



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

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

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

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

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

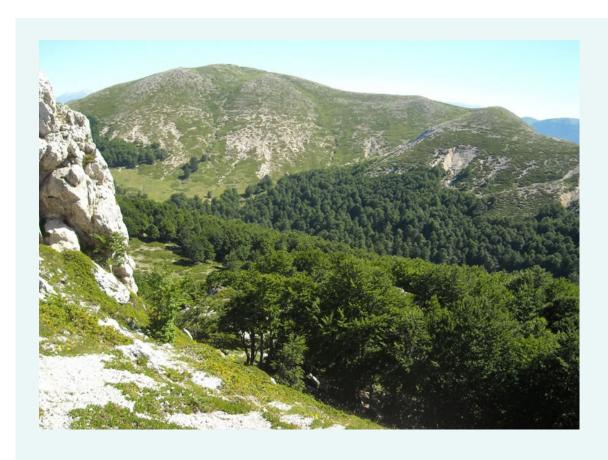
310 m in Downhill

ALTITUDE

886 m

DIFFICULTY

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

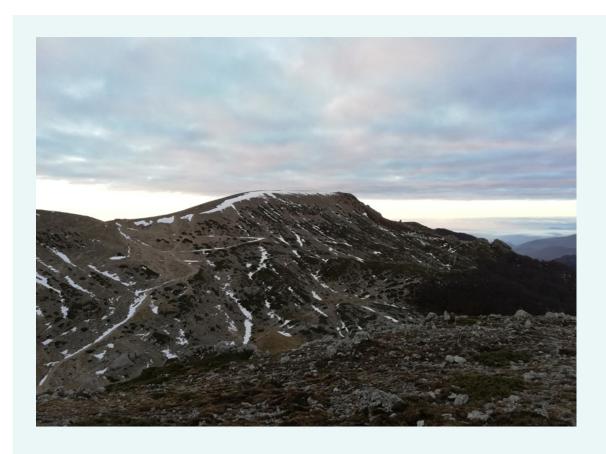
712 m Downhill

ALTITUDE

1.997 m

DIFFICULTY

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

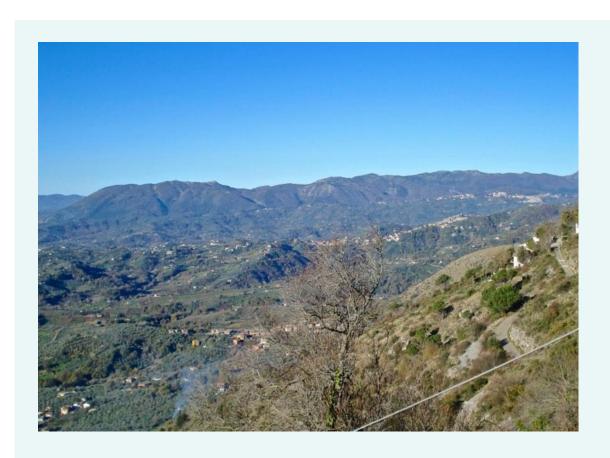
233 m Downhill

ALTITUDE

1.988 m

DIFFICULTY

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

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

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



WELLNESS MEDICAL SPA

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