

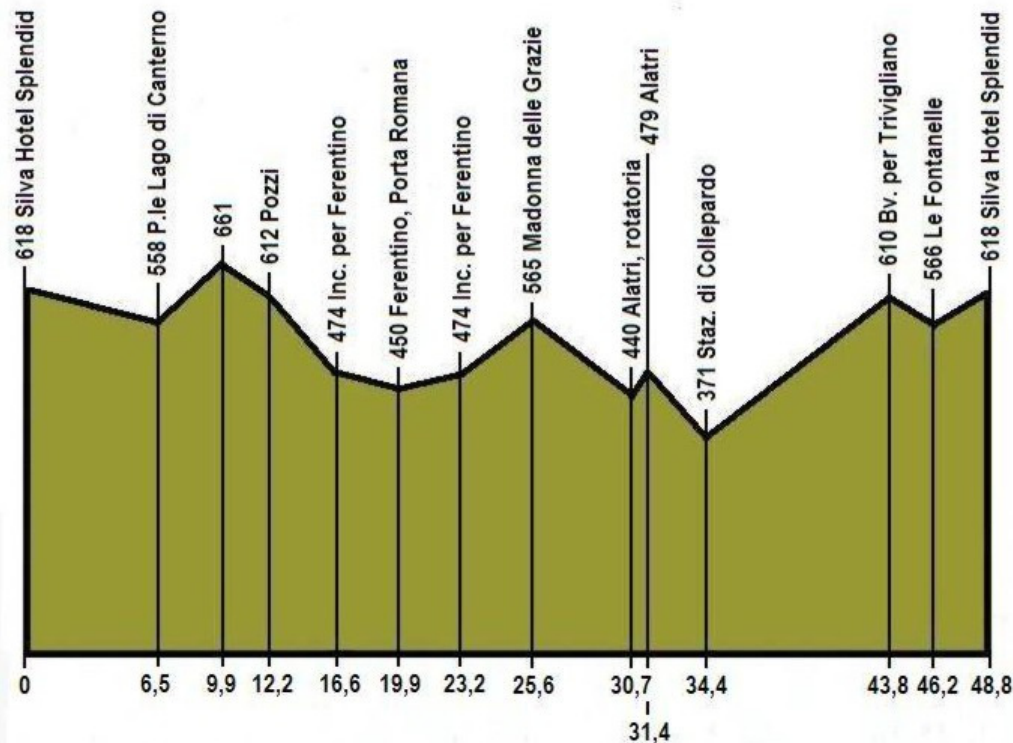
8) THE FORTIFIED CITIES

Tot. Km.: 48.8

Tot.Height Diff.: approx.590m.

Difficulty: 

Two ancient pre-Roman towns, Alatri and Ferentino, that still preserve their masonry fortifications. An excursion into history through the Ciociaria hillside.



Leaving the hotel, turn left into Via Prenestina for 600 m. Upon reaching the former sportsground, turn right onto the regional road towards Lake Canterno. Continue for approx. 6 km. down a pleasant undulating route. The panorama becomes more interesting as one approaches the lake, with a beautiful view of the Ernici Mountains. After the lay-by that looks over **Lake Canterno**, the road begins to go uphill with moderate gradients. Following a narrow bend, the panorama opens up over the Lepini Mountains and the Sacco River Valley nearly up to the gates of Rome. About a hundred more metres uphill (for a total of 2.4 km., average gradient of 3%) and then a gentle downhill stretch

that leads to the

Pozzi crossroads (11.2 km.). Continue on the right with a panoramic descent up to the crossing with the Alatri-Ferentino trunk road. Turn right once again and after 3.3 km. (the first stretch is quite a marked downhill road) arrival in **Ferentino**, in the vicinity of the Roman Gateway. The visit of the town can set off from here.

Go back, overcome the crossing for Fumone that was travelled upon during the incoming trip and soon there is a new irregular uphill slope (some gradients of approx. 10%) up to another crossroads in the vicinity of Fumone



Ferentino, historical centre



Alatri, Acropolis

(Madonna delle Grazie, 25.6 km.). Follow directions for Alatri and travel downhill towards the gateway to town. A large roundabout marks the last uphill stretch of about 700 m. Arrival in Viale Duca d'Aosta (c.d. "behind the walls") where the visit to **Alatri** may begin.

Continue downhill up to the former Station. Turn left onto the 155 trunk road for Fiuggi. Continue downhill again towards the former Colleparado Station. Hence a continuous modest uphill tract (2,5%) which, continuing to follow the directions for Fiuggi and with the imposing Ernici Mountains on the right, leads to the crossing for Trivigliano. Continue on the undulated route back to the hotel.

Lake Canterno. The lake is part of a Natural Reserve that measures 1824 hectares. Fauna is mainly represented by species typical to humid areas such as the: Grey Heron, Purple Heron, Egret and Moor Hen. The woods contain some precious flora species, with a predominance of Willow and Poplar trees.

Ferentino. Pre-Roman town which was an important holiday resort during the Roman Period. It hosts many monuments from different historical periods. Among others: the Acropolis in masonry of the ancient city, the Roman Marketplace, the Roman Theatre, the Bloody Gateway and the Casamari one, the Cathedral (11th-century) and the S. Maria Maggiore Church (the first one in Italy made in Cistercian style).

Alatri. A very ancient city, especially famous for its Acropolis surrounded by the c.d. "Cyclopean Walls" (for the large dimensions of each single stone): the most perfect and best-preserved example of a polygonal building existing in Italy. Of great importance are the San Paolo Cathedral, the S. Maria Maggiore Church and the medieval Palazzo Gottifredo.

Km 0	Silva Hotel Splendid	↑	Turn left onto the 155 trunk road towards Frosinone
Km 0.6	Fiuggi Fonte	↓	Turn right, directions for Canterno Lake
Km 11.2	Pozzi	↓	Continue right for Ferentino
Km 16.6	Crossing Alatri-Ferentino trunk road	↓	Turn right, directions for Ferentino
Km 19.9	Ferentino, P. Romana	←	Go back
Km 23.2	Crossing Alatri-Ferentino trunk road	→	Go straight ahead
Km 25.6	Madonna delle Grazie	↓	Continue on the right, directions for Alatri
Km 30.7	Alatri, roundabout	→	Go straight ahead
Km 31.4	Alatri, V.le D. d'Aosta	→	Go straight ahead
Km 32.3	Alatri Station	↑	Turn left onto the 155 trunk road for Fiuggi
Km 38.3	Pitocco	↑	Continue left for Fiuggi
Km 48.8	Silva Hotel Splendid	→	Arrival