

## LAKE PIEDILUCO AND THE MARMORE FALLS

**Starting and finishing point:** Marmore

**Distance:** 20 km.

**Total ascent:** 150 metres

**Grade:** easy

**Road surface:** asphalt

**Recommended type of bike:** road or hybrid

**Places to visit in the area:** Marmore Falls, Piediluco village, Lake Piediluco, Papigno

- KM 0 Starting point: **Parco I Campacci**, in the vicinity of the viewpoint of the *Marmore Falls*. Ride out in the direction of **Lake Piediluco**, following the **River Velino**.
- KM 2.5 At the junction, bear **left** towards **Rieti** and **Piediluco**.
- KM 5 Turn **right** towards **Piediluco**.
- KM 5.5 **Piediluco**: viewpoint looking out across the lake.
- KM 6.6 *Fountain on your right.*
- KM 7.8 Turn **right** towards **Rieti**.
- KM 10.5 At the next junction, turn **right** again onto the SP4 in the direction of **Colli sul Velino**.
- KM 11.8 Turn **right** towards **Lago di Ventina**.
- KM 17 Cross the bridge over the **River Velino**, and then turn **left** towards **Terni**.
- KM 19.5 **Marmore**: turn **right** towards **Parco dei Campacci**.
- KM 20 **Parco dei Campacci**: end of ride.