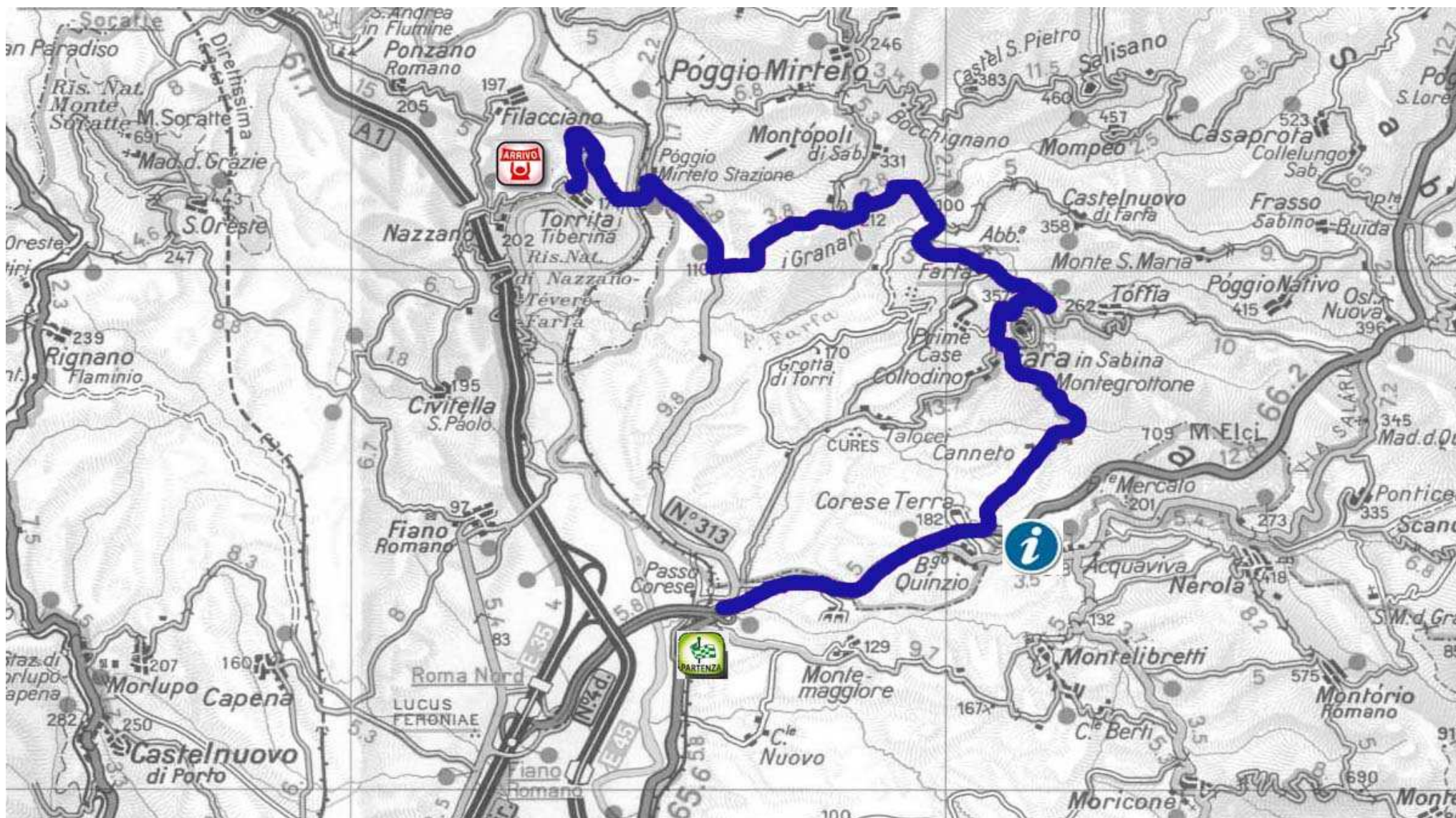
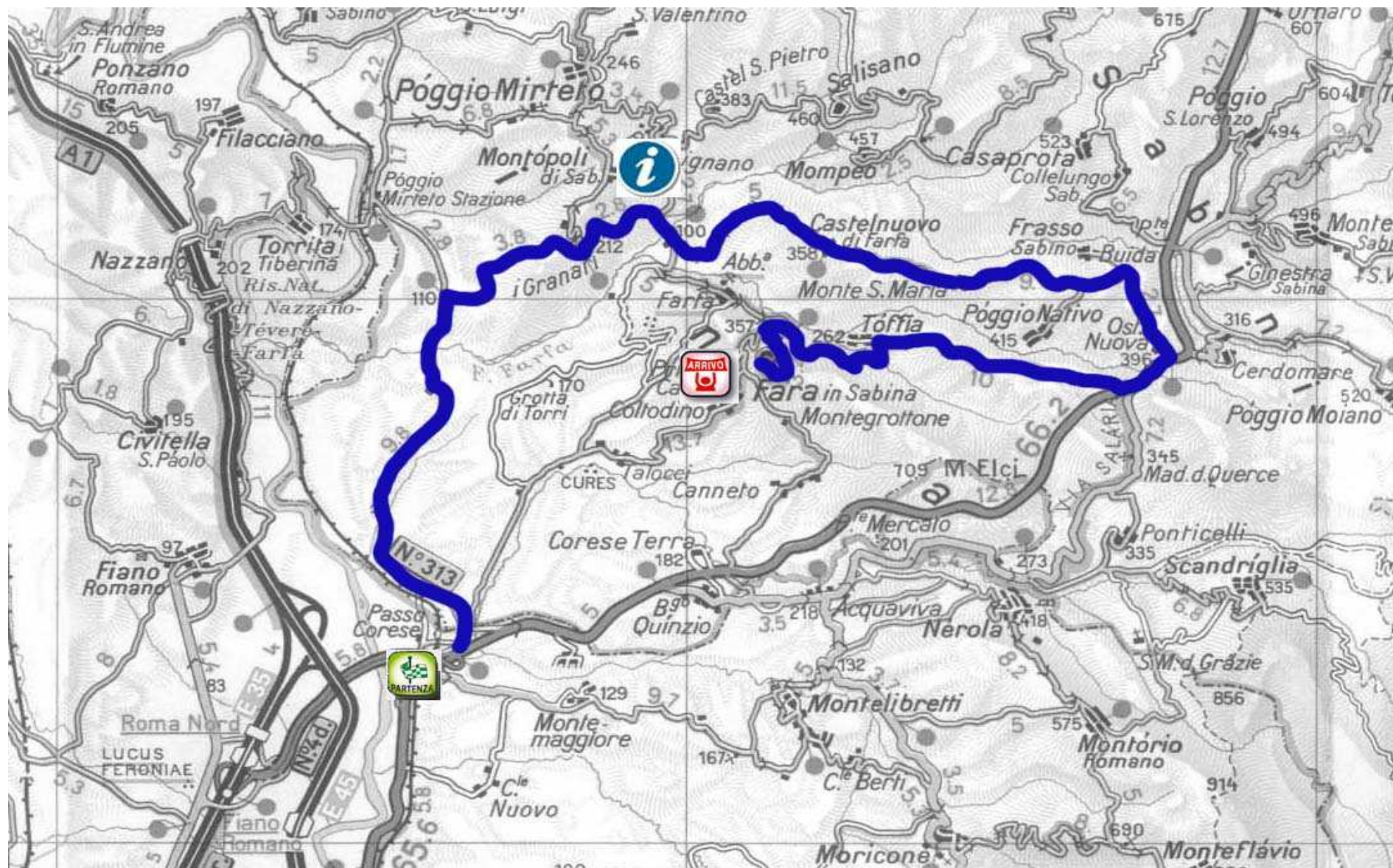


Salaria vecchia Borgo Quinzio Canneto bivio Fara Sabina Farfa Granari Poggio Mirteto scalo. Fare molta attenzione a quest'ultimo bivio da sinistra arrivano macchine.

Link: <http://www.gpsies.com/map.do?fileId=reuvyqjakzetivvg>

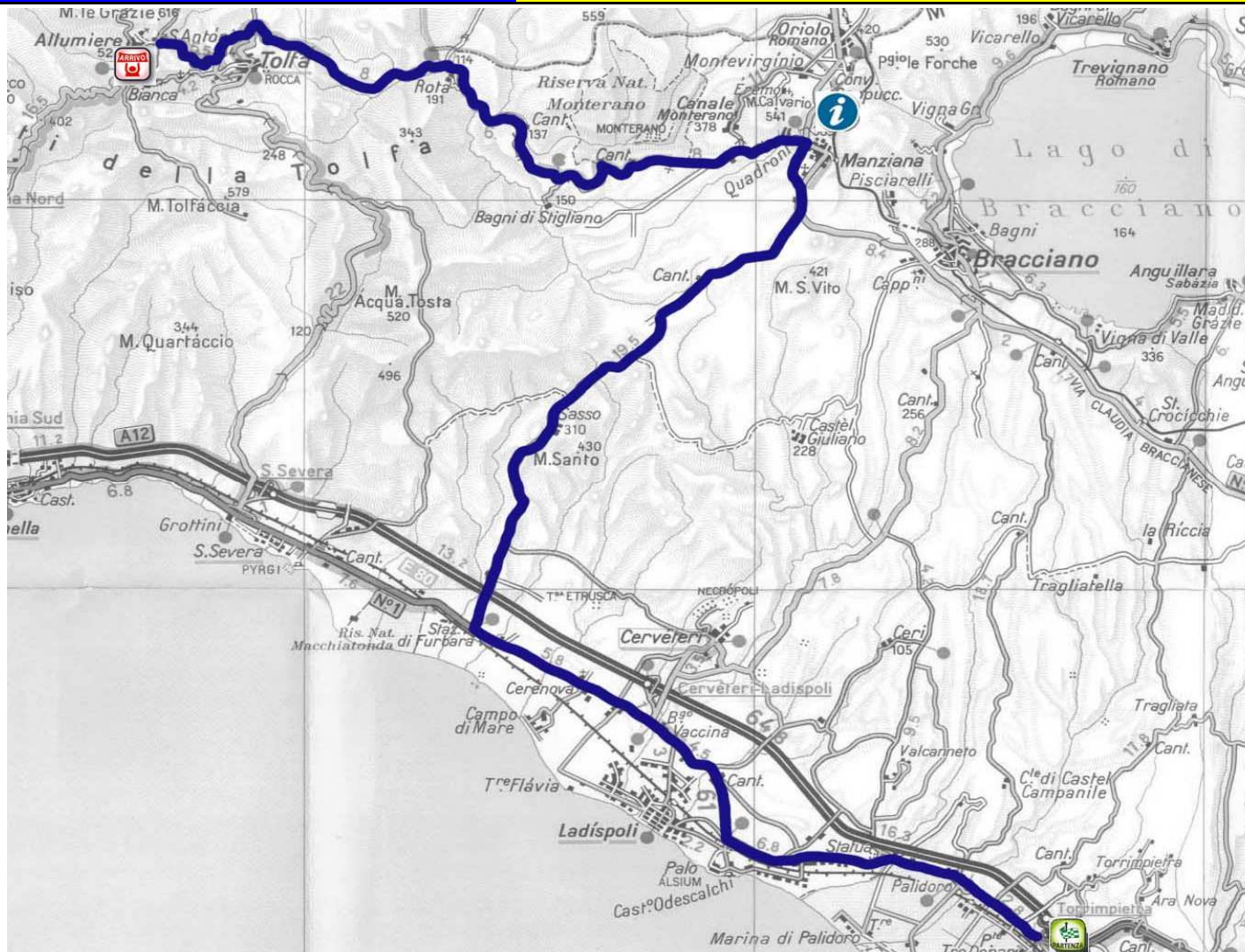


ss 313 i Granari inizio salita (PI) Castelnuovo di Fara Casali Osteria Nuova Salaria vecchia dx per Toffia Quattro Venti.

 Link: <http://www.gpsies.com/map.do?fileId=hkxfgafevhmlbnr>


via Sasso-Manziana Braccianese Manziana (PI) Rota bivio Tolfa Sassicari. Attenzione al bivio a destra appena si scorge Tolfa. Si prosegue in salita, tenendo la sinistra del primo bivio, fino alla fine della strada che sfocia sulla Tolfa -Allumiere. Qui si va a destra per giungere all'arrivo posto al bivio di ingresso ad Allumiere.

