



VISUAL TRAILS

A dense network of trails for experts and enthusiasts. 100 km of off-road, charted and geo-referenced trails

- A01 Cantelmo Castle - Fossa Maiura
- A05 Old abandoned villages of Cortignale and Cappudine
- A06 Fountain Lepore - Pratola
- A12 Alvito - Mount Morrone

You have never seen nights so full of stars. Count them from the castle tower and sometimes, in the summer, you may even see one shooting.



THE TOUCH OF ART

Historic and architectural trails from pre-Roman times to the Baroque

- A11 Alvito - Roman Valley - Cantelmo Castle

Wandering along narrow alleys, you ponder at every crossroads. Weighing up the stones, gently stroking them and then making a choice: this way uphill, that way the past.



SOUND OF THE SOUL

Bells, silence and music

- A07 Cantelmo Castle - Campo Piano - Fossa Maiura

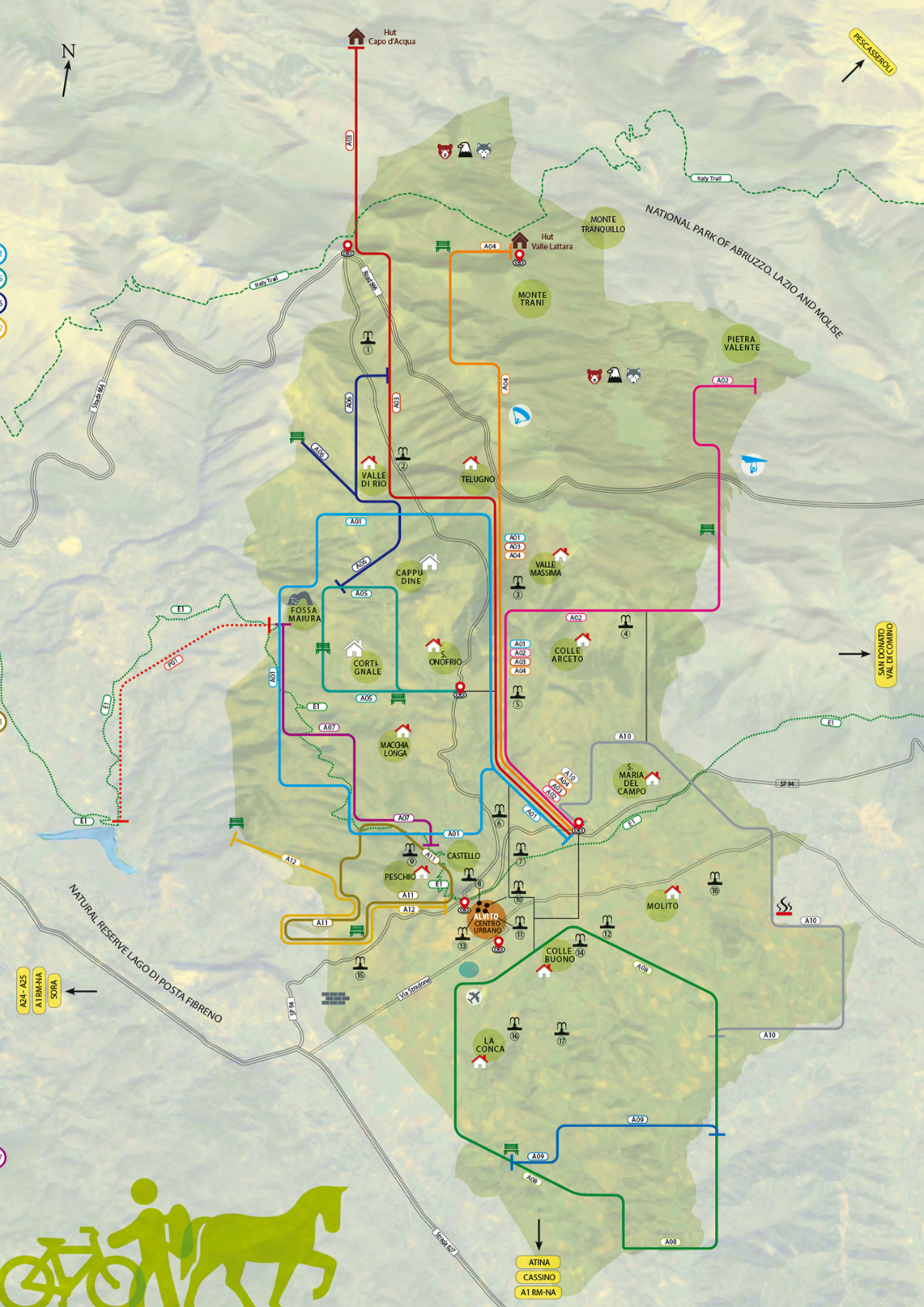
The wind has finally arrived. The hands on the bell tower clock point to ten fifty-two in the morning. No one is now afraid of growing old.

