

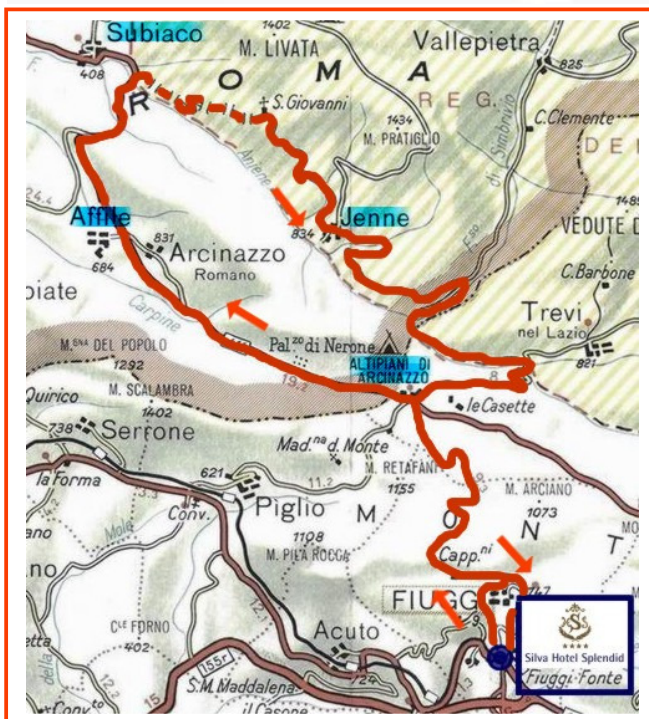
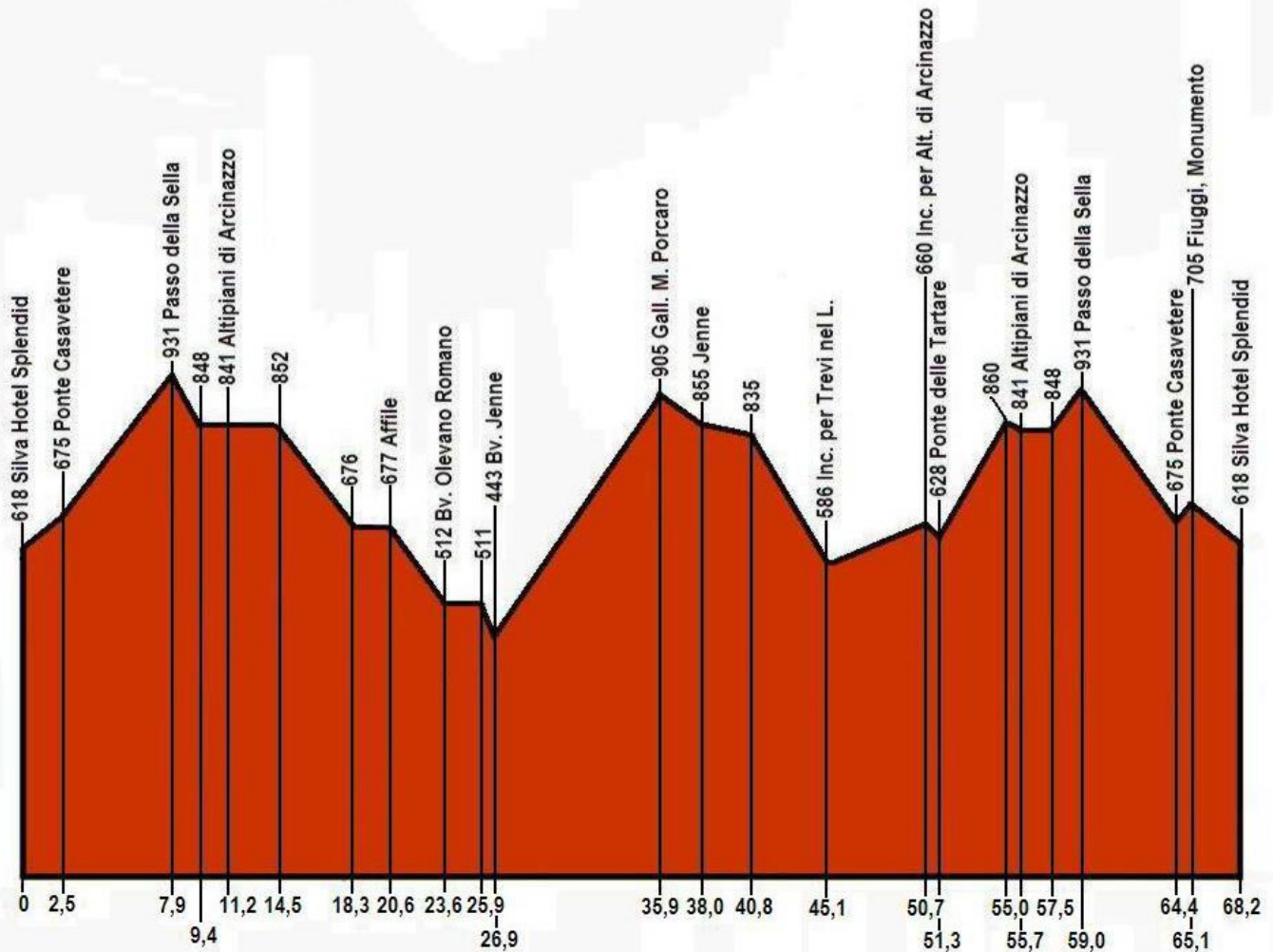
1) ON THE ROAD TO THE MONASTERIES

