

ROAD BOOK – SCIACCHETRAIL 100K – 2024

Località	Description	Distanza Km	Quota metri	Assistenza
Riomaggiore	Starting line at the church of San Giovanni Battista, proceed on Via Pecunia toward Riomaggiore Castle to Trail 501	0,00	50	
Road Crossing	Attention: no pedestrian crosswalk on Via De Gasperi or Provincial Road SP370	0,50	135	
501 intersection with 530	Turn left on Trail 530 (dirt road) in direction of Volastra	1,40	377	
VOLAISTRA	Continue on final paved section of 530, cross provincial road (Attention: ROAD CROSSING WITH NO CROSSWALK). After a few meters turn right to the church. Aid Station on church square, then follow Trail 586 toward Case Pianca	6,33	326	RISTORO
Trail 586	Panoramic single track through the vineyards of Volastra. Vineyard pergola wires narrow the trail - BE CAREFUL! After the hamlet of Porciana the trail enters a holm oak forest, with a bit of up and down.	8,60	330	
Case Pianca junction with trail 587	Turn left on Trail 587 in descent to Corniglia. The descent is technical and irregular on a mix of exposed rock, stone paving and stairs - ATTENTION !!!	8,60	330	
CORNIGLIA	Trail 587 ends on Trail SVA at Corniglia, behind San Pietro church. Turn right on SVA, direction Vernazza. Proceed straight on Via Serra/SVA until the intersection with the provincial road, cross (ATTENTION!!!) and continue to Trail SVA.	9,67	90	RISTORO
SVA to Vernazza	Proceed toward Vernazza, about 3 kilometers. The trail surface is irregular with many steep stone stair ascents and descents. Pass through the hamlet of Prevo and continue in the Direction of Vernazza. Descend with caution at Macereto and above the village of Vernazza.	10,00	109	
VERNAZZA	Turn left at the intersection after the saracen Tower, continue down toward the village centre of Vernazza. Cross the main street (Via Roma) and continue on SVA in the direction of Monterosso.	13,00	22	RISTORO
SVA to Monterosso	Follow SVA direction Monterosso (about 3,6 km). Many steep stairs are present on the initial ascent and on the final descent - ATTENTION! The trail narrows significantly in places on the final half.	13,20	29	
Hotel Porto Roca	Upon arriving above the village center of Monterosso, at the intersection near Hotel Porto Roca, turn left and down the stairs toward the sea.	16,20	31	
MONTEROSSO	Pass below Hotel Porto Roca along the sea, then up a short stairway to a road. Turn left on Via Corone/SVA and continue in descent past Il Casello (Bar/Restaurant) and Belvedere (Restaurant) to Piazza Tina Anselmi.	16,30	17	RISTORO
Monterosso	After Piazza Tina Anselmi, veer left on road and enter the tunnel, follow Via Fegina/SVA along the waterfront.	16,80	8	
Trail SVA Punta Mesco	Turn right on Via Quattro November, then left on Via E. Montale toward Hotel Suisse Bellevue. Enter trail at Monterosso Bellavista and proceed up Punta Mesco on Trail SVA. At intersection with Trail 591 to Sant'Antonio al Mesco, turn right on SVA/591 in the direction of Levanto.	17,30	5	

Intersection Trail SVA – Levanto	After about 200 meters, where 591 and SVA split, turn left on SVA in the direction of Levanto. Single track on rocky terrain and mediterranean scrub and holm oaks. Pass "Case Lovara", continue on SVA toward Levanto. At Hotel La Giada turn left on asphalt road (SVA/Via al Mesco). After a few hundred meters turn left off of asphalt road onto wide trail.	19,30	295
Levanto	SVA becomes a cobblestone road in descent to the 12th century San Giorgio Castle. At the castle descend stairs on the left to the waterfront.	22,50	180
Levanto	At the beachfront Casino', where there will be an aid station, turn left and follow the waterfront walkway until the final stairway at Bagni Nadia. Climb the stairs up to the road (SVA/Lungomare Amerigo Vespucci), proceed in the direction of Vallesanta/Bonassola.	23,80	8 RISTORO
Scernio	Upon arriving at Scernio (Municipality of Bonassola) leave Trail SVA and follow Trail 664 for 400 meters.	26,20	195
Intersection 664/665	At the hairpin turn, leave Trail 664 and follow Trail 665 to the Monte Rossola summit.	26,60	186
Road Crossing	ATTENTION! road crossing with no crosswalk before entering single track climb to Monte Rossola.	26,90	236
Rossola summit	ATTENTION! Exposed trail at Monte Rossola summit.	28,00	563
Rossola descent	Continue on Trail 665 in descent from the Monte Rossola summit until the intersection with Trail 671. Turn right on 671 in the direction of Monte delle Streghe/Vallesanta	29,10	449
Monte delle Streghe	Proceed on Trail 671 to the summit of Monte delle Streghe then descend in the direction of Vallesanta	31,20	256
M.te Streghe descent	Continue on Trail 671 on switchback descent until the provincial road	32,70	74
Road Crossing	ATTENTION! Cross road and turn left, after a few meters turn right on the first road and descend to Vallesanta	32,80	53
Levanto	Follow waterfront, descend stairs at Bagni Nadia, continue to aid station at Casino'	33,70	8 RISTORO
Torre dell'orologio	Pass the public gardens and Piazza del Popolo then turn left in the direction of Torre dell'orologio (clock tower) Trail 573	34,15	15
Sopramare	Ascend in direction Sopramare with curve to the right at km. 35,05	35,05	140
Intersection Monte Rossini	Ascend Trail 573C to Monte Rossini	35,80	240
Monte Rossini	After Terrazza Rossini Trail 573C ends on Trail 591. Turn left, joining the 47Km course	37,00	431

