



# PALAZZO FIUGGI

WELLNESS MEDICAL SPA

WALKING TRAILS







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# ST. SCHOLASTICA - SUBIACO MONASTERY - SMALL LAKE OF ST. BENEDICT



DISTANCE FROM PALAZZO FIUGGI BY CAR  
40 Minutes

WALKING DURATION  
2 hours and 15 Minutes

ROUTE LENGTH  
1,9 km

ELEVATION DIFFERENCE  
43 m Elevation gain  
133 m Elevation loss

ALTITUDE  
548 m

DIFFICULTY  
Very easy

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## COMUNACQUE OR TREVI WATERFALL



DISTANCE FROM PALAZZO FIUGGI BY CAR  
30 Minutes

WALKING DURATION  
10 Minutes

ROUTE LENGTH  
0,3 km

ELEVATION DIFFERENCE  
10 m Elevation gain  
20 m Elevation loss

ALTITUDE  
651 m

DIFFICULTY  
Very easy



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# TREVI ARCH



DISTANCE FROM PALAZZO FIUGGI BY CAR  
25 Minutes

WALKING DURATION  
15 Minutes

ROUTE LENGTH  
1 km

ELEVATION DIFFERENCE  
25 m Elevation gain  
0 m Elevation loss

ALTITUDE  
977 m

DIFFICULTY  
Very easy

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# LAKE CANTERNO NATURE RESERVE



DISTANCE FROM PALAZZO FIUGGI BY CAR  
10 Minutes

WALKING DURATION  
3 hours and 25 Minutes

ROUTE LENGTH  
9,9 km

ELEVATION DIFFERENCE  
37 m Elevation gain  
30 m Elevation loss

ALTITUDE  
568 m

DIFFICULTY  
Very easy

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# LOOP TRAIL OF CASTEGNETO AND CARPINETO DEL MONTE



DISTANCE FROM PALAZZO FIUGGI BY CAR  
10 Minutes

WALKING DURATION  
2 hours

ROUTE LENGTH  
5 km

ELEVATION DIFFERENCE  
104 m Elevation gain  
91 m Elevation loss

ALTITUDE  
550 m

DIFFICULTY  
Very easy



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# MOUNT FUMONE



DISTANCE FROM PALAZZO FIUGGI BY CAR  
15 Minutes

WALKING DURATION  
1 hours

ROUTE LENGTH  
5 km

ELEVATION DIFFERENCE  
217 m Elevation gain  
14 m Elevation loss

ALTITUDE  
783 m

DIFFICULTY  
Very easy



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## URBAN HIKING FIUGGI



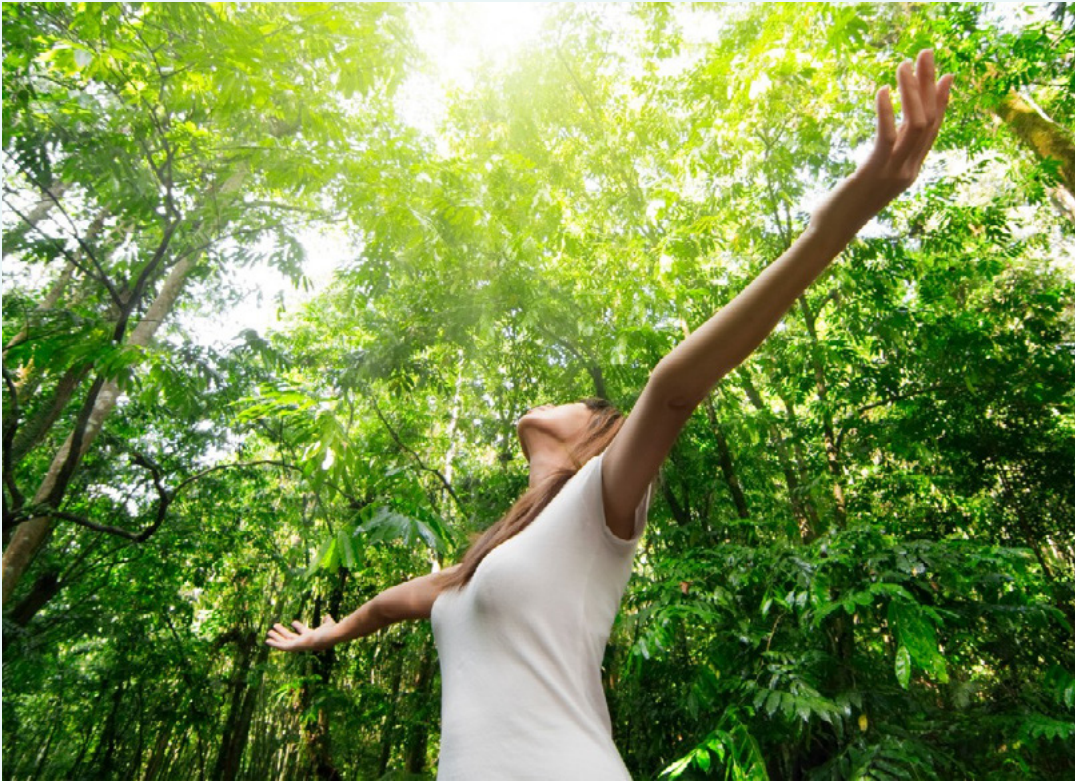
The town of Fiuggi (province of Frosinone) is one of the most renowned spa destinations in Italy, thanks to its waters known for their remarkable therapeutic properties. The town is split into two parts: Fiuggi Vecchia, the old town, perched on a hill at around 750 meters above sea level, and Fiuggi Terme (also known as La Fonte), located lower down at approximately 550 meters.

### WHAT TO SEE IN FIUGGI

- Fiuggi's Medieval Old Town
- Parish Church of Regina Pacis
- Fiuggi Town Hall
- Church of Santo Stefano
- Vicolo Baciadonne (“Kiss-the-Women Alley”)
- Municipal Theatre

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## FOREST BATHING TRAIL



Just a 5-minute drive from Palazzo Fiumi, you can enjoy a forest therapy walk along a flat, 4-kilometer trail winding through chestnut groves and the Fonte Anticolana thermal park.

This is an experience deeply connected to nature—an opportunity to immerse yourself in a peaceful oasis and engage all your senses in order to reach a profound connection with the natural world.





# PALAZZO FIUGGI

WELLNESS MEDICAL SPA

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