

NOCERA UMBRA AND COLFIORITO: WATER, POTATOES AND LENTILS

Starting and finishing point: Nocera Umbra

Distance: 62 km.

Total ascent: 1,200 metres

Grade: difficult

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Nocera Umbra, Colfiorito marshes, the Apennines between Umbria and the Marche.

KM 0	Starting point: the sports hall in Nocera Umbra . Turn right onto the SS361 in the direction of Pioraco and San Severino Marche .
KM 2	Casebasse : turn right towards Colle Croce and ride across the bridge over the River Topino. Start of climb up to Colle Croce .
KM 7	Sorifa : bear left onto the SP440 towards Colle Croce .
KM 15	Annifo : bear left and ride down towards Colfiorito .
KM 19.5	Turn right towards Colfiorito .
KM 20.4	Colfiorito : turn left towards Cesi .
KM 21.2	Turn right towards Cesi and Volperino .
KM 24	Turning for Cesi : bear right towards Volperino , and then at the next junction turn right onto the SP441 in the direction of Volperino and Foligno .
KM 25.8	Start of climb up to Volperino .
KM 28.5	Volperino pass: <i>start of dangerous descent</i> .
KM 34	At the junction with the SS77 turn right towards Colfiorito . Start of climb.
KM 38.2	Turn left towards Capodacqua .
KM 39.8	At the junction, bear left towards Capodacqua . End of climb.
KM 46.5	Capodacqua : end of descent. Carry on towards Foligno .
KM 49	Turn right towards Valtopina .
KM 50.8	At the junction turn right onto the old Via Flaminia towards Valtopina .
KM 52	Valtopina : carry straight on towards Nocera Umbra .
KM 60.5	Nocera Umbra : turn right to <i>visit the town centre</i> .
KM 61	Turn right towards Camerino , Pioraco and Matelica .
KM 61.2	Turn right towards the sports hall and return to the starting point. End of ride.