

Licciana Nardi

Route Schedule

Start	Pontrémoli (236 slm)
Finish	Pontrémoli (236 slm)
Length	54.6km
Max altitude	381m slm (Villa di Panicale)
Min altitude	130m slm (Villafranca)
Difference in height	593m
Road surface	100% asphalt
Duration	3 hrs
Difficulty	Medium

Note: The route is of average difficulty accessible to all.

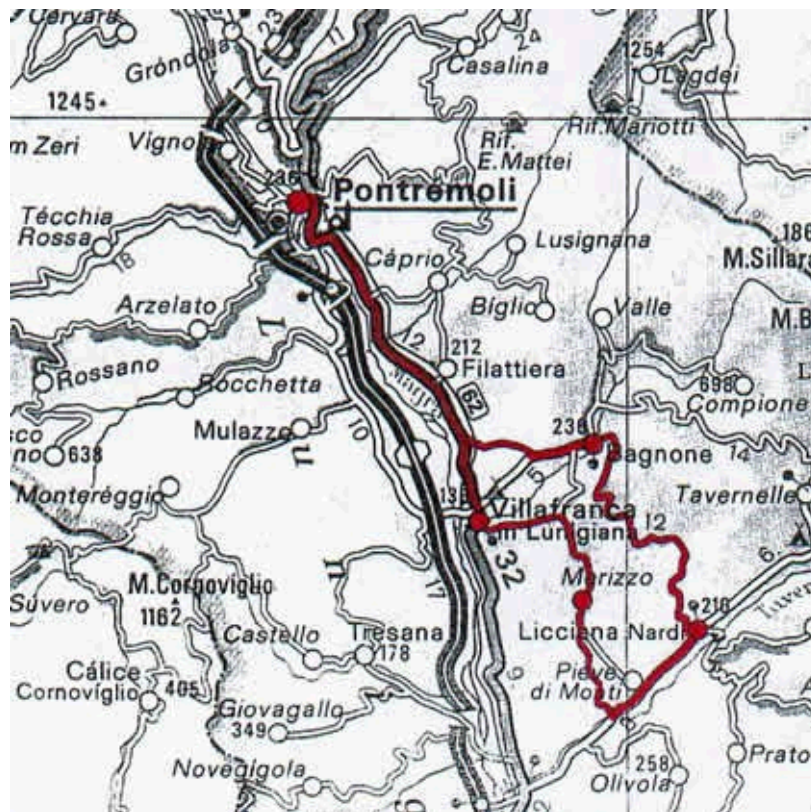
Stages

From	To	Road Surface	km
Pontrémoli (236)	SS Annunziata (205)	asphalt	1.60
SS Annunziata (205)	Filattiera (140)	asphalt	5.90
Filattiera (140)	Bivio sx per Bagnone (130)	asphalt	2.60
Bivio sx per Bagnone (130)	Piano di Mocrone (180)	asphalt	2.30
Piano di Mocrone (180)	Bagnone (231)	asphalt	2.00
Bagnone (231)	Castello di Bagnone (289)	asphalt	0.80
Castello di Bagnone (289)	Pagazzana (338)	asphalt	1.20
Pagazzana (338)	Bivio Vespeno (342)	asphalt	2.00
Bivio Vespeno (342)	Croce (325)	asphalt	0.50
Croce (325)	Gabbiana (363)	asphalt	1.50
Gabbiana (363)	Lusana (372)	asphalt	1.40
Lusana (372)	Ponte di Lusana (325)	asphalt	1.00
Ponte Lusana (325)	Villa di Panicale (292)	asphalt	1.20
Villa di Panicale (381)	Bivio per Licciana (279)	asphalt	2.50
Bivio per Licciana (279)	Oratorio di Panicale (292)	asphalt	0.30
Oratorio di Panicale (292)	Licciana Nardi (230)	asphalt	1.80
Licciana Nardi (230)	Monte: right fork for Villafranca (155)	asphalt	3.10
Monte: right fork for Villafranca (155)	Amola (130)	asphalt	2.10
Amola (130)	Merizzo (180)	asphalt	3.00
Merizzo (180)	Villafranca L (130)	asphalt	5.00
Villafranca L (130)	Filattiera (140)	asphalt	5.30
Filattiera (140)	SS Annunziata (205)	asphalt	5.90
SS Annunziata (205)	Pontrémoli (236)	asphalt	1.60

TOTAL 54.60

Description of the route

This route, though rather long, is classified as being of medium difficulty since there are no particularly demanding ascents. Leave Pontremoli in the direction of Aulla on the SS62 della Cisa road and proceed carefully for 10km until you arrive at the Bagnone fork. Turning left you will first cross the Plain of Mocrone and will then be in a position to admire the built up area of Malgrate. After 14km you will enter the centre of Bagnone and at this point we recommend that you take a look at the river which runs to your right (the piazza car park offers a particularly good view). After crossing the bridge over the river, head for Licciana Nardi. Immediately there is a short, rather demanding, ascent to the castle of Bagnone. A long stretch of ascent and descent leading to Licciana Nardi then follows. On the way you will pass through Pagazzana, Croce, Gabbiana, Lusana & Villa di Panicale before arriving at Licciana Nardi 28.6km from the start. At the fork turn right in the direction of Aulla and just beyond Monti di Licciana turn right again in the direction of Villafranca. For about 10km there are a succession of gentle ascents and descents that are characteristic of the landscape you pass through. Arriving at Villafranca, turn right on the SS62 della Cisa in the direction of Pontremoli. You will cover the last 13km without incident or particular difficulty (except possibly for the heavy traffic on the main road). Happy pedalling!



GIRO di LICCIANA NARDI - Km 54.6

