

Departure and arrival:

Premilcuore

Public transport:

LINE 139 departing from Forlì (Start Romagna)

Support facilities:

Pian di Rocchi and San Benedetto in Alpe (Ostello Vignale or Rifugio Prato ai Bovi)

Difficulty: 4



First day:

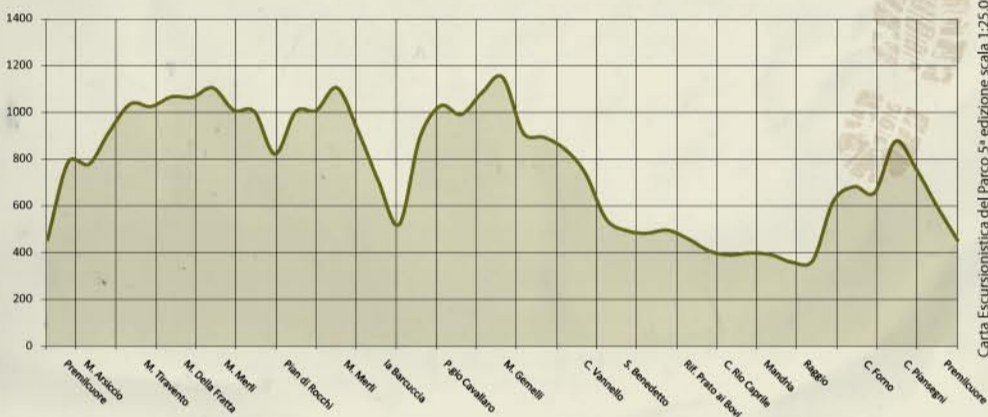
4 hours, 11 km length, 700 m uphill height difference, 300 m downhill

Second day:

7 hours, 17 km length, 900 m uphill height difference, 1,250 m downhill.

Third day:

6 hours, 16 km length, 700 m uphill height difference, 750 m downhill.



DA RIFUGIO
A RIFUGIO



Wild valleys

between Rabbi and Montone

From the peaks to the valley floors, on ridges that are sometimes bare and sometimes scenic, in a succession of different environments and vast panoramas across three valleys. Ancient abandoned farmhouses still preserve the charm of a history of colonisation and rural life, with indelible marks remaining in the landscape.



ring route 10



10 • Wild valleys between Rabbi and Montone

FIRST LEG > The departure from Premilcuore takes place downstream of the village, where two paths begin: ours is the one on the right, 313, which rises rapidly to the landscape of Monte Arsiccio. A tiring prologue, but it already allows us to cover more than half of today's height difference, heading towards the tallest peak of the first day. Now the path turns to the left, allowing some respite before the final hike up towards Monte Tiravento, a spectacular and thin ridge with no vegetation. Getting here, we earn a breath-taking view: to the north and south is the Park, to the east the hills of Romagna which descend softly while remaining tall, just on the watershed between the Rabbi and the Bidente, and to the south pointing towards Monte della Fratta. Just below this other landscape is a comfortable forest track, immersed in the beech woods. We now turn to the right and walk ahead without ever abandoning this track: it will allow us to relax our legs and arrive to the Montemerli junction, where we will return the following day. At the end we can enjoy a close-up of the Monte Falco and Monte Falterona massif, before descending to Pian di Rocchi.

SECOND LEG > The final half hour of road we walked yesterday is the same one we'll be doing today, but backwards. Taking the detour of path 311 towards Montemerli, we delve deep into the forest. The descent is initially steep but then softened by a succession of old farmhouses. The first is the one of Montemerli: after it, just like for the others, is an inevitable reforestation with silver firs or spruces. Upon reaching the opposite bank of the Rabbi, we detour onto the paved road and take path 319 to Monte Gemelli. The mule track makes the most of the shape of an otherwise difficult slope in every way, but once we reach the top, after Poggio Cavallato, we have the chance to use an old forest track leading us to the base of Monte Gemelli. We return to path 321 and confront the final walk uphill in the woods. When we reach the top, we turn to the right, descending to Pian delle Tavole and from there finding an old mule track that leads us to San Benedetto in Alpe. If you have decided to spend the night at Ostello Vignale, head uphill to the high part of town; if instead you have to go to Prato ai Bovi shelter take the road to Forlì and after about a kilometre take path 427 for Bocconi: in just over an hour you will reach your destination.

THIRD LEG > The first part of the final leg is distinguished by the walk along river Montone, which is almost halved for those who choose to stay at the Prato ai Bovi shelter. A challenging but spectacular trail, often in direct contact with the river. Upon arrival to the village of Bocconi, it's worth making a small detour to go down towards the humpback bridge of Brusia, at the foot of the village. To continue you will however need to remain on the right bank, and then to take path 423. This path initially follows the ridge, and then moves to the side and continues halfway up the slope, on a slope with sparse vegetation and oak forests. At the ruins of Cà Forno house a large meadow opens and in the forest above are the ruins of Cà Fornello and an enormous, beautiful poplar. The walk uphill ends on a forest road which we follow to the right for almost a kilometre, to then turn to the left outside a hairpin bend. We are now on path 323, which will lead us to Premilcuore. At Cà Vetreta we are welcomed by a reforestation of conifers, and the path becomes a Via Crucis which we take in the opposite direction of the fourteen stations, with tight hairpin bends and a rope handrail that allows us to confront this final stretch of our long journey with greater safety.

FIRST NIGHT

Rifugio Pian di Rocchi

via Fiumicello, 1
47010 Premilcuore (FC)
Tel: 0543/1796492
Cell phone: 349/0765574 (solo WhatsApp)
piandirocchi@gmail.com
www.piandirocchi.it
House pets welcome
Free Wi-Fi connection available.

SECOND NIGHT

Ostello Vignale

Via Acquacheta, 68
47010 San Benedetto in Alpe (FC)
Emilia-Romagna,
Cell phone: 347.5999078 - 347.4494289
ov@ostelloilvignale.it
www.ostelloilvignale.it
House pets welcome

Rifugio Prato ai Bovi

Strada Statale 67 - km. 148 - Località Bocconi
47010 Portico e San Benedetto (FC)
Emilia-Romagna
Cell phone: 347.1351510
rifugiopratobovi@gmail.com
facebook.com/rifugiopratobovi
House pets welcome



**DA RIFUGIO
A RIFUGIO**

Parco Nazionale
Foreste Casentinesi
Monti Falteroni
e Cimino

PARTENZA

10 • WILD VALLEYS BETWEEN RABBI AND MONTONE

