



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

HIKING TRAILS



START YOUR JOURNEY TOWARD LONGEVITY

The Palazzo Fiuggi hiking trails, part of the “Hiking for Longevity” program, represent a perfect synthesis of nature and science. Walking immersed in the spectacular landscapes of the Apennines is not just physical exercise, but a scientifically supported method for promoting longevity. Each step is a journey toward wellness, where movement, mindfulness, and connection to the environment combine to profoundly transform both body and mind. This is not just a journey into nature, but a path toward a longer, healthier, and more conscious life.



ST. SCHOLASTICA

ST. SCHOLASTICA – COLLE LUNGO – ST. DONATO – CESE COTTE – ST. SCHOLASTICA



DISTANCE FROM PALAZZO FIUGGI BY CAR
40 Minutes

HIKE DURATION
2 hours and 40 Minutes

ROUTE LENGTH
7,1 km

PITCH
458 m Uphill
441 m Downhill

ALTITUDE
940 m

DIFFICULTY
Easy

COLLE CAPULATI LOOP

(TREVI IN LAZIO)



DISTANCE FROM PALAZZO FIUGGI BY CAR

30 Minutes

HIKE DURATION

2 hours

ROUTE LENGTH

5 km

PITCH

250 m Uphill

250 m Downhill

ALTITUDE

1.000 m

DIFFICULTY

Easy

HOLY TRINITY SANCTUARY OF VALLEPIETRA

(LOOP TRAIL)



DISTANCE FROM PALAZZO FIUGGI BY CAR
40 Minutes

HIKE DURATION
3 hours and 30 Minutes

ROUTE LENGTH
9 km

PITCH
250 m Uphill
250 m Downhill

ALTITUDE
1500 m

DIFFICULTY
Easy

JENNE – MOUNT LA SERRA LOOP



DISTANCE FROM PALAZZO FIUGGI BY CAR
40 Minutes

HIKE DURATION
3 hours

ROUTE LENGTH
5 km

PITCH
450 m Uphill
450 m Downhill

ALTITUDE
1300 m

DIFFICULTY
Easy

ARCINAZZO HIGHLANDS – TREVI WATERFALL

(ONE-WAY TRAIL)



DISTANCE FROM PALAZZO FIUGGI BY CAR
15 Minutes

HIKE DURATION
1 hour and 20 Minutes

ROUTE LENGTH
3 km

PITCH
39 m Uphill
310 m in Downhill

ALTITUDE
886 m

DIFFICULTY
Easy

CAMPOCATINO – MOUNT CREPACUORE



DISTANCE FROM PALAZZO FIUGGI BY CAR
50 Minutes

HIKE DURATION
2 hours and 50 Minutes

ROUTE LENGTH
5,1 km

PITCH
712 m Uphill
712 m Downhill

ALTITUDE
1.997 m

DIFFICULTY
Easy

RAVEN'S ROCK



DISTANCE FROM PALAZZO FIUGGI BY CAR
50 Minutes

HIKE DURATION
4 hours and 45 Minutes

ROUTE LENGTH
5,5 km

PITCH
233 m Uphill
233 m Downhill

ALTITUDE
1.988 m

DIFFICULTY
Easy

MOUNT SCALAMBRA FROM SERRONE



DISTANCE FROM PALAZZO FIUGGI BY CAR
35 Minutes

HIKE DURATION
7 hours and 20 Minutes

ROUTE LENGTH
9,81 km

PITCH
760 m Uphill
760 m Downhill

ALTITUDE
1.420 m

DIFFICULTY
Moderate

COLLEPARDO AND THE VALLEY OF THE SAINTS



DISTANCE FROM PALAZZO FIUGGI BY CAR
25 Minutes

HIKE DURATION
3 hours and 40 Minutes

ROUTE LENGTH
11,2 km

PITCH
523 m Uphill
523 m Downhill

ALTITUDE
821 m

DIFFICULTY
Moderate

THE TRISULTI CHARTERHOUSE – COLLEPARDO



DISTANCE FROM PALAZZO FIUGGI BY CAR

30 Minutes

HIKE DURATION

2 hours

ROUTE LENGTH

5 km

PITCH

300 m Uphill

300 m Downhill

ALTITUDE

825 m

DIFFICULTY

Easy

CAPO RIO LOOP



DISTANCE FROM PALAZZO FIUGGI BY CAR
30 Minutes

HIKE DURATION
2 hours and 40 Minutes

ROUTE LENGTH
7,78 km

PITCH
420 m Uphill
400 m Downhill

ALTITUDE
946 m

DIFFICULTY
Moderate

CAMPOCATINO ROUTE, GUARCINO – VICO IN LAZIO



DISTANCE FROM PALAZZO FIUGGI BY CAR
35 Minutes

HIKE DURATION
1 hours and 20 Minutes

ROUTE LENGTH
4,6 km

PITCH
140 m Uphill
90 m Downhill

ALTITUDE
1.520 m

DIFFICULTY
Easy

MOUNT ARCIANO LOOP



DISTANCE FROM PALAZZO FIUGGI BY CAR
10 Minutes

HIKE DURATION
2 hours

ROUTE LENGTH
7 km

PITCH
163 m Uphill
79 m Downhill

ALTITUDE
1.000 m

DIFFICULTY
Easy



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VIA DEI VILLINI, 34,

03014 FIUGGI FR, ITALY

+3907757661 - BOOKING@PALAZZOFIUGGI.COM