Link: <http://www.gpsies.com/map.do?fileId=yjscvvtmrxzpsfgw>



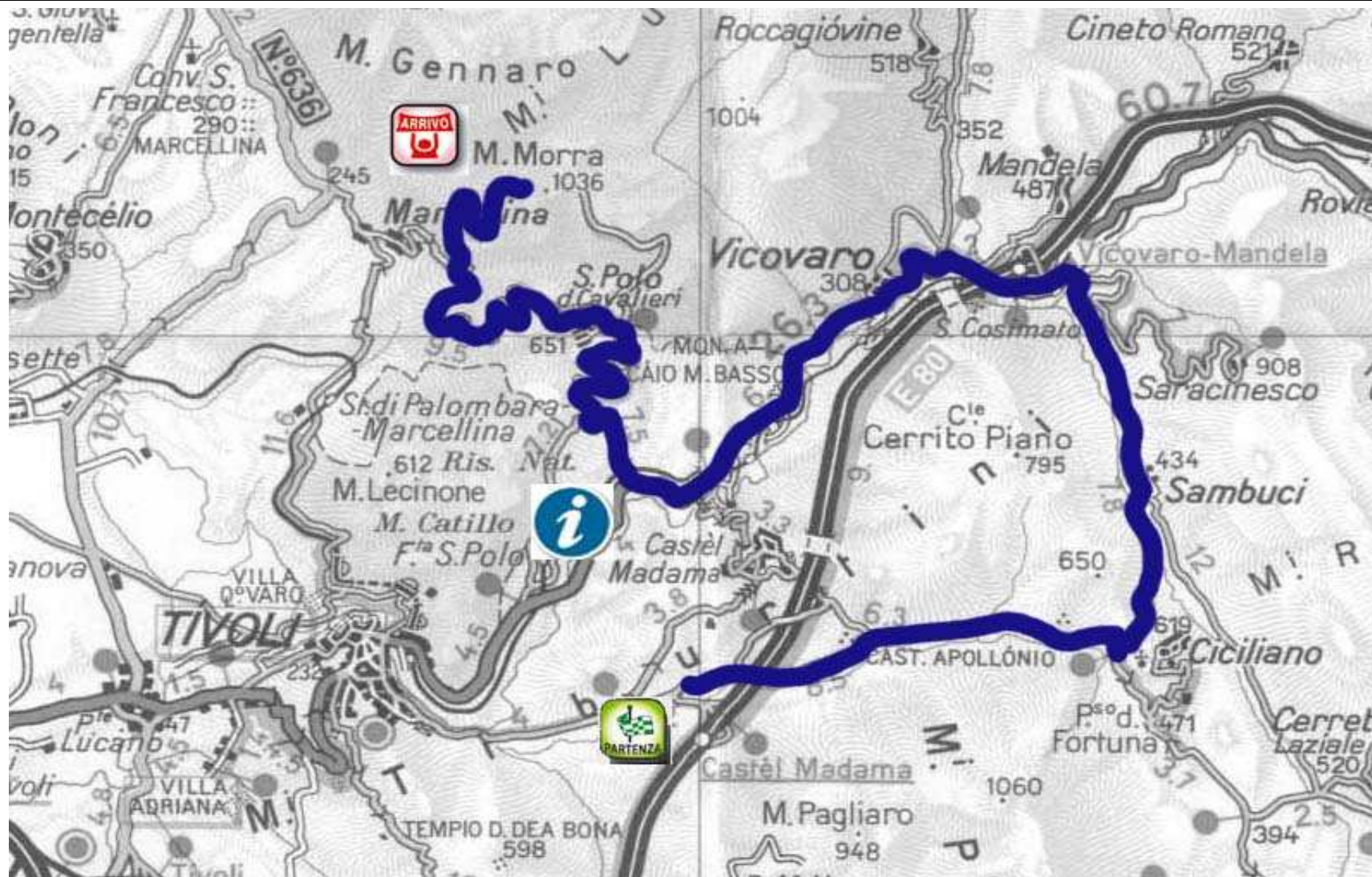
Link: <http://www.gpsies.com/map.do?fileId=anulmkzgpoxlhdgg>


Prima prova del **3T** Cronometro sul pianoro parallelo alla Tiburtina sulla piana di Carsoli tra il bivio per Riefreddo, Vivaro e zona industriale.

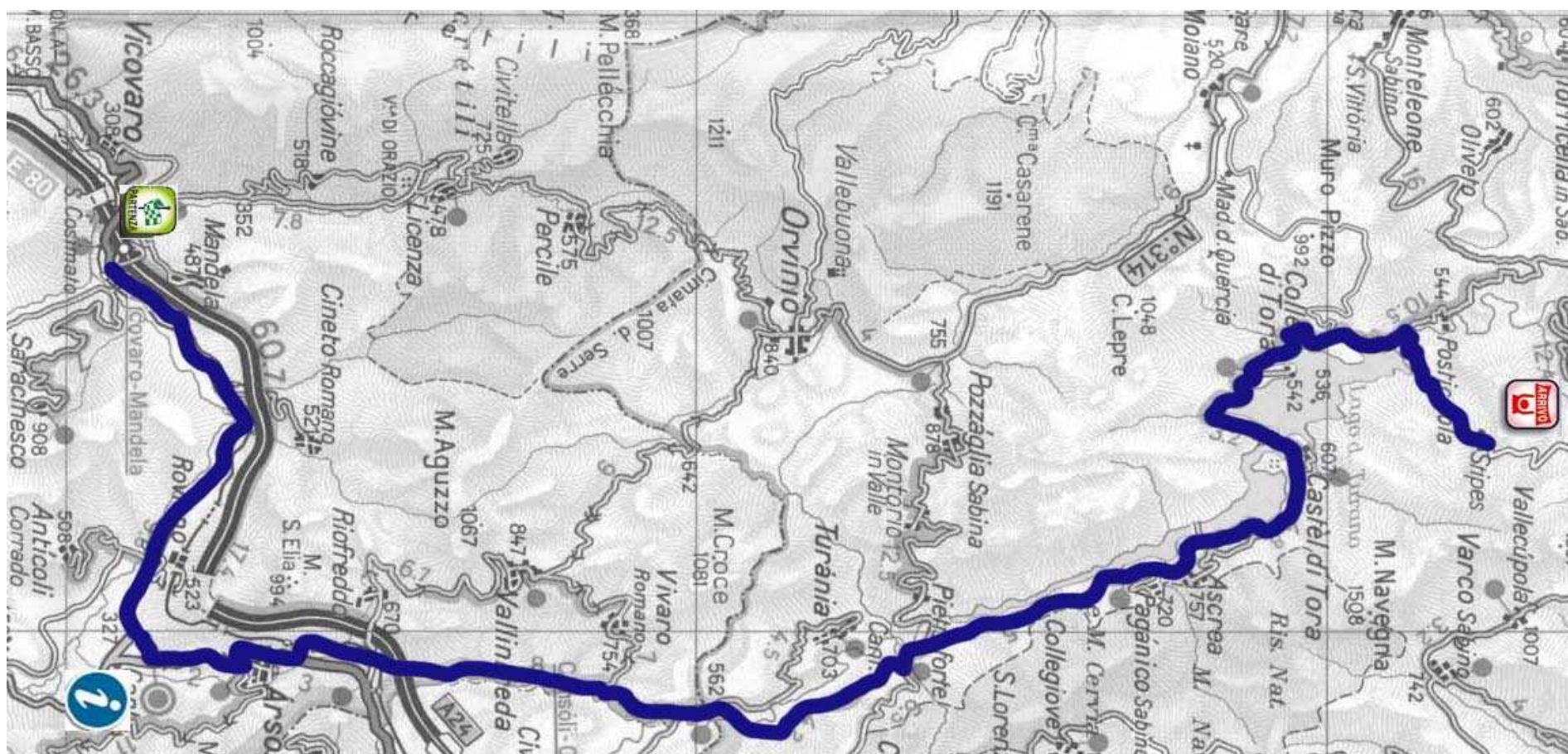
Link:



Sambuci Tiburtina (PI) Santa Balbina San Polo bivio Marcellina.

 Link: <http://www.gpsies.com/map.do?fileId=xpoyzeshqldqbre>


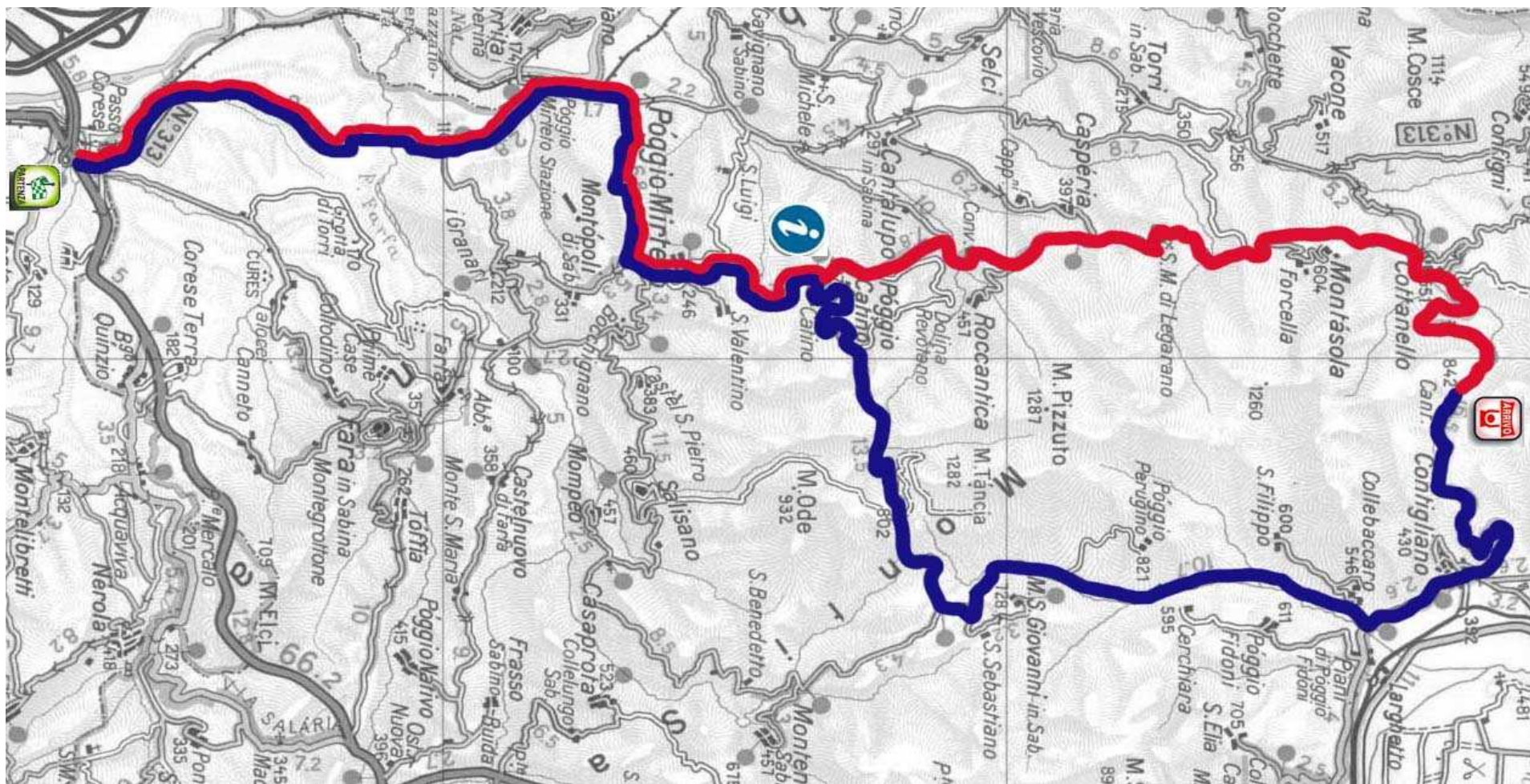
Tiburtina (PI) Arzoli bivio Vivaro Turanense Castel di Tora bivio Posticciola

 Link: <http://www.gpsies.com/map.do?fileId=vowqptzercacqig>


8	start:	Passo Corese	Km and	58,0	Disl.	1545
11-mag	P. int.	Poggio Catino	Km rit	46,0	Diff.	110

Poggio Mirteto Poggio Catino (PI) Tancia Monte S.Giovanni Contigliano- il percorso in rosso è il ridotto per l'A2 o ritorno.

