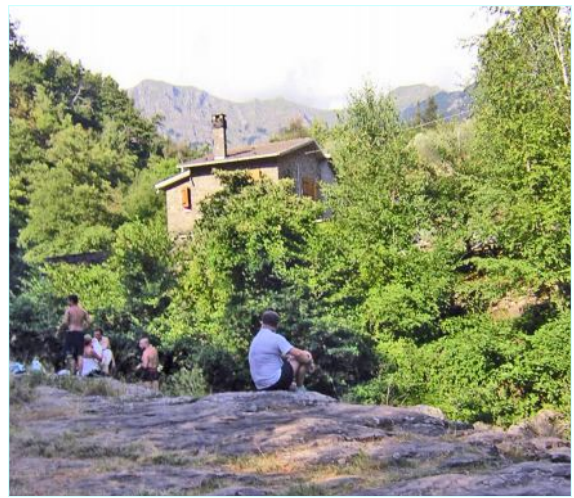


Swimming at Rocca Sigillina

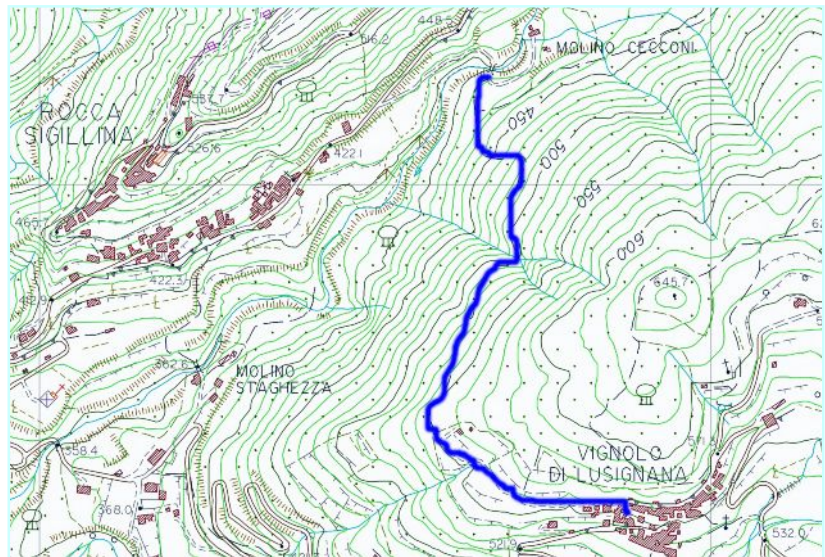
If you like swimming in river pools then the best place to go locally is the Torrente Caprio just South of Molino Cecconi at Rocca Sigillina. The river pools have been used as picnic/swimming places by local inhabitants for generations.



Directions

It is possible to drive to within a couple of hundred metres of the pools - wend your way through Rocca and park up at the roadside (10mins). On foot the journey takes about 30mins to get there and about 45mins to return.

Leaving the house at Vignolo turn left and follow the cobbled path upwards until after a short distance you reach a T-junction. Turn left (retaining wall on your right, house on your left) and proceed on the level parallel to the cultivated terraces and into the chestnut woods. After a short while you will encounter a large shrine. To its left are great views of the Caprio valley in general and Rocca Sigillina in particular. The path then meanders steeply down into the valley - follow the (sometimes indistinct) red and white CAI markers painted on the trees/large stones.



Once at the bottom of the valley walk across the high level bridge and immediately afterwards turn right and scramble down the gorge to the river below.

Features

It is a good idea to wear some sort of footwear when in the pools as they are rock strewn and one can easily stub one's toes. The space for formal swimming is limited but there is plenty of room for splashing about and having fun. In high summer the water is not too cold and there is plenty of shade available if required. Large butterflies, dragonflies and damsel flies abound, but in our experience mosquitoes and midges are not much of a problem.