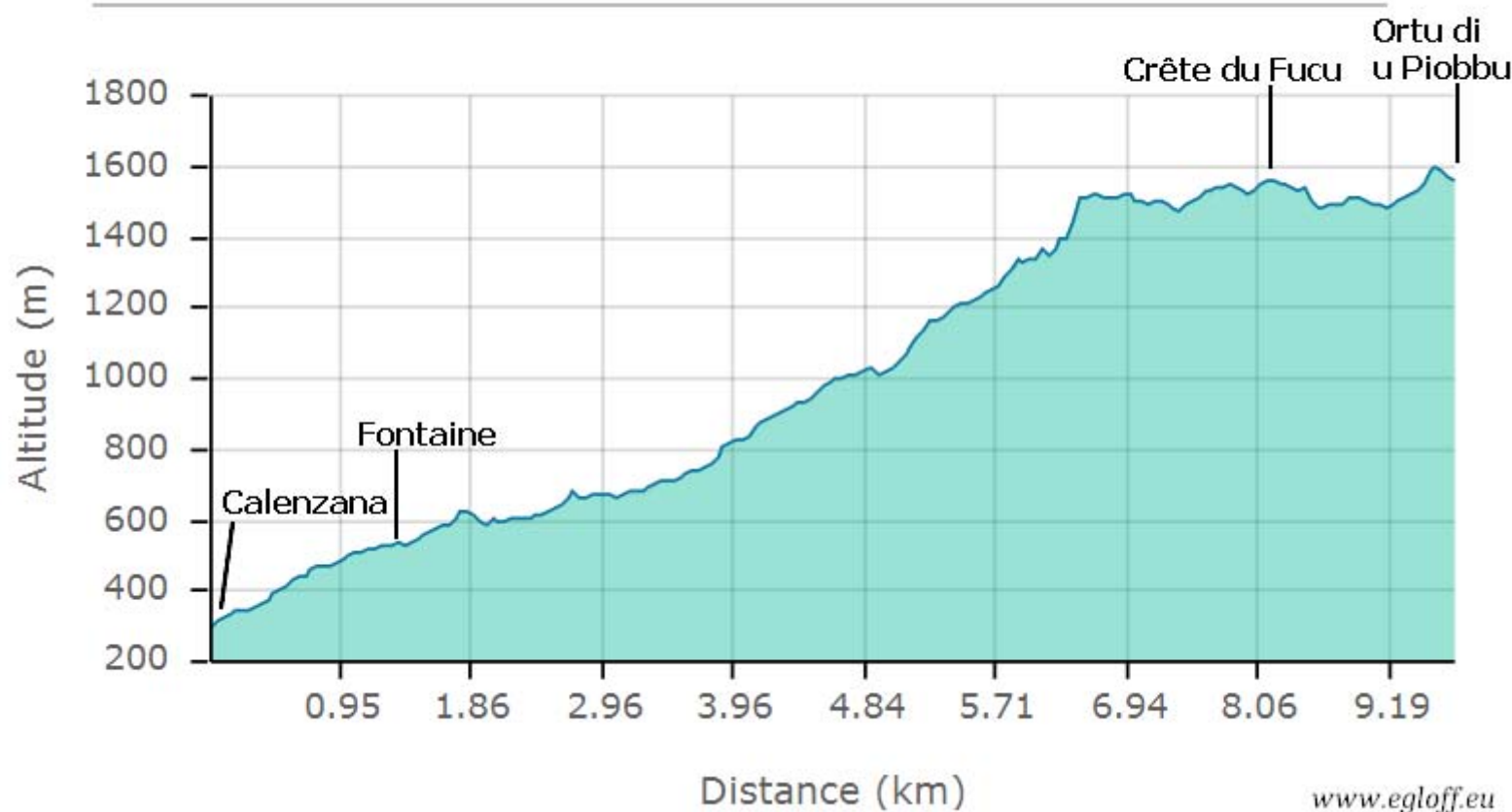


# ETAPE 1 - CALENZANA - ORTU DI U PIOBBU

10,5 km  
+1360m  
-60m







Calenzana

Capu di Pratu

Capu Ghiovu

FORÊT COMMUNALE

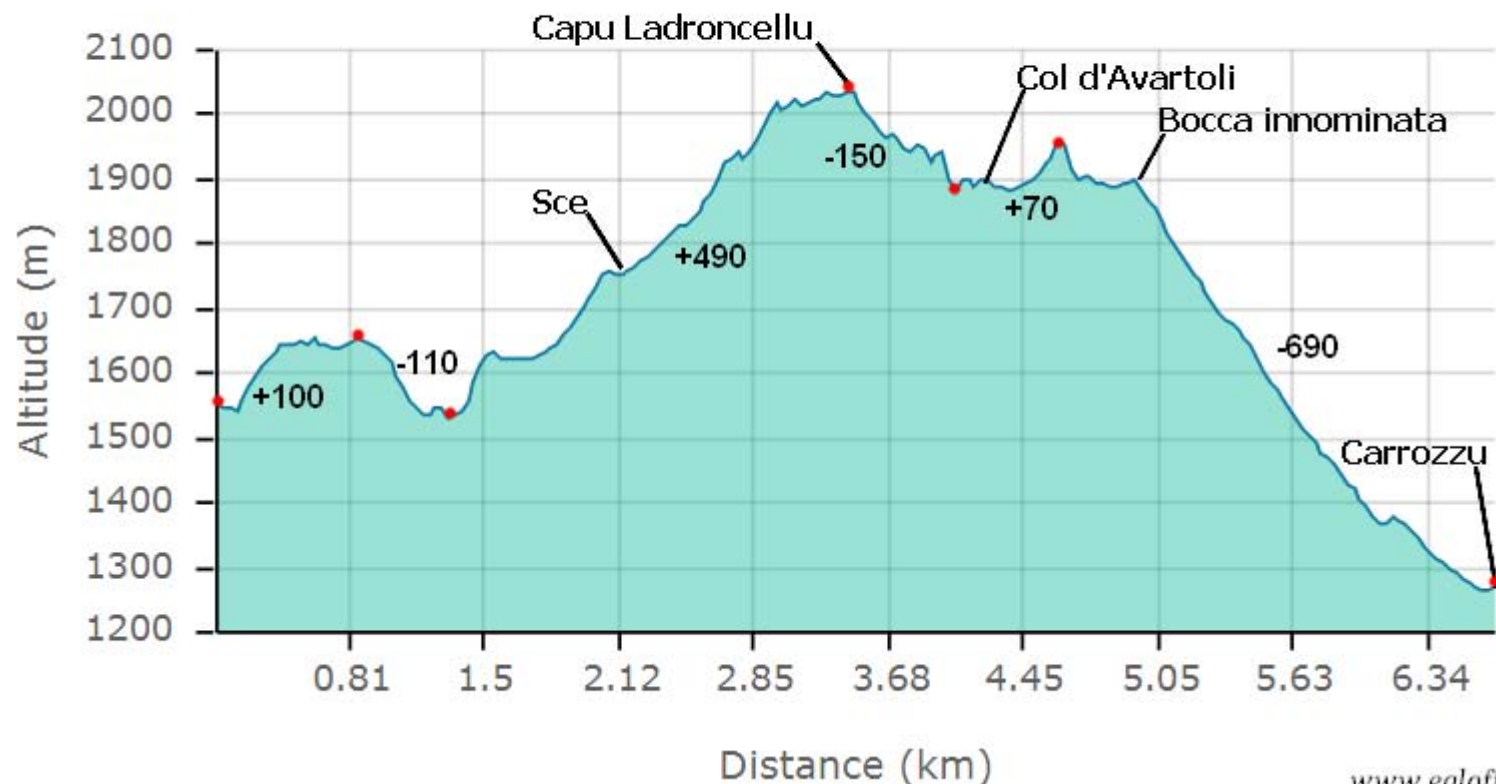
Punta Pinzalone

valle d'Alloru



