

Table of Hikes

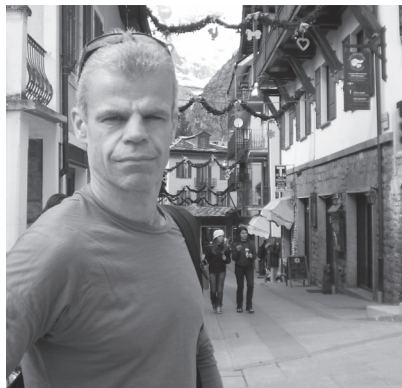
VIA FERRATA	DURATION	DIFFICULTY	SEASON
VIA FERRATA SOSAT	2½–3 HOURS	BEGINNER	JUN–OCT
VIA FERRATA ALFREDO BENINI	3½–4½ HOURS	BEGINNER–INTERMEDIATE	JUN–OCT
LIGURIA	DURATION	DIFFICULTY	SEASON
SENTIERO AZZURRO	2½–5 HOURS	EASY–MODERATE	ALL YEAR
SENTIERO ROSSO	9–12 HOURS	MODERATE	ALL YEAR
SANCTUARIO CIRCUIT	5 HOURS	EASY–MODERATE	ALL YEAR
PROMONTORIO DI PORTOFINO CIRCUIT	5–6½ HOURS	MODERATE	ALL YEAR
MARITIME ALPS	DURATION	DIFFICULTY	SEASON
LAGO DI VALSCURA CIRCUIT	5–6 HOURS	MODERATE	JUN–SEP
TERME DI VALDIERI TO ENTRACQUE	4 DAYS	DEMANDING	JUN–SEP
MARGUAREIS CIRCUIT	2 DAYS	MODERATE–DEMANDING	JUN–SEP
RIFUGIO GARELLI	4–5 HOURS	EASY–MODERATE	JUN–SEP
WESTERN ALPS	DURATION	DIFFICULTY	SEASON
VALNONTÉY TO RHÊMES NOTRE DAME	2 DAYS	MODERATE–DEMANDING	JUN–SEP
LAKES & WILDLIFE	2 DAYS	MODERATE	JUN–SEP
ALPE MONEY	5¼–6¼ HOURS	MODERATE–DEMANDING	JUN–SEP
SELLA-HERBETET TRAVERSE	6¾–7¼ HOURS	DEMANDING	JUN–SEP
VALLONE DI GRAUSON	7¾–8¼ HOURS	DEMANDING	MAY–SEP
MATTERHORN & MONTE ROSA FOOTHILLS	3 DAYS	DEMANDING	MID-JUN–SEP
THE LAKE DISTRICT	DURATION	DIFFICULTY	SEASON
MONTE BALDO	6½–7 HOURS	MODERATE	JUN–OCT
VALLE DEL SINGOL	6¼–6½ HOURS	MODERATE–DEMANDING	MAY–OCT
MONTE GRONA	4½–5 HOURS	MODERATE	MAY–OCT
SASS CORBÉE	3 HOURS	EASY–MODERATE	MAY–OCT
VALLE CANNOBINA	8–9 HOURS	MODERATE	MAY–OCT
MONTE CARZA	5¼–5¾ HOURS	MODERATE	MAY–OCT
STELVIO	DURATION	DIFFICULTY	SEASON
VAL DI RABBI TO MARTELLTAL	4 DAYS	MODERATE–DEMANDING	JUN–SEP
DOLOMITES	DURATION	DIFFICULTY	SEASON
SCILIAR & CATINACCIO LOOP	4 DAYS	MODERATE–DEMANDING	JUN–OCT
DOLOMITE ROLLERCOASTER	7 DAYS	MODERATE–DEMANDING	JUN–OCT
CRODE FISCALINE LOOP	2 DAYS	EASY	JUN–OCT
PARCO NATURALE DELLE DOLOMITI D'AMPEZZO	2 DAYS	EASY	JUN–OCT
SESTO TO SAN CANDIDO	2½–3 HOURS	EASY	JUN–OCT

