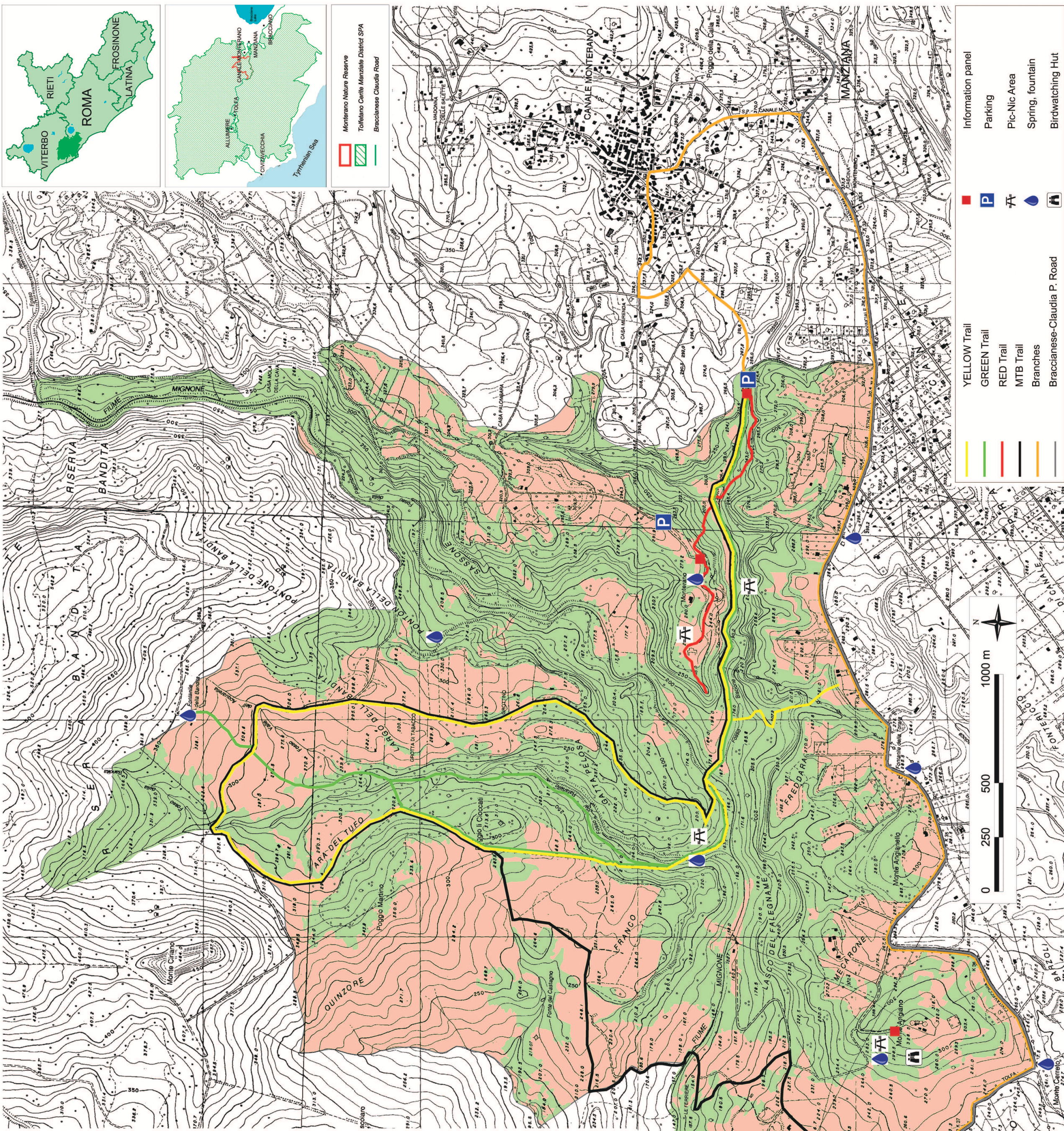


Progetto Life+ Natura Monti della Tolfa



YELLOW Trail: Bicione-bandita
Travel Time: 4 h - Trail length: 10.5 km - Altitude Gap: 250 m - Minimum Altitude: 180 m - Maximum Altitude: 310 m. Degree of difficulty: medium-to-easy.

Items: Solfatara, woodland setting, shrubby pastures, Etruscan plants "Le Pestoriole".

