



#destinazione**marche**

#destinazione**marche**

#destinazione**marche**

www.turismo.marche.it

www.turismo.marche.it

www.turismo.marche.it

Guide to cycling routes

#destinationmarche

Cycle tourism is

an initiative promoted by

Marche Region in collaboration with the Riviera del Conero Association
Development and Promotion Service of the Marche Region

Text and graphics: CANENERO Advertising

The PDF file can be downloaded
from: www.turismo.marche.it

Photos: Images from the Marche Region Photographic Archives Print: Errebi Grafiche
Ripesi - Falconara M. (An)

Marche Region DMO

- Destination Management Organization - Marche Tourism MARCHE REGION -
TOURISM DEPARTMENT 60125 ANCONA - Via G. da Fabriano,9 -

Marche, Italy Tel. +39 071 8062426 / +39 071 8062710

www.turismo.marche.it

numeroverde.turismo@regione.marche.it



www.europa.marche.it





PARCHI E NATURA attiva

#destinazione**marche**



www.turismo.marche.it
 eventi.turismo.marche.it
 marcheadvisor.turismo.marche.it
 blog: www.destinazionemarche.it
 Numero Verde: 800 222 111



REGIONE MARCHE
 www.turismo.marche.it

GETTING THERE



MOTORWAY
 A 14 Bologna-Taranto
 www.autostrade.it

ROADS

SS 3 Flaminia - Rome - Fano (PU)
 SS 4 Salaria - Rome - Porto d'Ascoli (AP)
 SS 16 Adriatica - Padua - Otranto (LE)
 SS 73 bis Bocca Trabaria - San Giustino (AR) - Fano (PU)
 SS 76 Val d'Esino - Fossato di Vico (PG) - Falconara Alta (AN)
 SS 77 Val di Chienti - Foligno (PG) - Civitanova Marche (MC)
 Former SS 361 Septempedana - Ancona - Nocera Umbra (PG)
 Former SS 360 Arcevese-Senigallia (AN)-Scheggia-Pascelupo (PG)



TRAIN
 Milan-Lecce Line: Milan, Bologna, Ancona, Lecce
 Line Rome-Ancona: Rome, Falconara Marittima, Ancona
 www.trenitalia.com



BUS
 The suburban transport system connects the Marche region to 12 Italian regions.
 www.turismo.marche.it



AIRPORT
 National and international connections
 Marche Airport "Raffaello Sanzio" - Ancona/Falconara Marittima
 www.marcheairport.com



PORT OF ANCONA
 Connections with: Albania, Croatia, Greece, Montenegro
 www.doricaportservices.it



DISTANCES FROM ANCONA
 Milan 430 km, Florence 280 km, Rome 300 km
 Turin 540 km, Bologna 220 km, Venice 365 km, Naples 390 km

VISIT MARCHE



www.turismo.marche.it
 eventi.turismo.marche.it



marcheadvisor.turismo.marche.it



Numero Verde: 800 222 111



numeroverde.turismo@regionemarche.it



blog: www.destinazionemarche.it



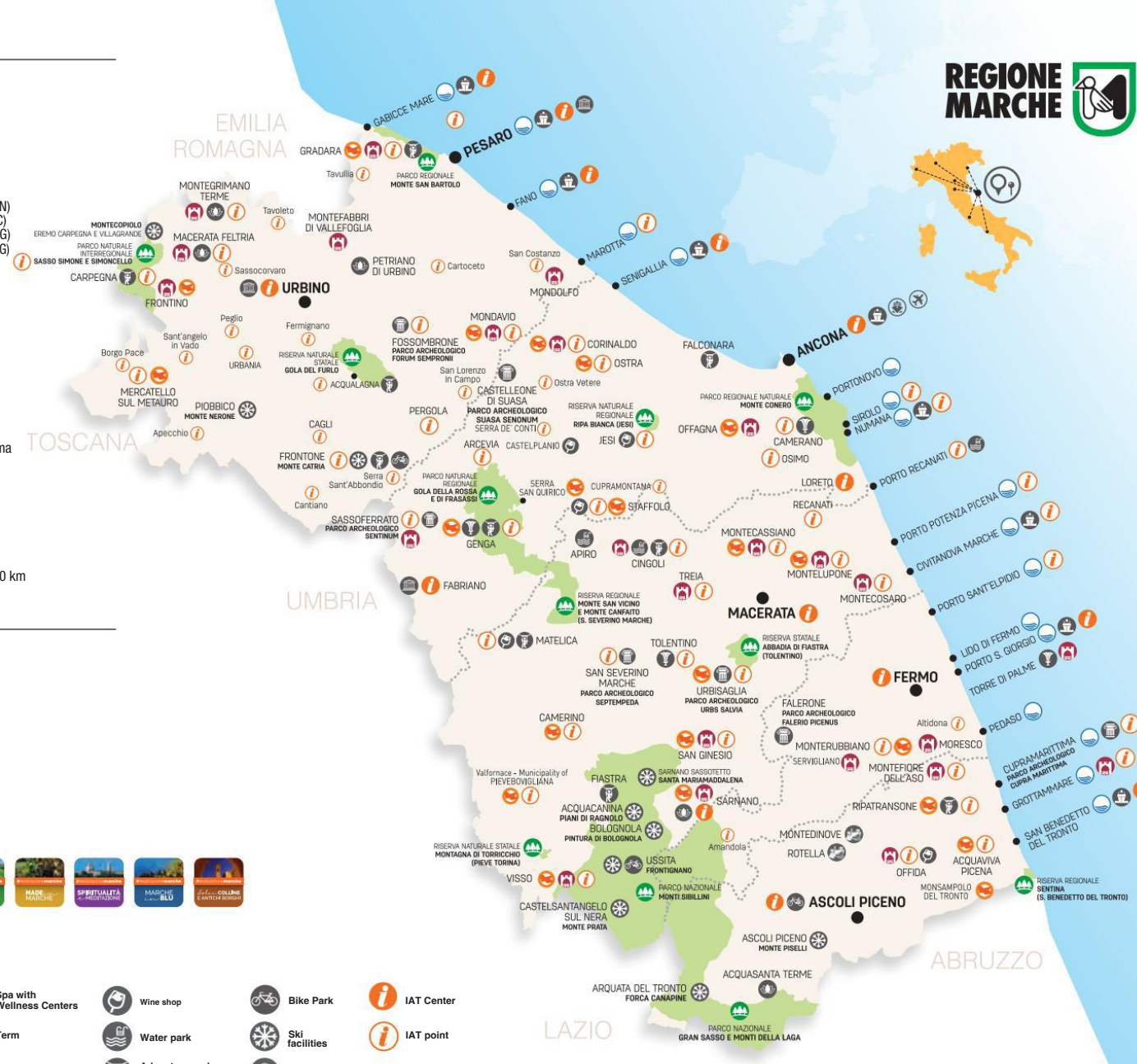
DOWNLOAD THE APP



CLUSTERS APPS



- Blue Flag
- Parks and reserves
- Spa with Wellness Centers
- Wine shop
- Bike Park
- IAT Center
- Most beautiful villages in Italy
- Authentic villages of Italy
- Term
- Water park
- Ski facilities
- IAT point
- Orange flag
- Archaeological park
- Tourist port
- Adventure park fun
- UNESCO City



REGIONE MARCHE

#destinazione**marche**

Guide to cycling routes

Index:

Pesaro - Urbino	page 4
Ancona	page 20
Macerata	page 40
Fermo	page 60
Ascoli	page 70
Sibillini Mountains National Park	page 92

“The first pedal stroke is equivalent to a newfound autonomy, a romantic escape (...) In a few seconds the closed horizon clears, the landscape shifts. I'm elsewhere.

I am someone else. I am someone else, yet I am myself as never before; I am what I discover.”

Marc Augé “The Beauty of the Bicycle”

The Marche region alternates cities of art, villages nestled on gentle hills, a lively coast of towns overlooking a crystalline sea and unique views of the Apennine cliffs.

A diverse territory offering a variety of landscapes to explore on a bicycle. **For those of you who love**

more difficult and arduous bike rides, for you cycle tourists and for you who are on holiday in our Marche region, happy cycling!



PESARO URBINO

A unique land, from city to city,
from village to village...

For anyone who wants to explore a unique region by bike, the province of **Pesaro and Urbino** offers surprising routes from city to city, from village to village, from hill to hill. From itineraries through the ducal courts to discover the Italian Renaissance, to savouring the hills around the Metauro Valley. Finally, ending in the marvelous and captivating nature of the San Bartolo and Sasso Simone protected area

PU 01

CYCLE TOURISM

68 Km

DIFFICULT

ON THE ROADS OF THE BRIGANDS AMONG THE FORTRESSES OF MONTEFELTRO

MACERATA FELTRIA - SAN LEO - MONTE CERIGNONE

A route that flows into **Romagna**, passing among the marvelous fortresses perched on the **Montefeltro hills** and then entering the protected areas of the **Sasso Simone and Simoncello Park**.

So warm up your calves because today we're working uphill!

The route starts in **Macerata Feltria**, a city of ancient Roman origins nestled in this landscape that rises and falls between valleys, spurs, and fields. Following the direction of **Carpegna**, the route climbs steeply, all the way to **Romagna** and the cliff of **San Leo** with its fortress where **Count Cagliostro was imprisoned**.

Back in the saddle, this time heading towards **San Marino**, pedaling through this land once plagued by bandit raids, until our next stop, **Monte Cerignone**.

A riverside village overlooked by a 12th-century castle, which, every July, comes alive with ladies, knights, and jesters during the historical reenactments. The tour ends here, and with tired legs, we return to the starting point.

Macerata Feltria Information 0722.74244; Monte Cerignone Tourist Information Office 0541.978552

PU 02

CYCLE TOURISM

83 Km

DIFFICULT

FROM WINE TO WINE AMONG THE BIANCHELLO DEL METAURO HILLS

MAROTTA - ORCIANO DI PESARO - SANT'IPPOLITO - MONTEMAGGIORE DEL METAURO

A journey up and down through the hills adorned with **Bianchello vineyards**, a DOC wine whose production is possible only in this stretch of the **Marche region** that rises from the sea to the **Metauro hills**.

We start from **Marotta** and, following the seafront, climb towards **San Costanzo** until we reach **Orciano di Pesaro**, a village clustered around its castle. A break to visit this village and the Renaissance **Church of Santa Maria Novella**, before we hit the road again to reach the next stop: **Sant'Ippolito**.

A fortified village perched on a hill is home to the **stonemasons** who work the sandstone from the ancient quarries nearby.

The descent towards **Fossombrone** begins again until reaching **Montemaggiore al Metauro**, a village of chrysanthemums from whose walls the view extends from the **Metauro valley** to the coast.

We're at the end of the itinerary, so you can treat yourself to a cheese break, accompanied, of course, by a bottle of **Bianchello**.

Orciano di Pesaro Pro Loco 0721.977071; Sant'Ippolito Pro Loco 0721.728329;

Montemaggiore del Metauro Pro Loco 0721.895312.





Strolling through the courts of the Dukes

URBINO - URBANIA - SANT'ANGELO IN VADO - PIANDIMELETO - URBINO

This itinerary starts from **Urbino**, capital of the Duchy of **Montefeltro** , and winds through the towns that were part of the ancient Duchy of Urbino.

Urbino is one of the world's most important cultural and artistic centers, **recognized as a UNESCO World Heritage Site**. It reached its peak during the Renaissance under Duke Federico da Montefeltro. You never finish discovering **Urbino** , and getting back on track will be truly challenging, but more stops await you.

We then begin the descent towards **Urbania**, now known to all for the **Church of Death**, where in a crypt you can see **sixteenth-century mummies** perfectly preserved thanks to an antibiotic fungus present in the soil. From here, we continue towards **Sant'Angelo in Vado**, the birthplace of the brothers **Taddeo and Federico Zuccari**, famous painters active in Rome in the 16th century.

In the Sant'Angelo area, you can also visit the **Cascata del Sasso**, a natural waterfall in the **Metauro River** , 12 meters high and 60 meters wide, making it one of the most impressive waterfalls in Italy. Continue on to **Piandimeleto**, a small town nestled in the greenery of the **Foglia Valley**. The town's symbol is the 15th-century **castle of the Oliva Counts** .

After this passage you are ready to return to **Urbino**, following the direction of Pesaro, you will soon be in the capital of the duchy.

Urbino IAT 0722.2613; Urbania IAT 0722.313140;
Sant'Angelo in Vado IAT 0722.88455; Piandimeleto IAT 0722.88455



Type:
Cycle path

Length: **74 km**

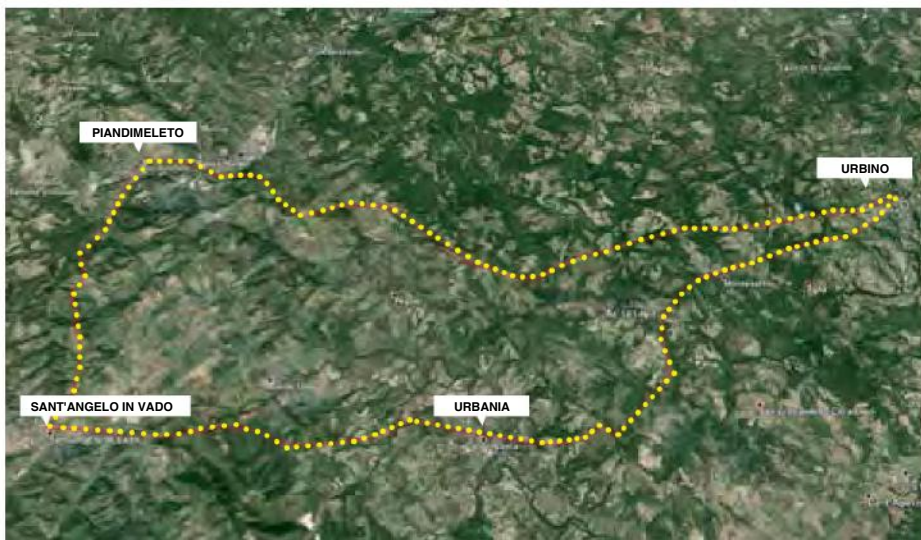
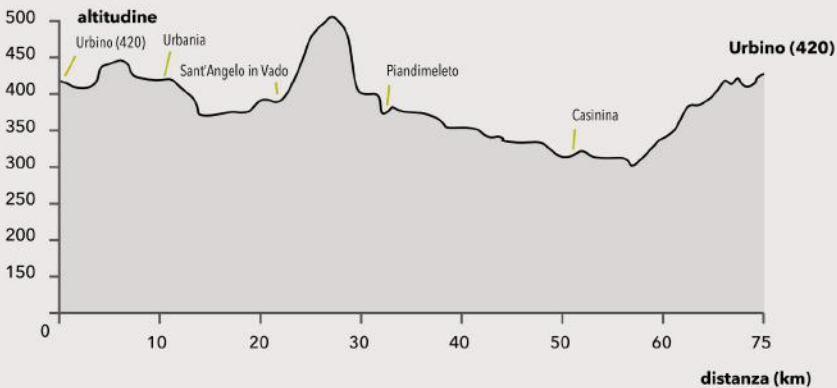
MEDIA

Background:
Asphalt

Average slope:
10 %

Max slope:
30 %

Difficulty



PU 04

CYCLE TOURISM

62 Km

DIFFICULT

AMONG THE HILLS OF THE CESANO VALLEY

ORCIANO DI PESARO - MONDAVIO - SAN LORENZO IN CAMPO - PERGOLA

Among the **hills of the Cesano** and **Tarugo** Valleys , you'll discover the charm of small villages off the beaten path, where you can also indulge your palate with organic delicacies. Reset your odometer at **Orciano di Pesaro**, saddle up, and head for **Mondavio** , which, with its imposing **Rocca Roveresca fortress**, dominates the view of the **Cesano Valley**. Inside the fortress, there's a **Museum of Historical Reenactments** and an armory. Rejoin the route toward **San Lorenzo in Campo**, which grew out of the Romanesque abbey of the same name and is now a village clustered around its castle. Entering the **small "Padella" square** , you'll immediately encounter the austere **Palazzo della Rovere**, which houses three museum collections. And after all the culture, a culinary break is a must. In **San Lorenzo** , you can enjoy an entire **menu based on farro** , or you can try the sweet Suasa onion, and to finish, a touch of sweetness with a taste of chestnut or honeydew **honey** . Refreshed and reinvigorated, you can set off again, heading towards **Pergola**, a medieval town characterized by its stone buildings and the only one in the world to hold gilded bronzes from the Roman era. The day in the saddle is coming to an end, and it's time to hit the road home.

