GB

EXPLORING INLAND • MARCHE REGION ITALY

Sempre caro mi fu quest'ermo colle
e questa siepe, che da tanta parte
dell'ultimo orizzonte il guardo esclude.
Ma sedendo e mirando, interminato
spazio di là da quella, e sovrumani
silenzi, e profondissima quiete
io nel pensier mi fingo, ove per poco
il cor non si spaura. E come il vento
odo stormir tra queste piante, io quello
infinito silenzio a questa voce
vo comparando: e mi sovviene l'eterno,

MARCHE

THE MARCHE, ITALY IN ONE REGION

"If one had to decide which Italian landscape was the most typical, you'd have to choose the Marche… Italy, with its range of landscapes, is a distillation of the world; the Marche is a distillation of Italy."

G. Piovene, *Viaggio in Italia,* 1957

180 km of coastline, stunningly beautiful beaches, 26 cities facing the Adriatic Sea that are ideal sites for a relaxing holiday , the port of Ancona and 9 tourist harbours. 500 piazzas, 1000 important monuments, over a hundred cities boasting great works of art, thousands of churches (200 of which are Romanesque), 183 religious shrines, 34 archeological sites, 72 historic theatres. The largest number of museums and galleries in Italy: 342 out of 239 boroughs. 315 libraries housing over 4 million volumes. Several protected areas: 2 national parks (Monti Sibillini, Gran Sasso and Monti della Laga), 4 regional parks (Monte Conero, Sasso Simone and Simoncello, Monte San Bartolo, Gola della Rossa and di Frasassi), 5 nature reserves (Abbadia di Fiastra, Gola del Furlo, Montagna di Torricchio, Ripa Bianca and Sentina), more than 100 floristic areas and 15 state woods.

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MARCHE REGION
TOURISM DEPARTMENT

L'Infinito

Sempre caro mi fu quest'ermo colle,
E questa siepe, che da tanta parte
Dell'ultimo orizzonte il guardo esclude.
Ma sedendo e mirando, interminato
Spazio di là da quella, e sovrumani
Silenzi, e profondissima quiete
Io nel pensier mi fingo, ove per poco
Il cor non si spaura. E come il vento
Odo stormir tra queste piante, io quello
Infinito silenzio a questa voce
Vo comparando: e mi sovvien l'eterno,
E le morte stagioni, e la presente
E viva, e il suon di lei. Così tra questa
Immensità s'annega il pensier mio:
E il naufragar m'è dolce in questo mare.

MARCHE

THE MARCHE
ITALY IN ONE REGION

Charcoal pile: an ancient method of preparing charcoal

Sheep farming is still an important part of the economy in mountain areas

The Marche is a Region of Italy where history, culture and countryside have helped to create a unique and extraordinary world that is worth discovering.
Visiting its inland areas offers tourists a chance of enjoying the peaceful, well ordered atmosphere of its quiet, gently rolling hills. It also provides an opportunity to find inner and cultural enrichment from works of art and the historical, literary and legendary significance of places in the most unexpected corners of this extensive area. The historical and cultural heritage of the region, including its numerous works of art, can be found more or less everywhere. This is due to the fact that each town was ruled over by its own lord or prelate and, during the centuries of conflict that divided the various towns of the region, artists were able to work by moving from town to town.
The natural beauty of its hilly countryside, covering 69% of the Marche region, blends well with the transformations wrought by man over the course of time through agriculture, forestry and sheep and cattle grazing, as well as more recent craft and industrial activity.
A living testimony of this process, the

The monastery of Fonte Avellana near Serra S. Abbondio (PU)

Gola del Furlo
Nature Reserve (PU)

result of a centuries-old culture and history, are the ancient Roman roads. The *Via Salaria*, created by the Piceni tribes, was used by the Romans to link the capital of the empire with the Adriatic Sea (known as "*the salt coast*"), while the *Via Flaminia*, the consular road built as a route to the *ager gallicus*, ended at Fano. At the Furlo Gorge it is still possible to walk by foot along a stretch of this road and through the tunnel cut by chisel during the reign of Emperor Vespasian.
Wandering through the hills and valleys of the Marche you come across **small towns,** often the colour of terra cotta, perched on high like scenic balconies overlooking valleys, surrounded by walls, with municipal towers and bell-towers. For centuries, the history of these towns was determined either by princes, whose notion of devotion was to build churches after having destroyed castles, or warrior popes, who built castles and fortresses.
Many *historical pageants* are still staged in the old town centres, along with spectacular festivities commemorating religious festivities during carnival.
Sometimes the hillsides are broken by areas of **eroded landscape,** many of

The work of nature... and man

Harmonious hilly landscape in the Marche

which are truly fascinating, especially in the area around the Marecchia Valley (near the ruins of the historical Fortress of Maiolo) and in the province of Ascoli Piceno, in the districts around Castignano and Appignano del Tronto. The natural scenery of the Marche consists mainly of **farmland**.

