

General considerations in Mediterranean Europe

- Ride on the **right** side of the road. Feels good to be back on the "correct" side of the road.
- The water is potable and very drinkable.
- The exchange rate varies between countries.
- Expect sunrise as early as 5:45 am and as late as 7:25 am. Expect sunset as early as 6:00 pm and as late as 9:15 pm. Meals are adjusted around these times so watch your DRGs.
- The next two stages (Southern Europe and Spain/Portugal) last two months and cover some of the world's most beautiful terrain. Needless to say, signs of ancient history are everywhere. Greece, Italy, Vatican City, San Marino, France, Monaco, Andorra, Spain, and Portugal are pedaled in 4904 kilometers (3040 miles).
- The cycling conditions vary from flat terrain (a little bit anyway), to some very demanding climbing. In fact, expect some challenging terrain each day in southern Europe. Get used to your lower gearing followed by super fast descents. Remember that the curves are sharp and the road conditions can be rough. So, continue to use your best riding skills for all of Odyssey.
- Expect sun, cool, cold, warm, and hot temperatures, even though it's possible to have rain (maybe snow), so be prepared. Carry high quality raingear, eye protection and sunscreen.
- European drivers can be pretty fast and a little reckless at times. However, they are used to cyclists on the roads and are often courteous.
- Most villages and cities have at least some services, at least a little bar (espresso shop with snacks and alcohol) and many have "grocery stores." Stores and businesses often close from 12:30 to 3 or 4 pm most days and completely on Sundays and holidays.
- Odyssey arrives in Southern Europe a couple of months ahead of the normal "tourist season." Being early in the year means less traffic and fewer people to share this magnificent country with. However, it also means far fewer camping resources up and running. So, we have had to be creative and negotiate well with our vendors to line up Odyssey's needs. Many of the campgrounds won't look as crisp and fresh as they will be in late June. Please thank our Odyssey vendors whenever it makes sense to you.
- Overall, the bathroom facilities in Europe are clean and neat. Don't always expect to find toilet paper, however, and get used to squat toilets. Some showers are also toilet combos. The campgrounds usually have excellent, clean bathroom facilities, often with places to wash your feet. Enjoy.
- Occasionally we will indicate that our midday **CHECKPOINT** will be "somewhere along here." This may happen because there simply isn't a good place to locate one and/or we were unsure how long the day was going to be. Just keep a lookout for our signs.

General Considerations for Greece

- The Greek currency is the Drachma and is about 338 DR to \$1.
- You will learn where the term "it's all Greek to me" comes from, even though English is widely spoken.
- Expect the spelling of names and words to vary between DRGs, maps, signs, books, magazines, and other literature.
- There is a definite lack of individual street signs in English in Greece, so the DRGs will have precious few mentioned. Highway number indicator signs are rare as well. So watch your computer and the large blue direction signs. There is a fairly good supply of direction signs in English however.

- Expect daylight from 6:30 am to 6:40 pm each day. The weather can be rainy (snow is even possible), but it is likely we will have relatively good weather, though cool at times. Plan to dress warmly and carry top quality rain gear.
- Greece is a very challenging country and capable of expanding a cyclist's lung capacity. Just shift into your lower gears, keep on spinning, absorb the gorgeous scenery, and enjoy the earned descents.
- Much of this part of Europe is known to improve a person's lung power. With each climb, of course, comes a super descent. Watch for fast downhills with many sharp curves. Some of the road surfaces can be a little marginal as well.
- It's a requirement for Greeks (in fact, most people who live in this part of the world) to smoke, I believe, so expect it everywhere-bathrooms, restaurants, bars, cafes, hotel lobbies, hospitals, under no smoking signs, etc.

General Considerations for Italy

- The Italian currency is the Lire and is about 1966 to \$1. Roughly, divide the cost by 2000 to arrive at US equivalent.
- Some Italians know English, but don't expect to communicate as easily as we did in Greece.
- The street signs use English letters, so it is much easier to follow the DRGs. Overall, Italy is very well signed, except for individual city streets.
- Expect daylight from 5:45/6:45 am to 6:00/7:40 pm. Daylight savings time occurs during our pedal in Italy. The weather can be rainy, but it is likely we will have relatively good weather, though it might be cool in the mountains. Plan to dress warmly and carry top quality rain gear.
- Italy, as Greece, is a very challenging country and capable of causing lung growth. Just shift into your lower gears, keep on spinning, absorb the gorgeous scenery, and enjoy the earned descents.
- Italians also smoke a lot, so do your best to cope.
- Italian drivers are frustrated racecar competitors, so keep a watchful eye. Overall, they are quite polite and used to cyclists.

General Considerations for France

- The French currency is the French Franc and is about 6.65 to \$1. Roughly, divide the cost by 6 to arrive at US equivalent.
- The driving improves a little, but there is still an innate need to pass everyone possible. It's tied to genital size.
- Overall, we found the French to be friendly to us and many speak English. Some speak English and will say they don't. But a little coaxing helps.
- The weather should get warmer as it gets later in the year.
- Expect daylight from 6:45 am to 8:15/8:45 pm. The weather can be rainy, but it is likely we will have relatively good weather, though it might be cool in the mountains.
- The hills are still alive in France, except for 2 relatively flat days before Carcassonne. Then, we will enjoy the Pyrenees.

General Considerations for Monaco

- Monaco uses the French Franc widely, so no problem for cash.
- It's rich, crowded, very clean and beautiful. Our route goes by the famous Monte Carlo Casino, so drop a few bobs for their economy.

- We found it much easier to camp in Menton, France and enjoy our layover day there. Since it is only about 15 kilometers to Monaco, it still offers great access to the "rich and famous," yet you can enjoy the peace of a historic French village.
- Expect daylight from 6:45 am to 8:15 pm. The weather can be rainy, but it is likely we will have relatively good weather, though it might be cool in the mountains.

General Considerations for Andorra

- Andorra uses both the French Franc and the Spanish Pesetas, even though Pesetas are favored a little. Andorra is a fast downhill through a major shopping mall, supporting a mix of the old and modern. A big avalanche would wipe out a big chunk of it.

General Considerations for Spain

- The Spanish currency is the Pesetas and is about 169 to \$1.
- Many Spanish know, understand and speak English, especially in the campgrounds, hotels and tourist offices.
- Still demanding terrain, even though much of it is downhill for our route.
- Expect daylight from 6:45 am to 8:45 pm. The weather, hopefully, will be great. Cool in the mountains, though.

DAY 77 Arrive Athens, Greece

17-Mar Fri

Emergency #'s:
Astir Palace Hotel: 01-890-2000.

Km Accum

- 0.0 0.0 Depart Athens Airport. Might be Terminal A or B.
- 0.3 0.3 **BEAR RIGHT** as you exit the airport.
- 0.3 0.6 **EXIT RIGHT** towards Gylfada, Vouliagmeni and Sounio as main road continues toward Athens and Pireas.
- 0.2 0.8 Road merges with main road at stop sign.
- 0.2 1.0 **RIGHT** onto Venizelou just past BP Station at light.
- 0.8 1.8 **BEAR LEFT** and then **RIGHT** to avoid airport runways. More lefts and rights ahead.
- 1.4 3.2 **BEAR RIGHT** at "T".
- 0.1 3.3 **LEFT** onto major road (Vas Georgiou Blvd) at light. Fenix Hotel on right just before turn.
- 3.5 6.8 **STRAIGHT** to follow main road at turnoff to Hospital.
- 2.5 9.3 **STRAIGHT** towards Sounio at turnoff to airport.
- 0.6 9.9 **STRAIGHT** to follow Athinas St at Jct Nikolaou at light.
- 1.5 11.4 **RIGHT** at the Hotel Armonia at light.
- 1.2 12.6 **RIGHT** into the Astir Palace Hotel lot for check-in and a great night in beds.

11.9 Today's Kilometers

11.9 Total Stage in Kilometers

7363.7 Total Trip Kilometers

From Airport: Athens is a large, historic and beautiful city. It's also the home of half the world's population of motorcycles and motorbikes sharing the road with all types of other vehicles, including bicycles. So, stay alert and ride well, as always.

Camp Services: The Astir Palace is a luxury hotel with many services, and the general area has plenty of shopping opportunities. We are located very close to the ocean, so enjoy.

Toilets: In room.

Showers: In room.

Dinner: Dinner will be from 6:00 to 7:30 pm tonight at the hotel.

Breakfast: Tomorrow's breakfast will be from 7:00 to 8:30 am. Sorry it can't be earlier.

Tomorrow: Beaches are close by the hotel. Athens, of course, is the biggie. Suggest cabs are probably your best bet to town, about 25 kilometers away.

DAY 78 Athens to New Epidavros (Page 1 of 3)

18-Mar Sat

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

NOTE: Complex directions-might ride with others, especially when negotiating many turns. Lots of days like this ahead. Enjoy southern Europe. Only 9-1/2 months to go. Please remain positive and flexible about our Odyssey adventure.

Km Accum

0.0	0.0	Exit the Astir Palace Hotel.
0.1	0.1	RIGHT towards Athens and Piraeus at light/yield sign at kinda "T". CAUTION busy road from here through Athens area. Our goal is to remain fairly close to the ocean...keep it on your left until we get to Piraeus.
2.4	2.5	BEAR LEFT to follow coastal road instead of heading towards Athens city center.
3.8	6.3	STRAIGHT at turnoff to East Air Terminal. We are in the Municipality of Glyfada.
1.4	7.7	Oasis Hotel on right.
0.5	8.2	Hotel Fenix on right.
2.4	10.6	Club Mediterraneo on left.
0.9	11.5	STRAIGHT to follow Poseidonos at turnoff to West Air Terminal (Olympic Airways).
2.1	13.6	BEAR LEFT to follow Poseidonos at turnoff to the Olympic Stadium. Might have passed another Olympic Stadium sign about 1.3 km back.
3.9	17.5	BEAR LEFT towards Piraeus at turnoff to Athens. CAUTION pretty congested.
0.4	17.9	MERGE with traffic from right. CAUTION fast traffic and construction ahead.
2.0	19.9	BEAR LEFT as exit goes right.
0.2	20.1	Road jogs right and left.
0.5	20.6	STRAIGHT at turnoff towards Kastella. Road is Skylitsi.
1.3	21.9	BEAR LEFT toward harbor. NOTE the three large blue direction signs just after turn. Mileage might be slightly off.
0.5	22.4	SHARP RIGHT onto Kalalong harbor at light at "T". Water should be on your left after the turn.
0.4	22.8	STRAIGHT onto Mavromichali (narrow road) as road along harbor goes left at light. CAUTION RR Tracks.
0.5	23.3	CAUTION RR Tracks. Road becomes Lakonias ahead.
0.5	23.8	LEFT onto Chormovito (might be unmarked, however, there are three broken or faded directional signs at the corner). Don't miss this tiny street, one block past Anchialou St.
1.3	25.1	BP Service Station on left.
0.2	25.3	STRAIGHT to follow Dimokratias towards Korinthos.
1.4	26.7	BEAR RIGHT to follow signs toward Korinthos and Patra at light.
0.3	27.0	BEAR LEFT to follow signs towards Korinthos and Patra at light. Busy 4-lane road.

Continued

DAY 78 Athens to New Epidavros (Page 2 of 3)

18-Mar Sat

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

- 6.4 33.4 STRAIGHT to cross bridge for access to Korinthos.
- 0.5 33.9 MERGE with main road (Highway E 8). CAUTION busy road along harbor, though some of it has a shoulder.
- 3.8 37.7 **BEAR RIGHT** instead of going onto bridge. You will be paralleling the main road.
- 0.7 38.4 Rejoin the E 8.
- 2.5 40.9 **BEAR RIGHT** towards Elefsina. Enter Elefsina area. Full services.
- 3.1 44.0 **BEAR LEFT** (towards Korinthos) just in front of a Avin Service Station.
- 3.1 47.1 CAUTION RR Tracks.
- 0.2 47.3 CAUTION RR Tracks.
- 1.0 48.3 **LEFT** toward Korinthos at stop sign. Finally, we are getting a little peace. Nice views, huh?
- 1.3 49.6 CAUTION RR Tracks.
- 1.0 50.6 ENTER Loutrópigos. Services.
- 2.0 52.6 ENTER Neraki. Services.
- 1.0 53.6 Neo Péramos area.
- 4.6 58.2 CAUTION RR Tracks.
- 0.6 58.8 CROSS under the E94 Turnpike.
- 0.4 59.2 **BEAR LEFT** towards Korinthos at turnoff to Megara.
- 3.1 62.3 CROSS under the E94 Turnpike.
- 0.8 63.1 Jet Oil Service Station on right.
- 3.9 67.0 CAUTION RR Tracks.
- 6.0 73.0 STRAIGHT into Kineta.
- 0.1 73.1 ENTER Kineta.
- 2.0 75.1 **CHECKPOINT** a small supermarket and restaurant on right.
- 0.3 75.4 Small restaurant on left.
- 0.7 76.1 STRAIGHT to follow road towards Agioi Theódori at turnoff to toll road toward Athens and Korinthos.
- 2.3 78.4 ENTER Corinthia Prefecture.
- 5.0 83.4 CAUTION RR Tracks.
- 1.9 85.3 CAUTION RR Tracks just past the entrance to the toll road.
- 1.9 87.2 **BEAR RIGHT** toward the refineries.
- 0.1 87.3 **BEAR RIGHT** at stop sign.
- 1.3 88.6 CAUTION RR Tracks.
- 2.1 90.7 **LEFT** to follow route closest to the water just before major intersection to Athens or Korinthos.
- 1.3 92.0 STRAIGHT to follow route at turnoff towards Panarama.
- 1.3 93.3 ENTER Kaliamaki. Services.
- 1.0 94.3 CAUTION RR Tracks.

Continued

DAY 78 Athens to New Epidavros (Page 3 of 3)

18-Mar Sat

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

0.7	95.0	BEAR LEFT to follow route.
1.1	96.1	STRAIGHT to follow route as main road goes right.
0.2	96.3	WALK (mandatory) bike across the famous Corinthian Canal on narrow wooden bridge. Walkway is between traffic lanes. Neat area.
0.5	96.8	LEFT toward Epidavros at stop sign at "T". The famous old Korinthos is about 7 km from here. It might be worth a quick visit.
0.8	97.6	Shell Service Station on left.
2.8	100.4	STRAIGHT at entrance to the Isthmia Beach Campground.
1.7	102.1	Elda Service Station and super market on right. Plenty of services for next 3.5 kms.
3.3	105.4	STRAIGHT to follow route (Hwy 70) at turnoff to Katakali.
18.7	124.1	Texaco Service Station and cafe on right. Congrats, you just completed your first Greek climb. More to come-excellent downhills.
1.3	125.4	Eteka Service Station on left.
0.6	126.0	Looks like two restaurants on right.
10.0	136.0	Welcome to Argolida sign.
1.1	137.1	Agnouda Monastery on right. Neat.
1.9	139.0	Mobile Service Stations on right and left.
2.2	141.2	STRAIGHT to follow Hwy 70 at turnoff to Nafplio to right.
0.8	142.0	BEAR RIGHT toward Nea Epidavros Beach. Welcome to New Epidavros. <i>Trucks should use caution on narrow roads.</i>
1.6	143.6	Nea Epidavros campground on right.
0.2	143.8	LEFT towards the Diamantis Campground.
0.1	143.9	LEFT toward campground.
0.1	144.0	ENTER the Diamantis Campground for check-in.
	144.0	Today's Kilometers
	155.5	Total Stage in Kilometers
	7507.7	Total Trip Kilometers

Camp Services: This time of year is still early for camping in southern Europe. However, the Diamantis Campground promises to do an excellent job for us. The campground has a store, bar and small restaurant. It's also located close to the ocean and a few local services.

Camping: Ask about camping areas.

Toilets: There are 10 toilets in two different facilities.

Showers: There are 10 showers in two different facilities.

Dinner: Dinner will be from 6:00 to 7:30 pm at the campground.

Breakfast: Tomorrow's breakfast will be from 6:30 to 8:00 am at the campground.

Tomorrow: 104.5 kms. Expect lots of beautiful terrain and some climbing. Greece is certainly hilly.

DAY 79 New Epidavros to Tyrosapounakaiika (Tiros Arcadia) (Page 1 of 2)
19-Mar Sun

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km	Accum	
0.0	0.0	EXIT the Diamantis Campground. Stock up in the larger towns whenever you can. Usually a small store in each community.
0.1	0.1	RIGHT at tennis court to return on main road.
0.1	0.2	RIGHT onto main road at "T".
0.2	0.4	Nea Epidavros campground on left.
1.6	2.0	CROSS under the highway.
0.1	2.1	LEFT and an IMMEDIATE RIGHT onto Hwy 70 (main road).
4.0	6.1	Avin Service Station on right.
3.3	9.4	STRAIGHT to follow Hwy 70 at turnoff to several places.
10.4	19.8	RIGHT and an IMMEDIATE RIGHT toward Ligourio and Nafplio at stop sign.
0.1	19.9	ENTER Ligourio. Full services.
1.2	21.1	BEAR LEFT towards Nafplio.
5.5	26.6	ENTER Giannouleika. Full services.
1.0	27.6	ENTER Arkadiko. Services. Olive trees (everywhere) and orange trees most all day.
3.6	31.2	Mycenean Bridge visible on right.
6.6	37.8	Service station on right.
3.8	41.6	ENTER Aria. Full services.
1.4	43.0	ENTER Nafplio "First Capital of Greece". Full services. CHECKPOINT somewhere along here.
1.1	44.1	STRAIGHT at turnoff to Argus.
1.0	45.1	BEAR RIGHT towards Argos and city center at yield sign.
0.1	45.2	CAUTION RR Tracks.
0.3	45.5	RIGHT and an IMMEDIATE BEAR RIGHT towards Argos. NOTE: consider continuing into this beautiful old community. There are many restaurants and three castles.
0.3	45.8	BEAR LEFT towards Nea Kios.
0.5	46.3	STRAIGHT at turnoff to Argus.
0.8	47.1	CAUTION RR Tracks.
1.4	48.5	ENTER the Municipality of Midea. No services.
2.5	51.0	ENTER Nea Kios. Full services.
1.6	52.6	STRAIGHT at turnoff to Argus.
4.2	56.8	CAUTION RR Tracks.
0.3	57.1	CAUTION RR Tracks.
0.1	57.2	LEFT toward Tripoli stop sign at "T".
1.9	59.1	LEFT toward Kivéri and Leonidio.
0.2	59.3	CAUTION RR Tracks.

Continued

DAY 79 New Epidavros to Tyrosapounakaiika (Tiros Arcadia) (Page 2 of 2)
19-Mar Sun

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

1.5	60.8	BEAR RIGHT to follow route through Kiveri. Full services.
5.5	66.3	ENTER Xiropigado. Full services ahead.
7.2	73.5	ENTER BepBeva (Kato Vervena). Limited services.
3.0	76.5	Avin Service Station on right.
0.4	76.9	BEAR LEFT toward Leonidio as you enter the Astros area.
4.9	81.8	ENTER Koutroufa. Limited services.
2.8	84.6	ENTER Korakovouni. Limited services. Expect some very rough road ahead.
8.2	92.8	Arcadia Camping Site on left.
6.6	99.4	Iserfos Trailer Campground and small restaurant on left.
1.7	101.1	Small picnic area on left.
1.8	102.9	Bar and restaurant on left.
0.9	103.8	LEFT toward the Zapitel Campground. CAUTION gravel road on a descent.
0.6	104.4	RIGHT toward the Zapitel Campground. CAUTION more gravel road on a descent.
0.1	104.5	ARRIVE at campground and check-in.
	104.5	Today's Kilometers
	260.0	Total Stage in Kilometers
	7612.2	Total Trip Kilometers

Camp Services: The Zapitel Campground is well situated on a gravel beach and is used to caravans, so not much grass around. The campground has a store, bar and small restaurant.

Camping: Ask about our camping areas.

Toilets: There are 8 toilets in two different facilities.

Showers: There are 8 showers in two different facilities.

Dinner: Dinner will be from 5:00 to 6:30 pm at the campground.

Breakfast: Breakfast will be from 6:30 to 8:00 am at the campground.

Tomorrow: 110.1 kms. Climbing to checkpoint, then nice descents. Dry, few services and super checkpoint. Gorgeous day-Greece is beautiful.

DAY 80 Tyrosapounakaiika (Tiros Arcadia) to Sparti (Page 1 of 2)
20-Mar Mon

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

0.0	0.0	EXIT campground. Stock up in next 20 kms, 'cause it's remote.
0.1	0.1	LEFT to return to main road.
0.6	0.7	LEFT to return to main road.
3.0	3.7	ENTER Tyrosapounakaiika (Tiros Arcadia). Full services. City center to left.
15.3	19.0	Picnic area on left.
2.7	21.7	ENTER Leonidio. Full services. Stock up for lunch and goodies. Very interesting ride through town.
1.1	22.8	BEAR LEFT to follow route through town.
0.4	23.2	BEAR LEFT to follow route through town.
0.4	23.6	STRAIGHT to follow route through town. Begin a gradual climb along dry stream bed ahead.
10.8	34.4	CROSS narrow bridge over gorge.
1.1	35.5	BEAR LEFT towards Sparta. Road becomes more steep as it leaves the stream bed.
3.2	38.7	STRAIGHT at turnoff to Elonis Monastery. Steep 5.5 km climb ahead.
5.5	44.2	Road flattens out a bit.
7.7	51.9	ENTER Kosmas. Services. Ele approx 1200 meters.
0.2	52.1	Steep descent on a rough road.
0.2	52.3	CHECKPOINT in the entire center of city. Should be a great time. Ele 1100 meters. Great earned descent ahead.
15.6	67.9	RIGHT towards Sparta.
5.3	73.2	CROSS narrow bridge.
2.2	75.4	BEAR LEFT as you enter small village. No services on route.
6.5	81.9	ENTER Goritsa. Services.
0.1	82.0	BEAR LEFT to follow route through town.
10.0	92.0	ENTER Skoura. Minimal services.
3.5	95.5	EXIT Platana. No services.
7.6	103.1	BEAR LEFT toward Sparta.
0.4	103.5	LEFT toward Sparta at stop sign at "T".
0.5	104.0	BEAR LEFT into Sparta center.
0.7	104.7	RIGHT towards Mystras.
0.6	105.3	STRAIGHT towards Mystras at stop sign. Center of Sparti to your left.
0.2	105.5	LEFT onto Leonidou towards Mystras at stop sign.
0.3	105.8	RIGHT onto Likourgou towards Mystras.
0.6	106.4	LEFT towards Mystras at stop sign.

Continued

DAY 80 Tyrosapounakaiika (Tiros Arcadia) to Sparti (Page 2 of 2)
20-Mar Mon

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

1.4 107.8 ENTER Paleologio.
0.2 108.0 Paleologio Campground on left.
0.4 108.4 **BEAR RIGHT** toward Mystras.
1.6 110.0 ENTER Mystras. Full services.
0.1 110.1 Castleview Campground on right.

110.1 Today's Kilometers

370.1 Total Stage in Kilometers

7722.3 Total Trip Kilometers

Camp Services: The Castleview Campground is well situated for exploring this historic area. The campground has a store, bar and small restaurant. Sparti has everything.

Camping: Ask about our camping areas. Plenty of areas for our group.

Toilets: There are 12 toilets in two different facilities.

Showers: There are 12 showers in two different facilities.

Dinner: Dinner will be from 5:00 to 6:30 pm at the campground.

Breakfast: Breakfast will be from 6:30 to 8:00 am at the campground.

Tomorrow: 116.8 kms. Climbing soon after leaving Sparti over a pass, great descent, then a few short climbs to the coast. Beautiful, especially the first half.

DAY 81 Sparti to Gialova (Pylos)
21-Mar Tue

(Page 1 of 2)

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

0.0	0.0	LEFT onto main road from the Castlevue Campground at "T".
2.2	2.2	Paleologio Campground on right.
1.6	3.8	STRAIGHT onto unsigned Hwy 82 towards Kalamata at turnoff to Sparti. Stock up before leaving town.
0.5	4.3	ENTER Magoula. Limited services.
1.4	5.7	LEFT toward Kalamata at "kind of a Y". Begin 20 km climb ahead.
5.4	11.1	ENTER Tripi. Services.
1.8	12.9	Leave Tripi.
1.8	14.7	CROSS narrow bridge.
4.0	18.7	Relatively hefty climb flattens out.
3.0	21.7	Begin climbing again.
3.8	25.5	Canadas Restaurant on right. Nice folks. O2 informed.
1.9	27.4	Restaurant and small store on summit. Again, nice folks who said the elevation is 1370 meters (4384 ft). O2 informed. CAUTION several sharp 180° curves on a very fast and wonderful descent.
6.1	33.5	STRAIGHT to continue descent.
4.5	38.0	ENTER Artemisia. No services.
1.3	39.3	Taverna on right and another .4 km ahead.
9.5	48.8	CROSS the Nedontas River.
0.4	49.2	STRAIGHT at turnoff to Ladas.
4.2	53.4	Top of 2.7 km climb. Ocean ahead.
5.2	58.6	ENTER Kalamata.
3.0	61.6	LEFT towards Kalamata center. Services begin.
0.7	62.3	STRAIGHT towards center of town at turnoff to Laiika.
0.8	63.1	CAUTION RR Tracks.
0.7	63.8	RIGHT towards Messini and Athens at stop light.
1.3	65.1	CHECKPOINT at the Eko Service Station on right.
0.8	65.9	RIGHT toward Messini at dead end.
1.0	66.9	LEFT towards Messini and Pylos at "T". This is Hwy 55.
2.4	69.3	LEFT towards Messini and Pylos at "T". This is Hwy 82.
0.2	69.5	CAUTION RR Tracks. Look nasty.
0.1	69.6	CAUTION RR Tracks. Look nasty.
2.5	72.1	Kalamata Airport on right.
1.0	73.1	Greek Air Force Base on right.
1.9	75.0	BEAR LEFT at rotary, then an IMMEDIATE LEFT towards Pylos at "Y". Watch for the signs to Pylos.
5.4	80.4	BEAR RIGHT towards Pylos at turnoff to Analipsi.
4.8	85.2	ENTER Velika. Services.

Continued

DAY 81 Sparti to Gialova (Pylos) (Page 2 of 2)
21-Mar Tue

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

1.0	86.2	ENTER Rizomilos. Services.
0.3	86.5	RIGHT toward Pylos at turnoff to Koroni.
2.0	88.5	Road flattens out some after a short climb.
1.8	90.3	ENTER Neromilos. Limited services.
2.0	92.3	Begin 2.5 km climb.
2.5	94.8	ENTER Kazarma. Full services.
0.5	95.3	STRAIGHT towards Pylos.
4.5	99.8	ENTER Soulinari. Full services.
2.0	101.8	ENTER Handrinos. Services.
3.9	105.7	BEAR LEFT to follow route.
8.0	113.7	RIGHT towards Gialova at "T". Zero Restaurant on corner.
3.0	116.7	ENTER Gialova. Services.
0.1	116.8	LEFT into the Navarino Beach Campground for an evening on the beach.
	116.8	Today's Kilometers
	486.9	Total Stage in Kilometers
	7839.1	Total Trip Kilometers

Camp Services:	The Navarino Beach Campground is a beachside campground. The campground has a store, bar and small restaurant. The campground is fairly close to other services.
Camping:	Ask about our camping areas.
Toilets:	There are 10 toilets in two different facilities.
Showers:	There are 10 showers in two different facilities.
Dinner:	Dinner will be from 5:00 to 6:30 pm at the campground.
Breakfast:	Breakfast will be from 6:30 to 8:00 am at the campground.
Tomorrow:	108.4 kms. Some smaller climbs, but mostly flat to rolling. More traffic as we head for Olympia.

DAY 82 Gialova (Pylos) to Olympia (Page 1 of 2)

22-Mar Wed

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km	Accum	
0.0	0.0	LEFT onto the main road from the Navarino Beach Campground.
0.5	0.5	RIGHT to follow route at phone booth. Services ahead, including 2 mini-markets.
5.7	6.2	BEAR LEFT and an IMMEDIATE BEAR RIGHT towards Romanos and Tragana as main road goes to the right.
0.9	7.1	BEAR RIGHT towards Tragana and Gargaliani. Watch for a few rough spots in the roads ahead.
1.3	8.4	Enter the Tragana area at top of short steep climb.
3.4	11.8	STRAIGHT at turnoff to beach.
3.2	15.0	STRAIGHT onto narrower road at turnoff to Gargaliani. You just passed through Pigadia. Lots of olive trees for making olive oil.
4.3	19.3	ENTER Marathopoli. Full services.
0.5	19.8	RIGHT onto unmarked street in the city's center (2nd paved street) towards Kiparissia (note a small sign on pole just before turn).
0.3	20.1	LEFT to follow coastal route at "Y".
0.8	20.9	Amita Campground on left.
0.7	21.6	JETOIL Service Station on left with a small restaurant. Some rough road ahead.
2.2	23.8	Small restaurant on left.
3.2	27.0	Small village. Services.
3.3	30.3	ENTER Filiatra. Services.
0.7	31.0	LEFT toward Kiparissia at stop sign. Rough roads.
0.3	31.3	RIGHT at "T".
0.7	32.0	STRAIGHT to follow road. NOTE: the city center is to your right and has lots of services.
1.2	33.2	LEFT at stop sign at angled "T". Probable construction ahead.
2.2	35.4	BEAR RIGHT to follow main road up a short climb.
5.5	40.9	ENTER Terpsithea.
5.2	46.1	ENTER Kiparissia. Full services.
0.6	46.7	RIGHT towards Pyrgos.
0.6	47.3	LEFT towards Pyrgos.
3.5	50.8	CHECKPOINT at the JETOIL Service Station and restaurant on right.
6.5	57.3	Services in area.
9.0	66.3	ENTER Elaia. No services.
1.7	68.0	ENTER Gianitsochori. Services.
3.9	71.9	ENTER Taxiarches. Limited services.
1.2	73.1	ENTER Neohorio. Services.
5.7	78.8	ENTER Zacharo. Full services.
1.0	79.8	STRAIGHT at turnoff to city center at light.
0.3	80.1	BEAR LEFT to follow route.

Continued

DAY 82 Gialova (Pylos) to Olympia (Page 2 of 2)

22-Mar Wed

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

<u>Km</u>	<u>Accum</u>	
0.2	80.3	RIGHT toward the Thermal Springs of Kaiafa.
0.1	80.4	LEFT toward the Thermal Springs of Kaiafa.
0.2	80.6	STRAIGHT to follow an 8 km respite from the main road.
4.3	84.9	Small hotel on right. Small restaurant ahead on left.
1.5	86.4	Thermal springs area. Might want to check it out.
1.2	87.6	RIGHT onto main road towards Pyrgos at stop sign at "T".
1.5	89.1	ENTER Kato Samiko. Services ahead.
5.2	94.3	RIGHT towards Olympia and Krestena.
0.3	94.6	ENTER Krestena.
1.4	96.0	LEFT towards Ancient Olympia.
0.1	96.1	LEFT towards Ancient Olympia at stop sign at "T".
0.2	96.3	RIGHT toward Olympia at stop sign.
1.5	97.8	ENTER Makrisia. Full services.
0.6	98.4	LEFT towards Olympia.
0.1	98.5	STRAIGHT (middle road) and IMMEDIATE BEAR LEFT towards Olympia.
0.6	99.1	RIGHT towards Olympia at "T".
1.6	100.7	BEAR RIGHT to follow route.
2.9	103.6	RIGHT to cross the Alphios River towards Olympia.
0.2	103.8	BEAR LEFT at end of bridge to follow route to Olympia.
0.8	104.6	LEFT and RIGHT to cross irrigation canal.
1.8	106.4	ENTER Floka. Services.
0.2	106.6	BEAR RIGHT uphill (1.5 km climb) toward Olympia.
0.9	107.5	STRAIGHT uphill toward Olympia and Camp Diana.
0.3	107.8	Alphios Campground on right.
0.2	108.0	ENTER Olympia and STRAIGHT towards Camp Diana.
0.3	108.3	LEFT toward Camping Diana in the middle of a fast descent.
0.1	108.4	ARRIVE at Camping Diana and check-in.
	108.4	Today's Kilometers
	595.3	Total Stage in Kilometers
	7947.5	Total Trip Kilometers

Services: The Camping Diana Campground is ideally located close to Olympia, where the Olympics began. It has a small store, restaurant, bar, and very, very nice owners. Olympia is an upscale, small (700 people), popular tourist area with plenty of places to eat and explore.

