

Monti Sibillini

The *Monti Sibillini* national park is little known among non-Italians. Wrongfully so. Founded in 1993, Monti Sibillini is a beautiful 700 km² national park at the heart of the Apennines. Its mountain range forms the backbone of Italy and the watershed between the Adriatic and Tyrrhenian Sea. The area has over 50 mountain peaks many of which higher than 2,000 meters, far above the tree line at 1,500 meter. Its highest mountain is the 2,476 meter *Monte Vettore*. The other peaks from west to east are the *Quarto San Lorenzo*, *Cima del Redentore*, *Cima del Lago*, and the *Monte Torrione*. Most valleys are thickly wooded with steep gorges and fast-running streams. In spring, the magnificent plateaus, like the *Piano Grande*, turn into a huge sea of flowers.

History

The name 'Sibillini' derives from the classical femal oracles, the Sibyls. The mountains of Monte Sibillini mainly consist of limestone which existed 200 million years ago as a sedimentary layer in a shallow sea and were later pushed up to form mountains. Glaciers left their tracks in the mountainous landscape as amphitheatre shapes (cirques) and U shape valleys. Most rivers crossing the Marche from east to west rise in the Sibillini mountains, such as the Aso, Tenna, Ambro, and Fiastone.

Mountain walks

The serene tranquility of the Sibillini is felt almost the entire year. Popular places like *Lago di Pilato* or *Castelluccio* only attract many visitors during the summer season weekends. The refugio's, refuge huts, are open from mid-April until mid-October and in late spring the flowers on the plateaus and slopes 'explode'. Late June until August offers the best conditions to reach the tops although it can be quite hot sometimes and heat can change into powerful - mostly westerly - wind. In fact, September and October are the best months with stable weather conditions and skies so clear that views seem endless. In the winter you can also make lovely walks in the snow.

Guided walks

We organise walks in the Sibillini park guided by experienced and certified alpinists starting at *Sopra e Sotto*. There are many different walks to choose from varying from short walks along the slopes to walks across the ridges to the mountain tops. We organise walks in all seasons. For more information, go to [outdoor](#).

How to get there

From *Sopra e Sotto* it is quite easy to get to the Monti Sibillini national park. The park has many entrances, namely via Fiastra (60 km), Bolognola (50 km), Amandola (25 km), Montefortino (26 km), Foce (35 km), Forca di Presta (53 km), and Forca Canapine (74 km).