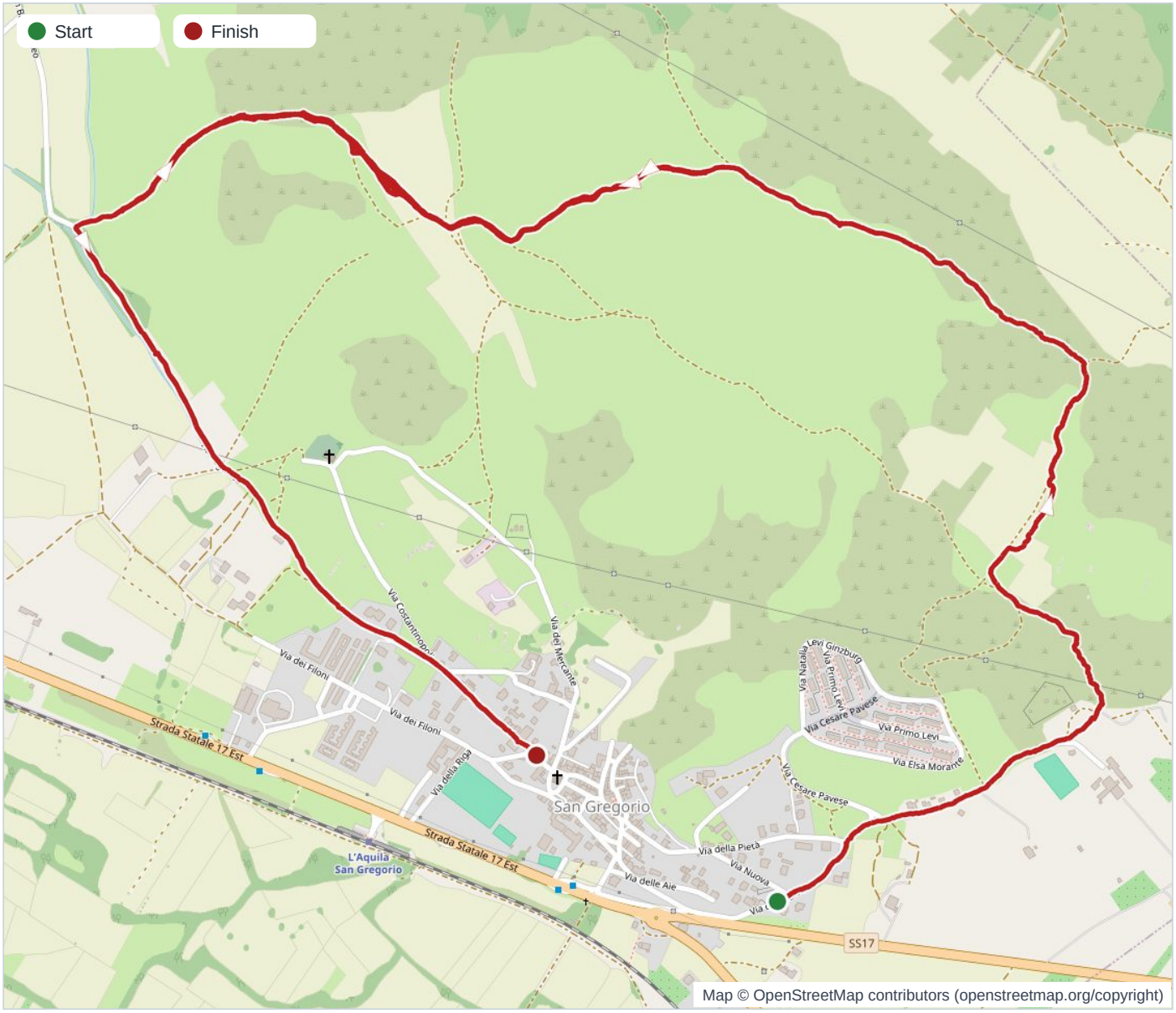
Manicola variant descending the south side

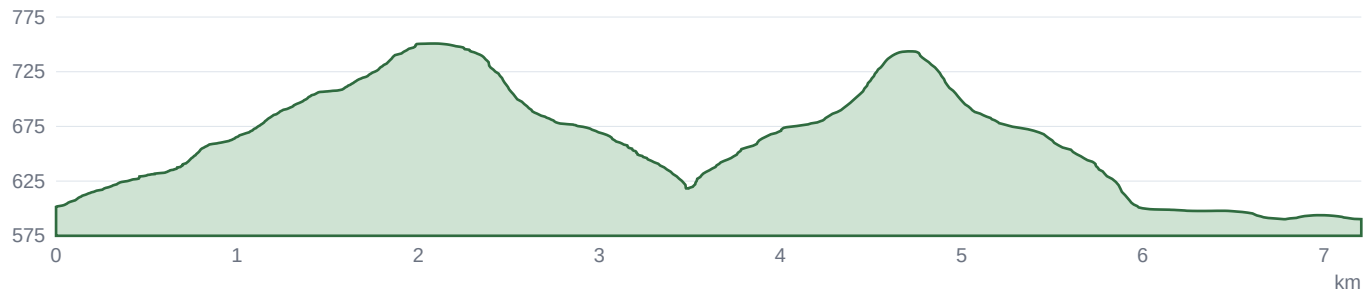
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LENGTH	ASCENT	ALTITUDES	TIME	TYPE
7.2 km	**268 m**	**590 – 751 m**	**1h 41**	**Loop**

You climb the Manicola hill and come down its south side, closing the loop in San Gregorio.



Elevation profile



Track recorded by abruzzoparchi.it. Altitudes from the EU-DEM terrain model.
Check the weather before you set out. In an emergency call 112.
Route page: https://www.abruzzoparchi.it/sangregoriotrekking/?lang=en