

Italian Undulations

A GPS View of a Cycling Trip in Tuscany and Umbria

Here is some topographic documentation of our cycling trip to Latium, Umbria and Tuscany in September-October 2006. It was organized and operated to a high standard by the Canadian company Cycleventures (www.cycleventures.com). While this trip was not as difficult as those I had joined in previous years (Picos de Europa and Rioja in 2004 and Toulouse to Barcelona in 2005), it was not a pushover. Almost nothing is flat in this part of Italy and almost all interesting sites and destinations are on the edges of cliffs and/or at the tops of high hills.

The scenery, including both the natural and man-made landscapes, was stunning and varied. Except for inconveniences in two late afternoons, the weather was equally wonderful. The food, wine and friendly people exceeded our high expectations.

The tour included 10 cycling days and 4 optional ones, of which we declined 3 in order to explore some magnificent sites (Todi, Siena and Pienza) on foot. We abbreviated the other optional cycling day as well in order to enjoy Assisi. During our 11 cycling days we covered 671 km, with daily distances varying considerably, but never exceeding 90 km. While distances were not excessive, and the maximum altitude was less than 850 m., there was a surprising amount of climbing. Indeed, the daily ascent averaged over 1,050 m., and climbs exceeded 1,200 m. on 4 different days. The maximum daily ascent was just a shade less than 1,400 m. These climbing numbers are only slightly less than on the Picos de Europa trip of two years ago.

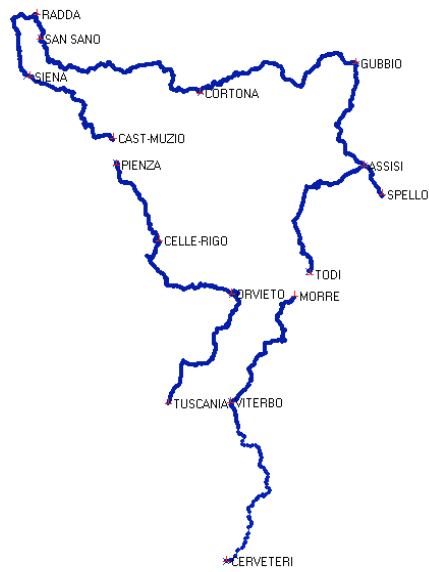
The table presents some basic summary data.

Trip Summary				
Date	Ascent (m)	Descent (m)	Net Climb (m)	Distance (km)
24 Sep	1,234.6	940.5	294.1	68.9
25 Sep	1,328.9	1,129.3	199.6	58.1
27 Sep	815.5	827.1	-11.6	59.9
28 Sep	485.3	465.6	19.7	28.7
29 Sep	846.4	654.2	192.2	45.3
30 Sep	1,040.4	1,058.7	-18.3	76.5
1 Oct	1,327.0	1,398.1	-71.1	84.2
2 Oct	929.3	989.8	-60.5	46.5
4 Oct	1,178.2	1,067.1	111.1	50.8
6 Oct	1,397.9	1,583.2	-185.3	88.9
7 Oct	995.1	1,106.8	-111.7	63.5
Total	11,578.6	11,220.4	358.0	671.2
Daily Average	1,052.6	1,020.1	32.5	61.0

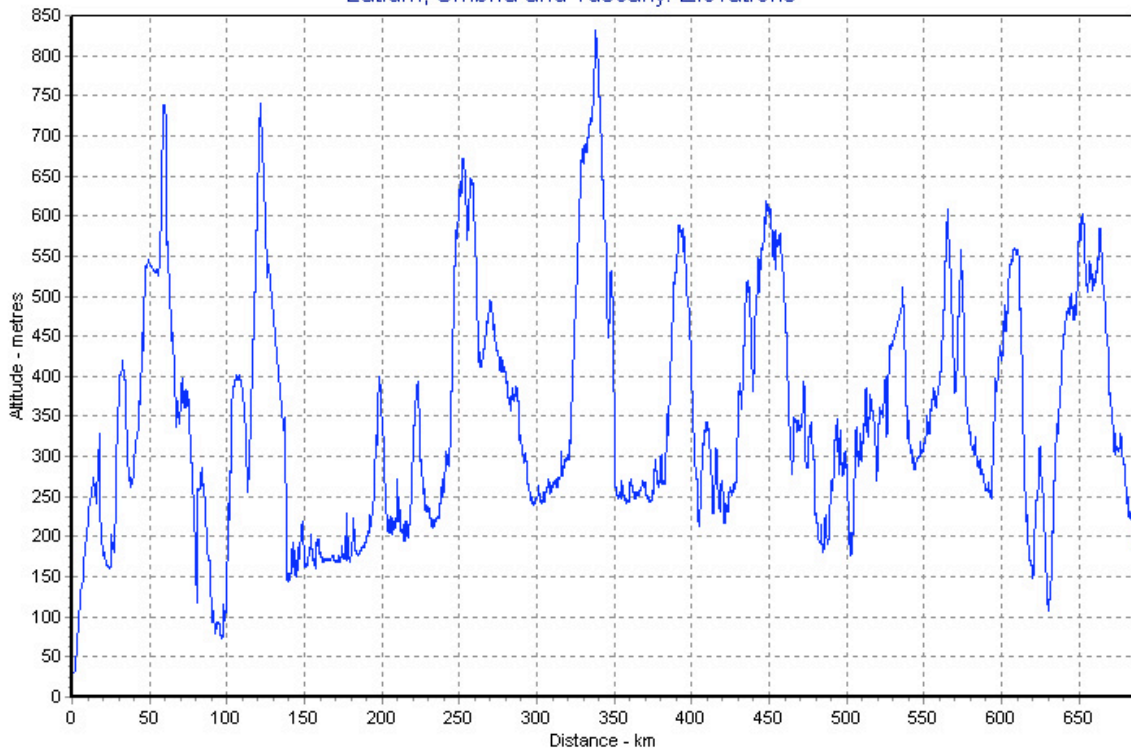
The route started in Cerveteri, about 30 km north of Rome airport, headed north to Viterbo and then northeast to Todi, Assisi, and Gubbio. We then turned back west to Cortona, San Sano, a tiny village in Chianti, took a loop through Chianti to Siena and headed back south to Pienza, Orvieto and finally Tuscania, a pickup point about 100 km north of Rome. Every stop and most of the points in between were gems.

