

5) RING AROUND THE ERNICI MOUNTAINS AND THE CESANESE AREA

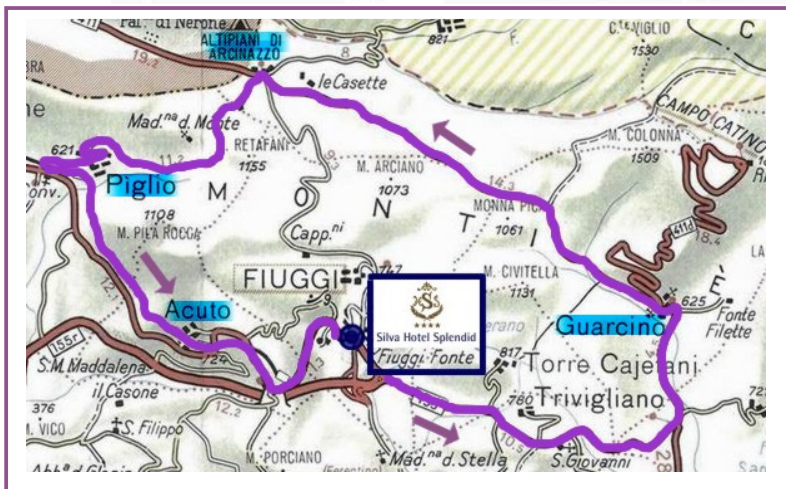
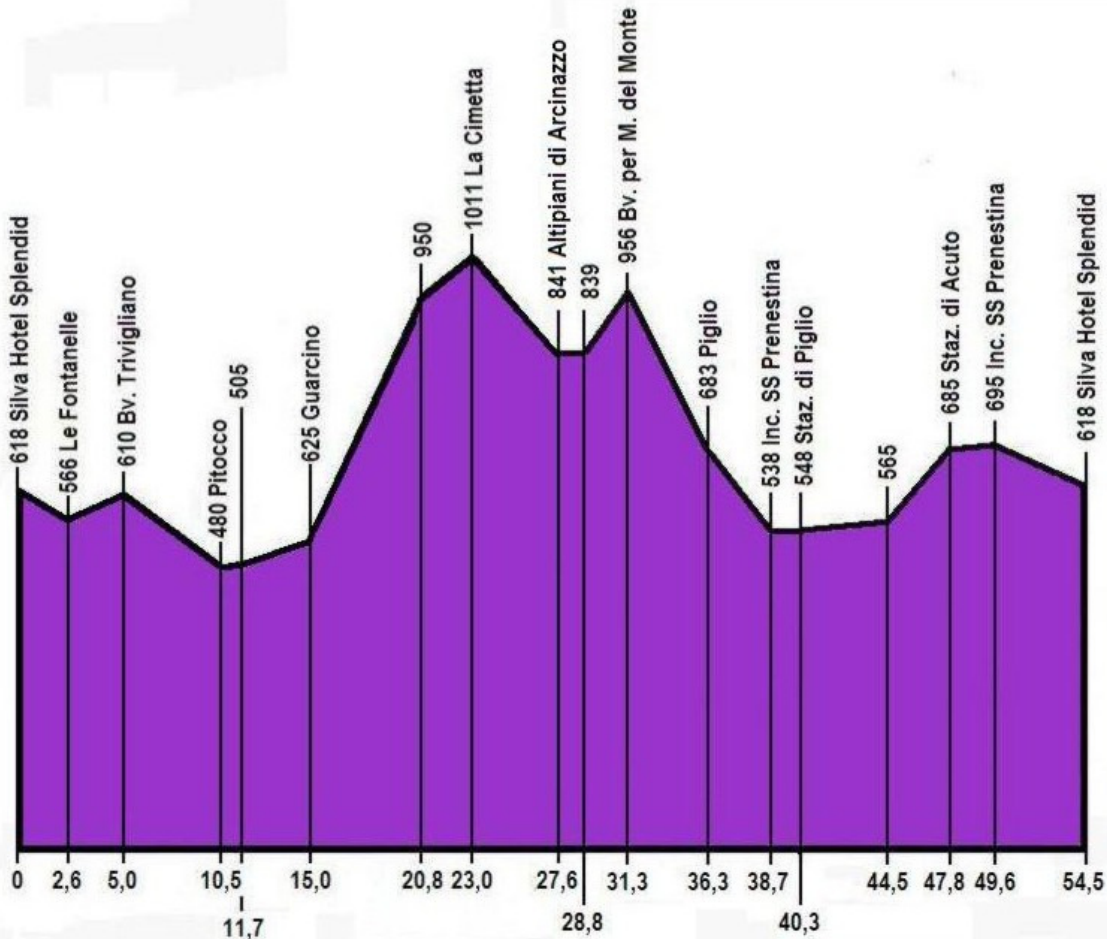
Tot.Km.: 54,5

Tot.Height Diff.: approx.950 m.

Difficulty:



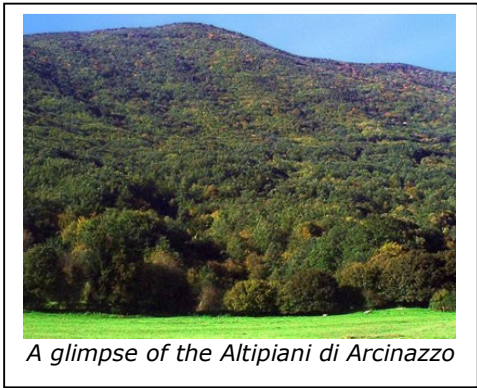
This is practically the combination of excursions 3) and 4) for a longer and more articulated trip even from a panoramic point-of-view.



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 crossing (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 Campocattino 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 tract 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.



A glimpse of the Altipiani di Arcinazzo

Upon reaching the crossing with the regional road for Fiuggi (27.5 km.), continue on the Sublacense by turning right and then left after 100 m. Another 300 metres and turn left onto the regional road for Piglio. Less than one kilometre of flat road and then a small breaking away (average gradient 4.6%) up to the crossing with the small road that leads to Madonna del Monte. Hence 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 to the intersection with the Prenestina trunk road (38.7 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.



From the cycle-track

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 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 dating back to the 12th century, 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 left into the 155 trunk road for Frosinone
Km 10.5	Pitocco	↑	Turn left into the Sublacense trunk road for Subiaco
Km 27.5	Altipiani di Arcinazzo	↓	Continue on the Sublacense, turning right.

Km 27.6	Altipiani di Arcinazzo		Continue on the Sublacense, turning left.
Km 27.9	Altipiani di Arcinazzo		Turn left onto the regional road for Piglio
Km 38.7	Prenestina trunk road crossing		Turn left onto the cycle-track
Km 47.8	Acuto Station		Immediately after the former Station, cross the Prenestina trunk road and continue on the cycle-track
Km 49.6	Prenestina trunk road crossing		Turn right off the cycle-track
Km 54.5	Silva Hotel Splendid		Arrival