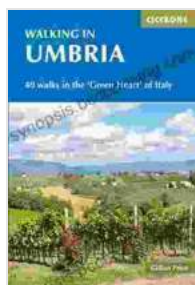


Escape to the Green Heart of Italy: Embark on a Journey of 40 Unforgettable Walks

Prepare to be captivated by the allure of Italy's captivating heartland as you immerse yourself in "40 Walks in the Green Heart of Italy," a comprehensive guide to unforgettable walks in the regions of Umbria and Abruzzo.

Discover the Enchanting Landscapes of Umbria

Umbria, a region renowned for its rolling hills, picturesque villages, and artistic treasures, offers a wealth of walking trails for all levels of hikers. Our guide leads you through verdant valleys, past ancient olive groves, and up to panoramic hilltops that reveal breathtaking views of the surrounding countryside.

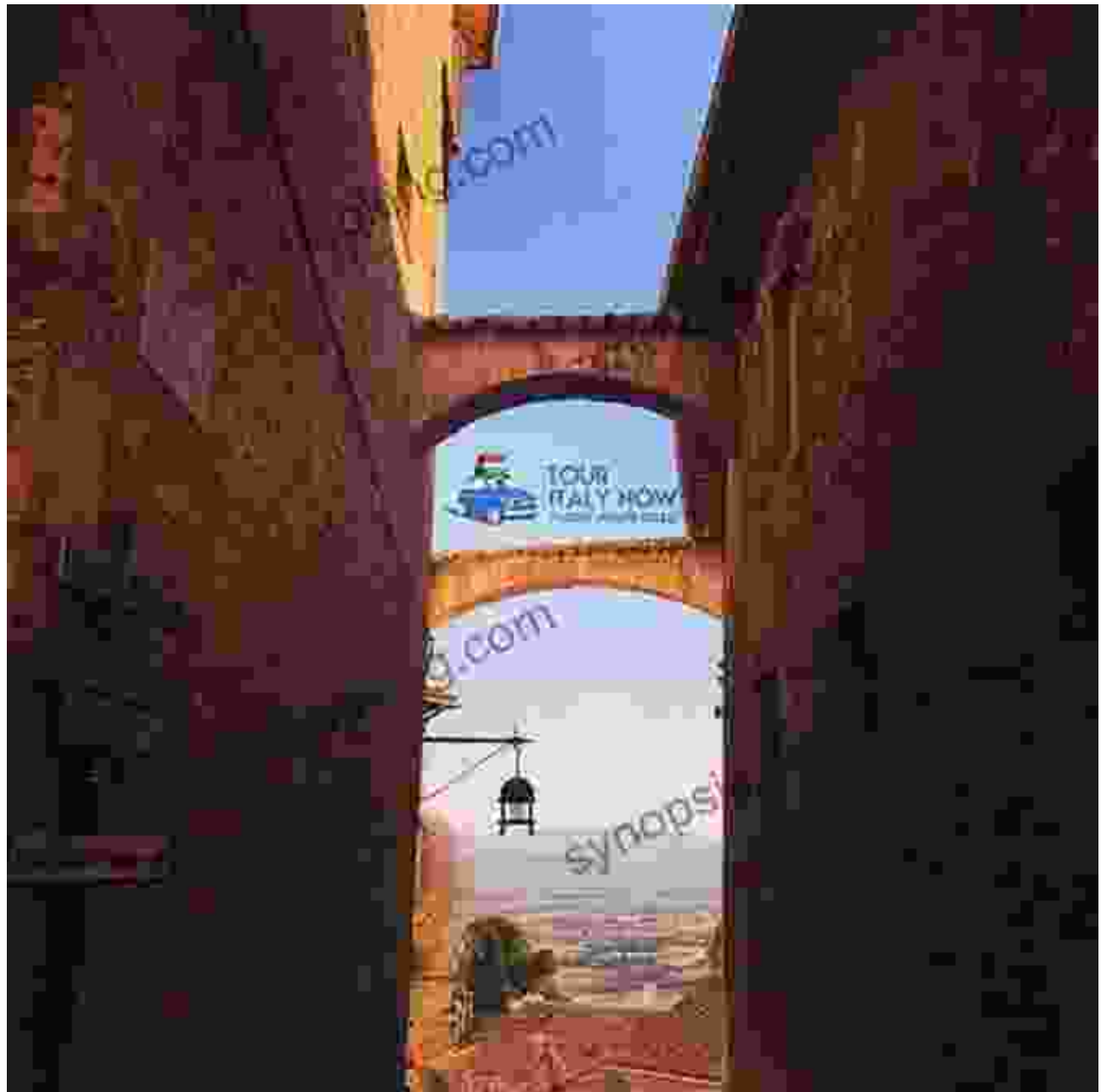


Walking in Umbria: 40 walks in the 'Green Heart' of Italy (Cicerone Walking Guides) by Gillian Price

★★★★☆ 4.5 out of 5

Language : English
File size : 25340 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 338 pages





- **Walk 1: The Sentiero degli Ulivi (Path of the Olives):** Immerse yourself in the serene beauty of Umbria's olive groves on a gentle 5-mile walk that meanders through picturesque villages and offers stunning views of Lake Trasimeno.
- **Walk 10: The Ascesi-Spello Circuit:** Ascend to the medieval hilltop town of Spello, exploring its charming streets and ancient Roman

ruins, before returning through olive groves and vineyards.

- **Walk 20: The Valnerina Gorge:** Discover the rugged beauty of the Valnerina Gorge, following a path along the Nera River and encountering waterfalls, caves, and historic villages.

Explore the Untamed Wilderness of Abruzzo