From Diosilla Parking in 5-10 min. you arrive at the *solfatara*, follow the road in the valley floor dug by Bicione Ditch and after about 50 min. you arrive at the bridge over Mignone River, go beyond it and then at the junction turn left and continue up to reach a picnic area. Follow the trail, then at the next crossroads turn right up to reach a mineral ferrous water spring, along the Rafanello Ditch. For the ditch, then walk up the path worn into the hillside, locally called *sferacavalli* ("unshoe the horses"); in about 20 min. you arrive near a dry stone wall, run along it and 10 min. later, when you cross a dirt road near a wooden gate, turn right, continue on the dirt road, you will not leave it until you come back in 10 min. you arrive at a small archaeological area delimited by a little roadside gate, *Le Pestoriole*. Etruscan plants used for pressing grapes. Follow the path and you arrive near the bridge over Mignone River, from where you find again the route you have taken before to come back to Diosilla Parking.

Along the path there is a branch that leads to the private equestrian Centre *Cairio*, easily reachable from Braccianese-Claudia Provincial Road.

RED Trail: Diosilla-Old Monterano
Travel Time: 2 h and half - Trail length: 3.5 km - Altitude Gap: 130 m - Minimum Altitude: 200 m - Maximum Altitude: 275 m. Degree of difficulty: medium-to-easy.

Items: Diosilla waterfall, riparian zone, *solfatara*, mines, Etruscan *tagliata*, old Monterano.

From Diosilla Parking, near the waterfall, take the path below the road that continues inside the *forra* (small canyon) dug by Bicione Ditch. After some little wooden bridges you arrive at an old river bed, where you can smell sulphur, and you can see evident traces of this mineral on the rocks: cross the road and reach a sulphurous spring. In this area you can observe several sulphur mines no longer in use, especially the mine called dell'*Indiano* (because of a rocky spur having the appearance of an American Indian face) that stands above the stream. To continue on the trail pass a small wooden bridge on the right side of the way and go uphill. Proceed along the path and you soon arrive at the Etruscan *tagliata* (artificial irrigation dug by the Romans), the *forra* called *forra*, ancient access road to old Monterano, today it is a path worn into the hillside, locally called *sferacavalli* ("unshoe the horses"). From the square of the old built-up area, take the Monterano Municipal Road, with a beautiful panoramic view of Bicione valley and *Greppia del falchi* (Hawk's Cliff) up to reach San Bonaventura convent. Leave the convent on your left, follow the path and in about 5 min. you arrive at the locality *Testa di Vipera* (Viper's head), where the volcanic plateau and the path end. Find again the trail to come back to the starting point.

The trail continues up to reach the archaeological area of old Monterano, but we recommend a more deepened and complete visit than what we have just illustrated, respecting unsafe areas delimited by fences and barriers.

GREEN Trail: Valle del Rafanello-Ara del Tufo
Travel Time: 3 h and half (4 h and half with the branch for *Fontanille della Bandita*, *Bandita* watering hole) - Trail length: 10.9 km - Altitude Gap: 290 m - Minimum Altitude: 163 m - Maximum altitude: 340 m. Degree of difficulty: medium-to-easy.

Items: *Solfatara*, woodland setting, shrubby pastures, Etruscan necropolis, riparian zone.

The first stretch of the trail is in common with the yellow trail up to *sferacavalli* path, from where in about 20 min. you arrive near a dry stone wall, run along it and 10 min. later, when you cross a dirt road leave the road, go on the right and you arrive quickly at the Etruscan necropolis of *Ara del Tufo*, follow the path into the woods up to reach again the Rafanello Ditch. At this point you can choose: if you go left in 30 min. you reach *Fontanille della Bandita* (Bandita watering hole) or you can go downhill into Rafanello valley. To reach the Bandita watering hole, run along the Rafanello Ditch for 5 min., then you arrive at its confluence with the Acquarella Ditch, go back up it for about 5-10 min. and then go on the left coming out of the wood. Then walk on shrubby pastures for 5-10 min. and you arrive at a dirt road, pass it and continue on the road, in a short time reach the watering hole. Come back to the deviation for the watering hole, go down again Rafanello Ditch, up to reach the mineral ferrous water spring, come back to Diosilla Parking find again the trail you have taken before.

