

THE ANCIENT VILLAGES AND CASTLES OF THE UPPER TIBER VALLEY

Starting and finishing point: Città di Castello

Distance: 45.5 km.

Total ascent: 750 metres

Grade: medium

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Città di Castello, Monte Santa Maria Tiberina, Lippiano, Monterchi, Citerna.

- KM 0 Starting point: the car park in **Viale Nazario Sauro**, just outside the town centre. From here, follow the signs to **Cortona**.
- KM 0.5 At the traffic lights, turn **right** towards **Cortona**, ride across the bridge over the River Tiber, and then turn **left** towards **Cortona** and **Trestina**.
- KM 6 **San Secondo**.
- KM 7.2 Turn right towards **Monte Santa Maria Tiberina**.
- KM 13.6 Start of climb: continue along the SP103.
- KM 17.6 Turn **right** at the crossroads, towards the centre of **Monte Santa Maria Tiberina**.
- KM 18.5 *Monte Santa Maria Tiberina*. After visiting the village, return down the same road to the crossroads once again, and then turn **right** in the direction of **Monterchi** and **Arezzo**.
- KM 22.5 At the end of the descent, carry **straight on** and up towards **Lippiano**. Those who wish to shorten the ride may bear **right** at the bottom of the descent, in the direction of **Città di Castello**.
- KM 24 End of second climb, carry **straight on** towards **Lippiano**.
- KM 25.5 End of descent, carry on towards **Lippiano**. Start of third climb.
- KM 27 End of climb: carry **straight on** towards **Monterchi**.
- KM 28.5 End of descent, carry on towards **Monterchi**. If you wish, you may extend the ride by a couple of kilometres, by turning **left** and riding into the centre of **Lippiano**.
- KM 32 **Monterchi**, the town of *Piero della Francesca's* famous fresco "**La Madonna del Parto**": continue in the direction of Città di Castello.
- KM 42.5 Turn **right** towards **Cortona** and **Trestina**.
- KM 45 Turn left towards the centre of **Città di Castello**: once over the Tiber bridge, bear **left** and return to the starting point.
- KM 45.5 **Viale Nazario Sauro**: end of ride.