



Feuille de route Parcours R2a

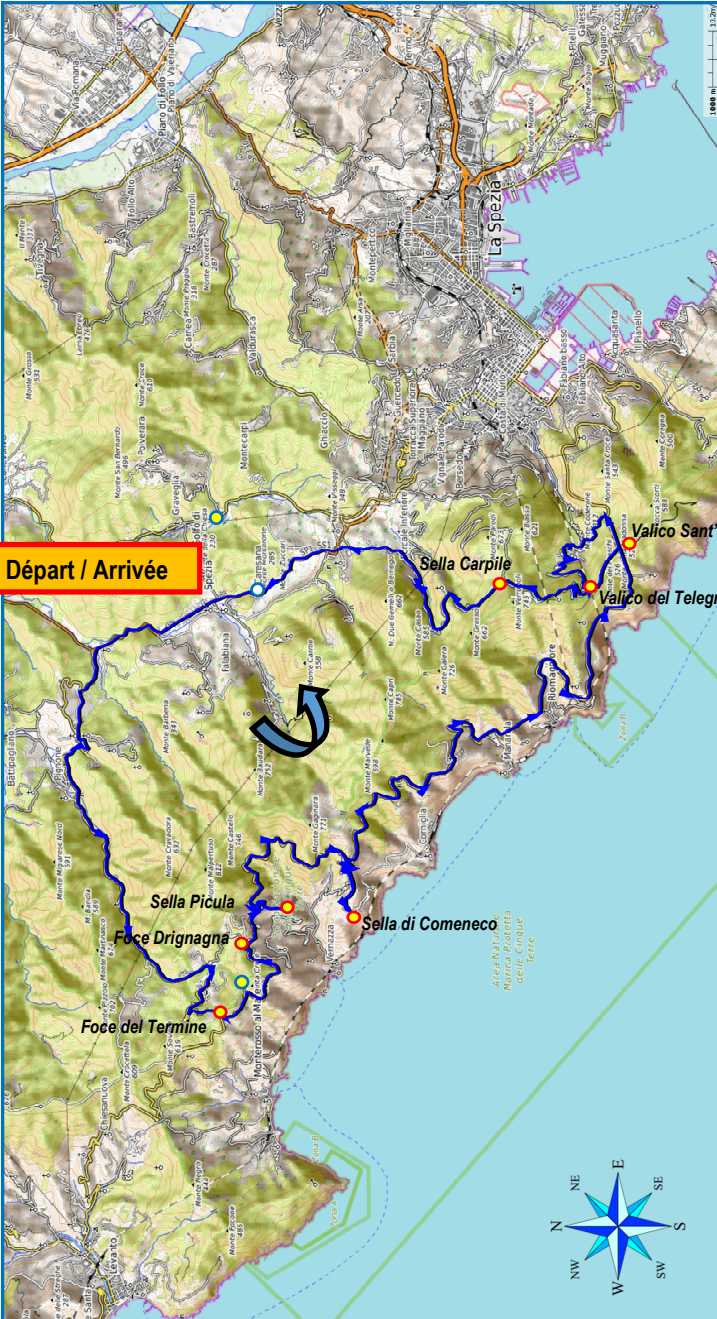


Au coeur des Cinque Terre

60km 7 cols et 1776m de dénivelée

Départ: parking Ricco del Golfo di Spezia (46km et 49mn)

Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	Rq
SP	143	<i>Ricco del Golfo di Spezia</i>	SP1	↑		0		
SP	133	Parking			0.906	0.906		
SP	93	Carr. Pignone	SP36	←	1.445	2.351		R2a_1
SP	165		VC	←	0.993	3.344		R2a_2
SP	240	Trezzo	SP36	←	0.991	4.335		R2a_3
SP	188	Pignone	SP38	←	1.663	5.998		
SP	556	<i>Foce del termine</i>	SP51	←	7.257	13.255	IT-SP-0534	
SP	528	R2a_4	SP51	←	1.065	14.32		Option Santa Croce
SP	493	Carr. SP51/SP38	SP51	←	1.632	15.952		
SP	492	<i>Foce Drignagna</i>	SP38		0.31	16.262	IT-SP-0488	Option Sella Carpile
SP	438	Carr. SP51/SC	SP 51	→	1.627	17.889		
SP	403	<i>Sella di Picula</i>	SC	↑	0.995	18.884	IT-SP-0354	A/R
SP	443	Carr. SP51/SC	SC	→	4.986	23.87		
SP	318	<i>Sella di Comenecco</i>	SC	↑	2.261	26.131	IT-SP-0318	A/R
SP	275	Volastro		↑	6.938	33.069		
SP	176	Groppo		↑	1.431	34.5		
SP	292	Tunnel		↑	7	41.5		
SP	332	CarrSP370/SP	SP370	←	1.178	42.678		R2a_8
SP	310	Biassa	SC	↑	0.822	43.5		R2a_9
SP	514	<i>Valico del Telegrafo</i>	SC	←	3.353	46.853	IT-SP-0513	R2a_10
SP	521	<i>Valico di Sant'Antonio</i>	SC	↑	1.26	48.113	IT-SP-0511	A/R
SP	566	<i>Sella di Carpena</i>	SC	↑	3.261	51.374	IT-SP-0581	
SP	200	Carr. SC/SP1	SP	←	6.026	57.4		
SP	143	<i>Ricco del Golfo di Spezia</i>		↑	2.428	59.828		
MAX	618		7cols			60km	Dénivelée	1776m
MIN	93							
SP	528	<i>Sella di Santa Croce</i>	R1		0.7		IT-SP-0560c	
SP	492	<i>Sella Carpile</i>	R1		0.3		IT-SP-0523	
SP	143	Colle di Cavecchia	SC		1		IT-SP-0224	

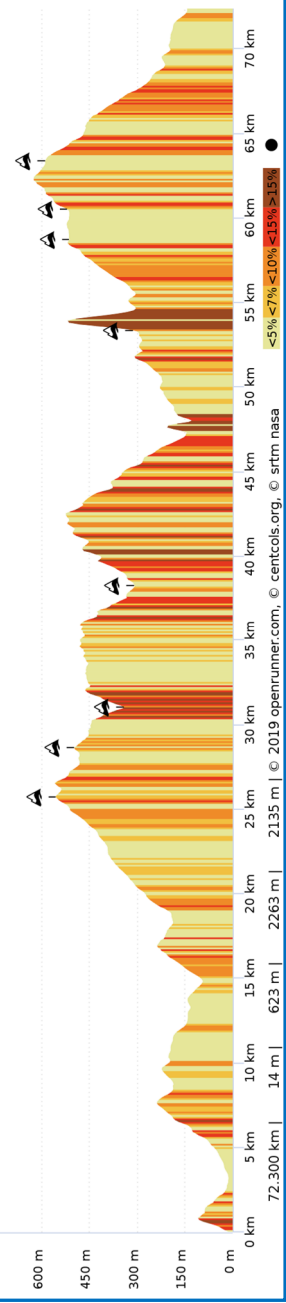


Départ / Arrivée

OPENRUNNER

Pignone R2a

LA SPEZIA



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