Mondavio Pro Loco 0721.977331; San Lorenzo in Campo Pro loco 0721.776479; Pergola Pro Loco 0721.736469

PU 05

CYCLE TOURISM

63 Km

MEDIA

THROUGH VILLAGES AND CASTLES IN THE METAURO VALLEY

FANO - MOMBAROCCIO - CARTOCETO - SALTARA - FANO

The route winds through the **Metauro hills and the castles** that dominate them. It begins in **Fano**, a strategic center for the ancient Romans on the **Via Flaminia**. In **Fano**, you'll find a charming seaside town that also offers an interesting cultural itinerary, as well as excellent cuisine ranging from a quick **piadina** to the more sophisticated **brodetto alla fanese** , which must contain fresh fish. Continue towards **Pesaro** and, after steep climbs, reach **Mombaroccio**, a village perched on a hill and protected by sturdy embankment walls. After passing the two imposing towers at the entrance, you can explore this village, visiting **Palazzo Del Monte** and the 18th-century parish church. Back in the saddle, but first a mandatory stop at the **Sanctuary of Blessed Sante**, a true treasure trove of art and spirituality nestled in a **forest of oaks, holm oaks, sessile oaks, and chestnut trees**. After this refreshing break, we descend back to **Cartoceto** and its castle, which climbs up steep steps and alleys. Cartoceto has been dedicated to olive growing since 1178, so cyclists, it's time for a break, and you've come to the right place: warm bruschetta and a drizzle of olive oil! The descent continues and you reach **Saltara** with its imposing escarpment. Don't miss the **Museo del Bali**, an interactive science museum and home to one of the most **prestigious national planetariums**. This tour of the **Metauro villages** is coming to an end, and it's time to head back towards Fano.

Mombaroccio Information 0721.471103; Cartoceto Pro Loco 0721.898437; Bali Museum 0721.892390

PU 06

CYCLE TOURISM

79,5 Km

MEDIA

THE CLIMB OF MOUNT NERONE FROM THE VILLAGES TO THE MYSTERIES OF THE CAVES

URBANIA - PIOBBICO - CAGLI - CERBARA - URBANIA

Monte **Nerone** is part of the Apennine mountain range that separates the **Marche** from **Umbria**.

There are two different versions of the origin of the mountain's name. One says it derives from the consul **Gaius Claudius Nero**, who during the Battle of the **Metaurus** routed the Gauls, chasing them to the mountain's summit. Legends or not, we're ready to set off from **Urbania**, the city of ceramics, and cycle to **Piobbico**, a fiefdom of the Brancaloni family, whose castle, with its 130 rooms, still dominates the village.

From the village, following the **direction of Monte Nerone**, you climb up to **Cagli**, where you must explore at least one of the **trails that traverse the mountain, both above and below ground**. Yes, **Monte Nerone** is incredibly beautiful inside and out; a network of underground paths leads to the discovery of its other side, its geology. You descend again, then climb back up to **Cerbara**, and arrive at the **Gorgo Gorge**, carved by the **Metauro River** between the walls of **Monte Nerone** and **Monte Montiego**.

From here, through woods and pastures, you get back on the road and return to Urbania.

Urbania Tourist Information Office 0722 313140; Piobbico Information Office 0722.986225; Monte Nerone Environmental Education Center 0722.985455.



From the Furlo Gorge massif, amidst magnificent scenery and history

FURLO GORGE - FOSSOMBRONE - URBINO

The **Furlo Gorge Nature Reserve** encompasses 3,600 hectares of woods, meadows, and pristine peaks, home to golden eagles, wolves, fallow deer, and roe deer. The **Furlo Pass** has been at the center of several historical events, from the Etruscans to the Savoy period, making it an important transit route on the ancient **Via Flaminia**.

Retracing the Via Flaminia you reach **Fossombrone**, a town of ancient origins clinging to the foothills of the **Cesane Mountains** and literally split in two by the mountain: the medieval part facing the mountain and the seventeenth-century part facing the valley.

Back in the saddle, we set off towards **Urbino**, passing through the cool coniferous forests of the **Cesane Mountains**, where you'll feast on views that range from Romagna to the **Metauro Valley**.

Among these mountains is one of the **most important centers for organic farming**, so it's natural to take a break to discover the flavors of the area.

Once you arrive in Renaissance **Urbino**, a **UNESCO World Heritage** city and birthplace of the painter **Raphael**, you are free to lose yourself in history, art, and culture.

On your way back we recommend a stopover in **Fermignano**, a small town in the **Metauro** valley, where the Romans defeated the Carthaginians led by **Hasdrubal**.

Furlo Gorge 0721.700041; Fossombrone Tourist Information Office 0721.716324; Urbino
Tourist Information Office 0722.2613; Fermignano Tourist Information Office 0722.330523



Type:
Cycle path

Length: **70**
km

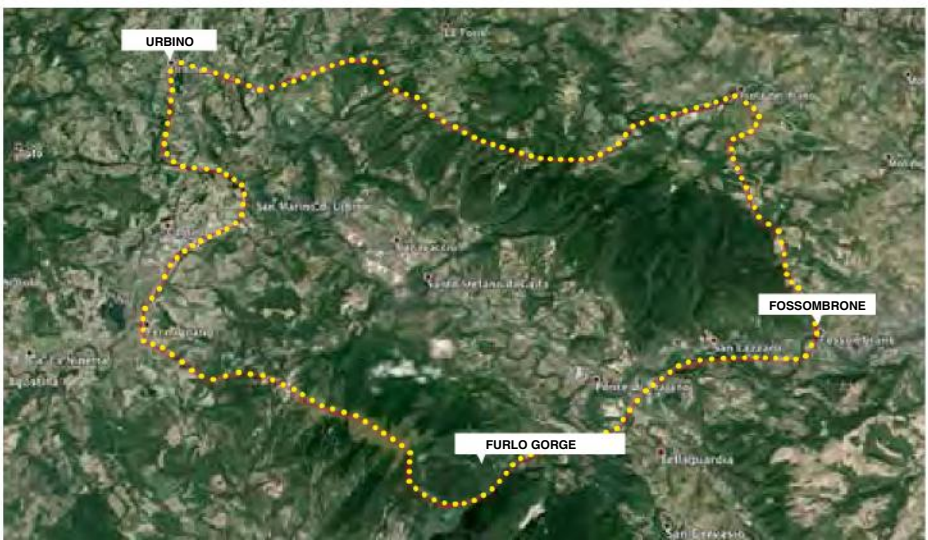
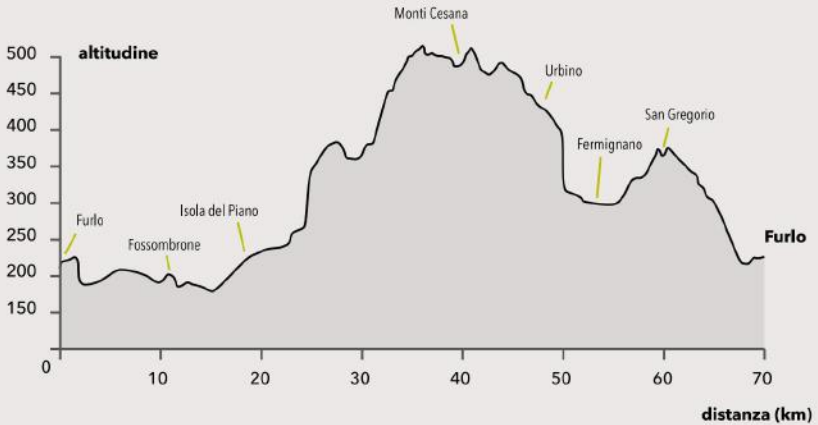
MEDIA

Background:
Asphalt

Average slope:
12 %

Max slope:
45 %

Difficulty



MONTE CATRIA BETWEEN NATURE AND SPIRITUALITY

CAGLI - SANT'ABBONDIO - CANTIANO - CAGLI

Mount **Catria**, at 1,701 meters, is recognizable by the imposing "cursed" cross that towers atop it. This route follows the foot of the mountain, starting from **Cagli**, a town along the ancient Via Flaminia. Climb aboard and set off, heading towards **Fano**. After passing the center of **Pergola**, follow the signs for **Fonte Avellana** and **Sant'Abbondio**.

You're officially at the foot of **Mount Catria**, and the name **Fonte Avellana** should spark scholastic memories, right?! Well, we're in **Canto 21 of Dante's Paradise**, and right beneath that hump beneath which a hermitage is consecrated. The **Fonte Avellana** hermitage, founded by Saint Romuald, father of the **Camaldolese** order, is one of the most important monastic centers in the Marche region, where you can find some peace and respite.

After the mystical and refreshing break, we get back on the road towards **Cantiano**, a visit to the **Collegiate Church of San Giovanni Battista** and the **Church of Sant'Agostino** and then a stop at the **Bosco di Tecchie**.

It is 180 hectares of oak and beech trees where the fauna that, unfortunately, we are only used to knowing as the protagonists of the adventures of some fairy tale book, lives again.

And from here we descend again towards **Pesaro** and this adventure too has come to an end.

Cagli Information 0721.780773 Cagli Pro Loco 0721.787457; Fonte Avellana Hermitage 0721.730261; Tecchie Forest 0721.788321; Catria and Nerone Mountain Community 0721.7877521



PU 09

CYCLE TOURISM

45 Km

EASY

IN THE SAN BARTOLO PARK AMONG ELEGANT RESIDENCES AND MAJESTIC FORTRESSES

PESARO - GABICCE MONTE - GRADARA - PESARO

San Bartolo Park is a protected area marked by mountains that plunge into the sea, breaking the flat monotony of the **Adriatic coast** . This route follows the cliff that marks the park's borders, starting from **Pesaro**.

Ready, saddle up, and go! Near Pesaro, in the **San Bartolo protected areas**, there are two unmissable stops.

One is the seventeenth-century **Villa Caprile**, now home to the agricultural institute, but which in summer enchants with its **magnificent botanical gardens** and the playful engineering of its water features.

The other is **Villa Imperiale**, the fifteenth-century residence of the Sforza family which, with its majestic terraced gardens, was the stage for courtly life.

After these wonders, we set off again for **Gabicce Monte**, a fortress in the **Focara** area , and then on to the hills that separate it from Romagna. Here, on a ridge, stands **Gradara** and its fortress, the setting for the tragic **love story of Paolo and Francesca**.

The adventure in the **lands of San Bartolo** ends with the cycle ride towards Pesaro.

Villa Caprile 0721.21440; Villa Imperiale visits by appointment: IAT 0721.69341; Gradara Pro
Loco 0541.964115.





PU 10

CYCLE TOURISM

74 Km

DIFFICULT

DISCOVERING THE SASSO SIMONE AND SIMONCELLO PARK

SASSOCORVARO - BELFORTE DELL'ISAURO - CARPEGNA - SASSOCORVARO

Sasso **Simone** and **Simoncello** are the two gigantic "rocks" from which this protected area was created, which includes several municipalities between the **Marche and Romagna regions**.

Sassocorvaro is the starting point of this trail, which climbs up to 1,000 meters above sea level to discover the unique features of this area.

Its **Renaissance fortress** dominates the **Foglia Valley**, reflecting in the waters of **Lake Mercatale**. During World War II, the most important works of art were stored in the fortress to save them from German raids. This **sensitivity to art** later inspired the annual event that honors contemporary saviors of humanity's most important works.

You then descend towards Mercatale until you reach **Belforte dell'Isauro**, a town nestled on a rocky spur between two streams, and you have arrived at the border with Tuscany.

From here, you can continue towards **Carpegna**, a town famous for its **excellent prosciutto** and the starting point for **Marco Pantani's climb**, the "Carpegna Pass." Those who are fit can attempt this challenge, while those who aren't up for it can still enjoy the typical fare of this mountain village before heading back.

Sasso Simone and Simoncello Visitor Center 072275350; Sassocorvaro 072276873;

Belforte dell'Isauro Information 0722 721101; Carpegna Montefeltro Mountain Community 0722 770073

MBT

FOR THOSE WHO LIKE DIRT ROADS

Sasso Simone and Simoncello Park

FROM PIAN DEI PRATI TO CARPEGNA

15,50 km - FACILE

Within the park there are several trails that can be explored by mountain bike.

From **Pian dei Prati** you cross a Turkey oak forest, skirting vast meadows that are the hunting ground of many birds of prey.

Climbing along mule tracks marked by the rumbling of wild boars, you reach the **Cerreta dei Sassi**, an imposing Turkey oak forest. Dense vegetation of maples, beech, and ash trees, along with an undergrowth adorned with fragrant blooms of snowdrops, irises, and lilies, leads you to the point where you rejoin the main road for a short stretch to **Carpegna**.

FROM CARPEGNA THE TOUR OF SASSO SIMONE AND SIMONCELLO

20 Km - MEDIA

Departing from **Carpegna**, head towards San Sisto. After about 2 km, turn right towards Camping Pian de Prati, where the steepest climb of the route begins. Passing through fairly steep climbs and gentle descents, you reach the slight slope that leads to the slopes of **Sasso Simone**. Take a breather to enjoy the view and then continue along the steep trail through a forest until you reach the pass that leads to **Simoncello**.



PESARO, A CITY TO BE DISCOVERED AMONG ARTS AND CRAFTS

Pesaro is a seaside city with a long tradition of hospitality. Not only the sea, but also art, which you can discover in the **Civic Museums**, a journey from **Giovanni Bellini's Coronation of the Virgin** to the temporary exhibitions.

And then the notes of the music of **Gioachino Rossini**, who was born in Pesaro and is remembered and appreciated there thanks to the Rossini Foundation.

You can explore Pesaro and its surroundings by bicycle, following the network of cycle paths that branch out from the city.

Here are some ideas for your bike rides:

- A route that runs along the **Foglia River** along the "**Umberto Cardinali**" **cycle/pedestrian path**, allowing you to discover the local flora and fauna. Information panels along the route will guide you to your destination.
- **Viale Liberazione/Risorgimento**: a cycle route with a **tactile path for the visually impaired**.

In the city of Pesaro, the other cycle paths are Via Pasolini, Via del Novecento, Via del Cinema, Ponte Vecchio, Via Rossellini and Viale Trieste.





ANCONA

A province to be discovered
between **sea, hills and mountains**

The province of Ancona is a long, never-ending discovery that begins at the sea and climbs to the hills and then even higher up to the Apennine mountains, touching the border with Umbria.

From cities and seaside villages, to parks and nature reserves, and ending with a dip in the bluest waters of the Conero Riviera.



ANCONA 01

CYCLE TOURISM

32,4 Km

MEDIA

FROM THE SEA TO THE WILD NATURE OF CONERO

ANCONA - PORTO RECANATI

The route, not particularly strenuous, starts from the sea and rejoins it, crossing the dense vegetation of **Monte Conero**.

Starting from **Ancona** and riding along the long Viale della Vittoria, stop to admire the view from the Passetto, which offers glimpses of the cliffs overlooking the sea. Back on the bike, head towards **Monte Conero Park**, the large promontory overlooking the sea, covered with dense forest on the western side and a limestone outcrop on the opposite side. Continuing towards Marcelli and **Numana**, you'll approach the beaches of **Porto Recanati**, an ancient fishing village that still retains its typical colorful houses. The lively waterfront is a characteristic feature. After stretching your legs a bit, hop back on your bike and head towards the outskirts of **Porto Recanati**.

Here you will find the settlement of Potentia, where the remains of the ancient Roman city are still visible today.

Ancona IAT 071.358991; Porto Recanati IAT 071.9799084

ANCONA 02

CYCLE TOURISM

46 Km

EASY

THE CONERO RIVIERA BETWEEN SEA AND HILLS

NUMANA - SIROLO - OSIMO - CASTELFIDARDO - LORETO - OSIMO

The ride starts from the sea, from **Numana**, the city of turtles, and climbs to the nearby village of **Sirolo**, composed in its elegance, before leaving the town center towards **Osimo**.

Osimo is an elegant town perched on a hill. Stop and stroll through the center, visit the 12th-13th century Cathedral of San Leopardo, and book a tour of the Cantinone Caves, a fascinating network of caves and tunnels carved into the sandstone that extend for kilometers beneath the town.

