



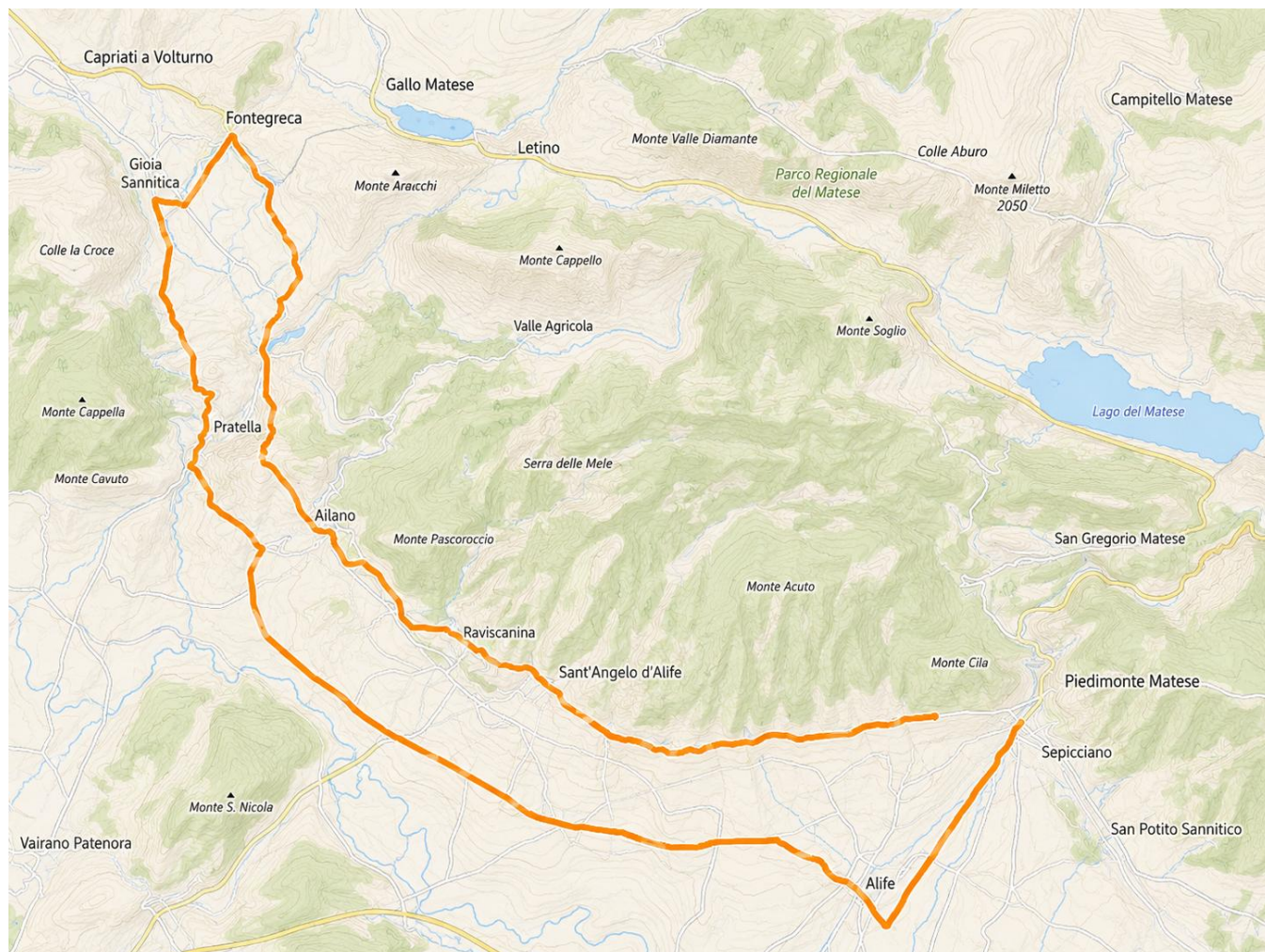
MOUNTAIN COMMUNITY OF THE MATESE ZONE · PNRR M2C1 Green Communities · CUP: E14H25000590006 · Intervention No. 4 "Experiential Geo-Tourism of the Matese" · 2026

TITLE ROUTE P10 · CYCLE TOURISM · PRATA SANNITA · FONTEGRECA · CAPRIATI · GALLO · LAGO MATESE
CycleWays of the Matese Valleys - 3 Real Routes on Komoot · Wikiloc · MateseSottoSopra