The following pages show GPS tracks and elevation charts of the trip. The first charts show the entire trip and the subsequent ones show the same information on a day-by-day basis.

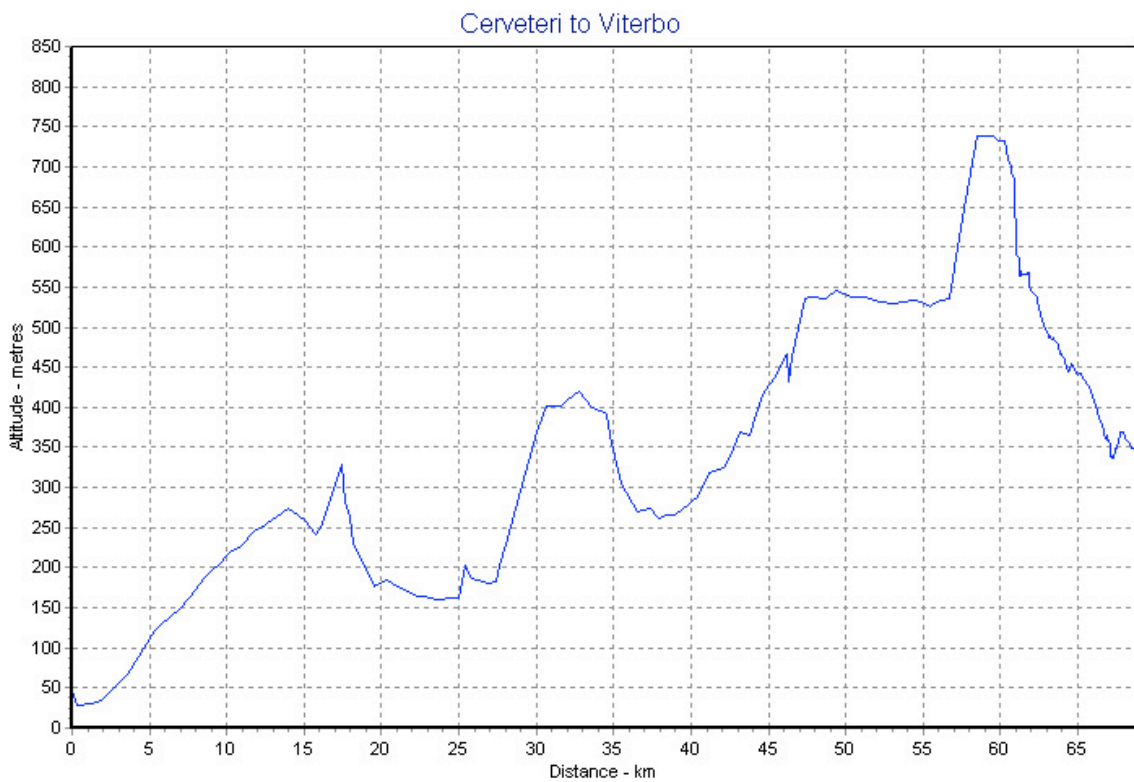
Trip Overview



Latium, Umbria and Tuscany: Elevations

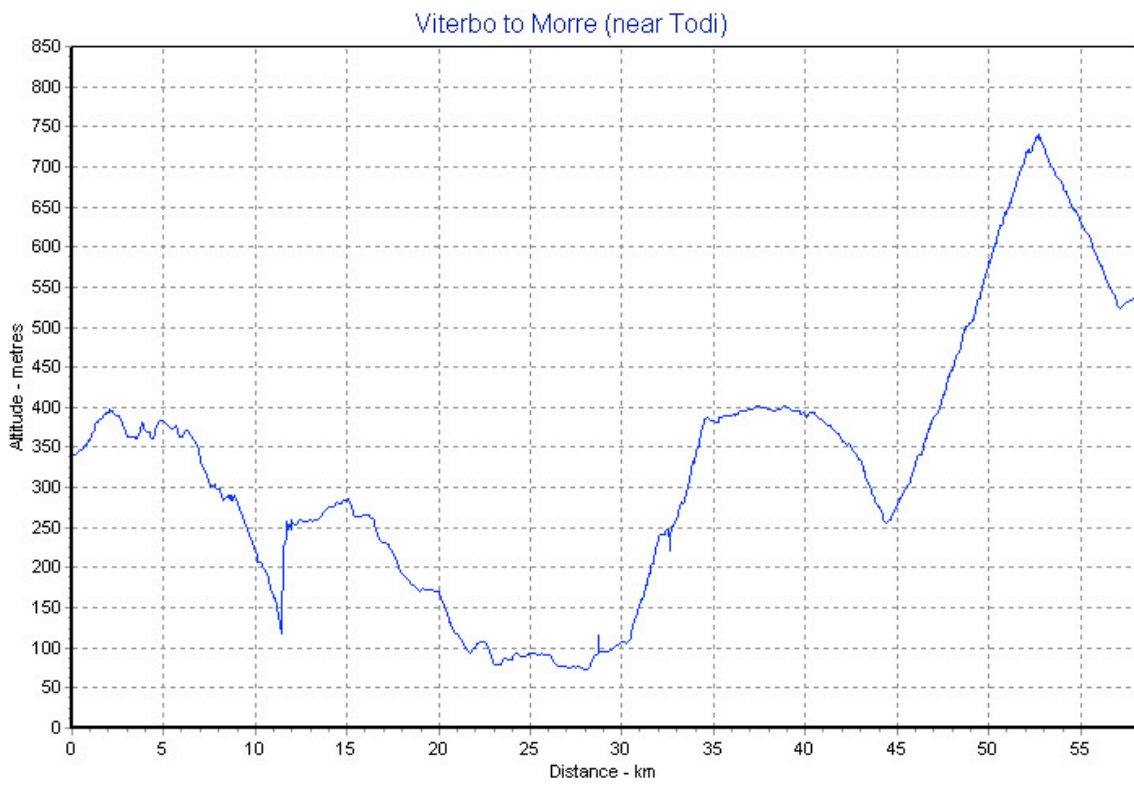
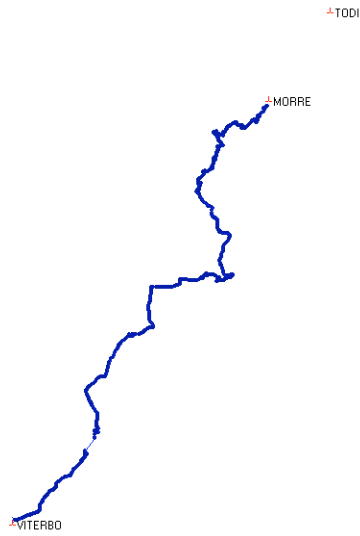