Despite the great changes that have taken place in the region, historical evidence of this evolution can still be found today - from the thousands of towns and villages that provided a localised agricultural system throughout the region, to the dense and ancient network roads and the wealth

Gola di Frasassi (AN)

of individual monuments (parish churches, abbeys, monasteries, villas, towers, castles, furnaces and mills).
The rural aspect of the hilly countryside of the Marche was moulded by the **mezzadria,** or share-cropping system, and by mixed-farming, today partly replaced by intensive and specialised agriculture,
as in the case of the orchards of the Aso Valley or the vineyards that extend as far as the eye can see in the Esino Valley and the Picene hills.
Many old villas and country houses have now been turned into **agriturismo** farm holiday centres, especially in the hilly areas, providing peaceful accommodation, an opportunity to purchase organic produce or to enjoy traditional Marche cooking.
From the amazingly pleasant hilly landscape you move to imposing rocky mountains that are crossed by eye-catching gorges.
Near Cagli, for instance, along the *Via Flaminia*, are the gorges of the **Gola del Burano** and the impressive **Gola del Furlo**, where a State Nature Reserve has been created.
At the beginning of the 4th century BC, the river Esino marked the boundary between the area occupied by the Piceni and that conquered by Celtic tribes of the Senonian Gauls. In the areas of Serra San Quirico and Genga, the valley arrives at the breathtaking limestone cliffs of the **Gola della Rossa** and **Gola di Frasassi**, which form part of the Natural Park.
Over 90,000 hectares of land in the Marche, nearly 10% of the regional territory, are subject to safeguard in the

Gola della Rossa (AN)

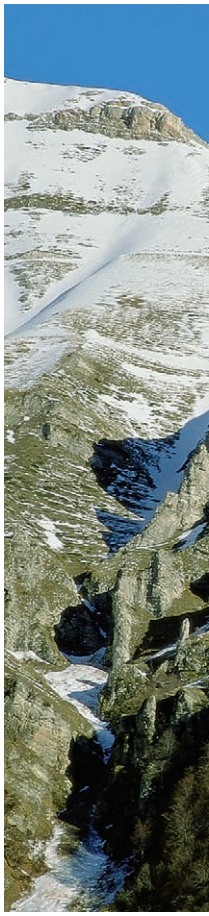
Fiastra lake (MC)

"Sala delle candeline"
Frasassi Caves,
Genga (AN)

Flowers in mountain meadows

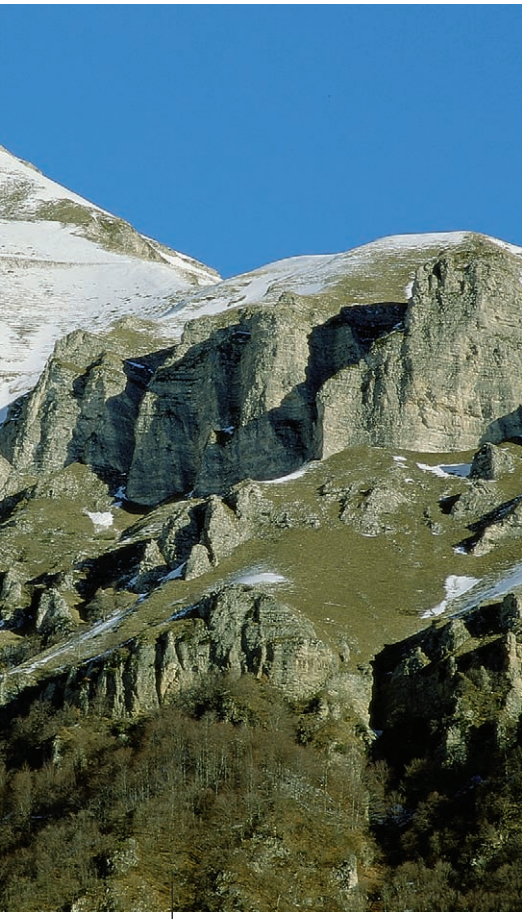
Bright coloured fields in the Marche countryside