Ready to get back on the road and head towards **Castelfidardo**, the town of the accordion, before heading back to **Loreto**. A visit to the **Basilica of the Holy House** to savor a taste of the spirituality this place holds, and from there you're ready to head back to the sea, heading for **Numana**. The journey is over, and you can recharge your batteries with a hearty seafood dinner.

Numana IAT 071.9330612; Sirolo IAT 071.9330611; Osimo IAT 071.7836088;
Castelfidardo IAT 071.7822987; Loreto IAT 071970276

On the road to Rosso Conero

SIROLO - PORTONOVO - CAMERANO - SIROLO

The full-bodied and fragrant **Rosso Conero** wine, which finds its specificity in the hills stretching along the slopes of **Monte Conero**, is the theme of this itinerary that takes you pedaling up and down between seaside villages and towns nestled among the hills.

We start from the coast in **Sirolo**, a small natural gem overlooking the sea with its enchanting **Blue Flag** beaches, and climb along the Conero state road towards **Portonovo**. The first town we pass is **Poggio**, which in the Middle Ages was part of the defense system of the city of **Ancona**. From here, following a series of sharp bends, we arrive at the crossroads that leads to the bay of **Portonovo**. A recommendation: take a small detour to the right and explore this bay that opens onto the Adriatic Sea between wild beaches and picturesque coves. After feasting your eyes and taking a dip in the bluest water, we get back in the saddle towards Varano and from there we descend towards the hills of **Camerano**, a small village in the Conero hinterland that every late summer celebrates its wine with a huge party full of tastings and smiles. Along the way, you'll pass **wineries, and food and wine detours are permitted.**

On the way to Camerano, stop by the **Grotte (caves)**, a dense network of underground passages steeped in symbolism and mystery. Back in the saddle, head back to **Sirolo**, this time ascending through the wide expanses of hills in the Svarchi area, before rejoining the road to Sirolo.

Ancona IAT 071.358991; Sirolo IAT 071.933 0611; Camerano IAT 071.7304018



Type:

Cycle pathLength: **34.8****km****EASY**

Background:

Asphalt

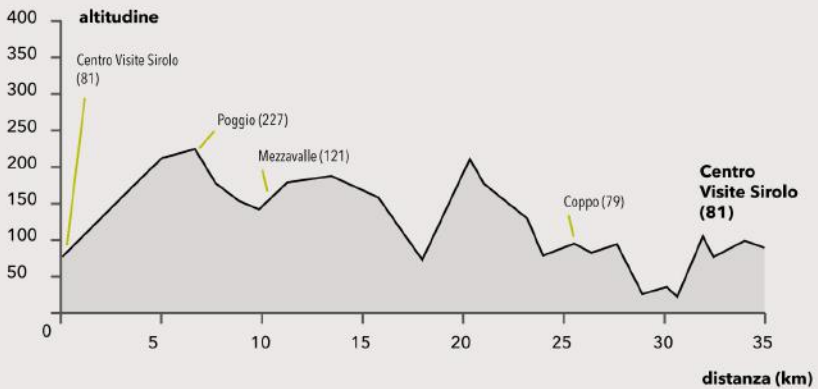
Average slope:

6 %

Max slope:

13 %

Difficulty



Among the hills of Val Nevola

SENIGALLIA - MONTERADO - CORINALDO BARBARA - ARCEVIA - SERRA DE' CONTI
OSTRA VETERE - OSTRA - SENIGALLIA

A 120km itinerary that takes you from **Senigallia** to the hilly villages of the Nevola Valley, among castles, stories, and legends. So, **get ready, saddle up, and go!**

From the **Senigallia** cycle path, head towards the hamlet of Cesano, continuing until the pine grove that opens onto the climb to **Monterado**, a village of very ancient origins. Climb up to the small square overlooked by the oldest houses and the castle, built on the ruins of an ancient parish church from the year 1000, renovated to a design by **Luigi Vanvitelli**. The castle, surrounded by a forest of pines, ancient oaks, laurels, and viburnums, will provide a welcome respite from the summer heat before setting off for the next stage.

Crossing the hamlet of Croce, you climb up to the picturesque villages of **Castelcolonna and Ripe**. In Ripe, a town of crafts, you absolutely must let the artisans guide you through the magic of their workshops; from the fairy of the magic thread, to the candlemaker of tears of light, or the blacksmith of nostalgia, you will rediscover the magic of a world of ancient knowledge. We continue along the gently undulating Nevola Valley to **Corinaldo**, a charming village enclosed by ancient walls rising up to 18 meters high. The streets of this village are filled with the most fascinating and bizarre stories of the entire Marche region. In the surroundings of **Corinaldo** you can visit the Sanctuary of **Santa Maria Goretti**, built on the site where the holy child was born.

Then continue to **Barbara**, a typical village with its ancient walls and from here you reach **Arcevia** with its fortress dominating the other villages around it, the subject of another fortress-to-fortress itinerary. Back in the saddle, at the Conce junction in the roundabout, take the second right and climb steeply up to **Serra de' Conti**, with its medieval walls and the imposing **Monastery of Santa Maria Maddalena**. From there, it's a steep descent through the hillsides to **Ostra Vetere**, and then to **Ostra**, which dominates the Misa Valley from above with its imposing walls and charming historic center. The ride has been long and tiring; it's time to get back on the road to Senigallia and its velvety beaches.

Type:
Cycle path

Length: **120**
km

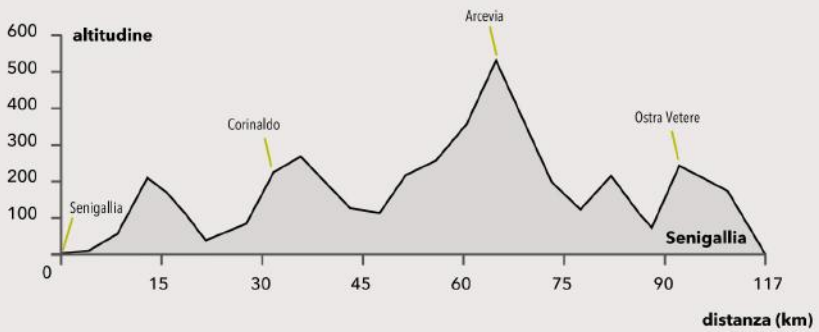
Background:
Asphalt

Average slope:
6 %

Max slope:
13 %

DIFFICULT

Difficulty



MBT

FOR THOSE WHO LIKE DIRT ROADS

CYCLING IN THE PROTECTED AREAS OF CONERO

15,50 km - FACILE

Mount **Conero** is crisscrossed by a dense network of mountain bike trails, pedaling through holm oak forests and the characteristic features of this natural area. The summit is reached by climbing the **Stradone Sant'Andrea**, and from there, a dirt road leads to the heart of the park: the Pian di Raggeti panoramic point.

From this point, you can choose one of the many trails that wind through nature, varying in difficulty. You can climb up to the **Camaldolese Monastery** and then descend from the **Passo del Lupo**, where you'll have the most beautiful view of the **Due Sorelle**, the twin rocks that jut out into the crystal-clear sea.

For information on excursions and maps, Forestalp Sirolo 071.9330066



ANCONA 05

CYCLE TOURISM

53 Km

HALF

ARCEVIA AND ITS CASTLES

ARCEVIA - CAUDINO - PALACE - SAN PIETRO IN MUSIO - NIDASTORE - LORETELLO
MONTALE - PITICCHIO - CASTIGLIONI - OVACELLI

Arcevia is the main town in this magical land that, from rock to rock, will lead you to discover the **Misa and Nevola valleys**.

We start right from **Arcevia** which still has a walkable city wall, enjoy the center of this village by visiting the Collegiate Church of **San Medardo** and **Palazzo Anselmi**, a visit to **Giardino Leopards** for a selfie from the panoramic viewpoint of the **Apennines**.

We begin our ride through the rolling hills to discover the other nine castles. The first is **Caudino**, with its fifteenth-century walls that witnessed the battle between the Guelphs and Ghibellines for possession of these lands. From here, we climb up to **Palazzo**, perhaps the most characteristic castle of the entire circle, as it still retains its ancient medieval structure.

Crossing these rural landscapes of hedges and oaks, interspersed with small Madonnas in their sacred shrines, you come across the small fortress of **San Pietro in Musio** and continue on to **Nidastore**, the nest of the goshawks, the hunting falcons of the Middle Ages.

We continue our tour by reaching **Loretello**, the oldest of the ten castles, whose walls are considered one of the finest examples of military architecture in the Marche.

We are approaching the border with **Serra de' Conti** and here we encounter the village of **Montale**, perched on a circular hill.

Let's get back on the road because we still have some important stops to go, such as **Piticchio**, which hosted an edition of the Dutch Big Brother and has since become synonymous with the Italian lifestyle for the Dutch, who vacation here every year. From Piticchio, head southeast to **Castiglioni**, and then finish this day strolling through the Middle Ages by climbing the impregnable hill of **Avacelli**, home to its castle dating back to 1400.



From the Frasassi Caves to the sea of Falconara

GENGA - SAN VITTORE ALLE CHIUSE - SERRA SAN QUIRICO - ANGELI DI MERGO
CASTELBELLINO - RIPA BIANCA DI JESI - FALCONARA

Warm up your calves because we're pedaling and setting off on an exciting two-wheeled tour, from the hinterland to the coast! The meeting point is the station in **Genga**, a unique town within a nature reserve that houses the **Frasassi Caves**. Rich in charm and attraction, the Frasassi Caves are the most important underground complex in Europe, located in the heart of the Gola della Rossa and Frasassi Regional Natural Park.

Enchanted by a particularly fascinating landscape, through woods and paths you will arrive in the hamlet of San Vittore alle Chiuse, where you can admire the limestone abbey of the same name or stop for a spa treatment at the **Terme di San Vittore**.

Continuing along the route, about 15 km from Genga, you reach the medieval village of **Serra San Quirico**, perched on a rocky ridge at the entrance to the Gola della Rossa Regional Natural Park.

After a stop in **Angeli di Mergo** to admire the numerous archaeological finds of Roman origin, continue on to **Castellinello**, one of the fourteen castles that stand in the Vallesina, the vineyard-rich area that extends from **Serra San Quirico** to **Rocca Priora**, the castle near **Falconara Marittima**.

But before relaxing in the castle gardens, make one last effort to visit the WWF Oasis at Ripa Bianca di **Jesi**, a protected area crossed by the Esino River. Among the trees and reeds, you can admire one of the few heronries in the Marche region, and in spring, you'll have the privilege of witnessing the spectacle of the herons that nest and breed here.

Genga Frasassi Consortium 0732.97211; S. Vittore Terme Information Office 0732.90080; Gola della Rossa and Frasassi Natural Park 0731.86122; Angeli di Mergo Tourist Information Office 0731.814820; Castellinello Tourist Information Office 0731.70165; Jesi Ripa Bianca Oasis 0731.619213; Falconara Marittima Tourist Information Office 071.910458

Type:
Cycle path

Length: **54**
km

EASY

Background:

Asphalt

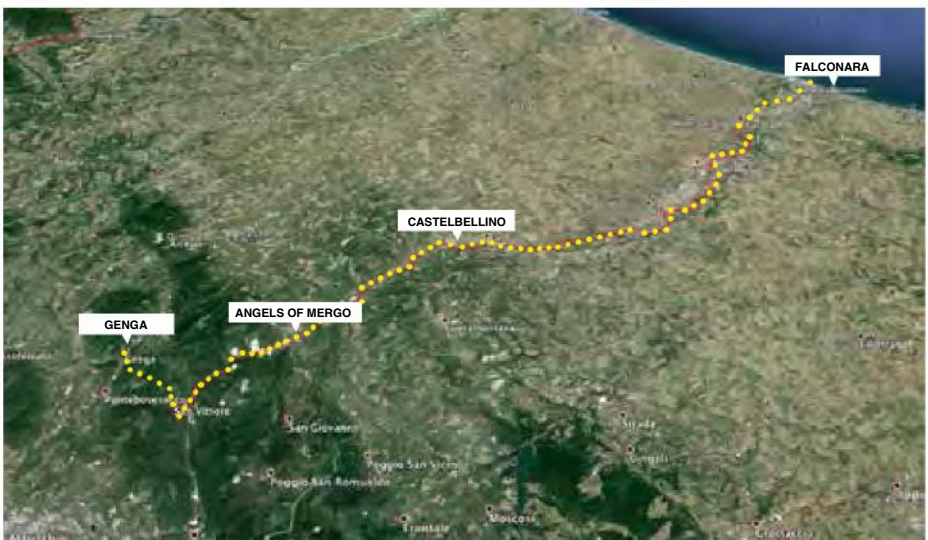
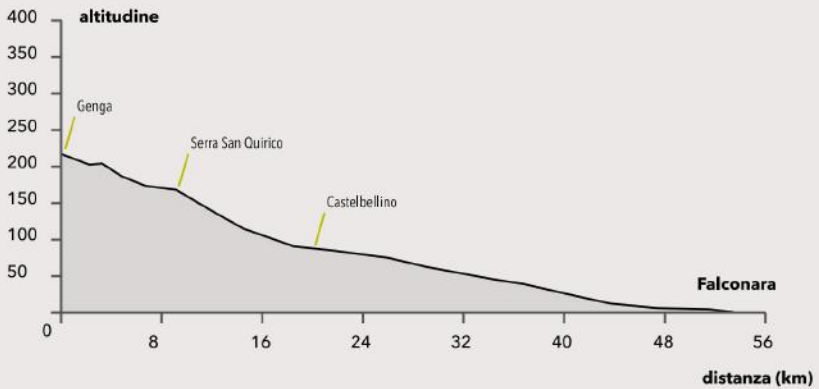
Average slope:

0,4 %

Max slope:

29 %

Difficulty



Among ancient abbeys, woods and rocky mountains

SAN QUIRICO - GOLA DELLA ROSSA NATURAL PARK

The route you're about to embark on is one of the most scenic and beautiful cyclists have ever undertaken. The treasure you'll discover at the culmination of your journey is the natural wonder of the **Gola della Rossa**, a natural park with hidden caves and enchanting scenery.

The starting point is **San Quirico**, where you can visit the **Abbey of San Elena**, a magnificent Romanesque-Gothic building overlooking the Esino Valley and containing the remains of the ancient Benedictine monastery. Continue on toward the **Gola della Rossa**, crossing the eponymous **natural park**, one of the most beautiful protected areas in the Marche region. The park is a natural oasis where streams, sulfur springs, rocky cliffs, and underground caves create an unparalleled natural spectacle. Among the pristine nature of this place, you might spot a bird of prey such as the peregrine falcon or encounter a hedgehog, the animal that symbolizes the park.

The majestic rock masses rising among the trees, the streams, the beauty of the fauna, and the wonders of the underground caves, including those of Frasassi, offer the visitor a nature trail of rare beauty. Bring a camera; the scenery deserves to be immortalized.

Fabriano I.A.T 0732.625067



Type:
Cycle path

Length: **51.3**
km

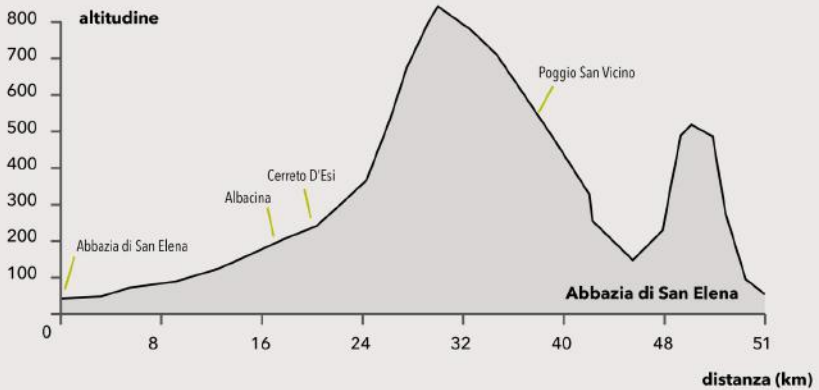
MEDIA

Background:
Asphalt

Average slope:
1,6 %

Max slope:
22 %

Difficulty



AMONG THE WOODS AND SPIRITUALITY IN VALLEREMITA

FABRIANO - VALLEREMITA

Begin your ride from the ancient churches and Benedictine cloisters of **Fabriano**, a town nestled in the valley between the Umbrian and Marche Apennines, famous for its fine paper. Fabriano is a medieval town that owes its name to blacksmiths, as evidenced by the city's emblem.