24 September: Cerveteri to Viterbo



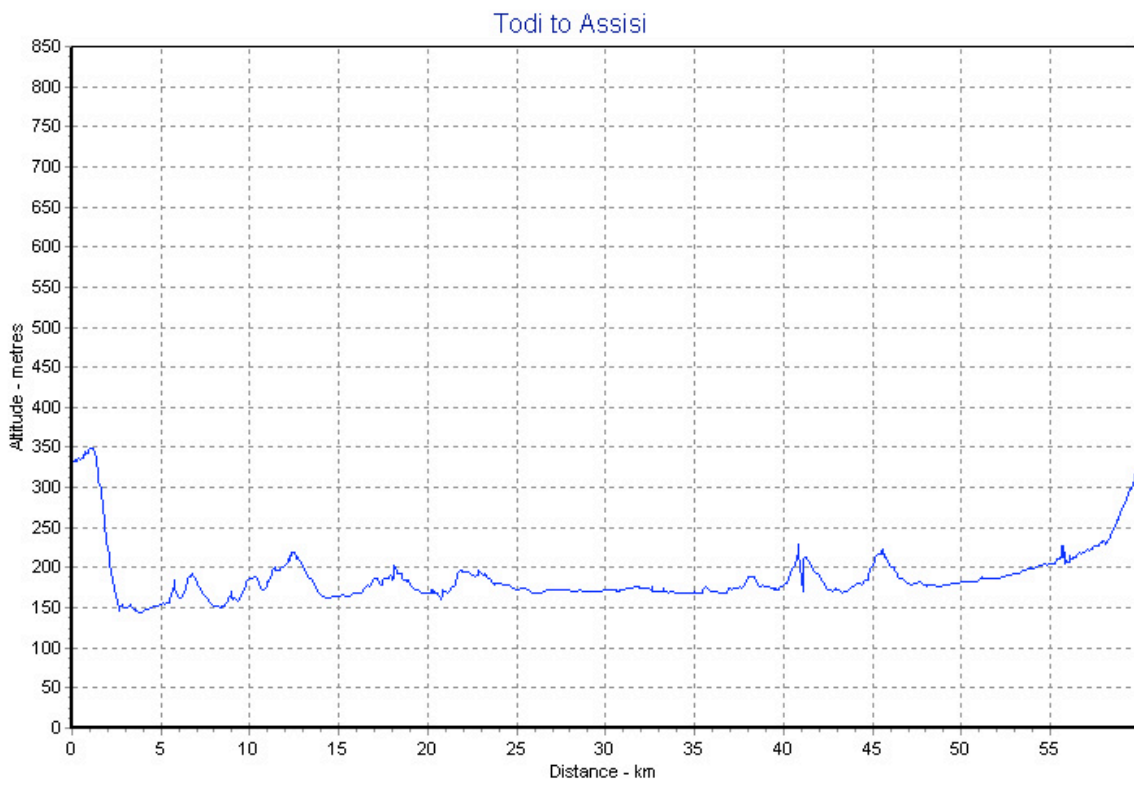
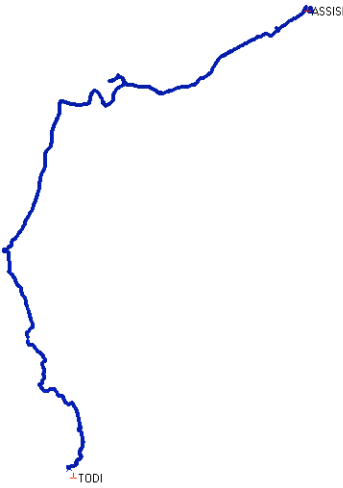
(distance: 68.9 km; ascents: 1,234.6 m; descents: 940.5 m)