form of **protected areas.** Two national parks (Monti Sibillini and Gran Sasso e Monti della Laga) cover over 60,000 hectares of land in the Marche region. Four regional parks (Sasso Simone e Simoncello, Gola della Rossa e di Frasassi and, on the coast, Monte San Bartolo and Monte Conero) cover about 20,000 hectares. There are also 5 nature reserves (Abbadia di Fiastra, Montagna di Torricchio, Gola del Furlo, Ripa Bianca and Sentina) covering over 6,000 hectares, with over 100 areas of protected flora and 15 national forests.
The jewel of the Marche region is the **Monti Sibillini** area. These mountains became a national park in 1993 - with headquarters at Visso - and cover over 70,000 hectares, with a length of around 40 km. The park includes 16 Marche and 2 Umbrian municipal districts. The territory contains evidence of Quaternary glaciation and Alpine species of flora and fauna can also be found. The magnificent natural scenery has been created by atmospheric forces over thousands and thousands of years. Deep glacial cirques provide evidence of the strength and power of ancient glaciers to model the landscape. This is particularly evident on Monte Rotondo, Monte Vettore, Monte Bove and in the upper Val di Panico.
Many of the mountains rise above 2,000 metres, including Monte Vettore (2,476 m), where *Lago di Pilato*, the only natural lake in the Marche, is the home of the small, rare bright red coloured *chirocephalus Marchesonii*. Not far away is Monte Sibilla (2,173 m) where a prophetess, famous throughout Europe, once lived - a place with an atmosphere and history all of its own.



The crocus, a typical mountain flower

The vegetation of the park is characterised by large areas of oak and beech. Above 1750 m, on the alpine meadows, there are also rare species of lily (*Lilium martagon*), violet (*Viola eugenia*), alpine dryad (*Chamaedrys alpinum*), edelweiss (*Leontopodium alpinum*), artemisia, and other flowers such as *uva orsina* (*Arctostaphylos uva-ursi*) and dwarf willow (*Salix nanus*), considered to be the world's smallest tree.



Beech woods grow even in the highest altitudes in the Marche mountains

The Sibillini mountains are interesting from the point of view of their animal life, owing to the presence of the wolf (*Canis lupus*), the wild cat (*Felis silvestris*), the eagle (*Aquila chrysaetus*) and the Peregrine falcon (*Falco peregrinus*). Nature and culture come together in this protected area because excursions to the Gola dell'Infernaccio, or walks along the highest peaks or the Valle del Fiastrone also allow us to discover the history of ancient villages with their wealth of Romanesque churches, frescoes and late Gothic art, such as polyptychs painted by followers of Carlo Crivelli. At the southern end of the Sibillini Mountains, **Arquata del Tronto**, with its superb medieval fortress, is the only town in Italy to be located in two National Parks. The Monti Sibillini National Park in fact merges into the **Gran Sasso e Monti della Laga** National Park without interruption. Here the landscape is made up of sandy marl rocks, thick woodland and

Tiny waterfall in the Gola dell'Infernaccio

splendid waterfalls, such as those of Volpara and Selvagrande. In addition to beech (*Fagus silvatica*), there are bilberry (*Vaccinium myrtillus*), Martagone lily (*Lilium martagon*), Apennine edelweiss (*Leontopodium alpinum*) and various species of orchids. In the majestic forests it is also possible to find red deer (*Cervus*), roe deer (*Capreolus*), wolf (*Canis lupus*), and brown bear (*Ursus arctos*). Amongst the bird life, the golden eagle (*Aquila chrysaetus*), falcon (*Falco biarmicus*), Cornish chough (*Pyrrhocorax*) and eagle-owl (*Bubo bubo*) can be seen.
A number of villages in this area are well worth visiting. These include the

Arquata del Tronto (AP)

A large number of waterfalls can be found in the Gran Sasso e Monti della Laga National Park

Ussita (MC) below the slopes of Monte Bove that form a splendid "glacial cirque"

last examples of 16th century stone houses in the tiny villages around Arquata, so greatly beloved by the director Pietro Germi; Castel di Luco, in the Paggese area of Acquasanta, with its circular layout, and Umito, a traditional mountain village, with its splendid centuries-old chestnut groves and an ideal departure point for interesting excursions into the surrounding woodlands. Here you will find beech and silver fir trees - one of only two places in the Marche where this tree can be found. Charcoal is still produced in this area with the ancient methods used by Apennine charcoal burners.