Camping: Campsites will be on flat spaces terraced throughout this hillside campground. Ask for specific instructions.

Toilets: The campground has 12 toilets in a couple of buildings.

Showers: There are 9 hot water showers and three cold water showers at the campground.

Dinner: Walk to dinner from 5:00 to 6:30 pm at the Taverna Ambrosia Restaurant, a great place run by a super family. Go left from Camping Diana; .1 km right at "T" & an Immediate left in front of Posidon Pension; .2 km cross main street; .1 left at "T" to Taverna Ambrosia; .1 km right toward restaurant .1 km away.

Breakfast: Breakfast will be served from 6:00 to 7:30 am at campground.

Tomorrow: 135.6 kms. An unusual Odyssey day. A long, but relatively flat day with increasing traffic, especially on the main roads. Everyone needs to be at the Patra Fast ferry terminal no later than 5 pm to prepare for catching the 6 pm ferry to Bari. TK&A is providing bunks, dinner and breakfast. After we arrive, we have a relatively short day to our next overnight location.

DAY 83 Olympia to Patra, then to Bari, Italy (Page 1 of 3)

23-Mar Thu

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

0.0	0.0	LEFT toward Olympia from Camping Diana Camground. Plenty of services today.
0.1	0.1	RIGHT at "T" and an IMMEDIATE LEFT in front of the Posidon Pension.
0.1	0.2	STRAIGHT at stop sign.
0.1	0.3	LEFT onto main street in front of the Cafe Olympias.
0.8	1.1	BP Station on right. City services end. Watch for traffic moving onto the shoulder to allow others to pass.
4.1	5.2	STRAIGHT to follow route to Pirgos at turnoff to Pelopia.
8.4	13.6	ENTER Varvasena. Limited services.
3.4	17.0	STRAIGHT at first turnoff to Pirgos.
2.5	19.5	STRAIGHT towards Patra at light. Good shoulder on a busy road.
4.3	23.8	ENTER Praisin. Services.
5.3	29.1	STRAIGHT towards Patra at turnoff to Hanakia, Skafidia and Mirtia.
4.0	33.1	Shell Service Station on right.
3.0	36.1	RIGHT towards Amaliada. Don't miss this turn. Expect some road construction.
3.0	39.1	CAUTION RR Tracks (2 sets).
0.1	39.2	LEFT towards the center of city.
0.4	39.6	STRAIGHT towards Patra.
5.0	44.6	RIGHT onto Nayapinoi St at stop sign at "T".
0.2	44.8	LEFT at stop sign. NOTE Piroi and Post signs.
0.1	44.9	BEAR LEFT (not a full left) to exit town. Keep six-story white bldg on your left.
1.6	46.5	Texaco Service Station on left.
1.4	47.9	STRAIGHT towards Roupaki.
4.3	52.2	STRAIGHT towards Agh Mavra at stop sign. We are in Roupaki. Full services.
1.3	53.5	ENTER Agh Mavra. Full services.
0.6	54.1	STRAIGHT to Tragano.
0.3	54.4	BEAR LEFT to follow route. CAUTION narrow, rough bridge ahead.
2.0	56.4	BEAR LEFT as you ENTER Tragano. Full services.
0.1	56.5	RIGHT at stop sign at "T".
0.2	56.7	LEFT towards Andravida.
3.2	59.9	RIGHT onto main road towards Patra at stop sign.
3.9	63.8	RIGHT onto smaller road for a 3 km respite. NOTE: Texaco Station across the street.
2.9	66.7	BEAR LEFT to follow route at turnoff towards Milessa.

Continued

DAY 83 Olympia to Patra, then to Bari, Italy (Page 2 of 3)

23-Mar Thu

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

2.2	68.9	RIGHT onto main road towards Patra at stop sign.
1.8	70.7	ENTER Kourtesi. Full services.
0.3	71.0	CHECKPOINT at Texaco Service Station and the small Smile Restaurant on the right. Several services along this part of route.
5.2	76.2	STRAIGHT towards Patra at turnoff to Kapeleta.
2.5	78.7	RIGHT towards Psari.
1.2	79.9	BEAR LEFT (not sharp left) towards Psari. CAUTION short gravel section and a narrow bridge ahead.
2.9	82.8	ENTER Neapeli. Limited services.
0.1	82.9	STRAIGHT at the other paved road that goes to left.
1.3	84.2	Short little steep climb for better views.
3.6	87.8	LEFT at "T".
0.4	88.2	ENTER Agh Konstadinos. No services.
1.9	90.1	STRAIGHT toward Mataranga as another paved road goes left.
0.3	90.4	STRAIGHT in middle of Mataranga.
2.5	92.9	STRAIGHT to follow route in the middle of Petas. No services. CAUTION metal drain grate and rough road.
0.4	93.3	LEFT at stop sign at kinda "T". Nice downhill and views ahead.
1.6	94.9	RIGHT toward Franga at "T". Avin Service Station to your left at intersection.
2.1	97.0	STRAIGHT as you ENTER Franga.
0.2	97.2	STRAIGHT at turnoff to Franga's city center. Nice little town .3 km to right.
2.0	99.2	JETOIL Service Station on right. Store.
0.4	99.6	STRAIGHT at paved road to right.
1.0	100.6	Services in Karamesineika.
0.3	100.9	RIGHT onto paved road at church and cemetery.
0.4	101.3	RIGHT to follow paved road.
0.9	102.2	LEFT to follow route at "T".
0.8	103.0	BEAR LEFT to follow route in Karia.
1.2	104.2	BEAR RIGHT to follow main road as another paved road goes straight. Cemetery ahead on right.
0.8	105.0	STRAIGHT at paved road in small serviceless village.
0.4	105.4	Services on right.
0.3	105.7	STRAIGHT (actually you have to jog left and right) to follow route at stop sign. Fast short downhill ahead.
0.9	106.6	Very narrow bridge ahead.
0.5	107.1	PASS under a roadway.

Continued

DAY 83 Olympia to Patra, then to Bari, Italy (Page 3 of 3)

23-Mar Thu

Emergency #'s:

Tim's Greek Cell: 093-802-2501, KAS's Greek Cell: 093-802-2507

Km Accum

0.1	107.2	RIGHT at angled "T".
0.7	107.9	CAUTION deep cut in road.
0.6	108.5	BEAR LEFT at "Y".
0.3	108.8	Fast downhill on a rough road in a small village.
0.7	109.5	LEFT just after crossing a small creek at stop sign at "T". We are in Lousika. Services.
1.8	111.3	BEAR RIGHT toward Adhaiko. Small road so don't miss.
0.6	111.9	LEFT at stop sign at "T". CAUTION fast, sharp descent ahead.
0.7	112.6	LEFT onto main road at "T".
0.5	113.1	RIGHT at stop sign at "T".
1.1	114.2	LEFT and an IMMEDIATE RIGHT in the center of a small village toward Patra.
0.6	114.8	STRAIGHT to cross main road. We are heading for a coastal route.
0.1	114.9	CAUTION RR Tracks and an IMMEDIATE RIGHT at "T".
3.0	117.9	We are in Kaminia. Full services.
1.8	119.7	ENTER Tsoukaleika. Full services.
1.6	121.3	CAUTION RR Tracks.
3.7	125.0	BEAR LEFT to follow coastal route.
0.5	125.5	Notice the E55 sign? Not many around.
0.6	126.1	BEAR LEFT to follow coastal route. CAUTION RR Tracks.
2.5	128.6	Divided roadway begins.
0.3	128.9	ENTER Patra. It's getting busier.
2.4	131.3	Spar supermarket on the right.
2.0	133.3	CAUTION RR Tracks.
0.2	133.5	BEAR LEFT and RIGHT to follow route through Patra Centre City.
1.5	135.0	LEFT towards the Port.
0.1	135.1	RIGHT and an IMMEDIATE LEFT into Gate 6 for processing and loading the Fast Ferry to Bari. CAUTION RR Tracks.
0.5	135.6	ENTER ferry loading area. You need to be at the Patra Fast ferry terminal NO LATER THAN 5 PM.
	135.6	Today's Kilometers
	730.9	Total Stage in Kilometers
	8083.1	Total Trip Kilometers

Services:	The Fast Ferry has bars, restaurants, cabins with beds, airline reclining seats, slot machines, disco, duty-free store, money changers, etc. Enjoy Odyssey's first international cruise.
Camping:	Beds in cabins.
Toilets:	In cabins.
Showers:	In cabins.
Dinner:	Dinner will be served from 6:30 to 8:00 pm. We will need to spread out into different rooms.
Breakfast:	Breakfast will be served from 6:00 to 7:30 am. We will need to spread out into different rooms.
Tomorrow:	67.1 kms. We arrive at about 8:30 am and have a relatively short pedal to Alberrobello, the home of the Trullis (very unique homes).

DAY 84 Bari to Alberobello (Page 1 of 2)
24-Mar Fri

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Km Accum

0.0	0.0	Welcome to Italy! EXIT Fast Ferry. CAUTION RR Tracks and congestion ahead. NOTE: Mileage might be a little off, depending on our arrival.
1.0	1.0	LEFT onto main road (we are heading south along the coast for about 9 kms) from ferry at light at "T".
0.1	1.1	BEAR RIGHT to follow coastal road. The old town is on your right and might be worth a look. Keep an eye on all your stuff, as usual. We have read Bari has a problem with petty crime so watch your stuff.
1.1	2.2	BEAR LEFT to follow coast road toward Brindisi at light. Expect quite a bit of congestion and plenty of honking.
1.8	4.0	CAUTION speed bumps (3).
5.8	9.8	BEAR RIGHT onto SP60 towards Triggiano at light. Note brown sign pointing to Gommista-Lacaggio.
0.5	10.3	BEAR LEFT towards Triggiano under bridge.
0.1	10.4	STRAIGHT towards Triggiano. Nice shoulder.
2.7	13.1	STRAIGHT at Beltrami.
0.2	13.3	STRAIGHT as main road goes right at light.
0.4	13.7	LEFT towards Noicattaro at light, then an IMMEDIATE STRAIGHT at stop sign.
0.3	14.0	STRAIGHT at light.
0.8	14.8	LEFT (SP 131-unmarked) towards Noicattaro at light.
3.8	18.6	LEFT towards Noicattaro at angled "T".
0.7	19.3	ENTER Noicattaro. Full services.
0.7	20.0	RIGHT towards Rutigliano at light.
0.3	20.3	RIGHT towards Rutigliano at "T". CAUTION RR Tracks.
1.4	21.7	LEFT onto SS 634 towards Conversano at stop sign. Shoulder.
2.2	23.9	STRAIGHT to follow SS 634 towards Conversano.
1.7	25.6	STRAIGHT to follow SS 634 towards Conversano.
1.8	27.4	BEAR RIGHT to follow SS 634 towards Conversano.
5.7	33.1	STRAIGHT to follow SS 634 towards Castellana.
10.0	43.1	Trullis on right. Very interesting structures.
1.9	45.0	ENTER Castellana Grotte.
1.1	46.1	RIGHT towards the Grotte and Turi.
0.1	46.2	STRAIGHT towards the Grotte.
1.5	47.7	LEFT towards the Grotte.
0.3	48.0	BEAR LEFT towards the Grotte.
0.7	48.7	BEAR LEFT towards the Grotte.

Continued

DAY 84 Bari to Alberobello (Page 2 of 2)
24-Mar Fri

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Km Accum

- 0.1 48.8 **CHECKPOINT** at the Grotte di Castellana. Then **RIGHT** towards Alberobello. Say hello to Peter and Johnny in the Ristorante Grotta Bianca and their neighbors at L' Angolo In Gem Shop. It normally costs between 15,000 and 20,000 lire to tour the cave.
- 0.3 49.1 **STRAIGHT** towards Alberobello.
- 0.3 49.4 **RIGHT** onto (N 377-unsigned) towards Alberobello at rotary.
- 3.4 52.8 **ENTER** Putignano.
- 0.2 53.0 **LEFT** towards Alberobello at light.
- 0.5 53.5 **RIGHT** towards Alberobello.
- 0.2 53.7 **LEFT** (SS 172-unmarked) towards Alberobello at light.
- 11.4 65.1 **ENTER** Alberobello (Capitale de Trulli). Full services.
- 0.6 65.7 **LEFT** towards Monopoli and the Dei Trulli Campground.
- 0.2 65.9 **BEAR LEFT** towards Castellana.
- 1.2 67.1 **RIGHT** into the Dei Trulli Campground, a.k.a. Meeting, dancing, ristorante, pizzeria, ricevimenti, congressi, camping, and piscine.

- 67.1 Today's Kilometers
- 798.0 Total Stage in Kilometers
- 8150.2 Total Trip Kilometers

- Services: This is a short day to allow you to kick back and explore this interesting community of unusual homes and buildings. The Dei Trulli Campground is quite unique and has many services. Town is 1.6 km away and has everything. You definitely have to check out the Trullis. Disco is only open on Saturdays.
- Camping: Campground behind this modern, slick disco. Ask for the specifics.
- Toilets: There are at least a dozen toilets.
- Showers: There are at least a dozen showers.
- Dinner: Dinner will be served from 6:00 to 7:30 pm.
- Breakfast: Breakfast will be served from 6:30 to 8:00 am.
- Tomorrow: 120.2 kms. Rolling with a nice downhill and a generally excellent cycling to our coastal campground. Allow some time for exploring the Sassi area in Matera.

Day 85 Alberobello to Lido di Metaponto (Page 1 of 3)

25-Mar Sat

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

- 0.0 0.0 **LEFT** onto main road from campground.
- 1.1 1.1 **BEAR RIGHT** to follow route.
- 0.8 1.9 ENTER Alberobello.
- 0.2 2.1 **LEFT** towards Noci and Taranto at stop light.
- 0.3 2.4 CAUTION rumble strips.
- 0.6 3.0 **BEAR LEFT** toward Taranto.
- 0.1 3.1 **BEAR RIGHT** towards Noci.
- 1.1 4.2 **STRAIGHT** towards Noci at turnoff to other campground.
- 0.8 5.0 **STRAIGHT** towards Noci.
- 0.3 5.3 **LEFT** onto SS 604 towards Noci at stop sign at "T".
- 0.5 5.8 **STRAIGHT** towards Noci at yield sign.
- 7.8 13.6 **BEAR LEFT** toward Gioia de Colle on SS 377 at turnoff into Noci. Wide road with shoulder.
- 5.1 18.7 **RIGHT** onto SS 604 toward Gioia de Colle and Noci immediately after you **CROSS** under a major road.
- 0.3 19.0 **BEAR RIGHT** toward Gioia de Colle.
- 0.4 19.4 **STRAIGHT** toward Gioia de Colle.
- 13.4 32.8 **BEAR RIGHT** toward Gioia de Colle.
- 0.6 33.4 **BEAR RIGHT** toward Gioia de Colle.
- 0.8 34.2 ENTER Gioia de Colle. Full services.
- 0.2 34.4 **RIGHT** towards Bari at lights at "T".
- 0.6 35.0 **STRAIGHT** towards Bari at light.
- 0.4 35.4 Agip Service Station on left.
- 0.1 35.5 **SHARP LEFT** towards City Center and Matera. CAUTION crossing traffic.
- 0.1 35.6 PASS same Agip Service Station on left. CAUTION speed bumps.
- 0.3 35.9 **STRAIGHT** towards the municipality.
- 0.2 36.1 **RIGHT** towards Matera as street becomes one-way at sign for Castle.
- 0.1 36.2 **BEAR LEFT** through city.
- 0.2 36.4 **STRAIGHT** towards Matera.
- 0.1 36.5 **RIGHT** towards Matera.
- 0.4 36.9 CAUTION RR Tracks (2 sets).
- 0.1 37.0 **LEFT** immediately past Mozzarella Gioiella towards Matera.
- 0.3 37.3 **RIGHT** toward Matera. Now enjoy the next 34 kms of relative quiet.
- 2.9 40.2 **BEAR LEFT** to follow main road.
- 5.8 46.0 **BEAR LEFT** to follow main road. Just keep following the main road.

Continued

Day 85 Alberobello to Lido di Metaponto (Page 2 of 3)

25-Mar Sat

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

- 7.5 53.5 STRAIGHT towards Matera as we enter the Provincia Di Taranto. Kms might be off a hair on this marking.
- 3.0 56.5 STRAIGHT towards Matera
- 0.1 56.6 **LEFT** towards Matera.
- 6.7 63.3 STRAIGHT towards Matera
- 4.2 67.5 **RIGHT** towards Matera at stop sign at "T".
- 1.8 69.3 **BEAR LEFT** at turnoff to Bari.
- 0.2 69.5 ENTER Matera.
- 0.2 69.7 **LEFT** toward city center. Begin .7 km climb. Talk about historic.
- 0.8 70.5 **BEAR LEFT** at stop sign.
- 0.2 70.7 KINDA STRAIGHT to follow route through city.
- 0.1 70.8 **RIGHT** and an **IMMEDIATE LEFT** around the market.
- 0.3 71.1 **BEAR LEFT** at yield sign at angled "T".
- 0.3 71.4 STRAIGHT toward Sassi.
- 0.2 71.6 **BEAR RIGHT** to follow route through town.
- 0.2 71.8 **BEAR LEFT** toward Sassi in front of large building at "T".
- 0.7 72.5 STRAIGHT at turnoff to the Sassi.
- 0.3 72.8 **CHECKPOINT** at the Agip Service Station on right. After checkpoint be sure to explore the Sassi area. Don't get bothered by those pesky hustlers around the Sassi. Keep your stuff with you. Stock up, remote afternoon.
- 0.5 73.3 **BEAR RIGHT** towards Montescaglioso and Metaponto.
- 0.3 73.6 **LEFT U-TURN** towards Montescaglioso. Don't miss...it's well signed.
- 0.1 73.7 **BEAR RIGHT** towards Montescaglioso. Nice ride to coast, lots of downhills.
- 7.3 81.0 STRAIGHT towards Metaponto at turnoff to Montescaglioso.
- 3.2 84.2 STRAIGHT towards Metaponto.
- 0.1 84.3 **RIGHT** onto SS 175 towards Metaponto. CAUTION RR Track.
- 2.9 87.2 STRAIGHT towards Metaponto.
- 3.7 90.9 **RIGHT** to follow SS 175 towards Metaponto.
- 1.4 92.3 STRAIGHT to follow AA 175 towards Metaponto.
- 0.4 92.7 **BEAR RIGHT** to follow AA 175 towards Metaponto. Busy road ahead.
- 2.3 95.0 CAUTION rumble strips.
- 2.7 97.7 STRAIGHT to follow AA 175 towards Metaponto at cutoff to Bernalda.
- 7.9 105.6 STRAIGHT to follow AA 175 towards Metaponto. Keep heading for Metaponto.
- 3.8 109.4 CAUTION rumple strips and a small restaurant on left. O2 informed, but don't expect much.
- 5.1 114.5 STRAIGHT towards Metaponto at entrance to the S 106.

Continued

Day 85 Alberobello to Lido di Metaponto (Page 3 of 3)

25-Mar Sat

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

2.6 117.1 ENTER Borgo Metaponto.
0.2 117.3 CAUTION rumble strips.
0.9 118.2 LEFT towards Lido di Metaponto and the beach.
1.3 119.5 STRAIGHT towards Campeggio Magna Grecia Campground.
0.6 120.1 RIGHT into the Campeggio Magna Grecia Campground.
0.1 120.2 ARRIVE at check-in.

120.2 Today's Kilometers

918.2 Total Stage in Kilometers

8270.4 Total Trip Kilometers

Services: Even though Italian holidays haven't really started, the Campeggio Magna Grecia should work well for us. It has several services and the beach community is just a short walk away.

Camping: We will probably be in the tree-covered area across a little drainage ditch. Ask for specifics.

Toilets: There are at least 10 toilets in the main facility, and a couple closer to our camping area.

Showers: There are at least 10 showers in the main facility, and a couple closer to our camping area.

Dinner: Buffet dinner will be served from 6:00 to 7:30 pm at the campground.

Breakfast: Buffet breakfast will be served from 6:30 to 8:00 am at the campground.

Tomorrow: 155.5 kms. You will need a bright blinker for several tunnels. Long hilly day. Get an early start.

Day 86 Lido di Metaponto to Scalea (Page 1 of 3)

26-Mar Sun

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

- 0.0 0.0 EXIT the Campeggio Magna Grecia Campground.
0.1 0.1 **LEFT** onto main road.
0.6 0.7 STRAIGHT towards Metaponto.
1.3 2.0 STRAIGHT towards Metaponto and Potenza at stop sign.
2.3 4.3 **LEFT** (south) onto S 106 towards Reggio C. Quite a few services along SS 106.
1.8 6.1 ENTER Pisticci. Minimal services on the road.
9.7 15.8 STRAIGHT to follow SS 106 towards Reggio C at beach access road.
3.8 19.6 ENTER Scanzano Ionico. Full services.
2.6 22.2 Road divides. Caution narrower road.
2.4 24.6 STRAIGHT to follow SS 106 towards Reggio C at the second Policoro exit.
5.7 30.3 **EXIT RIGHT** towards S 655 (S 653) towards Sinnica.
0.3 30.6 **BEAR RIGHT** towards S 653 towards Sinnica.
0.2 30.8 MERGE with S 653. Excellent shoulder and quieter roads.
14.1 44.9 STRAIGHT to follow S 653.
6.3 51.2 STRAIGHT to follow S 653 at turnoff to Valsinni.
0.8 52.0 Enter a .4 km tunnel. Use a blinker, especially for this tunnel.
0.7 52.7 Enter a .3 km tunnel.
0.9 53.6 Enter a .1 km tunnel.
1.8 55.4 STRAIGHT to follow S 653 to Senise.
6.3 61.7 Enter a .1 km tunnel.
0.3 62.0 Enter a .8 km tunnel. Lago di Monte Cotugno when you exit the tunnel.
7.1 69.1 Agip Service Station and Sinnica Bar (store) on left. O2 informed.
0.2 69.3 STRAIGHT to follow S 653.
2.0 71.3 STRAIGHT to follow S 653.
3.1 74.4 Small store on left. Might not be open on Sundays.
5.6 80.0 STRAIGHT to follow S 653.
1.6 81.6 Agip Service Station on left. No services.
0.9 82.5 STRAIGHT to follow S 653.
11.2 93.7 STRAIGHT to follow S 653 at turnoff to Agrimonte.
1.3 95.0 **CHECKPOINT** at the Q8 Service Station and illy Oasj store on right.
2.8 97.8 Enter a .1 km tunnel. Begin more serious modest climbing.

Continued

Day 86 Lido di Metaponto to Scalea (Page 2 of 3)

26-Mar Sun

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

- 2.7 100.5 Enter a .3 km lit tunnel.
- 1.2 101.7 STRAIGHT to follow S 653 at turnoff to Lactranico.
- 0.5 102.2 Enter a .1 km tunnel.
- 0.4 102.6 Enter a .1 km tunnel.
- 6.0 108.6 Small store on right.
- 1.0 109.6 Services on left.
- 0.3 109.9 Enter a .1 km tunnel.
- 0.6 110.5 Enter a .1 km tunnel.
- 1.0 111.5 Enter a .2 km tunnel.
- 1.3 112.8 **BEAR LEFT** towards Lauria as you CROSS over the A 3. CAUTION fast 18 km descent on narrow roads with very sharp turns.
- 1.7 114.5 ENTER Pecorone. Full services.
- 0.5 115.0 **LEFT** onto the SS 19 towards Lauria at stop sign at "T". More fast downhill.
- 0.7 115.7 CAUTION rumble strips on your descent.
- 3.2 118.9 STRAIGHT to follow SS 19 at turnoff to Lauria.
- 0.5 119.4 ENTER Lauria. Services.
- 0.2 119.6 **RIGHT** onto SS 585 (unmarked) towards Maratea and Praia.
- 0.5 120.1 **LEFT** towards Maratea at stop sign.
- 0.8 120.9 **BEAR LEFT** towards Maratea.
- 0.6 121.5 **LEFT** towards Maratea at "T".
- 1.6 123.1 **BEAR RIGHT** towards Maratea at "Y".
- 0.5 123.6 **RIGHT** towards Maratea at stop sign at "T". NOTE: might have dropped 1 km between kms 123.1 and 126.9.
- 3.3 126.9 **LEFT** onto SS 585 towards Maratea.
- 0.3 127.2 Enter a .1 km tunnel.
- 2.4 129.6 Services on right. Road flattens out some as we continue our descent along the Castrocucco River. Additional services ahead.
- 3.5 133.1 Enter a .2 km tunnel.
- 6.2 139.3 **BEAR LEFT** towards Scalea at turnoff to Maratea and Sapri.
- 0.5 139.8 ENTER Marina Di Tortora.
- 0.3 140.1 Agip Service Station on right
- 1.5 141.6 Enter a .2 km tunnel. Use your blinker.
- 0.6 142.2 Enter a .3 km tunnel. Use your blinker.
- 2.0 144.2 Enter a long .7 km tunnel. Use your blinker.

Continued

Day 86 Lido di Metaponto to Scalea (Page 3 of 3)

26-Mar Sun

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5395

Kilo Accum

2.4 146.6 STRAIGHT to follow SS 18 towards Salerno at turnoff towards Praia a Mare.
3.2 149.8 CROSS over the Canalgrande at center of bridge.
1.9 151.7 ENTER Scalea.
3.2 154.9 STRAIGHT to follow SS 18 at light.
0.6 155.5 **RIGHT** into the Hotel S Caterina for an excellent two nights of beds.

155.5 Today's Kilometers
1073.7 Total Stage in Kilometers
8425.9 Total Trip Kilometers

Services: The Hotel S Caterina is a small beach community and a super place for a layover day. Four to five in a room with your own beds.
Toilets: In room.
Showers: In room.
Dinner: Dinner will be served from 6:00 to 7:30 pm tonight and 5:00 to 6:30 pm tomorrow night at the hotel.
Breakfast: Breakfast will be served from 8:00 to 9:30 am tomorrow and 6:30 to 8:00 am on Tuesday.
Tomorrow: Enjoy this small oceanfront community.

Day 87 Scalea layover day

27-Mar Mon

Tomorrow: This is a beautiful coastal day, lots of climbing and great descents along the Mediterranean. As you will see, the Mediterranean provides some of the best views and descents in the world.

Day 88 Scalea to Marina di Camerota (Palinuro) (Page 1 of 2)
28-Mar Tue

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

0.0 0.0 **LEFT** from the Hotel S Caterina onto S 18 towards Salerno.
0.6 0.6 **STRAIGHT** to follow SS 18 towards Salerno at light.
3.2 3.8 Leaving Scalea.
1.9 5.7 **CROSS** over the Canalgrande at center of bridge.
3.2 8.9 **STRAIGHT** to follow SS 18 towards Salerno at turnoff towards Praia a Mare.
2.3 11.2 Enter a long .7 km tunnel. Use your blinker.
1.9 13.1 Enter a .3 km tunnel. Use your blinker.
0.6 13.7 Enter a .2 km tunnel. Use your blinker.
1.7 15.4 Agip Service Station on left. Last services for quite some time.
0.7 16.1 **BEAR RIGHT** to follow SS 18 towards Sapri and Maratea.
0.3 16.4 **BEAR RIGHT** to follow SS 18 towards Sapri and Maratea.
0.2 16.6 Enter a .1 km tunnel. Use your blinker. **CAUTION** narrow curvy road ahead.
0.4 17.0 **ENTER** Maratea. No services on route.
3.6 20.6 **ENTER** Marina di Maratea. Services.
2.4 23.0 **STRAIGHT** to follow SS 18 at turnoff to the Grotto di Maratea. Supposed to be a fabulous grotto.
1.4 24.4 **BEAR RIGHT** to follow SS 18 towards Sapri and Maratea.
1.5 25.9 **LEFT** to follow SS 18 towards Sapri.
0.3 26.2 Supermarket on right.
4.8 31.0 **ENTER** Cersuta. Services.
2.9 33.9 **ENTER** Acquafredda. Services.
3.2 37.1 Enter a .1 km tunnel.
6.0 43.1 **ENTER** Sapri. Full services.
1.0 44.1 Agip Service Station on left. **NOTE:** There is a tunnel ahead.
2.3 46.4 **ENTER** Vallemare. Full services.
2.7 49.1 **ENTER** Capitello. Full services ahead.
3.7 52.8 **ENTER** Policastro. Full services.
1.6 54.4 **BEAR LEFT** towards Scario.
1.1 55.5 **LEFT** onto S 562 towards Scario and Palinuro.

Continued

Day 88 Scalea to Marina di Camerota (Palinuro) (Page 2 of 2)
28-Mar Tue

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 1.6 57.1 ENTER Scario. Full services.
- 1.1 58.2 **RIGHT** 180° uphill to follow S 562 towards Scario. Approx 8.2 km climb, even through the middle of S Giovanni a Piro.
- 5.0 63.2 **CHECKPOINT** at a wide turnout on right and left.
- 0.1 63.3 Water on right.
- 1.1 64.4 ENTER S Giovanni a Piro. Full services.
- 2.0 66.4 Finally, the top, basically. Watch those fast descents ahead.
- 6.9 73.3 ENTER Lentiscosa. Full services ahead.
- 1.6 74.9 **RIGHT** onto narrow street at light. Fast descent ahead.
- 4.9 79.8 Sign indicating the Parco Nazionale del Cilento e Vallo di Adriano, a UNESCO site.
- 0.3 80.1 ENTER the Marina di Camerota (full services in town) and an **IMMEDIATE LEFT** towards Mark Spinggia and Cimitero as road to Palinuro and Salerno goes right.
- 0.2 80.3 **BEAR LEFT** as road goes along beach.
- 0.5 80.8 **BEAR RIGHT** at entrance to cemetery.
- 0.2 81.0 Arrive at the Campeggio Romano for early season camping.

81.0 Today's Kilometers

1154.7 Total Stage in Kilometers

8506.9 Total Trip Kilometers

- Services: Campeggio Romano is closed this time of year, just like almost all the campgrounds in southern Italy. The actual camping season lasts for only a couple of months, with an intense period for 2 weeks in August when most Italians take a holiday. The manager helped arrange our meals at three different restaurants in town. Marina di Camerota has full services.
- Camping: Camp most anywhere, but please ask the check-in staff for any limitations.
- Toilets: There are plenty of toilets in at least two facilities.
- Showers: TK&A showers.
- Dinner: Walk to dinner served in town from 5:00 to 6:30 pm at three different restaurants in town. Use the DRG map to navigate to your respective restaurant. To make it easy to eat with friends, please sign up for one of the three restaurants (Il Giardino will handle 90, the Trattoria Valentone has room for 70 and the La Lampara can feed the last 70). All the restaurants will serve the same meals. NOTE: the restaurant owners request you arrive as close to 5 pm as possible so the food will be super fresh.
- Breakfast: Bike to breakfast served from 6:30 to 8:00 am at the same restaurant that hosted you last night.
- Entertainment: Beach, great hiking, cool town and a museum grotto housing a historic 1830's sailing ship. The Ramano campground is also providing music beginning about 7 pm.
- Tomorrow: Beautiful route with challenging coastal climbs.

