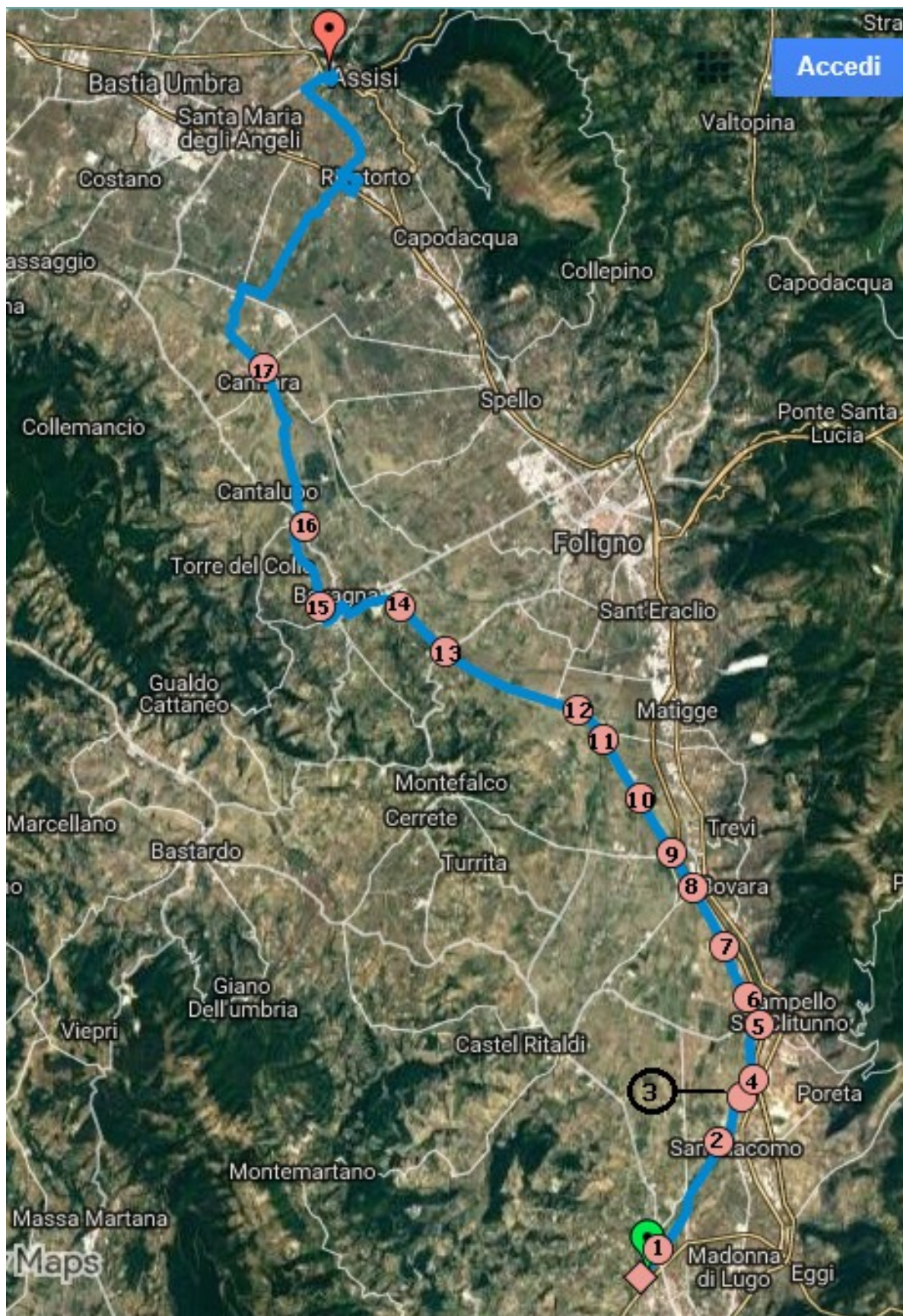


 **Cycle Lane**
  **Spoleto - Assisi**  Umbria





ROUTE TYPOLOGY	mostly reserved route, short parts of mixed traffic
LENGTH	53 km
DIFFICULTY	easy
ROAD TYPE	asphalt
BICYCLE TYPE	any kind of bike