valleys. Around the two rocks of Simone and Simoncello, the clay landscape is wooded mainly with turkey oak (*Quercus cerris*). However this great Mediterranean-mountain forest, which is unique of its kind, also has beech (*Fagus silvatica*), both black and white hornbeam (*Carpinus betulus*), maple (*Acer campestre*), ash (*Fraxinus excelsior*), holly (*Ilex aquifolium*), mountain ash (*Sorbus aucuparia*) and service tree (*Sorbus domestica*). Red deer (*Cervus*), roe deer (*Capreolus*) and the Apennine wolf (*Canis lupus*) wander in this wild area. It is also possible to see eagles (*Aquila chrysaetus*), goshawks (*Astur*

Sasso Simone e Simoncello Regional Park

Montagna di Torricchio Nature Reserve

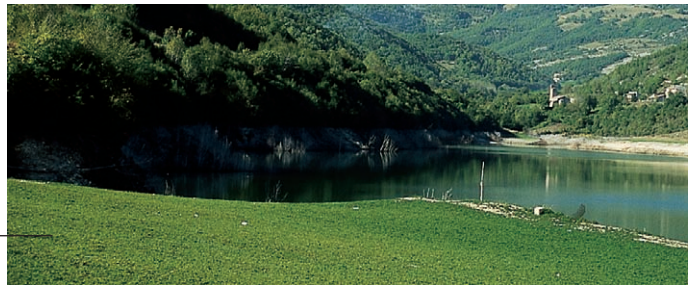
Another area fine walking area is the **Sasso Simone e Simoncello** regional park, in the heart of Montefeltro. Here Cosimo dei Medici built his famous "*Città del Sole*", of which only a few remains now survive. The woodlands here include the delightful beech woods of Pianacquadio. The many fine panoramic settings include Monteboaggine, whose solitary 12th century Torre di Vedetta looks out over the wide grasslands of Monte Carpegna and the Foglia and Conca

Century-old oak tree in the Marche countryside

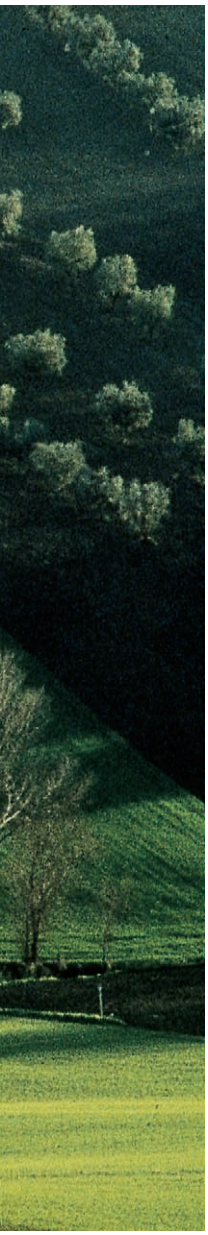
Strolling through the woods of the Gran Sasso e Monti della Laga National Park

palumbarius), buzzards (*Buteo buteo*), the rare Montagu's harrier (*Circus pygargus*) and the pied woodpecker (*Dryobates major*).
The **Gola della Rossa e di Frasassi** Regional Park in the province of Ancona has another interesting area in the charming *Valle di Scappuccia*. The river Sentino has carved its way through the Frasassi Gorge, producing a complex system of underground caves called the **Grotte di Frasassi**, considered among the most interesting in the world. Thousands of visitors come to see these caves every year. The quiet tour through takes about an hour and every step of the way is marked by beautiful tiny lakes, naturally-carved stalactites and giant stalagmites, passing through the magnificent *Abisso Ancona* (240 m high), to the *Sala dei Duecento*, the *Sala delle Candeline* and *Sala dell'Orsa* and the *Sala dell'Infinito*, each made even more spectacular with the dramatic use of lighting. Some of the earliest traces of human settlements can be found in the Frasassi region (in the Grotta del Prete at Pianello di Genga). Other evidence has been found in the Grotta