Day 89 Marina di Camerota to Paestum (Page 1 of 2)
29-Mar Wed

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 0.0 0.0 Exit Campeggio Romano along the sea.
- 0.8 0.8 **LEFT** onto main highway towards Palinuro and Salerno.
- 0.3 1.1 **STRAIGHT** into town at turnoff to Camerota and Palinuro.
- 0.2 1.3 **RIGHT** towards Camerota and Palurino.
- 0.2 1.5 **RIGHT** towards Salerno.
- 0.2 1.7 **STRAIGHT** towards Salerno at stop sign. Don't forget to stop for breakfast at your respective restaurant.
- 0.2 1.9 **LEFT** towards Salerno and Palinuro.
- 0.6 2.5 ESSO Service Station and bar on left.
- 1.5 4.0 Happy Village Campground on the left.
- 1.0 5.0 Enter .1 km tunnel.
- 0.2 5.2 Enter .3 km tunnel.
- 0.7 5.9 Enter tiny tunnel.
- 0.4 6.3 Enter tiny tunnel.
- 3.6 9.9 **BEAR LEFT** to follow S 564 at turnoff to Licusati and Salerno.
- 0.3 10.2 IP Service Station and bar on right.
- 2.0 12.2 **STRAIGHT** to Salerno and Palinuro.
- 0.8 13.0 **RIGHT** towards Pisciotta at turnoff to Palinuro at stop sign/light. Palinuro city center is straight ahead.
- 3.0 16.0 ENTER Caprioli. Full services.
- 2.0 18.0 Large blue sign for Caprioli train station.
- 0.5 18.5 **BEAR RIGHT** towards Salerno.
- 3.6 22.1 ENTER Pisciotta.
- 0.4 22.5 **BEAR RIGHT** at center of village.
- 1.2 23.7 **KINDA STRAIGHT** towards Salerno down the hill.
- 3.1 26.8 **CAUTION** rumble strips and very steep (12%), curvy and rough descent. The climb out is less steep.
- 3.6 30.4 Restaurant on left. Another ahead.
- 0.8 31.2 ENTER Ascea. Full services.
- 0.8 32.0 Begin downhill.
- 2.0 34.0 Continue downhill towards Salerno at turnoff to Terradura.
- 2.3 36.3 **RIGHT** towards Salerno at "T "
- 1.6 37.9 **LEFT** towards Acciaroli as main road continues towards Slaerno.
- 2.7 40.6 ENTER Marina di Casel Velino.
- 0.8 41.4 **KINDA STRAIGHT** towards Pioppe at stop sign.

Continued

Day 89 Marina di Camerota to Paestum (Page 2 of 2)
29-Mar Wed

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 2.8 44.2 ENTER Pioppe.
- 7.0 51.2 STRAIGHT towards Agropoli at entrance to Acciaroli.
- 6.0 57.2 ENTER Marina di Baia Capitello. Full services.
- 2.6 59.8 **BEAR LEFT** towards Agropoli at turnoff to Montecorice.
- 5.3 65.1 **BEAR LEFT** towards Agropoli at turnoff to Perdifumo.
- 3.7 68.8 ENTER San Marco. Services.
- 3.6 72.4 CHECKPOINT at the Erg Service Station and store.
- 7.7 80.1 ENTER Agropoli. Full services.
- 1.3 81.4 STRAIGHT towards Agropoli.
- 0.6 82.0 ENTER Agropoli again.
- 1.0 83.0 **RIGHT** onto via Marco Polo towards Salerno in the center of Agropoli.
- 0.2 83.2 **RIGHT** towards Salerno and Paestrum at "T".
- 0.8 84.0 **LEFT** onto via Dante Alghieri towards Salerno at stop sign at "T".
- 0.4 84.4 **BEAR SLIGHTLY LEFT** onto via S. Felice towards Salerno and Paestum.
- 0.1 84.5 **RIGHT** onto via Lanza and an **IMMEDIATE LEFT** onto via Frank Zappa towards Salerno.
- 0.5 85.0 **BEAR LEFT** towards Salerno.
- 0.4 85.4 **RIGHT** to begin a nice ride along the water at "T".
- 1.2 86.6 **BEAR LEFT** onto Litoranea di Paestum towards Litoranea.
- 1.5 88.1 ENTER Capaccio. Full services. Lots of tourist facilities in this area.
- 2.0 90.1 **LEFT** onto via molino di Mare at "T".
- 2.1 92.2 **LEFT** towards Camping and Mare at stop sign at "T".
- 0.7 92.9 **BEAR LEFT** towards coast.
- 0.2 93.1 **LEFT** onto via Torre di Paestrum towards Camping Villaggio Dei Pini.
- 0.2 93.3 **BEAR LEFT** towards Agropoli at ancient tower.
- 0.1 93.4 **RIGHT** onto via Urano towards Camping Villaggio Dei Pini.
- 0.2 93.6 **RIGHT** into camping Villaggio dei Pini.
- 0.1 93.7 Arrive at check-in.

93.7 Today's Kilometers

1248.4 Total Stage in Kilometers

1342.1 Total Trip Kilometers

- Services: Villaggio dei Pini is a great spot on the beach and within walking distance of the historic Paestum archeological site. Few services near camp, but the camp has a restaurant and store. They even have bungalows for rent.
- Camping: Ask the check-in staff for our designated areas.
- Water: Much of the water at the camp is not potable, so be sure to use the fresh water taps to fill your water bottles.
- Toilets: There are plenty of toilets in at least two bathroom facilities.
- Showers: There are 20 hot showers scattered throughout the campground.
- Dinner: Buffet dinner will be served in two shifts, one at 5:00 pm and the second at 6:00 pm in the campground's restaurant.
- Breakfast: Buffet breakfast will be served from 6:30 to 8:00 am in the campground's restaurant.
- Tomorrow: Busy city riding early and late in day. The famous Amalphi Coast is a gorgeous coastal climbing and descent day. Enjoy the views and this unique country.

Day 90 Paestum to Pompei (Page 1 of 4)
30-Mar Thu

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 0.0 0.0 Exit camping area.
- 0.1 0.1 **LEFT** from the Villaggio dei Pini onto the main road at "T".
- 0.2 0.3 **LEFT** onto main road in front of yellow building.
- 0.2 0.5 **BEAR RIGHT** towards Salerno at ancient tower.
- 0.2 0.7 **BEAR RIGHT** towards Paestum at stop sign at "T".
- 0.2 0.9 **BEAR RIGHT** at Paestum's ancient wall.
- 1.0 1.9 **LEFT** towards Paestum archeological digs at light at "T".
- 0.3 2.2 **RIGHT** at road blockage for tourist activities. Cyclists should explore this incredibly historic area.
- 0.6 2.8 **LEFT** immediately after passing through a very interesting historical arch at stop sign.
- 0.2 3.0 **STRAIGHT** towards Paestum at stop sign.
- 1.0 4.0 **LEFT** at stop sign and an **IMMEDIATE RIGHT** through village to return to coast.
- 0.3 4.3 **BEAR RIGHT** onto SP 175/b at "Y".
- 1.8 6.1 **BEAR RIGHT** onto SP 423 towards Salerno.
- 1.9 8.0 **STRAIGHT** to follow coastal route at light in village.
- 1.6 9.6 **LEFT** onto SP 175 towards Salerno at stop sign.
- 3.4 13.0 **ENTER** Eboli.
- 8.1 21.1 **ENTER** Battipaglia.
- 1.2 22.3 **STRAIGHT** at entrance to the Maldive "First Class" Camping.
- 5.9 28.2 **Esso** Service Station and shop on left. Services most of day.
- 2.4 30.6 **ENTER** Salerno.
- 2.1 32.7 Road divides.
- 2.0 34.7 Road becomes undivided as you enter the greater Salerno area. Expect quite a bit of traffic.
- 1.3 36.0 Road becomes one-way.
- 0.5 36.5 **RIGHT** to follow route.
- 0.1 36.6 **LEFT** towards INP-DNP and an **IMMEDIATE BEAR LEFT** onto via Trento to follow route through Salerno-even though you are a couple of blocks from the water, keep it on your left.
- 3.5 40.1 **STRAIGHT** to follow Via Roma (one-way street) at what looks like the government center with a big statue of a man on your right.
- 1.2 41.3 **STRAIGHT** at turnoff to the port (Porto).
- 0.8 42.1 **STRAIGHT** at turnoff to Autostrada.
- 1.0 43.1 **ENTER** Vietri sul Mare.
- 0.6 43.7 **LEFT** onto SS 163 towards Amalfitana. **CAUTION** fast descent.

Continued

Day 90 Paestum to Pompei (Page 2 of 4)
30-Mar Thu

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 0.2 43.9 **RIGHT** (2nd right) to follow SS 163 towards Amalfitana and Pragonia. NOTE: This is a narrow, windy, beautiful, and famous road. Watch for oncoming traffic cutting corners into your lane. Lots of climbing, descents and services.
- 0.5 44.4 KINDA STRAIGHT to follow SS 163 towards Amalfitana (coastal road). Don't go right.
- 4.6 49.0 ENTER Cetara. Full services.
- 1.8 50.8 **BEAR RIGHT** towards Amalfi.
- 2.5 53.3 Enter short tunnel.
- 4.7 58.0 ENTER Maiori. Full services.
- 1.7 59.7 ENTER Minori. Interesting grotto.
- 1.9 61.6 ENTER Marmorata.
- 1.4 63.0 STRAIGHT towards Amalfi.
- 0.3 63.3 ENTER Atrani. Full services in this beach town.
- 0.3 63.6 Enter short tunnel.
- 0.7 64.3 **BEAR RIGHT** under archway to climb out of village.
- 0.5 64.8 Enter short tunnel.
- 0.6 65.4 ENTER Pastena.
- 0.6 66.0 ENTER Lone.
- 0.2 66.2 **BEAR LEFT** to follow coast route.
- 0.6 66.8 ENTER Vettica Minore. Services.
- 2.9 69.7 Enter short tunnel.
- 0.7 70.4 Enter short tunnel.
- 0.1 70.5 ENTER Furore.
- 1.4 71.9 Enter short tunnel.
- 0.1 72.0 ENTER Praiano.
- 0.2 72.2 Enter short tunnel.
- 1.1 73.3 Enter short tunnel.
- 1.1 74.4 Enter short tunnel.
- 4.6 79.0 ENTER Positano. Full services.
- 0.4 79.4 **BEAR RIGHT** to follow route through Positano.
- 1.9 81.3 **BEAR RIGHT** towards Sorrento at turnoff to town.
- 6.2 87.5 **LEFT** towards S Agata and Sorrento at turnoff to Napoli and Vesuvio.
- 2.1 89.6 CHECKPOINT in the town plaza's wide parking area just before Ristorante Mezzeula. More climbing ahead. Watch for bad road cuts on your next descent

Continued

Day 90 Paestum to Pompei (Page 3 of 4)
30-Mar Thu

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 4.0 93.6 **BEAR RIGHT** towards Sorrento. If you go left, it's additional beautiful riding around the tip of the Amalfi Coast.
- 7.0 100.6 **STRAIGHT** towards Sorrento. Signs are a little confusing.
- 1.1 101.7 **ENTER** Sorrento city center.
- 0.1 101.8 **RIGHT** towards Napoli.
- 0.3 102.1 **BEAR RIGHT** in front of Bussola Sud as you continue through Sorrento.
- 1.0 103.1 **LEFT** towards Napoli at rotary.
- 0.1 103.2 **RIGHT** towards Napoli at stop sign.
- 0.8 104.0 **ENTER** S Agnello.
- 0.6 104.6 **BEAR RIGHT** onto via E Vietata L'Affissione to follow route.
- 0.7 105.3 **BEAR RIGHT** towards Napoli, Amalfi and Positano.
- 0.1 105.4 **LEFT** towards Napoli at "Y".
- 0.3 105.7 **LEFT** towards Napoli at stop sign.
- 0.8 106.5 **LEFT** towards Napoli at stop sign at "T".
- 0.2 106.7 **RIGHT** towards Napoli at stop sign at "T".
- 0.1 106.8 **ENTER** Meta. Full services.
- 0.8 107.6 **BEAR RIGHT** towards Napoli.
- 1.2 108.8 **ENTER** Vico Equense on the SS 145. Full services ahead.
- 3.3 112.1 **BEAR RIGHT** immediately before the tunnel towards Vico Equense. Bikes would not want to be, and are not allowed, in tunnel.
- 1.2 113.3 **RIGHT** towards Napoli as road becomes one-way. **CAUTION** grooved pavement.
- 0.4 113.7 **LEFT** towards Napoli. **CAUTION** cobblestone street.
- 0.1 113.8 **RIGHT** towards Napoli at rotary.
- 0.3 114.1 **BEAR LEFT** to follow route.
- 0.7 114.8 **BEAR RIGHT** up hill towards Napoli.
- 0.2 115.0 **STRAIGHT** to rejoin main road at stop sign.
- 0.6 115.6 Enter a relatively short tunnel.
- 2.3 117.9 **BEAR LEFT** uphill towards Napoli.
- 1.2 119.1 **BEAR RIGHT** (1st right) onto Caduta Nassi towards C Mare di Stabia. **CAUTION** raised manhole covers ahead. Amalfi Coast.
- 2.5 121.6 **LEFT** towards Pompei at "T".
- 0.4 122.0 **BEAR LEFT** in front of Frigon Serpico to work through city.
- 0.4 122.4 **BEAR RIGHT** at Eng Service Station to continue through town.
- 0.7 123.1 **MERGE** with traffic from right. **CAUTION** RR Tracks.
- 2.0 125.1 **BEAR RIGHT** at Ave Maria Gratia Plena (church).

Continued

Day 90 Paestum to Pompei (Page 4 of 4)
30-Mar Thu

Emergency #'s:

Tim's USA Cell: 001.206.390.2397, KAS USA Cell: 001.206.295.5385

Kilo Accum

- 2.6 127.7 ENTER Pontenuovo at bridge.
- 0.3 128.0 **BEAR LEFT** towards Camping Zues.
- 0.4 128.4 ENTER Torre Annunziata.
- 0.1 128.5 **RIGHT** towards Pompei at light.
- 0.2 128.7 CROSS under the A 3.
- 0.1 128.8 Hotel Mec on left and their other restaurant ahead on right. Dinner and breakfast at one of these. The hotel Mec is under going a complete remodeling and might not be ready as a venue.
- 0.1 128.9 **RIGHT** into the Spartacus Campground.

- 128.9 Today's Kilometers
- 1377.3 Total Stage in Kilometers
- 8729.5 Total Trip Kilometers

- Services: The Spartacus Campground has wonderful owners who will definitely treat us right. The campground has a store and restaurant. It's a small campground located across the street from the main entrance to the Pompei historical site. Plus the local area has full services.
- Camping: Ask the check-in staff for our designated areas.
- Toilets: There are several toilets in their facility.
- Showers: There are at least 12 showers plus TK&A showers.
- Dinner: Buffet dinner will be across the street at the Hotel Mec or in the the Hotel's restaurant next to the campground, served from 6:00 to 7:30 pm.
- Breakfast: Buffet breakfast will be served from 6:30 to 8:00 am at the Hotel Mec or their other restaurant.
- Tomorrow: It's a long day and Napoli is particularly busy, hectic and confusing. We worked more than half a day writing the route through Napoli, and no matter what we tried to write, it is impossible to stop and confirm everything. So, keep the water on your left (even though you may be inland a bit) and always ride with two or three people to make "naviguessing" easier. Plus there is safety in numbers, as the saying goes. Services all day.

Day 91 Pompei to Sperlonga (Page 1 of 4)
31-Mar Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.0 0.0 **LEFT** from the Sparticus Campgrounds. Be prepared for the rush and confusion of city traffic. Just remember we are heading north along the coast in Napoli. Plenty of services from here to Rome.
- 0.4 0.4 **STRAIGHT** under the A 3 Autostrada.
- 0.3 0.7 **STRAIGHT** at turnoff to Sorrento at light. **ENTER** Torre Annunziata.
- 0.9 1.6 **BEAR RIGHT** towards Vesuvio and the A3 at light at "Y".
- 0.7 2.3 **CAUTION** RR Tracks.
- 0.6 2.9 **STRAIGHT** at turnoff to the Autostrada.
- 1.3 4.2 **STRAIGHT** at turnoff to Trecase.
- 0.1 4.3 **BEAR SLIGHTLY RIGHT** towards Napoli and the coast.
- 0.4 4.7 **LEFT** towards Napoli at stop sign. **CAUTION** lots of cobblestone streets today.
- 0.1 4.8 **RIGHT** towards Napoli at stop sign at "T".
- 0.3 5.1 **ENTER** Torre Del Greco.
- 4.0 9.1 Q8 Station on left for reference.
- 0.1 9.2 Q8 Station on right for reference. Super Alvi Supermarket also in area.
- 0.5 9.7 **STRAIGHT** towards Centro and the Autostrada at light.
- 0.6 10.3 **RIGHT** towards Napoli.
- 0.1 10.4 **BEAR LEFT** towards Napoli.
- 0.9 11.3 **STRAIGHT** towards Porto at turnoff to Autostrada at light.
- 0.4 11.7 **RIGHT** towards Ercolano at "T".
- 0.1 11.8 **LEFT** towards the Littorania.
- 0.2 12.0 **BEAR RIGHT** towards Ercolano.
- 0.7 12.7 **ENTER** Ercolano at cobblestones.
- 0.9 13.6 **BEAR LEFT** onto cobblestone street at turnoff to Autostrada.
- 1.2 14.8 **ENTER** Portici.
- 0.2 15.0 **BEAR RIGHT** over 3 speed bumps.
- 0.2 15.2 **BEAR RIGHT** towards Napoli.
- 0.5 15.7 **270° LEFT** to follow main road at rotary.
- 1.7 17.4 **LEAVE** Portici. **ENTER** Napoli just ahead.
- 1.9 19.3 **CAUTION** RR (tram) Tracks that stay with you. Another parallel set ahead.
- 0.8 20.1 **BEAR LEFT** to follow route. **CAUTION** RR Tracks, you must cross over two sets of tracks.
- 0.5 20.6 **CROSS** both sets of tracks again.
- 1.4 22.0 **BEAR LEFT** to follow main cobblestone road through Napoli.
- 0.1 22.1 **CAUTION** RR Tracks.
- 0.7 22.8 **CAUTION** RR Tracks (7 sets).

Continued

Day 91 Pompei to Sperlonga (Page 2 of 4)
31-Mar Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 1.5 24.3 Road merges with traffic from right.
- 0.1 24.4 **LEFT** in front of castle.
- 0.1 24.5 **BEAR RIGHT** in front of Porto Napoli. NOTE: The left turn in .6 is from the far right lanes, so stay right.
- 0.6 25.1 **BEAR RIGHT** and an **IMMEDIATE LEFT** to avoid tunnel at light.
- 0.3 25.4 **BEAR RIGHT** as road goes right.
- 0.1 25.5 **LEFT** onto Via Santa Lucia at light.
- 0.5 26.0 **RIGHT** onto Via Chiatamone to avoid wrong way road along coast.
- 0.5 26.5 **LEFT** onto road exiting the tunnel at light. CAUTION RR Tracks (2 sets).
- 0.1 26.6 **BEAR LEFT** at major intersection.
- 0.1 26.7 **IMMEDIATE RIGHT** onto road along coast. NOTE: This road is probably one-way until 10 am so consider using the sidewalk for a few blocks.
- 0.6 27.3 **BEAR RIGHT** at light at "Y".
- 0.5 27.8 **STRAIGHT** to follow route at interesting rotary
- 0.7 28.5 **LEFT** at rotary.
- 0.1 28.6 **RIGHT** onto coastal road at light at "T".
- 0.7 29.3 Road becomes two-way. Super historic area to climb through on a cobblestone road.
- 3.1 32.4 **BEAR LEFT** at Fina Service Station to follow route.
- 0.7 33.1 CAUTION metal grating (2).
- 0.1 33.2 **STRAIGHT** to follow route just to left of Agip Service Station. Sobbetinos small Bar, they'd like you to stop.
- 0.4 33.6 **LEFT** to head downhill at rotary at "T".
- 1.1 34.7 CAUTION sharp curve on cobblestones.
- 0.4 35.1 **BEAR RIGHT** to follow route.
- 0.1 35.2 **STRAIGHT** to follow route through some ugly industrial areas.
- 0.3 35.5 CAUTION RR Tracks. We believe the famous Stalla Caves are ahead.
- 0.5 36.0 CAUTION RR Tracks. (2 sets)
- 0.8 36.8 **BEAR LEFT** to follow coastal route at rotary. CAUTION RR Tracks parallel with route.
- 0.7 37.5 CAUTION RR Tracks in village. (2 sets)
- 2.3 39.8 **BEAR LEFT** to follow coastal route.
- 1.1 40.9 **BEAR RIGHT** and an **IMMEDIATE LEFT** through arch.
- 0.1 41.0 **RIGHT** to follow one-way road.
- 0.2 41.2 You are in the middle of Pozzuouli.
- 0.2 41.4 **STRAIGHT** to left of ramp.
- 0.1 41.5 **STRAIGHT** to follow route.

Continued

Day 91 Pompei to Sperlonga (Page 3 of 4)
31-Mar Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 2.3 43.8 **RIGHT** as road goes right towards cemetery.
- 0.3 44.1 **LEFT** towards Roma at light at "T".
- 0.2 44.3 **STRAIGHT** towards Bácoli at modified rotary at "T".
- 0.5 44.8 180° **LEFT** towards Bácoli and Felice .
- 0.2 45.0 **BEAR LEFT** through short tunnel to follow acceptable route to Pozzuoli. Do not go right into a long tunnel towards Bácoli.
- 0.1 45.1 **BEAR RIGHT** towards Pozzuoli.
- 0.6 45.7 **RIGHT** through Arco Felice to access acceptable route to Bácoli.
- 0.7 46.4 **BEAR SLIGHTLY LEFT** to remain on route at "Y".
- 0.1 46.5 **MERGE** with the tunnel traffic from your left at stop sign.
- 0.5 47.0 **BEAR RIGHT** onto via Cirumlage towards Lago di Averno just before the lake.
- 0.2 47.2 **LEFT** towards Bacoli.
- 0.4 47.6 **BEAR RIGHT** towards Pozzuoli at turnoff towards Napoli and Bacoli at "Y". Begin climb.
- 0.4 48.0 **RIGHT** towards Pozzuoli at "T". Still some more climbing.
- 2.7 50.7 **RIGHT** towards Domitiana at stop sign at "T".
- 0.5 51.2 **LEFT** towards Roma at stop sign at "T".
- 1.0 52.2 **BEAR LEFT** to follow route at "Y".
- 2.3 54.5 **STRAIGHT** to follow main road. Services to your right.
- 2.5 57.0 di Francia Ristorante on right.
- 1.9 58.9 **STRAIGHT** in small summer village at light. See any hookers lately?
- 1.6 60.5 **CAUTION** rumble strips.
- 0.1 60.6 **BEAR LEFT** to follow route.
- 5.2 65.8 **BEAR RIGHT** toward Roma. Not to worry, you won't be entering the Autostrada.
- 0.2 66.0 **CROSS** the Autostrada.
- 0.4 66.4 **MERGE** with traffic from left. Plenty of services.
- 8.6 75.0 **STRAIGHT** to follow route at light.
- 0.6 75.6 **STRAIGHT** towards Roma at turnoff to Castel Volturno at light.
- 1.0 76.6 **CROSS** major bridge.
- 0.6 77.2 **CHECKPOINT** at the Bar Volturno behind the EXXON Service Station.
- 1.2 78.4 **BEAR RIGHT** towards Mondragone.
- 0.1 78.5 **BEAR LEFT** towards Formia. **CAUTION** merging traffic from left.
- 0.6 79.1 **ENTER** Mondragone.
- 9.4 88.5 **STRAIGHT** to follow coastal route at turnoff to Caserta.
- 4.8 93.3 **BEAR LEFT** towards Roma at turnoff to Sessa A.
- 4.3 97.6 **LEFT** towards Baia Domizia at light.
- 2.1 99.7 **RIGHT** onto coastal road. Beach dead ahead.
- 0.2 99.9 **ENTER** Baia Domizia.

Continued

Day 91 Pompei to Sperlonga (Page 4 of 4)
31-Mar Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.7	101.6	BEAR RIGHT towards Baia Domizia. Beach is straight ahead.
0.1	101.7	LEFT to follow route at rotary.
0.6	102.3	BEAR LEFT to follow route at rotary.
0.2	102.5	ENTER Baia Domizia again.
0.7	103.2	BEAR RIGHT towards the Piccadilly Sporting Club.
0.1	103.3	LEFT at rotary. Centro Medico will be on your right after the turn.
0.4	103.7	RIGHT at rotary and an IMMEDIATE LEFT in front of Happy Days Ristorante Pizzeria onto main road at stop sign at "T". NOTE: .4 kms might be off a little.
1.9	105.6	STRAIGHT at entrance to Camping Baia Domizia.
5.0	110.6	LEFT onto main road. NOTE vehicles might have to go right for a couple of kms to do a U-turn around barriers. Cyclists can get through fairly easily, even if you have to use sidewalk.
0.4	111.0	BEAR RIGHT toward Castelforte and an IMMEDIATE LEFT and an IMMEDIATE BEAR RIGHT towards Scauri to remain on coastal road. Very historic area.
2.6	113.6	Village center at light.
2.3	115.9	STRAIGHT to follow route at turnoff to Minduro at light.
3.2	119.1	BEAR LEFT towards Formia.
5.0	124.1	BEAR LEFT towards Roma at light. ENTER Formia.
1.2	125.3	BEAR LEFT towards Gaeta.
1.7	127.0	CAUTION rumble strips (more ahead) just before turnoff to the Via Appia, the famous Roman cross-country road.
1.0	128.0	ENTER Gaita. Wonderful area.
2.2	130.2	BEAR RIGHT towards Roma as road continues left into Gaeta. We are on the SS 213.
8.3	138.5	Services and beach access.
1.9	140.4	Enter .6 km lit tunnel. Use your blinkers.
0.7	141.1	Enter .6 km poorly lit tunnel.
1.0	142.1	Enter .2 km tunnel.
1.4	143.5	Enter .3 km tunnel.
0.8	144.3	LEFT through pillars into Camping Nord Sur. CAUTION speed bump.
0.1	144.4	ARRIVE at check-in for camping instructions.
	144.4	Today's Kilometers
	1521.7	Total Stage in Kilometers
	8873.9	Total Trip Kilometers

Services: Camping Nord Sur is very close to the ocean and has it's own beach area. They are used to large groups and have full services. No other services in the immediate area.

Camping: Ask the check-in staff for our designated areas.

Toilets: There are plenty of toilets in several bathroom facilities.

Showers: There are 28 showers in several bathroom facilities.

Dinner: Dinner will be served from 6:00 to 7:30 pm in the campground's restaurant.

Breakfast: Breakfast will be served from 6:30 to 8:00 am in the campground's restaurant.

Tomorrow: 134.3 kms. Relatively flat day, much of it along busy, commercial beach strips.

Day 92 Sperlonga to Lido di Ostia (Page 1 of 3)
1-Apr Sat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	Exit camping area. Full services for most of day.
0.2	0.2	LEFT onto S 213 towards Sperlonga and Roma.
0.4	0.6	ENTER Sperlonga. Full services in town.
0.5	1.1	STRAIGHT to follow S 213 towards Roma at turnoff to Sperlonga. It's worth a look-especially the old town.
3.9	5.0	BEAR LEFT to follow S 213 towards Terracina, Latina and Roma.
8.0	13.0	Esso Service Station and bar on left.
0.7	13.7	EXIT RIGHT towards Terracina Sud. Don't miss.
0.1	13.8	LEFT towards Terracina Sud at stop sign at "T".
0.1	13.9	RIGHT towards Terracina Sud at stop sign at "T".
1.8	15.7	BEAR LEFT towards Terracina.
2.0	17.7	ENTER Terracina.
0.8	18.5	STRAIGHT at rotary.
0.4	18.9	LEFT onto via Derna in front of Banco Antonnianna Popolaid Veneta at light.
0.7	19.6	RIGHT at waterfront at yield sign at "T".
2.3	21.9	RIGHT towards S Felice Circeo.
0.4	22.3	LEFT at first light. IP Service Station on right.
0.5	22.8	STRAIGHT towards Roma and Latina at stop sign.
0.1	22.9	MERGE with the S 148 traffic. Use caution crossing traffic. Busy road with speed bumps ahead.
3.9	26.8	BEAR LEFT towards S Felice Circeo as main road continues to Roma.
0.1	26.9	BEAR LEFT at yield sign.
0.1	27.0	BEAR RIGHT towards S Felice Circeo.
3.6	30.6	STRAIGHT at turnoff to Latina.
2.6	33.2	ENTER Pantura Marino.
4.0	37.2	ENTER San Felice Circeo.
0.4	37.6	RIGHT towards Sabaudia at light.
0.5	38.1	LEFT towards Sabaudia at stop sign at "T".
0.1	38.2	RIGHT towards Sabaudia at stop sign.
1.1	39.3	ENTER Mezzomonte. Limited services.
0.8	40.1	STRAIGHT towards Torre Paola at turnoff to Latina and Roma.
3.5	43.6	The ocean, beaches, a blue stripe to indicate beach parking, and attendants on motor scooters to collect the parking fees. Expect Saturday congestion.
6.0	49.6	STRAIGHT towards Anzio at turnoff to Sabaudia.

Continued

Day 92 Sperlonga to Lido di Ostia (Page 2 of 3)
1-Apr Sat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.7 50.3 **CHECKPOINT** at the Hotel Aragosta Ristorante. Look for Odyssey specials.
- 0.3 50.6 **BEAR LEFT** to remain along coast at modified rotary.
- 8.6 59.2 **RIGHT** as road continues to a dead end.
- 2.1 61.3 **LEFT** at stop sign.
- 1.5 62.8 ENTER Borgo Grappa.
- 0.7 63.5 **LEFT** onto via Del Mare at second light.
- 1.0 64.5 **BEAR RIGHT** at stop sign.
- 1.8 66.3 **BEAR RIGHT** as you reach the coast.
- 4.5 70.8 CAUTION speed bumps.
- 1.8 72.6 CAUTION more speed bumps in Foce Verde.
- 2.0 74.6 CAUTION speed bumps.
- 0.1 74.7 **LEFT** towards Nettura to follow coast.
- 1.7 76.4 **LEFT** toward Nettuno at "Y"..
- 4.1 80.5 STRAIGHT to follow route to Nettuno.
- 1.5 82.0 **LEFT** onto SP 106/B toward Nettuno at stop sign at "T".
- 1.5 83.5 ENTER Nettuno.
- 4.0 87.5 ENTER Nettuno again. One more ahead as well.
- 2.7 90.2 **RIGHT** toward Anzio at light.
- 0.3 90.5 **BEAR RIGHT** towards Anzio.
- 0.2 90.7 **LEFT** onto via Ugo la Malfa towards Anzio at light.
- 0.8 91.5 **LEFT** towards Centro and Anzio at light at "T".
- 0.1 91.6 **RIGHT** toward Anzio at light.
- 0.5 92.1 **LEFT** towards Anzio at stop sign at "T".
- 0.2 92.3 **RIGHT** onto Montegrappa toward Anzio at light.
- 0.1 92.4 **LEFT** onto via Sangallo.
- 0.2 92.6 JOG around plaza towards beach.
- 0.2 92.8 **RIGHT** towards Anzio in front of castle.
- 0.5 93.3 Road becomes two-way.
- 0.9 94.2 STRAIGHT to follow main road at light.
- 0.5 94.7 ENTER Anzio.
- 0.7 95.4 STRAIGHT towards Ostia at light.
- 0.7 96.1 CAUTION rumble strips.
- 1.7 97.8 Il Delfino Bar and Restaurant on right. Please stop by and say happy birthday to Marina. The whole family is looking forward to your visit.
- 4.3 102.1 STRAIGHT to follow SS 601 towards Ostia at light.