Colla di Gritta	After descending from the forest, pass the restaurant to the aid station at Colla di Gritta. Cross the provincial for Monterosso and ascend the short flight of stairs to the provincial road La Spezia-Cinque Terre and turn right. After about 100 meters turn left on Trail 591C.	38,30	323	RISTORO
Trail 591C	Trail 591C ascends for about 1 km then ends on Trail AV5T. Here the 100km course splits from the 47km course. Turn left, then right at 558 trailhead	39,50	568	
Trail 558	The trail follows an asphalt road for the first km, then branches off onto a trail in ascent on the left.	41,00	556	
Deviation from 558	Trail 558 becomes the Bandia downhill trail until ending on the provincial road. Turn right and follow road to Pignone.	46,30	240	
Pignone	Enter Pignone village center. Restrooms available at Pubblica Assistenza building. After aid station at Piazza Marconi, continue through village	47,20	178	RISTORO
Exit village onto road	ATTENTION! exit Pignone following the provincial road for Monterosso. Turn left on Trail 559.	47,60	175	
559 - 556 -555	Cross the aqueduct bridge, pass Calzetta refuge, and continue in ascent to Monte Cravadua and on to Trail AV5T	48,00	212	
Prato di Corvara AV5T	Turn left on Trail AV5T, joining the 47km course.	51,20	727	
Cigoletta	A long section of rolling single track through a chestnut forest eventually descends to Cigoletta, where there will be an aid station. Continue on AV5T in the direction of Portovenere with a sharp turn to the left, then past the intersections with Trail 507 and 587.	54,40	609	RISTORO
Intersection AV5T with Trail 506	At Piana di Corniglia continue on AV5T in the direction of Telegrafo-Portovenere on single track through a holm oak stand to the intersection with Trail 506.	55,80	681	
Intersection AV5T with Trail 502	Proceed on Trail AV5T, after a 300 meter climb the trail returns to rolling single track, pass the intersection with Trail 502 and continue in the direction Telegrafo – Portovenere until the intersection with Trails 501 and 560.	57,70	703	
Intersection AV5T with Trails 501 and 560	Here the 100km course splits from the 47km course. Turn left onto Trail 560, a dirt road that eventually narrows, and follow it until Sella Termo.	58,80	628	
Sella Termo – Casella	At Sella Termo turn right onto Trail 564, ATTENTION! after about a half-kilometer, turn left in descent onto the “Black Track” mountain bike trail. The trail is slippery when wet on the initial steep descent. The “Black Track” ends on Trail 560, turn right and continue on 560 to the village of Casella.	61,20	559	
Casella	At Casella turn left onto the road, which coincides with Trail 561, in the direction of San Gottardo.	63,30	317	