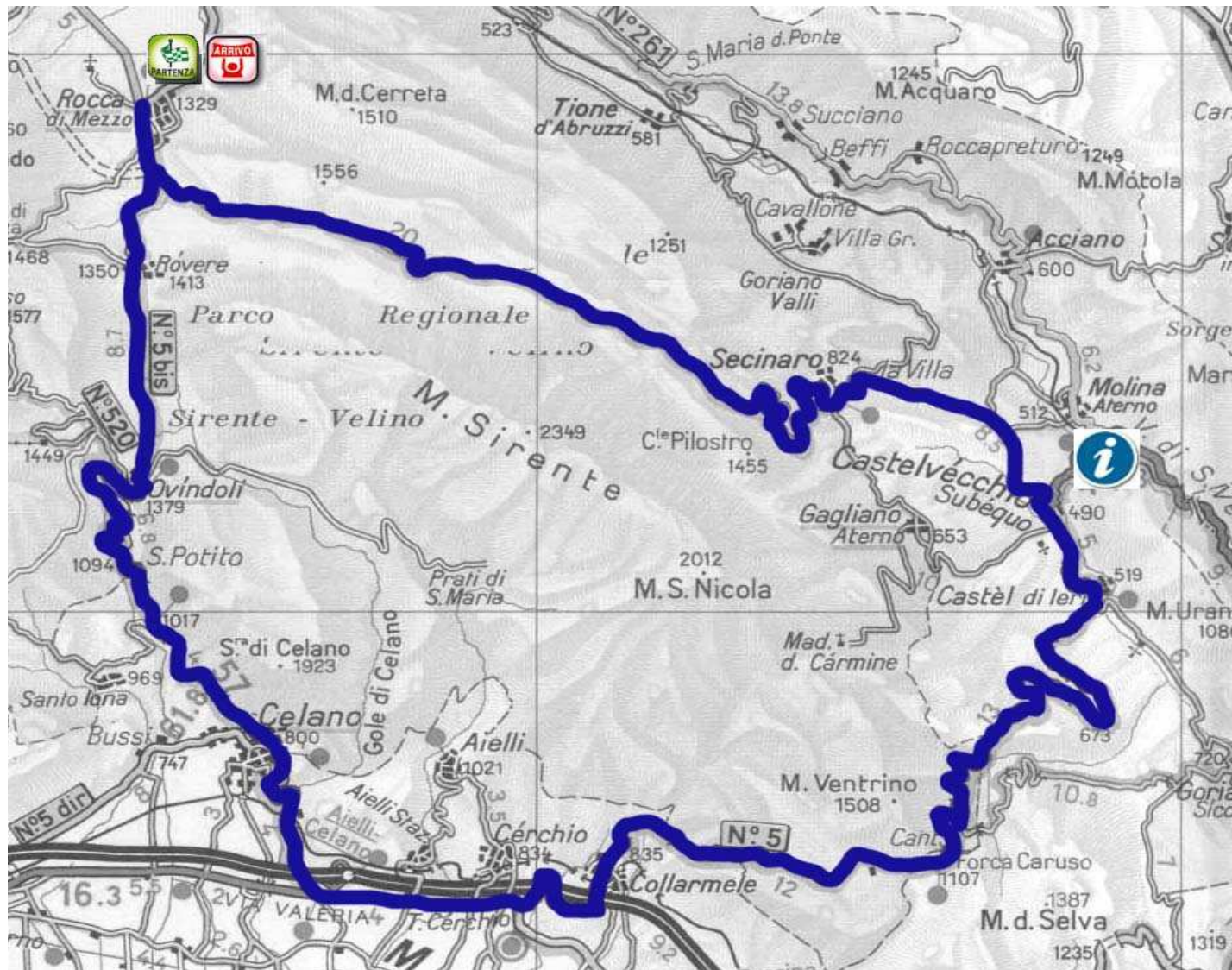
Link: <http://www.gpsies.com/map.do?fileId=lvzjqkctsqxcwmlf>



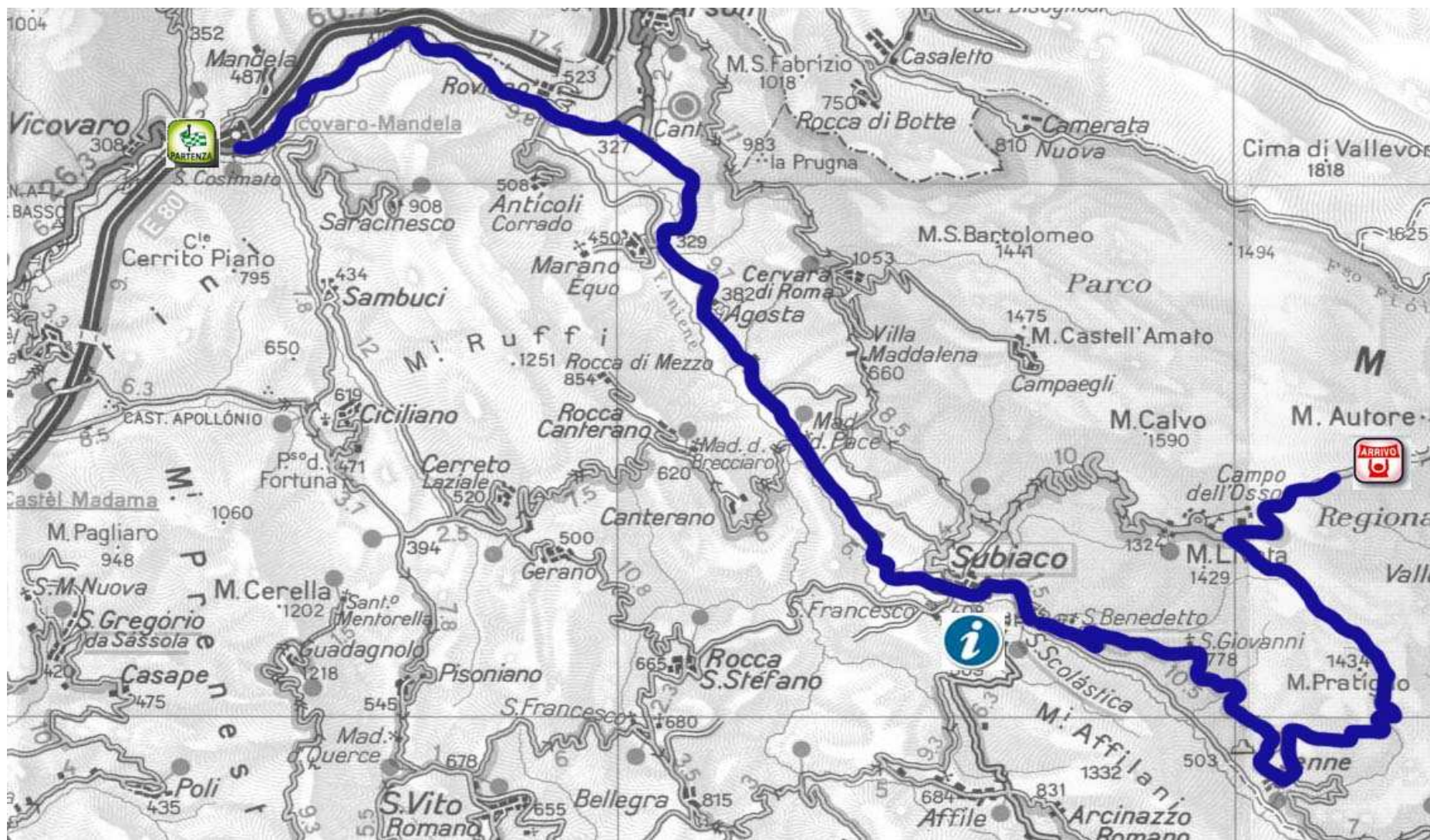
10	start:	Rocca di Mezzo	Km and	82,0	Disl.	1643
08-giu	P. int.	Castelvecchio Subequo	Km rit	0,0	Diff.	127

Secinaro Castelvecchio Subequo (PI) Forca Caruso Collaramele Celano Ovindoli

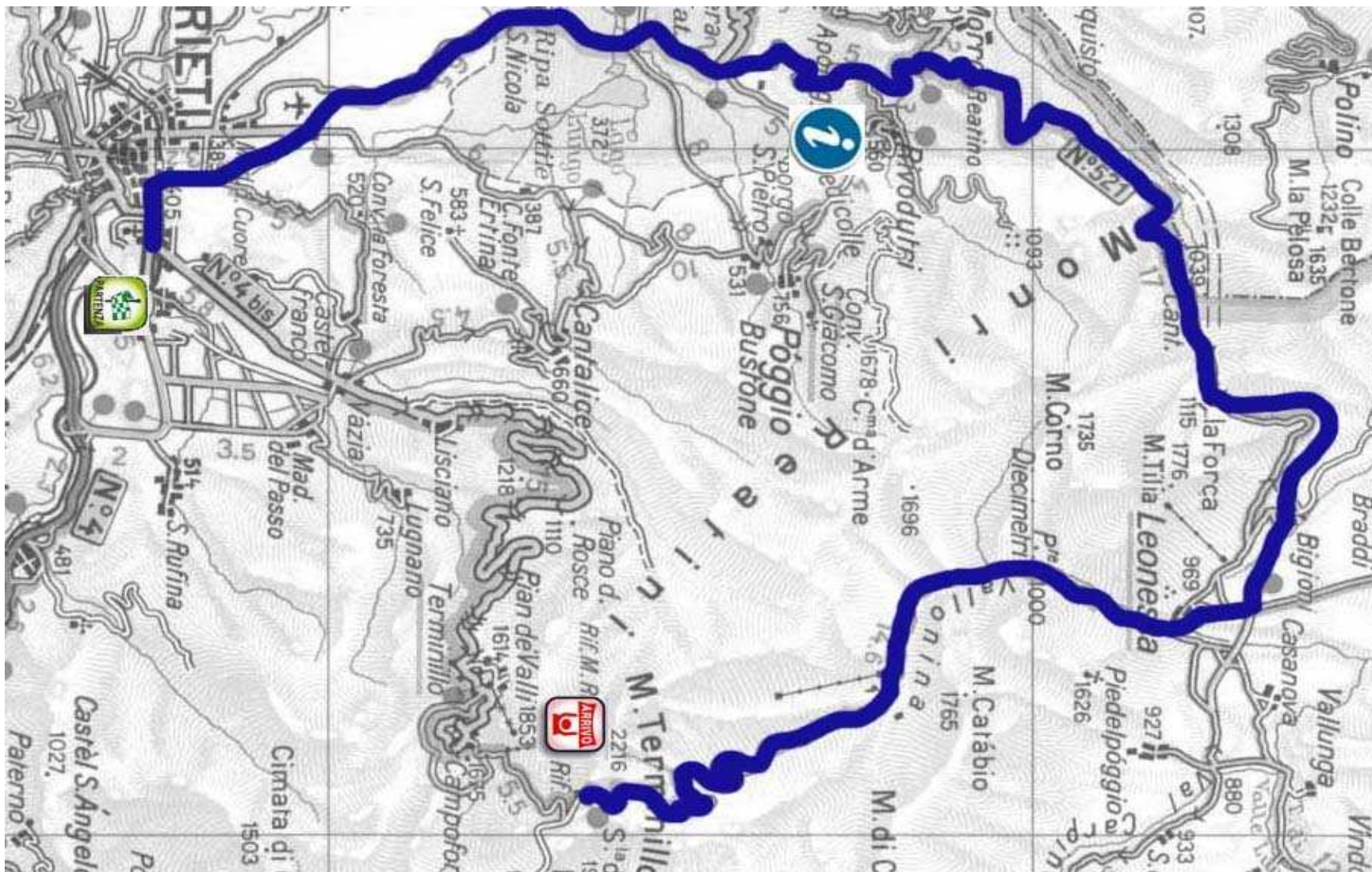
Link: <http://www.gpsies.com/map.do?fileId=zbznurImcmekphfc>



Terza tappa del **BT**. Arsoli Cervara Subiaco Jenne

 Link: <http://www.gpsies.com/map.do?fileId=nioxdzsywswynatoa>


Quattro strade Poggio Reatino (PI) Rivodutri valico del Fuscello Leonessa Sella di Leonessa

