

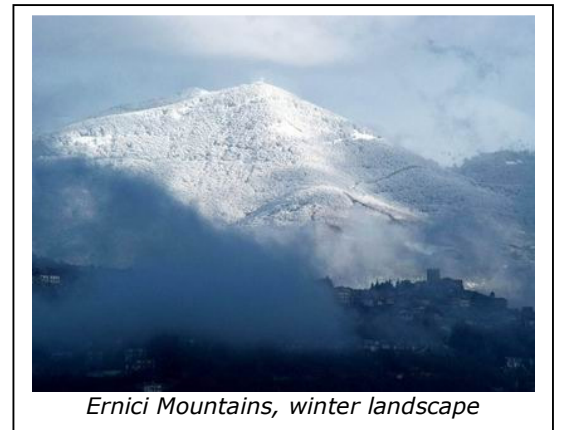
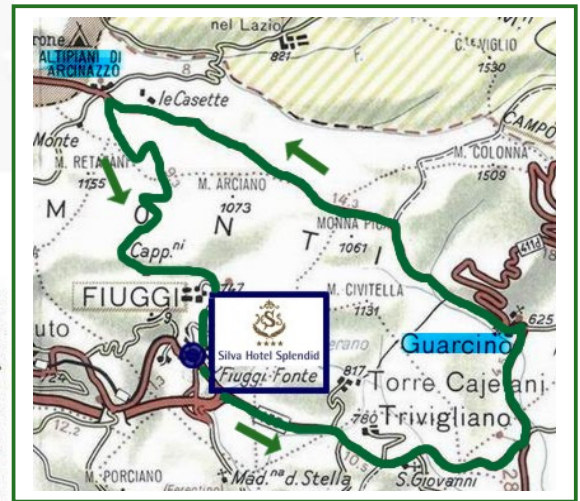
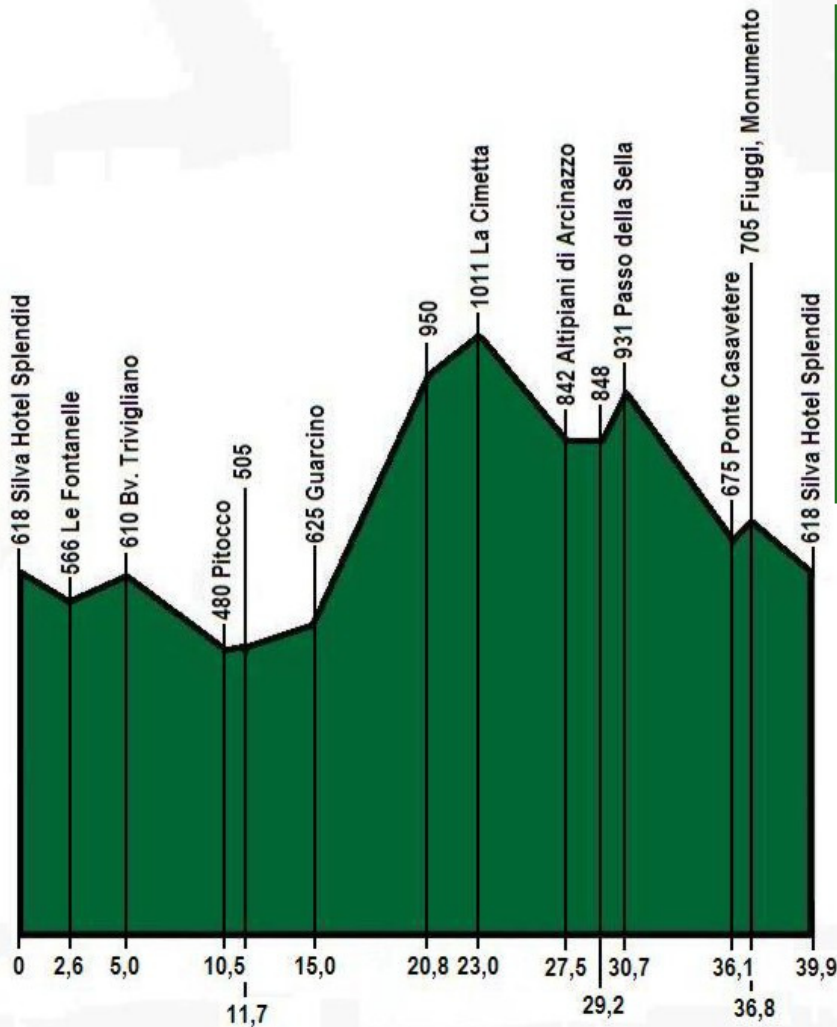
4) AT THE FOOT OF THE ERNICI MOUNTAINS