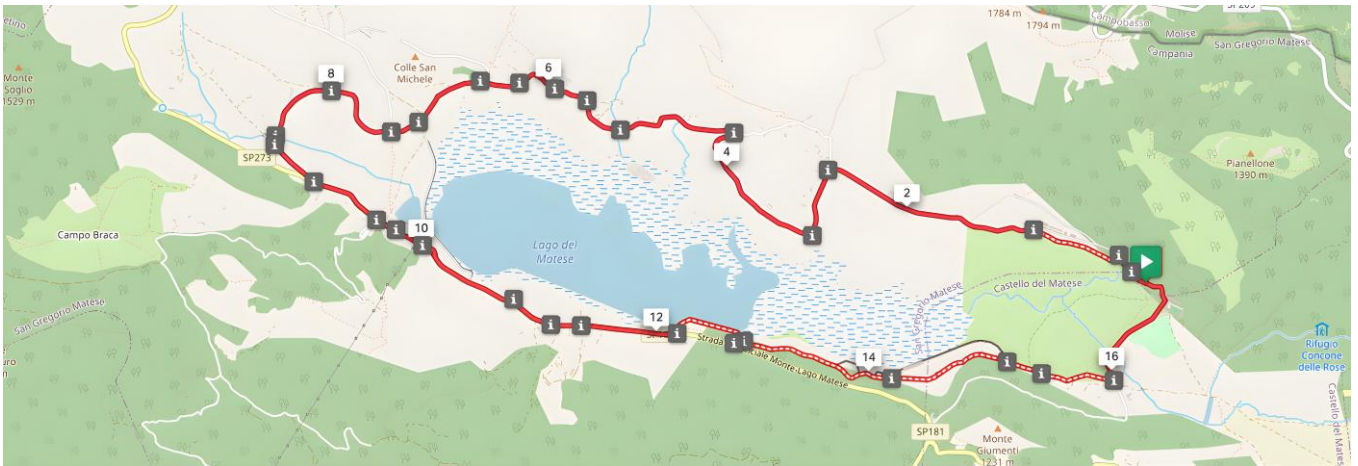
TECHNICAL DATA

Route A (Rupe Canina)	Route B (CycloLake)	Route C (Brigands' Loop)	Difficulty	Surface	Season
~55 km / D+1.100m	17,5 km / D+180m	~28 km / D+650m	A: Moderate- Strenuous B: Easy C: Moderate	A: 70% asp+30% off B: 85% asp+15% off C: 60% asp+40% off	April-October

