



WILDswimming ITALY

Discover the most beautiful
rivers, lakes, waterfalls
and hot springs of Italy

The *Wild Swimming* series travels to Italy to explore freshwater lakes, mountains and lagoons:

- Dip in to the emerald-green plunge pools of Sicily and swim at river beaches in Campania
- Discover the secret hot springs of Tuscany and amazing waterfalls of the Dolomiti
- Explore the hidden shores of Lake Como and Garda

Perfect for family explorers or romantic adventurers, this stunning travel book combines beautiful photography with all the practical information you'll need to get off the beaten track, including maps, directions, grid references and walk-in times, and recommendations for canoe trips, campsites and taverna.

Covering all of Italy and its islands: Lombardy & Trentino, Nord East, Nord West, Tuscany, Emilia Romagna, Lazio & Marche & Umbria, Abruzzo and Molise, Campania, South, Sardinia and Sicily.

The author

Michele Tameni is an experienced traveller and explorer of wild places. An accomplished photographer and writer he was brought up on the shores of Lake Garda and has been exploring Italy's swimming holes since he was a child.



We can provide...

Gallery collections and sensational photographs.

Author interviews, features, news

Rounds up of top locations:

- Best secret locations
- Best for families
- Best hot springs
- Best for jumps and diving
- Best campsites and tavernas
- Best for skinny dipping
- Best of Italy's wilderness

Specifications

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from the publishers of

WILDswimming



WILD swimming ITALY

Best for Canoeing & Boats

Hire a canoe, pedalo or punt, and find your own secret swim

| | | | |
|----|-----------------|-----|--------------------------|
| 25 | Lago di Ledro | 75 | Lago di Vagli |
| 27 | Lago di Molveno | 100 | Centro Rafting Marmore |
| 30 | Baitoni | 131 | Lago di Scanno |
| 52 | Lago Sirio | 139 | Fiume Calore, Castelvita |

Best for Wild Camping

Wonderful and wild locations for sleeping out by the water - remember no fires and always be discrete

| | | | |
|-----|----------------------|-----|-----------------------|
| 66 | Bagni di Petriolo | 110 | Cascata di Trevi |
| 68 | Quarciglione, Solaia | 114 | Le Piscine dell'Aturo |
| 76 | Lago Paduli | 146 | Pantalica |
| 95B | Foppiano | | |

Best for Canyons

Dramatic rock shapes, formations and gorges that will leave you awe-struck

| | | | |
|-----|----------------------|-----|--------------------------|
| 12 | Cerdevol | 130 | Lago di San Domenico |
| 19 | Torrente San Michele | 136 | Sorgenti del Sammaro |
| 34 | Buse di Nese | 139 | Gole di Felitto |
| 43 | Otrido di Sant'anna | 140 | Forra dell'Emmisi |
| 46 | Gole del Sesia | 143 | Gole dell'Alcantara |
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| 84A | Grotta urlante | 151 | Rio Pitrisconi |
| 111 | Lago Pellicone | 152 | Gola di Gorropu |
| 115 | Gola del Furlo | 154 | Gole del Raganello |



125



125



124



124

In this park, Lago di Fiastra is a perfect stop - a cool haven with white chalk beaches and white cliffs, surrounded by lush green grass and trees 123, a superb backdrop to any holiday. The south shore has a long sandy beach to stroll along, with a great path for cyclists 123A, and the north shore is excellent for camping, awakening to the sight of the cool water in the distance 123B.

The Torrente Castellano near Ascoli Piceno is hidden among the beautiful vegetation with many little pools separated by gurgling water falls. Do not miss the Cartiera Papale, Paper mill of the Pope, full of natural pools and waterfalls 124, nor the small but charming village of Castel Troiano, just 10 minutes south, with its wonderful views and relaxing pools and springs. One of these is L'Acqua Salmacina, a wonderful spring which flows into the river Castellano 125.

Heading south, you pass into Abruzzo: gentle hills a short distance from the sea, surrounded by vineyards and olive groves, near the village of Pollutri. From there, head into the valley of the Sangro in Chieti, until you get to the long expanse of Lago di Bomba, in a beautiful landscape with places to stop for swimming, surfing, canoeing and many more outdoor activities 126.



124, Cartiera Papale

Lake Fiastra and River Castellano

123 LAGO DI FIASTRA
A beautiful blue lake (in fact a reservoir) in the Sibillini mountains. With sandy beaches and stunning white rock tiers, it is easy to find a secluded spot to relax in. For more services, choose one of the popular beaches on the south. From the dam, have a beautiful trek to the Lama Rossa (Red Bladed), rock formations that could be straight out of an old Western.
A South shore
A long sandy beach surrounded by a steep meadow. The pedestrian/cycle path along the shore makes a perfect walk for families.
➔ From the medieval university town of Camerino, take SP32 heading S. After about 7km take the R.onte Località S.orenzo. Continue on SS77, turn L onto SP90. After crossing the dam you will find the first set of beaches in San Lorenzo al Lago. For more natural beaches continue on the SP21 for about 1.5km, park and take one of the trails to go down to the shore.
4 mins easy, 43.05.28, 13.1752

B North shore
Beautiful beach with white sands of rock and extremely clear water.
➔ Return from the Sponda Meridionale along the SP91. When you reach San Lorenzo al Lago, turn R at the church, then, around it to cross the dam (great views here). At the first hairpin take the turning signposted Fighi. After about 1.5km leave your car in the grand car park on the R. From here you will find the trail to the beach. Not far is the Complesso Salmacina a Buffalo, for rent only, situated on a picturesque rocky hillside (Tel 0737-524038).
4 mins easy, 43.05.05, 13.1690

124 CARTIERA PAPALE
A wonderful collection of natural pools, beaches and waterfalls, with an easy access path. The water is always clear; dive in and the dense greenery will shelter you from the sun.
➔ From the A14 exit at Porta d'Ascoli, join the motorway (54) at Ascoli Mare towards Ascoli Piceno. Take the Ascoli Piceno.

Porto Carrara) exit, and follow signs for the centre. At the mini roundabout take the first exit and head right. Park after bridge onto Via della Cartiera. Park at end, cross the bridge and follow the path.
5 mins easy, 42.6.469, 13.5690

125 L'ACQUA SALMACINA
Just below the wonderful village of Castel Troiano is a small spring which flows into the river Castellano, where you will find a small pool. Further up the river there are a couple of larger pools.
➔ From the Cartiera di Papi, go back to the mini-roundabout, take the first exit and carry on for approximately 4km to Caselle. Near the start of Caselle, you will see a sign for 'area archeologica' (amber tree). Lago di Caselle on a stone house on your R. Turn R and follow the road through Caselle and past the hamlet of Lago. Cross the bridge and park by the road. Follow the signs to the spring, go up the river for larger pools (42.8152, 13.5474 and 42.8176, 13.5437).
15 mins easy, 42.8.220, 13.5475