THE BREATH OF NATURE

Trails amid air, nature and the scent of woods

- A02 Pietra Valente
- A03 Hut Capo D'acqua
- A04 Hut Valley Lattara

Autumn rain falls upon the ancient forest at the edge of the village, carrying the scent of earth from a distant future



THE TASTE OF THINGS

Wine and foodtasting itinerary amid terroni, truffles, honey, cheese and wines

- A08 Hill in the Valley
- A09 Vineyards Road
- A10 La Solfatara - Riomolle - Solfatara

Sour cherries when spring unfolds: wild, vermilion and rather mad. Like the first girl you fell in love with.

Trails accessible with K-Bikes for people with various physical disabilities

- A01 Cantelmo Castle - Fossa Maiura Hill - KM 20 (circuit) - Moderate
- A02 Pietra Valente Mountain - KM A/R 26 - Challenging
- A03 Mountain Hut Capo D'acqua Foot-Hill - KM A/R 24 - Moderate
- A04 Mountain Hut Valle Lattara Mountain - KM A/R 26 - Moderate
- A05 Old abandoned villages of Cortignale e Cappudine Hill - KM 10 (circuit) - Easy
- A06 Lepore Fountain - Pratola Hill - KM A/R 10 - Easy
- A07 Cantelmo Castle - Campo Piano - Fossa Maiura Hill - KM A/R 8 - Easy
- A08 Hill in the Valley Valley - KM 14 (circuit) - Moderate
- A09 Vineyards Road Valley - KM A/R 5 - Easy
- A10 Rio Molle - Solfatara Valley - KM A/R 20 - Moderate
- A11 Alvito - Roman Valley - Cantelmo Castle Hill - KM 8 (circuit) - Moderate
- A12 Alvito - Mount Morrone Hill - KM A/R 12 - Moderate

- P01 Posta Fibreno - Fossa Maiura Hill - KM A/R 12 - Easy
- E1 Europa Trail - Cape Nord (Norway) Capo Passero (Sicily- Italy)
- Italia Trail - Leg C003

- Trail connections
- Roads
- Meeting point
- Fountains
- Mountain Huts
- District
- Ghost village
- Sinkhole
- Solfatara
- Grass runway
- Paragliding
- Hang-gliding
- Panoramic view
- Cyclopean walls

- 1 Fountain Lepore
- 2 Fountain Rosa
- 3 Fountain Ufa
- 4 Fountain of the Mounts
- 5 Fountain Pescopane
- 6 Fountain Le Fontanelle
- 7 Fountain Nuova
- 8 Stone wash house and Old Market Gate
- 9 Fountain and Stone wash house at the Castle
- 10 Fountain of the Gypsies
- 11 Fountain of the Monks
- 12 Fountain Maiali
- 13 Fountain of San Nicola
- 14 Fountain Colle Buono
- 15 Fountain La Sala
- 16 Fountain La Conca
- 17 Fountain Lottola
- 18 Fountain Vitola