Continued

Day 92 Sperlonga to Lido di Ostia (Page 3 of 3)
1-Apr Sat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

3.6	105.7	STRAIGHT to follow SS 601 towards Ostia.
3.2	108.9	BEAR LEFT to follow SS 601 towards Ostia.
5.2	114.1	ENTER another small village.
2.5	116.6	ENTER Torvaianica. Full services. CAUTION speed bumps ahead.
2.0	118.6	CAUTION speed bumps. More ahead.
1.0	119.6	STRAIGHT at turnoff towards Roma at major intersection/light.
1.2	120.8	ENTER a small village along the beach.
5.3	126.1	ENTER V Tognuzzi.
7.2	133.3	ENTER Li di Ostia. Notice red building on right. Road divides.
0.1	133.4	LEFT onto Lido Castel Porziano toward beach at turnoff to Rome.
0.1	133.5	RIGHT onto A Vespucci at "T".
0.6	134.1	RIGHT onto gravel road into Camping International Castelfusano.
0.1	134.2	ENTER campground.
0.1	134.3	ARRIVE at check-in for camping instructions.
	134.3	Today's Kilometers
	1656.0	Total Stage in Kilometers
	9008.2	Total Trip Kilometers

- Services: Camping International Castelfusano is getting close to Rome, so it's a busier area. Few services near camp, but the camp has a store and restaurant.
- Camping: Ask the check-in staff for our designated areas.
- Toilets: There are plenty of toilets in at least two bathroom facilities.
- Showers: There are plenty of showers in at least two bathroom facilities. Like other larger campgrounds, Camping International Castelfusano has at least 7 showers with gas heated continuous hot water. If a shower is cold, simply try another.
- Dinner: Dinner will be served from 5:00 to 7:00 pm by the campground's restaurant.
- Breakfast: Breakfast will be served from 6:30 to 8:00 am in the campground's restaurant.
- Tomorrow: 63.1 kms. Short, flatter day into Rome. Rome is celebrating the Jubilee, a large year long festival (it happens every 20 years). They expect around 30,000,000 people to participate so it's a little more crowded in Rome this year.

Day 93 Lido di Ostia to Roma (Page 1 of 3)
2-Apr Sun

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	EXIT camping area toward the beach.
0.1	0.1	Depart campground gate.
0.1	0.2	RIGHT onto road along beach.
0.6	0.8	RIGHT onto Emilio Besana. NOTE: Might be able to continue straight and follow new traffic patterns until rotary at 2.4 accum kms.
0.1	0.9	LEFT onto main road at "T".
1.5	2.4	STRAIGHT at rotary.
3.0	5.4	BEAR RIGHT and LEFT to follow main road.
1.0	6.4	STRAIGHT at McDonalds.
0.8	7.2	RIGHT onto Rep.che Marinare at the Cadillac Road House (on your left).
0.2	7.4	STRAIGHT to remain on Viale Republiche Marinare at stop sign.
0.3	7.7	BEAR LEFT onto A Carabelli (unsigned at turn) at modified "Y".
0.4	8.1	LEFT onto Della Azorre towards Fiumicino at yield at "T".
0.4	8.5	RIGHT onto Dell' Appagliatore towards Fiumicino at stop sign.
0.4	8.9	STRAIGHT as major road goes left.
1.8	10.7	BEAR RIGHT towards Fiumicino.
0.3	11.0	STRAIGHT at stop sign.
0.2	11.2	BEAR LEFT towards Fiumicino and the Aeroporta.
0.3	11.5	MERGE with traffic from right.
0.5	12.0	ENTER Fiumicino.
2.2	14.2	STRAIGHT towards Fiumicino Nord at turnoff to Fiumicino Sud. CAUTION expect construction and a narrow road ahead.
1.5	15.7	CAUTION rumble strips.
0.2	15.9	BEAR RIGHT towards Fiumicino.
0.1	16.0	BEAR LEFT at the La Fattoria Al Leonardo Da Vinci Ristorante and an IMMEDIATE LEFT to follow route. CAUTION watch for traffic from the right.
1.2	17.2	STRAIGHT onto bridge to CROSS over railroad tracks.
0.3	17.5	CAUTION metal grating.
0.4	17.9	LEFT onto the SP 1/A at stop sign at "T". Porto is to the right.
6.0	23.9	CAUTION rumble strips.
0.2	24.1	CROSS under the Autostrada.
0.5	24.6	STRAIGHT at turnoff to Fregene.
0.2	24.8	ENTER Ponte Galeria. Services.
0.3	25.1	BEAR LEFT over bridge to CROSS the railroad tracks at light.

Continued

Day 93 Lido di Ostia to Roma (Page 2 of 3)
2-Apr Sun

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.5	25.6	LEFT onto Via Usini/Della Maglianna at light. NOTE: watch for CHECKPOINT somewhere around here.
3.3	28.9	STRAIGHT onto Via Di Malagrotta on our route around Roma.
3.1	32.0	CROSS under railroad bridge.
1.6	33.6	LEFT and an IMMEDIATE RIGHT at stop sign.
0.2	33.8	STRAIGHT to follow route after crossing under the Autostrada.
4.4	38.2	BEAR LEFT to follow route just after a small village.
0.9	39.1	STRAIGHT at stop sign/flashing light. Services.
6.7	45.8	CAUTION rumble strips.
0.2	46.0	Entrance to a military base.
2.5	48.5	Narrow bridge and construction.
0.2	48.7	BEAR RIGHT onto No 2 in La Storta at yield sign at angled "T".
1.4	50.1	CAUTION rumble strips.
0.8	50.9	ENTER Giustiniana.
0.5	51.4	Agip Services Station on left.
0.7	52.1	STRAIGHT at entrance to the Seven Hills Campground.
1.4	53.5	CROSS over major freeway.
0.9	54.4	STRAIGHT to continue towards Roma at Jct Di Grottarossa (SS 2.)
2.5	56.9	STRAIGHT to follow the Cassia Nuova to continue towards Roma.
1.8	58.7	BEAR RIGHT onto the "inversione di marcia traffico locale" just past second light to position yourself to make your turn onto SS 3. Main road continues into Roma.
0.2	58.9	ALMOST 180° LEFT to follow the "inversione di marcia" onto the SS 3.
0.2	59.1	BEAR RIGHT to follow the SS 3 (Flaminia) towards our campground.
1.6	60.7	Road divides. NOTE: If the traffic is manageable, you can turn directly into the Flaminio Campground just before the railing begins. Otherwise continue to follow the DRG.
0.5	61.2	BEAR RIGHT to follow the camping sign to exit the main road.
0.2	61.4	LEFT at top of ramp.
0.1	61.5	RIGHT towards the campground at "T".
0.2	61.7	RIGHT towards the campground and Roma.
0.1	61.8	BEAR RIGHT onto main road.

Continued

Day 93 Lido di Ostia to Roma (Page 3 of 3)
2-Apr Sun

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.4	62.2	BEAR LEFT towards the Flaminio Campground. Watch for traffic exiting to the right.
0.4	62.6	RIGHT into the Flaminio Campground.
0.5	63.1	Arrive in camping area.
	63.1	Today's Kilometers
	1724.5	Total Stage in Kilometers
	9076.7	Total Trip Kilometers

Services:	Rome, of course, has everything. Plus the local area has plenty of services within a kilometer. The Flaminio Campground is perfectly situated for excellent access to Rome and the Vatican. Bus stop at campground. You can't camp closer to the action than we are. Plus, we have scheduled two days off in Rome, so enjoy.
Camping:	Ask the check-in staff for our designated areas.
Toilets:	There are plenty of toilets in at least two bathroom facilities.
Showers:	There are plenty of showers in at least two bathroom facilities.
Dinner:	Buffet dinner will be served from 5:00 to 6:30 pm in the campground's restaurant each evening.
Breakfast:	Buffet breakfast will be served from 8:00 to 9:30 am on the 3rd & 4th, and from 6:30 to 8:00 am on April 5. All breakfasts will be in the campground's restaurant.
Tomorrow:	Enjoy two days in one of the world's greatest cities. Rome is considered an "open air" museum.

Day 94 Rome (Roma) Layover Day # 1
3-Apr Mon

Day 95 Rome (Roma) Layover Day # 2
4-Apr Tue

Tomorrow: 162.2 kms. A long and quite demanding day, so get an early start.

Day 96 Rome to Assisi (Page 1 of 4)

5-AprWed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	LEAVE the camping area.
0.5	0.5	RIGHT onto the SS 3 (Flaminia Rd). NOTE: If the traffic is light (it won't be) you can take a left from the campground where the rail begins. Then pick up the route at 3.2 Kms.
0.6	1.1	ERG Service Station on right.
0.4	1.5	RIGHT into what appears to be the BMW Dealer parking area immediately after light at Via G. Fabbroi to access U-turn onto Flaminia northbound.
0.3	1.8	LEFT onto A. de Viti de Marco at "T" and an IMMEDIATE LEFT onto Flaminia at light.
1.4	3.2	Flaminio Campground on the left. CAUTION freeway type conditions for 6 kms.
2.7	5.9	Merging traffic from the right. CAUTION congestion ahead.
0.7	6.6	BEAR LEFT to follow SS 3 towards Ternie. CAUTION congestion from turns ahead.
0.2	6.8	STRAIGHT to follow SS 3 towards Ternie as you cross under autostrade.
1.7	8.5	CAUTION traffic merging from right.
0.4	8.9	ENTER the tunnel on the right to pick up surface streets.
0.5	9.4	Road becomes two-way at flower stands near cemetery. Services in area.
1.6	11.0	Rejoin SS 3. Lacks shoulder in most places, so be alert.
3.8	14.8	CAUTION rumble strips.
3.7	18.5	ENTER Colle Delle Rose. No services.
2.0	20.5	ENTER La Rosta. No services.
0.5	21.0	BEAR LEFT to follow SS 3 at turnoff to Riano.
1.9	22.9	ENTER Castelnuovo di Porto. Full services ahead.
1.7	24.6	Continue to follow SS 3 towards Rignano Flaminio.
8.4	33.0	ENTER Rignano Flaminio. Full services ahead.
4.3	37.3	BEAR LEFT to follow SS 3. CROSS under the railroad tracks.
1.2	38.5	ENTER Vitabro area.
9.5	48.0	BEAR RIGHT to follow SS 3 at turnoff to Civita Castellana.
4.0	52.0	ENTER Sassacci.
0.7	52.7	BEAR LEFT to follow SS 3 towards Narni and Terni. Full services.
3.1	55.8	ENTER Borhetto. Services and a castle.
1.2	57.0	BEAR LEFT to follow SS 3 towards Narni and Terni. Full services.
0.4	57.4	ENTER Rieti area.

Continued

Day 96 Rome to Assisi (Page 2 of 4)

5-AprWed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.8	59.2	BEAR LEFT to follow the SS 3 towards Terni at turnoff to Magliano Sabina. Services on right.
1.6	60.8	A1 Autostrade access to left, Hotel Sabina on the right. Services.
5.3	66.1	BEAR LEFT to follow the SS 3 towards Terni at turnoff to Otricoli. Services.
2.3	68.4	STRAIGHT to follow the SS 3 towards Terni at another turnoff to Otricoli. Services. Some of the next 4 lines might be off a little.
4.7	73.1	BEAR LEFT to follow the SS 3 towards Terni.
2.9	76.0	BEAR LEFT to follow the SS 3 towards Narni.
2.9	78.9	BEAR LEFT to follow the SS 3 at turnoff to Narni.
0.7	79.6	ENTER Taizzano. No services.
1.4	81.0	Enter a .1 km tunnel. Use blinker.
1.2	82.2	MERGE with another road to remain on the SS 3 at yield sign.
0.2	82.4	Enter a .1 km tunnel.
1.3	83.7	BEAR LEFT towards Montecchio immediately after short tunnel.
0.3	84.0	Enter .1 km tunnel.
0.2	84.2	BEAR RIGHT towards Terni and Spoleto.
0.1	84.3	ENTER Narni Scalo. Full services.
1.1	85.4	CHECKPOINT in the Piazza Elio Petri (Registra-Sceneggiatore) large gravel parking lot just past the Agip Service Station.
1.2	86.6	STRAIGHT towards Todi & Sangemini at turnoff to Terni (SP 24).
1.3	87.9	STRAIGHT towards Sangemini on the SS 3 ter.
3.7	91.6	ENTER San Gemini area.
2.4	94.0	ENTER San Gemini. Full services.
0.6	94.6	BEAR LEFT towards Todi.
0.1	94.7	BEAR LEFT towards San Gemini.
0.8	95.5	BEAR LEFT towards Todi. NOTE: Going straight into the walled city is pretty cool. After winding down a hill, rejoin SS 3 towards Perugia.
0.9	96.4	STRAIGHT to follow SS 3 ter towards Perugia. The road through the walled city-old town merges here. Beautiful park just ahead on right.
1.7	98.1	ENTER San Gemini Fonte. Services.
0.2	98.3	STRAIGHT to SS 3 ter towards Acquasparta.
1.6	99.9	CROSS under the Autostrade.
1.5	101.4	STRAIGHT to SS 3 towards Acquasparta at entrance to the Autostrade.
3.7	105.1	ENTER Acquasparta. Full services.
0.4	105.5	STRAIGHT towards Todi.

Continued

Day 96 Rome to Assisi (Page 3 of 4)

5-AprWed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

2.9	108.4	CROSS under the Autostrade.
2.1	110.5	Services.
0.1	110.6	RIGHT towards Foligno and Massa Martana at yield sign.
2.7	113.3	BEAR RIGHT towards Massa Martana at turnoff to Montignano.
2.1	115.4	ENTER Massa Martana. Full services.
0.7	116.1	STRAIGHT towards Foligno at turnoff towards Todi.
0.6	116.7	RIGHT towards Foligno. Begin 5.3 km climb.
8.5	125.2	BEAR RIGHT to follow route towards Bastardo as you ENTER Montecchio.
4.2	129.4	ENTER Bastardo. Full services.
0.8	130.2	BEAR RIGHT towards Foligno at "T".
0.4	130.6	BEAR LEFT towards Bevagna at "Y".
0.3	130.9	ENTER Cavallara.
1.1	132.0	STRAIGHT towards Bevagna.
2.0	134.0	BEAR RIGHT towards Foligno.
2.8	136.8	ENTER San Marco. Limited services.
2.1	138.9	BEAR RIGHT towards Foligno.
3.1	142.0	ENTER Bevagna. Full services.
0.6	142.6	BEAR RIGHT to follow route.
0.5	143.1	LEFT towards Cannara just before the IP Service Station.
0.3	143.4	BEAR RIGHT towards Perugia at "T". CAUTION speed bumps ahead. Watch for more as you enter cities and major crossroads.
1.3	144.7	BEAR LEFT to follow route.
2.5	147.2	ENTER Cantalupo then BEAR LEFT to follow route.
2.0	149.2	ENTER Cannara district.
0.7	149.9	RIGHT towards Cannara.
1.3	151.2	ENTER Cannara. Full services.
0.9	152.1	BEAR RIGHT towards Assisi and to CROSS bridge.
0.1	152.2	LEFT onto Via S. Donato immediately at the end of bridge.
1.9	154.1	LEFT towards Assisi at crooked stop sign.
0.6	154.7	RIGHT towards Assisi, not straight to Tordandrea.
1.5	156.2	ENTER Castelnuovo. Limited services.
2.7	158.9	CROSS under the Autostrade.
0.7	159.6	RIGHT towards Assisi as you ENTER S. M. Angeli.
0.1	159.7	CAUTION RR Tracks.
1.3	161.0	CAUTION rumble strips.

Continued

Day 96 Rome to Assisi (Page 4 of 4)

5-AprWed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.2 161.2 **LEFT** toward Assisi at stop sign.
0.5 161.7 **LEFT** toward hotel at yield sign. **CAUTION** rumple strips before turn.
0.3 162.0 ENTER Santa Maria d. Angeli
0.7 162.7 **LEFT** into the Hotel Cenacolo Francescano. **CAUTION** metal railings as you enter parking lot.

162.7 Today's Kilometers
1887.2 Total Stage in Kilometers
9239.4 Total Trip Kilometers

Services: Assisi is a great place and much quieter than Roma. We found the Franciscan run Hotel Cenacolo Francescano located close to Assisi, It should be an excellent spot for a layover day after a relatively long day from Roma. The hotel has a bar and restaurant and Santa Maria d. Angeli has full services close by.

Camping: Beds are three, four and five to a room.

Toilets: In room.

Showers: In room.

Dinner: Dinner will be served from 6:00 to 7:30 pm tonight and from 5:00 to 6:30 pm tomorrow night in the hotel's restaurant. We might eat in shifts.

Breakfast: Breakfast will be served from 6:30 to 8:00 am in the campground's restaurant.

Tomorrow: Relax and explore this incredible city.

Day 97 Assisi layover day

6-AprThu

Tomorrow: 108.7 kms. Short, but much hillier day, especially at the beginning and end of day. Once again, beautiful terrain.

Day 98 Assisi to Urbino (birthplace of Raphael)

(Page 1 of 3)

7-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	RIGHT towards Assisi from the Hotel Cenacolo Francescano.
0.7	0.7	Exit S. M. Angeli
1.1	1.8	BEAR RIGHT onto SS 147 towards Assisi at yield sign.
0.4	2.2	Tourist info on right.
0.4	2.6	BEAR RIGHT towards the S 444 at "T".
1.4	4.0	ENTER Assisi.
0.1	4.1	LEFT onto SS 444 towards Gualdo Tadino at "T". Services.
0.1	4.2	BEAR RIGHT towards Gualdo Tadino.
0.4	4.6	BEAR LEFT towards Gualdo Tadino.
0.7	5.3	BEAR LEFT towards Gualdo Tadino.
0.2	5.5	Follow SS 444 through old arch way. Nice descent ahead.
0.3	5.8	STRAIGHT towards Gualdo Tadino.
0.3	6.1	STRAIGHT towards Gualdo Tadino.
4.7	10.8	BEAR LEFT towards Gualdo Tadino.
6.2	17.0	ENTER San Presto. No services.
0.1	17.1	BEAR RIGHT towards Gualdo Tadino.
1.4	18.5	BEAR RIGHT towards Gualdo Tadino. Services off road on left.
3.4	21.9	Summit Valico di Montemezzo. Ele 820 meters.
1.7	23.6	BEAR LEFT to follow SS 444 towards Gualdo Tadino at turnoff to Nocera Umbra.
0.9	24.5	ENTER Franz. Morano Madonnuccia. Services.
2.1	26.6	ENTER Franz. Morano Osteria. Services. CAUTION fast windy descent ahead.
7.9	34.5	RIGHT towards Gualdo Tadino at yield sign at "T".
0.8	35.3	ENTER Palazzo Ceccoli. Full services.
1.9	37.2	LEFT onto the SS 3 towards Fano, Ancona and Gualdo Tadino at light.
0.9	38.1	BEAR LEFT to follow the SS 3 towards Fano. Much busier road, so ride alertly!
5.6	43.7	ENTER Osteria Del Gatto. Full services.
0.6	44.3	STRAIGHT to follow SS 3 towards Fano at light.
1.2	45.5	STRAIGHT to follow SS 3 towards Fano at turnoff to Fabriano.
1.2	46.7	ENTER Purello. Services.
2.0	48.7	ENTER Sigillo. Full services.
3.3	52.0	ENTER Villa Scirca. No services.
1.5	53.5	ENTER Costacciaro. No services.
2.4	55.9	ENTER Villa Col de' Canali. No services.

Continued

Day 98 Assisi to Urbino (birthplace of Raphael)

(Page 2 of 3)

7-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.3	56.2	ENTER Scheggia. Full services.
0.5	56.7	BEAR LEFT to follow the SS 3 towards Fano.
1.5	58.2	Ele 632 meters.
3.0	61.2	Enter short narrow tunnel. Very scenic valley ride ahead.
2.9	64.1	ENTER Pontericcioli. No services.
1.1	65.2	BEAR LEFT to follow SS 3 towards Fano just after road splits for a tiny bit. Road picks up a shoulder.
1.8	67.0	BEAR RIGHT towards Cantiano as SS 3 continues straight. This avoids a long, noisy tunnel and puts us on the old road.
0.4	67.4	LEFT towards Cantiano at stop sign at "T".
0.1	67.5	ENTER Cantiano. Services.
0.3	67.8	BEAR RIGHT towards Cantiano Centro. Pretty cool town.
0.5	68.3	LEFT and an IMMEDIATE LEFT to wind through town.
0.3	68.6	RIGHT towards Fano at stop sign.
0.9	69.5	STRAIGHT at entrance to SS 3 towards Fano.
0.1	69.6	ENTER Pontiedazzo.
0.8	70.4	STRAIGHT at entrance to SS 3 towards Fano.
2.0	72.4	Services on right.
0.7	73.1	BEAR LEFT to avoid entering SS 3 towards Fano.
0.3	73.4	BEAR LEFT to remain on frontage road.
0.4	73.8	Services on left.
1.7	75.5	ENTER Foci. Services ahead.
0.5	76.0	CHECKPOINT on right.
1.0	77.0	STRAIGHT at stop sign. Nice route, huh?
0.4	77.4	ENTER Cagli. Full services.
1.0	78.4	STRAIGHT towards Fano at light.
1.1	79.5	CAUTION rumble strips.
1.0	80.5	BEAR LEFT towards Smirra to remain on frontage road.
0.3	80.8	STRAIGHT at stop sign to follow frontage road.
2.1	82.9	ENTER Smirra. Services.
2.7	85.6	RIGHT and an IMMEDIATE LEFT towards Acqualagna to remain on frontage road at stop sign.
1.0	86.6	BEAR RIGHT to follow frontage road under SS 3.
0.3	86.9	ENTER Acqualagna. Full services.
1.3	88.2	LEFT towards Urbino and Fermignano. Some steep climbing ahead.
8.1	96.3	ENTER Fermignano. Services.

Continued

Day 98 Assisi to Urbino (birthplace of Raphael) (Page 3 of 3)
7-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.4	96.7	RIGHT towards Urbino at stop sign at "T".
0.9	97.6	BEAR RIGHT towards Urbino.
2.6	100.2	BEAR RIGHT towards Urbino.
0.2	100.4	LEFT onto the SS 73 bis towards Urbino at stop sign at "T".
5.3	105.7	STRAIGHT as you enter urban area.
0.2	105.9	BEAR RIGHT towards San Marino and the Tortorina Hotel. The city center and old walled city action is to the left and worth a solid look.
0.1	106.0	STRAIGHT at uphill turnoff that allows entry into the Porta Lavagine entrance of the walled city. Note: the city doesn't allow motorized vehicles, so walking and bikes are perfect.
0.9	106.9	API Service Station on left for a reference.
0.4	107.3	BEAR RIGHT towards San Marino.
0.1	107.4	STRAIGHT towards the Hotel Mamiani as road to San Marino goes left.
0.8	108.2	LEFT downhill towards the Hotel Mamiani. CAUTION rough road on a fast descent.
0.3	108.5	SLIGHTLY STRAIGHT into the Hotel Mamiani.
0.2	108.7	ARRIVE at check-in.
	108.7	Today's Kilometers
	1996.1	Total Stage in Kilometers
	9348.3	Total Trip Kilometers

Services: We decided to offer another respite from tenting for one additional night. We are staying in beds at the Hotel Mamiani (our host) and the close by Hotel Tortorina. Both hotels have bars and restaurants. The area has additional services fairly close by as well. Urbino has a wonderful old walled city and is worth exploring.

Camping: Beds tonight, 2 to 3 to a room. Bikes stored in separate area.

Toilets: In room.

Showers: In room.

Dinner: Dinner will be served from 6:00 to 7:30 pm at the hotel Mamiani.

Breakfast: Buffet breakfast will be served at your respective hotels from 6:30 to 8:00 am.

Tomorrow: 132.3 kms to the birthplace of Michelangelo. Tough, gorgeous day. Much hillier than yesterday. Keep spinning and looking around.

Day 99 Urbino to Caprese Michelangelo (Page 1 of 3)
8-AprSat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	LEFT from the front door of the Hotel Mamiani.
0.2	0.2	BEAR RIGHT onto Via G. Dini one way street at stop sign.
0.3	0.5	RIGHT at stop sign at "T".
0.7	1.2	BEAR RIGHT to follow route.
0.8	2.0	ENTER Gadana. Services.
0.4	2.4	STRAIGHT towards Ca' Gallo at turnoff to Pieve Di Cagna.
1.3	3.7	STRAIGHT towards Ca' Gallo.
3.6	7.3	ENTER Villa di Schieti. No services.
2.2	9.5	STRAIGHT towards San Marino.
0.5	10.0	STRAIGHT towards San Marino.
1.5	11.5	LEFT towards San Marino and Rimini.
0.1	11.6	MERGE with traffic.
2.5	14.1	BEAR RIGHT towards Casinina to follow road.
0.2	14.3	LEFT at "T".
0.2	14.5	STRAIGHT towards San Marino.
0.5	15.0	ENTER Casinina. Full services.
0.7	15.7	BEAR RIGHT towards Auditore and San Marino. Begin a steep climb.
2.5	18.2	ENTER Auditore. Ele 373 meters.
2.4	20.6	LEFT towards San Marino and Mercatino C. at turnoff to Tavolita.
0.9	21.5	Climb levels out some for a little. Gorgeous view.
1.6	23.1	Summit of climb. CAUTION fast curvy descent. In fact, they all are, aren't they?
4.7	27.8	ENTER Monte Altavéllio. No services. Another fast descent ahead.
0.9	28.7	ENTER Ripalta.
2.3	31.0	ENTER Mercatino Conca. Ele 275 meters. Full services.
0.3	31.3	LEFT towards San Marino.
0.1	31.4	BEAR RIGHT to follow route.
0.4	31.8	RIGHT towards San Marino at stop sign "Y".
0.1	31.9	STRAIGHT towards San Marino.
3.6	35.5	ENTER Montelicciano.
0.8	36.3	STRAIGHT towards San Marino.
1.0	37.3	ENTER Cerbaiola as you ENTER the Republica of San Marino . Sorry, no passport stamping here.
1.4	38.7	STRAIGHT towards San Marino.
0.6	39.3	ENTER Castello di Fiorentino. Full services.
0.7	40.0	BEAR LEFT towards San Marino.

Continued

Day 99 Urbino to Caprese Michelangelo (Page 2 of 3)

8-AprSat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.2	43.6	STRAIGHT at rotary through city center. Lots of brick streets and fast downhill ahead.
2.3	45.9	Funicular (cable car) to the left.
1.1	41.1	ENTER Murata.
0.4	41.5	BEAR LEFT towards San Marino at stop sign.
0.9	42.4	RIGHT towards San Marino at "T".
0.2	46.1	LEFT towards Rimini and the Autostrade at "T". This is beautiful country.
0.9	47.0	LEFT towards Acquaviva at stop sign.
0.7	47.7	BEAR LEFT towards Acquaviva.
2.1	49.8	ENTER the Castello di Acquaviva.
1.2	51.0	ENTER Guaildicciolo.
1.6	52.6	ENTER Italy in the Rimini area. DEPART San Marino.
0.9	53.5	LEFT onto SS 258 towards S Agata Feltria and Novafeltria at stop sign at "T".
0.3	53.8	ENTER Torello. Busy road, but we saw lots of cyclists.
1.6	55.4	ENTER Pietracuta. Full services.
4.1	59.5	ENTER the Novafeltria area.
1.3	60.8	ENTER Secchiano. Services.
3.9	64.7	ENTER Campiano. Services.
0.9	65.6	ENTER Novafeltria. Full services. NOTE: watch for CHECKPOINT somewhere along here.
0.7	66.3	BEAR RIGHT to follow SS 258.
3.9	70.2	BEAR RIGHT to follow SS 258 towards Pennabilli.
0.4	70.6	ENTER Maiolo. No services.
1.3	71.9	BEAR RIGHT to follow SS 258 towards Sanseppolcro.
4.9	76.8	Full services.
0.7	77.5	BEAR RIGHT to follow SS 258 towards Sanseppolcro.
0.2	77.7	RIGHT towards Balze and Casteldelci.
1.2	78.9	BEAR LEFT to follow route.
0.2	79.1	STRAIGHT towards Balze and Casteldelci.
3.6	82.7	STRAIGHT towards Casteldelci. Nice ride along a river.
2.8	85.5	LEFT towards Balze and Casteldelci. Begin 12 km climb.
1.1	86.6	ENTER Giardiniera. Services.
0.1	86.7	LEFT towards Balze.
0.6	87.3	ENTER Mercato. No services.

Continued

Day 99 Urbino to Caprese Michelangelo (Page 3 of 3)

8-AprSat

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.1	88.4	ENTER Schigno. No services.
6.3	94.7	ENTER Senatello. No services. Steep climbing ahead.
1.5	96.2	LEFT towards Balze at "T". Still .2 km of climbing.
0.4	96.6	ENTER Macchiette.
0.4	97.0	ENTER Forli' area.
0.2	97.2	ENTER Balze. Limited services.
0.5	97.7	RIGHT at "T".
0.1	97.8	STRAIGHT towards Le Ville. Enjoy your fast descent.
7.4	105.2	ENTER Le Ville. Services.
0.2	105.4	LEFT towards Pieve S Stefano at "T".
2.4	107.8	STRAIGHT to CROSS over Autostrade. Services to right in freeway service center.
0.3	108.1	LEFT towards Canili at yield sign at "T". CAUTION rough road. Watch for gravel on this neat little road.
0.9	109.0	ENTER Arezzo area.
4.6	113.6	Road improves dramatically.
1.8	115.4	STRAIGHT under the Autostrade.
5.4	120.8	ENTER Pieve S Stefano. Full services ahead.
0.2	121.0	Enter short tunnel.
1.0	122.0	RIGHT onto SS 208 towards La Verna and Bibbiena in center of town for a 3.6 km climb.
3.1	125.1	LEFT onto SP 47 towards Caprese Michelangelo.
0.5	125.6	Whew, enjoy your coast to town. Sorry, a little more climbing still ahead.
4.1	129.7	ENTER Ponte Singerna.
0.1	129.8	BEAR RIGHT towards Caprese Michelangelo.
0.7	130.5	BEAR LEFT towards Caprese Michelangelo and the campground.
0.6	131.1	ENTER Caprese Michelangelo. Note signs to Michelangelo's home.
0.2	131.3	LEFT towards campground and stadio comunale.
0.8	132.1	LEFT at the top of hill into Camping Michelangelo.
0.2	132.3	ARRIVE at check-in for camping instructions.
	132.3	Today's Kilometers
	2128.4	Total Stage in Kilometers
	9480.6	Total Trip Kilometers

Services:	Services in town, limited at camp. Camping Michelangelo is on the summit of the hill and you've worked to get here. It's a modest camp and we will have to spread out a little. Very nice folks who run it. The mother and daughter speak excellent English.
Camping:	Ask the check-in staff for our designated areas.
Toilets:	There are 7 or 8 toilets in at least two bathroom facilities.
Showers:	There are 7 or 8 showers in at least two bathroom facilities.
Dinner:	Buffet dinner will be served from 5:30 to 7:00 pm in the campground or across the street at the restaurant.
Breakfast:	Buffet breakfast will be served from 6:15 to 7:45 am at the campground.
Tomorrow:	Our 100th Odyssey day, congratulations. Some climbing and some excellent descents. Beautiful terrain.