Tot. Km.: **68.2**

Tot.Height Diff: **approx.1250m.**

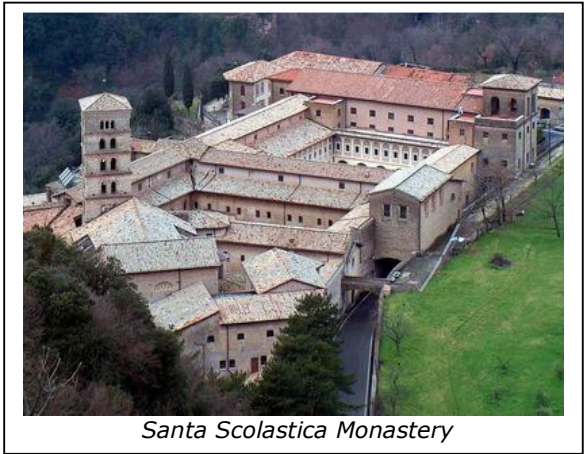
Diff.: 

A rather long and difficult excursion, but the beauty of the surroundings and all the historic/artistic and religious evidence of the past are certainly worth a bit of effort.



Leaving the hotel, turn right into Via dei Villini, Via Cupa and Via M. Colonna, following directions to Arcinazzo. Soon after beginning the climb, turn left towards Ponte Casavetere (2.5 km.) and turn into the regional road for the Altipiani. Set in the green landscape, the climb is quite irregular (average gradient 4.7%, max. gradient 9%). The pass is reached at Passo della Sella. From then on it's a 1.5 km. descent that's full of curves and counter-curves (and 2 final broad hairpin bends). The crossing of the **Altipiani di Arcinazzo** plateau begins. Turn into the "Sublacense" 411 trunk road and follow directions towards Subiaco. Shortly after the long straight road (the remains of Villa di Traiano on the right) begins a long descent towards Subiaco. Gradients higher than 10% (particularly in the first part, pay particular attention to a curve at 16.5 km. immediately after Affile) are succeeded by long rolling or flat stretches. Therefore some easier and some

more technical stretches. The landscape, initially set between Mount Scalambra (to the left) and the Altuino and Pianezze Mountains (to the right), after **Affile** opens up onto the Upper Aniene Valley with the Prenestini Mountains in the background. There's one final kilometre with a moderate slope and following a tunnel (just outside of **Subiaco**) turn quickly right (directions for Jenne and Vallepietra). The Road to the Monasteries begins (which enters into the **Simbruini Mountains Regional Park**). In succession lie the remains of the Villa of Nero, the **Santa Scolastica Monastery** and the crossroad for the nearby **Sacro Speco**. It's a rather long and regular climb (average gradient 5.1%, greater at the beginning) and very spectacular: the road overlooks the ravines of the Upper Aniene River, with a view that becomes more and more mountainous, 7 tunnels (short, narrow and not illuminated) dug into the rocks.



