

THE MONTI MARTANI HILLS AND THE “TOWN OF THE TWO WORLDS”

Starting and finishing point: Spoleto

Distance: 83.5 km.

Total ascent: 1,200 metres

Grade: difficult

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Spoleto, Castel Ritaldi, Giano dell’Umbria, Monti Martani hills, Massa Martana, Acquasparta.

KM 0	Starting point: the sport ground in Spoleto . Ride into Piazza d’Armi and then follow the road for Castel Ritaldi which runs alongside the military barracks.
KM 0.7	Roundabout: take the third turning to the left towards Castel Ritaldi , and then turn left again.
KM 1.2	Turn right at the traffic lights: <i>caution – busy road</i> .
KM 3.3	Turn right towards Protte .
KM 6.2	Protte : bear left towards Beroide .
KM 9.6	At the junction with the SP457 turn left towards Beroide .
KM 14.5	Bruna : at the junction with the SP451 follow the signs for Castel Ritaldi .
KM 17	At the junction carry straight on along the SP453 in the direction of Torregrosso .
KM 24.8	Bivio Moscardini : at the junction with the SP451 turn left towards Bastardo .
KM 25.5	Turn left onto the SP452 in the direction of Giano dell’Umbria : start of climb.
KM 30	Giano dell’Umbria : carry on towards Monte Cerreto .
KM 30.5	At the junction bear right towards <i>Castello di Castagnola</i> .
KM 36.7	At the junction with the SS316, turn left towards Massa Martana .
KM 42	Viepri Pass : bear left towards Massa Martana .
KM 47	Massa Martana : carry on towards Terni and Rome .
KM 53.5	Turn left towards Massa Martana Scalo and then follow the signs for Acquasparta .
KM 59	Acquasparta : turn left onto the SR418 in the direction of Spoleto .
KM 74.7	Turn right towards Baiano , ride through the underpass and bear left .
KM 76.5	Level crossing: bear left over the crossing and then follow the signs for Spoleto .
KM 81.4	At the junction take the second left towards San Nicolò , past the fishing tackle shop and take the narrow road running alongside the river.
KM 82	Turn right and over the bridge. At the traffic lights cross Via Marconi and ride along Via Visso back to the starting point.