Day 100 Caprese Michelangelo to Firenze (Florence) (Page 1 of 2)

9-AprSun

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	EXIT Camping area. No services.
0.2	0.2	RIGHT onto main road in front of campground.
0.8	1.0	STRAIGHT at stop sign and an IMMEDIATE LEFT towards La Verna.
0.9	1.9	ENTER Lama.
0.7	2.6	BEAR RIGHT to follow SP 54 towards Chiusi Della Verna.
0.3	2.9	BEAR LEFT to follow SP 54 towards Chiusi Della Verna.
3.7	6.6	BEAR RIGHT to follow SP 54 towards Chiusi Della Verna.
2.2	8.8	Summit of climb. Super downhill ahead.
1.4	10.2	ENTER the Chiusi Della Verna area.
2.6	12.8	ENTER Chiusi Della Verna. Full services ahead.
0.3	13.1	RIGHT towards Bibbiena at yield sign at "T".
0.9	14.0	LEFT onto SS 208 towards Bibbiena at stop sign at "T".
1.5	15.5	BEAR LEFT onto SS 208 towards Bibbiena at stop sign at "T".
4.4	19.9	ENTER Case Nuove. No services.
1.1	21.0	ENTER Dama. No services.
2.5	23.5	ENTER Bibbiena area.
7.8	31.3	ENTER Tripili. No services.
1.3	32.6	ENTER Bibbiena. Full services.
2.2	34.8	RIGHT 180° toward Firenze.
0.3	35.1	STRAIGHT to continue downhill toward Firenze.
0.9	36.0	RIGHT onto SS 70 towards Firenze at stop sign.
0.2	36.2	LEFT to follow SS 70 towards Poppi and Firenze. More traffic on SS 70, so ride well.
1.2	37.4	ENTER Poppi area.
0.1	37.5	CAUTION RR Tracks.
1.5	39.0	CAUTION RR Tracks.
1.0	40.0	CAUTION RR Tracks.
0.2	40.2	ENTER Ponte A Poppi. Full services.
1.0	41.2	BEAR RIGHT towards Firenze.
1.7	42.9	BEAR LEFT to follow SS 70 towards Firenze.
1.3	44.2	ENTER Castel San Niccoló.
1.0	45.2	ENTER Borgo alla Collina.
0.5	45.7	ENTER the narrow streets of Borgo alla Collina through archway. Cool.
1.7	47.4	Quata.
1.7	49.1	Collina.
1.7	50.8	ENTER Scarpaccia. No services.
1.3	52.1	Vaiano.

Continued

Day 100 Caprese Michelangelo to Firenze (Florence) (Page 2 of 2)

9-AprSun

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

2.2	54.3	Summit of a rather challenging climb. More climbing ahead.
6.0	60.3	ENTER Consuma. Full services.
1.4	61.7	CHECKPOINT at pullout.
4.7	66.4	ENTER Borselli. Services.
3.5	69.9	ENTER Diacetto. Services.
4.6	74.5	ENTER Palaie. No services.
1.2	75.7	BEAR RIGHT towards Firenze. This is the greater Pontassieve area.
0.3	76.0	LEFT onto SS 67 (looks like a freeway, no problem) towards Firenze.
3.0	79.0	LEFT towards Rosano at rotary.
0.4	79.4	BEAR RIGHT towards Firenze.
4.7	84.1	ENTER Vallina. Full services for rest of day.
3.0	87.1	ENTER Candeli.
1.3	88.4	BEAR RIGHT towards Firenze at rotary.
2.1	90.5	STRAIGHT under Autostrade.
0.1	90.6	ENTER Firenze.
0.1	90.7	RIGHT towards Centro at light.
0.6	91.3	LEFT towards Centro at light at "T".
1.4	92.7	STRAIGHT to follow the river at light. Don't cross the Ponte Niccoli Bridge to your right.
0.8	93.5	LEFT and an IMMEDIATE RIGHT towards Siena and the Plaza of Michalangelo.
0.1	93.6	LEFT 180° towards Siena and the Plaza of Michalangelo. After the turn you will see a camping sign.
1.8	95.4	RIGHT into the Parco Comunali di Campeggio. Before you turn into the campground, you should continue another .5 km to the very famous statue of David (the real David is in a museum in Firenze).
0.2	95.6	ARRIVE at check-in.
	95.6	Today's Kilometers
	2224.0	Total Stage in Kilometers
	9576.2	Total Trip Kilometers

Services:	Firenze (Florence) is wonderful and worth a tenting layover day. Full services around camp. The Parco Comunali di Campeggio is one of the most ideally situated campgrounds in the world. It even overlooks Firenze and is close to the Plaza of Michalangelo.
Camping:	Ask the check-in staff for our designated areas.
Toilets:	There are plenty of toilets.
Showers:	There are plenty of showers.
Dinner:	Dinner will be served from 5:00 to 6:30 pm in the campground's restaurant and tomorrow night in downtown Firenzi...ask about the details.
Breakfast:	Breakfast will be served from 8:00 to 9:30 am tomorrow and from 6:30 to 8:00 am on April 11 at the campground's restaurant.
Tomorrow:	0 kms. Enjoy your layover day in this outstading city

Day 101 Firenze layover day

10-Apr Mon

Tomorrow: 85.8 kms. Thankfully, today's route to Pisa is pretty flat with quite a bit of congestion.

Day 102 Firenze to Pisa (Page 1 of 4)
11-Apr Tue

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.0 0.0 EXIT camping area. The next 15 kms are going to be a citified challenge. Full services for first 15 kms.
- 0.2 0.2 **RIGHT** onto main road from the Parco Comunali di Campeggio at "T".
- 0.3 0.5 Piazzale Michelangiolo on right.
- 0.8 1.3 **BEAR RIGHT** to follow Viale Galileo route.
- 1.1 2.4 **BEAR RIGHT** to remain on route.
- 1.8 4.2 **BEAR RIGHT** onto Viale Francesco Petrarca (city wall will be on your right after turn) at rotary at "T". Don't go into arch. Note the unusually balanced statue.
- 0.7 4.9 **BEAR SLIGHTLY LEFT** onto Ludivicco Aristo at light.
- 0.8 5.7 STRAIGHT onto a narrow short street .
- 0.1 5.8 STRAIGHT to merge with traffic from the left at yield sign.
- 0.2 6.0 **LEFT** onto Via Bronzino just before crossing bridge at light. You will see signs for Pisa ahead, but we need to follow the SS 67.
- 0.8 6.8 **BEAR SLIGHTLY LEFT** onto via Antonia Del Pollaiolo towards Pisa.
- 0.2 7.0 STRAIGHT towards Pisa.
- 0.8 7.8 **BEAR SLIGHTLY LEFT** onto Via Baccio da Montelupo to follow SS 67 toward Scandicci at turnoff to Pisa.
- 1.3 9.1 STRAIGHT to follow Via Baccio da Montelupo at Jct Livorno at light.
- 0.4 9.5 **BEAR SLIGHTLY LEFT** to follow SS 67 at entrance to Autostrade.
- 0.2 9.7 STRAIGHT to follow SS 67 towards Pisa at light.
- 0.7 10.4 ENTER Scandicci.
- 0.2 10.6 **BEAR SLIGHTLY RIGHT** to follow SS 67 towards Pisa at light.
- 0.6 11.2 STRAIGHT under Autostrade.
- 0.8 12.0 STRAIGHT into Olmo.
- 0.6 12.6 ENTER La Pieve.
- 0.2 12.8 ENTER Viottolone.
- 0.4 13.2 ENTER Le Fornaci.
- 0.4 13.6 ENTER Granatieri.
- 0.1 13.7 STRAIGHT to follow route.
- 0.1 13.8 ENTER Capannuccia.
- 0.3 14.1 STRAIGHT towards Lastra A Signa at turnoff to Pisa.
- 0.2 14.3 ENTER Lastra A Signa just after crossing under major highway.
- 0.2 14.5 STRAIGHT towards Signa at rotary.
- 0.6 15.1 **BEAR LEFT** towards Signa and Pisa.
- 0.5 15.6 STRAIGHT at light onto narrow roads through city.
- 1.0 16.6 **BEAR LEFT** to follow main road.

Continued

Day 102 Firenze to Pisa (Page 2 of 4)
11-Apr Tue

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.9 17.5 ENTER Porto di Mezzo. Services begin to thin out.
- 3.2 20.7 ENTER Brucianesi. No services.
- 2.3 23.0 ENTER Kamaioni. Limited services.
- 0.9 23.9 **BEAR LEFT** to follow route.
- 2.1 26.0 **BEAR RIGHT** towards Montelupo F.
- 0.2 26.2 CAUTION rumble strips.
- 0.1 26.3 ENTER Samminiatiello. Limited services.
- 0.8 27.1 ENTER Montelupo Fiorentino.
- 1.1 28.2 **BEAR RIGHT** Capraia E Limite.
- 0.2 28.4 **SECOND RIGHT** towards Capraia - Limite to cross under the railroad tracks via a small tunnel at light at "T". No trucks.
- 0.1 28.5 CROSS creek.
- 0.1 28.6 ENTER Capraia Fiorentina. Services.
- 2.0 30.6 ENTER Limite Sull'arno.
- 1.2 31.8 **BEAR LEFT** toward Emboli and Vinci.
- 1.8 33.6 ENTER Sicchio Sovigliana.
- 1.3 34.9 **BEAR RIGHT** onto one-way through village.
- 0.1 35.0 CAUTION bump in road. Another ahead.
- 0.1 35.1 **LEFT** towards Emboli.
- 0.1 35.2 **LEFT** towards Emboli and Vinci at "T".
- 0.1 35.3 **RIGHT** towards Pisa-Livorno at light.
- 0.1 35.4 **STRAIGHT** to follow main route towards Vinci.
- 2.3 37.7 **BEAR LEFT** towards Bassa and Fucecchio turnoff to Vinci.
- 2.1 39.8 ENTER Bassa. Services.
- 1.9 41.7 ENTER Gavena. Services.
- 1.8 43.5 ENTER Pieve a Ripoli.
- 1.2 44.7 **STRAIGHT** into Fucecchio.
- 0.1 44.8 ENTER Fucecchio. Full services.
- 0.9 45.7 **LEFT** and an **IMMEDIATE RIGHT** towards S. Croche at light.
- 0.5 46.2 Smeraldos is a super little bar on left. O2 informed.
- 0.2 46.4 **BEAR LEFT** towards Altopascio, Ponte A Cappiano and San Croche at light.
- 1.8 48.2 **LEFT** towards San Croche just before entering Ponte A Cappiano at light.
- 0.7 48.9 ENTER San Croce Sull' Arno just after entering the Province of Pisa.
- 0.8 49.7 **STRAIGHT** towards Pisa and Livorno (via SS 67) at light.
- 0.1 49.8 **STRAIGHT** towards Pisa and Livorno (via SS 67) at light.

Continued

Day 102 Firenze to Pisa (Page 3 of 4)
11-Apr Tue

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 2.5 52.3 STRAIGHT towards Pisa and Livorno at turnoff to Castlefranco di Sotta at light.
- 3.5 55.8 **BEAR RIGHT** towards Pisa and Livorno at stop sign at "T".
- 0.4 56.2 STRAIGHT into Ponticello di Sotto at turnoff to Bientina and Lucca.
- 2.1 58.3 ENTER Montecalvoli. **CHECKPOINT** at the Snack Shack on right.
- 0.4 58.7 Q8 Service Station on right.
- 0.4 59.1 **RIGHT** to CROSS bridge and an **IMMEDIATE LEFT** towards Pisa.
- 1.4 60.5 ENTER Calcinaia area.
- 0.8 61.3 **RIGHT** towards Pisa and Lucca at light at "T".
- 0.2 61.5 **BEAR LEFT** towards Pisa and Lucca..
- 1.0 62.5 **LEFT** and **BEAR RIGHT** (first right) toward Pisa. ENTER Calcinaia.
- 3.3 65.8 **BEAR RIGHT** to follow route as you ENTER S. Giovani alla Vena.
- 0.3 66.1 CAUTION rumble strips.
- 0.4 66.5 CAUTION rumble strips.
- 2.3 68.8 ENTER Lugnano. Services.
- 0.3 69.1 **BEAR RIGHT** towards Pisa at light. Entering Uliveto Terme area. Interesting rock formations.
- 3.8 72.9 ENTER Caprona. Services.
- 0.2 73.1 **BEAR RIGHT** and then **LEFT** toward Pisa.
- 2.3 75.4 **BEAR LEFT** toward Pisa.
- 0.7 76.1 ENTER Mezzana.
- 1.4 77.5 ENTER Colignola.
- 1.1 78.6 **BEAR RIGHT** towards Pisa at stop sign at "Y".
- 0.2 78.8 ENTER Ghezzano and **BEAR LEFT** toward Pisa.
- 0.7 79.5 **BEAR RIGHT** to follow route.
- 1.3 80.8 STRAIGHT to follow our route into Pisa.
- 0.3 81.1 ENTER Pisa.
- 0.1 81.2 STRAIGHT towards Centro at rotary.
- 0.8 82.0 PASS under old town gate.
- 0.2 82.2 **LEFT** at "T".
- 0.2 82.4 **IMMEDIATE RIGHT** onto one-way after crossing river.
- 1.0 83.4 **RIGHT** to CROSS bridge toward Pisa.
- 0.1 83.5 **LEFT** immediately after crossing river at light.
- 0.3 83.8 **BEAR LEFT** at "T". Interesting ruins.
- 0.1 83.9 STRAIGHT at light.
- 0.4 84.3 **RIGHT** onto Aurelia Nord at light.

Continued

Day 102 Firenze to Pisa (Page 4 of 4)

11-Apr Tue

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.2	85.5	RIGHT onto Viale Cascine toward camping at light.
0.2	85.7	Campground on left. NOTE: Leaning tower is .6 km straight ahead, then right for .2 km, then left into plaza. Cool.
0.1	85.8	ARRIVE at check-in.
	85.8	Today's Kilometers
	2309.8	Total Stage in Kilometers
	9662.0	Total Trip Kilometers

Services:	Pisa is historic, famous and has everything. Full services within easy walking distance of camp.
Camping:	Campeggio Torre Pendente has great facilities, all located less than 1 km from the famous Leaning Tower of Pisa. The campground has a restaurant, bar, nice store and is a super place.
Toilets:	The campground has three facilities with a total of about 30 toilets.
Showers:	The campground has three facilities with a total of about 24 showers.
Dinner:	Dinner is at the campground restaurant from 5 to 6:30 pm.
Breakfast:	Breakfast is from 6:30 to 8:00 am.
Tomorrow:	A day of variety. Flat for first half, then coastal riding and climbing for second half.

Day 103 Pisa to Levanto (via Lucca) (Page 1 of 5)

12-Apr Wed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	EXIT campground. Plenty of services for much of day.
0.1	0.1	LEFT onto Viale Cascine in front of campground at "T".
0.1	0.2	MOVE RIGHT onto surface sidewalk (wheelchair ramp available) through tunnel-don't ride on main road.
0.4	0.6	REJOIN main road. STRAIGHT onto SS 12 (Via Conteessa Mitilda) towards Lucca at light.
0.8	1.4	JOG LEFT to follow Contessa Mitilda at Jct via Luigi Bianchi at light.
0.4	1.8	STRAIGHT towards Lucca.
0.1	1.9	LEFT onto Lucchese towards Firenze and Genova just after the wall ends.
0.4	2.3	RIGHT onto via de Gello. Don't miss. NOTE: this is about a block before a light and "T" intersection.
1.4	3.7	ENTER Gello.
1.8	5.5	CAUTION RR Tracks.
0.4	5.9	CAUTION rumble strips.
1.3	7.2	LEFT towards Vecchiano at stop sign at "T".
0.6	7.8	CAUTION rumble strips.
0.1	7.9	BEAR RIGHT just after rumble strips at "Y".
0.3	8.2	RIGHT to CROSS narrow bridge just in front of house # 87.
0.3	8.5	CAUTION RR Tracks and an IMMEDIATE LEFT at yield sign at "T".
1.0	9.5	ENTER Rigoli.
0.2	9.7	BEAR RIGHT to follow SS 12.
0.4	10.1	ENTER Molina di Quosa.
1.2	11.3	ENTER Pugnano.
2.6	13.9	LEAVE Ripafratta.
0.7	14.6	CROSS under the Autostrada.
0.7	15.3	BEAR LEFT into town immediately after entering Cersomma. CAUTION RR Tracks.
0.6	15.9	ENTER Montuolo.
1.0	16.9	STRAIGHT to follow SS 12.
0.5	17.4	ENTER Fagnano.
0.5	17.9	CROSS under the Autostrada.
0.3	18.2	ENTER S Angelo.
1.0	19.2	STRAIGHT toward Lucca centro at light.
1.2	20.4	BEAR LEFT onto Viale g. Luporini at rotary.

Continued

Day 103 Pisa to Levanto (via Lucca) (Page 2 of 5)

12-Apr Wed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.3 20.7 **LEFT** onto Piazzale l Boccherini toward Abetone, Camaiore and Castelnuovo G. City entrance ahead. NOTE: Consider exploring Lucca's wonderful old city for spectacular sights. When leaving any exit, follow the city's wall until you pick up the DRG. No vehicles.
- 0.4 21.1 Road becomes one-way.
- 0.6 21.7 **BEAR RIGHT** toward Abetone.
- 0.3 22.0 **BEAR RIGHT** toward Camaiori at rotary.
- 0.3 22.3 **BEAR LEFT** toward Camaiori at light.
- 0.5 22.8 **BEAR LEFT** toward Camaiori. CAUTION crossing traffic.
- 0.1 22.9 **LEFT** toward Camaiori at stop sign at "T" and an **IMMEDIATE RIGHT** to follow route.
- 0.2 23.1 **BEAR LEFT** to CROSS red brick bridge.
- 0.2 23.3 **RIGHT** toward Camaiori at "T".
- 0.8 24.1 **STRAIGHT** toward Camaiori. ENTER Monte S. Quirico.
- 0.7 24.8 **STRAIGHT** toward Camaiori at turnoff to Arsina.
- 4.8 29.6 ENTER Torre. No services.
- 1.4 31.0 ENTER S. Martino in Freddana. Services.
- 0.4 31.4 **BEAR LEFT** at turnoff to Fiano.
- 0.7 32.1 ENTER Monsagrati. Services.
- 7.0 39.1 **STRAIGHT** to Camaiori.
- 0.9 40.0 ENTER Montemagno. Services. Great view and fast, curvy descent ahead.
- 4.8 44.8 ENTER Camaiori. Full Services.
- 0.3 45.1 **BEAR RIGHT** toward city centro at "Y".
- 0.2 45.3 CAUTION speed bump. Another ahead.
- 0.8 46.1 **LEFT** toward Lido di Camaiori.
- 0.2 46.3 **RIGHT** toward Lido di Camaiori at light.
- 2.9 49.2 **BEAR RIGHT** at light. ENTER Pezzano Pianore.
- 3.0 52.2 CROSS bridge over railroad tracks.
- 0.1 52.3 ENTER Lido di Camaiori. Full services.
- 0.3 52.6 CROSS under Autostrada.
- 1.1 53.7 **STRAIGHT** towards Lido di Camaiori at light.
- 0.2 53.9 CAUTION rumble strips.
- 0.6 54.5 **RIGHT** onto Viale E. Pisteli at ocean at "T". CAUTION speed bumps ahead. Lots of services for the rest of the day. Welcome to the Mediterranean for the next few days.
- 0.3 54.8 **RIGHT** and an **IMMEDIATE LEFT** onto Viale C. Colombo.

Continued

Day 103 Pisa to Levanto (via Lucca) (Page 3 of 5)

12-Apr Wed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.4	55.2	CHECKPOINT in parking lot between Hotel Siesta and Tommy Golf.
2.3	57.5	Road narrows.
1.2	58.7	ENTER Marina di Pietrasanta.
1.3	60.0	ENTER Forte dei Marmi.
4.7	64.7	ENTER Cinquale.
0.8	65.5	ENTER Marina Di Massa.
0.7	66.2	ENTER Poveromo.
0.9	67.1	ENTER Ronchi.
2.4	69.5	Pier on left.
0.6	70.1	STRAIGHT to follow beach route at stop sign.
0.8	70.9	RIGHT onto Via Istriana at "T".
0.2	71.1	LEFT onto Via della Pinete at stop light.
1.1	72.2	ENTER Partaccia.
1.4	73.6	CAUTION RR Tracks in Marina di Carrara.
0.4	74.0	BEAR LEFT towards Carrara. CAUTION RR Tracks.
2.1	76.1	STRAIGHT toward La Spezia at light.
0.7	76.8	BEAR RIGHT to follow main road.
1.8	78.6	BEAR LEFT to follow beach route.
0.5	79.1	ENTER Ameglia.
2.6	81.7	LEFT toward Montemarcello.
0.2	81.9	BEAR LEFT onto Via Pisanello.
0.5	82.4	BEAR RIGHT toward Lérici.
1.8	84.2	BEAR RIGHT at 'Y'.
0.1	84.3	BEAR RIGHT uphill to follow route. Super views ahead.
1.9	86.2	Road flattens out.
0.7	86.9	ENTER Montemarcello.
0.7	87.6	LEFT toward Lérici at stop sign at "T".
5.7	93.3	ENTER La Serra.
1.6	94.9	BEAR LEFT downhill.
1.3	96.2	LEFT at Fina Service Station at stop sign at "Y".
0.8	97.0	180 ° RIGHT turn.
0.1	97.1	ENTER Lérici.
0.3	97.4	RIGHT toward La Spezia at yield sign.
0.6	98.0	RIGHT toward La Spezia and enter a wide, lit .3 km tunnel. Flashers.
0.7	98.7	STRAIGHT to follow route.

Continued

Day 103 Pisa to Levanto (via Lucca) (Page 4 of 5)

12-Apr Wed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.1 98.8 **RIGHT** at stop sign at "T".
0.3 99.1 ENTER Bagnola.
1.1 100.2 **LEFT** toward Pozzuolo and Pitelli just before tunnel.
0.5 100.7 ENTER Pozzuolo.
0.2 100.9 **BEAR LEFT** toward La Spezia at "Y".
0.7 101.6 **LEFT** at stop sign at modified "T". ENTER La Spezia.
2.8 104.4 CAUTION RR Tracks. Two additional sets ahead.
0.7 105.1 **BEAR LEFT** and climb over short bridge.
1.8 106.9 **LEFT** toward Genova at stop light.
1.5 108.4 Museo Navale to left.
0.7 109.1 **LEFT** towards Riomaggiore as road to Genova continues straight at light.
1.0 110.1 STRAIGHT onto SS370 toward Riomaggiore.
6.5 116.6 Enter 1 km well lit tunnel and summit.
2.4 119.0 Enter .3 km well lit tunnel with sidewalk.
1.5 120.5 STRAIGHT to follow SS370 towards Manarola.
2.5 123.0 Enter .2 km lit tunnel.
0.6 123.6 **BEAR RIGHT** toward Vernazza.
0.7 124.3 ENTER Groppe.
1.3 125.6 ENTER Volastra.
0.1 125.7 **BEAR RIGHT** toward Vernazza.
2.5 128.2 Top of climb.
1.8 130.0 STRAIGHT at turn off to Vernazza.
5.2 135.2 STRAIGHT toward Levanto at turnoff to Vernazza.
2.7 137.9 **LEFT** toward Levanto at stop sign at 'T'.
1.4 139.3 ENTER Savio.
1.8 141.1 **RIGHT** toward Levanto at yield sign at 'T'.
0.3 141.4 ENTER bright short tunnel. CAUTION short, steep downhill ahead.
1.5 142.9 ENTER Legnaro.
0.2 143.1 **BEAR RIGHT** toward Levanto.
1.0 144.1 ENTER Levanto.
0.4 144.5 **BEAR RIGHT** at 'T' toward Levanto.
1.1 145.6 STRAIGHT at Camping Albero D'Oro.
0.2 145.8 **RIGHT** toward Genova.
0.2 146.0 **LEFT** toward Genova at modified rotary.
0.4 146.4 **LEFT** toward Genova at 'T'.

Continued

Day 103 Pisa to Levanto (via Lucca) (Page 5 of 5)

12-Apr Wed

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 0.1 146.5 STRAIGHT toward Aqua Dolci Campground at stop sign.
- 0.3 146.8 LEFT onto one-way street toward Aqua Dolci Campground.
- 0.2 147.0 RIGHT toward Aqua Dolci Campground.
- 0.1 147.1 LEFT toward Aqua Dolci Campground at stop sign at "T".
- 0.2 147.3 RIGHT under road towards Campground at stop sign.
- 0.1 147.4 LEFT at stop sign at "T". CAUTION metal grating.
- 0.1 147.5 BEAR RIGHT and then an IMMEDIATE RIGHT toward campground.
- 0.1 147.6 LEFT into Camping Aqua Dolci.

147.5 Today's Kilometers

2457.3 Total Stage in Kilometers

9809.5 Total Trip Kilometers

- Services: Levanto is a cool, historic town (part of the famous cinco terre) and our campground is in the heart of it. Full services.
- Camping: This camping area has a bar, restaurant, store and plenty of facilities.
- Toilets: There are several in the campground.
- Showers: There are several in the campground.
- Dinner: Dinner will be in town from 6:00 to 7:30 pm.
- Breakfast: Breakfast will in town from 6:30 to 8:00 am.
- Tomorrow: Very hilly morning, then the congestion of Genova. Beautiful day.

Day 104 Levanto to Genova (Page 1 of 3)

13-Apr Thu

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	EXIT camping area.
0.1	0.1	RIGHT onto street in front of campground and IMMEDIATE LEFT at "T". CAUTION metal grating.
0.1	0.2	BEAR LEFT to follow route.
0.1	0.3	STRAIGHT onto bridge.
0.3	0.6	RIGHT after stop sign and an IMMEDIATE LEFT toward Genova.
0.1	0.7	CROSS bridge.
0.7	1.4	180 DEGREE LEFT.
2.3	3.7	STRAIGHT at turnoff to Bonaossola.
1.6	5.3	STRAIGHT to Genova at turnoff to San Giorgio.
1.6	6.9	BEAR LEFT at 'Y' toward Genova, Livorno and A12.
1.2	8.1	ENTER Framura.
1.6	9.7	STRAIGHT toward Genova. We are on SP41.
2.9	12.6	ENTER Castagnola. Services.
0.2	12.8	BEAR RIGHT towards Genova.
0.3	13.1	LEFT towards Genova at yield sign 'T'. CAUTION steep descent.
0.6	13.7	ENTER Pian Della Madonna.
1.1	14.8	ENTER Piazza.
0.1	14.9	RIGHT towards Aurelia (SS 1) and Genova (A12).
0.9	15.8	ENTER Minera. No services.
2.1	17.9	BEAR RIGHT to follow SS 1 toward Aurelia at entrance to autostrade.
4.0	21.9	ENTER Ca' Marcone. No services.
0.1	22.0	LEFT onto SS 1 toward Genova at stop sign at "T".
1.7	23.7	ENTER Bracco. No services. Steep curvy descent ahead.
9.5	33.2	ENTER Trigoso. Full services. CAUTION 3 sets of rumble strips ahead.
0.7	33.9	RIGHT to follow SS 1 route.
0.2	34.1	LEFT to follow SS 1 toward Genova.
0.5	34.6	LEFT to follow SS 1 toward Genova at entrance to Autostrada. ENTER Sestri Luvanti.
0.2	34.8	BEAR RIGHT and an IMMEDIATE BEAR LEFT to follow SS1 toward Genova at light at "T".
1.7	36.5	STRAIGHT toward Genova at rotary stop light.
1.2	37.7	Enter .4 km well lit tunnel with a sidewalk.
0.8	38.5	ENTER Cavi di Lavagna. Full services.
2.5	41.0	ENTER Lavagna. Full services.
1.2	42.2	STRAIGHT to follow SS 1 toward Genova at light.
0.8	43.0	ENTER Chiavari.

Continued

Day 104 Levanto to Genova (Page 2 of 3)

13-Apr Thu

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.1	44.1	STRAIGHT to follow SS 1 toward Genova at light. Interesting buildings.
0.3	44.4	RIGHT to follow SS 1 toward Genova.
0.1	44.5	JOG STRAIGHT to follow SS 1 toward Genova.
0.1	44.6	BEAR LEFT to follow SS 1 toward Genova at stop sign.
2.1	46.7	Enter .2 km bright tunnel.
2.1	48.8	ENTER Zoagli.
0.4	49.2	Enter short tunnel.
0.1	49.3	Enter short tunnel.
1.3	50.6	BEAR LEFT to follow SS 1 towards Genova.
1.0	51.6	Enter lit .3 km tunnel.
0.8	52.4	ENTER S Ambrogio.
1.3	53.7	ENTER Rapallo. Big bucks here.
1.3	55.0	BEAR RIGHT to follow SS 1 towards Genova.
0.1	55.1	BEAR LEFT to follow SS 1 towards Genova.
0.2	55.3	BEAR LEFT to follow SS 1 towards Genova.
0.1	55.4	RIGHT and an IMMEDIATE LEFT to follow SS 1 towards Genova.
0.3	55.7	STRAIGHT to follow SS 1 towards Genova.
2.2	57.9	ENTER Sta Margherita Ligure. NOTE: CHECKPOINT will be somewhere along here.
4.1	62.0	ENTER Ruta.
0.2	62.2	Enter short tunnel. Some fast downhills ahead.
3.5	65.7	ENTER Recco.
0.2	65.9	RIGHT to follow SS 1 towards Genova.
0.1	66.0	LEFT to follow SS 1 toward Genova.
0.1	66.1	STRAIGHT to follow SS 1 toward Genova.
1.7	67.8	ENTER Sori.
1.9	69.7	STRAIGHT to follow SS 1 towards Genova at light.
0.1	69.8	ENTER Pieve Ligura.
2.9	72.7	Enter short tunnel.
0.7	73.4	ENTER Nervi and the greater Genova area.
2.2	75.6	BEAR LEFT onto bridge to remain on route.
2.3	77.9	STRAIGHT to follow route at turnoff to Autostrada.
1.0	78.9	STRAIGHT to follow route. CAUTION busy divided road.
4.6	83.5	BEAR LEFT to follow SS 1 towards the Aquarium at major intersection at light.
1.0	84.5	BEAR RIGHT up the hill to follow SS 1 towards the Aquarium after light.

