



Feuille de route parcours R5a

Parco Antola court



70 km 6 cols et 1323 m de dénivellée

Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	D+	D tot	%	Rq
GE	9	Sestri Levante	SS1			0					
GE	12	Via Giorgio Bo RP		↗	0.221	0.221					R5_1
GE	12	Via Bruno Primi	SP523	↖	0.315	0.536					R5_2
GE	30	Casarza Ligure	SP523	↗	2.48	3.016					R5_3
GE	56	Parking P2	SP523	↑	1.484	4.5					
GE	52	Bargonasco	SP523	→	0.263	4.763					
GE	248	Castiglione Chivarese	SP523	→	4.722	9.485					R5_4
GE	329	Bretelle Tunnel	SP523	→	4.206	13.691					R5_5
GE	430	Velva	SP523	→	1.808	15.499					
GE	505	Carr SP523/SP50	SP523	↖	1.001	16.5					R5_6
GE	548	Colle di Velva	SP523	↑	0.918	17.418	IT-GE-0545				
SP	464	Sortie tunnel	SP523	↗	0.967	18.385					R5_7
SP	377	San Pietro di Vara	SP566	→	4.858	23.243					
SP	263	Carr SP566/ Tunnel	SP566	←	7.109	30.352					R5_8
SP	241	Passo delle Piane	SP566	↑	2.048	32.4	IT-SP-0335				
SP	337	Dir Chuisola	SP25	←	2.296	34.696					R5_9
SP	301	Carr SP 566	SP566	↑	1.804	36.5					R5_12
SP	287	Carr SP 566	SP566	↑	0.348	36.848					R5_13
SP	258	Dir . Castello	SC	→	0.72	37.568					R5_14
SP	375	Foce Ravezza	SC	↑	4.545	42.113	IT-SP-0519				
SP	430	Castello	SP47	↑	1.356	43.469					
SP	511	Valico della Foce	SP48	←	1.514	44.983	IT-SP-0702				
SP	576	Carr SP48/SP50	SP50	←	2.123	47.106					R5_15
SP	585	Passo della Mola	SP50	→	0.2	47.306	IT-SP-0654				A/R
GE	686	Sella Alpesella	SP50	↑	1.194	48.5	IT-GE-0580a				
GE	650	Carr. SP50/SP523	SP523	↖	1.613	50.113					R5_6
GE	654	Velva	SP523	↑	1.091	51.204					
GE	382	Castiglione Chiavarese	SP523	↗	5.006	56.21					
GE	51	Bargonasco	SP523	↑	9.735	65.945					
GE	12	Via Sara		↖	3.738	69.683					R5_2
GE	9	Sestri Levante			0.503	70.186					

