

THE ANCIENT VILLAGES AND CASTLES OF THE UPPER TIBER VALLEY

Starting and finishing point: Città di Castello

Distance: 45.5 km.

Total ascent: 750 metres

Grade: medium

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Città di Castello, Monte Santa Maria Tiberina, Lippiano, Monterchi, Citerna.

KM 0	Starting point: the car park in Viale Nazario Sauro , just outside the town centre. From here, follow the signs to Cortona .
KM 0.5	At the traffic lights, turn right towards Cortona , ride across the bridge over the River Tiber, and then turn left towards Cortona and Trestina .
KM 6	San Secondo .
KM 7.2	Turn right towards Monte Santa Maria Tiberina .
KM 13.6	Start of climb: continue along the SP103.
KM 17.6	Turn right at the crossroads, towards the centre of Monte Santa Maria Tiberina .
KM 18.5	<i>Monte Santa Maria Tiberina</i> . After visiting the village, return down the same road to the crossroads once again, and then turn right in the direction of Monterchi and Arezzo .
KM 22.5	At the end of the descent, carry straight on and up towards Lippiano . Those who wish to shorten the ride may bear right as the bottom of the descent, in the direction of Città di Castello .
KM 24	End of second climb, carry straight on towards Lippiano .
KM 25.5	End of descent, carry on towards Lippiano . Start of third climb.
KM 27	End of climb: carry straight on towards Monterchi .
KM 28.5	End of descent, carry on towards Monterchi . If you wish, you may extend the ride by a couple of kilometres, by turning left and riding into the centre of Lippiano .
KM 32	Monterchi , the town of <i>Piero della Francesca's</i> famous fresco " La Madonna del Parto ": continue in the direction of Città di Castello.
KM 42.5	Turn right towards Cortona and Trestina .
KM 45	Turn left towards the centre of Città di Castello : once over the Tiber bridge, bear left and return to the starting point.
KM 45.5	Viale Nazario Sauro : end of ride.