Info: <https://www.umbriatourism.it/en/web/umbria/-/bike-lane-assisi-spoleto>

Bridges along the "Spoleto – Assisi" are fundamental reference points for self-orienting and to reach settlements, castles, towers, parish churches and waterflows of the valley, as well as two railway stations, in Trevi and Foligno). Here's some indications, distances between bridges and distances between the bridge and the highlighted spot:

1. **Bridge of Ponte Bari** (Tessino – Marroggia): Morgnano mines area (km 2,500)
Km 3,600
2. **Bridge of San Giacomo** (Marroggia): **EAST** S. Giacomo di Spoleto (km 0,500), Bazzano (km 4,000) and Eggi (km 5,000); **WEST** San Brizio (km 3,000)
Km 1,800
3. **Bridge of Mulino** (Marroggia): **EAST** Poreta (km 4,000); **WEST** Beroide (km 4,000), Castel San Giovanni (km 6,000)
Km 0,700
4. **Bridge of Azzano** (Marroggia): **EAST** Poreta (km 4,000); **WEST** Azzano (km 1,500), Beroide (km 4,000), Castel San Giovanni (km 5,000)
Km 1,600
5. **Bridge of Settecamini** (Marroggia): **EAST** Fonti del Clitunno (km 1,500); **WEST** Beroide (km 3,000), Castel San Giovanni (km 4,800)
Km 1,000
6. **Bridge of Pissignano** (Marroggia): **EAST** Pissignano (km 0,800), Tempio del Clitunno (km 1,300), Fonti del Clitunno (km 1,500), Campello sul Clitunno (km 2,800); **WEST** Torre di Azzano (km 2,000)
Km 1,800
7. **Bridge of Chiesa Tonda** (Marroggia): Trevi (km 4,500)
Km 2,000
8. **Bridge of San Lorenzo** (Marroggia): **WEST** Cannaiola (km 3,000)
Km 1,300
9. **Bridge of Cannaiola** (Marroggia): **EAST** Borgo Trevi (km 1,800) and Trevi (km 4,000); **WEST** Cannaiola (km 1,700)
Km 1,900

The railway station of **TREVI** is two km away from the cycle lane.

10. **Bridge of Pietrarossa** (Marroggia): **EAST** Santa Maria di Pietrarossa (km 1,000) and Trevi (km 4,000); **WEST** Cannaiola (km 3,000) and Madonna della Stella (km 5,700)
Km 2,000
11. **Bridge of Casco dell'Acqua** (Marroggia): **NORTH** Casco dell'Acqua (km 3,000) then Foligno (km 3,000); **SOUTH** Montefalco (km 3,000)
Km 1,200
12. **Bridge dell'Occhio** (Teverone): **NORTH** Foligno (km 7,000); **SOUTH** Montefalco (km 5,000)
Km 4,300

The railway station of **FOLIGNO** is 7 km away from the cycle lane.

13. **Bridge of Roscitolo** a.k.a. **della Torre di Montefalco** (Teverone): **NORTH** Foligno (km 6,500); **SOUTH** Montefalco (km 5,000)
Km 3,800
14. **Sportone di Maderno** (hydraulic work): **NORTH** Ponte Nuovo di Bevagna sul Topino (km 3,000); cross the bridge and reach Spello (km 7,500) or Cannara (km 9,500); to Foligno (km 6,500)
Km 1,100
15. **Bridge delle Tavole** (Timia): from here you can go to Torre del Colle (km 3,000) then, rise up across the Attone valley (very steep) , reach Gualdo Cattaneo (km 6,000) or Casale – Montefalco (km 7,000)
Km 3,500
16. **Bridge dell'Isola** (Timia): from Ponte Nuovo di Bevagna to Foligno (km 11,000)
Km 6,100
17. **Bridge of Cannara** (Topino) to Spello (km 11,000) or to Foligno (km 13,000)



Mappa TCI "Giro in Italia" Centro-Sud 2010

Sightseeing tips are marked in **BLUE**.

