

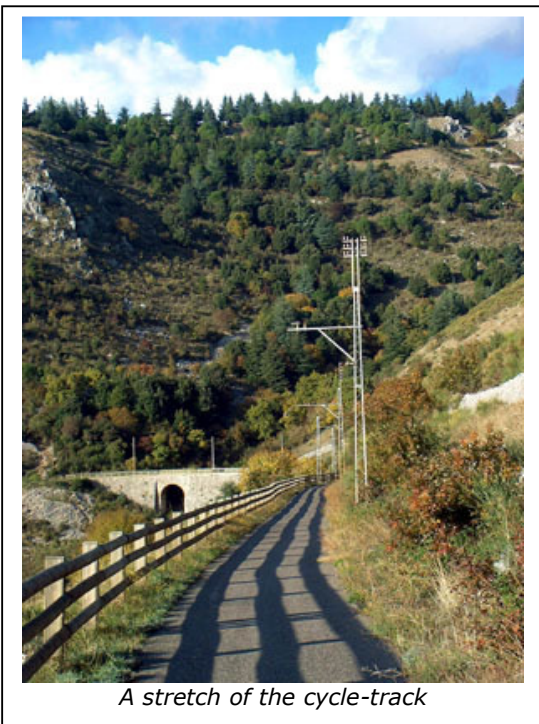
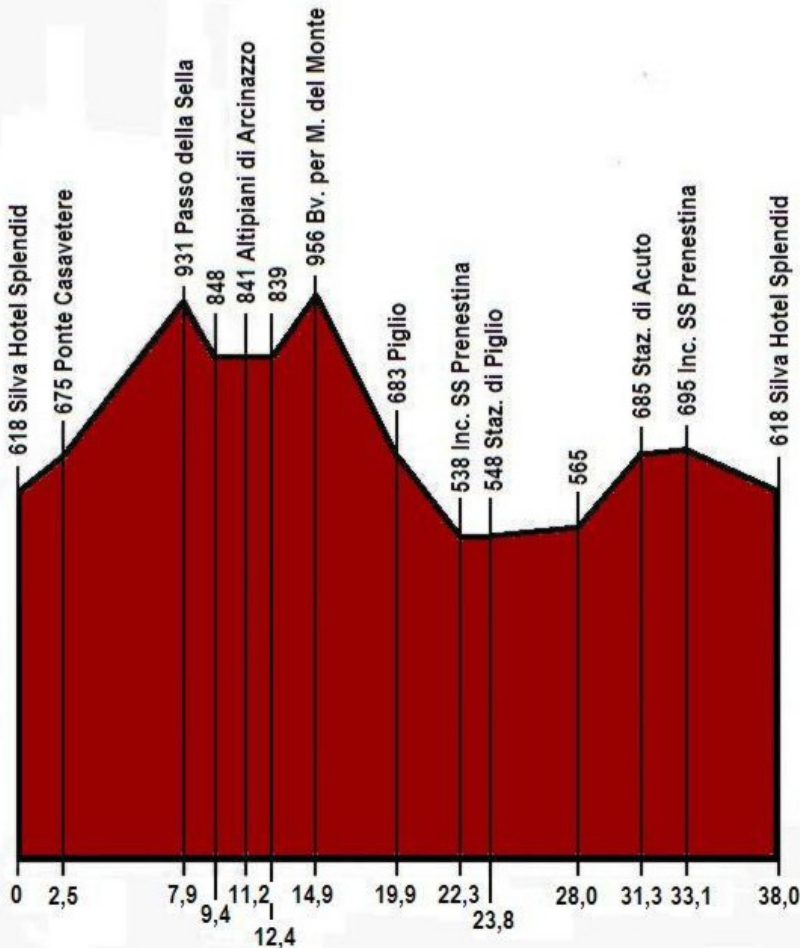
3) ON THE ROADS IN THE CESANESE AREA

Tot. Km.: **38**

Total Height Diff.: **approx.600m.**

Difficulty.: 