The road starts to climb slowly, gently, up the hill. There is nothing virtual about Alvito, it is not a non-place, you can see, hear and touch what you seek, and in summer it is scented with magic. Alvito is a village that embodies all five senses plus one: the sixth being imagination. Up on high stands Castelmo Castle surrounded by the oldest hamlet, then moving down, alley by alley, you reach the Renaissance-style centre with its Ducal Palace. Over the castle tower, which looks out towards Montecassino, the nights are filled with stars and sometimes you may even see one shooting. Alvito was once a duchy and, over the ages, local recipes have become a blend of social classes: truffles, cannellini beans, pecorino cheese, soups made from bread and vegetables, marzipan torroni covered in dark chocolate, the strange ossa di morto, biscuits in the shape of bones, and ratafia, a sour cherry liqueur. Alvito is the scent of sycamores in the evening. It is the heart of an ancient valley, the Valle di Comino, the ancient Cominum, a Samnite fortress, and its borders are scarred by the Gustav line which was the frontline during the Second World War. Today, you can follow the tracks of bears or hear wolves howling, ride along enchanting trails on mountain bikes or hike right up to the summit of Monte Meta from where, in the crystal clear air of dawn, you can see the two seas, the Tyrrhenian and the Adriatic, like magic, an unexpected revelation.



ALVITO

A sensory village

VISIT ALVITO
RETE DI IMPRESE

www.visitalvito.it



100km of geo-referenced trail maps



EVENTS

Alvito Run - 25th April
Mountain Bike Race - Spring
Anniversary of the death of Giuseppe Testa - 11th May
Opening of new off-road trail end June
Truffle dog competition - September
Traditional bread soup festival - July
Festival celebrating the Mountain - July
"Castellinaria" pop theatre festival - 21st-28th July
Pilgrimage on horse-back for the festival of Madonna di Monte Tranquillo last weekend in July
Storytelling night - 13th August
Pizza and mortadella festival - 14th August
Storytelling festival end of August
Ball bearing carriage rally September
Val di Comino Literary Prize October
Polenta in the Castle - 1st November
"Tendazione" (Events in Tents) - 22nd December / 6th January

TRUE HOSPITALITY

Cafés, culinary arts and hospitality
Agriculturismo Cerere 0776509110
Agriculturismo Fata Verde 3929366134
Agriculturismo Il Lago nella Valle 3299616693
Agriculturismo Il Viale dei Ciliegi 3401660233
Agriculturismo L'Arco 0776509018
Agriculturismo Tenuta del Duino 3403763790
Antica Pasticceria Di Tullio 0776510841
Bar Alice 3441157950
Bar Chalet del Platani 0776510014
Bar Chalet Mi Rancho 3337141638
Bar Pasticceria Macloce 0776510617
Bar Pizzeria le Fontanelle 0776510855
Bar Pub La Balta 3495311906
Osteria Pizzeria dell'Orologio 0776510445
Ristorante Agria 0776510038
Ristorante Il Covo dei Briganti 3339482559
Ristorante Sale & Pepe 0776510254
Soc.Agr. Cominuin Benessere 3356313419

Farms

Agrifazio - Erbe Officiali e cosmesi nat. 3341014800
Antica Ciociaria - Tartufi 3498159234
Cantina Cominum - Vini 0776510683
Fantozzi Santina - Cereali 3498207080
Fazio Mauro - Zafferano 3299438711
Frankio Tata - Olio 0776509070
La Fattoria della Conca - Allevamento 3472452459
Petra Potens - Vini 3923129358
Grocers and butchers
Erregi 3475902765
Fratelli Fantozzi 0776510037
Forno Artigianale da Lucia 3471919937
La Frutteria 0776 510439
Macelleria Gentile 0776510181
Panificio Capoccia 0776510584
Verde Market 0776513808

Commerce

Bubbles - Intimo e art. regalo 3476583791
Capoccia Ermínio &C - Attrezzature agricole 0776510383
Capoccia Ermínio srl - Autovetture 0776510383