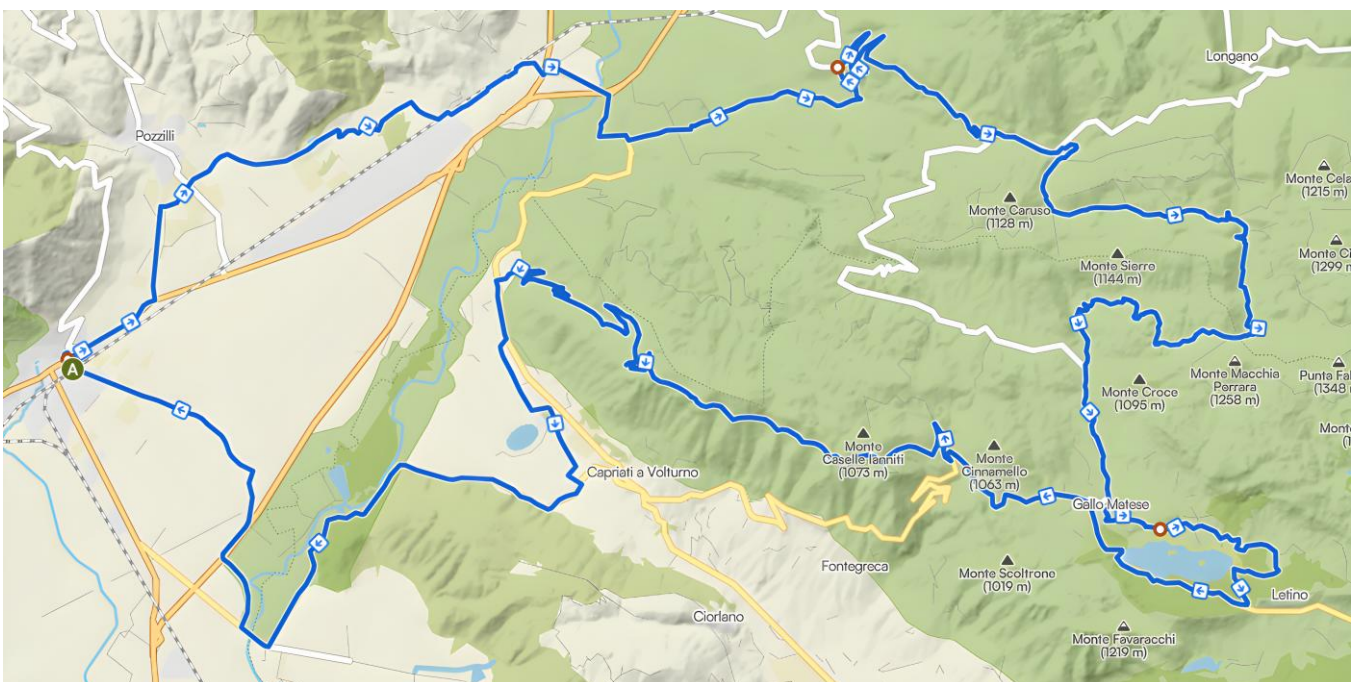
Route A



Route B



Route C



ROUTE MAP - SCHEMATIC LAYOUT

SCALE

WGS84 · EPSG:4326 · GPS tracks produced by users on Wikiloc/Komoot and by the MTB&Trekking Volturno Association (CycloLake). Always verify correspondence with the actual route before departure. Official GPS field survey mandatory (Item A §3.1.1 Ch. M4).

GPX-A

Wikiloc - Rupe Canina - Cipresseta di Fontegreca Loop (ID #54235875)

<https://it.wikiloc.com/percorsi-mountain-bike/anello-piedimonte-matese-rupe-canina-cipresseta-di-fontegreca-e-ritorno-54235875>

GPX-B

MateseSottoSopra - CycloLake of the Matese (17.5 km, official signage)

<https://www.matesesottosopra.it/bicitinari/ciclolaquedelmatese/>

GPX-C

MTB Routes (From Filignano to Selvone - Loop Ride)

Komoot MTB Capriati: <https://www.komoot.com/guide/526273>

DESCRIPTION

DESC

The Matese Caserta CycleWays route is built around three cycling itineraries already present on the main outdoor platforms - Wikiloc, Komoot, MateseSottoSopra - each with downloadable GPS tracks. The three routes, independent and linkable, cover all four pilot municipalities of the Geo-Matese project (Prata Sannita, Fontegreca, Capriati a Volturno, Gallo Matese) and Lake Matese.

Route A (Rupe Canina - Cipresseta di Fontegreca, ~55 km, Wikiloc #54235875) is the most comprehensive itinerary: starting from Piedimonte Matese, it climbs to the Rupe Canina at Raviscanina, crosses the Cipresseta di Fontegreca (70% paved, 30% off-road) and returns via Prata Sannita - touching two pilot municipalities along a track verified by multiple users.

Route B (CycloLake of the Matese, 17.5 km) is the most significant high-altitude cycleway in Southern Italy: official vertical signage, mixed surface (scenic SP331 + unpaved northern shore), suitable for families with e-bikes. Project founded by Salvatore Capasso in 2015, realised with the MTB&Trekking Volturno Association and supported by Banca Capasso Antonio SpA.

Route C (Brigands' Loop, ~28 km, Banca Capasso + Komoot) connects Gallo Matese to Capriati a Volturno through the forested slopes of the Matese Caserta area - 32 verified MTB tracks on Komoot (174 registered riders).

ROUTE SEGMENTS - TRIPARTITE GEO / FAUNA / HISTORY ANALYSIS

SEG-A · Route A - Rupe Canina Loop · Cipresseta di Fontegreca · Prata Sannita

Source: Wikiloc ID #54235875 · ~55 km · D+1,100 m · 5-6 h · MTB/Gravel · Moderate-Strenuous · GPX ✓ downloadable

