

Route 20 - Cascia: through fields and woods in the hills of Santa Rita

Start and arrival: Cascia

Distance: 30 km

Height difference: 800 metres

Difficulty: hard

Surface: 65% dirt, 35% sealing

Da vedere in zona: Cascia, Norcia, Roccaporena, Parco dei Monti Sibillini

Km 0	Start from car park in front of Hotel Cursula, close to the centre of Cascia . Go downhill towards Norcia .
Km 1,4	Turn right at the intersection towards Terzone, San Giorgio .
Km 1,6	Turn left towards Agriano e Avendita . <i>Start of climb.</i>
Km 3,2	Just after a half-bend to the right, leave the SP 474 highway and turn right along the track on the right. <i>Start of dirt track. Steep grade.</i>
Km 4,2	Straight ahead at the crossroads then after 50m turn right along the dirt side-road that continues uphill.
Km 4,5	After a short downhill run, turn right before the belltower.
Km 6,2	Turn right uphill at the sealed road. After 200m turn left onto sealed road. Where the dirt road branches next, keep right .
Km 6,9	Turn right back onto the sealed road, then keep left .
Km 7	Turn left , then left again at the start of the dirt road.
Km 8	Keep left where the road branches.
Km 8,4	Keep left .
Km 9,2	Continue uphill along the main dirt road , keeping left .
Km 9,9	Colonna . Turn right at the crossroads , then, at the flat area, after the <i>spring</i> , take the first road to the left .
Km 11,3	After a short descent, turn left at the crossroad in the pine forest and start climbing again.
Km 12	<i>Lookout.</i>
Km 12,5	Turn left at the main dirt road.
Km 13,4	Turn right uphill at the sealed road. <i>End of dirt road.</i>
Km 13,8	Turn left towards Castel Santa Maria .

Km 14,6	Castel Santa Maria. <i>Drinking fountain</i> to the left. Turn right at the crossroads.
Km 15	<i>Ruins of the church of Santa Maria della Neve</i> on the right. <i>Start of dirt road.</i>
Km 16	Turn right where the road branches.
Km 16,7	Turn left at the sealed road and continue uphill. <i>End of dirt road.</i>
Km 18,5	Valico di Forca di Civita pass. Turn right along the dirt road and after 30m go along the dirt road on the left .. Where the road branches next, keep left downhill. <i>Start of dirt road. Start of descent. Be careful.</i>
Km 21,9	Continue downhill along the main dirt road.
Km 23	Colmotino. Turn right , then immediately left at the crossroads. <i>Start of sealed road.</i>
Km 25,1	Tazzo. Leave the sealed road and turn sharp right along the first dirt road, then keep right along a difficult descent. Stay right where the road branches next. <i>Those who wish can return to Cascia by staying on the sealed road.</i>
Km 26	At the main dirt road go downhill to the left .
Km 27,5	<i>End of dirt road.</i> Continue downhill to the left and keep left at the next crossroads. From here, follow the indications for Cascia back along the same road used at the start.
Km 30	Cascia. End of trail.