Cose di casa - Casalingshi, ferramenta

0776510004
DLE.C.I. snc - Informatica 0776510866
Edilceramiche Tata - Ferramenta 0776510164
Fiori e Foglie - Fiori e addobbi 3479876106
Firmio srl - Pelletteria 07761934055
Italingrosso civ 95 - Bevande ingresso e minuto 0776510222
Seel - Gioielleria 3318732697
Smoke Shop - Tabacchi, art.regali, lotto 0776510253

Health and personal care

Anna Del Bove - Estetista 3403622684
De Carolis Pierina - Parrucchiera 3687313674
Del Bove Giuseppina - Parrucchiera 3470361265
Lady Selvaggia - Parrucchiera, pedicure 3489243878
Fairy Nails - Estetista 3497133599
Imagine - Estetista 0776510684
Farmaia Giordano - 0776510138
Profilo Uomo Donna - Parrucchiera 3476444656



ALVITO

Sensory pathways amid nature, art, culture and flavours on the Lazio side of the National Park of Abruzzo, Lazio and Molise and in the Nature Reserve of Posta Fibreno Lake

VISIT ALVITO

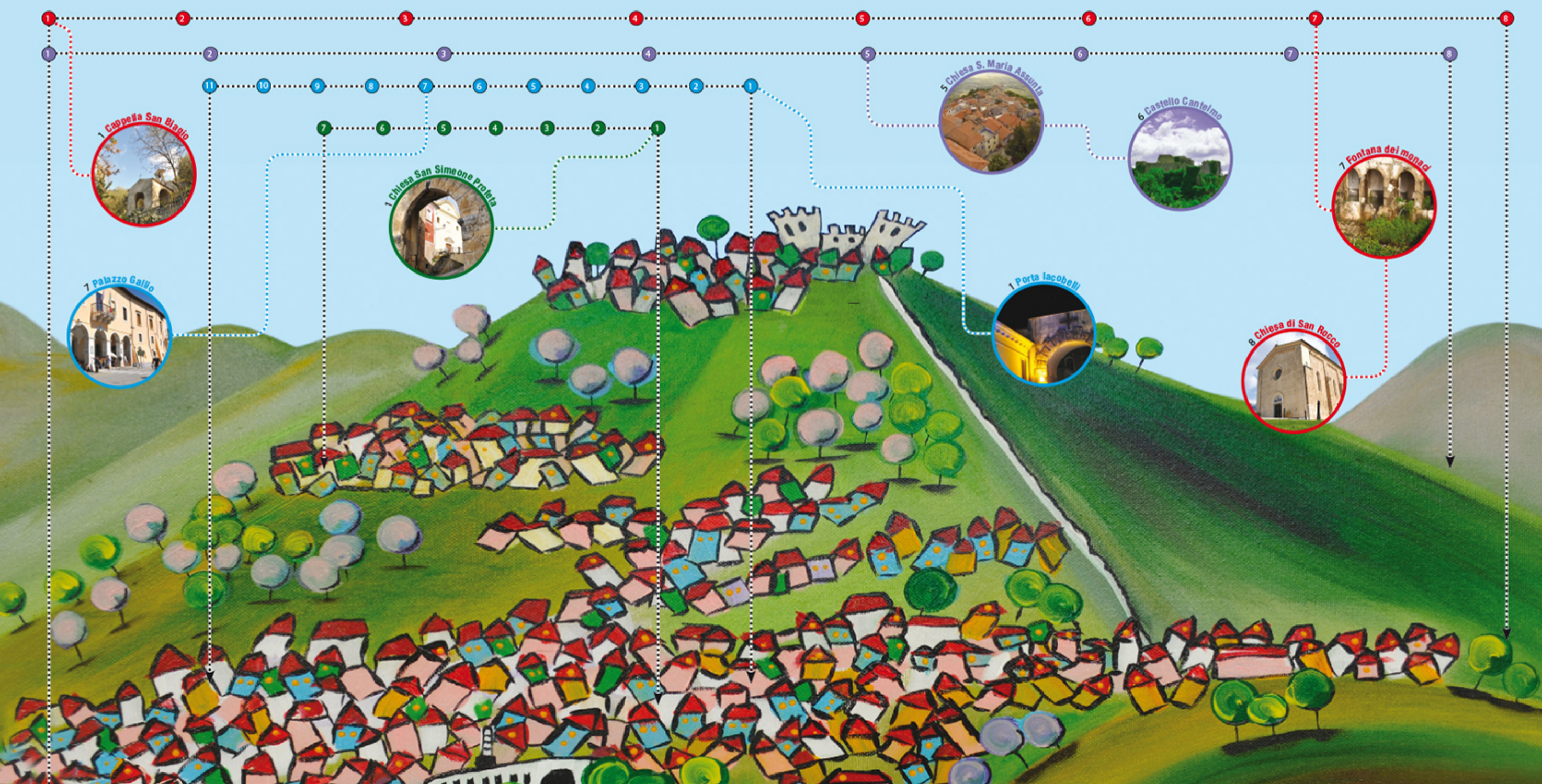
Rete VisitAlvito

Piazza G. Marconi, 3 - 03041 Alvito (FR) - tel. 38992843090 - www.visitalvito.it

By prior appointment, representatives of the associations involved will be happy to guide you along the trails in our area. Tel. +393892843090



Project funded by Regione Lazio



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| <p>Literary for visiting churches "within the walls"</p> <ol style="list-style-type: none"> 1 Chiesa di San Simeone profeta (16th century) 2 Stone wash house (20th cent.) and Old Market Gate (16th cent.) 3 Chiesa di Santa Teresa (18th cent.) 4 Chiesa dell'Annunziata, poi del SS.mo Crocifisso (16th cent.) 