

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 <i>Marmore Falls</i> . 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	<i>Fountain on your right.</i>
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.