There are many things to see: the Cathedral of San Venanzo, an important museum of Mannerist and Baroque art; the Abbey of Montecassino, which houses works by De Magistris; and the imposing Palazzo del Podestà, which stands in the typically medieval square. Pedaling along the hills, prepare to climb to **Valleremita**. From the village, you'll see the delightful bell tower looming and breathe in the fresh mountain air. In this isolated and almost remote spot, **the hermitage of Santa Maria di Vadisasso is hidden**, an ancient fortress nestled in the woods in the narrowest part of Valleremita.

Legend has it that Saint Francis passed through this hermitage. It's worth getting off your bike and visiting this fascinating place.

Fabriano I.A.T 0732.625067



ANCONA 09

CYCLE TOURISM

21,2 Km

DIFFICULT

BETWEEN MEDIEVAL VILLAGES AND MOUNTAIN TRAILS

FABRIANO - MONTECUCCO

Leaving from **Fabriano**, you'll need a sturdy mountain bike to reach the summit of **Monte Cucco**, a protected area marking the border with Abruzzo, where you can explore adventurous dirt trails through the beech forests that give breath-taking views of the park of the same name.

Here you can explore a dense network of paths, mule tracks, and dirt roads that offer endless possibilities. Now, after the long climb, you can stop **at the Hermitage of San Girolamo**, a secluded dwelling perched on the summit of the mountain, nestled in a limestone outcrop overlooking the dense woods.



ANCONA 10 CYCLING TOURISM

Where the mountains meet the clouds

ALBACINA - POGGIO SAN ROMUALDO ELCITO - SAN VICINO

The route you'll be taking is designed for truly fit cyclists who enjoy a challenge, especially the final stretch towards **Elcito**, where the climb is quite demanding. However, the spectacular scenery you'll witness will suddenly make your journey seem less tiring.

Starting from **Albacina**, begin pedaling towards Fabriano, reaching the summit of **Poggio San Romualdo**, where you'll find the village of the same name nestled among the lush greenery. The view is spectacular, and the clouds will seem to settle delicately over the surrounding mountains. Continuing, you might choose to detour to **Pian dell'Elmo**, passing through **Val di Castro**. As you ascend to San Giovanni, stop to visit Pricicchie Castle, a remote fortress that still retains its medieval charm.

As you pass through **Apiro**, a charming village nestled in the mountains of the Macerata province, take a break at **Lake Castreccioni** in Cingoli, the ideal place to recharge your batteries before the steep climb to **Elcito**. Here, in the charming hilltop village overlooking the entire Valfucina valley, breathtaking views of **Monte San Vicino** await, in a timeless atmosphere. Elcito is a town steeped in history, preserving the mysterious atmosphere of the prison it once served.

You've reached the end of the trail. With your mountain bike, you can now turn towards Pian dell'Elmo and rejoin Poggio San Romualdo, where you began your journey.



Type:
Cycle path

Length: **67.4**
km

DIFFICULT

Background:

Asphalt

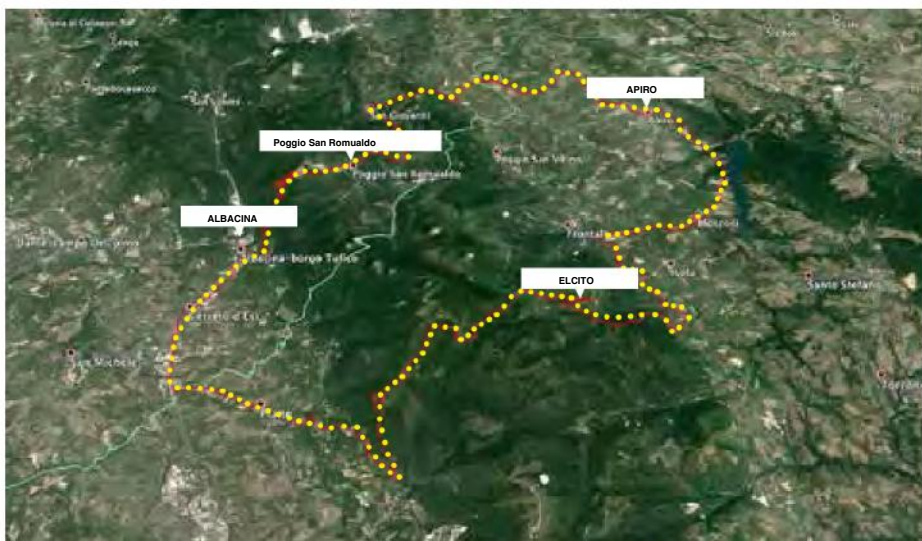
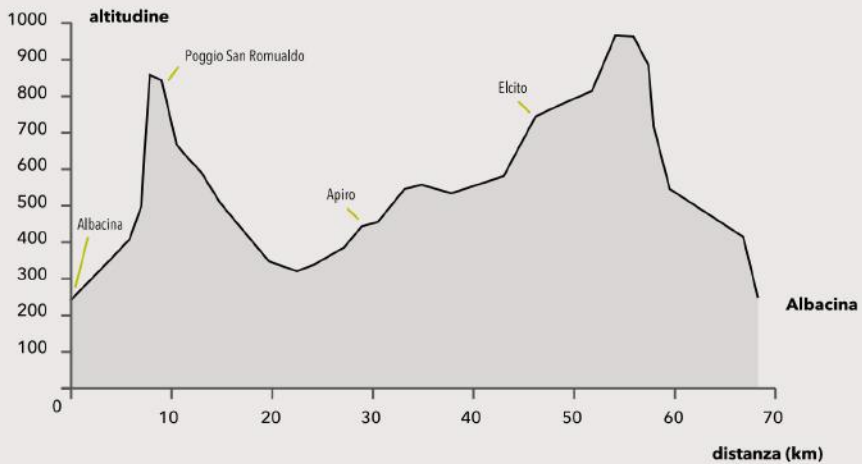
Average slope:

1,3

Max slope:

27 %

Difficulty



JESI: THE LAND OF VERDICCHIO AND CASTLES

JESI - CASTELBELLINO - MAIOLATI SPONTINI - CUPRAMONTANA

This itinerary follows the gentle ups and downs of the hills, passing historic fortifications and castles, geometric fields and **Verdicchio vineyards**.

Starting from **Jesi**, you'll take a journey down memory lane, into the Italy of lordships, wars, and histories of resistance. **Fourteen castles**, nestled in a horseshoe shape, surround the city of Jesi, each gently nestled in the hills. Traveling up the middle Esino Valley, the first castle you'll encounter is Castelbellino, enclosed within its imposing walls. Every year on December 8th, it lights the largest Christmas tree in the Marche region. From here, you can head back towards **Maiolati Spontini**, the birthplace of the famous composer **Gaspere Spontini**. Visit the House Museum where he spent the last years of his life, his birthplace, and finally the Church of San Giovanni, where his remains lie. Return to the saddle and head towards **Cupramontana**, famous for its Wine Festival, which draws large crowds every October.

Jesi IAT 0731.538420; Maiolati Spontini Info 0731.702972; Cupramontana Info 0731.786811



ANCONA 12

CYCLE LANE

11 Km

THE ROAD OF TREASURES

YES YOU CAN AND YOU ARE

A cycling and walking route that runs alongside the **Esino River**, leading you to discover this valley of hidden treasures in the orderly **Vallesina countryside**.

The starting point is **Moie** (Via della Chiusa/Parco dei Caduti di Nassiriya), where, amidst monuments and churches, one can breathe the history of a city of reserved elegance. The city's emblem is **the Abbey of Santa Maria**, built amidst a forest on the left bank of the Esino River, in a typical moja (marshy area) from which the city takes its name. Built of yellow sandstone and with a Greek cross plan, **Moie Abbey** is one of the most important Romanesque monuments in the region.

Following the irrigation canal parallel to the river, you reach **Pantiere**. From here, you join the municipal road and then take the cycle path again until you reach **Jesi**.

Jesi, the birthplace of **Frederick II of Swabia**, today preserves important artistic and architectural treasures, from the **Civic Art Gallery** to the **Palazzo della Signoria** and the **Pergolesi Theatre**.

The route, winding through the geometric patterns of the plowed fields, will reveal the evocative irrigation ditches scattered throughout the countryside, a legacy of the ancient irrigation system.

Maiolati Spontini Info 0731.70751; CIS 0731.778710; Jesi IAT 0731.538420



ANCONA 13

CYCLE LANE

15 Km

BY BIKE ALONG THE MISA RIVER TO THE BORDERS OF OSTRA

Saddle up on your bike, gear up, and pack a full water bottle, you're ready for an exciting ride through the **Senigallia hinterland!** We'll start from the **Della Rovere port** in Senigallia, after taking a beautiful souvenir photo next to the statue of Penelope, which stands at the farthest point of the eastern pier. Created by sculptor Gianni Guerra in 2004, the statue evokes stories, dreams, myths, and legends of the past: it portrays a graceful and charming Penelope awaiting the return of her Ulysses, and she will await you too! It's an easy route, although mountain biking is recommended, given the somewhat winding paths that wind through the flora and fauna along the banks of the Misa River, before ending in Senigallia and flowing into the Adriatic.

Pedaling inland for about 14 km, nestled on a hill overlooking the Misa Valley, you'll come across **Ostra**, the village known for its "**Night of the Sprengoli**," which every year, during Halloween at the end of October, comes alive with its picturesque, and at times slightly "horror-like," folk traditions. If you find yourself in Ostra on those nights, you might even encounter the sprengoli, the little spirits that disturb people in their sleep and whose presence is driven away by the celebrations.

Senigallia IAT 071.7922725; Oyster IAT 071.7989080

ANCONA 14

CYCLE LANE

5,8 Km

SEA BREEZE FULL OF LUNGS, ON THE CESANO SEASIDE PROMENADE NORTH OF SENIGALLIA

If you want to enjoy a long, relaxing ride, breathing deeply with a friend or two, we suggest you ride along the seafront of **Senigallia**, repeatedly awarded the **Blue Flag** for its splendid velvet beach.

About 4 km north of Senigallia lies the hamlet of **Cesano**, a long-standing tourist destination for those who choose to spend their summer holidays on the Adriatic coast. Cesano di Senigallia boasts a wonderful paved seafront promenade, ideal for exploring on two wheels. If you're unsure how many kilometers you've traveled during your coastal itinerary, the special plaques placed every 500 meters along the cycle path will be a great help, indicating the distance from the Della Rovere tourist port in Senigallia.

Senigallia IAT 071.7922725

ANCONA 15

CYCLE LANE

11,8 Km

FROM SENIGALLIA, HEADING SOUTH

For a two-wheeled tour just steps from the sea, the ideal meeting point on your bike is **Rotonda a Mare**, an elegant seaside structure built on the water, offering a unique view of the sea stretching to the horizon. You'll cycle south for twelve kilometers, following the coastline and crossing the municipality of **Marzocca**, the town devoted to Saint Anthony of Padua, in whose honor a picturesque sea procession takes place in June. The beach here is pebbly, and in the summer it's a popular tourist destination.

Continuing, you'll reach the small hamlet of Gelso di **Montemarciano**, located 54 meters above sea level. After pedaling for about 2 kilometers, you'll reach Marina di Montemarciano, an ancient Roman settlement, as evidenced by the discovery of Mandracchio, a 15th-century structure used as a post station and a place to change horses, right along Strada Statale 16. After this bike tour, if you're feeling peckish, we recommend returning to Senigallia for a well-deserved seafood meal!

Senigallia Tourist Information Office 071.7922725; Montemarciano Tourist Office 071.9163316

ANCONA 16

CYCLE LANE

74 Km

FROM FALCONARA MARITTIMA TO CHIARAVALLE

For a wellness ride on your bike, we suggest you take the bike path that begins in a charming green area spanning twelve hectares along the left bank of the Esino River: **the Cormorano Park**. This peaceful oasis, rich in flora and fauna, is part of the municipality of **Falconara Marittima**, the city of refineries, a few kilometers from Ancona, heading north toward **Senigallia**. Cyclists will be delighted to take a short break at the two lakes nestled within the park to observe the many enthusiasts who practice sport fishing here. Right inside the Cormorano Park, amid the lively chirping of goldfinches, a 6 km bike path winds its way, ending near the Via La Retta viewpoint in **Chiaravalle**, the birthplace of Maria Montessori.

But before reaching **Chiaravalle**, we suggest stopping in the hamlet of Rocca Priora, located about 4 km from **Falconara Marittima** and home to a picturesque medieval castle, complete with drawbridge and gardens. This fortress was a true bastion for the city of **Ancona for centuries**, defending it from enemy incursions from the north. So now all that's left to do is continue towards **Chiaravalle**: following the bike path, you'll come to the historic Manifattura Tabacchi, one of the region's most important industries, making Chiaravalle the home of tobacco processing since 1759.

Falconara Marittima Tourist Information Office (IAT) 071.910458; Chiaravalle Tourist Information Office (Pro-Loco) 071.9499283



MACERATA

Discovering the Macerata area, including **ancient villages, mountains, and the coastline.**

The Province of **Macerata** offers some of the most evocative and picturesque itineraries. From the **Sibillini Mountains**, which have always attracted cyclists with their stunning natural scenery, to the history, **art, and culture of medieval villages, to lively seaside resorts.** Some of these routes will not be easy, but the wonders of the area will reward your efforts.



MACERATA 01

CYCLE TOURISM

24 Km

DIFFICULT

A CLIMB FROM THE TIRRENO-ADRIATIC SEA

SAN GINESIO - SARNANO - SASSOTETTO

The route you are about to take is among the most difficult and represents the classic trophy that every cycle tourist would like to have in their palmarés.

The route begins in **San Ginesio**, an ancient village immersed in the Sibillini mountains, also known as the "Balcony of the Sibillini" for its panoramic position. Continuing toward **Sarnano**, you'll be captivated by the beauty of its medieval historic center and characteristic terracotta buildings. From here, you reach **Sassotetto** via a rather challenging climb: a well-known slope leads up from the town of Sarnano, or you can choose an even more challenging route passing by the Convent of San Liberato. In any case, don't take the climb lightly. This stretch was arduous even for Tirreno Adriatica cyclists.

San Ginesio IAT 0733.652056; Sarnano IAT 0733.657144

MACERATA 02

CYCLE TOURISM

24 Km

EASY

AMONG THE STREAMS AND WOODS OF THE UPPER MACERATESE AREA

SEFRO - PIORACO - FIUMINATA

For nature and greenery lovers, **Sefro** offers truly stunning landscapes. Trout, a characteristic of the area, populate the Scarsito stream, which flows through the Sefro Valley to the Montelago plateau and the Scurosa Valley.

Along the stream, where its waters flow into the Potenza River, lie two villages nestled in the quiet valley: **Pioraco** and **Fiuminata**. The woods, from which medieval fortresses and fortifications emerge, make these places popular scenic destinations for vacationers.

From here the road begins to climb gently up to Fonte Brescia, where you can stop pedaling and walk to the mouth of the Potenza River.

Pioraco Municipality 0737. 42142; Fiuminata Municipality 0737.54128

In the heart of the Sibillini Mountains

VISSO - CASTELLUCCIO - CASTELSANTANGELO SUL NERA - VISSO

The route, one of the most difficult in the upper Macerata area, which reaches the heart of the Sibillini Mountains starting from Visso, will reward you with truly spectacular scenery.

We begin in **Visso**, a mountain village with a precious historic center where some of **Leopardi's most important manuscripts**, including *The Infinite*, are preserved. If you feel a little peckish while pedaling, stop to taste **Ciauscolo**, a typical salami from the Marche region. Continuing uphill towards Castelvacchio, you pass through **Preci**, an Umbrian town with a medieval past on the edge of the Sibillini National Park. Passing through **Forche Canepine**, a strenuous climb begins towards **Castelluccio di Norcia**. This small Umbrian village, perched on the Piani di Castelluccio plateau from which it takes its name, **offers unforgettable views**.

The scenery of **Pian Grande** and **Pian Perduto** is extraordinary in the midst of the spring flowering where poppies, cornflowers and daisies paint the plateau with bright colours.

Opposite lies the highest peak in the Marche region, **Monte Vettore**, which encloses **Lake Pilato at its summit**. From Cima del Redentore, the highest peak in Umbria, you have a breathtaking view of the Castelluccio plains. The Sibyl **'s Cave** is fascinating, inhabited, according to legend, by a sorceress. The trail ends in **Castelsantangelo sul Nera**, where you can quench your thirst at the mouth of the **Nera River**. You are in the heart of the **Monti Sibillini National Park**.

