



Bolano

Parcours R14

Ceparana Alpicella Long

83km 7 cols+ 1 option 2057m de dénivelée

Départ: Ceparana - Traversa Via Cisa Parking Stade de Football

44.164760°N et 9.891250°E



Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	Rq
MS	24	Ceparana				0		Stade Football
MS	25	Traversa Via Cisa			0.318	0.318		
MS	28	Strada di Buonviaggio	SP330	←	0.16	0.478		R14_1
MS	34	Rond Point Via Romana	SP13	→	0.176	0.654		R14_2
MS	40	Boschetto	SP20	↗	3.37	4.024		R14_3
MS	270	Montedivalli Chiesa	SP20	↗	3.206	7.23		
MS	465	Genicciola	SP20	↗	3.311	10.54		
MS	567	Valico dei Solini			1.558	12.1	IT-MS-0575	
MS	419	Novegigola	SP	←	2.341	14.44		R14_4
MS	292	Tavella	SP	↑	2.965	17.41		
MS	344	Pietrasalta	SP	↑	1.192	18.6		
MS	353	Giovagallo	SP	↑	0.487	19.08		
MS	381	Strada dGiovagallo	SP	←	0.526	19.61		R14_6
SP	740	Capanne Maghelli	SP	→	4.39	24		R14_7
SP	827	Bocca der Piaggio	SP		1.11	25.11	IT-SP-0828	A/R
SP	724	Carr.SP/SP27	SP27	↑	1.208	26.32		R14_8
SP	711	Sella Alpicella	SP		0.412	26.73	IT-SP-0710	A/R
SP	724	Carr.SP/SP27	SP27	←	0.35	27.08		R14_8
SP	555	Santa Maria	SP27	↑	2.36	29.44		
SP	568	Carr.SP/SP27	SP	↗	0.38	29.82		R14_9
SP	512	Carr.SP37/SP	SP37	→	1.35	31.17		R14_10
SP	538	Villagrossa			0.502	31.67		
SP	551	Carr.SP37/SP	SP37	↑	0.868	32.54		R14_11
SP	549	Borseda	SP37	→	2.96	35.5		R14_12
SP	685	La Foce di Veppo	SP37	↑	2	37.5	IT-SP-0686	
SP	492	Veppo	SP37	↑	3.074	40.57		
SP	456	Serra (SP37/SP9)	SP9	←	0.213	40.79		R14_13
SP	664	Beverone	SP9	←	4.463	45.25		
SP	56	San Remigio (SP9/SP10)	SP10	→	10.667	55.92		R14_14
SP	72	Cavanella Vara	SP10	↑	1.989	57.91		
SP	66	Carr. SP10/SP17	SP17	←	0.734	58.64		R14_15
SP	68	Madonna di Sanna	SP17	→	1.16	59.8		R14_16
SP	132	Graveglia	SP	→	5.35	65.15		R14_17
SP	230	Colle di Cavecchia	SP	↑	1.35	66.5	IT-SP-0224	
SP	151	Ricco del Golfo della Spezia	SS1	←	0.892	67.39		R14_18
SP	209	San Benedetto	SS1	↑	2.788	70.18		
SP	189	Ront Point Via Aurelia	SS1	↖	0.353	70.53		R14_19
SP	188	Via Aurelia (SP17)	SP	→	0.253	70.79		R14_20
SP	239	Passo della Foce	SP	↑	1.184	71.97	IT-SP-0234	
SP	269	Via Montalbano	SP	←	0.05	72.02		R14_21
SP	183	Stra	SP	←	1.78	73.8		R14_22
SP	190	Valico di Stra	SP15	↑	0.215	74.02	IT-SP-0186	
SP	126	Valdurasca	SP15	↑	2.305	76.32		
SP	32	Piano di Follo	SP15	↑	4.74	81.06		R14_23
SP	25	Piano di Valeriano	SP330	↑	0.7	81.76		R14_24
SP	26	Strada Buonviaggio	SP330	↑	0.9	82.66		R14_25
SP	30	Via Radio		→	0.4	83.06		R14_26
SP	26	Via Radio		←	0.19	83.25		R14_27
SP	24	Ceparana			0.33	83.58		Parking Stade
SP	239	Valico San Antonio	SP	→	1.5		IT-SP-0256	Via Parodi

R14

Ceparana Alpicella Long

83 km 7 cols et 2057 m

Ceparana

1. IT-MS-0575

Valico dei Solini

2. IT-SP-0710

Sella Alpicella

3. IT-SP-0828

Bocca di Piaggio

4. IT-SP-0686

La Face di Veppo

5. IT-SP-0224

Colle di Cavecchia

6. IT-SP-0234

Passo della Face

7. IT-SP-0186

Valico di Stra

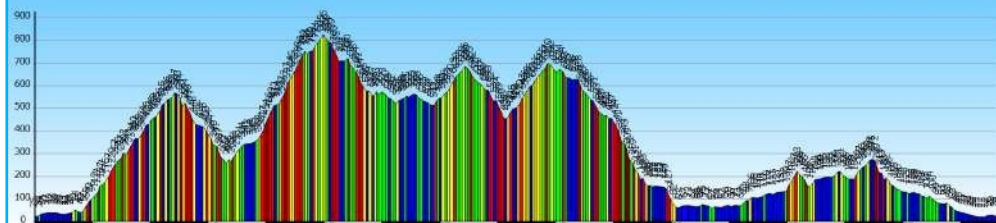


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CycloGraph

Average gradient: 0.0 %
Max gradient: 15.5 %
Height difference: 803.0 m
Height gain: 2129.0 m

LEGEND
-0.0% -3.9% -4.0% -5.0% -6.0% -7.0% -8.0% -9.0% -10.0% -11.0% -12.0% -13.0% -14.0% -15.0% -16.0% -17.0% -18.0%





Bolano

Parcours R14a

Ceparana Alpicella court

67km 4 cols 1717m de dénivelée

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SP	664	Beverone	SP9	←	4.463	45.25		
SP	56	San Remigio (SP9/SP10)	SP10	→	10.667	55.92		R14_14
SP	45	Pont suur A12	SP10	→	3.203	59.12		
SP	54	Piana Battolla	SP10	↑	0.57	59.69		
SP	32	Piano di Follo	SP10	←	4.444	64.13		R14_23
SP	22	Piano di Valeriano	SS330	↑	0.772	64.91		R14_24
SP	26	Via Radio	SP	→	1.244	66.15		R14_26
SP	27	Via Radio	SP	←	0.18	66.33		R14_27
SP	24	Ceparana	SP		0.488	66.82		Parking Stade

