

Sheet1

ROAD BOOK - SCIACCHETRAIL – 2017				
Località	Descrizione	Distanza	Quota	Assistenza
		<i>Km</i>	<i>metri</i>	
Monterosso	Start at the sea side of Piazza Garibaldi, then through the tunnel to Fegina along the sea	0	0	
Intersection Trail SVAPunta Mesco	From Fegina the course climbs an asphalt road up the promontory of Punta Mesco, and intersects with Trail SVA (ex N10) on the right side of the road. A mix of trail and stairs continues to the summit.	2	130	
Intersection Trail 591	The course then follows Trail N. 591 (ex n. 1) along the crest of Sant'Antonio in the direction of Colla Bagari - Colla di Gritta. The trail is relatively smooth single track.	3	320	
Colla Bagari	The course descends to Colla Bagari and then climbs again, and continues up and down on a fairly technical and irregular trail	5.4	430	
Colla di Gritta	After a descent out of the forest the course reaches Colla di Gritta. Pass the restaurant and cross the provincial road. After about 100 meters turn left onto Trail N. 591C.	6	340	
Intersection Trail 591C	Ascend Trail N. 591C until the aid station at the intersection with Trail AV5T	7.98	577	RISTORO
AV5T	Turn right into Trail AV5T. Continue until the provincial road, then cross the road (ATTENTION!) and turn right.	10.25	479	
Intersection Trail 582	After about 100 meters, turn left on Trail N. 582, a narrow and irregular single track.	10.5	588	
Costa Linaro	Steep, technical descent (ATTENTION!!)			
intersection with road	At the provincial road turn left	12.7	374	
provincial road	water station	13	337	AID STATION
intersection	Turn left at the first intersection with another asphalt road, following the red/white markings	14.2	461	
intersection Drignana	Turn right and follow the asphalt road in the direction of Pignone for a few hundred meters	14.4	479	
intersection Trail AV5T	At Foce di Drignana turn right following signs for Trail AV5T (Alta Via delle 5 Terre)	14.6	500	
intersection asphalt road and Trail AV5T	The trail continues for about 200 meters on an asphalt road. At the first intersection with another asphalt road that ascends on the right, continue straight ahead and enter Trail (AV5T) on singletrack. The trail intersects a dirt road, continue straight ahead, after a couple of sharp curves continue ahead and return on singletrack (at trail marker)	14.9	501	
Monte Malpertuso	The climb on Monte Malpertuso, the highest point on the course, is steep and technical, and the terrain is irregular and rocky. After reaching a weather station on the left, continue straight on Trail AV5T where the terrain becomes regular.	17.6	765	
Cigoletta	A long stretch of gentle up-and-down singletrack in the chestnut forest leads to a steeper descent to Monte Cigoletta. Here take a sharp 180 degree turn in the direction of Portovenere. After several meters turn right on AV5T at the intersection in the direction of Telegrafo - Portovenere	19.9	615	