References to watercourses are marked in **GREEN**.

N.B. Watch out road crossings when close to some bridges

The mileage given is approximate

ROUTE DESCRIPTION	Split km	Total km
START TERMINAL LE MATTONELLE VIA FALCHI, LOCALITA' SAN NICOLO' 42.760829, 12.719095 - 42°45'39.0"N, 12°43'08.7"E		
LE MATTONELLE ⇨ PONTEBARI	1,400	
PONTEBARI ⇨ PONTE SAN GIACOMO When close to the crossing with the local road to San Giacomo di Spoleto, following the indications and paying attention to the mixed traffic of this section, you take the left in the direction of Protte, leaving San Giacomo behind; once past the very next bridge over the stream Marroggia (the Ponte di San Giacomo), you soon turn to the right, still among mixed traffic, on the road toward Molino del Ponte and Azzano, that you leave in a few seconds, as soon as the guardrail on the right finishes and you're back on the cycle lane.	3,600	5,000
PONTE SAN GIACOMO ⇨ PONTE MOLINO DEL PONTE To the East you can see Eggi, Santa Maria and Bazzano, higher on the hill slopes; far away to the West you see the Monti Martani, behind the Spoleto hills and the Castle of Morgnano.	1,800	6,800
PONTE MOLINO DEL PONTE ⇨ PONTE AZZANO	0,700	7,500
PONTE AZZANO ⇨ PONTE SETTECAMINI Wide sights on the valley till Montefalco are now visible to the West; on the opposite side you can see Poreta, Campello Alto and Silvignano up above, Campello sul Clitunno and the Fonti del Clitunno just below.	1,600	9,100
PONTE SETTECAMINI ⇨ PONTE PISSIGNANO From Ponte Pissignano, on a road with very little traffic and partly protected, in 1,2 km it is possible to reach the Tempietto del Clitunno (included in the UNESCO WHL in the serial site "The Longobards in Italy. Places of Power (568-774 AD)") and the Fonti del Clitunno on the other side.	1,000	10,100
PONTE PISSIGNANO ⇨ PONTE CHIESA TONDA Cross the bridge, then turn to the left. From Ponte Chiesa Tonda, once across motorway, railway and fiume Clitunno , you can reach Pigge, to then climb the road SP 425 to Trevi .	1,800	11,900
PONTE CHIESA TONDA ⇨ PONTE SAN LORENZO While on the long, tree-lined road beyond the motorway and railway, you can see the Church of San Pietro di Bovara and its Abbey, while up above Trevi appears closer and closer. From Ponte San Lorenzo you can head out to river Clitunno that flows next by.	2,000	13,900
PONTE SAN LORENZO ⇨ PONTE CANNAIOLA The sight to the West still includes Montefalco, while the bell-towers below help recognise Piccìche, Cannaiola, and Madonna della Stella, whose bell-tower stands out above the distant levees. At the Ponte di Cannaiola you cross the busy Strada Provinciale n. 447, that the Cycle Lane crosses leaving the levee, to enter the parallel road that you'll leave 100 m after the crossing, to return to the same levee.	1,300	15,200
PONTE CANNAIOLA ⇨ PONTE PIETRAROSSA From Ponte di Pietrarossa, through a deviation to the right toward Pietrarossa (past river Clitunno through a bridge, then under the motorway) you reach the Romanesque church of Santa Maria , built not far away on the location of the Roman <i>Trebiae</i> ; from here you can go on toward the old road Flaminia and climb on via dei Giardini toward Santa Maria in Valle and – taking the Strada Provinciale 425 – reach Trevi .	1,900	17,100