 Link: <http://www.gpsies.com/map.do?fileId=vzeodyeynxkkrskd>


Sambuci Tiburtina (PI) Arsoli Poggio Moiano Cervara

Link:



Coltodino Canneto Acquaviva (PI) Moricone Marcellina

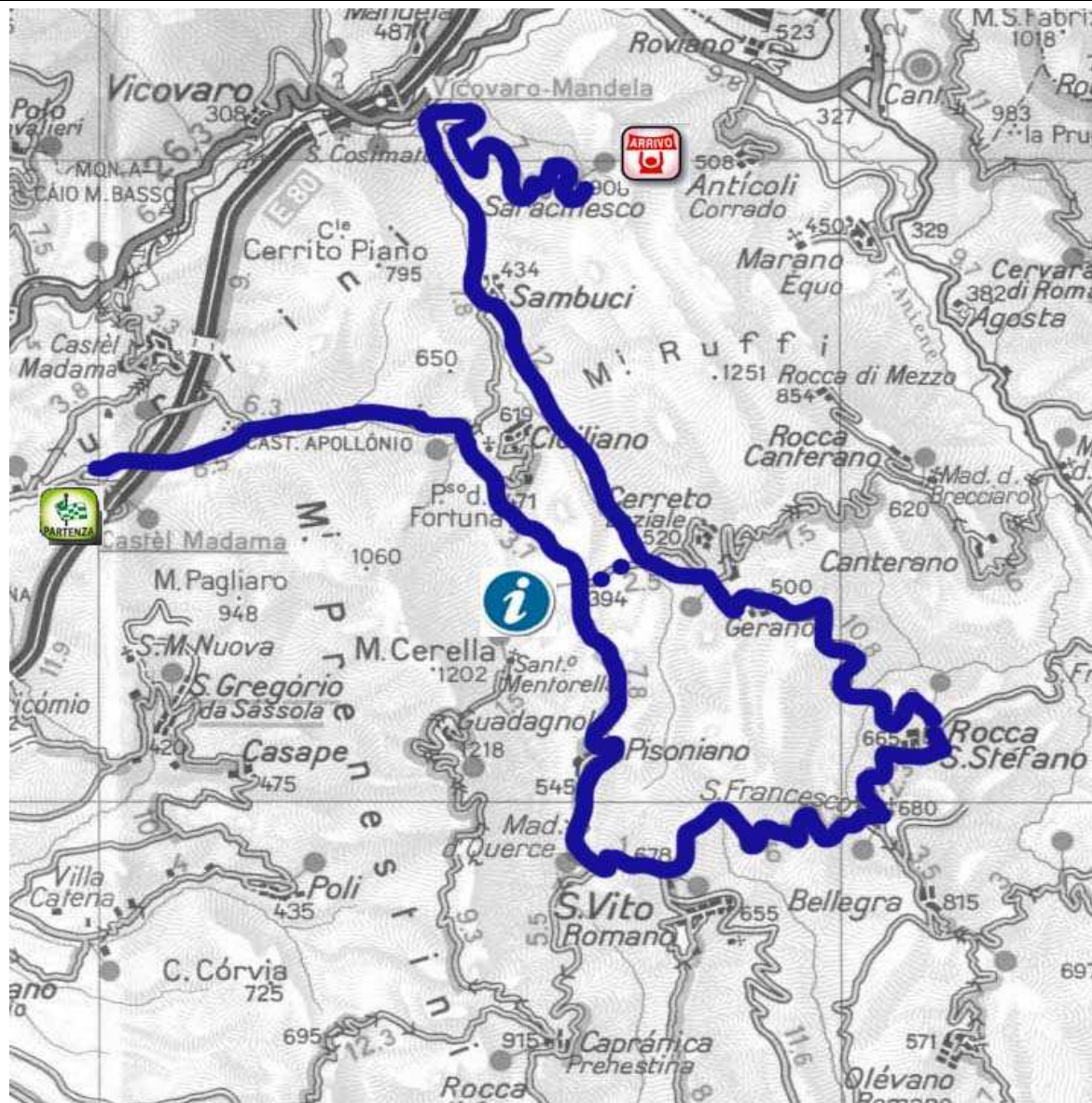
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da "Bella Venere" due giri del lago più uno con salita

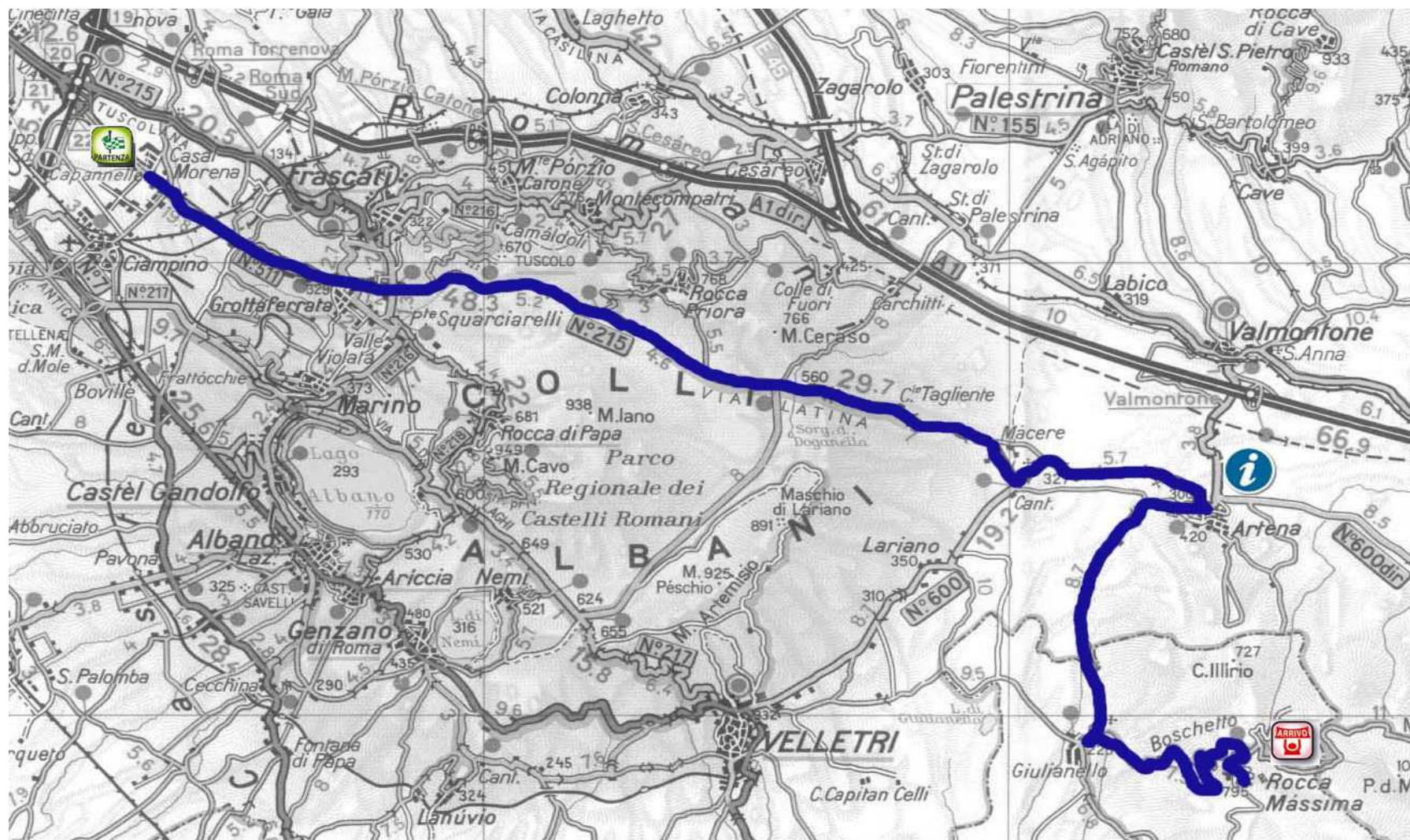
Link:



via Empolitana Passo della Fortuna (PI) Pisoniano Rocca Santo Stefano Gerano Sambuci

 Link: <http://www.gpsies.com/map.do?fileId=fovrbjzouaknjou>


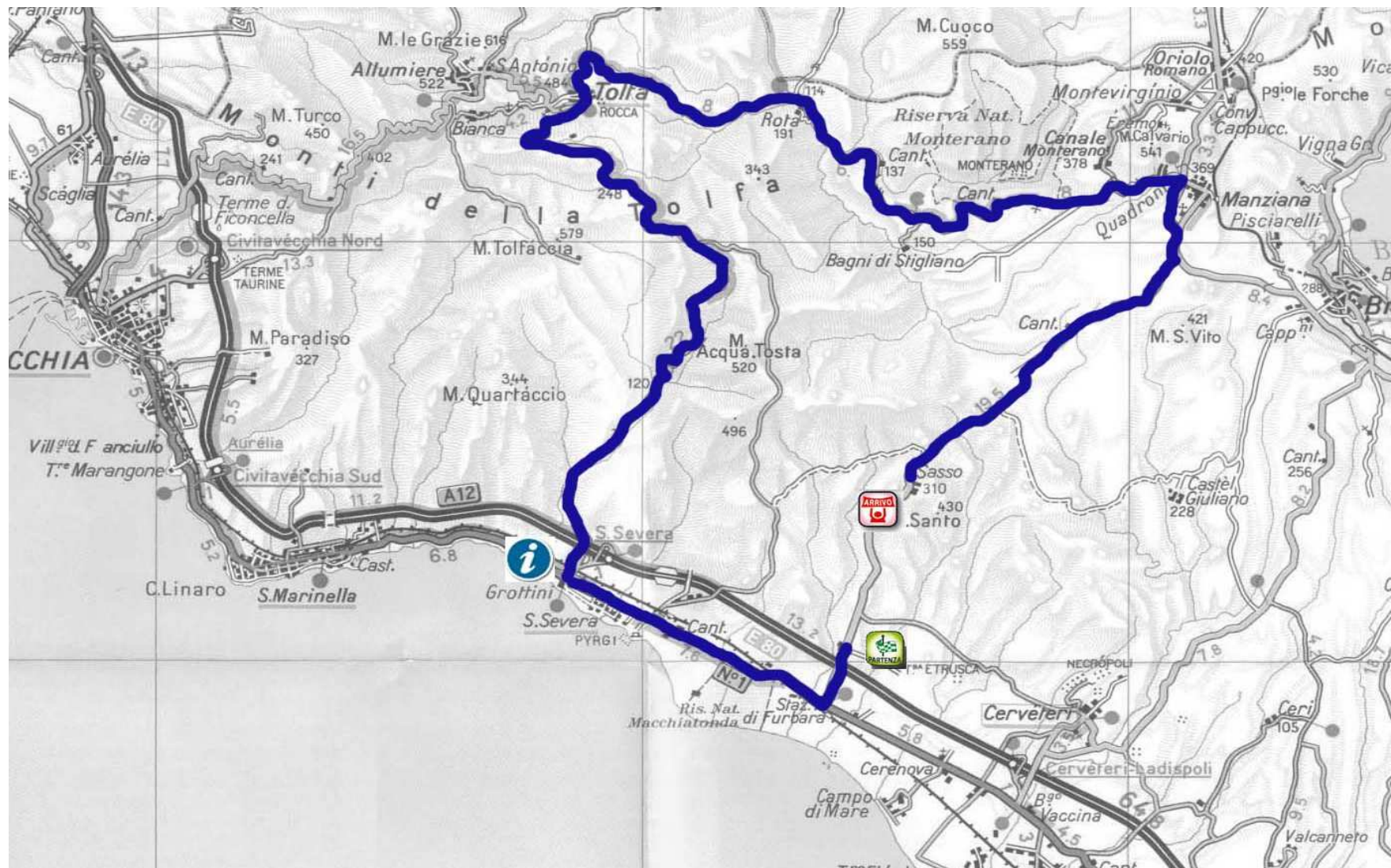
Tuscolana Frascati via Lazio Artena (PI) Giulianello