A brief and pleasant excursion, and not a very difficult one, amidst the typical hillside of the Upper Ciociaria area, where excellent wine and oil is produced



Leaving the hotel, turn right into Via dei Villini, Via Cupa and Via M. Colonna, following the directions for Arcinazzo. Soon after beginning the climb, turn left towards Ponte Casavetere (km 2.5) and then onto the regional road towards the Altipiani (plateau). Set in the green landscape, the climb is quite irregular (average gradient 4.7%, max. gradient 9%). The pass is reached at Passo della Sella. From then on it's a 1.5 km. descent that's full of curves and counter-curves (and 2 final broad hairpin bends). The crossing of the **Altipiani di Arcinazzo** plateau begins. Turn into the "Sublacense" 411 trunk road and follow directions towards Subiaco. At 11.5 km. turn left onto the regional road towards Piglio. Another kilometre of flat road and then breaking away (average gradient 4.6%) up to the crossroads that bring to Madonna del Monte. Here begins the rather technical pitch towards Piglio. The landscape opens up over the Upper Sacco River Valley, the Lepini and the Prenestini Mountains. After crossing **Piglio** (follow directions towards Rome) continue downhill until the intersection with the Prenestina trunk road (22.3 km.). Turn left onto the

cycle-track that lies on the lay-out of the former Fiuggi-Rome railway stretch. After overcoming the former Piglio Station, the cycle-track moves away from the parallel trunk road and begins to climb amidst the olive groves and the vineyards (lower in the valley) of the famous **Cesanese** brand. This is certainly the most beautiful and spectacular part of the entire cycle-track, with small panoramic stopovers (some equipped with water). The slopes are never excessive. Once reaching the former **Acuto** Station, cross the Prenestina trunk road and travel over the false flat up to a second crossing on the trunk road. Leave the cycle-track (generally in poor condition along this stretch), turn right for an easy downhill ride to the hotel.

Altipiani di Arcinazzo. Residential tourist spot set in the green landscape of a flat karstic basin. Must visit (on the road to Subiaco) the remains of the Imperial Villa of Traiano (utilized until the 4th century), an area which originally measured 5 hectares and stands on various levels.

Piglio. Ancient pre-Roman city, once an important feud belonging to the Colonna and Orsini families. The historic centre still preserves the Castle. The Parish Church, which dates back to the 12th century and is flanked by two twin bell-towers, is a must to visit.

Cesanese. Cesanese del Piglio, a d.o.c.(controlled denomination of origin) wine, is of a ruby-red colour, with a delicate aroma, a mellow and slightly bitter taste. Its minimum alcoholic content is 12%. Its basic typology (dry) is particularly suited to: seasoned pork products, pasta dishes dressed with meat sauce, lamb, pork liverwort, tripe, roasted poultry and rabbit.

Acuto. The town gets its name from the conical shape of the hill on which it stands. It is renowned for its view and for its pleasant climate. It hosts an interesting Medieval Castle (transformed into a residence) with re-elaborated cylindrical towers.

Km. 0	Silva Hotel Splendid		Turn right and follow directions for Arcinazzo.
Km 2.5	Ponte Casavetere		Junction onto the regional road for Altipiani di Arcinazzo, turning left
Km 11.1	Altipiani di Arcinazzo		Junction onto the trunk road for Subiaco, going straight ahead
Km 11.2	Altipiani di Arcinazzo		Continue towards the trunk road for Subiaco, turning left
Km 11.5	Altipiani di Arcinazzo		Turn left onto the regional road towards Piglio
Km 22.3	Crossing Prenestina trunk road		Turn left onto the cycle-track
Km 31.3	Acuto Station		Immediately after the former Station, cross the Prenestina trunk road while continuing on the cycle-track
Km 33.1	Crossing Prenestina trunk road		Turn right and leave the cycle-track
Km 38.0	Silva Hotel Splendid		Arrival