5 Chiesa di Santa Maria dell'Unione (Chiesa Nuova) (17th cent.) 6 Chiesa di Santa Croce (14th cent.) 7 Chiesa della SS.ma Trinità (11th cent.) | <p>Trail "outside the walls"</p> <ol style="list-style-type: none"> 1 Cappella di San Biagio (17th cent.) 2 Chiesa di San Giovanni Ev. (16th cent.) 3 Via Elvino - Palazzo Elvino (16th cent.) 4 Chiesa di Santa Maria a' piè le case (18th cent.) 5 Chiesa di San Nicola (18th cent.) 6 Fountain below San Nicola (16th cent.) 7 Fontain dei monaci (11th cent.) 8 Chiesa di San Rocco (16th cent.) | <p>Trail visiting historic buildings *</p> <ol style="list-style-type: none"> 1 Porta Iacobelli (18th cent.) 2 Monastero delle Teresiane (18th cent.) 3 Palazzo Graziani (19th cent.) 4 Palazzo Sipari (19th cent.) 5 Bell tower (16th cent.)
S. Simeone on the pre-existing wall tower (14th cent.) 6 Parliament Building (circa 17th cent.) 7 Palazzo Gallio (17th cent.) 8 S. Giovanni Battista (11th cent.), Chiesa di S. Maria della Pietà (18th cent.) 9 Palazzo Castrucci (19th cent.) 10 Palazzo Lanza (19th cent.) 11 Palazzo Buccilli (19th cent.) | <p>Hiking Trail</p> <ol style="list-style-type: none"> 1 Cappella di S. Biagio (17th cent.) 2 Roman Valley Trail 3 Cappella Madonna del Perpetuo Soccorso (19th cent.) 4 Chiesa di S. Maria Porta Coeli (18th cent.) 5 Chiesa di S. Maria Assunta (18th cent.) 6 Castello Cantelmo (14th cent.) 7 Castle wash-house (20th cent.) 8 "Fossa Maiura" Sinkhole - Cortignale and Cappudine ghost villages |
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*suitable for people with various physical disabilities