

THE HILLS BETWEEN LAKE TRASIMENO AND TUSCANY

Starting and finishing point: Castiglione del Lago

Distance: 34 km.

Total ascent: 400 metres

Grade: easy

Road surface: asphalt

Recommended type of bike: road, hybrid or MTB

Places to visit in the area: Castiglione del Lago, Lake Trasimeno

Km 0	Starting from Castiglione swimming pool, cycle towards the town centre.
KM 0.4	At the first junction, turn left and follow the cycle path along the lake.
KM 1.3	Go straight on along the cycle path.
KM 3	At the roundabout, go straight on towards Gioiella and Pozzuolo . At the following junctions, go straight on along provincial road SP300, following signs to the international motorcross track (<i>crossdromo internazionale</i>).
KM 8	Turn right towards Casamaggiore.
KM 9.8	At the junction with provincial road SP301, turn left towards Gioiella .
KM 11.5	At the junction, turn left and follow the signpost to Gioiella once again.
KM 11.9	Beginning of the climb up to Gioiella .
KM 12.2	Gioiella, end of climb. At the junction, turn right towards Villastrada .
KM 13.5	Continue straight on towards Vaiano and Villastrada .
KM 17	Vaiano .
KM 18.5	Continue towards Villastrada . At this point you are cycling along the <i>Trasimeno Hills Wine Road</i> .
KM 19	Villastrada .
KM 21.5	At the end of the descent, turn left towards Castiglione del Lago and then ride straight on until you get to San Fatucchio .
KM 25.5	San Fatucchio . Carry straight on towards Castiglione del Lago .
KM 28.5	At the junction with the main road SS71, turn left towards Castiglione del Lago . WARNING: busy road.
KM 31	Castiglione del Lago sports centre: end of ride.
KM 34	At the roundabout, turn right and return back along the route you took leaving the town.