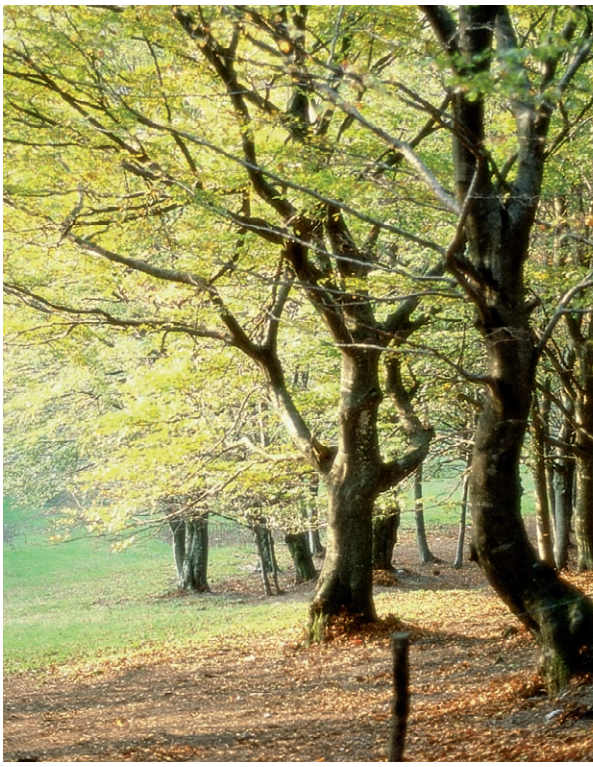
The Marche's harmonious natural landscape



Gerosa lake (AP)



di San Eustachio near San Severino Marche, in the Grotta dei Frati in the Fiastrone Gorge, in the Grotta di Soffiano near Sarnano and in many other places.
The Gola della Rossa is similar in appearance to that of Frasassi with large karst cavities such as the Grotta del Vernino where various interesting fossils of cave mammals have been found.
Not far from Jesi, along the Esino river, you enter the **Ripa Bianca** protected area. Further south, in the province of Macerata, are the nature reserves of **Fiastra Abbey** and **Montagna di Torricchio**. The first of these conserves a farm landscape that has retained aspects of its medieval past, including the monumental abbey erected by the Cistercian monks in 1142 by "quarrying" stone from the ancient Roman city of *Urbs Salvia*. The woodland area planted mainly with turkey oak (*Quercus cerris*) provides naturalistic interest.
The Torricchio Nature Reserve on the other hand, near the Sibillini Mountains National Park, covers an area of 317 hectares and landscape that is typical of high Marche hill country. It has been recognised as a **Council of Europe biogenetic reserve**.
The **Sentina**, inside San Benedetto del Tronto, is an interesting humid zone recently recognized as protected area.
You can find many areas around the inland Marche for a relaxing holiday at any time of the year. These are especially ideal for those who wish to avoid the overcrowded traditional tourist resorts along the coast or for



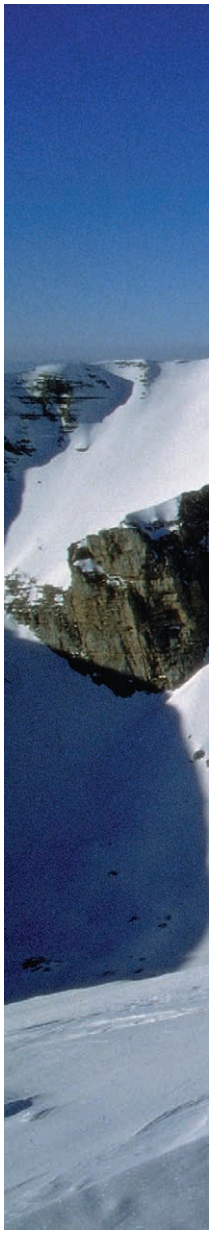
those seeking peace and quiet, with opportunities for walking and **leisure** activities for those who enjoy horse-riding, canoeing, golf, fishing, jogging, mountain-biking, hang-gliding, para-gliding, mountaineering, etc.
There are nine **ski resorts** in the mountains of the Marche Apennines, with slopes of varying length and many beginner slopes at varying altitudes (from 1000 m at Villagrande to 2260 m at Ussita), but also interesting routes for those who enjoy cross-country skiing, grass ski-ing, hiking and mountaineering.
The most popular ski-lifts are those at Sarnano, Ussita, Castelsantangelo sul Nera and Bolognola in the province of Macerata; Forca Canapine (Arquata del Tronto) and Monte Piselli in the province of

The Abbey of Chiaravalle di Fiastra
L'Abbazia di Fiastra - Nature R...

