

Route 7

Città di Castello and the Appennines between Umbria and the Marches

Start and arrival: Città di Castello

Distance: 32,2 km

Height difference: 730 metres

Difficulty: medium

Surface: 55% dirt, 45% sealed

What to see: Città di Castello, Bocca Serriola, San Giustino, Terme di Fontecchio, Santuario di Belvedere

Km 0	Start from the carpark at the Città di Castello stadium , right in front of the cycling track. Exit north towards San Sepolcro .
Km 0,4	Turn right at the roundabout towards Fano . At the next roundabout, straight ahead towards Fano .
Km 1,8	Turn right at the roundabout towards Città di Castello centre .
Km 2,6	At the roundabout, straight ahead towards Via Togliatti .
Km 3,2	Turn left at the traffic lights towards Terme di Fontecchio .
Km 5,2	Terme di Fontecchio . Turn right onto the dirt road and after 20m take the dirt road on the left that runs along the stream banks. <i>The trail can be shortened by starting from here. Start of climb.</i>
Km 5,5	Where the road forks, keep left away from the road going uphill on the right.
Km 6,5	Continue along the dirt road to the right , then stay on the main dirt road .
Km 7,8	Keep right on the main dirt road and turn right again after 200m.
Km 9,3	Straight ahead uphill.
Km 9,8	Where the road forks, just after a house on the left, turn right downhill.
Km 10,7	At the sealed road, turn right uphill. <i>By turning left, bikers can return to Città di Castello along an easier route.</i>
Km 11,5	Fraccano , continue straight ahead along the sealed road.
Km 12,7	On a wide bend to the right , leave the sealed road and take the narrow dirt road going uphill on the left . After 100m keep right and tackle <i>the most difficult part of the trail. Start of dirt road.</i>
Km 13	Keep right uphill.
Km 13,8	Where the road forks, keep right uphill.

Km 14,1	At the larger dirt road, turn left uphill.
Km 15,4	Where the road branches, keep left uphill.
Km 15,5	Mt. Penna. Keep left .
Km 15,7	Keep right along the main dirt road. Continue straight ahead through the next turnoffs along the dirt road over the top of the mountain. <i>To the left there is a series of deviations going downhill that have some very difficult stretches .</i>
Km 17,4	At the end of a very steep uphill stretch, turn left where the road branches, then right after 20m and start the descent. <i>End of climb.</i>
Km 18,7	Where the road branches, turn left downhill.
Km 20,5	Keep left , and after 50m, where the road meets the other dirt road, turn right downhill.
Km 21	Keep left .
Km 21,6	Turn left through a small ford, then left again.
Km 21,9	After the farm, where the road branches, turn left downhill. At the next branching, (km22,2), straight ahead .
Km 22,6	Straight ahead.
Km 24	<i>End of dirt road, straight ahead.</i>
Km 28,5	Turn right at the crossroads
Km 29	Turn left at the crossroads.
Km 30,8	Turn right at the roundabout towards Arezzo .
Km 31,2	Turn right again at the next roundabout towards Arezzo .
Km 31,7	Take the third exit towards the stadium at the roundabout
Km 32,2	Cycling track , end of trail.