





Hi! my name is Lucio. I'll be your expert professional guide in this journey to discover the beautiful Region of Sabina and the countryside of Lazio! Check out where we can go!!

Half day hikes



ROCCHETTINE: THE WHOLE SABINA IN A SINGLE GLANCE (HIKE)

LENGHT: 5KM; HEIGHT RAISE: 395M; DURATION: 3-4H

You will be guided on the top of a hill, close to Rocchettine village, from where you'll be able to embrace with a single glance all the lower hills of Sabina and all the innumeral hamlets that dot these wonderful countryside, telling of a 3000 years history of cultivation and settlement. The top of the hill is a good place for yoga practice as well!



FROM ROCCANTICA TO THE "REVOTANO" SINK HOLE

LENGHT: 6.2KM; RAISE.: 490M; DURATION: 3-4H

You will be guided to the beautiful little village of Roccantica, starting point of a fundamental medieval route connecting the Sabina and the Rieti's territory, along which you'll find a medieval mill, a monastic hermitage, innumeral traces of ancient jobs related to the woods and finally the terrific karstic chasm "filled" with legends, of the Revotano.



COTTANELLO LAWNS AND THE VILLAGE INHABITED BY LIVESTOCK

LENGHT: 5.0KM; HEIGHT DIFF.: 270M; DURATION: 3-4H

You will be guided to the highlands located above Cottanello where you'll find a beautiful pastoral landscape with lawns and century old trees and a crumbling pastoral stone village inhabited only by.... Livestock!! Good place to practise yoga outdoor as well!



THE CHURCH OF VESCOVIO THE CATHEDRAL OF THE SABINI

LENGHT: 9,45KM; RAISE: 450M; DURATION: 4.30H

You will be guided in a hike that can be started directly from Insabina on trails in the countryside you will reach the Roman city of *Forum novum* that in the repubblican age was a market-city for the trade of olive oil and wine from Sabina. Attached to this archeological site you'll find the beautiful rural Cathedral of S. Mary of Vescovio (XII sec. – with frescoes from the XIV sec.) whose activity got started yet when the first christians were inhabiting *Forum novum*.



FIANELLO, THE BEAUTIFUL “GHOST VILLAGE”

LENGHT: 4.25KM; RAISE: 200M; DURATION: 3–4H

Fianello is a semi-uninhabited village, suspended on a sandstone spur, an extremely picturesque medieval village, surrounded by olive trees and woods and inhabited by a few very combative families, stubbornly determined not to leave this beautiful and forgotten dying place in Sabina.

OCRICULUM THE ROMANS’ IMPERIAL CITY INTO THE WILD NATURE!.....

LENGHT: 5KM; RAISE: 200M; DURATION: 3–4H

Ocriculum was the first important ancient Roman town located out of the “Urbs”, along the Flaminia Road, it had a port named: “Oil port” to ship Sabina’s commodities to Rome, on the Tiber. On this hike you will fill yourself immersed in the atmosphere of the Roman Empire, and you will do it out of the fences of a usual archaeological site: you will jump into history directly after hiking the surrounding countryside and this will definitely surprise you! After the hike you will have the chance to go shopping some typical delicious sabine foodstuff in a farmshop.



RIVER HIKING ON THE FARFA

LENGHT: 3KM; RAISE: 0M; DURATION: 3–4H

Beautiful and refreshing summer experience in the crystalline Farfa river. Ideal from mid/end of June up to the end of August. You can forget summer muggyness and, at the same time, spend a few hours into a wild astonishing gorge with vertical rocky cliffs where the sunlight can hardly penetrate, walking in the pristine water of the Mythological river cited by poet Virgilius. You will learn about river ecology and the geographical/historical context... Of course you’ll be able to swim and refresh in the cool waters!!



CASPERIA: THE MEDIEVAL GEM OF SABINA

LENGHT: 6KM; RAISE: 400M; DURATION: 3–4H

Wonderful medieval village very close to the retreat center, The village is typically perched on a hilltop overlooking the patchy countryside, built over millenia by the sharecropper farmers and still intact nowadays. A mozaic of olivegroves, meadows, fields, vineyards, orchards, etc. dotted by countryside “casali” and small rural churches.



Lucio Graziano (creator of the project: “Landscape Immersions” = “Immersioni nel paesaggio” www.immersioninelpaesaggio.it/EN/) will guide you with a special focus on “landscape reading”, that is a way of learning about the places you spend your holiday time in, by observing landscape features, perceiving the “spirit of the places” and feeling a special sense of communion with them, all this in a relaxed and fun atmosphere!

Full day hikes

IF YOU WANT TO DEDICATE MORE TIME TO HIKING IN YOUR RETREAT TIME, CONSIDER PLANNING A FULL DAY HIKING EXPERIENCE

- **YOU CAN TAKE THE SAME DESTINATIONS OF EACH OF THE HALF DAY HIKES AND MAKE THEM ON LONGER ROUTES (5 – 6H) WITH LUNCH (OR EVEN DINNER) OUTSIDE;**
- **YOU CAN CHOOSE AMONG THE HIKES LISTED ON THE WEBSITE WWW.IMMERSIONINELPAESAGGIO/EN ;**
- **YOU CAN FULLY CUSTOMIZE YOUR EXPERIENCES, ADDING: WINE/FOOD TASTES; LOCAL MUSEUMS, ARCHAEOLOGICAL SITES, FARM SHOPS VISITS: E MAIL TO LUCIOGRAZIANO1970@GMAIL.COM; WAPP +393403366002.**
- **ALSO CONSIDER THE FOLLOWING;**



MINI BUS RIDE TO DISCOVER SABINA'S BEAUTIFUL VILLAGES AND COUNTRYSIDE WITH SHORT HIKE

You will get a taste of the wonderful countryside of Sabina: its beautiful medieval villages: its enchanting countryside full of olive groves and dotted by little churches, small but important archaeological sites, etc.... You'll be guided in understanding the geography of this region also by making a short hike at the end of the bus tour and this will make you definitely feel part of it!! Last but not least, at the end, why not having a good typical lunch in a cozy "trattoria"??



HIKE IN VAL D'ORCIA AND FREE HOT SPRINGS IN SAN CASCIANO DEI BAGNI (TUSCANY)

In Sabina is not too far from San Casciano dei Bagni, a locale in Tuscany on the verge of the wonderful Val d'Orcia where there are beautiful free renaissance thermal baths that border an archaeological site of roman thermal baths that used to be fed by the same hot springs!! We will walk in the stunning and famous tuscan landscape and have a rigenerating thermal bath at the end, something that you really can not forget!!