



This fourth day, the shortest of the entire Trek with only 17.5km, can be considered a day of rest... Wandering between Faito and the Molare we will walk along almost all of the paths enjoying the many scenic view points. Consequently, more than any other day, we could easily change the itinerary.

We will start the trek along the path of Bandera (not particularly suitable for vertigo sufferers) and then, walking uphill and downhill, we will reach the top of Cerasuolo (1228m), Castellone (1341m), the Cross of the Conocchia (1387m) and finally the Molare, which at 1.444m is the highest peak of the Monti Lattari.

Again today there are few places to replenish your water supply since the Lontra spring is at the very start of the trek and the spring at Acqua Santa flows weakly and sometimes not at all. However since almost the entire day will be spent at an altitude of over 1000m, with long stretches under the shady beech trees, the heat should not create problems.