Visso Town Hall 0737.9386; Castelluccio Information 0743.71147;
Castelsantangelo sul Nera Town Hall 0737.970.039



Type:
Cycle path

Length: **79**
km

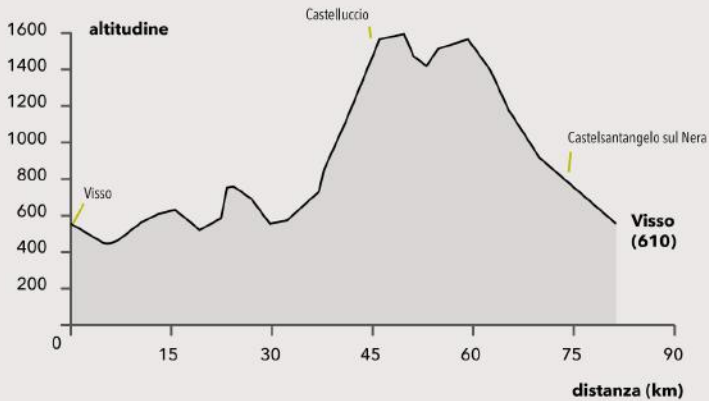
Background:
Asphalt

Average slope:
1,9 %

Max slope:
28 %

DIFFICULT

Difficulty



The breathtaking scenery of the upper Macerata area

TREIA - CINGOLI - ELCITO

A charming but equally challenging route is the one that from Treia, a citadel of rolling hills, reaches Elcito, a tiny village among the most picturesque in the upper Macerata area.

We start from **Treia**, a municipality located in the Macerata countryside, which still preserves its history as an ancient Roman city, and proceed towards **Chiesanuova di Treia** through a slightly flat stretch where car traffic is quite light.

Heading towards **Grottaccia**, a challenging climb begins toward **Cingoli**, a town so renowned for its views that it's been nicknamed **the "Balcony of the Marche."** On clear days, the terrace in Cingoli offers a sweeping view of the entire Marche region, from Montefeltro to the Ascoli Piceno area. In addition to the splendid view, Cingoli's castle walls enclose superbly beautiful squares, churches, and palaces.

Continuing towards **San Severino**, a steep climb begins that leads to a remote village perched at the foot of **Monte San Vicino, Elcito**.

What makes this place truly evocative are the breathtaking views of the **Fucina Valley** visible from the heights and the shape of the village itself, which seems carved into the rock. After the initial climb, the long descent begins that will take you back to **Treia**.

Treia Pro Loco 0733. 215919; IAT 0733.602444; San Severino IAT



Type:
Cycle path

Length: **83**
km

Background:

Asphalt

Average slope:

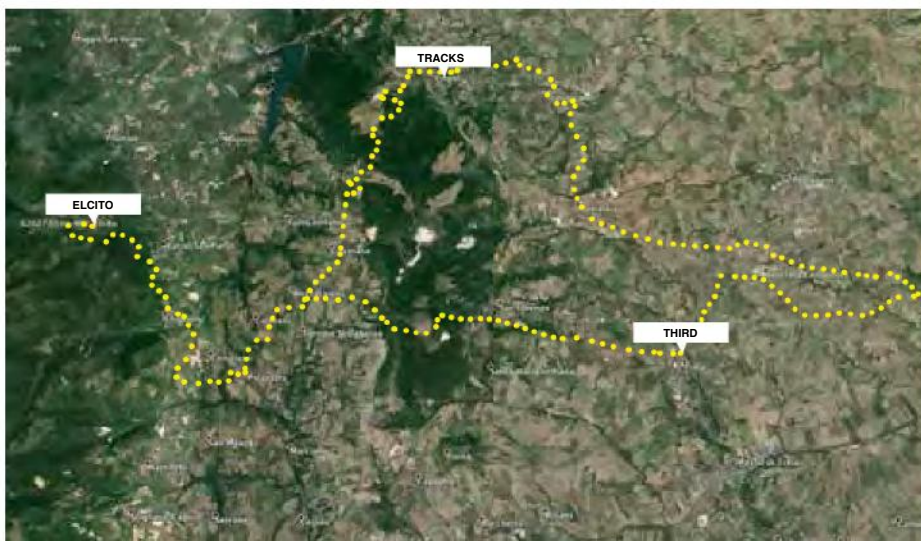
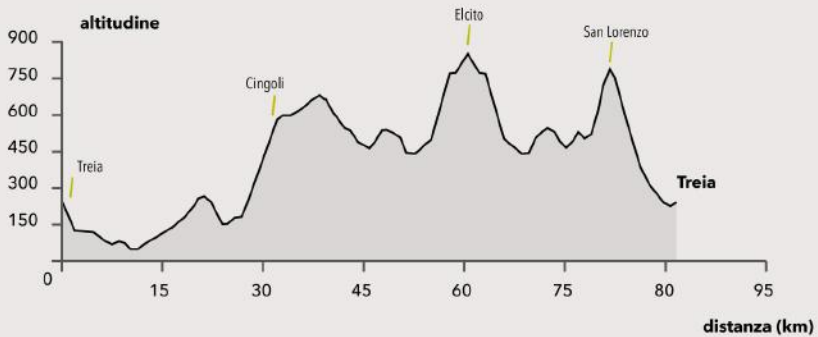
2 %

Max slope:

16 %

DIFFICULT

Difficulty







MACERATA 05

CYCLE TOURISM

40 Km

MEDIA

A PANORAMIC RIDE AMONG THE BLUE MOUNTAINS

RIPE SAN GINESIO - COLMURANO - CAMPOROTONDO DI FIASTRONE - BELFORTE DEL CHIANTI

In **Ripe San Ginesio**, an ancient village of Picene origins, pedal toward the imposing Rocca Leonina, the town's symbol. Continuing toward **Colmurano**, with its panoramic view of the Sibillini Mountains, you can stop in **Camporotondo di Fiastrone**, a secluded and peaceful spot nestled in the **Monti Azzurri** nature , where the Fiastrone stream flows, giving the town its name. In this oasis of tranquility, you'll find a visit to the Franciscan convent of **Colfano a pleasant experience**.

Descending toward **Belforte del Chianti**, you'll be immersed in the hills overlooking the river of the same name. Here, it's worth descending and **visiting Giovanni Boccati's Polyptych**, a jewel of Renaissance art from the Marche region.

Ripe San Ginesio Municipality 0733.656 022; Colmurano Municipality 0733.508 287

MACERATA 06

CYCLE TOURISM

60,5 Km

MEDIA

BETWEEN NATURE, ART AND ARCHITECTURE

FIASTRA - CALDAROLA - PIEVEBOVIGLIANA

A route for truly fit cyclists is the one around the lakes of the upper Macerata area. It's a challenging route, but one with remarkable scenic beauty.

We begin in **Fiastra**, a small village known for its lake of the same name and some of the most picturesque nature trails in the **Sibillini Mountains**. Stop to admire the breathtaking view of the **Lame Rosse**, ancient rocks with large pinnacles and a distinctive pink hue.

From here, head back to **Caldarola**, a town of ancient castles and fortresses that, in addition to offering exceptional scenery, boasts a remarkable historical and artistic heritage, thanks to the works of the renowned painter and sculptor Simone De Magistris, which adorn the town's many buildings. Returning to Fiastra, stop in **Pievebovigliana**, a small town on the edge of the Monti Sibillini National Park, boasting unique Romanesque churches.

Caldarola Town Hall 0733.905 529; Fiastra Tourist Information Office 0733.205042; Pievebovigliana Town Hall 0737.44126



Among vineyards and hills with autumnal scents

MATELICA - SERRAPETRONA - SAN SEVERINO

Pedaling through the charming rural hills of the Macerata hinterland, you'll be captivated by the autumnal scents of the Marche region's renowned vineyards. The route is challenging in the first section, then becomes easier towards the end.

Matelica, a city of Picene origins located at the mouth of the **Esino River**, boasts numerous monuments and places of historical and artistic interest, as well as **Verdicchio**, a native and renowned wine in Italy. Descending from the city, towards **Gagliole**, prepare for a challenging climb towards Crispiero, a hamlet of **Castelraimondo** with about 200 inhabitants. In this small village, which retains its rural intimacy, you can proceed at a relaxed pace.

From **Crispiero**, a very steep descent begins, taking you from **Monte d'Aria** (the highest peak on the entire route, at 750 meters) towards **Serrapetrona**. Heading towards Villa d'Aria, continuing along the plateau, a visit to the "Padre Francesco de Vico" astronomical observatory is recommended.

Once you reach Serrapetrona, you'll see the expanses of vineyards that produce **Vernaccia**, a **DOCG sparkling wine** produced exclusively in this area. Continuing downhill, you'll reach **San Severino Marche**, with its charming 13th-century piazza. Worth seeing is the tower of the medieval castle, 40 meters high and slightly leaning, which stands out in the historic center as a symbol of the city.

Matelica Pro Loco 0737.85671; Serrapetrona Town Hall 0733.903417; San Severino Pro Loco 0733.638414



Type:
Cycle path

Length: **40.3**
km

DIFFICULT

Background:

Asphalt

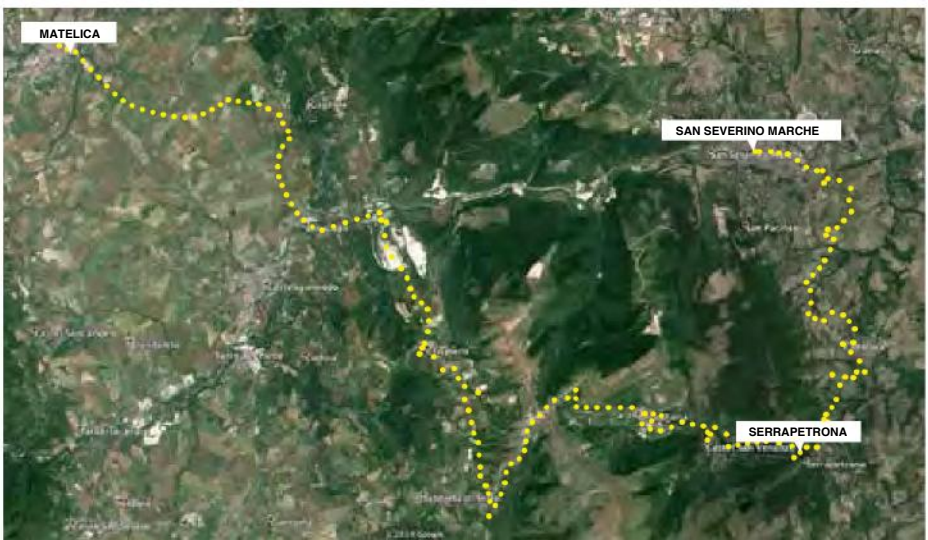
Average slope:

2 %

Max slope:

15 %

Difficulty



Traveling between history and poetry you reach the sea

TOLENTINO - POLLENZA - MACERATA - RECANATI - PORTO RECANATI

This medium-intensity route will take you through charming villages, rich in history, art, and poetry. The route is characterized by ups and downs, with a challenging climb halfway through. But at the end, you'll enjoy the descent toward the azure Adriatic sea.

The first place to discover is **Tolentino**, a city of art and culture. Its historic center is graced by the **Basilica of San Nicola** and its extraordinary Cappellone, entirely covered in 14th-century frescoes.

Warm up for the climb to **Pollenza**, a town renowned for its antique furniture restoration, where you'll find **the Rambona Abbey**, the village's oldest monument, dating back to the Lombard era.

After several ups and downs at the gates of **Macerata**, you'll be captivated by the art and history of this wonderful city. Its narrow streets conceal museums, monuments, and majestic palaces: the Carriage Museum in Palazzo Bonaccorsi, the Palazzo dei Diamanti and Palazzo Ricci, and **the Sferisterio Arena**, a monumental structure and home to the Macerata Opera Festival. If you're a poetry lover, **Recanati** will perfectly complement your itinerary! Birthplace of Giacomo Leopardi, Recanati invites you to visit the palace where the celebrated poet was born. Not far from Leopardi's house, you can admire the horizon from the hill that inspired him in one of his most famous poems, "L'infinito."

Descending from the Recanati hills, you'll reach **Porto Recanati**, a charming seaside town with its characteristic colorful fishermen's houses. Here, after a long ride, you can indulge in a traditional fish dish: **Brodetto**, the recipe for which has yet to be revealed by the people of Porto Recanati.

Type:

Cycle pathLength: **65.4****km****MEDIA**

Background:

Asphalt

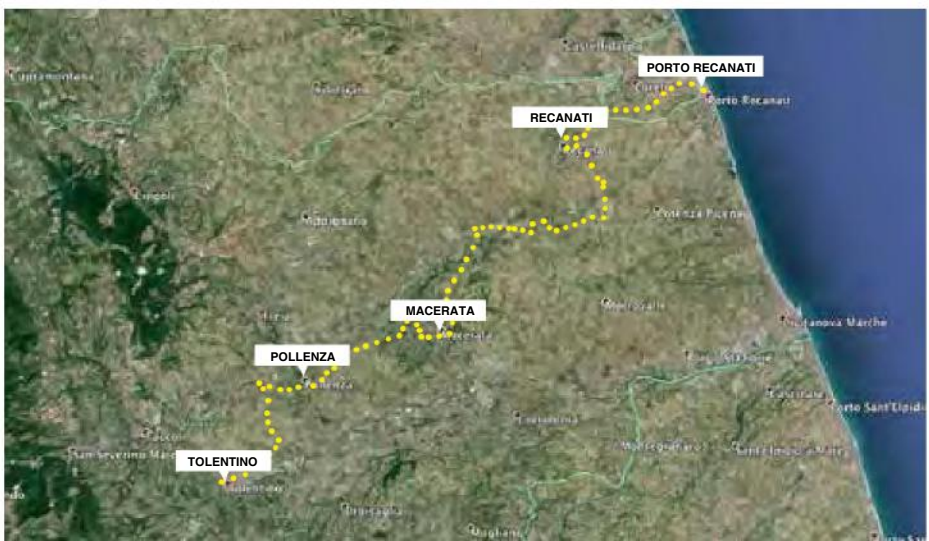
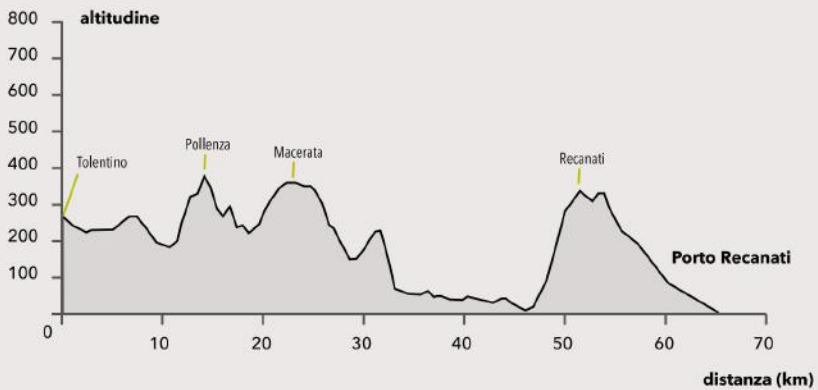
Average slope:

1,8 %

Max slope:

16 %

Difficulty



Between history, nature and relaxation

TOLENTINO - URBISAGLIA - FIASTRA ABBEY

Guided by the monuments of the Chienti and Fiastra valleys, you'll embark on a route that's not particularly challenging from a cycling perspective, but certainly captivating from a historical and naturalistic perspective.

The first stop is the **Castello della Rancia**, an imposing fortress in the Chienti plain, a short distance from the center of Tolentino. Inside, you can visit the **Urbs Salvia Civic Archaeological Museum**, which displays important Picene artifacts.

Watching the increasing traffic heading towards **Urbisaglia**, you'll find the Urbs Salvia Archaeological Park, a 40-hectare archaeological site among the largest and best-preserved in Central Italy. Urbisaglia boasts such an immense history that its ancient remains were even mentioned by the great Dante Alighieri. In addition to the museum, don't miss visits to the Roman aqueduct reservoir, the Rocca di Urbisaglia, and **the amphitheater**, where, even today, you can attend ancient theater performances during the summer.

Pedaling gently across the plain, you'll glimpse **the Abbey of Santa Maria di Chiaravalle di Fiastra**, the ancient 12th-century Cistercian monastery nestled in the **Fiastra Abbey Nature Reserve**. In this natural oasis where flora and fauna coexist harmoniously, leave your bike and stretch out on the grass in the sun, completely relaxing.