25 September: Viterbo to Morre (near Todi)



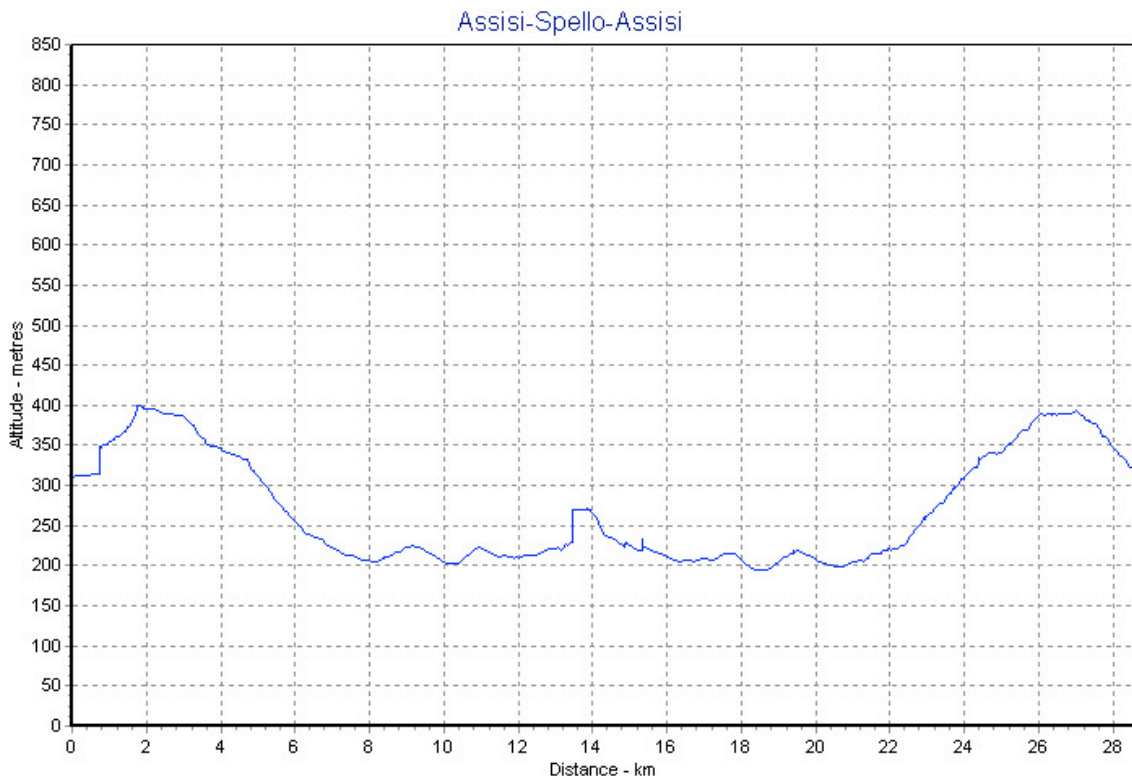
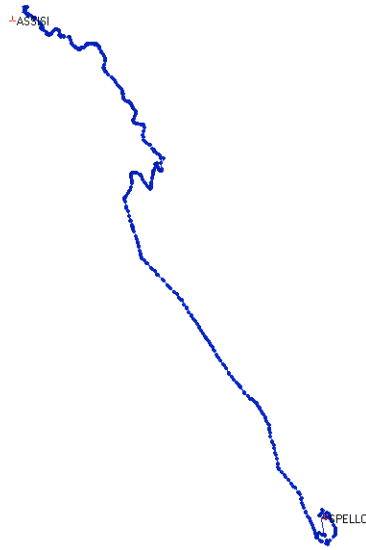
(distance: 58.1 km; ascents: 1,328.9 m; descents: 1,129.3 m)

27 September: Todi to Assisi



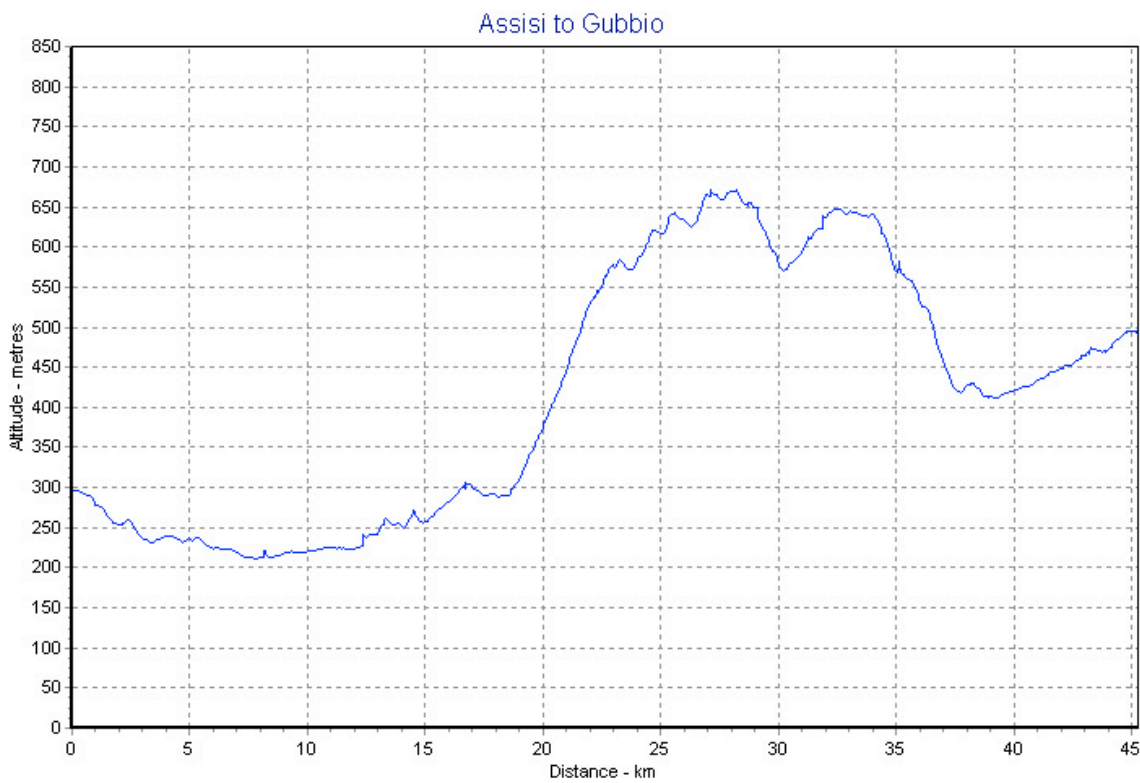
(distance: 59.9 km; ascents: 815.5 m; descents: 827.1 m)