Abruzzo, a mountainous region bFree Downloading the Adriatic Sea, boasts some of Italy's most dramatic and unspoiled landscapes. Our guide takes you on trails that traverse rugged peaks, traverse pristine lakes, and encounter abundant wildlife.



- **Walk 25: The Gran Sasso Traverse:** Embark on a challenging but rewarding 3-day trek across the Gran Sasso massif, Italy's highest

mountain outside the Alps.

- **Walk 29: The Lago di Scanno Circuit:** Experience the tranquility of Lago di Scanno, a picturesque lake surrounded by picturesque villages and dramatic mountains.
- **Walk 35: The Orfento Valley:** Trek through a stunning gorge carved by the Orfento River, where you'll encounter waterfalls, pools, and lush vegetation.

Plan Your Perfect Walking Adventure

"40 Walks in the Green Heart of Italy" is more than just a guidebook; it's a comprehensive resource for planning and enjoying your walking adventure. Each walk includes detailed descriptions, maps, elevation profiles, and practical information such as:

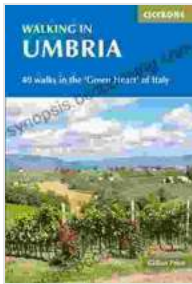
- Distance and estimated walking time
- Level of difficulty and terrain
- Parking and public transportation options
- Points of interest and cultural highlights
- Accommodation and dining recommendations

Whether you're an experienced hiker seeking a challenging trek or a leisurely walker looking to explore the Italian countryside, "40 Walks in the Green Heart of Italy" has something for everyone.

Free Download Your Copy Today and Start Exploring

Don't miss out on the opportunity to experience the captivating beauty and rich history of Umbria and Abruzzo. Free Download your copy of "40 Walks in the Green Heart of Italy" today and start planning your unforgettable walking adventure.

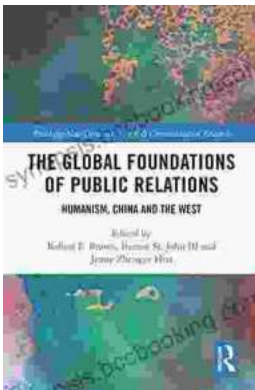
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