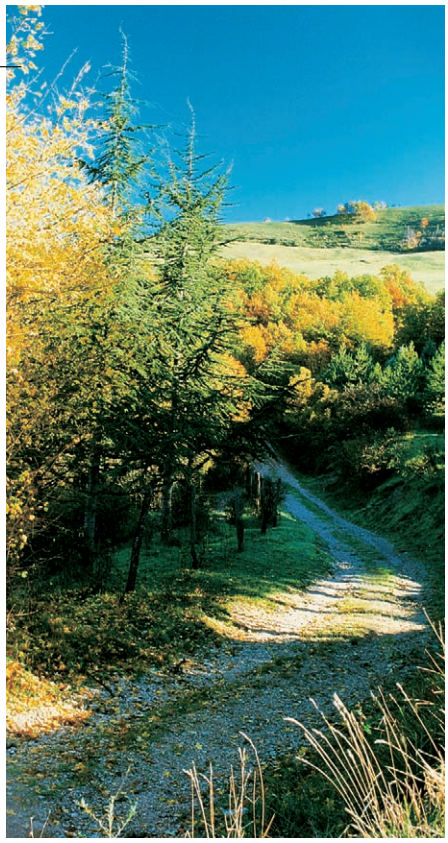
Lago di Pilato in the
Monti Sibillini National Park

An endless variety of outdoor leisure activities can be enjoyed

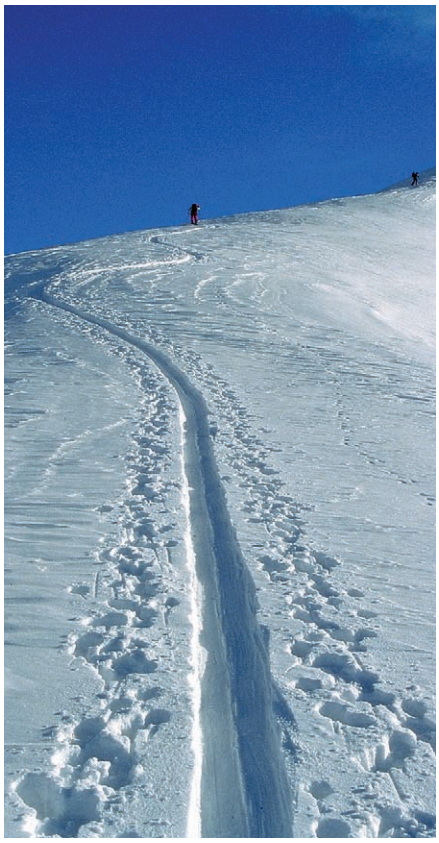
Ascoli Piceno; Montecopiolo-Villagrande, Monte Carpegna and Monte Nerone (Piobbico) in the province of Pesaro-Urbino. For those who enjoy cross-country skiing, there are runs at Piani di Ragnolo in the area of Acquacanina (MC).
A visit to the inland Marche also provides the opportunity of discovering many traditional crafts that are still practised in workshops.
Pottery, copper, terracotta, majolica, lace work, hand-made carpets, wooden pipes, hats, wrought-iron, leather, musical instruments, toys, footwear, furniture, gold-work, paper made using traditional methods, travertine stone, marble, stonework, wicker work, rush mats, straw-work, bamboo work, restoration of antique furniture, etc., are among the more important **crafts** and **industrial products** of the region.
Another interesting aspect of the Marche is that each change in the landscape brings a different culinary tradition. As one gradually moves away from the coast towards the mountains, the smell of fresh Adriatic fish is replaced by typical inland flavours. There are so many **dishes and specialities** to taste and enjoy: "vincisgrassi", "olive ascolane", "maccheroncini di Campofilone", "ciauscolo", "frustingo", "bostrengo", "formaggio di fossa di Talamello", the



M. Pizzo del Diavolo (2410 m)
in the heart of the Monti Sibillini
National Park



Contact with nature along a woodland walk



Cross country skiing: a trail towards the horizon

exquisite truffle from Acqualagna, Sant'Angelo in Vado and Sant'Agata Feltria, mushrooms, pecorino cheese, "casciotta di Urbino", "prosciutto di Carpegna", "salame di Fabriano", honey, extra-virgin olive oil, cauliflower, lamb, organically grown products, etc.
The Marche has 15 DOC and 2 DOCG **wines** (Denominazione di Origine Controllata), one for each hill area: Rosso Conero, Rosso Piceno and Rosso Piceno Superiore, Colli Maceratesi, Vernaccia di Serrapetrona, Falerio, Bianchello del Metauro, Colli Pesaresi, Verdicchio dei Castelli di Jesi, Verdicchio di Matelica, Lacrima di Morro d'Alba, Esino, Offida, Pergola wine and I Terreni di San Severino.
Other specialities handed down through farming traditions include *Amari* with truffle, *Caffè Sport*, aniseed liquors such as *Mistrà* and *Anisetta*, sweet wines such as *vin cotto*, *vin santo* and *vino di visciola* and are still available today.
The Marche region, in addition to its coastal resorts, offers the natural beauties of unspoilt inland countryside, with charming itineraries through hilly areas in search of a rich historical and artistic heritage that has been so well preserved.

