



# 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

## **ELEVATION DIFFERENCE**

458 m Elevation gain

441 m Elevation loss

#### 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

# ELEVATION DIFFERENCE

250 m Elevation gain

250 m Elevation loss

# 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

# **ELEVATION DIFFERENCE**

250 m Elevation gain

250 m Elevation loss

#### 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

# ELEVATION DIFFERENCE

450 m Elevation gain

450 m Elevation loss

# 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

ELEVATION DIFFERENCE

39 m Elevation gain

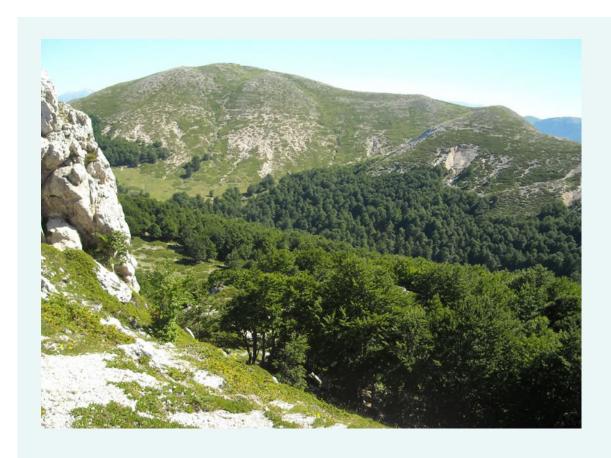
310 m in Elevation loss

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

#### ELEVATION DIFFERENCE

712 m Elevation gain

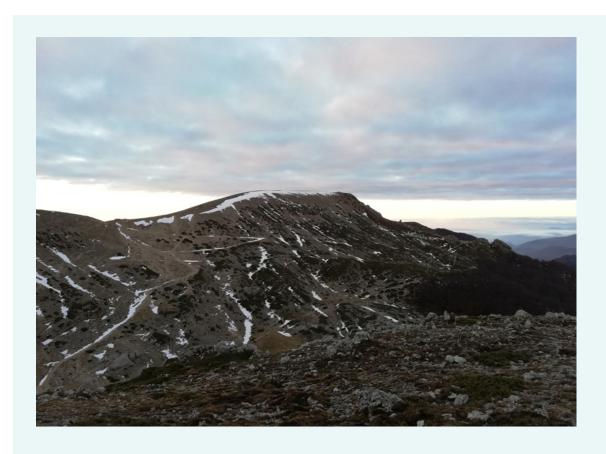
712 m Elevation loss

#### 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

# ELEVATION DIFFERENCE

233 m Elevation gain

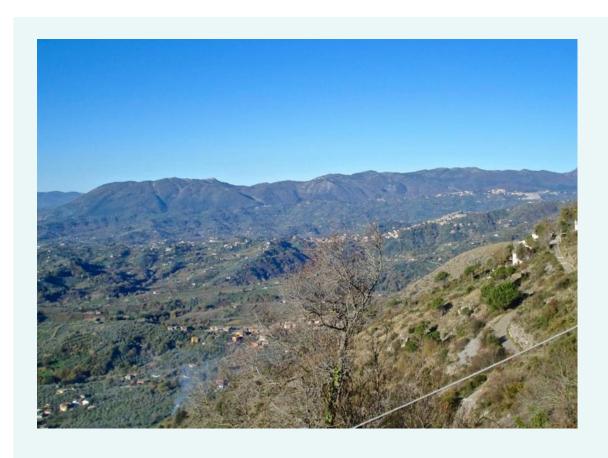
233 m Elevation loss

# 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

ELEVATION DIFFERENCE

760 m Elevation gain

760 m Elevation loss

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

ELEVATION DIFFERENCE

523 m Elevation gain

523 m Elevation loss

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

ELEVATION DIFFERENCE

300 m Elevation gain

300 m Elevation loss

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

## ELEVATION DIFFERENCE

420 m Elevation gain

400 m Elevation loss

# 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

#### ELEVATION DIFFERENCE

140 m Elevation gain 90 m Elevation loss

ALTITUDE

1.520 m

# DIFFICULTY

# MOUNT ARCIANO LOOP



DISTANCE FROM PALAZZO FIUGGI BY CAR

10 Minutes

HIKE DURATION

2 hours

ROUTE LENGTH

7 km

ELEVATION DIFFERENCE

163 m Elevation gain

79 m Elevation loss

ALTITUDE

1.000 m

DIFFICULTY



WELLNESS MEDICAL SPA

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