

San Liberatore

Fosso San Liberatore, Fosso Fontenuova, Fosso di San Liberatore, Sorgenti dell'Alento, Gole dell'Alento

Info: The quality of this description has not been checked yet or was rated bad.

If you know this canyon, please check this description and file a report with a rating for this description using *Reports -> +New Report*. Should you notice any error, please let us know or join the community in order to fix this description yourself.

Create: 2023-03-09 20:53:30	Update: 2023-11-25 21:32:04	Print: 2026-01-30 11:01:14
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Country: Italia / Italy **Region:** Abruzzo **Subregion:** Pescara **Town:** Serramonacesca

Difficulty: easy	Grading: v2 a2 II	Total time: 2h
Approach time: 20min	Tour time: 1h30	Return time: 10min
Altitude entry: 470m	Altitude exit: 370m	Delta Altitude: 100m
Canyon length: 1200m	Highest rappel: 6m	Amount rappels: 1
Transport: on Foot	Rock type:	Drainage area: km ²
Season:	Orientation: North	Best Time:
Rating: ★ 1.2 (2)	Info: ★ 0 ()	Belay: ★ 0 ()

Specialities:

Gear:

Ropes: 1x 20m

Summary: (machine translated)

river walk

Hydrology:

Access: (machine translated)

On the A-14 along the Adriatic Sea south to Pescara. here change to the A-24 (direction Rome). From here about 20 km to the exit Alanno - Scafa. Follow the SS-5 parallel to the A-24 for 3.7 km in the opposite direction (Chieti, Pescara) and then turn right to Manopello (4.7 km). From here continue southeast to Serramonacesca (about 4 km). In the middle of the village follow the sign for the Abbazia di San Liberatore a Majella to the south. At a junction outside the village, take the road on the left and you will quickly reach the church, where there is also a place to park.

Approach: (machine translated)

Continue along the road, cross the Alento on a bridge and continue for about 400 meters. Then, from the road, the view of a small waterfall opens up. 50 m further on, look for the path to the stream (470 m a.s.l.).

Tour: (machine translated)

Nice walk in a forest canyon with fresh water. Avoid times with heavy crowds in the church.

Return: (machine translated)

After passing under the road bridge, you come across a hiking trail. You can now use this or continue along the streambed, can look at the tombs carved in tuff above on the right and finally comes to a small square with benches, where the path leads across the streambed and in a few minutes left up to the starting point. If you feel like it and who is not afraid of the ascent left through the vegetation, you can also take the 3 pools below the streambed crossing.

Coordinates:

Canyon Start [42.2246 14.1090](#)

Canyon End [42.2368 14.1000](#)

Parking Entry and Exit [42.2356 14.0994](#)

Reports:

2023-03-09 | System User |  |  |  | |

Info: Teile der Canyonbeschreibung wurden automatisiert übernommen. Konkret die Felder Weblinks, Koordinaten, Rating, Länge des Canyon, Einfachseil Mindestens von <https://www.descente-canyon.com/canyoning/canyon/22125>

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