Tolentino Tourist Information Office 0733.972937; Fiastra Tourist Information Office 0733.205042; Urbisaglia Tourist Information Office 0733.506566



Type:
Cycle path

Length: **16.5**
km

EASY

Background:
Asphalt

Average slope:
6 %

Max slope:
20 %

Difficulty



MACERATA 10

CYCLE TOURISM

83,8 Km

MEDIA

BETWEEN VILLAGES AND UNIVERSITIES

MACERATA - MOGLIANO - LORO PICENO - SAN GINESIO - CALDAROLA - CAMERINO

Both due to the number of climbs and the constant ups and downs, the route to discover the universities of the Macerata area is quite arduous. So don't take this route lightly.

The first stop is in **Macerata**, where in Piazza della Libertà you'll find the University of Law, the oldest and most prestigious in the Marche region. Continuing towards **Sforzacosta**, passing **the Abbey of Santa Maria di Chiaravalle di Fiastra**, follow the signs for Petriolo. Not far from Petriolo, you'll find **Mogliano**, a village of artisans, and **Loro Piceno**, home of cooked wine. After the steep climb to **San Ginesio**, you can enjoy a rest in **Caldarola**, on the shores of Lake Caccamo. A few more kilometers and you'll reach **Camerino**, a city with a glorious history whose pride and joy is its University, one of the oldest in Italy, along with that of Macerata.

Macerata Tourist Information Office 0733.234807; Mogliano Town Hall 0733.557771; Loro Piceno Town Hall 0733.509112; San Ginesio Town Hall 0733.656 022; Caldarola Town Hall 0733.905 529; Camerino Pro Loco 0737.632534

MACERATA 11

CYCLE TOURISM

14,4 Km

EASY

DISCOVERING ANCIENT ABBEYS AND HIDDEN TREASURES

CORRIDONIA - MORROVALLE - MONTECOSARO

The route of the ancient abbeys is very pleasant both for the ease of the ride and for the historical wonders to discover. From **Corridonia**, descend towards the nearby town of **San Claudio**, where, pedaling along the charming cypress-lined avenue, you'll reach its distinguishing jewel: **the Abbey of San Claudio al Chienti**.

The church is a magnificent Romanesque architectural work, among the most important and well-preserved in the Marche region. The site is imbued with an even more mysterious allure when you consider the recent discovery of archaeological finds suggesting the **Tomb of Charlemagne**. Get back in the saddle and ride through the countryside of Morrovalle, a quiet hilly area with ancient fountains and typical farmhouses. As you pedal through the hills of Montecosaro, let yourself be intrigued by the history of the **Church of Santa Maria a Pie' di Chienti**, one of the most interesting religious monuments in Italy.

Corridona Pro Loco 0733.492937; Morrovalle Pro Loco 0733.222913; Montecosaro Pro Loco 0733.1870642

MACERATA 12

CYCLE TOURISM

62 Km

DIFFICULT

BETWEEN THE WALLS OF MACERATA AND ITS SWEET HILLS

MACERATA - APPIGNANO - MONTEFANO

From the walls of **Macerata** to the countryside of the surrounding villages, prepare yourself for a challenging itinerary. From the city walls of Macerata, braking down the slopes, you'll encounter **Villa Potenza**, the ancient Roman city of **Helvia Recina**.

Continuing inland, start pedaling as there are several climbs to be tackled before reaching **Appignano**. A center of artisanal and industrial activity, Appignano is known for its legumes and for the bandit gangs of the late 19th century. After several ups and downs, you'll reach **Montefano**, a scenic area with views of Recanati and Loreto. Just outside the town, you'll be struck by the imposing keep of Montefiore Castle.

Macerata IAT 0733.234807; Appignano Pro Loco 0733.57212; Montefano Pro Loco 0733.851169



For lovers of **cycle paths**

If you want to enjoy the pleasant hilly and maritime landscape while pedaling in complete relaxation, the cycle paths of Porto Recanati and Civitanova Marche are perfect for you.



MACERATA 13

CYCLE LANE

10 Km

FROM THE SEA OF SCOSSICCI TO THE HOLY HOUSE OF LORETO

PORTO RECANATI - LORETO

From the **Porto Recanati** camper service area, begin your ride along the bike path. Heading into the Scossici countryside, on the northern coast of the fishing village, you'll enjoy the hilly landscape and its scents. Once you reach the **Chiesetta della Banderuola**,

Continue toward **Loreto**. Once you reach the town, the destination of an important Marian pilgrimage, you can abandon your bicycle; it's worth climbing the **Scala Santa** (Holy Stairs) to visit the **Basilica of the Holy House**.

MACERATA 14

CYCLE LANE

13 Km

ALONG THE POTENZA RIVER TO THE SAN FIRMANO ABBEY

PORTO RECANATI - SAN FIRMANO

A relaxing route through the rolling hills of Recanati, it runs from **Porto Recanati** along the Potenza River to the small town of San Firmano, located at the foot of **Montelupone**.

Following the bike path, you'll reach, via a dirt road, the town of Chiarino di **Recanati**. Continuing toward **Montelupone**, stop at the Abbey of San Firmano, a true gem of Romanesque architecture that preserves a unique, steep central staircase.

MACERATA 14

CYCLE LANE

15 Km

FROM THE SEASIDE TO THE HILLS IN CIVITANOVA MARCHE

CIVITANOVA PORT - CIVITANOVA ALTA

Civitanova Marche is a lively town that, despite its busy streets, is easily explored by bike or on foot. There are several bike paths to explore. One route connects the northern waterfront to the center, allowing you to admire the sea and lively beaches. Another bike path is the Castellaro path, which gently climbs from the center toward **Civitanova Alta**, a medieval village with a rich cultural heritage and impressive buildings within its walls. If you're still not satisfied, you could explore the pedestrian and cycle path that runs from the stadium to the **Chienti River Park** and enjoy the tranquility of the riverside.



FERMO

Discovering the Fermo area between **sea, mountains, and hills**

The province of Fermo is a true gem, offering the beauty and refinement of its highly prized artistic and architectural works, the wonder of enchanting panoramas, and the magnificence of nature's creations. Enjoy your journey amidst its glimpses, vistas, towers, and bell towers!



FERMO 01

CYCLE TOURISM

32, 5 Km

AMONG SHOEMAKERS' WORKSHOPS AND UNIQUE VIEWS

MONTEGIORGIO - SAN PATRIZIO TOWER - MONTEGIORGIO

Montegiorgio is a hilltop town boasting an extraordinary panorama that stretches from the **Sibillini Mountains** to Abruzzo. As a local poet says in dialect, "...It's a town you love at first sight; those who don't have health will win it." In short, you're in one of those towns where you can still feel the family atmosphere of good-hearted people.

From **Montegiorgio**, climb toward **Torre San Patrizio**, the town of shoemakers. The Fermo district's shoemaking tradition began in private garages and later evolved into artisan workshops, making Italian style famous worldwide. At the start of the descent, prepare yourself for the spectacular **Church of San Lorenzo Martire** (a work by Valadier).

We return to Montegiorgio, pedaling through fields of sunflowers and taking in the relaxing tranquility of these places.

Montegiorgio Info 0734.952011; Torre San Patrizio 0734.510151

FERMO 02

CYCLE TOURISM

62,3 Km

AMONG THE CASTLES OF FERMANO

FERMO - S. ELPIDIO MORICO - MONTOTTONE - FERMO

Starting from **Fermo**, you descend towards Caldarette d'Ete along curves and roads that wind between the bright yellow of the sunflower fields and the bluest blue you've ever seen.

First stop: **Monsampietro Morico** and then **Sant'Elpidio Morico**, towns named after Morica, wife of Malugero Melo, son of the Dragon of Altavilla, in homage to the three children she gave birth to.

Continuing along steep, rugged climbs, you reach **Montottone**, a charming village perched on a hill overlooking the vast expanses of the Marche countryside. After a refreshing break in this place, where time seems to have stood still, you are ready to return to **Fermo**.

Fermo IAT 0734.227940; Montottone 0734.775135

Between villages and authentic flavors

PEDASO - CAMPOFILONE - MONTALTO - PEDASO

A route that passes through several villages, each perched on a hill and built in a time when it was essential to defend against the incursions of bandits from the valleys below. And just as for the bandits of old, conquering each stage is equally arduous, so here are the targets for your two-wheeled conquest.

Starting from the Town Hall of **Pedaso**, a seaside town in the Fermo province, following a quiet road lined with horse chestnut trees, you head towards **Campofilone**. The village of Campofilone is a labyrinth of narrow streets intertwined under barrel vaults, opening up unexpectedly to reveal an enchanting panorama stretching from the sea to the Sibillini Mountains. Here, you can savor the ancient culinary tradition of Campofilone maccheroncini, thin egg noodles best enjoyed with duck or fish ragù.

During the month of August, you can taste them at the festival dedicated to them. We then continue towards **Montefiore dell'Aso**, and after a short stop, we climb towards **Carassai**, where we can take a short break to visit the Rocca di Montevermine, an 11th-century castle. Continuing towards **Montalto**, we enter a noble-looking village that was the birthplace of Pope Sixtus V. Worth seeing are the cathedral and the watermill in the Aso Valley. We then continue towards Pedaso, reaching **Ortezzano**. You can decide to extend the route by continuing towards the center of Ortezzano, known in the cycling world for a stage finish of the **Tirreno-Adriatico**: 700 meters at a 12% gradient and another 400 meters at 20%. **Arriving near Pedaso, the sea begins to appear, and this intense day of discovery and cycling is drawing to a close.**

Pedaso Info 0734.931319; Campofilone Info 0734.932798; Montalto Info 0736.828002



Type:

Cycle pathLength: **67.4****km****MEDIA**

Background:

Street

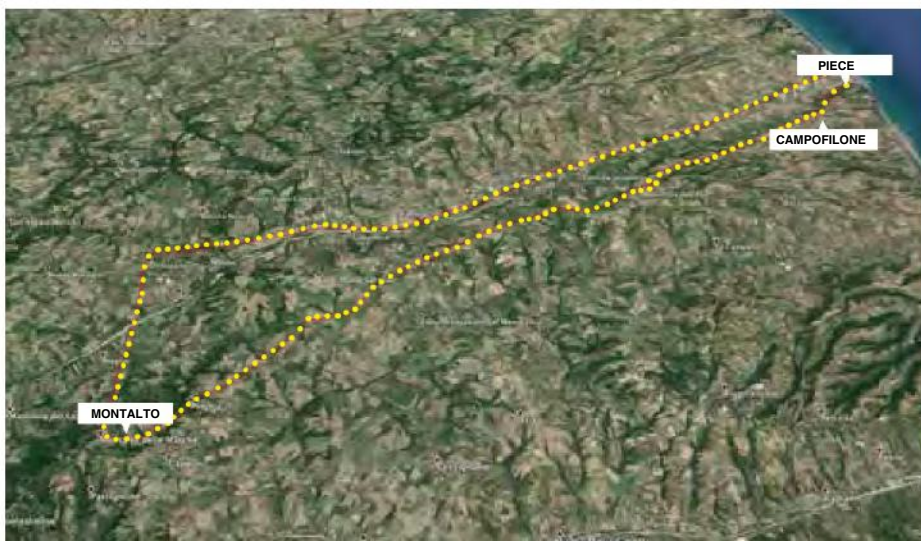
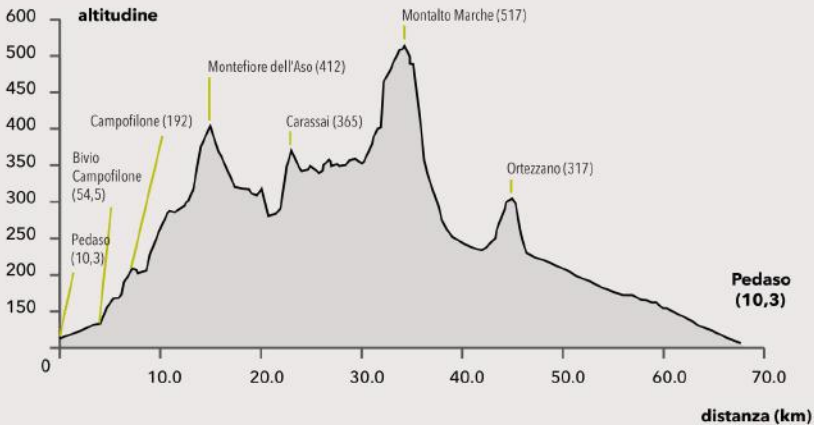
Average slope:

2,53 %

Max slope:

25 %

Difficulty



A ride between green and blue

PORTO SAN GIORGIO - PALM TOWER - PETRITOLI - PORTO SAN GIORGIO

A route that begins at the sea and ascends through the emerald green hills of Fermo, before descending back to the sea. It passes through small, quiet villages nestled in a magical atmosphere. We start from **Porto San Giorgio**, from the newsstand on the Adriatica highway, and saddle up for a flat ride away from traffic. After about 5 km, the climb begins towards the marvelous **Torre di Palme**, one of the Fermo province's sea castles.

A stop at the **lookout** and a selfie with this magnificent view as a backdrop is unmissable . A stroll through the city's narrow streets and then, if you wish, you can enter the **Cugnolo Forest** and visit the **Lovers' Cave**, where Antonio and Laurina hid in the early 1900s before the sad epilogue of their love story.

Now you are ready to resume the journey towards **Moresco** which, as the welcome sign announces, can be considered "one of the most beautiful villages in Italy".

Let your gaze wander around this landscape, from the emerald green of the fields to the intense blue of the sea. Entering **Moresco** is like entering a dreamy dimension, with brick houses, towers, chimneys, and windows colored by flowerpots. We then set off again for **Monterubbiano**, **Montegiberto**, and then **Petricoli**. Along the way, in the summer, as the Hay Festival approaches, you'll encounter many hay puppets reenacting scenes of rural life.

From here, the road continues back to **Porto San Giorgio**, stopping for a break at the **Church of San Marco** on the descent that leads to **Ponzano**.

The last few kilometers were the hardest, but it was worth it!

Porto San Giorgio Tourist Information Office (IAT) 0734.678461; Petritoli Tourist Information Office (IAT) 0734.658141



Type:

Cycle pathLength: **46.6****km****MEDIA**

Background:

Street

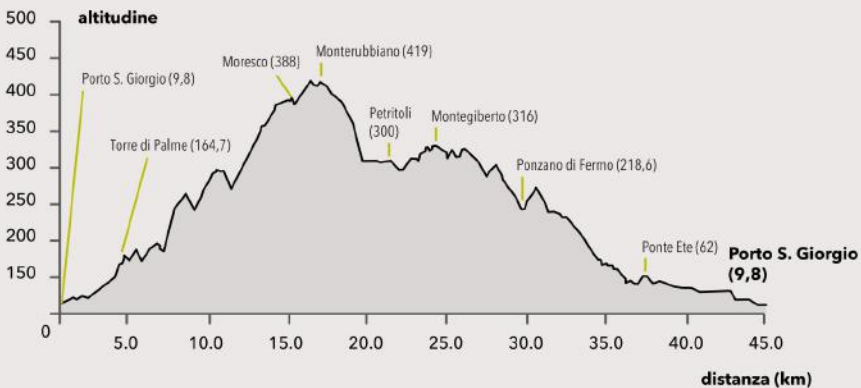
Average slope:

2,74 %

Max slope:

19 %

Difficulty



THE ENCHANTMENT OF THE SIBILLINI MOUNTAINS ON THE FERMANO SIDE

Nestled on a hilltop, surrounded by the **Sibillini Mountains**, **Amandola** is a town steeped in mountain air and the flavors of traditional cuisine. Indeed, after a long hike in Amandola, you can sit down at one of the many restaurants and savor some of the local mushroom and truffle dishes, not to mention the many wild boar-based dishes.

Amandola is often referred to as one of the gateways to the **Sibillini National Park**, or even better, the eastern gateway. This is where our journey to discover the traditions, fine food, and relaxing views **of the Apennines begins**.

Three itineraries that somehow touch on the town of Amandola, ideal for cycle tourists and those with slightly more trained legs.



A JOURNEY OF HISTORY, TRADITIONS, AND MIRACLES FROM AMANDOLA TO AMANDOLA PASSING THROUGH MONTEMONACO

Departing from the entrance to the town of **Amandola** ... and off we go, the journey begins. Oaks, holm oaks, and maples outline these roads, which descend rather rapidly, leaving behind the typical mountain pastures. The first stop on the journey is **Montefortino**, surrounded by mountains that rise to remarkable altitudes, reaching 2,000 meters. A break to stroll through the narrow streets lined with typical tower houses, with stables on the ground floor, living quarters on the first floor, and pigeon farms in the attic. We are in a village with a strong **farming and pastoral vocation**; pigeon farming was essential to the production of a fertilizer for the fields, the so-called **colombina**, made from the pigeons' excrement.

