



# Feuille de route parcours R4b

Monte Zatta long



103 km 5 cols et 2436 m de dénivelée

Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	Rq
GE	9	<b>Sestri Levante</b>	SS1	↑		0		Route et Via Aurelia
GE	10	Piste Cyclable RP	RP	←	0,324	0,324		R4b_1
GE	16	Via Pontino	SC	↗	0,455	0,779		R4b_2
GE	16		SC	→	0,318	1,097		R4b_3
GE	40	Piazza Santa Vittoria	SP88	↗	2,461	3,558		R4b_4
GE	105	Dir Montedomenico	SP88	→	2,053	5,611		R4b_5
GE	412	<b>Colle dei Gaggi</b>	SP88	↑	3,916	9,527	IT-GE-0386	Passo del Sciolli
GE	360	Carr	SP88	←	0,653	10,18		R4b_6
GE	148	Carr SP88/SP26	SP26	←	2,37	12,55		R4b_7
GE	64	Consenti	SP26	↑	3,778	16,328		
GE	18	Dir Carasco	SP33	→	3,438	19,766		R4b_8
GE	27	Carasco	SP33	↑	2,151	21,917		
GE	45	RP Dir Terrarossa	SP586		0,656	22,573		R4b_9
GE	73	Dir Borgonovo	SP586	↗	3,026	25,599		R4b_10
GE	111	Borgonovo Ligure	SP586	↖	3,414	29,013		
GE	173	Borzonasca	SP49	↗	3,242	32,255		R4b_11
GE	1044	<b>Passo del Ghiffi</b>	SP49	↑	14,831	47,086	IT-GE-1068	
GE	962	<b>Passo del Bocco</b>	SP27	↗	2,607	49,693	IT-GE-0957	R4b_12
GE	878	<b>Colle Craiolo</b>	SP27	↑	5,207	54,9	IT-GE-0907	
GE	409	Carr SP57/SP49	SP49	→	9,222	64,122		R4b_13
GE	656	Comuneglia	SP49	↑	5,509	69,631		
GE	704	Oratorio San Rocco	SP47	↗	1,324	70,955		R4b_14
GE	843	<b>Passo della Biscia</b>	SP47	↑	6,417	77,372	IT-GE-0832	
GE	572	Arzeno	SP26	↑	4,159	81,531		
GE	440	Botasi	SP26	↑	2,669	84,2		
GE	215	Carr SP26/SP	SP88	←	7,185	91,385		R4b_7
GE	380	Carr	SP88	↗	1,92	93,305		R4b_6
GE	403	<b>Colle dei Gaggi</b>	SP88	↑	0,995	94,3	IT-GE-0386	
GE	10	<b>Sestri Levante</b>	SS1	→	8,262	102,562		

MAX 1102

5 cols

103km

Dénivelée

2436 m

MIN 9

# Carte: SCI 25k AVML da Passo Scassella a Passo del Bosco



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