



## Trekking in Monti Sabini

### 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.



### 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) and 9h (hard option)  
Climbing: 1143 m (medium) and 1150 (hard option)  
Descending: 956 m (medium) and 942 m (hard option)  
Food and drinks: supermarket Conad in Casperia (buy lunch here), water at fountain and bar in Roccantica, water at the 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 and back or to an Agriturismo outside Fara Sabina

Start of walk: Agriturismo in Mompeo  
End of walk: Agriturismo outside Fara Sabina  
Distance: 11 km  
Hours of walking: 5 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.



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