

Route 13 - Amelia and the woods of the Amerino

Start and Arrival: Amelia

Distance: 30 km

Height difference: 950 metres

Difficulty: medium-hard

Surface: 90% dirt, 10% sealed

What to see: Amelia, Narni, Porchiano, Lugnano in Teverina, Collicello

Km 0	Start from the Rio Grande park , about two kilometres from the centre of Amelia . Turn right uphill onto the sealed road towards Sambucetole .
Km 0,1	Leave the sealing and turn left into dirt road. <i>Start of dirt road.</i>
Km 0,4	Keep right . <i>Start of climb.</i>
Km 0,7	Turn left . After 100m keep right uphill.
Km 1,3	Keep right and turn left at the sealed road.
Km 2,6	Leave the sealed road and turn left onto dirt road to Montepiglio and stay left .
Km 3	Keep left . After 300m continue uphill to the right .
Km 4,4	Keep left and start going downhill.
Km 4,9	At the shrine with the Madonna statue, take the first right . Stay on this road through the next crossroads.
Km 5,8	Leave the main dirt road and turn right . <i>Start of difficult climb</i> with steep grade and rough surface.
Km 6,3	Keep left uphill. Turn right where the road branches.
Km 6,5	Keep left uphill.
Km 7,4	Continue right at the clearing in the woods.
Km 7,7	Keep left and stay along the same road. <i>End of climb.</i>
Km 8,5	After a descent, turn right where the road forks. After 100m, straight ahead .
Km 10,1	Keep right where the road forks downhill.
Km 10,4	<i>End of descent.</i> Turn left at the sealing . <i>End of dirt road.</i>
Km 10,6	Collicello . Turn left just before the archway and the tower and continue uphill towards Frattuccia . <i>Fountain to the left</i> at the archway. <i>Start of climb.</i>

Km 11,2	Turn left into the dirt road after the cemetery, then after 50m leave the dirt road and turn into the mule track on the right . <i>Start of dirt track.</i>
Km 11,6	Keep right uphill. After 200m, at the main dirt road, turn left and continue uphill.
Km 12,9	Leave the main dirt road and turn right uphill along dirt road following indications for the pineta (pine forest).
Km 14,5	Keep left .
Km 17,2	<i>End of climb.</i> Where the road branches, take the first turn to the left following indications for Macchie and “Passeggiata Ecologica”. Beware, steep, rough descent..
Km 18,1	Keep right and after 100m turn left downhill again at the crossroad
Km 19,9	Keep left .
Km 20,5	Continue downhill staying on the right .
Km 20,9	Where the road branches, keep right and go uphill again for a few metres .
Km 21,3	Turn left at the sealed road, go past the sealed road uphill to the right and turn into the first dirt road on the right that continues downhill.
Km 21,9	Keep right downhill.
Km 22	Macchie. Turn right at the sealed road and continue downhill.
Km 23,5	After a turn to the left , turn right into dirt road towards the agriturismo “Rocco Basso”.
Km 24	Turn left at the crossroads and along the dirt road through the meadows.
Km 24,5	At the crossroads, go across the other dirt road and straight ahead .
Km 25,6	Keep left at the crossroads. Keep right where the road branches.
Km 26,9	After a bend to the right, leave the main dirt road and turn 90° left onto dirt road . Straight ahead at the next crossroad.
Km 27,8	Turn left just after the sports ground and continue downhill to Amelia.
Km 28,3	Leave the dirt road and turn right downhill.
Km 29,9	Turn left at the sealed road then immediately right towards Cappuccini and Sambucetole to return to start. <i>End of descent. End of dirt road.</i>
Km 30	Parco Rio Grande , end of trail.