<p>PONTE PIETRAROSSA ⇨ PONTE CASCO DELL'ACQUA Once you leave the Ponte di Pietrarossa behind, you keep going on the right Marroggia levee, that you leave later to take the strada comunale for 150 m ca, till you reach a crossing; you leave the road to Casco dell'Acqua behind and take the one to the left, through three consecutive bridges: first the one over the Marroggia (Ponte di Casco dell'Acqua), then the one over the Fossa Arenosa, then the one that crosses both the Fiumicella Trevana (a ditch) and the stream Tatarena.</p>	2,000	19,100
<p>PONTE CASCO DELL'ACQUA ⇨ PONTE DELL'OCCHIO The Cycle Lane goes on along the stream Tatarena reaching the "Botte dell'Occhio" (a hydraulic siphon) and then the confluence of the Tatarena into the Marroggia that from here is named Teverone. You go on with the sight East of Foligno: Mount Cologna, Mount Acuto, Mount Serrone, Sasso di Pale and – to the North - Mount Subasio. From Ponte dell'Occhio, named after the next-by "Botte", it is possible to reach Foligno, on 6 km of ordinary road, passing through Casevecchie and Sterpete, and the railway station.</p>	1,200	20,300
<p>PONTE DELL'OCCHIO ⇨ PONTE TORRE DI ROSCITOLO (a.k.a. DI MONTEFALCO) From Torre di Roscitolo (a.k.a. di Montefalco) the road S.P. 444 "di Montefalco" is certainly the easiest rise to reach the beautiful Montefalco. In front of the Mulino Silvestri, swerve to the right to Ponte di Roscitolo, pass it through and start over the route on the left.</p>	4,300	24,600
<p>PONTE TORRE DI MONTEFALCO ⇨ PONTE DI BEVAGNA The Cycle Lane goes on along the stream Teverone (beyond which you see vineyards of Sagrantino di Montefalco); past some houses, you leave the stream by turning to the right and heading out to Bevagna. You go on crossing the small bridge over the Meandro Clitunno, that later flows into the Teverone, thus originating river Timia, passes under the road S.R. 316 "dei Monti Martani" and reaches the boundary walls: from here you enter the town through the short, steep Via Gaita San Giorgio on the right, that leads to Porta Foligno, from which you access Corso Giacomo Matteotti and reach Piazza Filippo Silvestri.</p>	3,800	28,400
<p>PONTE DI BEVAGNA ⇨ PONTE DELLE TAVOLE Returning to Porta Foligno and going down Via Gaita San Giorgio, you exit Bevagna toward Cannara: you first reach the "Accorda" del Mulino, then – proceed by walking following the restrictions - Porta Sant'Agostino through Via Gaita Santa Maria and from here, still along the walls, Via Gaita San Pietro, till you cross via Ponte delle Tavole, that you take turning to the left toward the bridge over river Timia that you cross turning to the right, right beyond the bridge, toward via Le Case.</p>	0,800	29,200
<p>PONTE DELLE TAVOLE ⇨ PONTE DELL'ISOLA You go on toward the North among mixed, low traffic, leaving Bevagna behind; once past a hazelnut tree field and a hill with vineyards, a cypress-lined road leads to the road S.P. 403 "di Bevagna": here you turn to the right toward Bevagna; past the bridge over river Timia, you keep going down to the right on via Ponte dell'Isola; at the very first bend by the riverbank, you leave it and reach out for the other side of the road through an underpass and go on the parallel bridge "Ponte dell'Isola". Past the bridge, you go down to the right at the end of the fence to keep going on the riverbank again.</p>	3,500	32,700
<p>PONTE DELL'ISOLA ⇨ PONTE SULL'ATTONE You go on along the unpaved via Santa Caterina, that parallels the riverbank; at the fork you take the left and go on amidst farmed land between river Timia to the East and stream Attone to the West. At the crossing close to the houses at Santa Caterina you go on straight ahead, leaving the road on the left and you shortly reach the stream Attone.</p>	3,600	36,300