 Link: <http://www.gpsies.com/map.do?fileId=vebgvfwfcinpylf>


Sambuci Tiburtina Sublacense Madonna della Pace (PI) Rocca Canterano

 Link: <http://www.gpsies.com/map.do?fileId=fovrbjzouaknjou>


Furbara Aurelia S.Severa Fontanile (PI) Tolfa Rota Manziana via Lazio

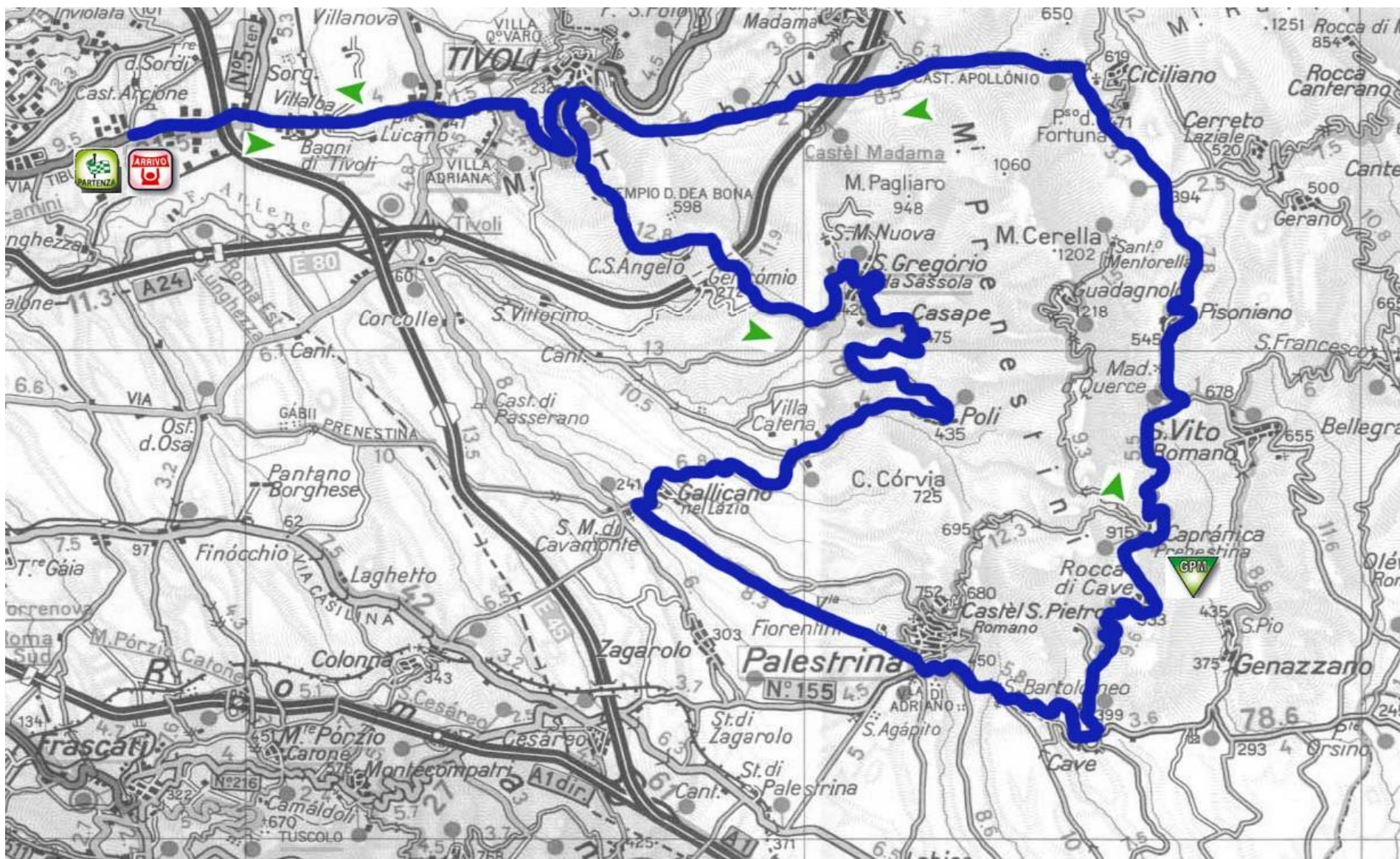
 Link: <http://www.gpsies.com/map.do?fileId=lsgyiaddqahudoab>


Borgo Quinzio (PI) Canneto bivio Fara Sabina Toffia Salaria vecchia Acquaviva Palombarese. L'ultima salita per Montorio inizia al km.7 della via Marremmana (ss 636 appena superata sulla sinistra un fontanile ed il casolare rosso)

Link: <http://www.gpsies.com/map.do?fileId=hzycazukljutayqk>



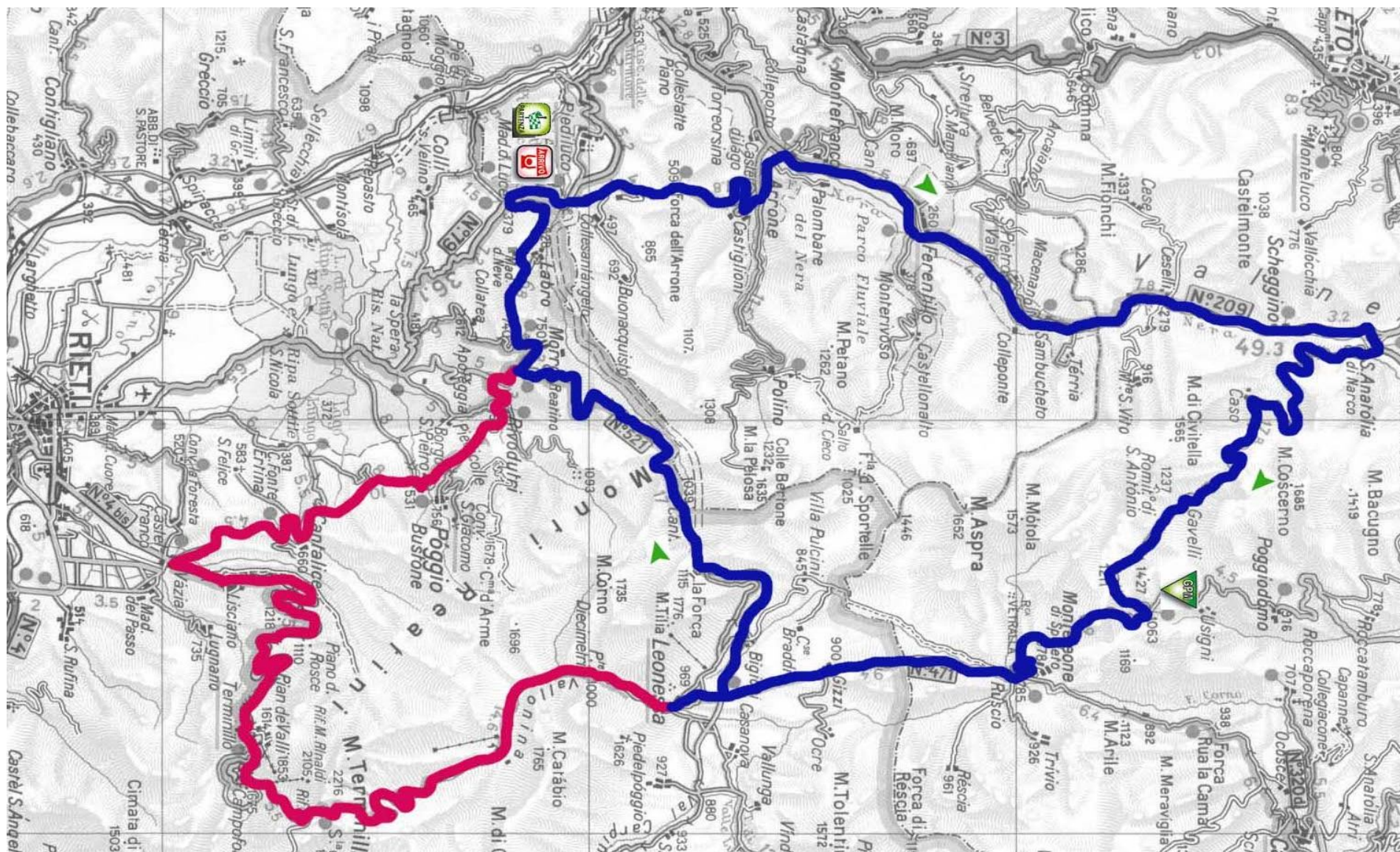
Tiburtina Tivoli San Gregorio Poli Palestrina Cave Rocca di Cave Capranica Empolitana Tivoli Tiburtina

 Link: <http://www.gpsies.com/map.do?fileId=tilkmsocvazpjbia>


Sasso Manziana Oriolo Veiano Barbarano Monteromano Tarquinia Civitavecchia

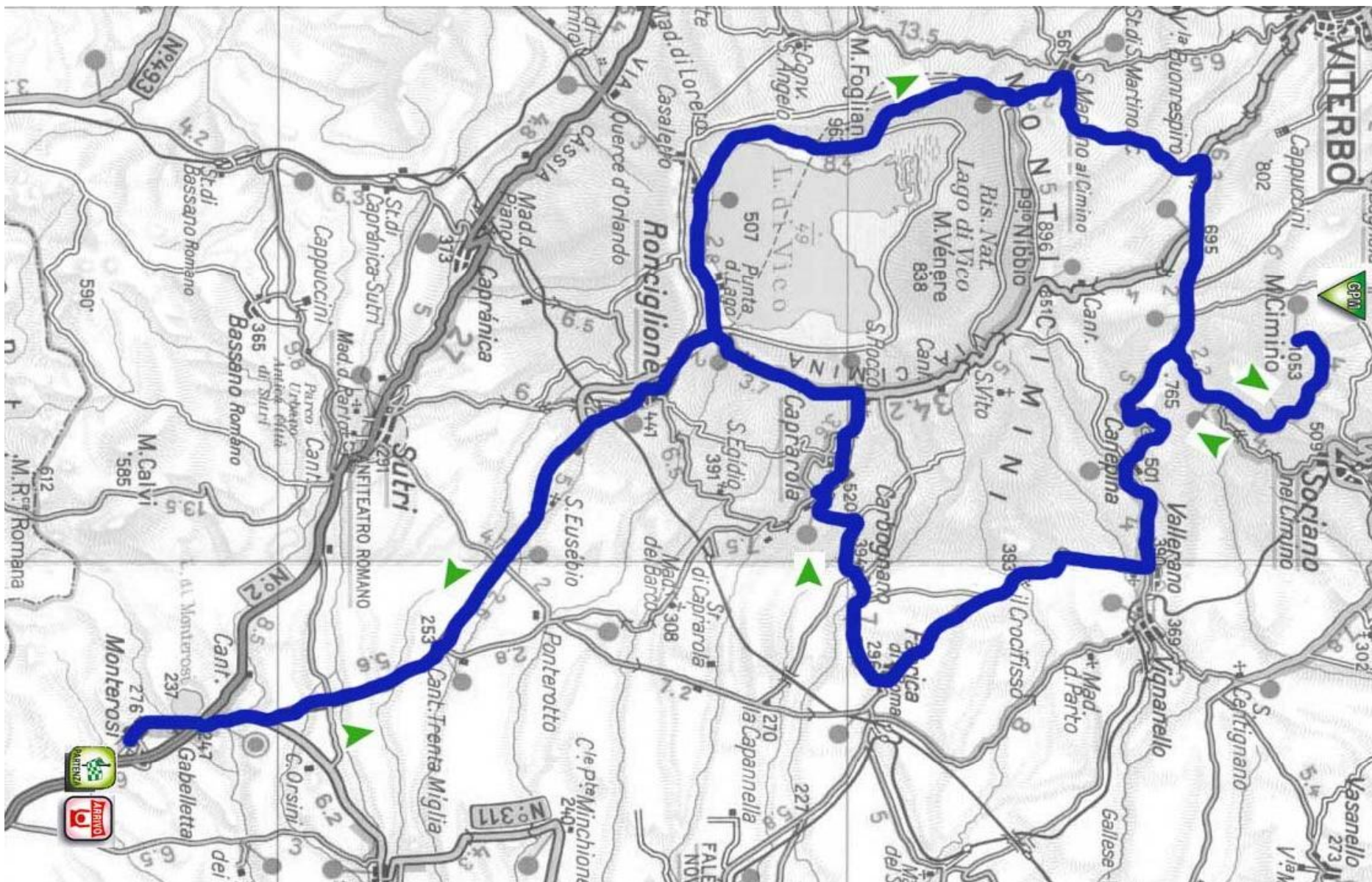
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Marmore Valnerina Sant'Anatolia di Narco Poggiodomo Monteleone