The 15 National Forests of the Marche

• **Carpegna**
On Monte Carpegna (1,415 m) in the Foglia and Conca valley.
Carpegna (PU)

• **Cesane**
On horseback in the Foglia and Metauro Valleys.
Fossombrone (PU)

• **Furlo**
Along the Candigliano River.
Acqualagna (PU), Cagli (PU), Fermignano (PU), Urbino (PU)

• **Monte Montiego**
On Monte Montiego (975 m) between the Metauro and Candigliano Valleys
Piobbico (PU), S. Angelo in Vado (PU), Urbania (PU)

• **Monte Vicino sul Candigliano**
On horseback in the Candigliano and Metauro Valleys.
Mercatello sul Metauro (PU)

• **Bocca Serriola**
In the Metauro valley as far as the Marche Regional boundary.
Apecchio (PU)

• **Monte Petrano**
On the slopes of Monte Petrano (1,163 m) and Monte Tenetra.
Cagli (PU), Cantiano (PU)

• **Catria**
In the Esino valley and on the south-west slopes of Monte Catria.
Sassoferrato (AN)

• **Alto Esino**
Along the River Esino.
Fabriano (AN)

• **Cingoli**
Between the river Musone and Rudielle torrent in the Valle di Santa Esperandia.
Cingoli (MC)

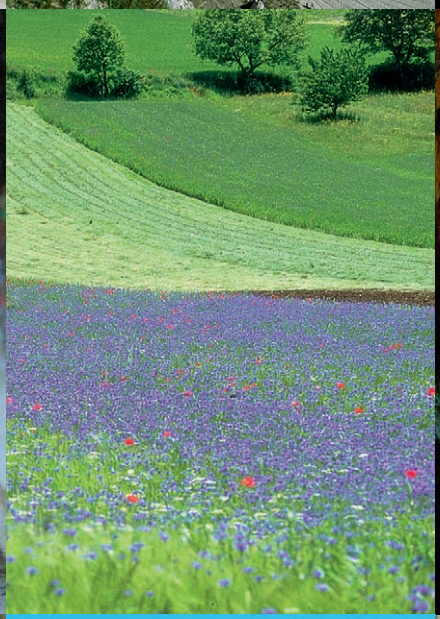
• **Albacina**
Along the pre-Apennine ridge of San Vicino between the Esino River and Sentino torrent.
Poggio S. Vicino (MC)

• **San Severino**
Along the slopes of the valley of the Potenza River.
San Severino Marche (MC), Castelraimondo (MC)

• **Valle del Fiastrone**
Near Fiastra Lake.
Fiastra (MC)

• **Mount Castel Manardo**
In the Tenna valley.
Amandola (FM), Montefortino (FM)