<p>PONTE SULL'ATTONE ⇨ PONTE DI CANNARA</p> <p>After the beautiful bridge that links the two riverbanks, through a steep ramp you go down to the unpaved road, also with low traffic, that first parallels the Attone riverbanks, then heads out to the Timia, whose banks you need to reach. You keep going on the riverbank, but soon you leave it, to take the road below that you'll follow till you reach the crossing with via Don Bosco, by the confluence of rivers Timia and Topino; you then leave Via Don Bosco going to the right after the bridge. The Cycle Lane now offers the sight of the left bank of the Topino, then of the right bank with a mill, to then enter the village of Cannara.</p>	2,500	38,800
<p>PONTE DI CANNARA ⇨ ASSISI</p> <p>After crossing the bridge, you soon turn to the left in Via San Donato; you then pass a sport facility, then the cycle lane leaves the main road (that turns to the right) and you go on straight ahead in Via Destra Topino (aside the Church of San Donato). You go on between the risen levee and houses that get sparser and sparser in the countryside, disclosing sights on Mount Subasio and Assisi to the North, and on the Umbrian Valley to the West; at a fork after two beautiful oaks you leave the levee road and take the paved road to the right in the direction of Assisi.</p> <p>Wide bends in the open countryside lead to a tree-lined crossing with the road Strada Provinciale 410 "di Cannara", that you take toward the left but leave soon thereafter (watch out: possible intense traffic) to return to the cycle lane flanking the Strada Provinciale.</p> <p>You go on till you reach stream Ose, where you cross the Strada Provinciale through a short, steep ramp on the right (mind the traffic), and you go on on the left bank of the stream till you meet via Montenero, that you access turning to the left toward the small humpback bridge across the stream.</p> <p>This low-traffic road in the open countryside goes on straight ahead among trees, sparse houses, farmed land and some vineyards; it passes the road from Castelnuovo di Assisi (now via del Campaccio), goes on toward a horse centre (now via San Petignano), and after a series of short, straight stretches it reaches a "T" crossing, where you turn to the left; after the railway underpass, the road reaches the crossing with via Frate Egidio, very closely paralleling the motorway Superstrada 75 "Centrale Umbra" (across which you can catch sights of the Rivotorto Sanctuary, Assisi, towered over by its Rocca, and Mount Subasio).</p> <p>You pass the crossing by turning to the right (* for details on how to reach the Assisi railway station from here, please see below) and you go on among mixed traffic till you reach the crossing with via Frate Egidio and via Santa Maria della Spina, that you pass by turning to the left and soon to the left again; you're now on a clearing where on the other side you can see the motorway underpass: bike in your hand, you go up on via Santa Maria della Spina and soon reach the crossing with via del Sacro Tugurio in Rivotorto di Assisi.</p> <p>At the roundabout you turn to the left on via del Sacro Tugurio and after the Rivotorto Sanctuary you turn to the right and start climbing on via della Regola di San Francesco, reaching the crossing with via Francesca, that you take by turning to the left (on the right you can see the small church of San Giovannuccio).</p> <p>You continue on via Francesca with splendid views on Assisi and the olive groves and vineyards above the valley, and then reach the crossing with viale Patrono d'Italia, sided by the pedestrian, partly cyclable way "la Mattonata" that links Santa Maria degli Angeli to Assisi.</p> <p>You turn to the right on the "Mattonata" and start climbing toward Assisi; past the Seminario Regionale, you reach the crossing with S.R. 147, that you take by turning to the right.</p> <p>You continue on S.R. 147 and, past a wide bend, you reach the crossing with via Guglielmo Marconi, that you take to the left; in piazza Unità d'Italia you reach Porta San Pietro, the southwestern access to Assisi.</p>	14,500	

*** TO THE ASSISI-SANTA MARIA DEGLI ANGELI RAILWAY STATION**

At the crossing of via San Petignano and via Frate Egidio, you take via Frate Egidio to the left (paralleling the motorway) skipping all indications on the Cycleway that goes to Rivotorto. At the motorway underpass you take via Santa Maria Maddalena to the left (paralleling the railway Foligno - Terontola) and you continue straight ahead leaving the graveyard and the former Montedison behind, reaching the railway station through via Gabriele D'Annunzio.