Santa Scolastica Monastery

A long and very easy descent begins in the vicinity of the last tunnel. It has a good road surface that, after crossing **Jenne** (directions for Vallepietra) and an undulated stretch, brings to the junction to the road for Trevi nel Lazio (54.1 km.) amidst a pleasant mid-mountain environment.



Sacro Speco, on the Road to the Monasteries

Turning right, there are gentle undulations after the Comunacque bridge (where the Sembrivio stream flows into the Aniene River) and then a stretch of sharper climbs (rough road-bed) up to the crossing with the road to the Altipiani. Turn right, 600 m. descent and from the Tartare Bridge up to the Altipiani di Arcinazzo. A rather difficult climb (6.3%), especially during the 3 hairpin bends at the beginning with gradients that go up to 13%. Reaching the Altipiani di Arcinazzo in piazza M. Passeri, resume the road taken on the inward journey, with a small variation by crossing the city of Fiuggi (once at the Casavetere Bridge, continue

straight on the modest climb and then follow directions for Fiuggi Fonte).

Altipiani di Arcinazzo. Residential tourist spot in the green landscape of a flat karstic basin. Must visit (on the road to Subiaco) the remains of the Imperial Villa of Traiano (utilized until the 4th century), an area which originally measured 5 hectares and stands on various levels.

Affile. Charming town lying on a hill, a Roman colony that was acquired by the Subiaco Abbey during the Middle Ages. To the left of the town entrance stand the remains of some Roman walls.

Subiaco. Rising close to the artificial lakes commissioned by Nero for his grand villa (a few remains stand at the beginning of the Road to the Monasteries), it was a medieval town especially important for the presence of its Benedictine monasteries. Also to visit: the San Francesco Bridge and Church, the Abbatial Fortress (private) that looms over the town.

Simbruini Mt. Regional Park. The park spreads out over approx. 30,000 hectares of one of the most important mountain ranges in central Italy; 75% of its territory is covered by woods and is dominated by the Monte Viglio peak (2156 m.). Very rich in flora (even rare species) and fauna (in addition to wolves, the presence of Marsicano bears has been reported).

Santa Scolastica Monastery. It is the only one left of the 12 or 13 originally founded by St. Benedict in this area. A beautiful Romanic bell-tower rises over the monastery and the Third Cloister and the Church should be visited. The first Italian printing house was set up in the monastery in 1464 by two German monks.

Sacro Speco (or St. Benedict Monastery). Its building began in the 12th century above the cave where the Saint lived the first years of his monastic life. The Sacro Speco is a charming cluster of buildings that include two churches (Inferiore and Superiore), many chapels and caves connected by stairways, all of which above nine tall arches and under an overhanging rocky wall. The Holy Stair should be visited with its frescoes by the Siena schools of art.

Jenne. Standing on a rocky crag that looms over the Upper Aniene Valley, Jenne was the birthplace of Pope Alexander IV. It hosts the Simbruini Park. At the far end of the town stand the remains of the Castle and the small Madonna della Rocca Chapel. Segments of the book "The Saint" by Antonio Fogazzaro are set in this town.

Km. 0	Silva Hotel Splendid	↓	Turn right, follow directions to Arcinazzo.
Km 2.5	Ponte Casavetere	↑	Intersection on the regional road for Altipiani di Arcinazzo turning left.
Km 11.1	Altipiani di Arcinazzo	→	Intersection on the trunk road for Subiaco going straight.
Km 11.2	Altipiani di Arcinazzo	↑	Continue on the trunk road for Subiaco turning left.
Km 26.9	Subiaco	↓	Turn right and begin the climb for Jenne-Vallepietra
Km 38.0	Jenne	↑	Turn left at the crossroads (directions for Vallepietra)
Km 45.1	Crossing for Trevi nel Lazio	↓	Turn right.
Km 50.7	Crossing for A. di Arcinazzo	↓	Turn right.
Km 55.7	Altipiani di Arcinazzo	↑	Turn left, directions for Fiuggi
Km 64.4	Ponte Casavetere	→	Continue straight on.
Km 65.1	Fiuggi, Monumento	↑	Turn left for Fiuggi Fonte
Km 68.2	Silva Hotel Splendid	→	Arrival