

Route 22 - Foligno and the way of the abbeys

Start and arrival: Foligno

Distance: 26 km

Height difference: 700 metres

Difficulty: hard

Surface: 60% dirt, 40% sealing

Da vedere in zona: Foligno, Abbazia di Sassovivo, Abbazia di Santa Maria in Campis, Monastero di San Bartolomeo, Scandolaro, Roviglieto

Km 0	Start from Porta Romana . Exit towards Spoletto along the cycling/pedestrian path just after the petrol station.
Km 0,4	Turn left into Via Santa Maria in Campis .
Km 0,6	At the railway, go straight ahead through the subway to the other side of the rails. Outside the subway, go straight ahead and turn right at the first intersection into Via Santa Maria in Campis .
Km 1,4	<i>Abbey of Santa Maria in Campis</i> , turn left at the intersection.
Km 2	Past the sports ground, keep right at the crossroads.
Km 2,3	Turn right at the crossroads into via Piave , then after 10m turn right along the cycling/pedestrian path .
Km 2,8	Go over the bridge over the motorway and turn off the cycling/pedestrian path to the right after 100 metres. Keep right at the next crossroads and go slightly uphill along via Sassovivo .
Km 3,5	Turn right into via Paoluccio Trinci and continue straight ahead to the monastery.
Km 3,8	<i>Convento di San Bartolomeo</i> . Keep left at the crossroads, then, after 50m, go down the dirt road to the right .
Km 4,2	Turn left uphill. After 300 metres, turn right at the shrine with the Madonnina .
Km 4,8	Carpello . Turn left at the sealed road. Where the road forks next, turn left uphill. <i>Start of climb</i> .
Km 5,4	At a bend to the right leave the sealing and go along the dirt road on the left . Stay on the dirt road to the left .
Km 6,2	Continue along dirt road to the right . After 100 metres continue uphill to the left .

Km 6,4	Keep right , then take the first on the left where the road forks.
Km 6,9	Turn right , then immediately right again where the road branches, following the path indicated with red and white signs.
Km 8	Turn left and after a short steep climb through the woods, turn right .
Km 8,2	Turn left again and continue uphill. After 100 metres turn left again along the less steep track.
Km 9,5	After a short descent, go straight ahead uphill .100 metres after, keep left where the track branches.
Km 10,2	Turn right at the flat area.
Km 11,4	<i>End of climb.</i> Continue straight ahead downhill along the dirt road.
Km 12,2	Cross the sealed road and continue along the dirt road opposite.
Km 12,5	Roviglieto. Straight ahead. <i>Drinking fountain</i> to the right.
Km 13,3	Outside the village, at the end of the sealing, keep left where the road branches and start going downhill. along the dirt road.
Km 13,7	At the end of a short, steep climb, turn right where the road branches and go along a single track downhill. Be careful because the track is narrow and covered in vegetation.
Km 15,1	At the olive grove, go downhill across the meadow keeping to the right along the edge of the woods.
Km 15,3	At the other side of the meadow turn right into the dirt road downhill. After 200m, where the road branches, turn right . <i>Start of climb.</i>
Km 16,3	<i>End of climb</i> , straight ahead at the crossroads then downhill along the main dirt road.
Km 17,5	Turn left at the main road. Scandolaro can be seen to the right..
Km 19,3	At a bend to the left, turn right into dirt road.
Km 19,8	Straight ahead. <i>Monastero di Santa Maria di Betlemme</i> to the left.
Km 20	At the signpost for Carpello turn right . After 300m, at the sealed road, keep right .
Km 20,7	Straight ahead at the crossroads , then keep left along the same road followed at the start.

Km 20,9	Leave the sealing and turn into the dirt track on the right . Turn left at the end of the track, then left again.
Km 21,4	Keep right and continue to <i>Convento di San Bartolomeo</i> .
Km 21,9	<i>Convento di San Bartolomeo. End of dirt road.</i> Straight ahead then turn left at the main road.
Km 22,8	Turn left , then left again towards the centre of Foligno. Beware, dangerous crossroads.
Km 23,2	Over the bridge on the motorway, turn right into Via Piave .
Km 23,5	Turn left into via Rubicone towards the cemetery.
Km 24,3	<i>Abbazia di Santa Maria in Campis.</i> Turn right and return along the same route followed at the start.
Km 26	Porta Romana , end of trail.