Continued

Day 104 Levanto to Genova (Page 3 of 3)

13-Apr Thu

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.0	85.5	STRAIGHT to follow SS 1 towards Savona as you crest hill. Excellent harbor view.
1.1	86.6	BEAR RIGHT onto surface street to avoid tunnel. Bikes can make it through old town area while <i>vehicles use tunnel</i> .
0.4	87.0	STRAIGHT to head for SS 1 at stop sign.
0.1	87.1	REJOIN SS1 at light. You will be to the right of the elevated road for some time.
1.1	88.2	BEAR LEFT to remain on SS 1 towards Savona at light.
0.5	88.7	BEAR RIGHT towards the Autostrade and SS 35 to avoid tunnel. Don't go into tunnel.
0.1	88.8	RIGHT up short hill to follow route at light.
0.4	89.2	STRAIGHT at entrance to Autostrade.
1.0	90.2	BEAR SLIGHTLY LEFT at light.
0.1	90.3	RIGHT towards Savona at light at "T".
0.1	90.4	LEFT towards Savona under bridge.
0.2	90.6	BEAR LEFT to follow SS 1 towards Aurelia. NOTE bridge construction confuses the route-just continue straight.
0.2	90.8	BEAR LEFT to follow SS 1 towards Savona at light
0.8	91.6	STRAIGHT to follow SS 1 towards Savona at light.
1.1	92.7	BEAR RIGHT and IMMEDIATE BEAR LEFT to follow SS1 toward Savona. More of these ahead.
0.3	93.0	BEAR LEFT toward Savona.
0.2	93.2	RIGHT to follow SS 1 at light at "T".
1.6	94.8	BEAR LEFT to follow SS 1 toward Savona at light.
0.5	95.3	BEAR LEFT to follow SS 1 toward Savona.
4.8	100.1	STRAIGHT to follow SS 1 toward Savona at light.
2.3	102.4	LEAVE Genova into more remote country.
1.5	103.9	Enter a well lit short tunnel.
0.6	104.5	Enter a well lit short tunnel.
1.2	105.7	LEFT into Parco Vacanze Camping Caravan Park "la Vesima".
0.1	105.8	ARRIVE at check-in.
	105.8	Today's Kilometers
	2563.1	Total Stage in Kilometers
	9915.3	Total Trip Kilometers

Services:	Services all along the Riviera.
Camping:	This Mediteranean campsite has a store, restaurant and plenty of services.
Toilets:	Plenty in at least two separate facilites.
Showers:	Plenty in at least two separate facilites.
Dinner:	Dinner will be from 6:00 to 7:30 pm. Location to be announced.
Breakfast:	Breakfast will be from 6:30 to 8:00 am. Location to be announced
Tomorrow:	Long, beautiful rolling day with plenty of services and scenery.

Day 105 Genova to Menton, France (Page 1 of 4)

14-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.0	0.0	EXIT camping area.
0.1	0.1	LEFT onto SS 1 towards Savona at "T". Just stick close to the Riviera all day.
0.7	0.8	Enter a short tunnel.
0.5	1.3	ENTER Arenzano. Full services.
1.0	2.3	BEAR RIGHT to follow SS 1 towards Savona.
1.2	3.5	STRAIGHT to follow SS 1 toward Savona at entrance to Autostrade.
0.5	4.0	BEAR LEFT to follow SS 1 towards Savona.
0.9	4.9	ENTER Cogoleto. Full services.
4.6	9.5	ENTER Invrea.
0.9	10.4	ENTER village with a long name.
0.5	10.9	BEAR LEFT to follow SS 1 toward Savona at entrance to Autostrade.
1.9	12.8	ENTER the Varazze beach area.
2.9	15.7	STRAIGHT to follow SS 1 toward Savona.
0.2	15.9	ENTER Celle Ligure. Full services.
1.3	17.2	BEAR LEFT to follow SS 1 toward Savona.
1.9	19.1	ENTER Albissoula as you enter a short well lit tunnel. Full services.
1.4	20.5	ENTER Albissoula Marina.
1.4	21.9	ENTER Savona area.
0.2	22.1	Enter a short well lit tunnel
0.7	22.8	ENTER Savona.
0.4	23.2	BEAR LEFT to follow SS 1 towards Torino..
0.3	23.5	BEAR LEFT to follow SS 1 toward Imperia.
0.3	23.8	Interesting statue near the water on your left. Great castle, huh?
0.8	24.6	STRAIGHT to follow SS 1 towards Ventimiglia at rotary.
0.8	25.4	CAUTION RR Tracks.
0.5	25.9	STRAIGHT to CROSS CAUTION RR Tracks at rotary.
0.4	26.3	BEAR LEFT to follow SS 1 at stop sign.
0.2	26.5	RIGHT to follow SS 1 at light at "T".
1.1	27.6	BEAR LEFT to follow route.
0.2	27.8	ENTER Vado Ligure. Full services.
2.6	30.4	ENTER Bergeggi. Ferries to Corsica depart from here.
3.7	34.1	ENTER Spotorno.
1.2	35.3	BEAR LEFT into the town of Spotorno at stop sign.
1.0	36.3	BEAR LEFT towards Imperia.
0.4	36.7	LEFT to REJOIN SS 1 at stop sign at "T".
1.0	37.7	ENTER Noli. This little village used to be its own Republic for 600 years.

Continued

Day 105 Genova to Menton, France (Page 2 of 4)

14-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

1.8	39.5	Enter a short well lit tunnel.
1.1	40.6	Enter a .2 km well lit tunnel.
1.1	41.7	ENTER Varigotti and a .1 km tunnel. Full services.
3.3	45.0	Enter a short well lit tunnel.
0.4	45.4	Enter a short well lit tunnel.
0.1	45.5	ENTER Finale Ligure. Full services.
2.3	47.8	Enter a short well lit tunnel.
2.0	49.8	STRAIGHT to follow SS 1 at tuoff to Borgio Verezzi.
0.7	50.5	ENTER Peitra Ligure. Full services.
1.3	51.8	BEAR RIGHT to follow SS 1 toward Imperia.
2.0	53.8	ENTER Loano. Full services.
1.7	55.5	STRAIGHT to follow SS 1 toward Imperia at light.
1.2	56.7	ENTER Borghetto Santo Spirito
0.7	57.4	BEAR LEFT to follow SS 1 toward Imperia at "Y".
1.0	58.4	ENTER Ceriale area (brown sign).
0.2	58.6	BEAR LEFT down a hill toward city center. CAUTION RR Tracks after turn.
0.3	58.9	LEFT and an IMMEDIATE RIGHT to follow coastal route. NOTE: Bikes can continue into city if desired.
0.5	59.4	BEAR LEFT to REJOIN SS 1 at light.
3.7	63.1	BEAR LEFT into Albenga city center (left turn lane available) as you ENTER Albenga. NOTE: Important turn avoiding a 5 km tunnel.
1.4	64.5	LEFT onto via Ghenova to continue through Albenga at light at "T".
0.2	64.7	BEAR RIGHT to follow route.
0.2	64.9	CROSS orange bridge.
0.2	65.1	BEAR LEFT at turnoff to Emperia.
0.1	65.2	STRAIGHT at light.
0.1	65.3	LEFT towards Ventimiglia at white and orange fence.
0.6	65.9	CAUTION RR Tracks and an IMMEDIATE RIGHT to follow pavement.
0.8	66.7	LEFT to REJOIN SS 1 at stop sign at "T".
2.6	69.3	ENTER Alassio. Full services.
1.7	71.0	STRAIGHT to follow SS 1 towards San Remo in the heart of Alassio at light. Beach area to left.
2.5	73.5	ENTER Laigueglia. Full services, of course.
4.1	77.6	ENTER Andora. Full services.
2.4	80.0	BEAR RIGHT to follow SS 1 towards Imperia.
1.6	81.6	ENTER Cervo area.
1.7	83.3	ENTER Cervo.

Continued

Day 105 Genova to Menton, France (Page 3 of 4)

14-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

- 1.3 84.6 ENTER San Bartolomeo al Mare.
- 1.1 85.7 ENTER Diano Marina. Full services.
- 3.9 89.6 **CHECKPOINT** at the Ristorante Rodinella as you summit 2 km climb.
- 1.7 91.3 ENTER Imperia.
- 1.1 92.4 **LEFT** towards the beach at fountain rotary.
- 0.1 92.5 CAUTION RR Tracks then **BEAR RIGHT** along water. Trucks continue towards San Remo.
- 1.4 93.9 STRAIGHT to follow route at stop sign.
- 0.4 94.3 **BEAR RIGHT** to follow route.
- 0.4 94.7 **LEFT** to REJOIN SS 1 towards Ventimiglia at stop sign at "T".
- 1.6 96.3 **BEAR LEFT** to follow SS 1 towards Ventimiglia.
- 2.9 99.2 ENTER San Lorenzo al Mare area.
- 1.0 100.2 **BEAR LEFT** to follow SS 1 towards San Remo.
- 0.8 101.0 ENTER Costarainera.
- 0.5 101.5 ENTER Piana di Cipressa.
- 2.0 103.5 ENTER Aregai di Cipressa.
- 1.9 105.4 ENTER S Stefano al Mare.
- 1.2 106.6 ENTER Riva Ligure.
- 1.5 108.1 CAUTION speed bumps (4 sets).
- 0.4 108.5 ENTER Arma di Tággia.
- 0.2 108.7 STRAIGHT to follow SS 1 towards San Remo.
- 0.4 109.1 STRAIGHT to follow SS 1 towards San Remo at light.
- 0.9 110.0 Enter a short dark tunnel. Use your flashers.
- 0.2 110.2 ENTER San Remo area.
- 5.9 116.1 **LEFT** at rotary to follow SS 1 toward Ventimiglia.
- 0.1 116.2 **RIGHT** to follow SS 1 towards Ventimiglia.
- 0.3 116.5 STRAIGHT to follow SS 1 towards Ventimiglia.
- 5.0 121.5 **BEAR RIGHT** to follow SS 1 towards Ventimiglia at light.
- 1.2 122.7 **BEAR LEFT** to follow SS 1 toward Ventimiglia.
- 1.0 123.7 ENTER Bordighare area.
- 1.9 125.6 Enter a short lit tunnel.
- 0.3 125.9 ENTER Bordighare.
- 1.4 127.3 **BEAR LEFT** to follow SS 1 toward Ventimiglia.
- 0.3 127.6 **BEAR LEFT** and **RIGHT** to follow SS 1 toward Ventimiglia.
- 2.7 130.3 ENTER Camporosso. Full services.
- 0.4 130.7 ENTER Ventimiglia. Full services.
- 2.1 132.8 **RIGHT** and an **IMMEDIATE LEFT** to follow SS 1 toward Francia.

Continued

Day 105 Genova to Menton, France (Page 4 of 4)

14-Apr Fri

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Kms Accum

0.1	132.9	LEFT towards Ventimiglia, then IMMEDIATE RIGHT towards tunnel.
0.1	133.0	BEAR LEFT up hill in front of the Marina S. Giuseppe Tunnel and Esso Service Station. NOTE: This route avoids a 1 km dark, uphill tunnel.
0.5	133.5	STRAIGHT to follow route.
1.6	135.1	LEFT onto SS 1 towards Francia.
1.0	136.1	ENTER Latte.
0.8	136.9	BEAR LEFT onto SS 1 dir towards Ponte San Lodovico.
1.0	137.9	Enter .3 km wide lit tunnel.
1.0	138.9	Enter two short wide lit tunnels.
0.5	139.4	Enter .6 km wide lit tunnel. Even has a shoulder and sidewalk.
0.7	140.1	STRAIGHT through old border crossing area. Welcome to France.
0.2	140.3	ENTER Menton.
0.4	140.7	STRAIGHT at light. Potable water fountain and Paradiso Hotel on right.
1.3	142.0	BEAR RIGHT towards Centre Ville, Monaco and Nice at light. Enter tunnel with sidewalk.
0.3	142.3	Exit tunnel.
0.1	142.4	180° RIGHT up steep hill towards Camping Saint-Michel.
0.1	142.5	RIGHT towards Camping Saint-Michel at "T".
0.1	142.6	STRAIGHT to continue your climb.
0.1	142.7	BEAR RIGHT towards Camping Saint-Michel at "Y".
0.5	143.2	BEAR LEFT towards Camping Saint-Michel as climb levels out. Bus stop.
0.2	143.4	ENTER Parc Saint-Michel Camping Municipal.
0.2	143.6	ARRIVE at check-in.
	143.6	Today's Kilometers
	2706.7	Total Stage in Kilometers
	10058.9	Total Trip Kilometers

Services:	Full services in Menton about 1 km down the hill. Stock up before camp.
Camping:	Parc Saint-Michel Camping Municipal park is located in a neat area, high above the city. It has an excellent restaurant and bar run by Jean-Marc who speaks excellent English.
Toilets:	The campground has about 16 toilets and a few urinals at the central bathroom.
Showers:	The campground has a couple of showers, augmented by TK&A showers.
Dinner:	Dinner will be at the L'Embuscade Saloon at the campground from 6:00 to 7:30 pm.
Breakfast:	Breakfast Sunday will be at the L'Embuscade Saloon at the campground from 6:30 to 8:00 am.

Day 106 Menton layover day

15-Apr Sat

Tomorrow: A true Mediterranean cycling day with some rollers in gorgeous terrain, topped off by the rich and famous Nice and Cannes.

Day 107 NICE layover day

Emergency #'s:

Tim's Italian Cell: 0333-349-1942, Karen-Ann: 0338-137-7566, Brit-Simone: 0333-310-3572

Day 108 Nice (Menton) to Port Grimaud (Saint-Aygulf) (Page 1 of 3)

17-Apr Mon (Originally scheduled for Sun, 16-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

NOTE: *This is a change in venue. It's possible additional changes might be made before Carcassonne.*

Kms Accum **NOTE:** *You will be somewhere along here when picking up the route. Ibis hotel folks head for the coast and turn right onto Promenade des Anglais. Mercure hotel folks turn right onto Promenade des Anglais one block from here. Follow N 98 along the coast.*

0.0	0.0	RIGHT onto N 98. No mileage calculated from hotels to this point.
2.0	2.0	STRAIGHT to follow N 98 at turnoff to the N 202. NOTE: this mileage is estimated.
0.1	2.1	CAUTION merging traffic from right.
0.6	2.7	ENTER St Laurent Du Var.
1.7	4.4	ENTER Cagnes sur Mer.
0.5	4.9	JOG RIGHT to avoid underpass.
1.2	6.1	McDonalds on left on a rocky beach.
0.3	6.4	JOG RIGHT to avoid underpass.
1.1	7.5	ENTER Le Loup.
0.7	8.2	BEAR RIGHT to follow N 98 towards Antibes par Bord de Mer. Huge towers of apartments on left after turn. Route improves.
5.2	13.4	ENTER Antibes. CAUTION rumble strips ahead. Forte Carré on left.
0.7	14.1	BEAR LEFT at yield sign.
0.2	14.3	BEAR LEFT at rotary to follow coast.
0.3	14.6	Walled city on right.
0.2	14.8	RIGHT under the arch to enter the walled city. Just keep the water on your left.
0.7	15.5	BEAR LEFT as you EXIT the old city at "T".
0.2	15.7	STRAIGHT towards Juan les Pins and Cap d' Antibes at light.
0.2	15.9	RIGHT to follow route at "T".
0.1	16.0	STRAIGHT towards Juan les Pins at rotary.
3.8	19.8	LEFT onto Blvd. J F Kennedy towards Juan les Pins at "T".
0.1	19.9	BEAR RIGHT towards Cannes.
0.7	20.6	Naval museum on left.
2.6	23.2	STRAIGHT towards Cannes at rotary.
0.1	23.3	BEAR LEFT toward Cannes.
0.1	23.4	LEFT toward Cannes at "T".
0.1	23.5	BEAR RIGHT towards Cannes.

Continued

Day 108 Nice (Menton) to Port Grimaud (Saint-Aygulf) (Page 2 of 3)

17-Apr Mon (Originally scheduled for Sun, 16-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.1 23.6 STRAIGHT to follow coast at rotary.
- 0.2 23.8 STRAIGHT to follow coast at rotary.
- 2.4 26.2 ENTER Golfe Juan.
- 0.1 26.3 STRAIGHT to follow coast at rotary.
- 1.5 27.8 **BEAR LEFT** and **RIGHT** through short tunnel toward Cannes on N 7.
- 1.5 29.3 ENTER Cannes just beyond Shell Service Station.
- 0.9 30.2 **LEFT** toward Pnte la Croisette (coast) at rotary.
- 0.2 30.4 **BEAR RIGHT** at coast.
- 1.2 31.6 **BEAR RIGHT** and **RIGHT** to follow coastal route.
- 1.8 33.4 Inter Continental Carlton on right.
- 0.1 33.5 Noga Hilton on right.
- 1.1 34.6 **LEFT** in front of Police Station at "T".
- 0.2 34.8 **BEAR RIGHT** to follow coastal route.
- 4.2 39.0 STRAIGHT toward da Mandeliue to follow coastal route at rotary.
- 1.0 40.0 ENTER Mandeliue.
- 0.4 40.4 **BEAR LEFT** towards Napoule to follow coast.
- 0.5 40.9 Road divides.
- 0.5 41.4 **BEAR LEFT** to follow coastal route.
- 0.1 41.5 **LEFT** towards St Raphael to follow coastal route at rotary at "T". We are back on N 98.
- 1.9 43.4 Théoule-s-Mer sign on hill to right. Neat artwork along here.
- 4.3 47.7 ENTER Miramar.
- 2.7 50.4 ENTER Le Trayas. Watch for **CHECKPOINT** somewhere ahead.
- 6.7 57.1 ENTER Antheor.
- 3.0 60.1 ENTER Agay.
- 2.3 62.4 STRAGHT to follow N 98 at Jct D 100.
- 0.9 63.3 CAUTION brick strips in road.
- 1.8 65.1 Military display on left.
- 1.8 66.9 ENTER Saint Raphaël.
- 3.6 70.5 STRAIGHT to follow N 98 at rotary.
- 1.1 71.6 **BEAR RIGHT** to follow N 98 at rotary.
- 0.1 71.7 **BEAR LEFT** to follow N 98 at "Y".
- 0.5 72.2 STRAIGHT to follow N 98 toward Frejus at rotary.
- 0.6 72.8 STRAIGHT to follow N 98 toward Frejus at rotary.
- 1.0 73.8 **BEAR RIGHT** to follow N 98 along coast.

Continued

Day 108 Nice (Menton) to Port Grimaud (Saint-Aygulf) (Page 3 of 3)

17-Apr Mon (Originally scheduled for Sun, 16-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

0.1	73.9	BEAR LEFT to follow N 98 along coast.
0.2	74.1	LEFT to return to coast.
0.6	74.7	RIGHT to follow coast.
0.1	74.8	RIGHT towards St Tropez at "T".
0.9	75.7	LEFT towards St Tropez at rotary.
0.7	76.4	RIGHT towards St Tropez.
0.1	76.5	LEFT 180° toward St Tropez at rotary.
0.5	77.0	STRAIGHT toward St Tropez at rotary. Detached bike path on right.
1.2	78.2	RIGHT towards Camping L'Etoile d'Argens.
0.5	78.7	STRAIGHT towards campground.
1.5	80.2	RIGHT into Camping L'Etoile d'Argens.
0.1	80.3	ARRIVE at check-in.
0.0	80.3	EXIT camping area.
0.1	80.4	LEFT onto the main street in front of the Camping L'Etoile d'Argens.
2.2	82.6	RIGHT onto N 98.
0.6	83.2	ENTER St Aygulf.
1.4	84.6	Hotel St Aygulf on right just after crossing bridge.
2.9	87.5	ENTER Les Issambres.
4.4	91.9	San Piere Les Issambres.
1.6	93.5	STRAIGHT to follow N 98 towards St Tropez at Jct D 8.
1.8	95.3	ENTER La Nartelle.
0.6	95.9	LEFT to follow N 98 towards St Tropez at rotary.
2.8	98.7	ENTER St Maxime. Full services.
2.0	100.7	CAUTION traffic merging from right.
2.6	103.3	STRAIGHT to follow N 98 towards Grimaud at rotary.
2.4	105.7	STRAIGHT to follow N 98 towards St Tropez at rotary. Watch for one of our orange check signs to identify your final turn towards the Camping les Prairies de la Mer.
0.2	105.9	ARRIVE at Camping les Prairies de la Mer.
	105.9	Today's Kilometers
	2821.6	Total Stage in Kilometers
	10173.8	Total Trip Kilometers

Services: Camping les Prairies de la Mer is a great, full service facility in a super area.
Camping: Ask about our designed areas.
Toilets: A couple of hundred.
Showers: About 400 in several facilities. 202 are hot, that's about 1 per person.
Dinner: Dinner will be a camp from 6:00 to 7:30 pm.
Breakfast: Breakfast will be a camp from 6:30 to 8:00 am.
Tomorrow: 129.5 kms. Not so rich and famous, but beautiful terrain with some great coastal towns and congestion. Rolling terrain.

Day 109 Port Grimaud to Sanary-sur-Mer (Page 1 of 4)
18 Apr Tue (Originally schedule for Mon, 17-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann:
 001-206-295-5385

Kms Accum

- 0.0 0.0 EXIT Camping les Prairies de la Mer.
- 0.2 0.2 **LEFT** onto N 98 towards St Tropez. This might be a little off.
- 0.5 0.7 **BEAR LEFT** to follow N 98 towards St Tropez at Jct D 14.
- 1.5 2.2 **BEAR LEFT** to follow N 98 towards St Tropez.
- 0.3 2.5 **LEFT** towards St Tropez at light at huge rotary.
- 0.9 3.4 **BEAR RIGHT** towards St Tropez.
- 1.2 4.6 **BEAR LEFT** onto D 98A towards St Tropez.
- 0.4 5.0 STRAIGHT towards St Tropez.
- 2.3 7.3 ENTER St Tropez.
- 0.1 7.4 **RIGHT** onto D 93 towards Ramatuelle at light. St Tropez (home of Bridget Bardot) is straight ahead and worth a look.
- 0.4 7.8 **BEAR LEFT** towards la Croix-Valmer at turnoff to Ramatuelle.
- 0.4 8.2 **BEAR LEFT** towards la Croix-Valmer at turnoff to Ramatuelle.
- 0.6 8.8 **BEAR RIGHT** to follow D 93 towards la Croix-Valmer. A short respite from the busier coastal route.
- 2.3 11.1 ENTER the outskirts of la Croix-Valmer.
- 4.5 15.6 **LEFT** towards Cavalaire.
- 0.6 16.2 **RIGHT** towards all directions at rotary.
- 1.0 17.2 **BEAR LEFT** towards Cavalaire.
- 1.1 18.3 STRAIGHT onto D 559 towards Cavalaire at rotary.
- 1.8 20.1 ENTER Cavalaire-s-Mer. Full services.
- 0.1 20.2 STRAIGHT to follow D 559 at rotary.
- 0.4 20.6 **BEAR LEFT** to follow coast at rotary.
- 0.7 21.3 **BEAR RIGHT** towards le Lavandou.
- 1.0 22.3 STRAIGHT to follow D 559 towards le Lavandou at yield sign at rotary.
- 5.1 27.4 ENTER Rayol.
- 2.4 29.8 ENTER Le Canadel.
- 3.9 33.7 ENTER Cavalaire. Full services.
- 0.5 34.2 **BEAR RIGHT** and **LEFT** to follow D 559.
- 0.1 34.3 STRAIGHT to follow D 559 rotary.
- 4.9 39.2 STRAIGHT to follow D 559.
- 0.4 39.6 ENTER le Lavandou.
- 0.5 40.1 STRAIGHT to follow D 559 towards Hyères at rotary.
- 1.7 41.8 **BEAR RIGHT** to follow D 559 towards Bormes les Mimoses at rotary.

Continued

Day 109 Port Grimaud to Sanary-sur-Mer (Page 2 of 4)
18 Apr Tue (Originally schedule for Mon, 17-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann:
001-206-295-5385

Kms Accum

0.6 42.4 **BEAR LEFT** to follow D 559.
0.3 42.7 **ENTER** Bormes les Mimoses at rotary.
2.9 45.6 **STRAIGHT** toward Toulon as N 559 rejoins N 98. Traffic merges from right.
1.4 47.0 **BEAR RIGHT** onto frontage road. No bikes allowed on main road.
3.4 50.4 **PASS** under the N 98.
1.1 51.5 **ENTER** la Londe les Maures. Full services.
0.1 51.6 **BEAR LEFT** to follow route.
0.8 52.4 **STRAIGHT** towards Hyères at rotary.
0.6 53.0 **STRAIGHT** towards Hyères at rotary.
0.3 53.3 **STRAIGHT** to follow D 559 towards Hyères at rotary.
2.2 55.5 **LEFT** after crossing major road towards Toulon at "T".
0.6 56.1 **LEFT** onto the D 12 at rotary.
0.3 56.4 **STRAIGHT** to follow D 12 at entrance to N 98.
1.5 57.9 **ENTER** les Salins.
0.2 58.1 **RIGHT** at water at "T". Excellent, long detached bike path ahead on right.
1.8 59.9 **ENTER** L'Aygaude.
0.2 60.1 **STRAIGHT** towards the Hyères Airport at rotary.
2.0 62.1 **STRAIGHT** to follow D 42 at turnoff to airport at rotary.
0.3 62.4 **ENTER** La Plage.
1.1 63.5 **STRAIGHT** onto D 97 at rotary.
0.2 63.7 **RIGHT** to follow D 42 at rotary.
3.2 66.9 **STRAIGHT** onto D 559 towards Toulon at rotary.
3.8 70.7 **STRAIGHT** to follow D 559 towards Carqueiranne.
0.1 70.8 **ENTER** Carqueiranne. Full services.
0.1 70.9 **STRAIGHT** to follow D 559 at rotary.
0.3 71.2 **STRAIGHT** to follow D 559 towards Toulon at rotary.
0.7 71.9 **LEFT** towards les Canabis at rotary. Trucks continue straight to camp.
0.1 72.0 **STRAIGHT** to follow route.
1.0 73.0 **BEAR RIGHT** towards les Canabis. Fast downhill ahead.
2.7 75.7 Mine de Cap Garonne. Mine museum on left.
0.9 76.6 **RIGHT** at "T".
1.0 77.6 **CAUTION** speed bump near waterfront.

Continued

Day 109 Port Grimaud to Sanary-sur-Mer (Page 3 of 4)
18 Apr Tue (Originally schedule for Mon, 17-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 1.6 79.2 **LEFT** onto D 559 towards Toulon at light at "T". We are in the center of le Pradet. Full services.
- 2.0 81.2 **LEFT** onto D 42 towards Toulon at "T".
- 0.8 82.0 **BEAR LEFT** to follow D 42.
- 0.8 82.8 **BEAR LEFT** to follow D 42 at light. ENTER Toulon. Full services.
- 0.9 83.7 **STRAIGHT** to follow D 42 at turnoff to Central Toulon. Fast descent ahead.
- 1.4 85.1 **BEAR RIGHT** towards Toulon city center at rotary.
- 1.4 86.5 **BEAR RIGHT** to follow main road to leave beach area.
- 0.8 87.3 **STRAIGHT** towards Marseille and Centre Ville at light.
- 0.7 88.0 **LEFT** toward Vielle Ville and Hotel de Ville and Villa Centre immediately in front of stadium at light at rotary. CAUTION RR Tracks after rotary. Busy area.
- 0.7 88.7 **BEAR RIGHT** to follow road.
- 0.2 88.9 **LEFT** onto one-way towards Place d' Armes.
- 0.1 89.0 **STRAIGHT** towards Chamber of Commerce and **BEAR RIGHT** onto Ave Jean Moulin to follow one-way.
- 0.2 89.2 **LEFT** onto Blvd Leclerc towards the Palais de Justice and Musée de Toulon at light.
- 0.2 89.4 **STRAIGHT** towards Toulon Quest at light.
- 0.4 89.8 **STRAIGHT** towards Pont du las and Delayune at light. Don't go left.
- 0.4 90.2 **BEAR LEFT** to follow route.
- 0.7 90.9 **BEAR LEFT** towards Le Seyne at rotary.
- 0.7 91.6 **BEAR LEFT** under highway toward La Seyne **at modified rotary at light**. MOVE to right lanes.
- 0.1 91.7 **STRAIGHT** towards Le Sayne.
- 0.8 92.5 **BEAR LEFT** onto D 559 towards Le Seyne at rotary.
- 0.6 93.1 CAUTION RR Tracks as you **BEAR LEFT** to follow D 559 towards Six-Fours and Le Seyne-s-Mer at rotary.
- 1.1 94.2 CAUTION RR Tracks (2 sets).
- 0.3 94.5 **BEAR RIGHT** to follow D 559 towards Six-Fours at light at "Y".
- 1.1 95.6 **STRAIGHT** to follow D 559 towards Six-Fours and Olliotes at light.
- 0.8 96.4 **LEFT** to follow D 559 towards Six-Fours at rotary
- 0.7 97.1 ENTER Six-Fours les Plages. Full services.
- 0.9 98.0 **BEAR RIGHT** to follow D 559. Bike lane ahead.
- 1.4 99.4 **STRAIGHT** to follow D 559 at rotary.
- 1.4 100.8 **STRAIGHT** to follow D 559 at Jct D 616 at light.

Continued

Day 109 Port Grimaud to Sanary-sur-Mer (Page 4 of 4)
18 Apr Tue (Originally schedule for Mon, 17-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann:
 001-206-295-5385

Kms Accum

0.6 101.4 STRAIGHT to follow D 559 at rotary.
 0.4 101.8 ENTER Sanary sur Mer.
 0.1 101.9 STRAIGHT to follow D 559 into city at rotary.
 0.8 102.7 **RIGHT** to follow D 559 towards Bandol at rotary.
 0.6 103.3 **LEFT** onto Corniche Du Soleil towards Marseille at light at "T".
 0.5 103.8 **LEFT** to follow D 559 toward Bandol at rotary.
 0.2 104.0 **LEFT** towards Camping Mogador.
 0.1 104.1 **LEFT** into the Camping Mogador. CAUTION speed bumps ahead.
 0.2 104.3 ARRIVE at check-in.

104.3 Today's Kilometers
 2951.1 Total Stage in Kilometers
 10,303.3 Total Trip

Services: Full services near camp, including the ocean about 8 km away.
 Camping: The Camping Mogador has a restaurant, store, pool, and bar. We will have a couple of locations designated for our group.
 Toilets: Two facilities have 26 toilets.
 Showers: Two facilities have 26 showers.
 Dinner: Dinner will be in two shifts, the first at 5:00 pm, the second at 6:00 pm.
 Breakfast: Breakfast will be from 6:30 to 8:00 am.
 Tomorrow: 94.8 kms. Beautiful riding day, with some hills and lots of ocean scenery.

Day 110 Sanary-sur-Mer to La Couronne (Martiques) (Page 1 of 4)
19 Apr Wed (Originally schedule for Tue, 18-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.0 0.0 EXIT camping area.
- 0.2 0.2 **RIGHT** onto road in front of the Camping Mogador at "T".
- 0.2 0.4 **LEFT** onto D 559 at "T".
- 2.3 2.7 **LEFT** to follow D 559 toward city. ENTER Bandol. Full services.
- 0.7 3.4 **BEAR LEFT** to follow coast.
- 0.5 3.9 **BEAR RIGHT** towards Marseille.
- 0.1 4.0 **BEAR RIGHT** towards St Cy-s-Mer and La Ciotat.
- 0.3 4.3 **BEAR RIGHT** towards St Cy-s-Mer and La Ciotat.
- 0.2 4.5 **LEFT** towards St Cy-s-Mer and La Ciotat at "T".
- 0.4 4.9 **STRAIGHT** towards St Cy-s-Mer and La Ciotat at rotary.
- 0.7 5.6 **BEAR LEFT** to follow D 559 towards St Cy-s-Mer and La Ciotat at rotary.
- 2.1 7.7 Road levels out.
- 2.1 9.8 **BEAR LEFT** to follow D 559 towards St Cy-s-Mer and La Ciotat.
- 1.1 10.9 ENTER St Cy-s-Mer. Full services.
- 0.5 11.4 **LEFT** to follow D 559 towards les Lecques.
- 1.1 12.5 **BEAR RIGHT** to follow D 559 towards La Ciotat at rotary.
- 0.5 13.0 **STRAIGHT** to follow D 559 towards La Ciotat at rotary.
- 4.3 17.3 ENTER La Ciotat.
- 1.3 18.6 **BEAR LEFT** towards Centre Ville and St Jean La Plage.
- 0.1 18.7 **STRAIGHT** toward beach at rotary.
- 0.1 18.8 **BEAR RIGHT** to follow coast through city.
- 1.0 19.8 **BEAR LEFT** to follow coastal route at modified rotary.
- 0.5 20.3 **RIGHT** at stop sign at "T" and an **IMMEDIATE LEFT** towards Cinama le s Theatre at "T".
- 0.1 20.4 **RIGHT** towards Le Picoussin.
- 0.3 20.7 **STRAIGHT** to follow route at light.
- 0.4 21.1 **STRAIGHT** towards Bucelle Ste Croix and the Rte des Ctêtes at light. Nice hill ahead.
- 0.7 21.8 **BEAR RIGHT** onto the Rte des Ctêtes. You are on D 141.
- 2.9 24.7 **RIGHT** towards Cassis at "T". Ele approx 1000 ft.
- 0.7 25.4 Crest at about 1200 ft. CAUTION steep curvy descent.
- 6.2 31.6 **LEFT** to follow D 141 towards Cassis at "T". CAUTION very steep descent.
- 0.6 32.2 **BEAR RIGHT** to continue descent at "Y".
- 0.6 32.8 **LEFT** onto D 559 towards Cassis at "T".
- 0.2 33.0 **STRAIGHT** to follow D 559 at turnoff to Cassis.

