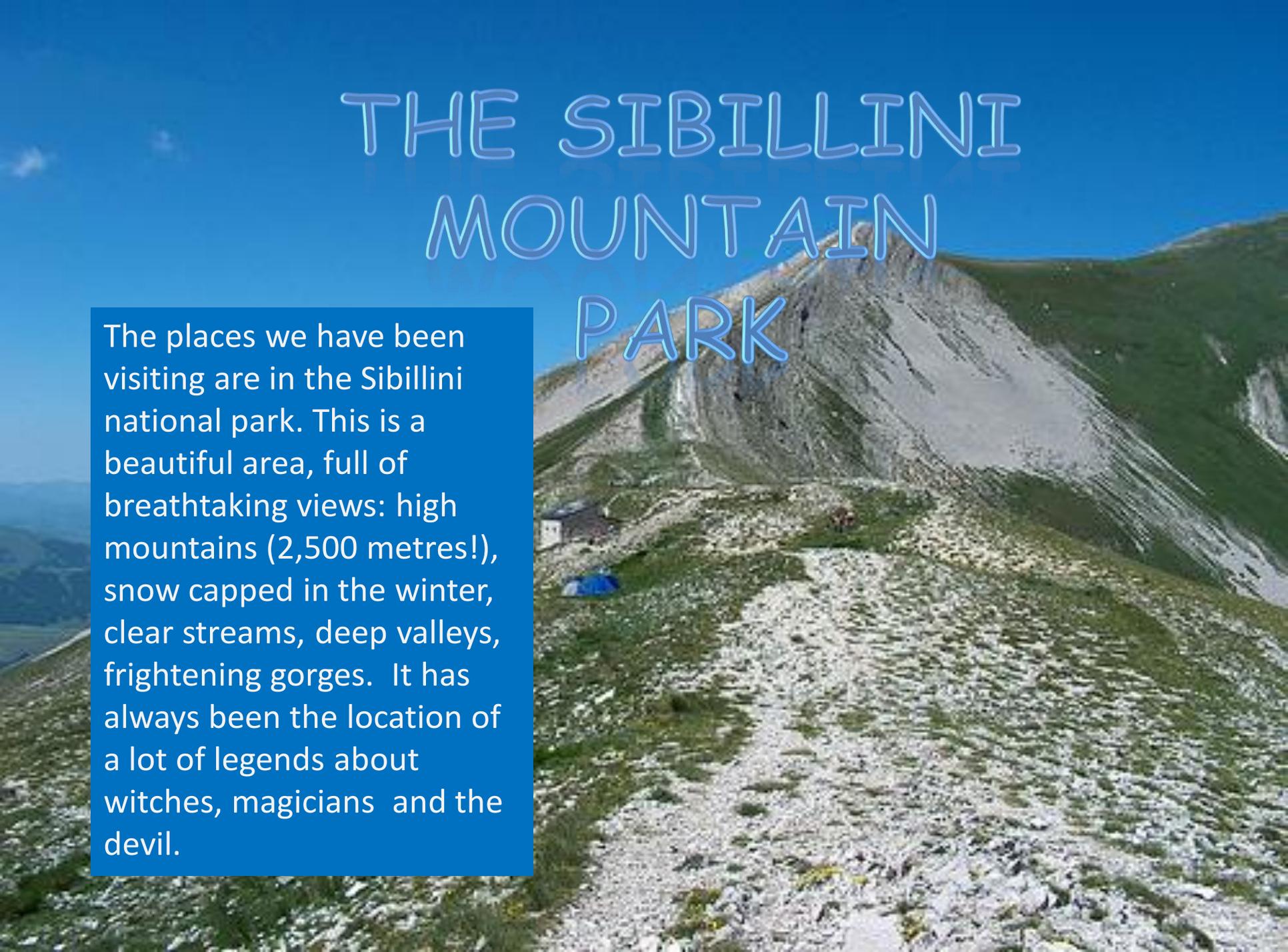
The Fiastrone Gorges - Geology

It is the erosion by the river Fiastrone that has produced the beautiful gorges, where the water is channeled as in a tunnel.

