



# Feuille de route parcours R7

Lac Brugnetto



85 km 8 cols et 2109 m de dénivelée

Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	D+	D tot	%	Rq
GE	410	<b>Bargagli</b>	SS45	↑	0	0					
GE	560	Pian Canese	SS45	↑	2.18	2.18					
GE	631	Vers Colle di Boasi	SC	→	1.835	4.015					
GE	644	<b>Colle di Boasi</b>	SC		0.433	4.448	IT-GE-0658				A/R
GE	621	Via Sottocolle	SP62	←	0.469	4.917					R7_2
GE	676	<b>Passo della Scoffera</b>	SP62	→	1.839	6.756	IT-GE-0674b				
GE	659	Carr SP62/SP20	SP62	↖	0.465	7.221					R7_3
GE	633	Car SP62	SP62	→	0.911	8.132					R7_4
GE	642	Car SP62/SC	SC	→	0.368	8.5					R7_5
GE	752	Cavorsi	SC	↖	2.637	11.137					
GE	775	Obbi	SC	↑	1.098	12.235					
GE	802	Torriglia	SC	↗	4.762	16.997					R7_6
GE	857	Carr SS45/ Dir Donetta	SS45	←	0.701	17.698					R7_7
GE	968	Dir Donetta	SC	←	2.202	19.9					R7_7
GE	1014	Donetta	SC	↑	0.596	20.496					
GE	1115	<b>Colletta di Penterna</b>	SC	↑	1.704	22.2	IT-GE-1115c				A/R
GE	973	Carr Sc/SS45	SS45	←	2.297	24.497					R7_8
GE	1025	Carr SS45/SP15	SP15	↑	1.302	25.799					R7_9
GE	1010	Santa Maria del Porto	SS45	↖	2.255	28.054					R7_10
GE	993				0.222	28.276					
GE	971	Alpicella	SS45	↑	0.264	28.54					
GE	788	Barrage del Brugneto	SS45	↑	3.46	32					
GE	833	Carr SP15	SP15	→	2.675	34.675					R7_11
GE	687	Carr SP15/SS45	SS45	→	4.202	38.877					R7_12
GE	819	Carr SS45/SP21	SP21	←	7.479	46.356					R7_13
GE	1050	<b>Passo del Portello</b>	SP21	↑	3.744	50.1	IT-GE-1050				
GE	920	<b>Sella della Giassina</b>	SP21	↑	0.997	51.097	IT-GE-0926				
GE	908	Carr SP21/SC	SC	↗	0.503	51.6					R7_14
GE	906	<b>Colle Ovest di Monte Bocco</b>	SC	↑	2	53.6	IT-GE-0955				
GE	747	Carr SC/SP21	SP21	←	1.587	55.187					R7_15
GE	639.3	Roccatagliata	SP21	↑	2.207	57.394					R7_16
GE	539	Corsiglia	SP21	↑	2.01	59.404					
GE	339	Neirone	SP20	→	3.704	63.108					R7_18
GE	395	Ognio	SP20	↗	2.962	66.07					R7_19
GE	558	Bossola	SP20	↑	3.385	69.455					
GE	680	<b>Passo delle Forche</b>	SP20	↑	4.177	73.632	IT-GE-0651				
GE	670	Carr SP20/SP77	SP20	↑	0.168	73.8					R7_20
GE	823	<b>Passo La Colla</b>	SP20	↑	3.935	77.735	IT-GE-0845				
GE	674	Passo della Scoffera	SS45		2.374	80.109					
GE	409	<b>Bargagli</b>	SS45		5.012	85.121					

Départ: Bargagli (37km et 58mn)

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