28 September: Assisi-Spello-Assisi



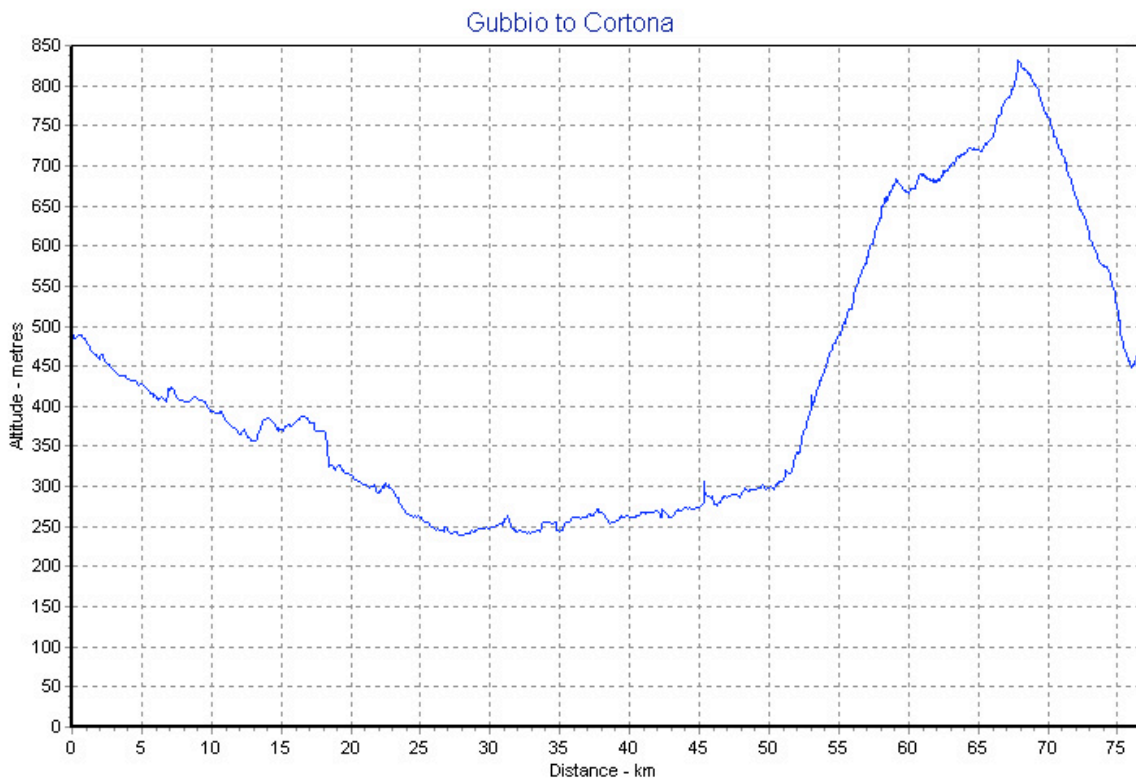
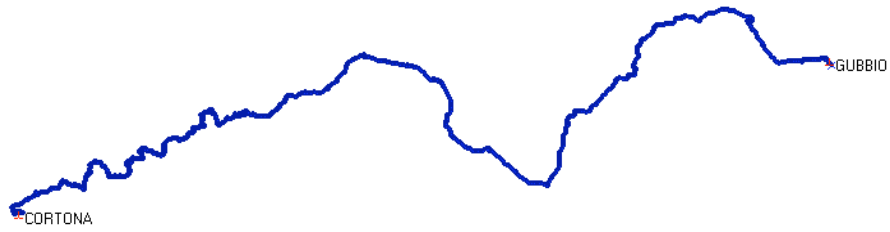
(distance: 28.7 km; ascents: 485.3 m; descents: 465.6 m)

