

A HARD RIDE FROM THE RIVER TIBER TO LAKE TRASIMENO AND BACK

Starting and finishing point: Umbertide

Distance: 70 km.

Total ascent: 1,380 metres

Grade: difficult

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Umbertide, Castel Rigone, Lago Trasimeno, Montone.

KM 0	Starting point: Umbertide's Piazza Mazzini . Ride out of the centre of town towards the main SS3bis road in the direction of Firenze .
KM 0.6	Turn left off the SS3bis onto the SP142, in the direction of Castel Rigone .
KM 9.5	End of first climb. Chance to get something to eat and drink before carrying on.
KM 14.5	Turning for Preggio . Turn left towards Castel Rigone .
KM 16	<i>Valico Colle Campana</i> .
KM 18	Turning for Mantignana : carry straight on long the SP142 in the direction of Castel Rigone . If you bear left for one kilometre you come to the site of <i>St. Francis' bed</i> .
KM 21	Castel Rigone : carry straight on towards Passignano . <i>Drinking water fountain</i> .
KM 23	Turning for Lisciano Niccone : carry straight on down the hill towards Passignano .
KM 27	End of descent. Turn right onto the SS75bis towards Passignano .
KM 31	Passignano . Coffee break.
KM 37	Turn right onto the SS416 towards Tuoro . Start of climb up to Valico Gosparini .
KM 38	Tuoro .
KM 43.5	Valico Gosparini : carry straight on towards Lisciano Niccone .
KM 49	Lisciano Niccone , end of descent. At the junction, bear left towards Mercatale . At Mercatale, bear right towards Umbertide .
KM 56.5	Turning for Preggio . Carry straight on towards Umbertide .
KM 57	Sant'Andrea di Sorbello .
KM 66.5	Niccone , <i>drinking water fountain</i> . At the junction with the SS3bis, turn right back towards Umbertide. If you want to, you can extend the ride by turning left here and following the signs to Citta di Castello , before turning right about one kilometre after Montecastelli , in the direction of the medieval town of Montone .
KM 70	Umbertide : turn left and return to Piazza Mazzini. End of ride.