

From the river Tiber to lake Trasimeno
Umbertide, Colle Campana, Castel Rigone, Passignano, Tuoro, valico Gosparini, Lisciano
Niccone, Niccone, Umbertide



Starting and finishing point: Umbertide

Distance: 70 km

Total ascent: 1,380 metres

Grade: difficult

Road surface: asphalt

Recommended type of bike: road

Places to visit in the area: Umbertide, Castel Rigone, Passignano, Tuoro, Lago Trasimeno, Montone

This route, like route 2, starts from Umbertide's Piazza Mazzini, and features two noticeable climbs connecting the Upper Tiber Valley with Lake Trasimeno. Most of the roads taken are very quiet, with very little traffic at anytime, and the spectacular views are more than just reward for the energy spent.

It is not a particularly long route, but the two long climbs (Colle Campana and Valico Gosparini), although not steep, require a considerable level of fitness.

The first uphill section is encountered a mere 600 metres out of Umbertide (going towards Città di Castello), where you turn left towards Castel Rigone and Preggio: this marks the beginning of the first long climb of the day – roughly 15 kilometres – up to Colle Campana at 750 metres above sea level. This climb is not particularly steep (and there are a couple of kilometres of descent in between) with the exception of the very last section leading up to the top of the hill. There is a splendid view when you make it to the top: to your left, Monte Tezio and the Umbria-Marche Apennines, and to your right, Lake Trasimeno and beyond as far as Monte Amiata in Tuscany.

The road continues rises and falls for several kilometres until you get to the village of Castel Rigone, situated at km. 18. You can stop here for a rest and a bite to eat, before beginning the highly panoramic descent down to the shores of Lake Trasimeno (see 'photo on the left). At the end of the descent (km. 27) turn right towards Passignano, and then continue along the SS75bis as far as Tuoro, before turning right and following the signs for Umbertide and Lisciano Niccone.

The road out of Tuoro marks the beginning of the 6-kilometre climb up to Valico Gosparini, where you should stop a while to enjoy the marvellous view of Lake Trasimeno below. You now descend towards Lisciano Niccone, and at the end of the descent (km. 49) bear left in the direction of Umbertide. The following section of the ride takes in the entire Niccone Valley, characterised by its geometrical plots of farmland, each with different crops, and the occasional stone-built farmhouse or group of houses.

After a total of 51 kilometres you come to Mengaccini, where you can fill your water bottle at a fountain on the right, but should you miss this you can do likewise at the village of Niccone at km. 66.5.

When you reach the junction with the SS3bis at Niccone, turn right and ride back to the starting point in Umbertide, another 4 kilometres further on. However, should you feel like extending your ride, you can turn left at the same junction, in the direction of Città di Castello. About one kilometre past the village of Montecastelli, turn right off the SS3bis onto the local road that climbs up for about 4 km. to the beautiful medieval town of Montone.

After a brief visit to this unique little town, classified among the most beautiful small towns in Italy, follow the signs to Umbertide, which is another 10 km. further on, most of which being downhill.

Places of interest

Apart from **Umbertide** town centre, which is described in route 2, this particular ride is characterised by the beautiful natural landscape, which varies from the rather mountainous **Colle Campana** and **Castel Rigone**, to the lakeside habitat of Trasimeno.

Castel Rigone has its *Sanctuario di Maria Santissima dei Miracoli*, built towards the end of the 15th century by a pupil of the famous architect Bramante, and generally considered to be one of the finest examples of Renaissance architecture in Umbria.

The lakeside town of **Tuoro** was the site of the historical "Battle of Trasimeno" in 217 BC between the Romans and the Carthaginians: a special itinerary has been laid out for visitors, retracing the main phases of the famous defeat of the Roman army at the hands of Hannibal's troops.

KM 0 Starting point: Umbertide's Piazza Mazzini. Ride out of the centre of town towards the main SS3bis road in the direction of Firenze.

KM 0.6 Turn left off the SS3bis onto the SP142, in the direction of Castel Rigone.

KM 9.5 End of first climb. Chance to get something to eat and drink before carrying on.

KM 14.5 Turning for Preggio. Turn left towards Castel Rigone.

KM 16 Valico Colle Campana.

KM 18 Turning for Mantignana: carry straight on long the SP142 in the direction of Castel Rigone. If you bear left for one kilometre you come to the site of St. Francis' bed.

KM 21 Castel Rigone: carry straight on towards Passignano. Drinking water fountain.

KM 23 Turning for Lisciano Niccone: carry straight on down the hill towards Passignano.

KM 27 End of descent. Turn right onto the SS75bis towards Passignano.

KM 31 Passignano. Coffee break.

KM 37 Turn right onto the SS416 towards Tuoro. Start of climb up to Valico Gosparini.

KM 38 Tuoro.

KM 43.5 Valico Gosparini: carry straight on towards Lisciano Niccone.

KM 49 Lisciano Niccone, end of descent. At the junction, bear left towards Mercatale. At Mercatale, bear right towards Umbertide.

KM 56.5 Turning for Preggio. Carry straight on towards Umbertide.

KM 57 Sant'Andrea di Sorbello.

KM 66.5 Niccone, drinking water fountain. At the junction with the SS3bis, turn right back towards Umbertide. If you want to, you can extend the ride by turning left here and following the signs to Citta di Castello, before turning right about one kilometre after Montecastelli, in the direction of the medieval town of Montone.

KM 70 Umbertide: turn left and return to Piazza Mazzini. End of ride.

