



Feuille de route parcours R5

Parco Antola long

105 km 9 cols et 2278 m de dénivelée



Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	D+	D tot	%	Rq
GE	9	Sestri Levante	SS1			0					
GE	12	Via Giorgio Bo RP		↗	0.221	0.221					R5_1
GE	12	Via Bruno Primi	SP523	↖	0.315	0.536					R5_2
GE	30	Casazza Ligure	SP523	↗	2.48	3.016					R5_3
GE	56	Parking P2	SP523	↑	1.484	4.5					
GE	52	Bargonasco	SP523	→	0.263	4.763					
GE	248	Castiglione Chivarese	SP523	→	4.722	9.485					R5_4
GE	329	Bretelle Tunnel	SP523	→	4.206	13.691					R5_5
GE	430	Velva	SP523	↑	1.808	15.499					
GE	490	Carr SP523/SP50	SP523	↖	1.001	16.5					R5_6
GE	548	Colle di Velva	SP523	↑	0.918	17.418	IT-GE-0545				
SP	379	Sortie tunnel	SP523	↗	2.782	20.2					R5_7
SP	296	San Pietro di Vara	SP566	→	5.604	25.804					
SP	241	Carr SP566/ Tunnel	SP566	←	6.784	32.588					R5_8
SP	330	Passo delle Plane	SP566	↑	2.509	35.097	IT-SP-0335				
SP	302	Dir Chuisola	SP25	←	2.37	37.467					R5_9
SP	605	Foxe	SP 65bis	↑	6.733	44.2	IT-SP-0605				Chuisola
MS	866	Adelano	SP 65bis	↑	6.79	50.99					
MS	892	Passo Calzavittello	SP 65bis	↑	0.75	51.74	IT-MS-0850				
MS	813	Santa Maria	SP 65bis	↑	1.167	52.907					
MS	788	Carr SP37/ SP 65bis	SP37	→	2.242	55.149					R5_10
MS	1050				3.897	59.046					R5_11
MS	1047	Foce del Rastrello	SP5		0.216	59.262	IT-MS-1048				A/R
SP	1039		SP3		0.244	59.506					R5_11
SP	255	Carr SP3/SP566	SP566	←	12.394	71.9					R5_12
SP	204	Carr SP 566	SP566	↑	2	73.9					R5_13
SP	230	Dir . Castello	SC	→	0.8	74.7					R5_14
SP	545	Foce Ravezza	SC	↑	5.378	80.078	IT-SP-0519				
SP	599	Castello	SP47	↑	1.533	81.611					
SP	700	Valico della Foce	SP48	←	1.354	82.965	IT-SP-0702				
SP	630	Carr SP48/SP50	SP50	←	3.127	86.092					
SP	613	Passo della Mola	SP50	→	0.212	86.304	IT-SP-0654				A/R
GE	561	Sella Alpesella	SP50	↑	0.951	87.255	IT-GE-0580a				
GE	458	Carr. SP50/SP523	SP523	↖	1.694	88.949					R5_6
GE	393	Velva	SP523	↑	1.117	90.066					
GE	44	Bargonasco	SP523	←	10.516	100.582					P2
GE	10	Via Sara		↖	4.018	104.6					R5_2
GE	10	Sestri Levante			0.4	105					