29 September: Assisi to Gubbio



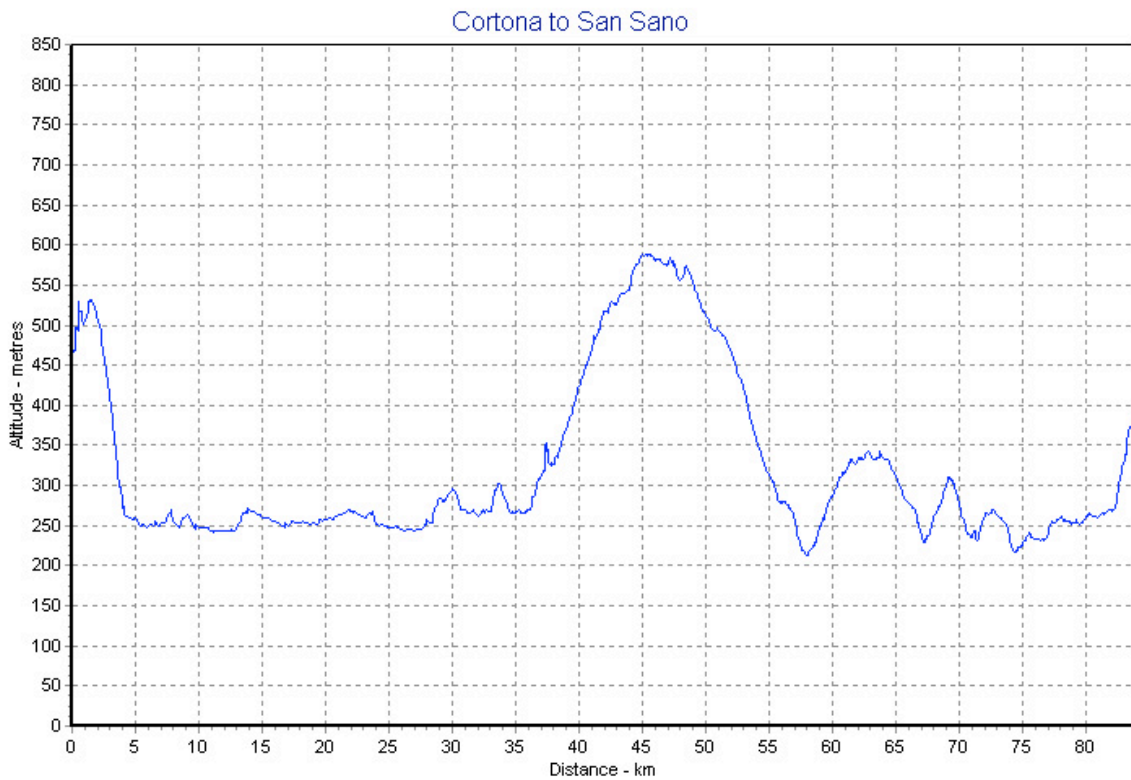
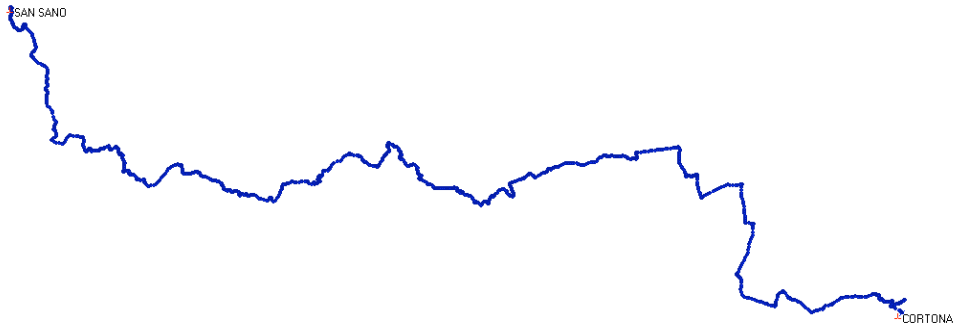
(distance: 45.3 km; ascents: 846.4 m; descents: 654.2 m)

30 September: Gubbio to Cortona



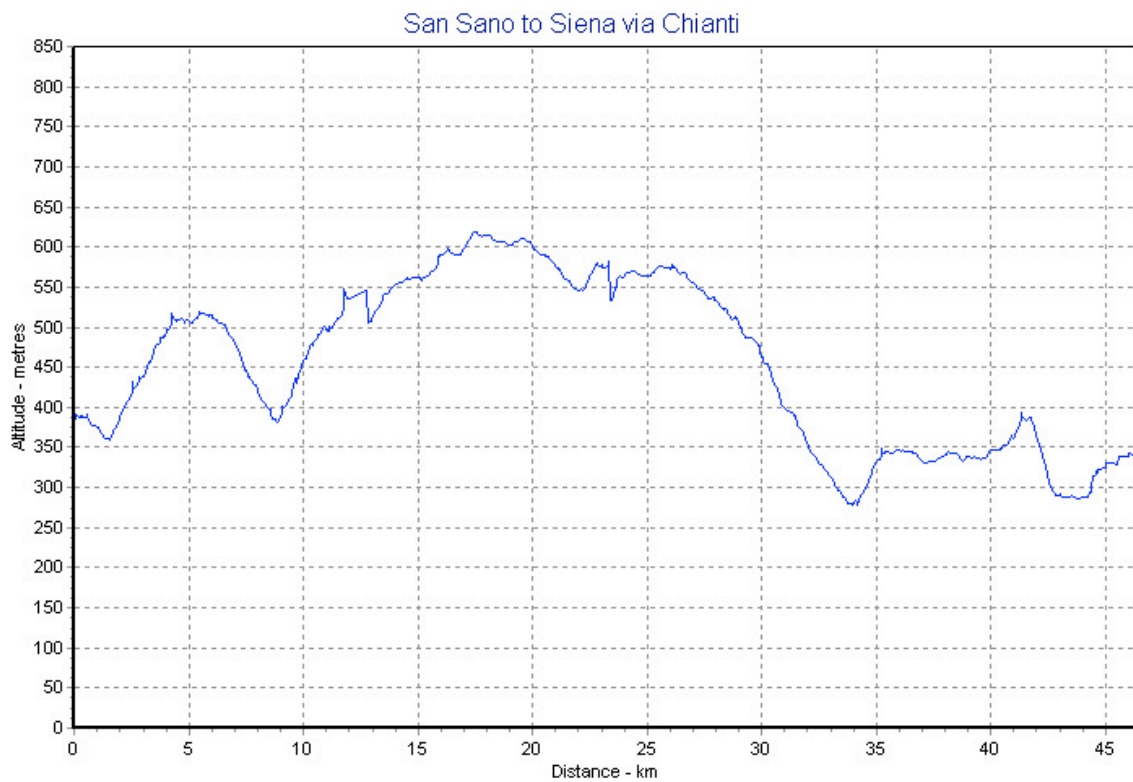
(distance: 76.5 km; ascents: 1,040.4 m; descents: 1,058.7 m)