In Montefortino, spend a few hours visiting the enchanted forest where the Madonna appeared to little Santina, a mute baby from birth who, thanks to her devotion, regained her ability to speak. From the rock where the apparition occurred, the **Sanctuary of Ambro** later arose. Today, it is a place of prayer and serenity nestled in the quiet of the woods. The similarities to Lourdes are so many that **Montefortino** has even been nicknamed "**the Lourdes of the Apennines.**"

After this breath of fresh air, back in the saddle, we set off again, or rather, we climb towards **Montemonaco**. Montemonaco's fame is linked to the mythological figure of the **Apennine Sibyl**, whose cave lies within the town's borders. First, Berberino's Guerin Meschino and then the tale by the Frenchman de la Salle portrayed the Sibyl as a bewitching, almost diabolical creature. In fact, according to local tradition, both the Sibyl and her handmaidens are benevolent creatures, similar to fairies who descend into the valley to teach young girls how to spin. A tour of this magical place and we're off again towards Amandola, where we've reached our destination. Now you can sit down and savor some of the local cuisine.

Amandola Info 0736.84071; Montefortino Info 0736.859101; Montemonaco 0736.856141;
Sibillini Mountains Park 0737.9727

FERMO 06

CYCLE TOURISM

32, 5 Km

AMONG GEOLOGICAL FINDS AND NATURE

AMANDOLA - SMERILLO - S. VITTORIA IN MATENANO - AMANDOLA

From **Amandola**, head down towards the sea and after a few kilometers you'll see signs for **Smerillo**. Follow them and you'll arrive in this truly unique place, a village perched on a rocky ridge overlooking a unique panoramic view that ranges from the sea to the **Sibillini Mountains**, from Abruzzo to Conero... an unmissable spectacle!

But **Smerillo** is full of charm, its geological composition has led to the assumption that there was once a river here that flowed directly into the sea. Visit the local museum or the **Fessa** site (a deep crack in the rock through which only one person can pass at a time) and you'll see evidence that the rocks on which this inland village stands actually have marine origins.

We set off again and head towards a new valley. The view changes, and we glimpse **Mount Ascensione** . Between curves and fields of sunflowers, we arrive at **Santa Vittoria in Mantenano**. Once an important center of Farfa, don't miss the **Collegiate Church** , where the remains of **Santa Vittoria Martire** are still preserved. A stroll through the historic center and then we're ready to return to Amandola.

Amandola Info 0736.84071; Smerillo Info 0734.79454

**MBT****FOR THOSE WHO LIKE DIRT ROADS**

For those who want to delve into the nature of the **Sibillini Park**, there are numerous mountain bike trails starting from the **Gola dell'Infernaccio**, up to the hermitage of **San Leonardo**.

You can search for the mysterious **Apennine Sibyl** from **Montemonaco** to the **Grotta delle Fate**. All mountain bike trails within the **Sibillini National Park** can be found in the guide's section dedicated to the Park.



ASCOLI PICENO

From the city to discover **treasures** in the woods and **breathhtaking views**

Ascoli Piceno is the starting point for these itineraries, which depart from the city to places where you can still enjoy the silence and lose yourself in awe, observing the grandeur of nature.

The elegance and beauty of **Ascoli Piceno** are undoubtedly worth savoring with a visit to the city center, built almost entirely of travertine, from the majestic architectural work of Piazza del Popolo to the towers and noble palaces that define the city skyline. But just a few kilometers from the city lie hidden gems nestled in the quiet and gentle nature of the mountains.

ASCOLI 01

CYCLE TOURISM

30, 5 Km

MEDIA

DISCOVERING THE MOUNTAINS AROUND ASCOLI

ASCOLI - SAN MARCO - SAN GIACOMO - SAN VITO

Starting from **Ascoli** you reach the **hill of San Marco** and then climb towards the **Montagna dei Fiori**.

The first town you come across is **Piagge**, a visit to the characteristic little church in the woods is a must, as is the **Hermitage of San Marco**, completely clinging to the side of the mountain and accessible via a stone staircase suspended in the void above a ravine.

In these areas, monks and hermits, thanks to the unique terrain, have always found the ideal place for retreat in solitude. We set off again, in the saddle towards **San Giacomo**.

Passing chestnut groves, marble quarries, and pine forests, the climb is steady, but soon you'll see Mount **Vettore** and the **Sibillini Mountains**, and the view opens up to the sea. From here, you can decide to descend back towards Ascoli in a long, steep descent, or continue towards **San Vito**, passing through the wildest and most uninhabited area of the **Montagna dei Fiori**. Signs in dialect written on wooden boards lead to an immense white marble staircase, 230 steps, leading to a viewpoint dominated by the statue of the Madonna. From here, you descend back to the city and the sea, your eyes filled with these magnificent places.

ASCOLI 02

CYCLE TOURISM

46,9 Km

MEDIA

CLIMBING THE MOUNTAIN OF FLOWERS

ASCOLI - RIPE - SAN GIACOMO - ASCOLI

This time we climb from the left side of the **Montagna dei Fiori**, that of **Ripe**, along the **Piceno - Aprutina** state road that leads outside the borders of the **Marche region** towards **Teramo**.

You cycle with a magnificent view of the **Twin Mountains (Montagna dei Fiori and Monte Foltrone)** until the turnoff towards **Ripe**. The fortress of **Civitella del Tronto** can be seen in the upper left, which was an insurmountable bulwark between the Kingdom of Naples and the Papal States.

You cycle steadily uphill along the ridge of a mountain made of gorges, waterfalls and rock churches carved into the caves where hermits retreated.

The heart beats on this long and merciless road made of straights broken up by semi-curves, but the charm of the places is such: the view of the **Tronto valley** alone is enough for this day that ends with the return to **Ascoli**.

Ascoli Piceno IAT 0736.253045

Cycling in the land of brigands

ASCOLI - CASTEL TROSINO

Castel Trosino, a village with a unique atmosphere perched on a travertine cliff, became a refuge for bandits who raided the villages in the valley during the war for the conquest of the Kingdom of Naples.

The village is accessed through a single entrance, a wooden door through which you will enter the atmosphere of this village with its characteristic stone houses.

We leave from **Ascoli Piceno** station and from there we head towards **Valle Castellana**.

The climb begins at kilometer 2, leaving the last houses behind and going past the Palombare crossroads, passing under the overpass of the new Salaria and from here you head towards the **Castellana Valley**.

The first difficult sections begin: passing under the aqueduct bridge and the next two hairpin bends. At **Lago**, the road offers a certain respite, and on the right, you can already admire **Castel Trosino** perched high up, with the Abbey of San Giorgio behind it.

At kilometer 5.9 the ramps begin again, on the left you can see the top of the **Montagna dei Fiori**.

About a kilometer from the finish line you will find signs for a Necropolis (a mandatory stop).

And here we are at the arrival, now you are ready to delve into the atmosphere of this village where time seems to have stopped.

Ascoli Piceno IAT 0736.253045



Type:

Cycle pathLength: **7 km****EASY**

Background:

Asphalt

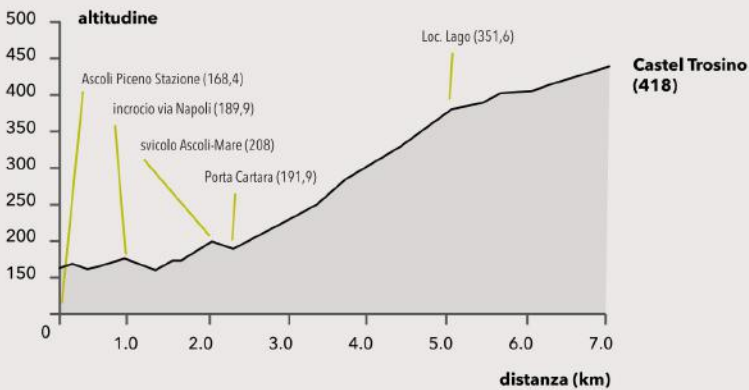
Average slope:

6 %

Max slope:

35 %

Difficulty



Retracing the ancient Via Salaria

The ancient **Via Salaria** was built by the Romans to connect **Rome** and **Porto d'Ascoli** for the transport of salt **from the Adriatic Sea** to the capital. Today, the Marche stretch of the **Salaria** is lightly traveled by traffic, which has been diverted to bypass roads and elevated roads, making this route even more enjoyable.

From Ascoli Piceno to the mountains, the Salaria is a road that leads to the discovery of a different province, one tied to its origins, with villages cut off from the main roads, whose inhabitants smile at the tourists who venture here by bicycle.



ASCOLI 04

CYCLE TOURISM

28 Km

MEDIA

ON THE TRAIL OF THE PARTISANS IN THE ASCOLAN MOUNTAINS

ASCOLI - UMITO

Starting from **Ascoli Piceno**, you travel along **the ancient Via Salaria** towards Rome, accompanied only by the sound of the wheels rolling on the asphalt.

The climb begins quite steeply about 19 km after the start, **in the Santa Maria area**.

Pozza, at 665 meters above sea level, is the highest point of this itinerary. From here, you descend past the partisan cemetery immersed in its eternal peace.

It was dawn on March 12, 1944 when the Germans attacked, there was snow and the partisans were hiding in the peasants' houses, fire and gunfire exterminated civilians and partisans who were taken by surprise and who today rest in the quiet of the woods.

Silence will accompany you to **Umito**, the final stop on the tour, where the descent begins after the long climb through the memory of these places.

Ascoli Piceno IAT 0736.253045

ASCOLI 05

CYCLE TOURISM

70 Km

DIFFICULT

THE GALLUCCIO TOUR BETWEEN NATURE AND LEGEND

ASCOLI - MONTEGALLO - ASCOLI

Following **the ancient Via Salaria**, you ascend into the wildest nature of the **Sibillini Mountains** until you reach the center of **Pretare**, the "village of the Fairies." On festive nights, fairies would descend upon the village to dance with the men until the latter, noticing their goat-like feet, chased them away. Their race created the trail of the current "fairy trail".

We then continue towards the **Galluccio pass**, at 1,147 metres. Before the last bend leading to the pass, stop to drink the best water in the Sibillini mountains, which flows from a "trocca".

The descent begins, with **Vettore behind you, Monte Ascensione** in the distance, and your gaze can sweep all the way to the sea.

A continuous descent towards Ascoli begins, crossing the Fluvione torrent valley between mu-

Renovated buildings where you can also stop for a visit. The mountain gradually slopes down and transforms into countryside until it merges with the Salaria, bringing you back to your starting point.

Ascoli Piceno IAT 0736.253045

From the Marche to Abruzzo among the silent mountains

ASCOLI - STONE - ASCOLI

A route designed for more trained legs, to discover that forgotten mountain that once relied on the rural economy, the sad and melancholic traces of which today remain in the abandoned farmhouses encountered along the way.

From the Marche to Abruzzo, starting **from the ancient Via Salaria**, you will climb up to an altitude of 1,303 meters.

We follow the **valley of the Tronto river**, leaving it on the left, and then gradually climb and climb, as we warned it is for trained legs, among oaks, ferns and the music of silence.

We stop in the small square of the town of **Paggesse** to fill our water bottles and then return to the road, entering further into the heart of the mountain and the valley below which becomes increasingly distant.

The **Sibillini** mountain range closes, and the **Castellana Valley** is about to welcome you—welcome to the province of **Teramo**. A word of advice: you're in an area where porcini mushrooms are among the best; it would be a shame not to enjoy them.

We skirt Lake **Talvacchia** and get back on the road towards **Ascoli Piceno**, but here lies the last challenge of the route: a road that climbs vertically right in front of you.

Once this last obstacle has been overcome, the journey can be considered concluded and the glide towards **Ascoli resumes**.

Ascoli Piceno IAT 0736.253045



Type:

Cycle pathLength: **82.3****km****DIFFICULT**

Background:

Asphalt

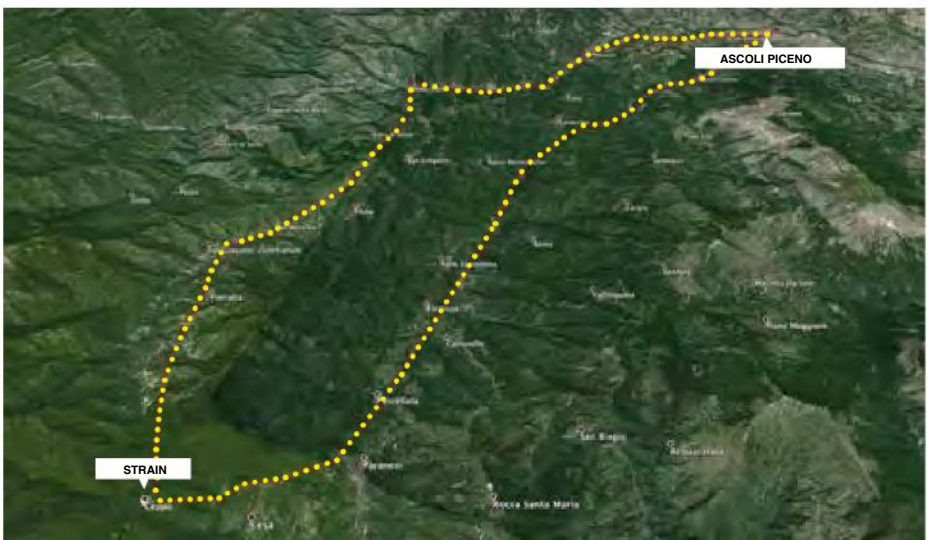
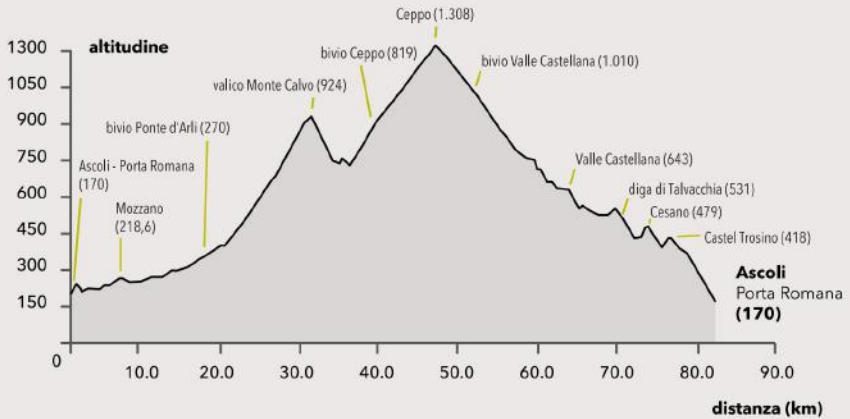
Average slope:

12 %

Max slope:

45 %

Difficulty



ASCOLI 07

CYCLE TOURISM

71,3 Km

MEDIA

IN THE PLACES OF THE APENNINE SIBYL

ASCOLI - MONTEGALLO - ASCOLI

We start from **Ascoli** and pedal slowly uphill towards the **Sibillini Mountains**, with **Mount Vettore** looming majestically above us and Mount Sibilla scarred by an unfinished road, passing through villages where you might encounter the kind and encouraging smile of some local old lady sitting in front of her house.

First stop: **Montegallo**, a village at the foot of Mount Vettore that seems to come alive only in the summer, when it fills with tourists. The woods surrounding the village hide true treasures, such as the **Church of Santa Maria in Lapide** and the **Church of the Sibille**, with its frescoes dedicated to the fascinating and mysterious **figure of the Sibyl**.

The day ends and we return to **Ascoli**.

Ascoli Piceno IAT 0736.253045

ASCOLI 08

CYCLE TOURISM

59,8 Km

DIFFICULT

THE SIBILLINI CAP

TRISUNGO - FORCA CANAPINE - CASTELLUCCIO - TRISUNGO

This is the "tappone" that climbs and descends among the **most beautiful mountains of Piceno** between a sea of green meadows and rugged peaks.

The route starts from **Trisungo**, a 16th-century village on the ancient **Via Salaria** nestled between the peaks of **Mount Vettore**, and begins to climb immediately.

Always before our eyes is the fortress of Arquata sul Tronto, an imposing and majestic sandstone construction that, for centuries, has observed the changing life of these villages clinging to the mountains.