Continued

Day 110 Sanary-sur-Mer to La Couronne (Martiques) (Page 2 of 4)
19 Apr Wed (Originally schedule for Tue, 18-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 1.3 34.3 **LEFT** to follow D 559 towards Marseille at "T".
- 0.5 34.8 **LEFT** to follow D 559 towards Marseille at Jct D 41at "Y". Excellent road.
- 10.2 45.0 ENTER Marseille.
- 1.9 46.9 STRAIGHT towards Marseille at turnoff to Luminy at rotary.
- 0.4 47.3 **BEAR RIGHT** towards Le Redon to avoid climbing onto elevated highway.
- 0.2 47.5 STRAIGHT to follow route under elevated highway.
- 2.1 49.6 **LEFT** towards Bonneveine at rotary. Obelisk in middle of rotary.
- 0.4 50.0 **RIGHT** towards Bonneveine at light at T".
- 0.3 50.3 **LEFT** towards Bonneveine at light. Use left turn lane.
- 0.2 50.5 **BEAR RIGHT** to follow route.
- 0.2 50.7 **BEAR RIGHT** towards Bonneveine at rotary.
- 0.6 51.3 STRAIGHT towards Bonneveine at thumb rotary.
- 0.7 52.0 STRAIGHT towards La Plage at rotary.
- 0.4 52.4 **RIGHT** towards Centre-ville at beach at rotary.
- 0.7 53.1 STRAIGHT to follow the coast at David rotary.
- 2.1 55.2 **BEAR LEFT** towards Center-ville at light. Super ride along the coast.
- 2.2 57.4 **BEAR RIGHT** to follow route into city.
- 0.2 57.6 **LEFT** and an **IMMEDIATE LEFT** toward Toutes Directions and Centre Ville at lights.
- 0.4 58.0 **RIGHT** onto Boulevard Charles Livon at light at "T".
- 0.3 58.3 STRAIGHT towards the Vieux Port. CAUTION metal grating in road. Lots of sail boats on left.
- 0.8 59.1 **BEAR LEFT** to follow road around harbor.
- 0.2 59.3 **BEAR LEFT** to follow road around harbor.
- 1.3 60.6 CAUTION vehicles merging from right.
- 0.1 60.7 Parvis de St-Laurent church on right. Move to left lanes to access left exit ahead to avoid freeway entrances.
- 0.3 61.0 You are now on Ave Robert Schuman.
- 0.6 61.6 Fast traffic merges from left. Stay in right lanes.
- 0.1 61.7 **BEAR RIGHT** to avoid left lanes heading for freeway.
- 0.2 61.9 **BEAR LEFT** onto Blvd de Paris at light at "T".
- 0.4 62.3 **LEFT** at rotary. CAUTION RR Tracks.
- 0.1 62.4 **RIGHT** in front of port at "T".
- 1.3 63.7 STRAIGHT to follow route at light.
- 0.1 63.8 **BEAR LEFT** to follow route.

Continued

Day 110 Sanary-sur-Mer to La Couronne (Martiques) (Page 3 of 4)
19 Apr Wed (Originally schedule for Tue, 18-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.3 64.1 **BEAR LEFT** at entrance to the A 5.
- 0.8 64.9 **BEAR LEFT** at turnoff to St Louis at light.
- 0.3 65.2 Traffic merges from right.
- 0.3 65.5 **STRAIGHT** to follow frontage road.
- 0.4 65.9 **STRAIGHT** at entrance to the A 5.
- 0.3 66.2 **STRAIGHT** towards l'Estaque as you pass under the A 5
- 0.1 66.3 **STRAIGHT** towards l'Estaque at rotary.
- 0.5 66.8 **STRAIGHT** towards l'Estaque at rotary.
- 0.2 67.0 **STRAIGHT** towards l'Estaque at rotary.
- 1.7 68.7 **STRAIGHT** towards l'Estaque at rotary. We are back on the water.
- 0.5 69.2 **BEAR LEFT** towards Le Rove. Either road works.
- 0.9 70.1 **STRAIGHT** towards l'Estaque light.
- 2.1 72.2 **CHECKPOINT** in parking lot just before tunnel. No services. **LEFT** onto Chemin Du Resquiadou just before tunnel for an excellent route around a noisy tunnel.
- 0.8 73.0 **LEFT** onto N 568 at "T".
- 1.5 74.5 **CAUTION** speed bumps.
- 0.5 75.0 **BEAR LEFT** to follow the N 568 and D 5.
- 0.9 75.9 Supermarket on left.
- 0.5 76.4 **LEFT** onto D 5 towards Ensues and Carry. Nice road.
- 1.1 77.5 **STRAIGHT** to follow D 5 at Jct D 48.
- 1.7 79.2 **ENTER** Ensues-la-Redonne.
- 1.1 80.3 **STRAIGHT** to follow D 5 at rotary.
- 0.6 80.9 **LEFT** to follow D 5 towards Plage du Rouet.
- 2.2 83.1 **ENTER** Carry-le-Rouet.
- 0.3 83.4 **BEAR RIGHT** to follow D 5 at coast.
- 1.7 85.1 **BEAR LEFT** to follow D 5.
- 0.9 86.0 **STRAIGHT** through village at small rotary. Another small one ahead.
- 0.8 86.8 **STRAIGHT** to follow D 5 at rotary.
- 0.8 87.6 **ENTER** Sausset-les-pins. Full services. Lou Campground on right.
- 2.2 89.8 **BEAR RIGHT** as road splits.
- 0.1 89.9 **LEFT** onto Ave de Port.
- 0.1 90.0 **RIGHT** at waterfront at "T".
- 0.1 90.1 **LEFT** onto D 49 at rotary.
- 0.8 90.9 **BEAR LEFT** to follow D 49 along the coast.

Continued

Day 110 Sanary-sur-Mer to La Couronne (Martiques) (Page 4 of 4)

19 Apr Wed (Originally schedule for Tue, 18-Apr)

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

1.4	92.3	BEAR RIGHT to follow D 49 at "T".
0.7	93.0	LEFT onto Chemin des Paluds towards Les Tamaris.
1.1	94.1	Les Tamaris village. Services.
0.1	94.2	STRAIGHT as you leave the water toward campgrounds.
0.4	94.6	LEFT into the Le Mas Campground.
0.2	94.8	ARRIVE at check-in.
	94.8	Today's Kilometers
	3045.9	Total Stage in Kilometers
	10,398.1	Total Trip Kilometers

Services:	No city close to camp, but camp has everything.
Camping:	Le Mas Campground is one of the bigger operations in camping, located next to the ocean. Restaurant, bar, store, etc, exist.
Toilets:	This camp has plenty.
Showers:	This camp has plenty.
Dinner:	Dinner will be from 6:00 to 7:30 pm at the camp's Les Ombrelles Restaurant.
Breakfast:	Breakfast will 7:15 to 8:45 am at the camp's Les Ombrelles Restaurant.
Tomorrow:	130.8 kms. Pretty flat all day and relatively quiet roads. Not a lot of coastal scenery, but some excellent bird watching.

Day 111 La Couronne to La Grande Motte
20 Apr Thur (Originally schedule for Wed, 19-Apr)

(Page 1 of 4)

Emergency #'s:
Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

0.0 0.0 EXIT camping area.
0.2 0.2 STRAIGHT onto Chemin de Sainte Croix from Camping Le Mas.
1.0 1.2 LEFT onto Route des Bastides (D 49) towards Martigues at stop sign at "T".
1.7 2.9 ENTER la Couronne.
0.3 3.2 RIGHT to follow D 49 towards Martigues at "T".
0.6 3.8 BEAR LEFT to follow D 49 towards Martigues.
2.1 5.9 Summit Ele 122 meters.
1.9 7.8 STRAIGHT to follow D 49 towards Martigues.
0.1 7.9 BEAR LEFT onto D 5 towards Martigues.
2.4 10.3 ENTER Martigues. CROSS over freeway.
0.6 10.9 LEFT onto D 9 towards Istres at light.
0.6 11.5 RIGHT toward Centre Ville at rotary at "T".
0.5 12.0 STRAIGHT to follow along harbor at rotary.
0.2 12.2 RIGHT onto one-way road towards centre-Ville.
0.1 12.3 LEFT through village at "T". MOVE left after turn.
0.1 12.4 BEAR LEFT-we are heading for the bridge.
0.3 12.7 160° LEFT TURN onto Quai Sainte Anna (road heading for bridge) at "T".
0.3 13.0 CROSS bridge.
0.7 13.7 RIGHT towards Istres to CROSS a second bridge.
0.1 13.8 RIGHT at end of bridge.
0.3 14.1 STRAIGHT towards Toute Directions. CAUTION speed bumps.
0.5 14.6 LEFT towards A 55 and Port de Bouc.
0.2 14.8 BEAR LEFT onto lower road.
0.1 14.9 BEAR RIGHT and an IMMEDIATE LEFT towards A 55 and Port de Bouc at light at "T".
1.1 16.0 BEAR RIGHT toward the N 568 toward Fos. Don't continue straight.
0.8 16.8 BEAR RIGHT towards the Cimetier de Reveilla (cemetary) to CROSS under highway at rotary.
0.2 17.0 LEFT onto Chemin des Fabriques to follow frontage road (parallels N 568 for a bit) along highway.
1.0 18.0 STRAIGHT at rotary. CAUTION some speed bumps ahead.
0.8 18.8 STRAIGHT as you leave Martigues at stop sign.
0.2 19.0 STRAIGHT towards college at rotary.
0.5 19.5 STRAIGHT at stop sign. Quiet roads, huh?
0.2 19.7 LEFT at stop sign at modified "T".

Continued

Day 111 La Couronne to La Grande Motte
20 Apr Thur (Originally schedule for Wed, 19-Apr)

(Page 2 of 4)

Emergency #'s:
Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 1.0 20.7 **LEFT** towards Martigues and Fos at "T".
- 0.1 20.8 **RIGHT** towards Martigues and Fos at "T".
- 0.4 21.2 **RIGHT** onto N 568 towards Fos-s-Mer. NOTE the wierd Musée Morales on right. Be prepared to **EXIT LEFT** as soon as we **CROSS** the river. **CAUTION** fast traffic.
- 2.6 23.8 **RIGHT** toward and **ENTER** Fos-sur-Mer.
- 0.1 23.9 **STRAIGHT** towards village center.
- 1.9 25.8 **BEAR RIGHT** and an **IMMEDIATE LEFT** towards Toutes Directions.
- 0.1 25.9 **BEAR RIGHT** to follow route.
- 0.1 26.0 **180° LEFT TURN** at rotary.
- 0.1 26.1 **RIGHT** toward Marseille.
- 0.1 26.2 **CAUTION** speed bump. **STRAIGHT** towards Le Guignonnet at rotary. Don't end up on N 568.
- 1.8 28.0 **CAUTION** RR Tracks.
- 0.1 28.1 **RIGHT** onto N 544 towards Arles at stop sign at "T".
- 3.5 31.6 **CROSS** under N 568.
- 0.4 32.0 **MERGE** with N 568 for about 1 km.
- 0.7 32.7 **LEFT** onto N 268 toward Port St Louis at rotary.
- 10.4 43.1 **STRAIGHT** to follow N 268 towards Port St Louis at water tower.
- 2.7 45.8 **RIGHT** onto D 35 toward Salin-de-Giraud at boat sculpture.
- 3.2 49.0 **BEAR RIGHT** onto D 35 B towards Salin-de-Giraud.
- 1.6 50.6 **JOG STRAIGHT** towards ferry at stop sign.
- 0.2 50.8 **CATCH** the ferry to **CROSS** the le Grand Rhône. About 25F for car. Bikes free.
- 0.4 51.2 **ENTER** Salin-de-Giraud. No services on road. **RIGHT** onto D 36 at "T".
- 0.8 52.0 Fina Service Station on right.
- 1.2 53.2 **LEFT** onto D 36 C towards Etang de Vaccares and the Reserve Nationale de Camargue.
- 2.0 55.2 **BEAR RIGHT** towards Arles at turn-off to D 140.
- 4.4 59.6 **RIGHT** onto C 134 toward Vaccares at "T".
- 6.2 65.8 **STRAIGHT** towards Vaccares and Villeneuve at turn off to Le Sambuc.
- 8.0 73.8 **ENTER** Villeneuve.
- 0.1 73.9 **LEFT** onto D 37 toward Albaron and Les Stes Maries. **CHECKPOINT** after turn at a 17th century Snack Bar.
- 6.7 80.6 Super observation stand on left.
- 3.2 83.8 **BEAR RIGHT** to follow D 37 at turnoff to Mejanes.

Continued

Day 111 La Couronne to La Grande Motte (Page 3 of 4)
20 Apr Thur (Originally schedule for Wed, 19-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 3.9 87.7 CAUTION rumble strips just before **LEFT** onto D 570 towards Les Stes Maries at yield sign at "T".
- 0.6 88.3 Fruit stand on left.
- 2.5 90.8 Restaurant on left.
- 5.4 96.2 Chateau D'Avignon on right.
- 1.3 97.5 **RIGHT** onto D 38 C toward Aigues Mortes.
- 4.5 102.0 CROSS Le Petite Rhône.
- 0.3 102.3 **BEAR LEFT** to follow D 38 towards Aigues Mortes.
- 2.9 105.2 Limited services.
- 1.4 106.6 ENTER Montcalm. Services.
- 0.1 106.7 **BEAR LEFT** to follow D 38 towards Aigues Mortes.
- 8.1 114.8 **LEFT** onto D 46 towards Aigues Mortes at rotary. Services ahead.
- 0.9 115.7 STRAIGHT to follow D 46 at the turnoff to the A 9.
- 0.4 116.1 STRAIGHT onto D 979 towards Aigues Mortes at rotary. ENTER Aigues Mortes. Full services.
- 0.9 117.0 **BEAR LEFT** to CROSS bridge and an **IMMEDIATE RIGHT** to follow D 979.
- 0.2 117.2 **BEAR RIGHT** in front of old city wall. Worth a look.
- 0.1 117.3 **LEFT** just before bridge towards Le Grau du Roi at rotary. Don't cross bridge. CAUTION RR Tracks in middle of rotary.
- 1.3 118.6 **BEAR RIGHT** to CROSS bridge.
- 3.7 122.3 STRAIGHT toward Center Ville at rotary. You can also jog slightly right to avoid rotary altogether.
- 0.1 122.4 ENTER le Grau-du-Roi. Full services.
- 0.4 122.8 **RIGHT** to CROSS bridge. CAUTION Metal grating.
- 0.1 122.9 **RIGHT** onto Rue du Divourle then **LEFT** to follow route.
- 0.3 123.2 STRAIGHT towards la Grande Motte.
- 0.1 123.3 MERGE with traffic from left.
- 0.8 124.1 STRAIGHT to follow D 62 C toward Montpellier and la Grande Motte.
- 1.7 125.8 STRAIGHT towards la Grande-Motte at rotary.
- 0.8 126.6 STRAIGHT towards la Grande-Motte at rotary.
- 0.7 127.3 ENTER la Grande-Motte (founded 1972). Full services.
- 0.2 127.5 CROSS under a modern arch or fallen away sidewalk.
- 0.4 127.9 Office de Tourism on right.

Continued

Day 111 La Couronne to La Grande Motte (Page 4 of 4)
20 Apr Thur (Originally schedule for Wed, 19-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

1.2	129.1	EXIT LEFT towards Le Palais des Congrés and Centre Nautique.
0.1	129.2	STRAIGHT towards camping at light.
0.1	129.3	CAUTION traffic merges from the right as you move right to make next turn to right.
0.1	129.4	RIGHT onto Avenue Marschal de Lattre de Tassigny at light.
0.7	130.1	RIGHT onto Avenue de la petite Motte towards camping.
0.5	130.6	LEFT into the Municipal Lou Gardians Campground.
0.2	130.8	Arrive at check-in.
	130.8	Today's Kilometers
	3176.8	Total Stage in Kilometers
	10,529.0	Total Trip Kilometers

Services: la Grande-Motte appears to be a planned community with lots of tourist facilities. It goes from 6200 people in winter to over 150,000 in summer. Full services and the beaches are less than 1 km away.

Camping: Lou Gardians Campground is a municipal campground with excellent facilities. Small restaurant and bar, and 9 washing machines as well.

Toilets: Three separate facilities exist with a total of 24 toilets.

Showers: Three separate facilities exist with about 12 showers. Possible TK&A showers as well.

Dinner: Dinner will be from 6:00 to 7:30 pm at the camp's restaurant.

Breakfast: Breakfast will be from 7:00 to 8:30 am.

Tomorrow: 175.2 kms. Along the busy coast and relatively flat. Except for a couple of hills late in afternoon. Wine country.

Day 112 La Grande Motte to Carcassonne
21 Apr Fri (Originally schedule for Thu, 20-Apr)

(Page 1 of 7)

Emergency #'s:
Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

0.0	0.0	EXIT camping area.
0.1	0.1	RIGHT onto Avenue de la petite Motte from Lou Gardians Campground.
0.4	0.5	Road divides.
0.1	0.6	RIGHT onto Marschal de Lattre de Tassigny at light.
1.3	1.9	RIGHT to follow coast at rotary. We are on D 59.
3.8	5.7	ENTER Carnon. Full services.
0.1	5.8	STRAIGHT to follow D 59 at rotary.
2.3	8.1	RIGHT onto Rue de la Plaigne towards Carnon Centre.
0.1	8.2	LEFT onto Rue du Levant towards Centre Ville.
0.2	8.4	RIGHT onto main street at light.
0.2	8.6	LEFT onto D 62E2 towards Palavas at light.
5.2	13.8	RIGHT onto D 986 towards Montpellier.
0.1	13.9	CAUTION merging traffic from left.
0.7	14.6	BEAR RIGHT onto frontage street bike route to Montpellier.
0.4	15.0	Bike path begins on right.
1.0	16.0	STRAIGHT onto D 185 from the bike path towards Sète at rotary (for vehicles it is a left). CAUTION fast traffic.
2.4	18.4	LEFT towards Villeneuve les Maguelone.
0.1	18.5	ENTER Villeneuve les Maguelone. Full services.
0.6	19.1	BEAR RIGHT with road.
0.2	19.3	STRAIGHT onto D 116 towards Frontignan at stop sign.
0.7	20.0	BEAR LEFT to follow D 116 towards Mireval at light.
4.2	24.2	STRAIGHT to follow D 116 at turnoff to Mireval.
2.0	26.2	LEFT onto D 114 towards Frontignan at stop sign.
1.3	27.5	BEAR RIGHT onto detached bike path.
1.3	28.8	LEFT and IMMEDIATE RIGHT to rejoin D 114 after exiting bike path.
1.1	29.9	STRAIGHT across a cool bridge remade to handle bikes and pedestrians.
0.6	30.5	Bike path begins on left side of road.
2.9	33.4	BEAR RIGHT to follow D 60 towards Montpellier at rotary. Bike lane ends just before rotary.
0.2	33.6	Bike path begins on left again.
0.9	34.5	Bike path ends.
1.1	35.6	BEAR RIGHT towards L' Entrée for Camping just before bridge.
0.8	36.4	ENTER Frontignan-Plage. BEAR RIGHT toward Plage (first right) at rotary.
0.3	36.7	RIGHT in village center before beach.

Continued

Day 112 La Grande Motte to Carcassonne (Page 2 of 7)
21 Apr Fri (Originally schedule for Thu, 20-Apr)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.5 37.2 **RIGHT** in front of parking lot height indicator toward bridge access.
- 0.1 37.3 **LEFT** onto D 50 towards Sete to **CROSS** bridge.
- 0.3 37.6 **BEAR RIGHT** towards Sete and the A 9 at rotary then **BEAR LEFT** onto N 112.
- 0.2 37.8 **CAUTION** as traffic merges from left. **CAUTION** fast road with a rough to non-existent shoulder.
- 1.7 39.5 **BEAR RIGHT** as road divides and **BEAR RIGHT** to **CROSS** bridge at "T".
- 0.1 39.6 **LEFT** towards Sete Center.
- 0.1 39.7 **BEAR RIGHT** to follow N 112 towards Sete Center.
- 0.1 39.8 **ENTER** Sete. Full services.
- 1.6 41.4 **BEAR RIGHT** at rotary and an **IMMEDIATE LEFT** after crossing bridge towards Centre Ville.
- 0.1 41.5 **STRAIGHT** towards Centre Ville to **CROSS** old metal bridge at rotary. **CAUTION** metal grating.
- 0.2 41.7 **STRAIGHT** towards Centre Ville at rotary.
- 0.1 41.8 **LEFT** towards Centre Ville to **CROSS** bridge. It can get confusing. Just remember that you are heading in the direction of Béziers and you want the Mediterranean on your left when all is said and done.
- 0.1 41.9 **STRAIGHT** onto Rue Peirre Semard at stop sign.
- 0.1 42.0 **BEAR RIGHT** to follow route.
- 0.1 42.1 **RIGHT** onto Rue Honore Euzet.
- 0.2 42.3 **STRAIGHT** to **CROSS** canal (use left lane) and an **IMMEDIATE LEFT** onto Quai De La Resistance after crossing canal.
- 0.1 42.4 **BEAR RIGHT** then **LEFT** towards Béziers.
- 0.3 42.7 **STRAIGHT** towards Béziers as road goes off to left.
- 0.1 42.8 **BEAR RIGHT** as road divides.
- 0.3 43.1 **BEAR RIGHT** towards Béziers and La Corniche at rotary at modified "T".
- 1.7 44.8 **CAUTION** speed bumps. Several more ahead.
- 1.1 45.9 **STRAIGHT** towards Béziers at rotary.
- 0.2 46.1 **LEFT** towards Béziers and Marseillan at rotary.
- 0.5 46.6 **STRAIGHT** towards Béziers and Marseillan at rotary. Excellent road.
- 8.6 55.2 Spar store on right. It's a big one. Grocery store, bakery, bar, and other goodies.
- 3.9 59.1 **STRAIGHT** to follow N 112 towards Béziers at rotary.
- 0.9 60.0 **STRAIGHT** to follow N 112 towards Béziers at rotary.
- 1.6 61.6 **BEAR LEFT** towards Agde Centre (D 912) as turnoff for N 112 to Béziers goes right. No bikes allowed to follow N 112.

Continued

Day 112 La Grande Motte to Carcassonne

(Page 3 of 7)

21 Apr Fri (Originally schedule for Thu, 20-Apr)

Emergency #'s:
001-206-295-5385

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 1.2 62.8 ENTER Agde. STRAIGHT at rotary toward Centre Ville.
- 0.4 63.2 **BEAR RIGHT** towards Béziers.
- 0.4 63.6 **BEAR RIGHT** to follow road.
- 0.1 63.7 **BEAR LEFT** (to CROSS bridge) towards Béziers at rotary.
- 0.2 63.9 STRAIGHT towards Béziers.
- 0.2 64.1 **LEFT** to follow route in front of Railroad Station.
- 0.3 64.4 **RIGHT** to follow D 912 towards Béziers at "T".
- 2.8 67.2 ENTER Vias as you CROSS under the N 312. Full services.
- 0.9 68.1 STRAIGHT towards Béziers at rotary.
- 0.1 68.2 **LEFT** towards Vias-Plage.
- 0.3 68.5 **RIGHT** onto Avenue de La Mer to follow D 137 (signed after turn) towards Vias Plage.
- 0.4 68.9 **BEAR RIGHT** to follow D 137 towards Vias Plage.
- 0.3 69.2 MERGE with traffic from right.
- 0.3 69.5 **RIGHT** onto D 137E towards camping.
- 0.2 69.7 **LEFT** to follow D 137 E towards Camping Côte Oest at stop sign at "T".
- 2.6 72.3 **RIGHT** towards Cinéma and Méditerranée Plage at "Y".
- 0.1 72.4 STRAIGHT towards Méditerranée Plage.
- 0.6 73.0 **RIGHT** onto one-way at "T".
- 1.0 74.0 **RIGHT** towards Portiragnes-Plage at stop sign at "T".
- 0.7 74.7 **BEAR LEFT** to follow route.
- 0.1 74.8 **RIGHT** onto D 37 towards Portiragnes at stop sign at "T".
- 2.1 76.9 CAUTION speed bumps.
- 0.1 77.0 ENTER Portiragnes. Full services.
- 0.1 77.1 STRAIGHT towards Vias at rotary.
- 0.6 77.7 STRAIGHT at rotary.
- 0.1 77.8 **LEFT** to CROSS canal, then STRAIGHT to follow route.
- 0.3 78.1 **RIGHT** to CROSS narrow little bridge.
- 1.0 79.1 **BEAR LEFT** at "Y".
- 0.7 79.8 STRAIGHT as parallel roads go left.
- 0.4 80.2 **BEAR LEFT** to follow best road at two-story building.
- 0.8 81.0 **BEAR RIGHT** at modified "T".
- 0.7 81.7 CROSS under the D 64. CAUTION short gravel section.
- 0.5 82.2 **RIGHT** onto the D 37.
- 0.1 82.3 **LEFT** to follow the D 37 into Sérignan. Full services. Look for a **CHECKPOINT** somewhere along here.

Continued

Day 112 La Grande Motte to Carcassonne
21 Apr Fri (Originally schedule for Thu, 20-Apr)

(Page 4 of 7)

Emergency #'s:
Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.1 82.4 **RIGHT** at rotary and an **IMMEDIATE LEFT** towards Vendres. We are following D 37.
- 0.8 83.2 **BEAR RIGHT** towards Vendres.
- 0.2 83.4 **BEAR LEFT** towards Vendres.
- 0.4 83.8 CAUTION metal grating.
- 2.7 86.5 STRAIGHT to follow D 37 towards Vendres at Jct D 64.
- 0.6 87.1 ENTER Vendres. Full services. Nice view ahead.
- 0.4 87.5 **BEAR RIGHT** to follow route.
- 0.1 87.6 **LEFT** through tiny opening and a **BEAR LEFT** to follow D 37 towards Lespignan.
- 3.3 90.9 CROSS over the A 9/E 15.
- 0.3 91.2 ENTER Lespignan. Full services.
- 0.1 91.3 STRAIGHT onto D 14 towards Nissan and Fleury at rotary.
- 0.1 91.4 **BEAR RIGHT** to follow D 14 towards Nissan.
- 0.3 91.7 **LEFT** to follow D 14 towards Fleury.
- 0.1 91.8 **RIGHT** toward Fleury.
- 0.1 91.9 **BEAR RIGHT** to follow D 14 towards Nissan.
- 3.0 94.9 **BEAR RIGHT** just before crossing under the A 9-E 15.
- 2.5 97.4 **LEFT** to CROSS a tiny cobblestone bridge at stop sign.
- 0.2 97.6 **BEAR RIGHT** in front of tip at "T".
- 0.9 98.5 **BEAR LEFT** at town plaza.
- 0.1 98.6 **RIGHT** onto (D 31 unmarked at intersection) towards Coursan at turnoff to St Pierre le Mer at stop sign at "T".
- 0.5 99.1 **LEFT** onto D 31 towards Coursan at rotary.
- 3.3 102.4 ENTER Coursan. Full services.
- 1.4 103.8 **RIGHT** onto the N 9 towards Cuxac-d'Aude.
- 0.2 104.0 **LEFT** onto D 1118 towards Cuxac-d'Aude.
- 0.2 104.2 CAUTION RR Tracks (2 sets).
- 4.3 108.5 ENTER Cuxac-d'Aude. Services.
- 0.3 108.8 **RIGHT** to Totes Directione.
- 0.2 109.0 **LEFT** towards Narbonne at stop sign at "T".
- 0.4 109.4 **RIGHT** onto Boulevard Yvan Pelissier.
- 0.1 109.5 **LEFT** and an **IMMEDIATE RIGHT** towards Sallèles d'Aude. We are paralleling the right side of the river. We are still on D 1118.
- 2.8 112.3 CROSS bridge.

Continued

Day 112 La Grande Motte to Carcassonne
21 Apr Fri (Originally schedule for Thu, 20-Apr)

(Page 5 of 7)

Emergency #'s:
 Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 1.4 113.7 ENTER Sallèles d'Aude
- 0.1 113.8 **BEAR LEFT, RIGHT and IMMEDIATE LEFT** to follow D 1118 towards St Marcel.
- 0.1 113.9 **LEFT** to follow D 1118 towards St Marcel at "T".
- 0.1 114.0 **RIGHT** to follow D 1118 towards St Marcel.
- 0.3 114.3 CAUTION speed bump.
- 1.7 116.0 ENTER St Marcel d'Aude. Full services.
- 0.4 116.4 CAUTION speed bump.
- 0.2 116.6 **JOG RIGHT** onto D 124 towards St Nazaire d'Aude at stop sign at "T".
- 1.5 118.1 ENTER Saint Nazaire d'Aude. No services.
- 0.7 118.8 **BEAR RIGHT** to follow D 124 towards Ventenac-en-Minervois.
- 0.7 119.5 **BEAR RIGHT** to follow D 124 towards Ventenac-en-Minervois.
- 2.0 121.5 **STRAIGHT** to follow river as you ENTER Ventenac-en-Minervois. No services on route.
- 0.1 121.6 **BEAR RIGHT** to follow D 124 towards Paraza.
- 2.0 123.6 ENTER Paraza. No services on route.
- 0.1 123.7 **STRAIGHT** to follow D 124.
- 2.7 126.4 **RIGHT** to **CROSS** river into Roubia. ENTER Roubia. Public toilets just after crossing bridge on left.
- 0.3 126.7 After weaving your way through town, **STRAIGHT** towards Argens Minervois.
- 0.2 126.9 **BEAR LEFT** to follow the route.
- 1.9 128.8 ENTER Argens Minervois.
- 0.5 129.3 **BEAR LEFT** towards Lezignon to **CROSS** Canal du Midi.
- 0.2 129.5 **BEAR RIGHT** to follow D 124 immediately after crossing the canal.
- 3.6 133.1 **BEAR RIGHT** under bridge just before merging with D 5 (major road).
- 0.5 133.6 Lock and dam. Cool place. Restaurant on left. Rough road ahead.
- 0.6 134.2 **BEAR LEFT** and **RIGHT** around old building at second dam.
- 0.5 134.7 **BEAR LEFT** to follow road.
- 0.1 134.8 **BEAR RIGHT** and **LEFT** to follow road.
- 0.1 134.9 **RIGHT** to follow route through village at "T".
- 0.1 135.0 **STRAIGHT** towards Carcassonne at light.
- 0.6 135.6 LEAVE Homps.
- 0.4 136.0 **RIGHT** onto D 806 towards Azille.
- 0.6 136.6 **BEAR RIGHT** to follow route.
- 0.4 137.0 **CROSS** the Midi Canal.

