

Route 1 - Arrone, Ferentillo and the Nera river park

Start and arrival: Arrone

Distance: 10,5 km

Height difference: 200 metres

Difficulty: easy

Surface: 70% dirt, 30% sealed

What to see: Arrone, Ferentillo, Montefranco, Terni, Marmore waterfall, Nera river park

Km 0	Start from <i>Mountain Bike</i> School at Arrone , just outside the village. Turn left along narrow sealed road going up the Nera river
Km 1	Leave the sealed road and turn left down a short descent. <i>Start of dirt road.</i>
Km 1,9	After a short climb, keep left .
Km 3,9	Continue along the main dirt road keeping left .
Km 4,1	Straight ahead.
Km 4,2	<i>End of dirt road</i> , continue straight ahead .
Km 4,8	Ferentillo . Turn left at the compulsory Stop. <i>Fountain to the left</i> . Over the bridge, turn right at the next turnoff, climbing slightly uphill. <i>Museum of Mummies</i> to the left.
Km 5	<i>Natural cliffs at Ferentillo</i> . Turn back along the same road. Optional visit to the centre of Ferentillo.
Km 5,2	Turn left , cross the bridge and go past the fountain again. Turn right just after the fountain.
Km 5,8	<i>Start of dirt road.</i>
Km 6	Turn right into dirt road and keep right ..
Km 7,4	Turn right into dirt road.
Km 8,4	Turn right at the end of a brief run downhill.
Km 8,6	Keep left along the little stream on the left.
Km 8,8	Turn left , ford the stream and continue left .
Km 8,9	Return to the main dirt road and keep right along the road followed at the start.
Km 9,6	At the sealed road, turn right .
Km 10,5	Turn right and return to the Mountain Bike school. End of trail.