The area of Fiastrone Gorges is one of the most unspoiled regions of the Sibillini National Park. It's characterized by the presence of large wooded slopes and especially large oak trees.



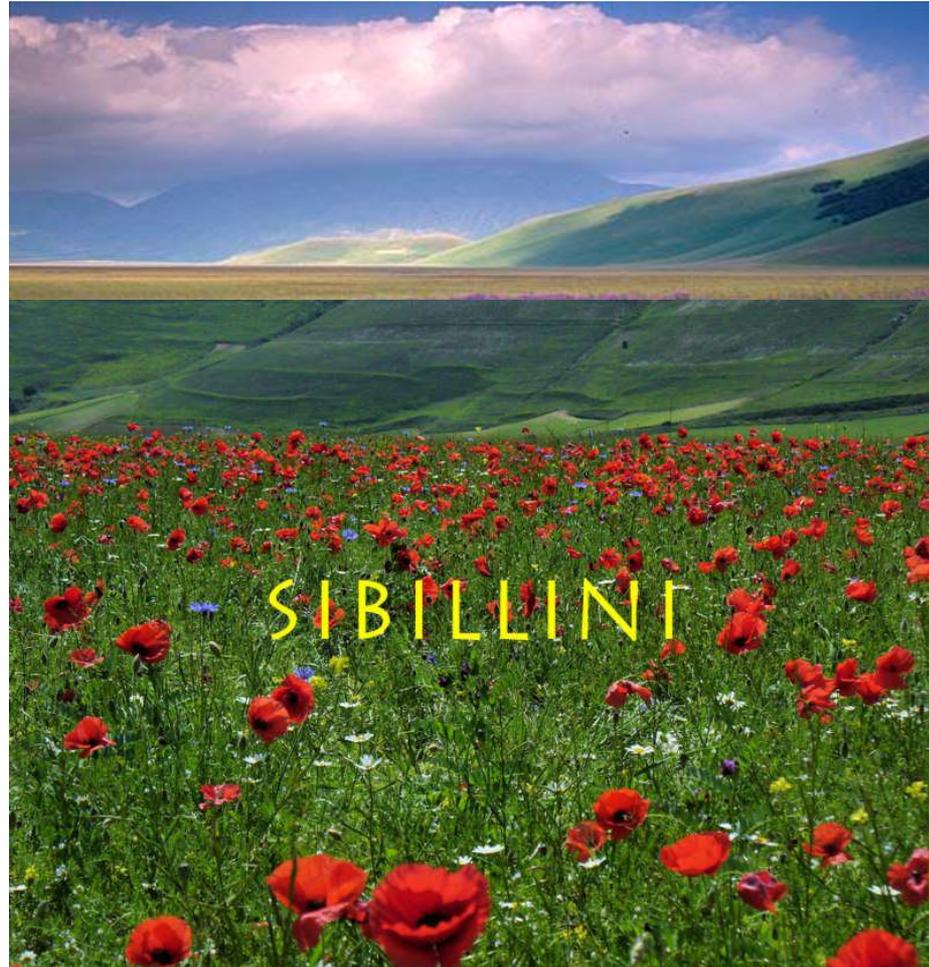
THE SIBILLINI MOUNTAIN PARK



The places we have been visiting are in the Sibillini national park. This is a beautiful area, full of breathtaking views: high mountains (2,500 metres!), snow capped in the winter, clear streams, deep valleys, frightening gorges. It has always been the location of a lot of legends about witches, magicians and the devil.

Flora...

The flora on the slopes of Monti Sibillini includes a number of interesting plants such as the martagon lily, Apennine potentilla and bearberries, as well as the Apennine wormwood and edelweiss, found only on the summit of Monte Vettore. One of the most remarkable features of the Monti Sibillini is the magnificent display of flowers in late spring, an incredible carpet of yellow buttercups, red poppies, snowy-white lilies and daisies.



...and Wildlife

The Sibillini are the habitat of a variety of animal species. Mammals include the fox, the badger, the marten, the beech-marten and the weasel.

Birds include the eagle, the eagle owl, the hawk and the "coturnice".



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