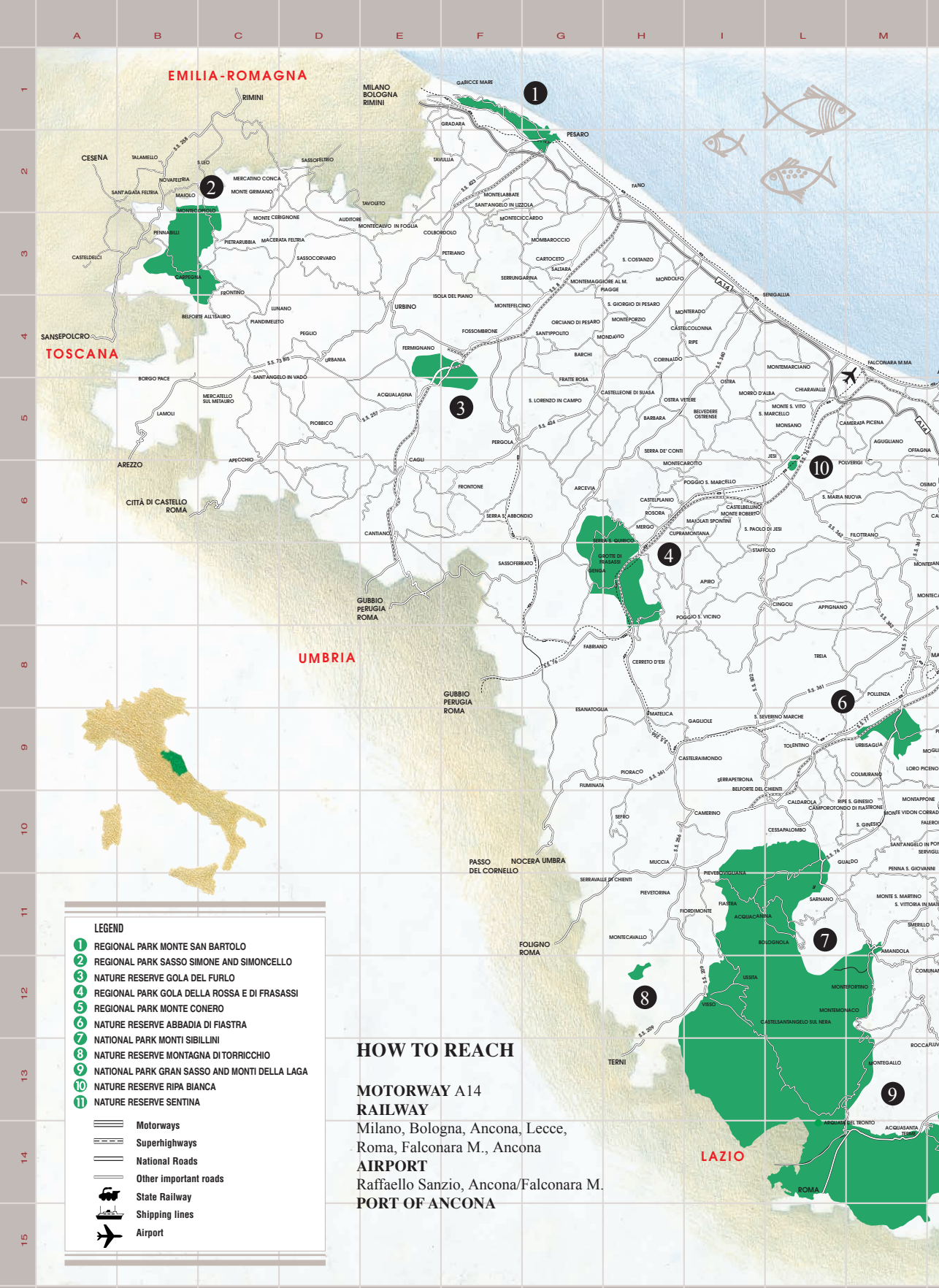
• **San Gerbone**
Between Castellano torrent, Fosso Nero and Villa San Giovanni.
Acquasanta Terme (AP)



San Benedetto del Tronto (AP)
Conero Riviera (AN)
Macerata - Arena Sferisterio
Monti Sibillini National Park -
Monte Palazzo Borghese
Villa Potenza (MC) - Ruins of
ancient Helvia Rìcina

Ascoli Piceno - La Quintana
Inland Marche countryside
Genga (AN) - Frasassi Caves
Ancona - Cathedral of S.Ciriaco
Offida (AP) - Pillow lace

Loreto (AN) - Piazza della Madonna
Urbino (PU) - Church of S. Bernardino
Ascoli Piceno - Palazzo del Capitano del
Popolo
Fermo - Dome
Pesaro - Rossini Opera Festival



LEGEND

1. REGIONAL PARK MONTE SAN BARTOLO
2. REGIONAL PARK SASSO SIMONE AND SIMONCELLO
3. NATURE RESERVE GOLA DEL FURLO
4. REGIONAL PARK GOLA DELLA ROSSA E DI FRASASSI
5. REGIONAL PARK MONTE CONERO
6. NATURE RESERVE ABBADIA DI FIASTRA
7. NATIONAL PARK MONTI SIBILLINI
8. NATURE RESERVE MONTAGNA DI TORRICCHIO
9. NATIONAL PARK GRAN SASSO AND MONTI DELLA LAGA
10. NATURE RESERVE RIPA BIANCA
11. NATURE RESERVE SENTINA

- Motorways
- Superhighways
- National Roads
- Other important roads
- State Railway
- Shipping lines
- Airport

HOW TO REACH

MOTORWAY A14
RAILWAY
Milano, Bologna, Ancona, Lecce, Roma, Falconara M., Ancona
AIRPORT
Raffaello Sanzio, Ancona/Falconara M.
PORT OF ANCONA

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Freephone 800 222111 (only in Italy)

Giovanna Garzoni (Ascoli Piceno 1600 - Roma 1670)
Dish with fruit, crustaceans and snails