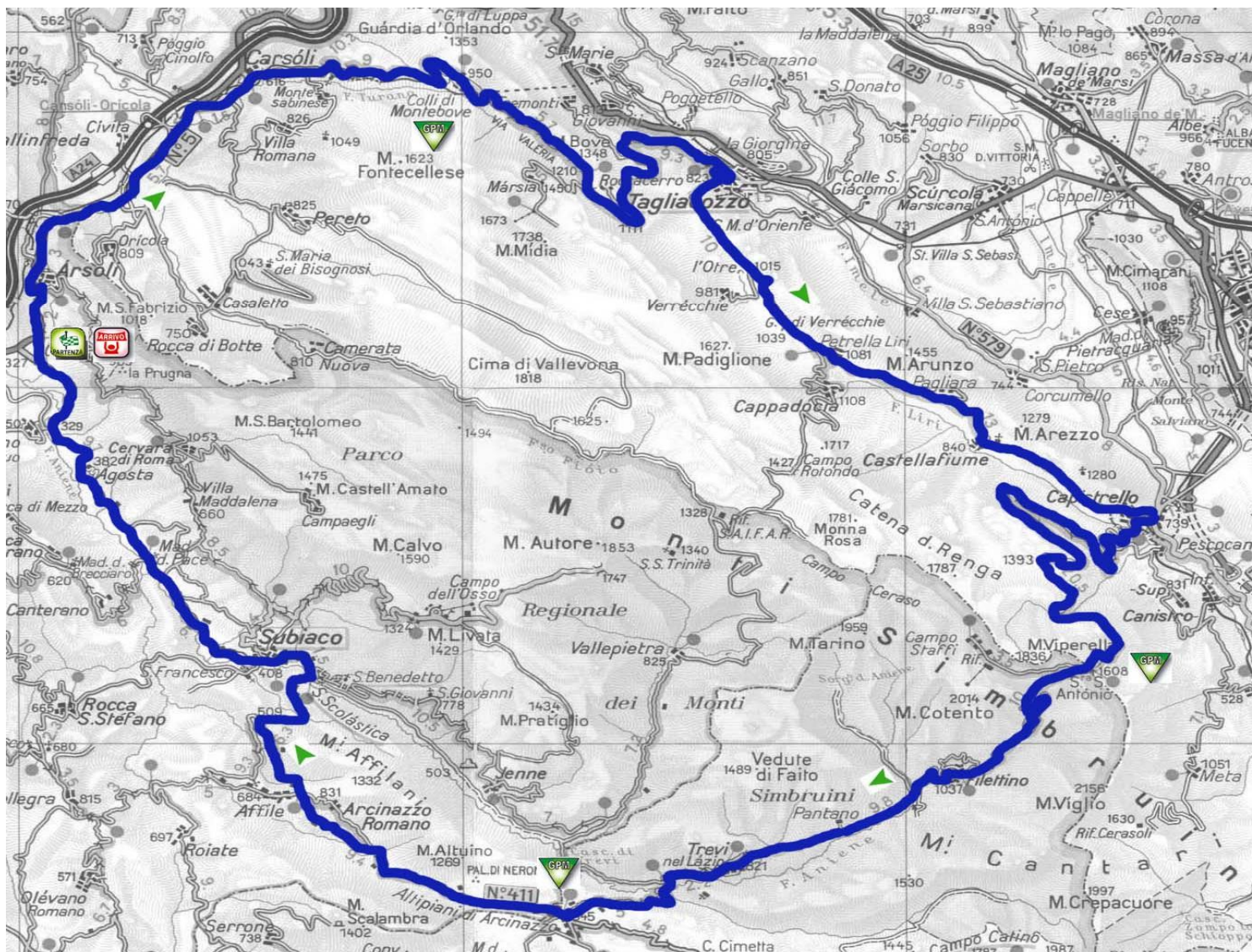
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Monterosi Ronciglione S. Martino al Cimino Monte Cimino Canepina Vallerano Fabrica Caprarola Monterosi

Link:



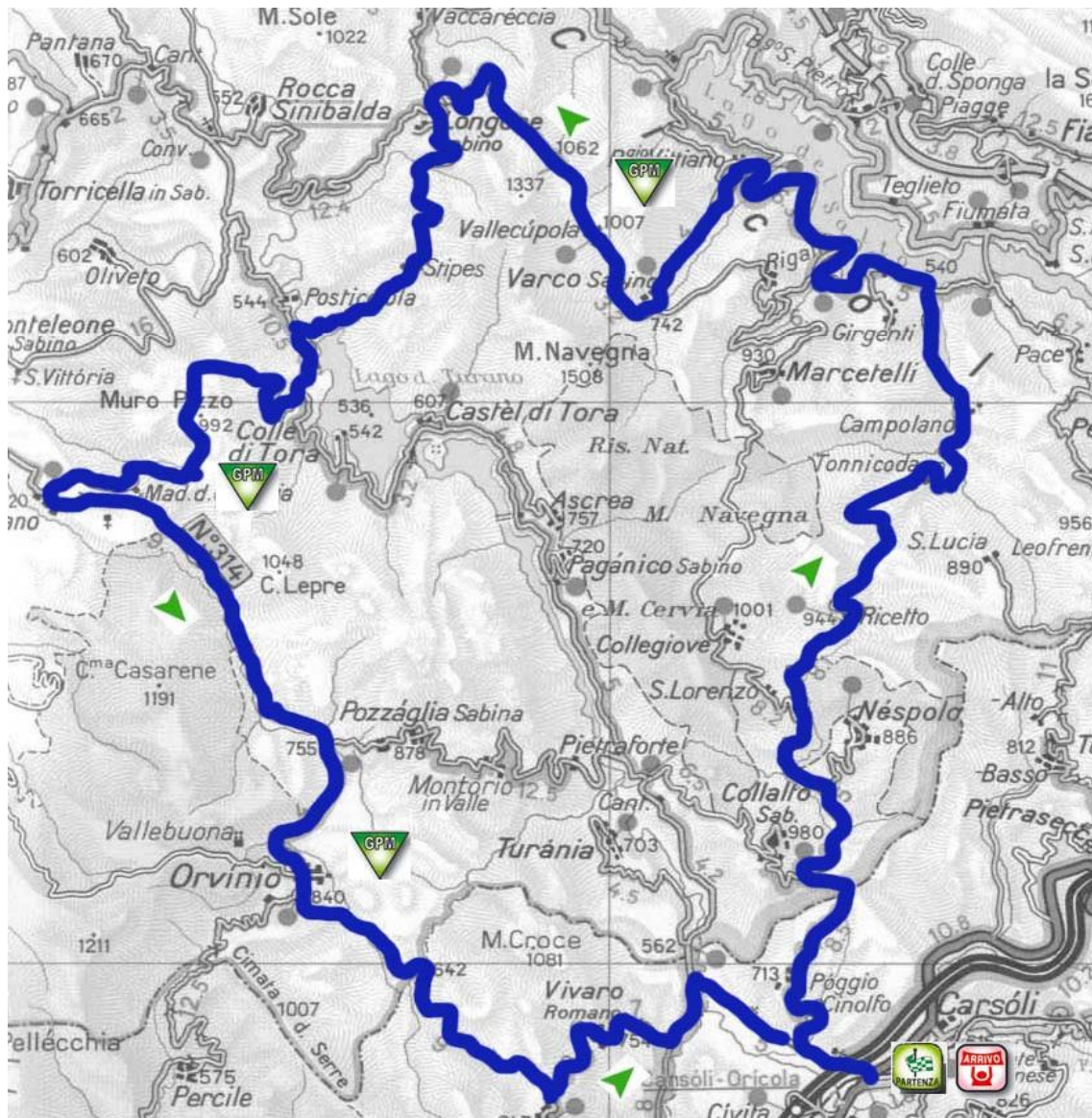
Subiaco Jenne Trevi Filetino Serra S. Antonio Petrella Liri Tagliacozzo Colli di Monte Bove

 Link: <http://www.gpsies.com/map.do?fileId=fhhofexvrrojvdr>


tl 6	start: Carsoli	Km and	107,0	Disl.	2611
06-lug	P. int.	Km rit		Diff.	182

Poggio Cinolfo Collalto Lago del Salto Varco sabino Longone Rocca Sinibalda Posticcioia Lago del Turano Muro Pizzo Orvinio Vivaro Tiburtina