N.B. Work in progress for the construction of a cycle path in its own seat between the station of Assisi - Santa Maria degli Angeli and the village of Rivotorto

53,300

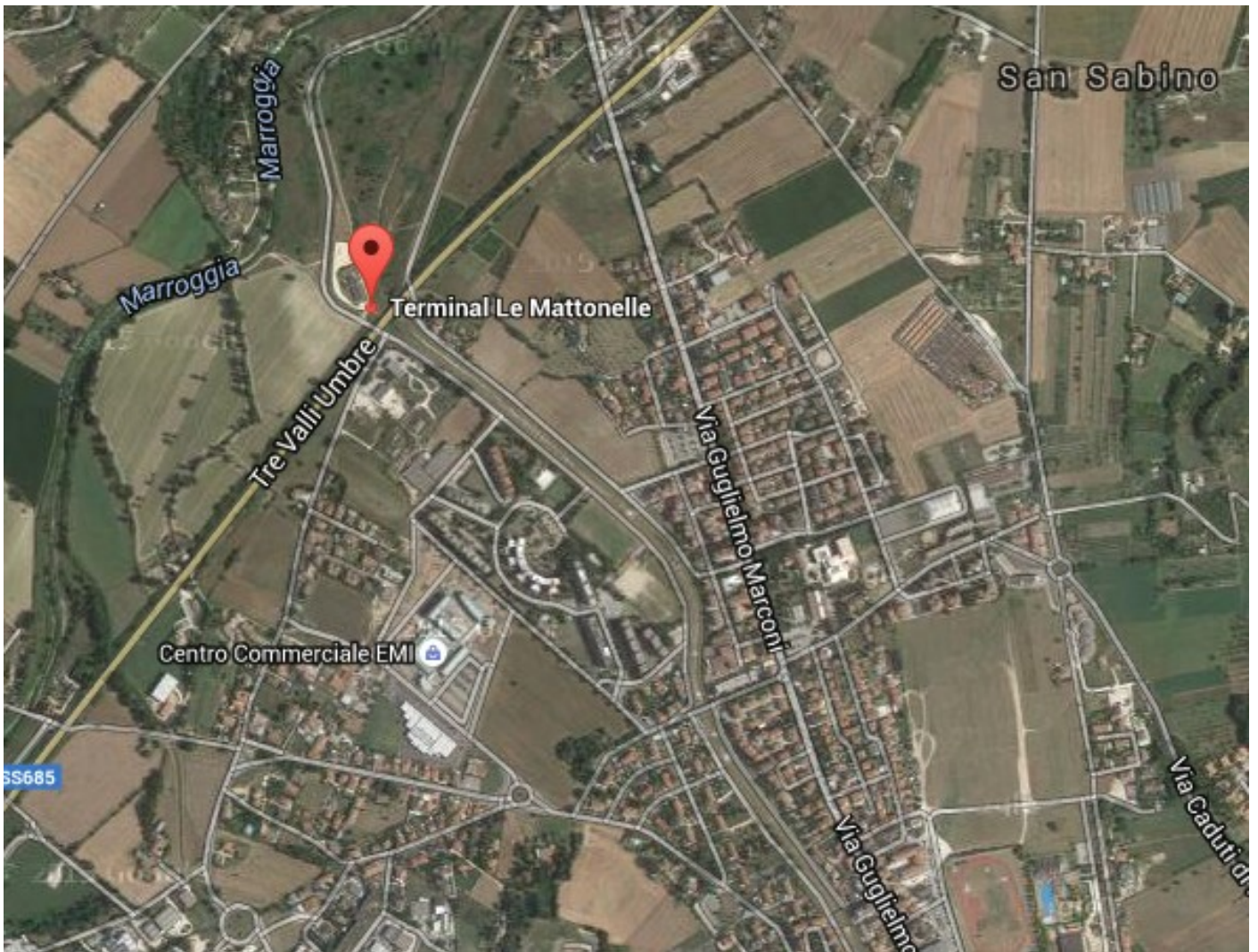
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