

## SOME SERIOUSLY HARD CYCLING ACROSS MOUNTAIN PASSES OF THE VALNERINA

**Starting and finishing point:** Spoleto

**Distance:** 114.5 km.

**Total ascent:** 2,300 metres

**Grade:** difficult

**Road surface:** asphalt

**Recommended type of bike:** road

**Places to visit in the area:** Spoleto, Sellano, Cerreto di Spoleto, Poggiodomo, Monteleone, Sant'Anatolia di Narco, Valnerina.

- KM 0 Starting point: the sport ground in **Spoleto**. Ride into Piazza d'Armi and then follow the road for **Castel Ritaldi** which runs alongside the military barracks.
- KM 0.7 Roundabout: take the turning to the **right** towards the town centre and the station.
- KM 1.9 At the next roundabout turn **left** towards **Rome** and **Florence**.
- KM 2.2 At the roundabout turn **left** again towards **San Giacomo**.
- KM 3.5 **Madonna di Lugo**: turn **right** towards the Albergo Bonicerri.
- KM 6.2 At the junction bear **right** onto the SP459 in the direction of **Fabbreria**. Start of climb.
- KM 19.5 **Passo della Spina**: carry on towards **Sellano**. End of climb.
- KM 22.5 **Piè di Camorro**: carry **straight on** towards **Sellano**.
- KM 27.8 At the junction with the SS319 turn **right** towards **Sellano**.
- KM 35.5 **Sellano**: carry on along the SS319 towards **Borgo Serreto**.
- KM 41.8 **Cerreto di Spoleto** junction: carry straight on towards **Borgo Cerreto**.
- KM 46 **Borgo Cerreto**: at the junction with the SS209 turn **left** towards **Visso**, and 500 metres further on turn **right** onto the SP470 towards **Monteleone di Spoleto**.
- KM 69.5 Turn **right** onto the SP471 towards **Gavelli**: if, on the other hand, you wish to visit **Monteleone di Spoleto**, then turn **left** and the village is just a few kilometres away.
- KM 72 **Gavelli Pass**: end of climb.
- KM 88 **Sant'Anatolia di Narco**: *drinking water fountain on the right*.
- KM 88.8 **Palombara**: at the junction with the SS209 turn **right** towards **Visso**.
- KM 93.4 Turn **left** onto the SS395 towards **Piedipaterno**: start of climb.
- KM 112 At the end of the descent bear **left** towards **Spoleto**, and at the roundabout follow the signs for the sports ground, **riding back along the same road you came out of Spoleto on**.
- KM 114 Sports ground: end of ride.