

THE QUIET COUNTRY LANES AROUND TRESTINA, AMIDST WOODS, MEADOWS AND SANCTUARIES ...

Starting and finishing point: Trestina

Distance: 49.5 km.

Total ascent: 700 metres

Grade: medium

Road surface: asphalt

Recommended type of bike: road or hybrid

Places to visit in the area: Lisciano Niccone, the Sanctuary at Canoscio, Reschio Castle.

KM 0	Starting point: Trestina train station. Bear left out of the station, and follow the SP105 in the direction of Umbertide , which runs into the SP140, until you reach the village of Montecastelli .
KM 6	Montecastelli : at the junction, bear right towards Umbertide .
KM 8.6	Niccone : turn right and carry straight on along the SS416 towards Lisciano Niccone .
KM 18.5	A short 300-metre climb takes you to the hamlet of Sant'Andrea di Sorbello .
KM 21	Just past the bar, turn right onto the minor road, and follow the signs for Leoncini and Sasso di San Donnino .
KM 21.8	After a short, rather steep climb, bear left following the signs for Sasso di San Donnino . At the next fork, no longer follow this sign, but bear right instead.
KM 23	Start of climb.
KM 25.5	End of climb. Carry straight on along the surfaced road, but take care when descending on the other side of the hill, as there are several bends and there are sections of the descent where the road surface is rough. <i>Danger.</i>
KM 28.7	End of descent. Bear right , and at the next junction, turn left .
KM 29.5	Bear right towards Città di Castello . 500 metres further on you come to the SP105 just outside the village of San Leo Bastia . Turn right towards Trestina .
KM 36	Turn left towards Lugnano .
KM 38	Just past the village of Bonsciano , bear right and follow the SP104.
KM 39.5	At the junction, turn right towards Trestina .
KM 41.5	Bivio Lugnano : at the junction with the main road, turn right .
KM 42	Bivio Canoscio : turn left towards Canoscio . Start of climb.
KM 44.8	End of climb. <i>Sanctuary of Canoscio</i> : continue along the road on the other side of the hill, in the direction of Fabbrecce .
KM 47.5	Fabbrecce : at the junction with the SP105, turn right towards Trestina.
KM 49.5	Trestina station: end of ride.