1 October: Cortona to San Sano



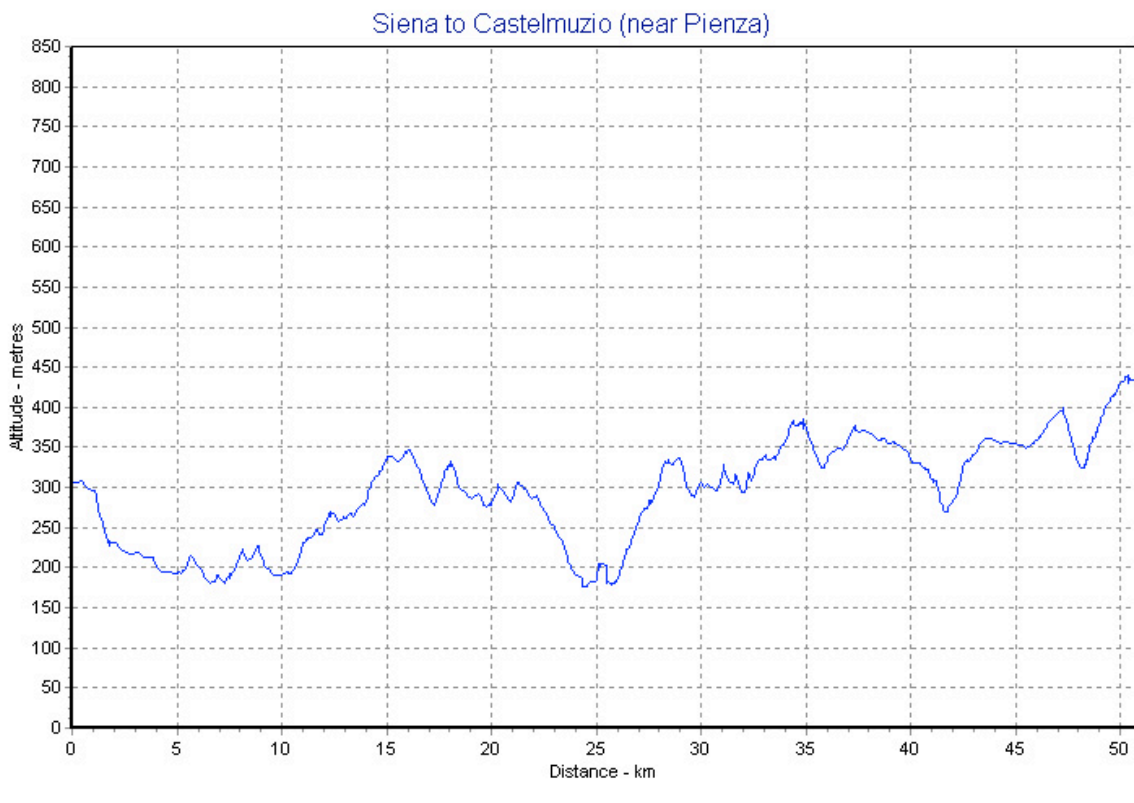
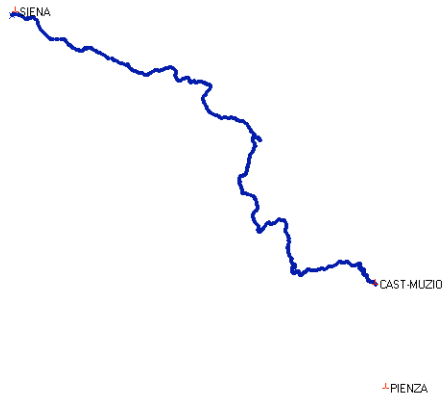
(distance: 84.2 km; ascents: 1,327.0 m; descents: 1,398.1 m)