Link: <http://www.gpsies.com/map.do?fileId=yaftrkdqcrjszjsf>



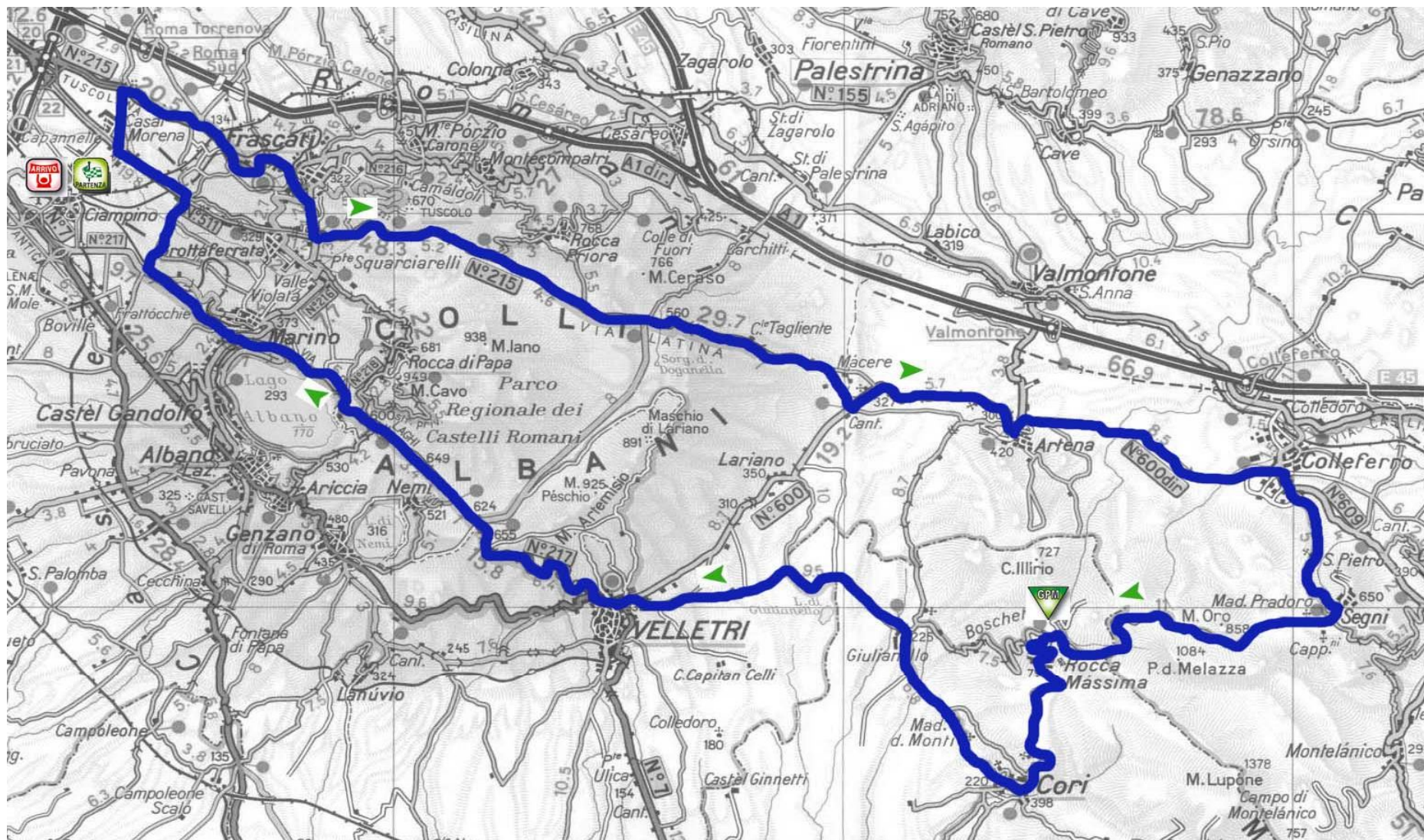


Rocca Massima

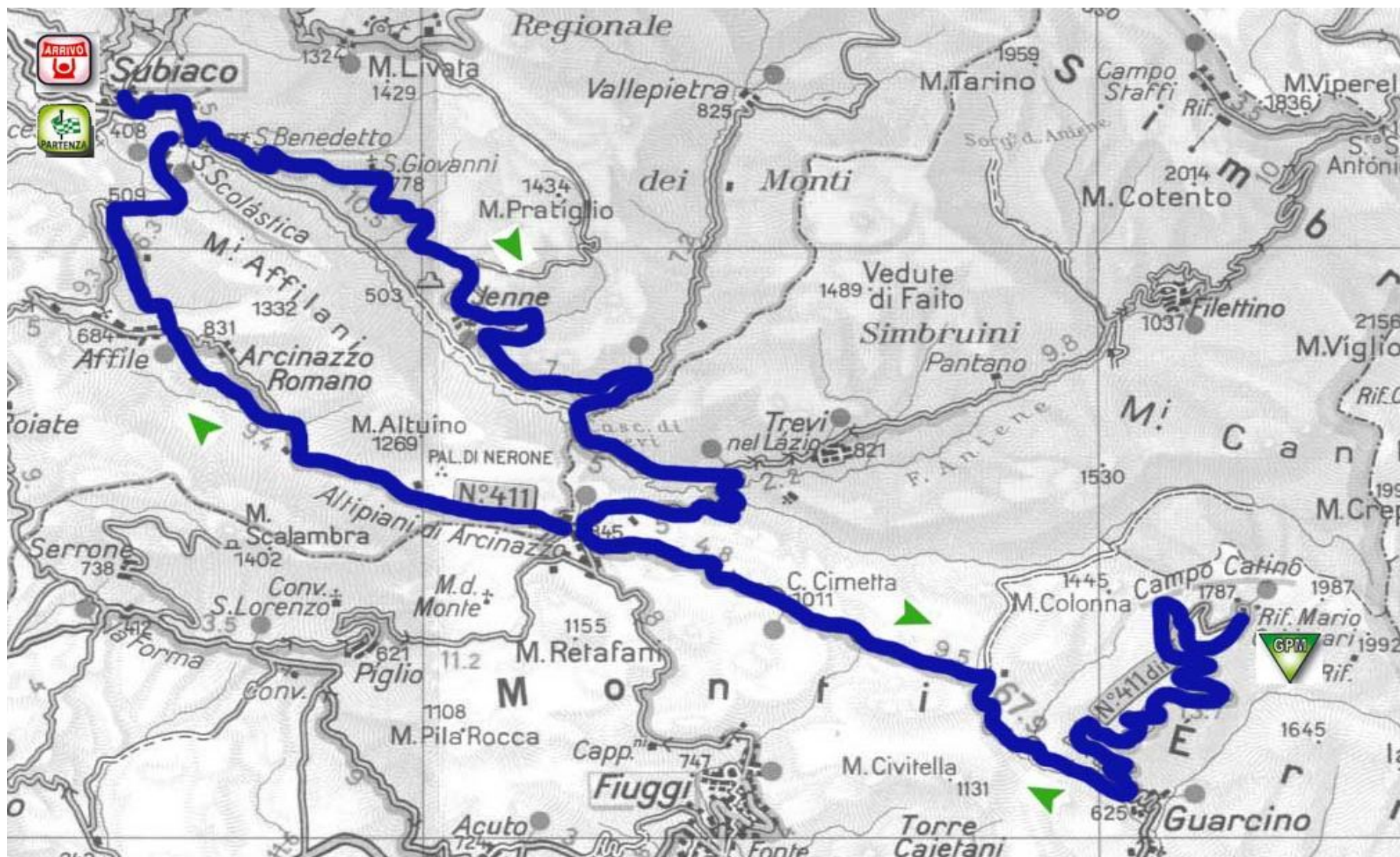
tl 7	start: Anagnina ERICCON	Km and	108,0	Disl.	2137
31-ago	P. int.	Km rit		Diff.	158

Frascati Grottaferrata Squarciarelli via Latina Macere Artena Colferro Segni Rocca Massima Cori Giulianello Velletri via dei Laghi

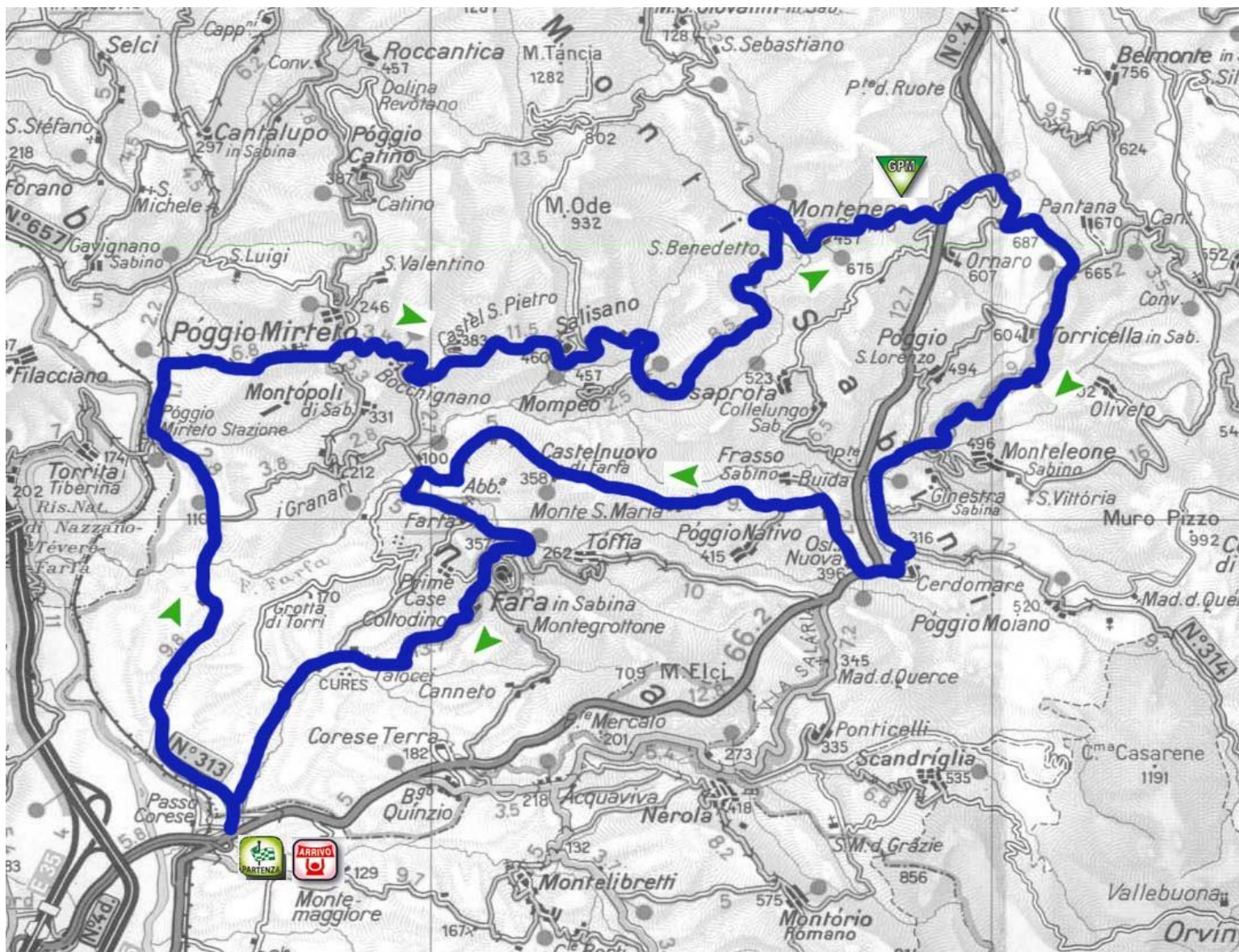
Link: <http://www.gpsies.com/map.do?fileld=nzovyruahszpiaub>



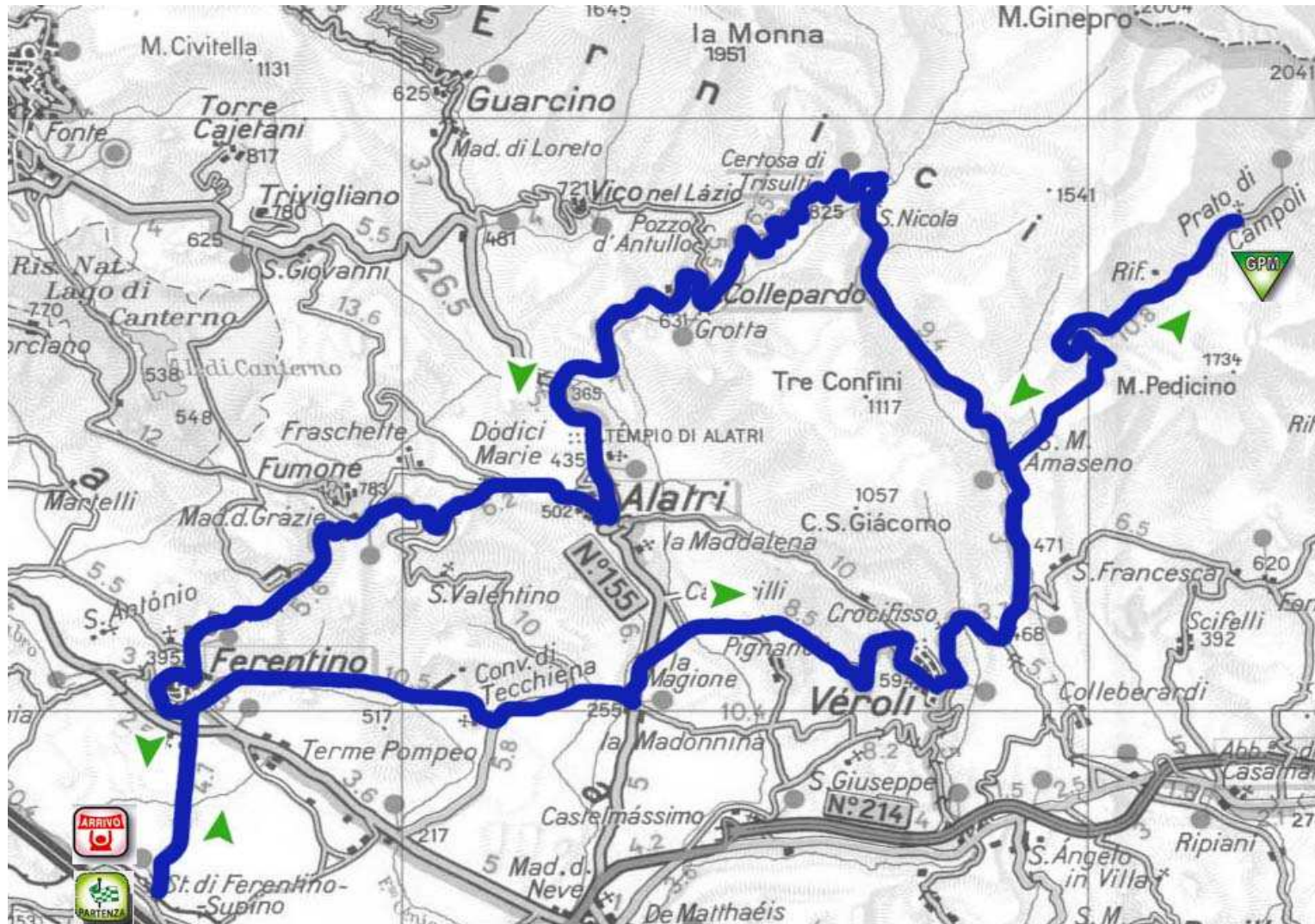
Jenne bivio Trevi nel Lazio Altipiani di Arcinazzo valico della Cimetta Guarcino Campo Catino e ritorno