Tot. Km.: 39.9

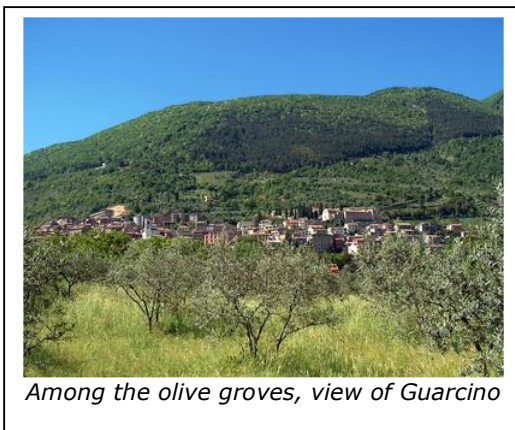
Tot.Height Diff.: approx. 800m.

Difficulty: 

Pleasant short ride amidst nature, in the shadows of the Ernici Mountains, with only one important uphill climb in the middle.









Leaving the hotel, turn left into Via Prenestina (155 trunk road) and follow directions for Frosinone. A modest downhill ride to leave the thermal resort, briefly breaking away up to the crossing for Trivigliano and another downhill stretch. Leaving the outlying ward of San Giovanni, the view gets more pleasant as it opens up onto the Ernici Mountains, which are dominated by the Monna pyramid. After reaching the Pitocco crossroads (10.5 km.), leave the 155 trunk road by turning left for Guarcino ("Sublacense" 411 trunk road). The road begins to climb after about a kilometre. Cross **Guarcino** and follow directions for Subiaco where there is another uphill climb, now pleasantly set in the countryside and with the Campocatino mountain range on the right. Up to the first pass (alt. 950) and then uphill for a total of 9.1 km with a rather regular gradient of 4.8%. After this stretch comes a brief downhill one which grants the time to catch one's breath before breaking away up to the highest peak of this route: La Cimetta, alt. 1011. The **Altipiani di Arcinazzo** are close at hand and can be reached following a downhill tract with a first technical stretch and then a second easier one. Upon reaching the crossing with the regional road for Fiuggi (27.5 km.), turn left. Then comes a substantially flat distance accompanied by a wide curve that leads to a



brief breaking away (4.8%) for the Sella Pass. The road towards Fiuggi continues downhill, it is quite technical at some points but always in a pleasant natural setting. At the end of the descent (Casavetere Bridge) continue climbing straight ahead for 700 m. Upon arriving in Fiuggi, in the Monumento location, follow directions for Fiuggi Fonte in order to return to the hotel.

Guarcino. Pre-Roman town that lies at the foot of the Ernici Mountains. It preserves a charming Medieval quarter. Especially interesting to visit are the San Michele and San Nicola churches (located away from the centre) and the Sant'Agnello Hermitage.

Altipiani di Arcinazzo. Residential tourist spot set in the greenery 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.

Km. 0	Silva Hotel Splendid		Turn left onto the 155 trunk road for Frosinone
Km 10.5	Pitocco		Turn left onto the Sublacense trunk road for Subiaco
Km 27.5	Altipiani di Arcinazzo		Turn left onto the regional road for Fiuggi
Km 36.1	Casavetere Bridge		Continue straight ahead
Km 36.8	Fiuggi, Monumento		Turn left for Fiuggi Fonte
Km 39.9	Silva Hotel Splendid		Arrival