## TREKKING



## Difficulty: medium Duration: 2 hours and a half Vertical drop: 230 meters Trekking the fortune



The trek of the fortune teller is a path that was going around the mountain ridges of rock Vanellamare! The path of about 2 km from the sea level with slopes up to at times very marked at the top of the mountain located at an altitude of 230 meters! During the journey that winds through the smells of the Mediterranean, you always have panoramic views of the horizon, in places very exposed on a clear day you can see the Pontine islands and even the outline of Vesuvius! It 'a hike of medium difficulty which provides almost never use your hands during its journey, but by the intensity of some outstanding features, for irregular terrain and exposure to large times, it is recommended who are familiar in nature move in!

#### Difficulty: medium Duration: 3 hours Vertical drop: 560 meters

## Trekking the sorceress Circe



The path through the very first beginning a pendant in the woods, then always along the crest of the mountain to the peak located about 560 meters from the sea. The path is always accompanied by a side view of the sea with huge cliffs, and the other from the plain of Terracina and Lake Sabaudia whose origin can be imagined from above. Also on a clear day you can not see very far Pontine islands! For the return you can descend back along the path or advancing in the woods to return to sea level in a short time.

## Difficulty: Easy Duration: 2 <sup>1</sup>/<sub>2</sub> hours Vertical drop: 280 meters

# Trekking wasps

The path that starts from a few hundred meters from the historic center of Sperlonga and crosses the valley of Wasps, (known for its constant presence in every season of this bug!) to head to the summit of Mount S.Magno! From the-abbeveratoio-( the tank where the animals are drinking )(locality : Fontana Area Chamber) at an altitude of 210 meters, located in the place where you can leave the means of approach begins the trek that starts behind the mountain to its top (part 489) is headed the way .. Even here the Mediterranean prevails with its huge bushes of heather and rosemary whose smells are irresistible, even to the wasps which are still unaware as they were intoxicated, the passage of those who venture into these places with ease, their perennial hum. The walk was never too busy with weak slope up to a flat area from where the last climb, where the vegetation changes dramatically, now more arid, barren and low. In this step consists of jagged rocks eroded by time and is easy to imagine the ancient geological past of these places in remote ages were crammed with intense tectonic movements. It was then zig-zagging to avoid the effort to find themselves suddenly surprised to appear on the top view of the vast and immense! The Pontine Islands, the Circeo, the plain of Fondi, lakes and the mountains behind us and the mountains that overlook Aurunci Itri dot the views of those who choose this path. The descent, better and faster, back to the starting point of retracing the same steps.

#### Clothing required: hiking shoes, long trousers

**Departure time :** Spring / autumn at 8 am and 4 pm. Summer at 7 am and 6 pm. **Departure from**: close to the place of beginning trekking, private transfers on request **Note**: The departure time and place will be reconfirmed upon confirmation of booking. **Trekking price**: Euros 25,00 per person (based on minimum of 5 people, to be confirmed) Other prices and transfers to the starting point on request