 Link: <http://www.gpsies.com/map.do?fileId=ajndbswarfeuff>


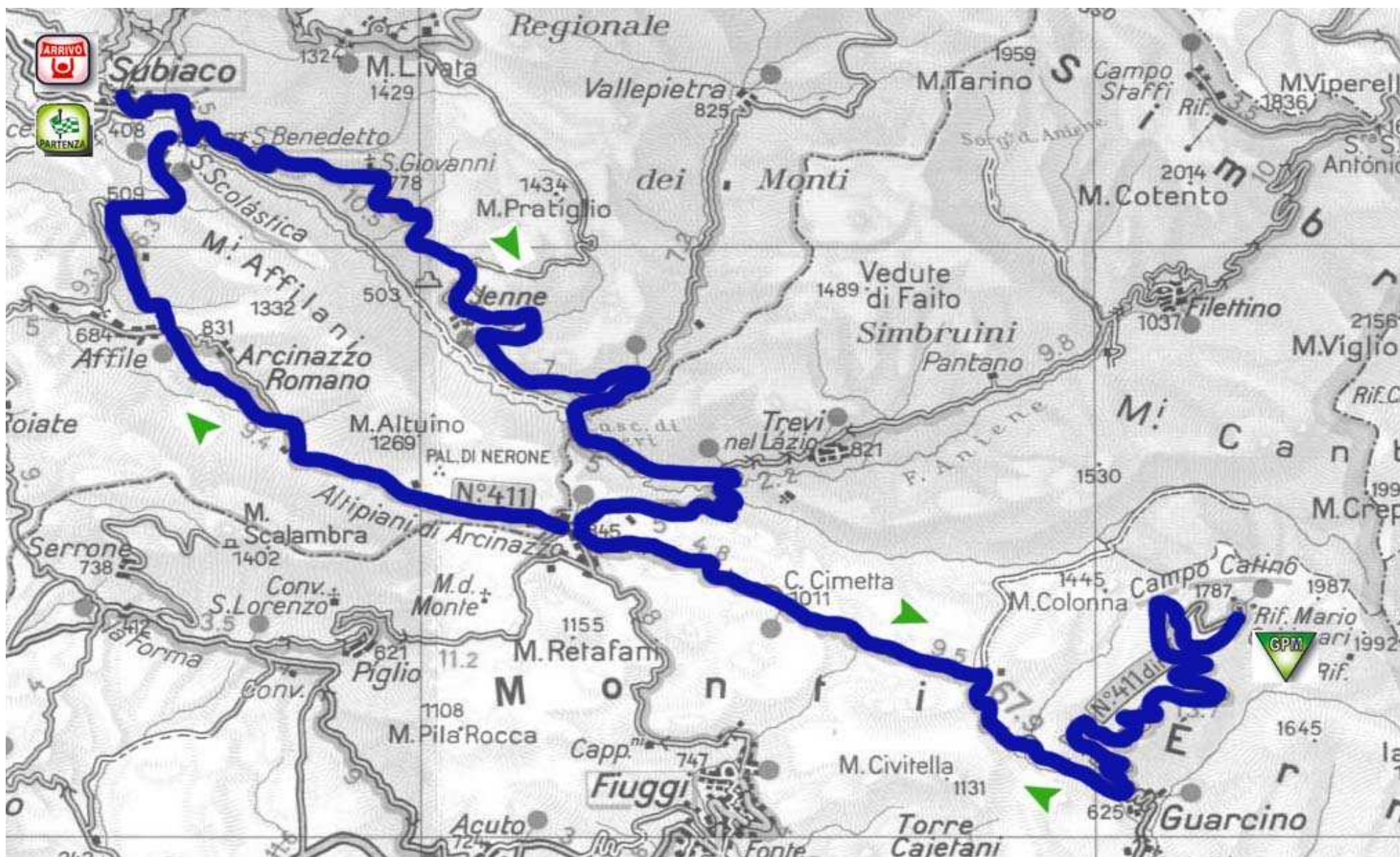
Poggio Mirteto Salisano Montenero sabino Salaria Osteria Nuova Castelnuovo di Farfa Farfa bivio Fara Sabina Coltodino

 Link: <http://www.gpsies.com/map.do?fileId=mkexviouxogojktl>


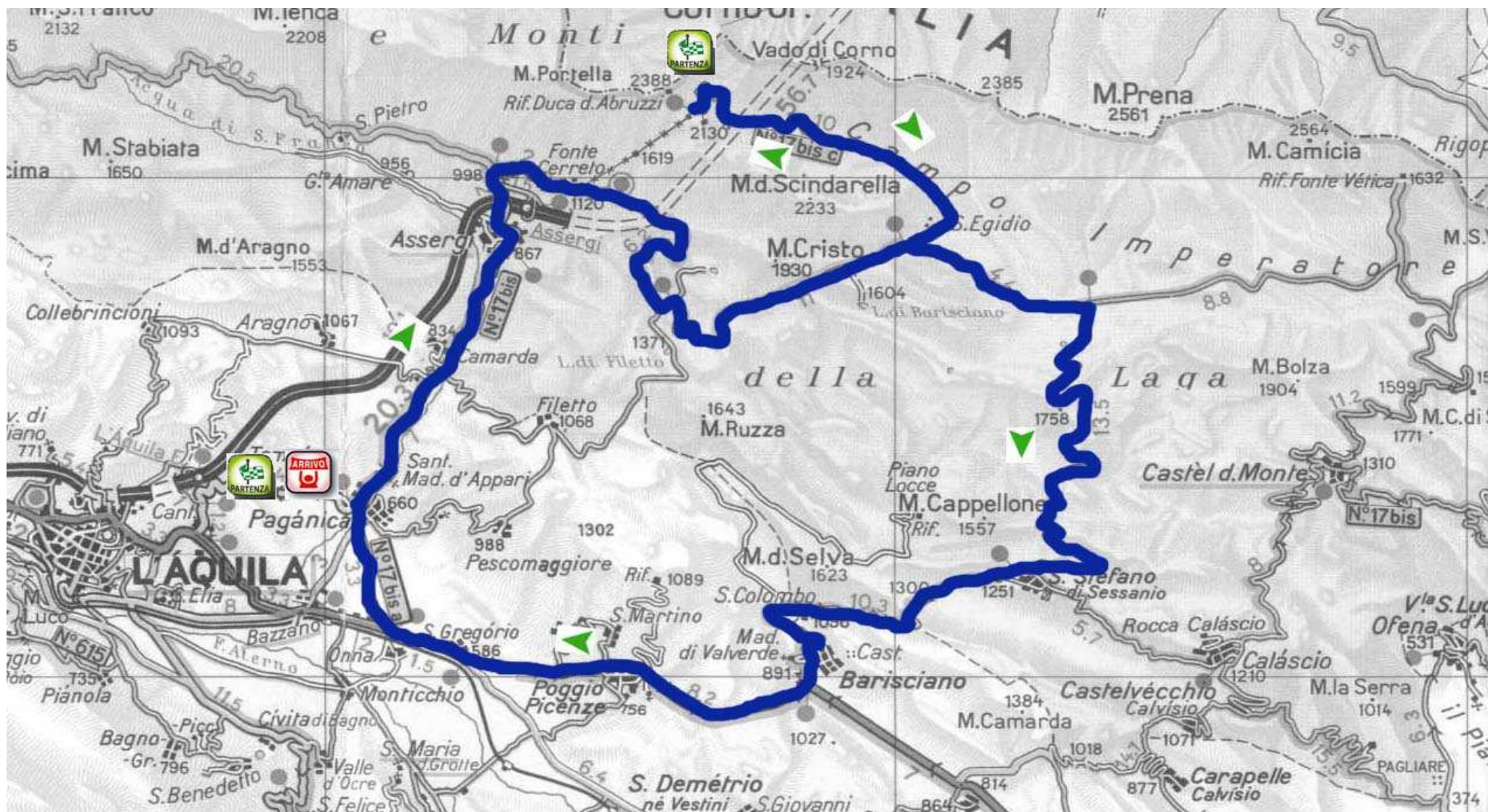
Veroli S.M.Amaseno Prato di campoli Certosa di Trisulti Colleparado Alatri Ferentino

 Link: <http://www.gpsies.com/map.do?fileId=sxzfyoqlirjcxn>


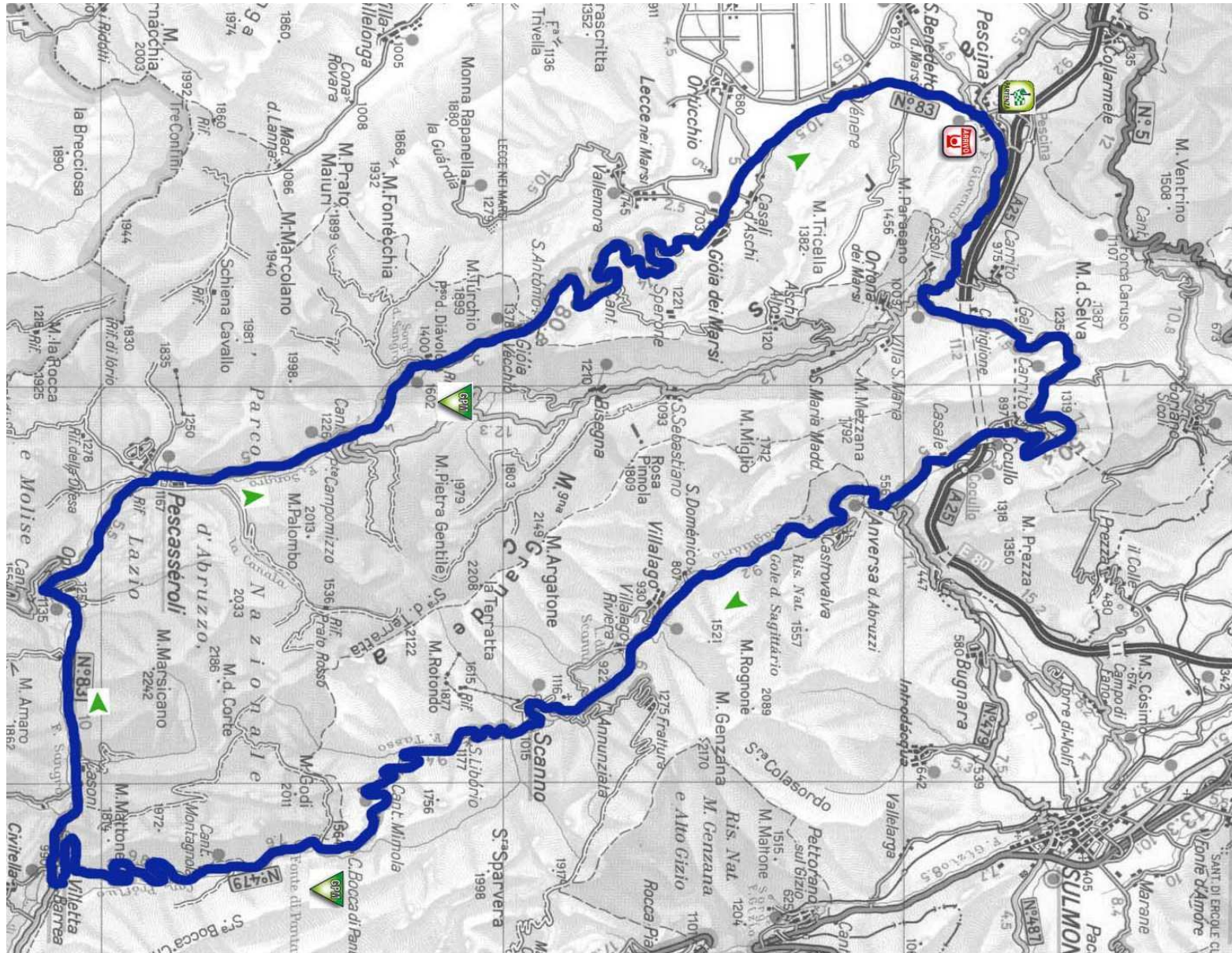
Altipiani di Arcinazzo valico Cimetta Guarcino Arcinazzo Jenne

 Link: <http://www.gpsies.com/map.do?fileId=ajndbswarfeuff>


Assergi Campo Imperatore S.Stefano di Sessanio Barisciano

 Link: <http://www.gpsies.com/map.do?fileId=nvscseagpvslvhxa>


Cocollo Scanno Villetta Barrea Opi Pecasseroli Gioia dei Marsi

 Link: <http://www.gpsies.com/map.do?fileId=pdhizqxreuvzbro>


Manoppello Pretoro Passo Lanciano BlockHaus Rocca Morice

 Link: <http://www.gpsies.com/map.do?fileId=kjexswuixbnmuh>