## ETAPE 2 - ORTU DI U PIOBBU - CARROZZU

6.5 km  
+780m  
-910m







D E T

Monte Corona

Capu Gianonne

Capu a u Corbu

CALENZANA MONCALE

Capu Ladroncellu

Punta Ghialla

Cirque de Bonifatu

P

A

Punta Mezzagnu

Refuge de Carozzu

Capu a u Carozzu

Capu Penne Rosse

Capu a u Muvrella

Plateau de Stagnu

Ancienne Station de Ski du Haut Asco

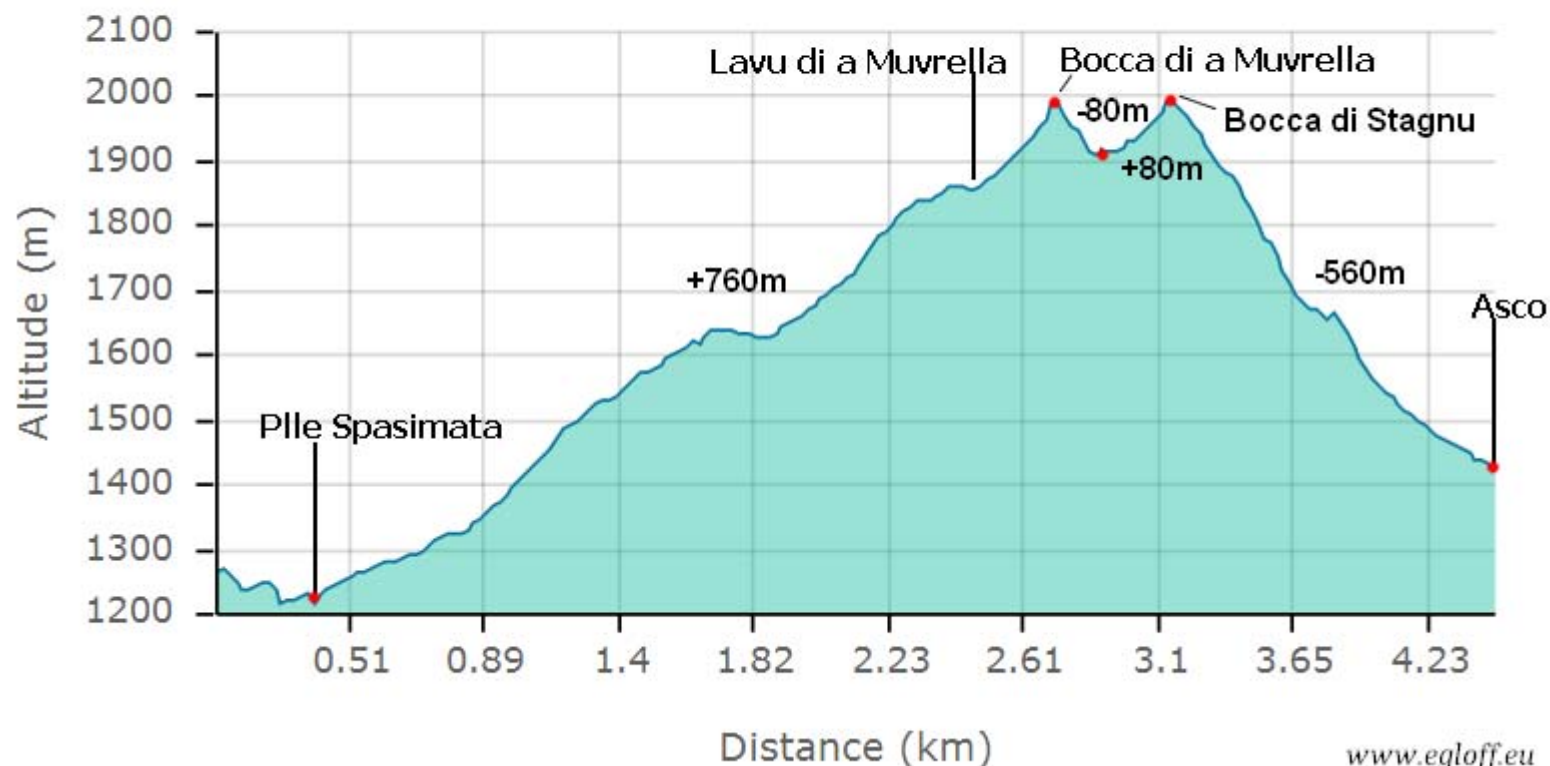


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### ETAPE 3 - CARROZZU - ASCO

