

NARNI, THE ROCCA ALBORNOZ AND THE ROMAN RUINS AT OTRICOLUM

Starting and finishing point: Narni

Distance: 43 km.

Total ascent: 800 metres

Grade: medium

Road surface: asphalt

Recommended type of bike: road or hybrid

Places to visit in the area: Narni, Otricoli, Calvi, Poggio, Narni Castle.

KM 0	Starting point: <i>Narni's Rocca Alborno</i> , where you get a wonderful view of the town and the valleys down below. Descend from the Rocca towards the SS3, and then turn left in the direction of Rome .
KM 2.5	Testaccio : carry straight on towards Rome .
KM 5	Col: at the junction carry straight on towards Otricoli and Rome .
KM 6.5	At the junction turn left towards Rome .
KM 14	Turn left towards Calvi dell'Umbria and Otricoli .
KM 14.5	Otricoli : ride through the town centre, and at km. 15 turn left onto the SP71 in the direction of Calvi dell'Umbria .
KM 17	Start of climb up to Calvi dell'Umbria .
KM 21.5	Piloni-Piedicasale : carry on towards Calvi dell'Umbria .
KM 24.5	Calvi dell'Umbria : turn left towards Terni and Narni . End of climb. If you turn right here, the centre of Calvi dell'Umbria is only 1 kilometre away, and is a good place for a brief rest.
KM 30	Poggio : carry straight on along the SP18.
KM 33.5	Moricone : carry straight on towards Narni .
KM 37	At the junction with the SS3, turn right towards Narni .
KM 39.5	Testaccio : carry on towards Narni .
KM 41.5	Narni : just before you get to the town gate, turn right towards the Rocca, or carry straight on through the gate if you wish to visit Narni's <i>delightful town centre</i> .
KM 43	<i>Rocca Alborno</i> : end of ride.