2 October: San Sano to Siena via Chianti



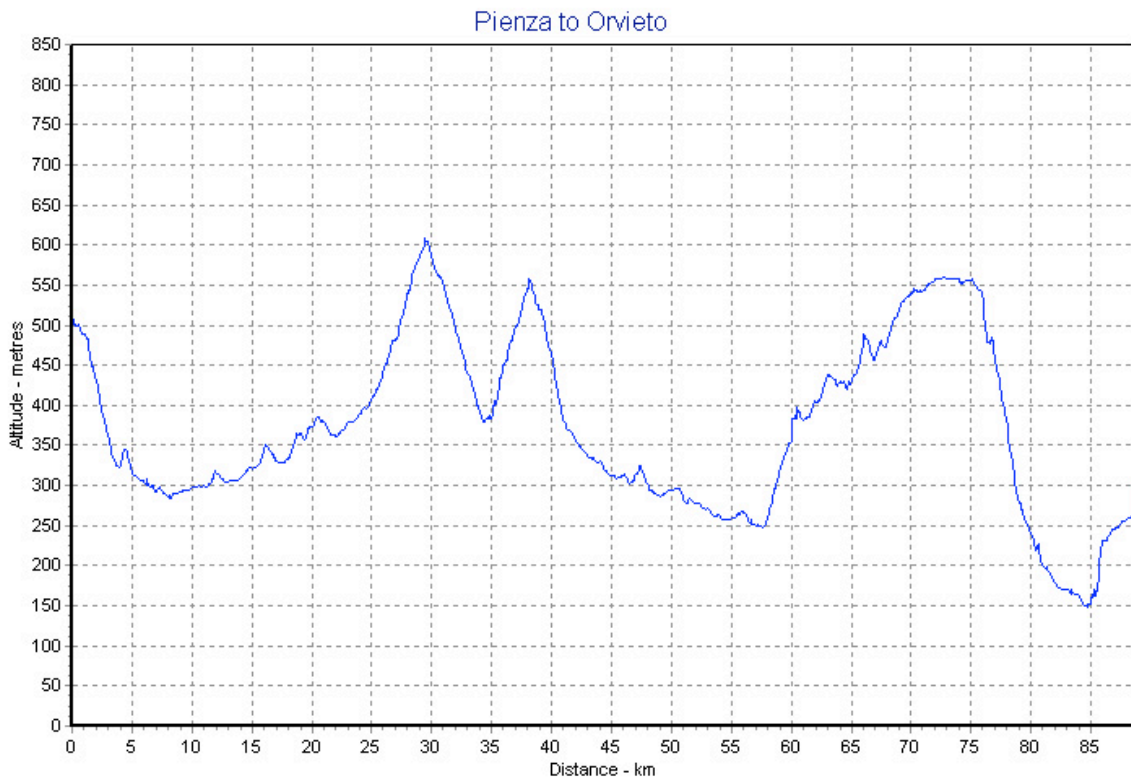
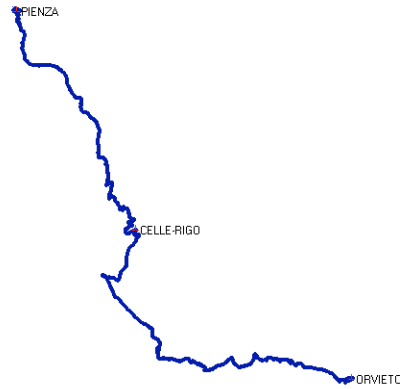
(distance: 46.5 km; ascents: 929.3 m; descents: 989.8 m)

4 October: Siena to Castelmuzio (near Pienza)



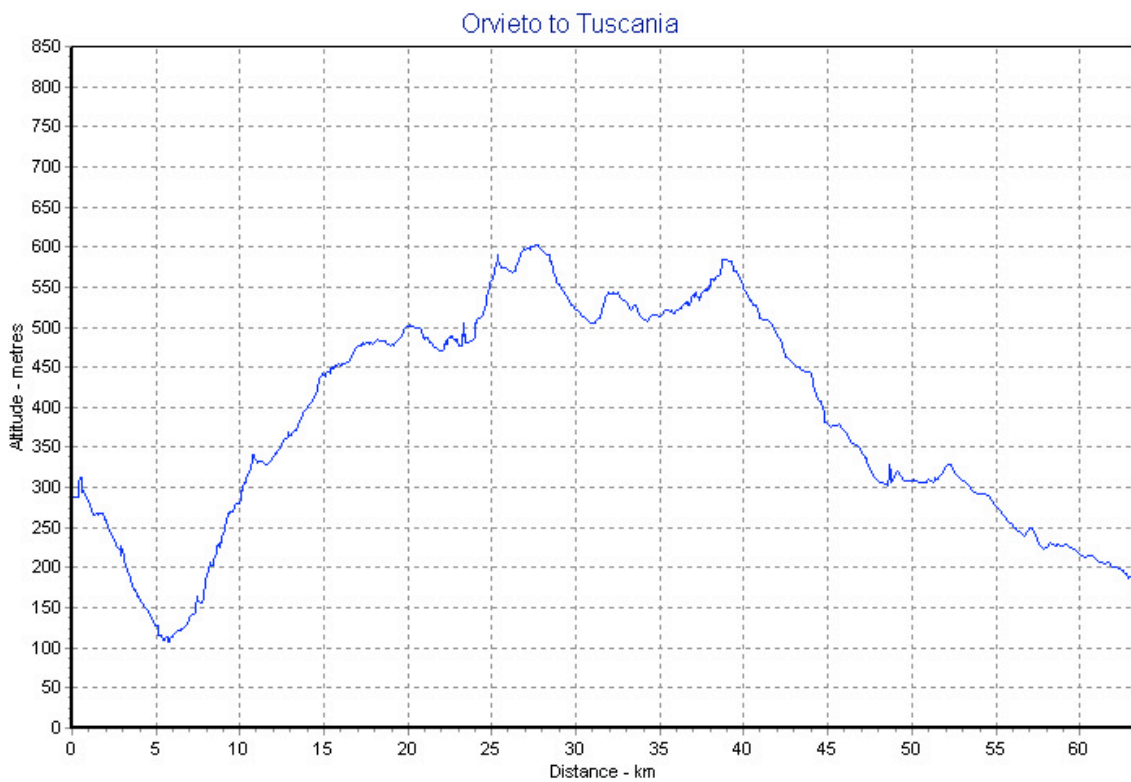
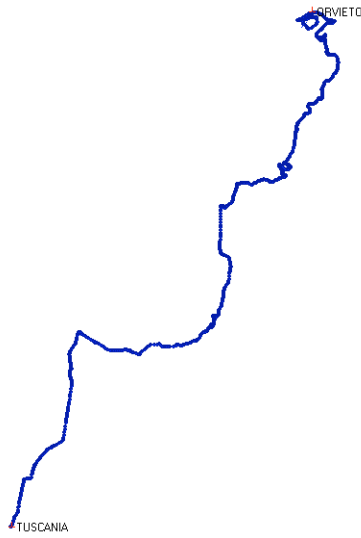
(distance: 50.8 km; ascents: 1,178.2 m; descents: 1,067.1 m)

6 October: Pienza to Orvieto



(distance: 88.9 km; ascents: 1,397.9 m; descents: 1,583.2 m)

7 October: Orvieto to Tuscania



(distance: 63.5 km; ascents: 995.1 m; descents: 1,106.8 m)