The Salaria continues and you'll arrive in **Pescara del Tronto**. Take a quick stroll through the narrow streets, where you'll be captivated by the sight of doors locked with snake-shaped latches and portals with griffins. Fill your water bottle at the **characteristic six-spout fountain**.

And back in the saddle. We climb to **Forca Canapine**, the vegetation changes from beech to pine, and, higher and higher, there they are: the vast expanses of green high-altitude meadows. Below, the **Norcia plain** opens up and the descent begins toward **Castelluccio** and the blue of the lentil blossoms. A moment's respite and the climb resumes mercilessly, but the panorama and nature engulf you in this magic of green, blue, and infinity. Raise your arms to the sky, you can afford it, this is the "big stage" and you are about to cross your finish line: here is the center of Castelluccio.

Sibillini National Park 0737.972711; Trisungo 0736.809122

ASCOLI 09

CYCLE TOURISM

19,6 Km

EASY

PEDALING UP THERE WHERE TIME SEEMS TO HAVE STOPPED FROM COMUNANZA TO FOCE

Comunanza is a village of ancient origins, with human settlements dating back to the Neolithic period, but numerous events have led to its current structure: from the Knights Templar in 1200 to banditry and its final defeat.

The center still revolves around artisanal activities such as cloth making and dyeing.

Foce, at an altitude of 932 meters, is a village inhabited by about nine people during the winter and only populated in the summer. From here, you climb to **Mount Vettore** and **Lake Pilato** at 1,949 meters. And from here begins another story of legends, myths, and intrigue, but we continue towards **Lake Gerosa** and the Vettore, which is reflected in its waters.

Here you are on a flat road that, through several forks, winds through sparsely populated villages with unusual names. In the central square, you'll be greeted by the jokes of the butteri (cowherds). Relax, you've returned to a simpler time, to a place where the only business is the Taverna della Montagna, where the food is insanely good.

Community Info 0736.84381; Sibillini National Park 0737.972711



Among vineyards and ancient villages

CASTEL DI LAMA - OFFIDA - CASTIGNANO - SAN BENEDETTO

A route that includes a train ride to **Castel di Lama** from **Ascoli** or **San Benedetto del Tronto**.

The town, named after the **Lama** stream that flows through it and the ancient castle that once dominated the valley, is the starting point for taking the **Salaria road** toward **Offida**, passing through vineyards and oak forests. What will tell you that you're approaching your first destination is the profile of the **Church of Santa Maria della Rocca**, an imposing brick structure perched on a cliff. You're in **Offida**; walking through the streets of the town center, you'll see women busy **working on bobbin lace**. Yes, you're in the capital of artisanal lacemaking, crafted according to an ancient tradition passed down from mother to daughter since the 1400s.

We then set off for **Castignano**, the town that, on a sandstone pillar, preserves the oldest Italic inscription. A crossroads for pilgrims during the time when they embarked for the **Holy Land**, the **Templars** built the Church of **Santa Maria del Borgo** here .

We resume our journey and descend towards the sea through the yellow symphony of sunflower fields, our legs having been tested by these steep hills.

Castel di Lama 0736.81871; Ascoli Piceno Tourist Information Office 0736.253045; San Benedetto del Tronto Tourist Information Office 0735.781179



Type:
Cycle path

Length: **65.6**
km

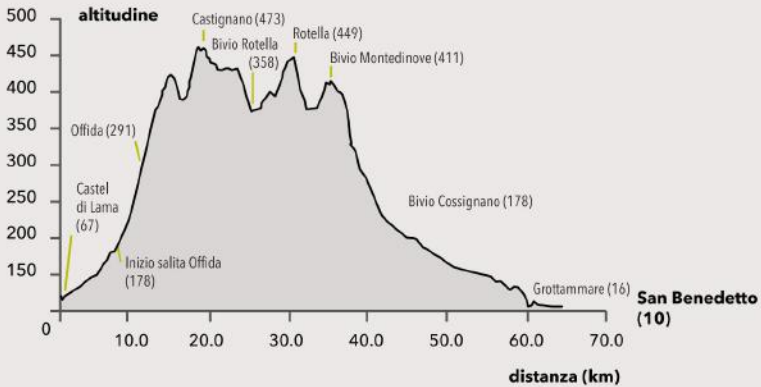
MEDIA

Background:
Asphalt

Average slope:
12 %

Max slope:
45 %

Difficulty



ASCOLI 11

CYCLE TOURISM

17,5 Km

MEDIA

ON THE ROAD TO SUPERIOR ROSSO PICENO

SAN BENEDETTO - ACQUAVIVA - SAN BENEDETTO

From **San Benedetto** you climb towards the **Acquaviva** fortress along the **Via del Rosso Piceno Superior**. A wine with truly ancient origins, with a ruby red color and an intense, warm aroma that can age for over eight years.

Along the way you can stop at local wine and oil producers for a tasting.

Here is **Acquaviva** with its imposing fortress. Legend has it that behind the walls lurks the ghost of the fortress's captain, who was bribed by **Giosia** di Acquaviva and massacred the garrison and all its inhabitants. Locals claim the captain still wanders around in search of his family, hurling people against the walls in search of answers. Once you leave the allure of **Acquaviva**, the return journey to the sea is much simpler and more peaceful.

San Benedetto del Tronto Tourist Information Office (IAT) 0735.781179; Acquaviva Picena Info 0735.764005

ASCOLI 12

CYCLE TOURISM

62,9 Km

MEDIA

FROM THE SEA TO THE MOUNTAINS PASSING THROUGH THE RIPATRANSONE VIEWPOINT

SAN BENEDETTO - RIPATRANSONE - OFFIDA - SAN BENEDETTO

A strenuous climb from the sea at **San Benedetto**, up through hills dotted with sunflower fields and vineyards, to **Ripatransone**, the first stop on this route. Stop to enjoy the spectacular view, stretching as far as Mount **Conero** to the north and the **Gargano** to the south.

Ripatransone is a medieval town whose streets hide many Renaissance and Baroque architectural gems. We head downhill again toward **Offida**, a town known for its ancient bobbin lacemaking; its historic center is definitely worth a visit. From here, it's back on the road, or rather, downhill toward the sea, and in just a few pedal strokes you're back on the **Porto d'Ascoli waterfront**.

San Benedetto del Tronto Tourist Information Office 0735.781179; Ripatransone Info 0735.9171; Offida 0736.88871

ASCOLI 14

CYCLE TOURISM

61 Km

EASY

CYCLING IN THE VALLEY OF THE SUN

GROTTAMMARE - SANTA MARIA GORETTI - PONTE TESINO - ROTELLA

This route, running alongside the **Tesino River**, leads to the **Valle del Sole (Valley of the Sun)**. You'll cycle through green hills, past fields of trees and palm nurseries. A special feature of this area are the **small, still-active mud volcanoes** found near **Rotella**.

From **Rotella** and **Capradosso**, you can hike to Mount Ascensione. The mountain has a long history shrouded in myth and legend. Its woods have always been the scene of pagan celebrations and festivals, and even today, the **feast of Christ's Ascension** is celebrated on the mountain with dancing and bonfires.

San Benedetto del Tronto IAT 0735.781179



ASCOLI 13

CYCLE LANE

28,6 Km

VERY EASY

CYCLING ALONG THE RIVIERA OF 12,000 PALMS

SAN BENEDETTO DEL TRONTO - CUPRA MARITTIMA

A route along the **cycle path** that, from the **Porto D'Ascoli roundabout**, reaches **Cupra Marittima** and ends near the **World Malacology Exhibition**. A completely flat route shaded by palm trees, the more than **13 different varieties of palm** that gave this riviera its name.

Among these is the world's largest palm tree, listed in the Guinness Book of Records for its 4.74-meter circumference at the base. Starting from **San Benedetto**, the route stops in **Grottammare** to visit the medieval village and its numerous churches, before continuing on to **Cupra Marittima**, where you can see the world's largest shell display.

San Benedetto del Tronto Tourist Information Office (IAT) 0735.781179; Cupra Marittima 0735.77671



ASCOLI 14

CYCLE LANE

17 Km

VERY EASY

THE TRONTO CYCLE PATH

PORT OF ASCOLI - SPINETOLI - CASTEL DI LAMA - ASCOLI

A cycling route along the northern bank of the **Tronto** River , from **Porto d'Ascoli** to **Ascoli** , passing through the green countryside of Ascoli Piceno, fields, and streams.

In **Spinetoli** we recommend a short detour to visit the “**La Valle**” nature reserve .

We then continue towards Ascoli passing through **Castel di Lama**.

Ascoli Piceno Tourist Information Office (IAT) 0736.253045; Spinetoli Info 0736.890298



MBT

FOR THOSE WHO LIKE DIRT ROADS

There is a part of the Marche region that borders Abruzzo at a point with a very evocative name: **the Macera della Morte**.

It seems that Hannibal passed through here with his elephants, these are the areas of the **Laga Park** where numerous trails for mountain biking wind.

For information: 0862.60521 ente@gransassolagapark.it

Also not to be missed is the climb up **Monte Piselli**, from the Ascoli side of the **Montagna dei Fiori (Mountain of Flowers)**. It's a must-see for those who live in these areas, part of everyone's family history, an adventure undertaken as a child with their father, waiting to share it with their own children. And let's not forget the trail up the firebreak from **Castel Trosino** to the **Paci Refuge**.

For all itineraries in the area around the Montagna dei Fiori Rifugio Paci: 333.2980252 info@rifugiopaci.it



Monti Sibillini National Park

Between **nature, magic and gastronomy**
in the enchantment of the Sibillini Mountains

The Monti Sibillini National Park is a vast area, over seventy thousand hectares of land encompassing **18 municipalities**, where nature and man have learned to coexist in mutual respect. The diversity this area offers is so vast that the park is usually divided into four distinct areas, each characterized by a theme. We have the flowery area, the historical area, the magical area, and finally the sacred area.



Magical side

(Amandola, Arquata del Tronto, Montegallo, Montefortino, Montemonaco)

This is the part of the Sibillini Mountains that since the Middle Ages has been known as a kingdom of legends and demons. **From the Sibyl to Lake Pilate**, not forgetting the Infernaccio Gorge, where the spellbinding wonders of nature blend with the magic of these places.



SIBILLINI 01

CYCLE TOURISM

16,8 Km

MEDIA

INFERNACCIO, SAN LEONARDO AND CAPE TENNA

The Gola dell'Infernaccio is one of the most evocative gorges in all of central Italy, beneath the roaring Tenna River in a cone of shadow from which light filters only from above, the proximity to the gorge is announced by the roar of water from **the Pisciarelle overhang**.

There's light, but it only comes when the **Tenna Valley begins to open up**. Once you reach the **beech forest of San Leonardo**, a stop at the hermitage of the same name is a must. Completely rebuilt by **Father Pietro**, God's builder, **the Hermitage of San Leonardo** stands at the crossroads of those roads traveled only by wolves in winter. Here you'll find peace and a sense of mysticism.

We then go up the stream valley on a scree surface until we reach **Capo Tenna**.

SIBILLINI 02

CYCLE TOURISM

34,4 Km

DIFFICULT

FROM LAKE PILATO TO THE PLAINS OF CASTELLUCCIO BETWEEN LEGENDS AND MYSTERY

One of the most popular routes among cycle mountaineers is the one that passes from **Lake Pilato to Forca di Presta** through the Castelluccio plains .

A challenging ride, the effort of which is rewarded by magnificent views.

Remember, you're still on the **magical side of the Sibillini Mountains** , and even **Pilate's Lake** has its own legend—in fact, many. It's said that, after **Pontius Pilate's** execution, his body was dragged by oxen into the lake, and since then, the waters have occasionally turned red. The truth is that the place, legend aside, is incredibly evocative; the lake changes shape with the seasons until it finally takes on the shape for which it was nicknamed: the lake with spectacles.

And the red? **The lake's waters are indeed red** at certain times of the year, and this is due to the hatching of a small shrimp that lives only here: **the Marchesoni's shrimp**.

The barren mountain of the Apennine Sibyl

The **Sibyl** has been the protagonist of numerous legends, from those that want her to be a witch to those that want her to be a benevolent fairy, and apparently she lived in a cave on the mountain of the same name.

The fact is that it is impossible to undertake this route without being influenced; from the first few pedal strokes, it will seem as if the rocks of these mountains are somehow scrutinizing your path.

We start from **Montemonaco** and climb to an altitude of 1,540, because that's where you'll find the first refuge. Unfortunately, the road is a real eyesore on **the Sibilla hill**, abandoned over the years and only recently converted into a hiking trail.

You climb, and then you climb some more, the climb is truly merciless but you are about to arrive in the land of the **sorceress Alcina** and from here on the only presences you will encounter are those of **shepherds, sheep and... fairies!**

The climb is exhausting, and the air is starting to thin at this altitude, but the crest is just a stone's throw away. Here you are at the summit, and from here the view sweeps across the mountains of the Macerata area, down below the **Gola dell'Infernaccio** and **Lake Pilato**; take a deep breath and get ready for this steep descent.



Type:
MBT

Length: **13.8**
km

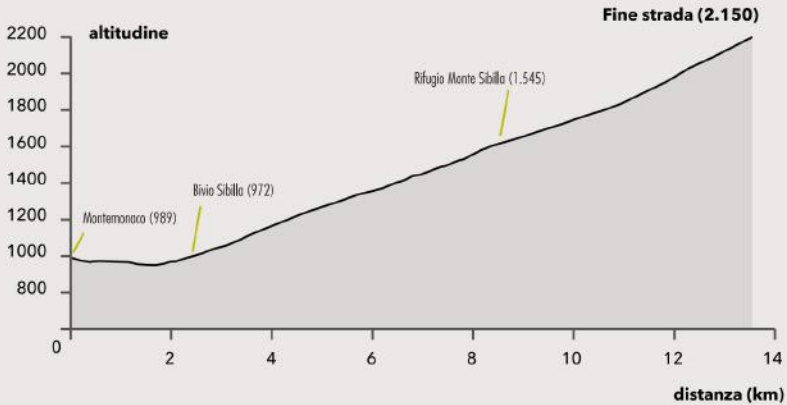
DIFFICULT

Background:
Dirt road

Average slope:
2 %

Max slope:
15 %

Difficulty



Historical side and sacred side

The northernmost area of the **Sibillini National Park** is known as the flowery side because here, especially in summer, nature takes on the color of the blooms of orchids, lilies, and daffodils in a symphony of scents.

The other side of the Sibillini Mountains in the Macerata area is the historic one, winding through an area where cities and towns have taken shape around ancient castles and watchtowers.

THE GREAT RING OF THE SIBILLINI MOUNTAINS

The Grande Anello dei Sibillini is a 124 km circular route that, through 9 stages, touches the provinces of **Macerata, Fermo and Ascoli Piceno, also reaching Umbria.**

By undertaking this journey you will truly have the sensation of being transported to a dimension suspended outside the chaos of the modern world.

We start from **Visso**, the headquarters of the Park and going up the slopes of **Monte Careschio** we reach **Cupi** to then enter the pastures at the head of the **Campobonomo Valley** up to **Monte Coggia**.

Now you are ready to descend back towards **Fiastra** with a view of the magnificent views of **Lake Fiastrone**.

The route at this point passes through valleys and ditches such as the **Rio Bagno** and the **Rio Fessa** with spectacular views of the wide Fiastrone valley and the **Abbey of the same name**.

From **Monastero**, you then take the road again towards the wide and evocative expanses of the Ragnolo meadows. This route, undertaken during the spring flowering season, will force you to make repeated photo stops. Here you are in the **Ambro Valley**, carved by canyons carved into the rock, and from here you climb towards the hamlet of Altino. A must-see is the **Church of Santa Maria in Pantano**, with its evocative frescoes dedicated to the **Sibyls**, before you get back on your bike to reach **Colle Montegallo**.

From here we continue along the eastern side of **Monte Vettore** until we reach the pine forest at the foot of the mountain.

You cycle on the grass following a path marked by posts, you find yourself on the "Millers' Path" that was used by the reapers themselves to reach the **Castelluccio plain**.

Here you are in Umbria and from these plains you are ready to descend back into the Visso Valley along the historic road between **Visso and Norcia**.



Thanks for the photographic material:

www.noimarche.it.

www.risorsecoop.it

Marca Fermana

www.terredelpiceno.it

"Piceno Dmo" Association

Association of Tour Operators "Marche Experience"

Riviera delle Palme Hoteliers' Association

Bim Tronto

Sibillini - mtb.it