Continued

Day 112 La Grande Motte to Carcassonne
21 Apr Fri (Originally schedule for Thu, 20-Apr)

(Page 6 of 7)

Emergency #'s:
001-206-295-5385

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-

Kms Accum

0.2 137.2 **BEAR LEFT** towards Azille.
2.7 139.9 ENTER Azille.
0.3 140.2 **BEAR RIGHT** at modified "T".
0.1 140.3 **BEAR LEFT** onto the D 206 towards Rieux Minervois. Services.
5.4 145.7 STRAIGHT to follow D 206.
0.3 146.0 ENTER Rieux Minervois.
0.5 146.5 **BEAR LEFT** to follow D 206 at rotary.
0.1 146.6 **RIGHT** onto D 11 at stop sign at "T"
0.6 147.2 **LEFT** onto D 206 towards Trebes.
0.4 147.6 **BEAR LEFT** to follow D 206. Begin short .4 km climb.
3.2 150.8 **RIGHT** onto D 111 toward Laure Minervois.
2.9 153.7 ENTER Laure Minervois.
0.2 153.9 **LEFT** onto D 35 towards Villarzel-Cabardés and Trebes.
0.2 154.1 **RIGHT** to follow D 35 towards Villarzel-Cabardés and Trebes.
0.2 154.3 **LEFT** to follow D 35 towards Villarzel-Cabardés and Trebes.
0.7 155.0 **RIGHT** to follow D 35 towards Villarzel-Cabardés.
5.0 160.0 ENTER Villarzel-Cabardés. No services.
0.1 160.1 **BEAR LEFT** to follow D 35 towards Bagnoles.
2.0 162.1 ENTER Bagnoles. No services.
0.2 162.3 **BEAR LEFT** into village and an **IMMEDIATE RIGHT** (at mirror) towards Villegly to follow D 35. CAUTION metal grating.
0.2 162.5 STRAIGHT at turnoff to Villegly, then **BEAR LEFT** at Cement cross.
1.0 163.5 **LEFT** onto D 620 at yield sign at "T". Busier road, so heads up.
0.8 164.3 ENTER Villalier. Services.
3.4 167.7 **LEFT** onto D 118 towards Carcassonne at rotary.
1.6 169.3 **LEFT** toward Carcassonne Centre. Nice ride into town.
2.4 171.7 ENTER Carcassonne. Full services.
0.7 172.4 PASS under city arch.
0.1 172.5 **BEAR LEFT** towards city.
0.1 172.6 **LEFT** onto Rue Antoine Marty at pub at light.
0.4 173.0 CROSS bridge.
0.2 173.2 **RIGHT** onto Avenue Achille Mir towards La Cité immediately after bridge. Speed bump ahead.
0.4 173.6 STRAIGHT towards La Cité.
0.1 173.7 **BEAR RIGHT** immediately after crossing under a small arch (no trucks) to follow one-way route.

Continued

Day 112 La Grande Motte to Carcassonne

21 Apr Fri (Originally schedule for Thu, 20-Apr)

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Emergency #'s:
Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

0.3 174.0 **BEAR LEFT** and **RIGHT** towards camping.
0.4 174.4 **BEAR RIGHT** towards camping.
0.2 174.6 **BEAR RIGHT** (twice) towards camping.
0.5 175.1 **RIGHT** into the Les Campóles Camping de la Cité.
0.1 175.2 ARRIVE at check-in.

175.2 Today's Kilometers
3352.0 Total Stage in Kilometers
10704.2 Total Trip Kilometers

Services: Full services in Carcassonne, though none close to camp.
Camping: Ask about our location and any restrictions.
Toilets: Plenty in a couple of facilities.
Showers: Several in a couple of facilities.
Dinner: Dinner from 6:00 to 7:30 pm both nights at camp.
Breakfast: Breakfast at camp from 8:00 to 9:30 am tomorrow and 6:30 to 8:00 am on Sunday.
Tomorrow: Enjoy your deserved layover day in this famous area.

Day 113 Carcassonne layover day

22-Apr Sat

Tomorrow: 103.2 kms. Begin ascending over the Pyrenees. Wonderful area.

Day 114 Carcassonne to Ax les Thermes (Page 1 of 3)

23-Apr Sun Easter Sunday (we are back on schedule)

Emergency #'s:

Tim France cell is 06 8455 8943, KAS is 06 8375 1505, vpt is 06 8455 7906. Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Attitude is everything. Do your part to make the remaining 8+ months of Odyssey the best experience possible for everyone involved. Try to see things in a positive light, after all, we are in Europe. Where will you be next year at this time? Tell the negative people to shut up, leave the trek or suggest they offer their constructive ideas directly to Tim. Thanks from the Odyssey staff.

Kms Accum *Bus or pedal to breakfast. Directions begin at 1.5 km below.*

- | | | |
|-----|------|--|
| 0.0 | 0.0 | EXIT camping area. NOTE: Since it's Easter, don't count on a lot of services on route, so stock up. |
| 0.1 | 0.1 | RIGHT onto D 104 in front of Les Campôles Camping de la Cité at "T". |
| 1.4 | 1.5 | LEFT towards St Hilaire at stop sign at "T". BREAKFAST: Right here towards Toulouse, .5 Left towards Toulouse at rotary, .7 Right towards Aeroport, 1.1 Straight at rotary, .4 Right towards Commercial Centre at McDonalds, .1 Left towards ZA Salvaza, .1 Straight towards Dechetterie at rotary, .3 Right onto Rue Jacques Vancanson in front of Guaria Motoculture, .4 Right and Immediate Left towards Aeroport, .1 arrive at Le Salvaz Restaurant form breakfast. After breakfast, return to 1.5 on DRG. R after McDonalds and then follow La Cité and camping signs to return to 1.5 km on DRG. |
| 0.5 | 2.0 | CROSS under the A 61. |
| 0.1 | 2.1 | BEAR RIGHT onto D 104 (unsigned at turn) towards St Hilaire. |
| 2.3 | 4.4 | STRAIGHT to follow D 104 towards St Hilaire. |
| 0.1 | 4.5 | ENTER Cavanac. No services on route. |
| 0.4 | 4.9 | STRAIGHT towards St Hilaire. |
| 1.7 | 6.6 | ENTER Couffoulens. |
| 0.7 | 7.3 | ENTER Leuc. Limited services. |
| 0.2 | 7.5 | CAUTION speed bump then BEAR RIGHT to follow D 104 towards St Hilaire. |
| 2.1 | 9.6 | ENTER Verzeile. |
| 1.3 | 10.9 | BEAR RIGHT towards Pomas and Limoux. We are on D 43. |
| 1.7 | 12.6 | ENTER Pomas. No services. |
| 0.4 | 13.0 | Speed bump then BEAR RIGHT to follow main road. |
| 0.4 | 13.4 | BEAR RIGHT to CROSS bridge and an IMMEDIATE LEFT onto D 504 towards Pieusse. |
| 1.5 | 14.9 | CAUTION RR Tracks. |
| 5.1 | 20.0 | Limited services just off route. |
| 0.1 | 20.1 | BEAR RIGHT toward Limoux. |
| 0.3 | 20.4 | BEAR RIGHT toward Limoux. |
| 0.8 | 21.2 | STRAIGHT to follow D 104 towards Limoux at rotary. Wonderful historic church on right. |
| 0.3 | 21.5 | ENTER Limoux. |
| 0.8 | 22.3 | CAUTION RR Tracks. |
| 0.5 | 22.8 | STRAIGHT to follow D 104 towards St Polycarpe. |
| 0.1 | 22.9 | STRAIGHT as D 104 goes left. |

Continued

Day 114 Carcassonne to Ax les Thermes (Page 2 of 3)

23-Apr Sun Easter Sunday

Emergency #'s:

Tim France cell is 06 8455 8943, KAS is 06 8375 1505, vpt is 06 8455 7906. Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.5 23.4 **RIGHT** to cross river towards Super U as soon as you leave buildings.
- 0.1 23.5 **BEAR LEFT** towards Toutes Directions.
- 0.2 23.7 **LEFT** onto D 118 at yield sign at "T".
- 0.3 24.0 **BEAR LEFT** to follow D 118 toward Alet-les-Bains
- 2.5 26.5 Road divides and becomes four lanes for a bit.
- 5.0 31.5 **STRAIGHT** to follow D 118 at turnoff to Alet-les-Bains.
- 1.2 32.7 Casino on left.
- 5.3 38.0 **ENTER** Couiza. Full services. Tour de France used this road July 24, 1998.
- 0.5 38.5 **STRAIGHT** to follow D 118 towards Esperaza at light.
- 0.9 39.4 **CHECKPOINT** at wide parking lot across from cemetery.
- 1.9 41.3 **ENTER** Esperaza. No services.
- 0.6 41.9 **BEAR LEFT** to follow D 118.
- 1.1 43.0 **ENTER** Campagne sur Aude. Limited services.
- 4.3 47.3 **ENTER** Quillen. Full services. Supermarket on right. It's likely closed.
- 1.9 49.2 **BEAR RIGHT** to follow D 118 toward Axat.
- 0.3 49.5 **RIGHT** onto D 117 toward Foix and Ax Les Thermes at light.
- 0.1 49.6 **CAUTION** RR Tracks as you begin an 11km climb. Welcome to the Pyrénées.
- 3.6 53.2 Scenic picnic area on right.
- 1.4 54.6 **LEFT** onto D 59 toward Coudons, Belcaire and Ax Les Thermes.
CHECKPOINT on right before turn. No services or toilets, just plenty of woods and a great view.
- 1.1 55.7 **LEFT** onto D 613 Coudons and Belcaire at "T".
- 3.7 59.4 **ENTER** Coudons. No services.
- 0.8 60.2 Flattens out at around 3000 ft.
- 0.3 60.5 **BEAR LEFT** to follow D 613. Picnic area on right.
- 2.8 63.3 **ENTER** La Peyre. No services.
- 1.4 64.7 **STRAIGHT** to follow D 613 towards Ax Les Thermes.
- 6.2 70.9 **ENTER** Espezel. No services. Stay on D 613.
- 4.7 75.6 **ENTER** Belcaire. Limited services.
- 2.6 78.2 Begin 3.8 km climb.
- 3.6 81.8 Climb levels off at approx 4000 ft. Great area.
- 0.3 82.1 **ENTER** Camurac. No services.

Continued

Day 114 Carcassonne to Ax les Thermes (Page 3 of 3)

23-Apr Sun Easter Sunday

Emergency #'s:

Tim France cell is 06 8455 8943, KAS is 06 8375 1505, √pt is 06 8455 7906. Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 4.3 86.4 ENTER Prades. Services.
- 3.6 90.0 **BEAR LEFT** to follow D 613 toward Ax les Thermes. Begin short climb.
- 0.8 90.8 Road flattens out at about 4500 ft.
- 1.0 91.8 Col du Chioula - 1431 meters (4579 ft). CAUTION Steep, curvy, wonderful 10.4 km descent.
- 5.4 97.2 STRAIGHT to follow D 116 at turnoff to Camping Municipal in Sorgeat 1.1 km up a hill.
- 1.1 98.3 **BEAR RIGHT** to follow D 613 toward Ax les Thermes.
- 2.9 101.2 ENTER Ax les Thermes. Full services.
- 0.5 101.7 **BEAR RIGHT** onto N 20 towards Foix at rotary.
- 1.4 103.1 **LEFT** into the Camping Municipal Le Malazeou
- 0.1 103.2 Arrive at check-in.

103.2 Today's Kilometers

3455.2 Total Stage in Kilometers

10,807.4 Total Trip Kilometers

- Services: Ax les Thermes is a neat little mountain village with full services. Be sure to look around.
- Camping: The campground staff has set aside a quiet area away from the road and close to river. Ask for any limitations.
- Toilets: There are at least two facilities open with over 20 toilets for our use. They might open another facility a little closer to us for toilets only-ask at checkin.
- Showers: There are at least 18 "guaranteed hot water" showers in two facilities.
- Dinner: In downtown Ax les Thermes, in the function room of the Casino, from 6:00 to 7:30 pm. Look for √pt sign to indicate entrance. Please, no cleats on wooden floors.
- Breakfast: In downtown Ax les Thermes, probably in a function room at the Casino, from 6:30 to 8:00 am.
- Tomorrow: 82.3 kms. Should be a great day. Prepare for cold and even wet weather and a fast cool descent. About 36 kms of climbing and 46 kms of descending. Expect some holiday traffic as well. Don't forget your passport even though you probably won't need it.

Day 115 Ax les Thermes, France to La Seu d'Urgell, Spain (via Andorra) (Page 1 of 2)

24-Apr Mon

Emergency #'s:

Tim France cell is 06 8455 8943, KAS is 06 8375 1505, vpt is 06 8455 7906. Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

0.0	0.0	EXIT camping area.
0.1	0.1	RIGHT onto N 20 towards Ax les Thermes at "T".
0.7	0.8	ENTER Ax les Thermes.
0.7	1.5	RIGHT onto N 20 towards Andorra at rotary. Don't forget breakfast at Casino. Please remove your cleats.
0.7	2.2	BEAR RIGHT toward Andorra on N 20. Tour de France staged in this area from July 22-24, 1998.
2.5	4.7	Ele 850 meters (2720 ft).
1.7	6.4	CROSS a small river.
3.0	9.4	ENTER Merens les Vals. Limited services.
1.3	10.7	Road splits for a bit at 1100 meters ele.
4.1	14.8	Ele 1250 meters. Services ahead on left.
4.3	19.1	STRAIGHT towards Andorra at rotary. Services in L'Hospitalet
0.1	19.2	CAUTION RR Tracks.
1.0	20.2	BEAR RIGHT toward Andorra. Left goes into tunnel-don't go there.
1.9	22.1	RIGHT onto N 320 towards Andorra.
3.2	25.3	RIGHT 180° to follow N 22 towards Andorra.
1.7	27.0	Services on left. Might not be open in though it's still Easter holidays.
0.4	27.4	CHECKPOINT at wide pull out on right. Dress warmly. Plenty of services rest of day.
3.3	30.7	French checkpoint in Pas de la Casa. Full services.
0.1	30.8	ENTER Andorra. Welcome. Andorra immigration checkpoint as well. Andorra is full services, plus! Continue STRAIGHT towards pass.
2.2	33.0	Estadi D'Eslalom ski are on left. Some good pitches ahead.
2.8	35.8	Port d'Envalira. Crest the Pyrénées at 2407 meters (7702.4 ft) at Total, Esso and Mobil Service Stations. Nice long fast curvy outstanding 7% & 8% descent ahead. In fact, most of day is now downhill.
6.2	42.0	ENTER Bordes d'Envalira. Full services.
2.5	44.5	ENTER Soldeu. We are on road CG 2.
3.9	48.4	CAUTION small bumps in road. Super climbing wall in area.
5.1	53.5	ENTER Encamp.
5.0	58.5	LEAVE Encamp.
2.6	61.1	BEAR RIGHT to follow CG 2 towards Escaldes Engordany at rotary.
0.1	61.2	ENTER Escaldes Engordany.

Continued

Day 115 Ax les Thermes, France to La Seu d'Urgell, Spain (via Andorra) (Page 2 of 2)

24-Apr Mon

Emergency #'s:

Tim France cell is 06 8455 8943, KAS is 06 8375 1505, vpt is 06 8455 7906. Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Kms Accum

- 0.7 61.9 **BEAR LEFT** onto CS 100 to follow direct route to España at rotary. NOTE: it is easy to go right through town and explore the city.
- 1.6 63.5 Burger King on left. McDonalds ahead. NOTE: Some mileage discrepancies might occur from here to border. Just continue downhill towards Spain.
- 0.1 63.6 STRAIGHT at rotary.
- 0.3 63.9 STRAIGHT at rotary.
- 1.2 65.1 CAUTION speed bumps.
- 1.4 66.5 ENTER Santa Coloma.
- 0.5 67.0 STRAIGHT at rotary.
- 0.8 67.8 **BEAR LEFT** towards Spain at rotary.
- 0.5 67.4 STRAIGHT at rotary.
- 0.8 68.1 ENTER Sant Juliá de Lória. Still mucho services.
- 0.8 68.9 STRAIGHT towards Spain at light.
- 3.7 72.6 Andorra customs.
- 0.1 72.7 **ENTER Spain.** ENTER Catalunya. We are now on route N 145. Excellent road ahead.
- 0.4 73.1 Spain Customs. Go slowly, they stop many people to look for tax-free goods purchased in Andorra.
- 8.3 81.4 ENTER La Seu d'Urgell. Full services in this historic village.
- 0.3 81.7 **BEAR RIGHT** at the first right possible towards N 260
- 0.3 82.0 **RIGHT** into the Camping Envalira.
- 0.3 82.3 ARRIVE at check-in. CAUTION metal grate and gravel road at entrance.

82.3 Today's Kilometers

3537.5 Total Stage in Kilometers

10889.7 Total Trip Kilometers

- Services: La Seu d'Urgell is a beautiful, historic Spanish town with full services close to camp.
- Camping: Camping Envalira is situated along a river and has excellent facilities including a pool, bar and restaurant.
- Toilets: There are several facilities with over 20 toilets for men and 20 for women.
- Showers: There are several facilities with over 12 showers for men and 12 for women. The hot showers are close to the office.
- Dinner: Dinner will be in two waves, the first at 5:00 pm and the second at 7:00 pm (they have asked for an hour to set up again) at the Avinida Hotel .4 km away in town. Left from camp and straight for .2 km, Right onto Av. de Pau Claris, .2 km to restaurant on left.
- Breakfast: Breakfast will be from 6:30 to 8:00 am at the Avinida Hotel. Return to camp to begin DRG.
- Tomorrow: 147.0 kms. Mostly downhill, except for a couple of climbs. The most beautiful is to historic Montserrat. Great roads, with many kilometers of shoulders.

Day 116 La Seu d'Urgell to Monistrol de Montserrat (Page 1 of 2)

25-Apr Tue

Emergency #'s:

Tim's GSM USA Cell: Call direct or even better is to call USA provider like AT&T, then dial 001-206-390-2397 or Karen-Ann: 001-206-295-5385

Don't compromise safety in any way at all. Ride single file, be aware of all traffic-both ahead and behind you, pass only when it's safe, communicate your intentions to other riders, etc.

Kms Accum

0.0	0.0	EXIT camping area.
0.3	0.3	RIGHT onto Avinguda del Valira (N 260) toward Adrall. Don't forget breakfast at the Hotel Avinida before leaving town. Overall excellent but busier roads, so ride alertly and single file.
0.6	0.9	ENTER Castellciutat. Full services.
1.9	2.8	ENTER Montferrer. Full services.
3.0	5.8	ENTER Adrall just after rumble strips. Services.
0.3	6.1	BEAR LEFT onto C 1313 towards Leida.
1.7	7.8	ENTER El Pla de Sant Tirs. Services. Road still has a shoulder.
7.2	15.0	Road narrows and loses it shoulder along curvy river.
1.3	16.3	BEAR RIGHT to follow C 1313 as you cross river.
3.1	19.4	Enter short tunnel.
1.5	20.9	ENTER Organya. Services.
5.3	26.2	ENTER Coll de Nargó. Services.
11.4	37.6	Enter short tunnel.
0.9	38.5	BEAR LEFT to follow C 1313 across river.
2.0	40.5	ENTER Oliana. Full services.
6.9	47.4	LEFT onto L-301 (unmarked) towards Solsona. Road has shoulder.
3.8	51.2	ENTER Ogern. Services.
11.8	63.0	Callada (pass) de Clarà @ 880 meters. CHECKPOINT on summit. No services. Enter the Municipal de Lladurs. Enjoy your 9% descent.
4.9	67.9	ENTER Solsona (city). Full services.
0.8	68.7	BEAR LEFT towards Bega and Barcelona.
0.1	68.8	BEAR RIGHT towards Bega and Barcelona after crossing bridge.
1.5	70.3	STRAIGHT onto C-1410 towards Manresa. Nice long downhill for much of this next section.
7.9	78.2	Campament campground 2.7 km to left.
2.9	81.1	ENTER Clariana. No services. Traffic increases, but excellent shoulder.
5.8	86.9	BEAR LEFT to follow C-1410 at turnoff to historic Cardona.
1.5	88.4	Enter short tunnel.
1.8	90.2	BEAR LEFT to follow C-1410.

Continued

Day 116 La Seu d'Urgell to Monistrol de Montserrat (Page 2 of 2)

25-Apr Tue

Emergency #'s:

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Kms Accum

9.6	99.8	Summit climb as road becomes narrow. Expect construction.
1.6	101.4	ENTER Súria. Full services.
6.4	107.8	STRAIGHT to follow C-1410 towards Manresa.
7.2	115.0	STRAIGHT under highway towards Manresa at rotary.
1.2	116.2	ENTER Manresa. Full services.
0.4	116.6	RIGHT towards Barcelona at light. Well signed.
0.6	117.2	BEAR LEFT along river towards Montserrat at rotary.
0.4	117.6	RIGHT towards Montserrat and Igualada in front of Hotel Pere III at light. Don't take first right to Barcelona.
0.1	117.7	RIGHT towards Montserrat (BP-1101) immediately after crossing bridge at "T". We will be on route C-241 for a bit. New road.
3.0	120.7	ENTER Salelles. Services.
0.7	121.4	STRAIGHT onto BP-1101 towards El Brun and Montserrat at rotary. Very scenic climbing. Great crags ahead in one of Spain's most famous areas.
11.8	133.2	LEFT onto BP-1103 towards Montserrat at "T". Crest out at about 690 meters (2200 ft).
1.3	134.5	Enter short tunnel.
2.9	137.4	Restaurant on right and an 11 th century church ahead on left.
0.8	138.2	Enter short tunnel.
1.6	139.8	180° LEFT onto BP-1121 towards Monistrol and De Montserrat. CAUTION steep, curvy downhill-enjoy. NOTE: you should continue ahead and explore this incredible area and wonderful museum before descending into Monistrol de Montserrat.
2.0	141.8	Might be services on left. CAUTION left into camp comes up fast ahead.
4.4	146.2	LEFT into upper soccer field as you ENTER Monistrol de Montserrat. Full services in this small village.
0.4	146.6	LEFT and BEAR LEFT through town to sports complex.
0.4	147.0	ARRIVE at soccer field.
	147.0	Today's Kilometers
	3684.5	Total Stage in Kilometers
	11036.7	Total Trip Kilometers

Services:	Small village with limited services. Plenty on hill before descending into town.
Camping:	The community has extended use of its dirt soccer field during our stay.
Toilets:	Limited, so ask about all the locations.
Showers:	Some at facility. TK&A showers.
Dinner:	Dinner will be from 6:00 to 7:30 pm at Hostal Monistrol, about 1.5 km from camp. Go through town and take a left onto main road.
Breakfast:	Pedal to breakfast from 6:30 to 8:00 am at Hostal Monistrol. Noted on DRG.
Tomorrow:	97.7 kms. Beautiful day as you return to the coast. Quite a bit of downhill.

Day 117 Monistrol de Montserrat to Barcelona
26-Apr Wed

(Page 1 of 3)

Emergency #'s:

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001-206-295-5385

Kms Accum

0.0 0.0 LEAVE soccer field.
0.1 0.1 **LEFT** as you leave sports complex onto BP-1121 a.
0.6 0.7 STRAIGHT at entrance to city.
0.3 1.0 **RIGHT** onto C-1411 towards Barcelona at yield sign at "T". Shoulder.
0.7 1.7 Hostal Monistrol on left for breakfast.
1.6 3.3 **BEAR LEFT** towards Barcelona.
2.5 5.8 Enter short tunnel.
3.4 9.2 Repsol Service Station. Restaurant.
2.1 11.3 **BEAR RIGHT** towards Olesa de Montserrat.
0.2 11.5 Yield to merging traffic from right.
0.1 11.6 **RIGHT** at "T".
0.4 12.0 **RIGHT** onto Avinguda Francesc Macia (BV-1201) towards Barcelona at light.
0.2 12.2 STRAIGHT towards Barcelona at rotary.
6.1 18.3 ENTER Castellbisbal. No services.
0.3 18.6 STRAIGHT towards C-243 at rotary as you cross over freeway.
1.1 19.7 CROSS under the freeway.
0.7 20.4 **RIGHT** onto C-243 towards Martorell at "T".
0.6 21.0 CROSS bridge into Martorell.
0.2 21.2 **RIGHT** onto the N 11 after crossing bridge at yield sign at "T". ENTER Martorell. Full services.
1.5 22.7 **LEFT** onto the C-243-c towards Picra and Gelida at light.
0.3 23.0 **BEAR SLIGHTLY LEFT** towards Barcelona at rotary.
0.4 23.4 STRAIGHT to follow route at rotary.
0.6 24.0 STRAIGHT to follow route at turnoff to Barcelona.
0.5 24.5 **180° RIGHT** towards Gelida.
1.7 26.2 CROSS under freeway.
0.6 26.8 **BEAR RIGHT** towards Gelida.
1.9 28.7 STRAIGHT towards Gelida at turnoff to Castellvi de Rosanes.
3.0 31.7 STRAIGHT towards Sant Sadurni and Gelida at rotary. ENTER Gelida.
0.3 32.0 **BEAR LEFT** uphill towards Vilafranca.
0.5 32.5 **LEFT** towards Vilafranca at "T".
0.1 32.6 **BEAR RIGHT** to CROSS bridge. We are on C-243 b.
6.9 39.5 CROSS under the A 7 freeway.
1.1 40.6 **BEAR LEFT** to follow C-246 b towards Sant Sadurni at "T".

Continued

Day 117 Monistrol de Montserrat to Barcelona
26-Apr Wed

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Emergency #'s:

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Kms Accum

0.9 41.5 **BEAR LEFT** to follow C-246 b towards Villafranca.
0.2 41.7 ENTER Sant Sadurni.
0.3 42.0 **BEAR LEFT** by Sprite sign to follow route.
0.1 42.1 **BEAR RIGHT** onto C-243-a towards Tarragona. CAUTION metal grate and speed bump ahead.
0.4 42.5 **BEAR LEFT** to follow C-243-a towards Tarragona.
0.2 42.7 STRAIGHT to follow C-243-a towards Tarragona at rotary.
0.8 43.5 **CHECKPOINT** at the Canals & Munné Cava (wine seller) on left.
0.3 43.8 **BEAR LEFT** to follow C-243-a towards Vilafranca at rotary. Excellent shoulder for a bit. Expect construction.
4.0 47.8 ENTER La Garrofa. N services.
4.4 52.2 CAUTION speed bumps. STRAIGHT at rotary.
0.8 53.0 **LEFT** onto C-244 towards Villafranca at stop sign at "T".
0.4 53.4 **BEAR LEFT** towards the N 244 towards Vilanova i la Geltrú at rotary.
0.6 54.0 **BEAR RIGHT** to follow N 244 towards Vilanova i la Geltrú.
0.1 54.1 **LEFT** towards Tarragona and the N 340 freeway at complex rotary at light.
0.4 54.5 **RIGHT** onto N 340 towards Tarragona at large rotary. Ride well right.
1.1 55.6 **EXIT RIGHT** to follow C-244 towards Sitges.
0.2 55.8 **LEFT** toward Sitges at rotary.
0.2 56.0 STRAIGHT toward Sitges at rotary.
0.5 56.5 STRAIGHT to follow the C-244 as you CROSS over the A 7 freeway.
2.6 59.1 **BEAR LEFT** to follow the C-244. Good shoulder.
0.9 60.0 Enter a short tunnel.
2.4 62.4 **BEAR RIGHT** onto B-211 towards Sitges. Narrow windy road.
6.3 68.7 STRAIGHT at turnoff to Sant Pere de Rives.
1.0 69.7 ENTER a short tunnel.
3.4 73.1 ENTER Sitges.
0.4 73.5 **LEFT** towards Barcelona at stop sign. CAUTION speed bumps ahead.
1.4 74.9 **BEAR RIGHT** onto C-246 towards Barcelona at stop sign at angled "T".
0.2 75.1 STRAIGHT to follow C-246 towards Barcelona at rotary.
4.2 79.3 ENTER Vallcarca. No services.
4.3 83.6 CROSS over the A16.
1.0 84.6 ENTER Garraf.

Continued

Day 117 Monistrol de Montserrat to Barcelona

(Page 3 of 3)

26-Apr Wed

Emergency #'s:

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Kms Accum

2.6 87.2 **BEAR RIGHT** to follow C-246 towards Barcelona. Don't end up on freeways.
0.8 88.0 **BEAR LEFT** into Castelldefels Oest.
0.3 88.3 Merge with traffic from left.
2.0 90.3 **BEAR RIGHT** to follow route towards Castelldefels at rotary.
0.1 90.4 **RIGHT** towards Barcelona.
0.1 90.5 **STRAIGHT** towards Barcelon at rotary.
0.3 90.8 **LEFT** towards Barcelona at yield sign at modified "T".
1.0 91.8 **STRAIGHT** at turnoff to Barcelona. Expect a few more of these.
1.7 93.5 **STRAIGHT** to remain along coast at rotary. **CAUTION** speed bumps before turn. Road becomes one way ahead.
0.9 94.4 **CAUTION** metal strips.
0.2 94.6 Road becomes two ways for a bit.
0.5 95.1 **STRAIGHT** to follow coast at rotary.
0.5 95.6 **LEFT** as road turns left. Road ahead is one way the wrong way.
0.2 95.8 **STRAIGHT** towards Barcelona at stop sign.
0.1 95.9 **RIGHT** onto C 246 at stop sign. **CAUTION** fast road with an excellent shoulder. Expect construction.
1.6 97.5 **RIGHT** into Camping La Ballena Alegre.
0.2 97.7 Arrive at check-in for trailer beds or camping options.

97.7 Today's Kilometers

3787.3 Total Stage in Kilometers

11,139.5 Total Trip Kilometers

Services: Full services at or near campground. Excellent bus access to the heart of Barcelona.
Camping: We have rented enough beds (4 or 5 per facility) to accommodate our group in chalets and trailers spread throughout the campground. If you'd rather camp, no problem. Ask about our designated area.
Toilets: In the chalets and trailers.
Showers: In the chalets and trailers.
Dinner: Dinner tonight and tomorrow night will be from 6:00 to 7:30 pm at the campground restaurant. We might also have dinner from 5:00 to 6:00 pm on Friday before departing for Gibraltar.
Breakfast: Breakfast will be from 8:00 to 9:30 each morning at the campground restaurant.
Tomorrow: Enjoy this famous city.

Day 118 Barcelona layover day

27-Apr Thu

Tomorrow: Stay tuned for final details about getting to Gibraltar.

Day 119 Barcelona layover day, plus Gibraltar departure

28-Apr Fri

Probable schedule:

07:00-10:30 Pack what you need for 14 hour bus trip to Gibraltar.
Pack and load gear on Odyssey gear truck.

08:00-09:30 Breakfast at campground restaurant.

10:00-11:00 Load bikes for shipping to Gibraltar.

11:00 Gear truck closes. Check out of rooms.

12:00 Gear truck, vans, and bike truck leaves for Gibraltar.

16:30-18:00 Dinner at campground restaurant.

18:30-19:00 Load buses.

19:00 Buses depart for Gibraltar.

Day 120 Arrive and day off in Gibraltar, Gibraltar
29-Apr Sat**Probable schedule:**

09:00 Arrive at the Catalan Village Hotel in Gibraltar.

10:00 -11:00 Hotel Check-in and brunch

11:00 Enjoy your next day off as well.

Day 121 Gibraltar, Gibraltar layover day
30-Apr Sun