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intersection Trail AV5T with Trail 506	The course proceeds on relatively flat singletrack. Turn left at Piana di Corniglia, staying on AV5T, in the direction of Telegrafo - Portovenere. Continue uphill on AV5T after the intersection with Trail 506.	20.9	644	
intersection Trail AV5T with Trail 502	Continue on Trail AV5T in the direction of Telegrafo - Portovenere, crossing the intersections with Trail 502 and Trail 501. The terrain is non-technical singletrack with a short technical segment on the descent to Telegrafo	23	704	
Colle del Telegrafo	At Colle del Telegrafo there will be a chip control. Turn right on Trail SVA in descent toward Montenero - Riomaggiore	26.9	513	CHIP CONTROL - AID STATION - MEDICAL - Gate H. 12:30PM
Case Lemmen	Steep, technical descent (ATTENTION!!)	27.5	441	
Madonna di Montenero	At Montenero, follow Trail SVA in descent toward Riomaggiore, turning right near the church. The descent is technical and the terrain can be VERY slippery, especially where it is paved in stone (ATTENTION !!!)	28.9	324	
Intersection Trail SVA with provincial road	The intersection is at a pedestrian crossing. Be very careful when crossing road!	30.2	216	
RIOMAGGIORE	<i>The arrival in Riomaggiore is in the area of Lavaccio, with the National Park tourist office on the right. Descend along the main road and then pass under an arch on the right, toward the church, where there will be an aid station. Continue to a fork, and stay to the right, toward the castle</i>	30.9	89	AID STATION
Via Pecunia Riomaggiore	<i>Continue on Via Pecunia until the castle, stay right and up the stairs on Trail N. 501. Cross Via De Gaspari and continue up Trail 501 until the Provincial Road SP 370. Turn left onto the bridge sidewalk and continue to the other end to Campertone parking area. ATTENTION on bridge - protruding bolts and uneven ground.</i>	31.3	56	
Corniolo	<i>Turn left, then up Trail 531C, continue up until the summit of Corniolo Hill.</i>	31.6	249	
Intersection Trail 532C	Turn right on Corniolo Hill and at the fork go left on Trail 532C.(ATTENTION!!!) This trail is VERY narrow in some parts. At the intersection with Trail 502, turn left in descent until the next intersection with Trail 532C, turn right toward Groppo.	32.3	270	
Cantina Sociale del Groppo	At the junction with the provincial road turn right, up the hill. (ATTENTION!!!) Enter the Cantina Sociale, passing by the wine barrels, and then exit to Groppo. Descend on the provincial road about 150 meters to Trail 506 on the left.	32.9	241	AID STATION
Intersection with Trail 506	The descent on Trail 506 to Manarola may be slippery (ATTENTION!!!), and crosses the provincial road twice.	33.3	222	
MANAROLA	Trail 506 follows the main road of Manarola, which descends to the church. Continue the descent along the main road until the water mill wheel, where there will be a water station. Turn right, up the stairway. The ascent is steep and passes through the vineyards	34.5	64	AID STATION - Gate H. 14:30 PM
intersection Trail 506	<i>The ascent continues on the ancient Donega Trail, then left on Trail N. 506. Continue up Trail 506 until the village of Volastra, passing through olive groves and cultivated fields.</i>	34.8	192	

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VOLAISTRA	At Volastra, turn left and follow the pedestrain road until the church, then turn left onto Trail 586 toward Case Pianca	35.6	326	AID STATION
Trail 586	This panoramic trail passes through the vineyards of Volastra. In this stretch, pay attention to the wires of the vineyard arbors that narrow the trail. Shortly after transiting the hamlet of Case Porciana, the course enters a holm oak forest	35.7	322	
intersection Trail 587	Turn left at the intersection with Trail 587. The descent to Corniglia is steep and technical, (ATTENTION !!!) and the terrain can be rough and slippery, with stairs in some parts	38.0	303	
CORNIGLIA	The arrival in Corniglia is near the church. At the intersection turn right in the direction of Trail SVA - Vernazza. Continue on Via Serra with the church to the left, to the provincial road. Cross the road (ATTENZIONE !!!)	38.9	80	AID STATION
SVA per Vernazza	Trail SVA to Vernazza is about 3km. The terrain is rough with steep and technical ascents and descents. After the hamlet of Prevo to course continues to Vernazza. In the area Macereto pay attention to the descent on stairs and the rough terrain. Be careful also on the stairs above Vernazza	39.3	95	
VERNAZZA	At the intersection near the saracen tower turn left and descend to the village center. Cross the main road of Vernazza (Via Roma), where there will be the last water station, and continue straight to Trail SVA to Monterosso	42.3	26	AID STATION
Trail SVA	Trail SVA to Monterosso is about 3,6 km. The trail presents some challenging sections (in particular the initial climbs and the final descent - ATTENTION !). Some sections are extremely narrow and it is possible to meet others on the path. USE EXTREME CAUTION	42.4	15	
Hotel Porto Roca	Upon arrival above Monterosso continue behind Hotel Porto Roca.	45.7	26	
MONTEROSSO	A brief ascent then a descent on stairs leads to the historic center. Turn right at City Hall then left on Piazza Garibaldi, pass under the first arch then turn right to the finish.	46.0	12	
	Total Race Distance	46.0		