

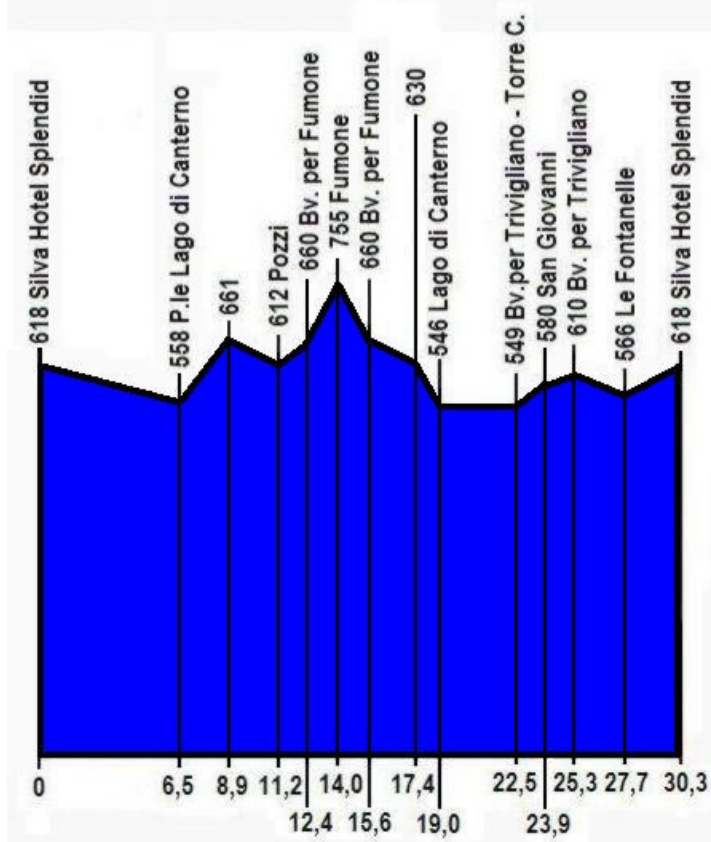
## 7) LAKE CANTERNO AND FUMONE

Tot. Km.: **30.3**

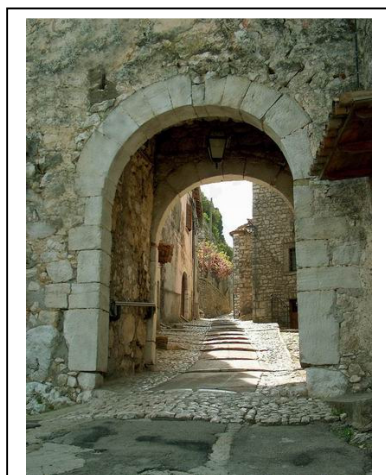
Tot.Height Diff.:**approx.390m.**

Diff.: 

**Brief trip to the Fumone hill and coasting nearly all of Lake Canterno**



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 panorama 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. Following a narrow bend, the panorama opens up over Lepini Mountains and the Sacco River Valley nearly up to the gates of Rome. About a hundred more metres uphill (for a total of 2.4 km., average gradient of 3%) and then a gentle downhill stretch that leads to the Pozzi crossroads (11.2 km.). From then on it's uphill in the direction of Fumone.












Fumone, Gate

After a second crossing, continue straight ahead by breaking away strenuously (an average of 6%, but this becomes over 10% in the bends) and reaching the **Fumone** hamlet (can be visited on foot). Go back up to the crossroads for Pozzi. At this point turn right (ignore the directions for Lake Canterno) uphill for 600 m. and then downhill (rough road) on the opposite side of the Lake. A pleasant flat stretch (warning: narrow road) and turn left at the third crossing (22.5 km. directions for Trivigliano and Torre Caietani) turning onto a small ramp that later gets easier up to the town of San Giovanni. Turn left onto the 155 trunk road for Fiumicino and the moderate climbs and descents that lead to the hotel.

**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.

**Fumone.** Charming hamlet with stone buildings. It has a historical Fortress (may be visited): Pope Celestine V (the Pope of the "great refusal") was incarcerated and then died here. The hanging gardens are also very interesting and offer a splendid view.

<b>Km. 0</b>	<b>Silva Hotel Splendid</b>		<b>Turn left onto the 155 trunk road in the direction of Frosinone</b>
<b>Km 0.6</b>	<b>Fiuggi Fonte</b>		<b>Turn right, directions for Lake Canterno</b>
<b>Km 11.2</b>	<b>Pozzi</b>		<b>Continue left for Fumone</b>
<b>Km 12.4</b>	<b>Crossing for Fumone</b>		<b>Continue straight for Fumone</b>
<b>Km 14.0</b>	<b>Fumone</b>		<b>Go back up to Pozzi</b>
<b>Km 16.8</b>	<b>Pozzi</b>		<b>Turn right, directions for Trivigliano</b>
<b>Km 22.5</b>	<b>Crossing for Trivigliano</b>		<b>Turn left, directions for Trivigliano and Torre C.</b>
<b>Km. 23.9</b>	<b>San Giovanni</b>		<b>Turn left onto the 155 trunk road in the direction of Fiuggi</b>
<b>Km 39.9</b>	<b>Silva Hotel Splendid</b>		<b>Arrival</b>