GEO	From Piedimonte Matese, the route climbs towards the Rupe Canina at Raviscanina along a technical trail through a pine forest (rocky descent, 300 m, -18% gradient). It continues to the Cipresseta di Fontegreca - Bosco degli Zappini, on Triassic dolomites (~220 Ma) - the most important relict cypress grove in Europe - then descends into the Valle del Lete at Prata Sannita (285 m a.s.l.).
FAUNA	Peregrine Falcon (<i>Falco peregrinus</i>) nesting at Rupe Canina. Birdlife of the Cipresseta: Great Spotted Woodpecker, Eurasian Jay, Short-toed Treecreeper. Common Kingfisher and freshwater crayfish (Ann. II Dir. 92/43) along the Valle del Lete - Prata Sannita section.
HISTORY	Ruins of Rupe Canina Castle (optional visit - open during events). Calvary of Raviscanina along the descent. Sanctuary of the Madonna dei Cipressi at Fontegreca. Medieval village of Prata Sannita with Castello Pandone (10th century) - Geo-Matese Panel #01. PILOT MUNICIPALITIES: Fontegreca · Prata Sannita

SEG-B · Route B - CycloLake of the Matese (Official Signed Route)

Source: MateseSottoSopra / MTB&Trekking Volturno Assoc. / Banca Capasso · 17.5 km · D+180 m · 1.5-2 h · MTB/E-bike · Easy · GPX ✓ downloadable

GEO	The highest karst lake in Italy (1,010 m a.s.l.). SPA and SAC. The SP331 (southern shore, paved) offers continuous panoramic views of Monte Miletto (2,050 m). The northern shore (2.5 km unpaved) skirts wetlands with karst springs. The sinkhole "Lo Scennerato" regulates the lake's natural water level - the cycle journey becomes an active geological reading.
FAUNA	Ferruginous Duck (<i>Aythya nyroca</i> - protected, Birds Directive), Common Pochard, Little Grebe. White Stork (irregular spring visitor). Marsh orchids in May. Calopteryx damselflies along the karst springs of the northern shore. Roe Deer visible at dawn on the opposite slope.
HISTORY	The CycloLake was conceived in 2015 by Salvatore Capasso, taken up by the MTB&Trekking Volturno Association with financial support from Banca Capasso Antonio SpA. Official vertical signage already installed - the only high-altitude cycleway in Southern Italy. PILOT MUNICIPALITY: Gallo Matese (Gallo Lake adjacent to the route)

SEG-C · Route C - From Filignano to Selvone - Loop Ride

Source: Komoot Guide Capriati ~28 km · D+650 m · 2.5-3.5 h · MTB · Moderate · GPX ✓ downloadable

GEO	From Gallo Matese (850 m a.s.l.) the route descends towards Capriati a Volturno (360 m) through the forested slopes of the Matese Caserta area. The route crosses the tectonic front of the Aquae Iuliae Fault - an active seismogenic structure (INGV). An alternation of Cretaceous calcarenites and Triassic dolomites is visible in the road cuts along the descent.
FAUNA	Roe Deer (<i>Capreolus capreolus</i>) in the wooded belts along the route. Golden Eagle (<i>Aquila chrysaetos</i> - occasional). Peregrine Falcon (<i>Falco peregrinus</i>) nesting at the Medieval Tower of Capriati a Volturno. Le Mortine Oasis (96th WWF Oasis, Capriati): optional observation stop (+2 km detour).
HISTORY	"Brigands' Loop": the name evokes the history of post-unification brigandage (1861-1870) in the Matese valleys, where bands such as Carmine Crocco's crossed these forests. Stop at Gallo Matese: medieval village with Norman Tower (12th century) and Gallo Lake (Sava sinkhole). Stop at Capriati: Palazzo Pandone (15th century) and San Rocco Sanctuary. PILOT MUNICIPALITIES: Gallo Matese · Capriati a Volturno

GEOHISTORY OF THE PLACE

Brief narrative

A bicycle is the perfect way to understand the Matese Caserta area. Fast enough to cover the ground, slow enough not to miss anything. You climb towards the Cipresseta di Fontegreca - the relict forest that withstood everything, even the bark canker that devastated every other cypress grove in the Mediterranean - and you wonder how it survived. Then you descend to Lake Matese at 1,010 metres above sea level, a lake that vanishes into its sinkhole every summer and returns each autumn: the lake that dies and is reborn. And finally the Brigands' Loop, through those forests where Carmine Crocco and his men knew that the valleys of the Matese are not easily tamed. Like the roads themselves.