Bocca del Fontaro	At Bocca del Fontaro, continue straight ahead, leaving Trail 561 for Trail 503 in the direction of Bovecchio.	64,70	513	
503	Follow Trail 503 from Bovecchio to Camedone and then to Ponzò'.	68,10	281	
561C – 561	From the church in Ponzò descend on Trail 561C then follow Trail 561 to Ricco' del Golfo. Turn right to the old town until intersection with Trail 507 (road). Turn right on Trail 507 (asphalt road) and follow it to the PALAZZETTO DELLO SPORT.	69,50	169	
LIFE BASE/AID STATION	PALAZZETTO DELLO SPORT, RICCO' DEL GOLFO	70,00	183	BASE VITA
Madonna dell'Agostina	Upon leaving the life base, turn left at the first intersection and follow the road to the sanctuary Madonna dell'Agostina.	72,10	363	
563	Pass the Sanctuary and proceed on Trail 563 to Quaratica.	73,70	348	
565-566	Traverse the medieval village of Quaratica, upon exiting village proceed on Trail 565 to Porcale. Descend through Porcale Superiore and continue in the direction of Castè. Turn left on Trail 566.	76,00	314	
501	At the village of Caste' proceed on Trail 501 to Carpena	76,80	371	
Road from Carpena to Sella Carpena	Upon exiting Carpena, turn left on the asphalt road and continue on it until Sella di Carpena/Osteria Paradiso	79,00	572	
523C-520 Descent to Biassa	On the left side of ex Osteria Paradiso descend on Trail 523C to Trail 520. Turn right on 520. As 520 nears Biassa, it coincides with Via Filzi (asphalt road) CAUTION!	81,30	318	
Biassa	Descend stairs on left, cross Via Filzi CAUTION! NO CROSSWALK. Descend to Via della Piazza (asphalt road), turn right then descend stairs on left (520). Turn right on Trail AVG and continue to aid station.	81,50	372	RISTORO
504	From the aid station continue ahead to Trail 504 and turn right. Follow 504 until Sant'Antonio at the intersection with Trail AV5T. Turn right on AV5T	82,50	515	
AV5T-Telegrafo	Continue on AV5T for about one kilometer to Colle del Telegrafo, where the 100km course rejoins the 47 km course, and there is an aid station. Descend on the left on Trail SVA/593 in the direction of Montenero - Riomaggiore.	83,60	500	RISTORO
Case Lemmen	Rocky, technical descent (ATTENTION!!)	84,30	393	
Madonna di Montenero	At Montenero, continue on Trail SVA in descent toward Riomaggiore. The descent is technical, mostly on stone paving and the terrain can be VERY slippery, especially when wet (ATTENTION !!!)	85,60	324	
Intersection Trail SVA with provincial road SP370	The intersection is at a pedestrian crossing. Be very careful when crossing road!	86,90	216	

RIOMAGGIORE	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 at the end of the piazza, and stay to the left.	88,00	89	RISTORO
Via Telemaco Signorini	Continue along Via Telemaco Signorini, which eventually curves to the right, and after 500 meters, at another fork, ascend on the right, and continue to the N. 531 trailhead, which will be on the left, near a traffic gate.	88,60	56	
Corniolo	Descend the stairs, follow a short stretch of single track, then cross the stone bridge where the Beccara stairs begin and continue to the top of Corniolo Hill.	89,30	249	
Bivio con sentiero 532C	Turn right on the Corniolo Hill ridge, continue inland through the vineyards, 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.	89,60	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 506V on the left.	90,80	241	RISTORO
Incrocio con sentiero 506	The descent on Trail 506V to Manarola may be slippery (ATTENTION!!!) Cross the provincial road to Trail 506, then descend to another road crossing.	91,00	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 an aid station. Turn right, up the stairway. The ascent is steep and passes through the vineyards	92,40	64	RISTORO
Donega	The ascent continues on the ancient Donega Trail, recently reopened in its entirety, until the village of Volastra, passing through olive groves and cultivated fields (incredibly views)	93,20	192	
VOLAISTRA	At Volastra, turn left and follow the pedestrian road until the church square, then turn left onto Trail 586 toward Case Pianca	93,70	326	RISTORO
Sentiero 586	This panoramic trail passes through the vineyards of Volastra. In this stretch, pay attention to the wires of the vineyard pergolas that narrow the trail. Shortly after transiting the hamlet of Case Porciana, the course enters a holm oak forest	94,00	322	
Case Pianca bivio con sentiero 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	95,90	303	
CORNIGLIA	The arrival in Corniglia is near the church. At the intersection turn right on Trail SVA - Vernazza. Continue on Via Serra with the church to the left, to the provincial road. Cross the road (ATTENZIONE !!!)	97,00	80	RISTORO
SVA per Vernazza	Trail SVA to Vernazza is about 3km. There are steep and technical ascents and descents. After the hamlet of Prevo the 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	97,30	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 on Trail SVA to Monterosso

100,00**26****RISTORO**

Inizio sentiero 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 on stairs - **ATTENTION !**). Some sections are extremely narrow and it is possible to meet others on the path. **USE EXTREME CAUTION**

100,20**15**

Hotel Porto Roca

Upon nearing Monterosso turn left on stairs before Hotel Porto Roca.

104,00**26****MONTEROSSO**

Descend on stairs toward the sea, then climb final stairs, then turn left on the road to the historic center and on to the finish line.

104,50**12**

Total Race Distance

104,50