



Feuille de route parcours R7a

Monte Aiona



58 km 7 cols et 1457m de dénivelée

Prov	Alt	Lieu	Rte	Vers	Dist	Dist Tot	Ref. Catalogue	Rq
GE	410	Bargagli			0	0		
GE	560	Pian Canese	SS45	↑	2,18	2,18		
GE	631	Vers Colle di Boasi	SC	→	1,835	4,015		R7_1
GE	644	Colle di Boasi	SC		0,433	4,448	IT-GE-0658	A/R
GE	621	Via Sottocolle	SP62	←	0,469	4,917		R7_2
GE	676	Passo della Scoffera	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	853	Carr SS45/ Dir Donetta	SP62	→	0,701	17,698		R7_7
GE	848	Carr SP62/SP21	SP21	↗	2,202	19,9		
GE	1050	Passo del Portello	SP21	↑	2,8	22,7	IT-GE-1050	
GE	920	Sella della Giassina	SP21	↑	1,122	23,822	IT-GE-0926	
GE	908	Carr SP21/SC	SC	↗	0,451	24,273		R7_14
GE	955	Colle Ovest di Monte Bocco	SC	↑	1,827	26,1	IT-GE-0955	
GE	696	Carr SC/SP21	SP21	←	2,28	28,38		R7_15
GE	649	Roccatagliata	SP21		1,42	29,8		R7_16
GE	539	Corsiglia	SP21	↑	2,375	32,175		R7_17
GE	344	Neirone	SP20	→	3,018	35,193		R7_18
GE	416	Ognio			3,865	39,058		R7_19
GE	560	Bossola	SP20	↑	3,621	42,679		
GE	672	Passo delle Forche	SP20	↑	3,241	45,92	IT-GE-0651	
GE	682	Carr SP20/SP77	SP20	↑	0,38	46,3		R7_20
GE	827	Passo La Colla	SP20	↑	2,954	49,254	IT-GE-0845	
GE	662	Passo della Scoffera	SS45		3,074	52,328		
GE	410	Parking P1			5,547	57,875		
GE	409	Bargagli	SS45		0,017	57,892		
MAX	1050		7 cols			58 km	Dénivelée	1457 m
MIN	311							

Départ: Bargagli (37km et 58mn)

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