TRANSPORT	SUMMARY	PAGE
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JULIAN & CARNIC ALPS	DURATION	DIFFICULTY	SEASON
FUSINE-MANGART LOOP	3-4 HOURS	MODERATE	JUN-SEP
SLOVENIAN TWO-STEP	4-5½ HOURS	MODERATE	JUL-SEP
JÖF FUART	2 DAYS	MODERATE	JUN-SEP
MONTE CARNIZZA	3-4 HOURS	MODERATE	JUN-SEP
MONTE OSTERNIG	3-3½ HOURS	EASY-MODERATE	JUN-SEP
TUSCANY	DURATION	DIFFICULTY	SEASON
CHIANTI CLASSICO	3 DAYS	EASY	APR-MAY, SEP-OCT
MEDIAEVAL TOWNS	2 DAYS	EASY	APR-MAY, SEP-OCT
TUSCAN HILL CRESTS	7 HOURS	EASY	APR-MAY, SEP-OCT
PIZZO D'UCCELLO	3 DAYS	MODERATE	JUN-SEP
PROCINTO, FORATO & PANIA DELLA CROCE	2 DAYS	MODERATE	JUN-SEP
CENTRAL APENNINES	DURATION	DIFFICULTY	SEASON
LA GOLA DELL'INFERNACCIO	3 HOURS	EASY	MAY-OCT
SIBILLINI TRAVERSE	6 HOURS	MODERATE-DEMANDING	JUN-OCT
MONTE VETTORE	4-4½ HOURS	EASY-MODERATE	JUN-OCT
CASCADE DELLA VOLPARA	3½-4½ HOURS	MODERATE	JUN-OCT
CORNO GRANDE	5-6 HOURS	MODERATE-DEMANDING	JUN-SEP
SENTIERO DELLA LIBERTÀ	8 HOURS	MODERATE	MAY-OCT
ABOVE PESCIASSEROLI	2½-3 HOURS	EASY-MODERATE	MAY-OCT
ROCCA RIDGE	6-7 HOURS	MODERATE	JUN-OCT
CAMPANIA	DURATION	DIFFICULTY	SEASON
VESUVIUS' CRATER	2 HOURS	EASY-MODERATE	APR-JUN
POSITANO CIRCUIT	4-5 HOURS	MODERATE	MAR-MAY
SENTIERO DEGLI DEI	5 HOURS	MODERATE	MAR-MAY
CAPO MURO	6½-7 HOURS	DEMANDING	MAR-MAY
VALLE DELLE FERRIERE	4½-5 HOURS	MODERATE	MAR-MAY
PUNTA PENNA	3-3½ HOURS	EASY-MODERATE	MAR-MAY
PUNTA CAMPANELLA	4-4½ HOURS	MODERATE	MAR-MAY
SICILY	DURATION	DIFFICULTY	SEASON
ETNA'S WESTERN FOOTHILLS	2 DAYS	MODERATE	MAR-NOV
GROTTE D'ETNA	2 DAYS	MODERATE	APR-OCT
VULCANO'S GRAN CRATERE	2½-3 HOURS	EASY	APR-OCT
NEBRODI LAKE CIRCUIT	5-5½ HOURS	EASY-MODERATE	MAR-NOV
SARDINIA	DURATION	DIFFICULTY	SEASON
TISCALI-GORROPU	4 DAYS	EASY	MAR-JUN
GOLFO DI OROSEI	4 DAYS	MODERATE	MAR-JUNE

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The Author



BRENDAN SAINSBURY

Having been marched across the English Lake District from an early age by his eager parents, Brendan clearly has hiking in his genes. He first arrived in Italy in the late 1980s with an inter-rail ticket and several thousand lire (about £20), and returned in 1992 on a bike to witness Italian cyclist Claudio Chiapucci's heroic stage win at Sestriere in the Tour de France. Hiking and trail running have been perennial hobbies and, in 2008, he successfully completed the infamous Marathon des Sables, a 150-mile (240km) pain-fest across the Moroccan Sahara subtitled the 'toughest footrace on earth'. Brendan now lives in Vancouver, Canada with his wife and three-year-old son.

MY FAVOURITE HIKE

In Italy, I was always running to make the last bus. If I missed it, I felt as if the day was half-ruined. If I caught it, it was like winning a stage of the Giro d'Italia. The closest of many close calls was the Amalfi's Valle delle Ferriere hike (p256). I had precisely four hours to sink lunch, set up the GPS, make notes, do the walk, and get back to flag down the bemused bus driver. Trouble was it was 35°C, there were mountains of steps to climb, and I had my hyperactive two-year-old son strapped to my back.

Somehow we made it; however, the image of tearing through those aromatic lemon groves, the sky turning pink over the Mediterranean, while my two-year-old son whipped me as if I was an under-performing racehorse will remain etched on my mind forever.

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