EXPERIENTIAL PACKAGE

PACKAGE PKG-10

Target: MTB/gravel cyclists, e-bike families (Route B), sports riders, organised groups

Duration: A 5-6 h · B 1.5-2 h · C 2.5-3.5 h

Season: April - October

Features:

"In the Saddle Among the Villages" - Cycle Tourism in the Matese Valleys · 3 Real Routes with GPX

3 independent and linkable routes, all with downloadable GPX from Wikiloc / Komoot / MateseSottoSopra. P10 is the first cycle tourism itinerary in the Matese Caserta area integrating the official CycloLake with MTB tracks verified by hundreds of riders.

Difficulty: A Moderate-Strenuous · B Easy (families) · C Moderate

Mobility: MTB or gravel (A, C) / e-bike or families (B). Recommended start: Piedimonte Matese (A) · San Gregorio/Castello del Matese (B) · Gallo Matese (C).

Offline Komoot app with GPS navigation · Direct GPX download on Wikiloc and MateseSottoSopra · Official CycloLake vertical signage (B) · Bike rental in Piedimonte Matese (check seasonal availability) · Kayaking and canoeing on Lake Matese (local operators, August)

SAFETY WARNINGS



ROUTE A - Rocky descent section at Rupe Canina (–18%, 300 m): technical, not suitable for road bikes. Helmet mandatory. Climb from Ailano to Fontegreca: demanding without an e-bike. Mixed terrain: possible debris after rain.

ROUTE B - CycloLake: northern shore unpaved track slippery when wet. No traffic on the northern shore, light traffic on SP331 (southern shore). Helmet mandatory. Reflective vest recommended.

ROUTE C - Capriati→Gallo section: +490 m demanding climb, start with e-bike battery at 100%. Road sections with local traffic. Caution in forest sections: Aspic Viper (*Vipera aspis*) on sunny slopes in summer.

All routes: tracks on outdoor platforms are user-uploaded and may differ from the actual route. Always check local conditions before setting out. 📞 Mountain Rescue (CNSAS): 112.

ACCESS & LOGISTICS

Start A

Piazza Umberto I, Piedimonte Matese - large car park (free and paid). Alternative: start from Prata Sannita (reduces Route A to ~35 km).

Start B

Ristorante Da Carmela / SP331, San Gregorio Matese - lakeside car park. Alternative: Castello del Matese, panoramic car park.

Start C

Town centre of Filignano - lakeside car park (Gallo Lake). Finish: Filignano.

IDENTIFIED ISSUES

Issue	Description	Priority
Signage	Only Route B (CycloLake) has official vertical signage. For Routes A and C: cycle signage integrated with Geo-Matese panels needs to be installed.	HIGH
Route A Surface	Rocky descent at Rupe Canina (~18%, 300 m): technical, not suitable for road bikes. Road sections shared with motor vehicles.	MEDIUM
Route Integration	The 3 routes are currently independent. An integrated signed circuit with connecting links (droveways and minor provincial roads) is needed.	MEDIUM

WEBLINKS AND VERIFIED GPX DOWNLOADS

Wikiloc - GPX-A	Rupe Canina - Cipresseta di Fontegreca Loop, Piedimonte Matese (ID #54235875) https://it.wikiloc.com/percorsi-mountain-bike/anello-piedimonte-matese-rupe-canina-cipresseta-di-fontegreca-e-ritorno-54235875
MateseSottoSopra - GPX-B	<i>CycloLake of the Matese - official description with GPX download</i> https://www.matesesottosopra.it/bicitinerari/ciclagodelmatese/
Wikiloc - GPX-B alternativo	<i>Loop around Lake Matese (verified user track)</i> https://it.wikiloc.com/percorsi-corsa/giro-lago-del-matese-110171676
Banca Capasso - GPX-C	<i>Six MTB Itineraries of the Matese Caserta Area (incl. Brigands' Loop, Valle dell'Inferno)</i> https://www.bancacapasso.it/la-nostra-terra/tempo-libero/cicloturismo-mtb/sei-itinerari-mtb/
Komoot Guide Capriati	<i>Great MTB Routes and Itineraries near Capriati a Volturno (32 tracks, 174 riders)</i> https://www.komoot.com/guide/526273/mtb-trails-around-capriati-a-volturno
Komoot Guide Lago Matese	<i>Great Cycling Routes and Itineraries near Lake Matese</i> https://www.komoot.com/it-it/guide/171366/fantastici-trekking-e-escursioni-nei-dintorni-del-lago-del-matese

 Tracks on Wikiloc/Komoot are user-uploaded and may differ from the official route described in this data sheet.