



LENGTH	MAXIMUM HEIGHT	DIFFERENCE IN HEIGHT (ASCENT)	GROUND	AVERAGE DURATION
DIFFICULT				
19,8 Km	1304 m	444 m	80% natural, 20% road	about 3h loop
MODERATE				
11,1 Km	1163 m	254 m	80% natural, 20% road	about 2h loop
sudden steep slope				
Assergi	42°25'5.85"N	13°30'28.34"E	Masseria Cappelli	42°26'32.01"N 13°25'44.37"E
San Pietro della Ienca	42°43'6.66"N	13°46'0.72"E		

