

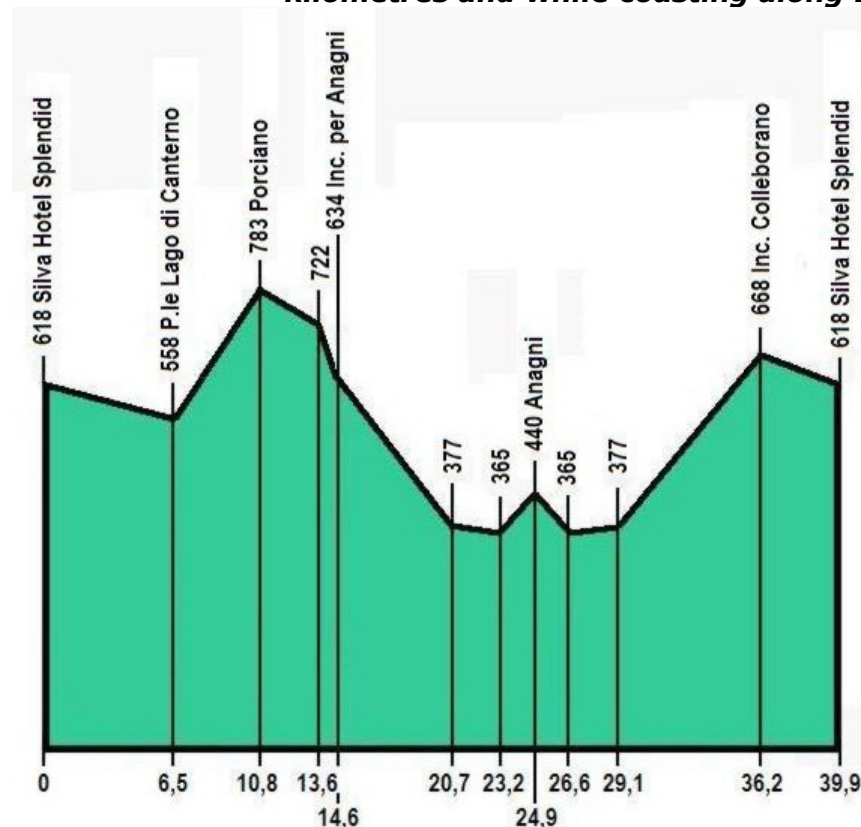
6) THE CITY OF POPES

Tot. Km.: **39.9**

Total Height Diff.: **approx.630m.**

Difficulty: 

Anagni, the medieval "City of Popes, can be reached without having to travel too many kilometres and while coasting along Lake Canterno.



The Porciano hill

Leaving the hotel, turn left into Via Prenestina for 600 m. Upon reaching the former sportsground, turn right onto the regional road towards Lake Canterno. Continue for approx. 6 km. down a pleasant undulating route. The view becomes more interesting as one approaches the lake, with a beautiful view of the Ernici Mountains. After the lay-by that looks over **Lake Canterno**, the road begins to go uphill with moderate gradients. Once these get milder, turn right (7.5 km., directions for Porciano). Just enough time to catch one's breath and then there's a brief 14% gradient ramp that leads to the Sant' Erasmo Chapel. From then on the gradients become softer and more regular and the panorama takes in the Lepini Mountains and the Sacco River Valley nearly up to the gates of Rome. Go past the crossroads on the right that lead to the centre of town and shortly afterwards the climb ends (a total of 4.3 km. with an average gradient of 5.2%). A very panoramic but rough brief downhill stretch. Following the crossroads to Castellone (alt. 772) another kilometre of sharp downhill (gradient over 15%) and very rough road. Therefore turn left onto the regional road towards Anagni. This is the most pleasant stretch: there's a gentle downhill ride in the countryside. After a flat tract the road goes into a sudden climb (1 km with 10% gradient) up to **Anagni** at the crossroads in the vicinity of the hospital (start the visit to town from here).










Anagni, the Cathedral on the road to Fiuggi

Go back through the incoming road, up to the Porciano crossing. From here on it's an uphill climb (directions for Fiuggi) for another kilometre (for a total of 7.1 km of regular 4% gradient climbs). Reaching the crossing for Colleborano, turn right into the gentle downhill slope towards the hotel.

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Lake Canterno. The lake is part of a Natural Reserve that measures 1824 hectares. Fauna is mainly represented by species typical to humid areas such as the: Grey Heron, Purple Heron, Egret and Moor Hen. The woods contain some precious flora species, with a predominance of Willow and Poplar trees.

Anagni. "The City of Popes" since it was the birthplace of 4 Popes (including Boniface VIII). Anagni has a well-preserved Medieval appearance and it is rich in monuments. The most important one is the Romanic Cathedral, where one can visit the richly frescoed Crypt (so much so as to be named "the Sistine Chapel of the Middle Ages"). Especially important are the: Municipal Building, home of Boniface VIII and Barnekow House.

Km. 0	Silva Hotel Splendid		Turn left onto the 155 trunk road in the direction of Frosinone
Km 0.6	Fiuggi Fonte		Turn right, directions for the Lake Canterno
Km 7.5	Crossing for Porciano		Turn right for Porciano
Km 14.6	Junction regional road for Anagni		Turn left for Anagni
Km 24.9	Anagni		Go back
Km 36.2	Crossing for Colleborano		Turn right for Fiuggi
Km 39.9	Silva Hotel Splendid		Arrival