5.5 km  
+800m  
-640m







D E T

E

P

A

Berg. R<sup>ne</sup>s Santucci R<sup>ne</sup>s 1261

de Capanne R<sup>ne</sup>s

Cirque de Purcareccia

Spina di u Buttacciu

Cirque de Bonifatu

Cirque de Carrozzu

Capu Taita

Capu Penne Rosse

Berg. R<sup>ne</sup>s de Maghine

Maghine

Refuge de l'Ortu di u Piobbu

Mandriaccia

Purta Piscighia

Col d'Avartoli

Punta Innominata

Refuge de Carrozzu

Punta di Spasimata

Bocca di Maghine

Bocca di Muvrella

Bocca di Stagnu

Bocca Culaghia

Bocca di Tartagine

Monte Corona

Capu Gianonne

Bocca di Petrella

Capu Ladroncellu

Capu Rasinu

Punta Ghialla

Punta Mezzagnu

Capu a u Carrozzu

Capu di a Marcia

Capu Muvrella

Plateau de Stagnu

Ancienne Station de Ski du Haut Asco

1852

2144

1961

2145

1899

2085

2085

2139

2154

2148

1300

2034

1625

2082

1718

1500

1243

1604

1678

1199

1092

1199

1267

1000



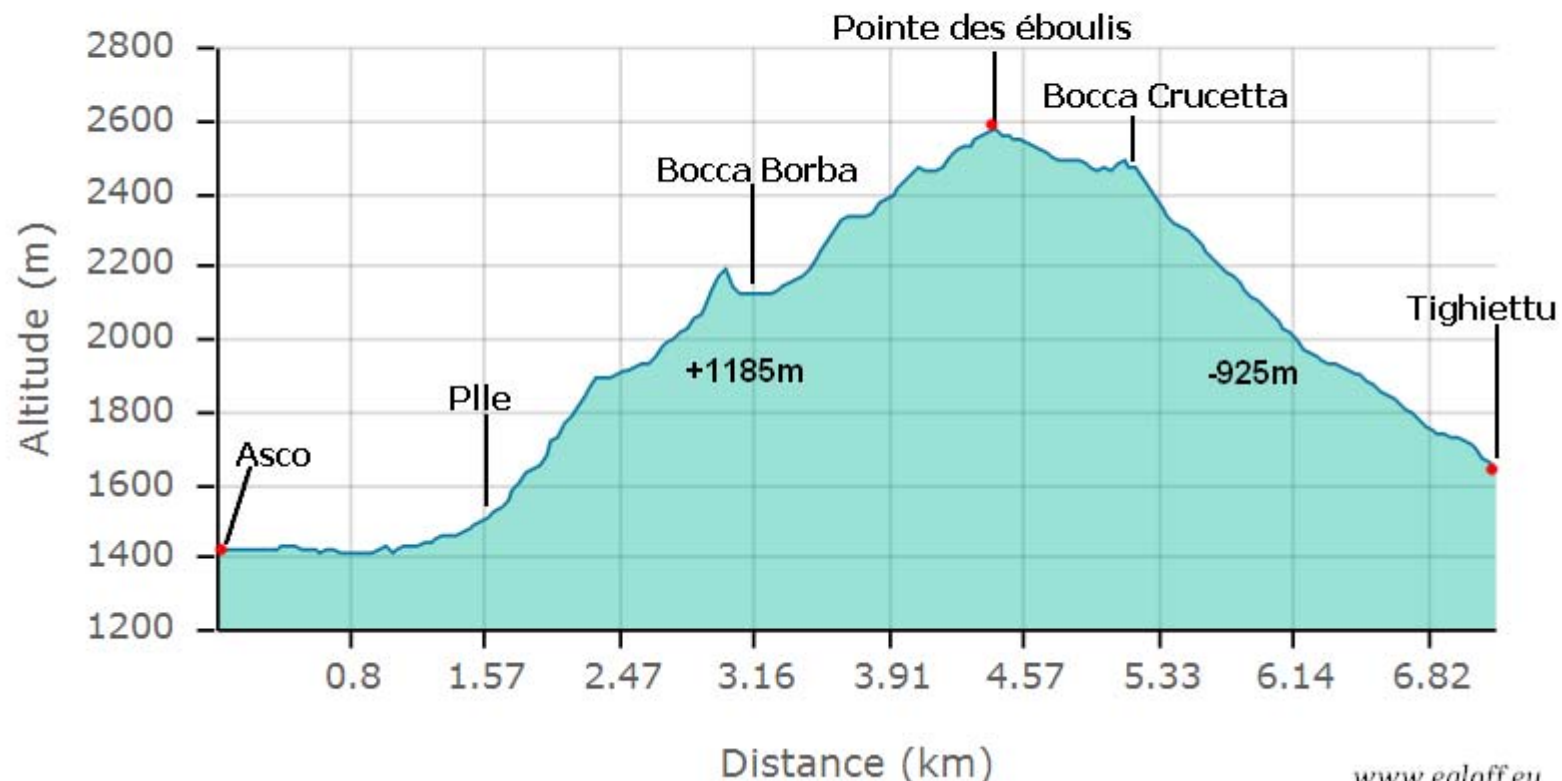
geoportail

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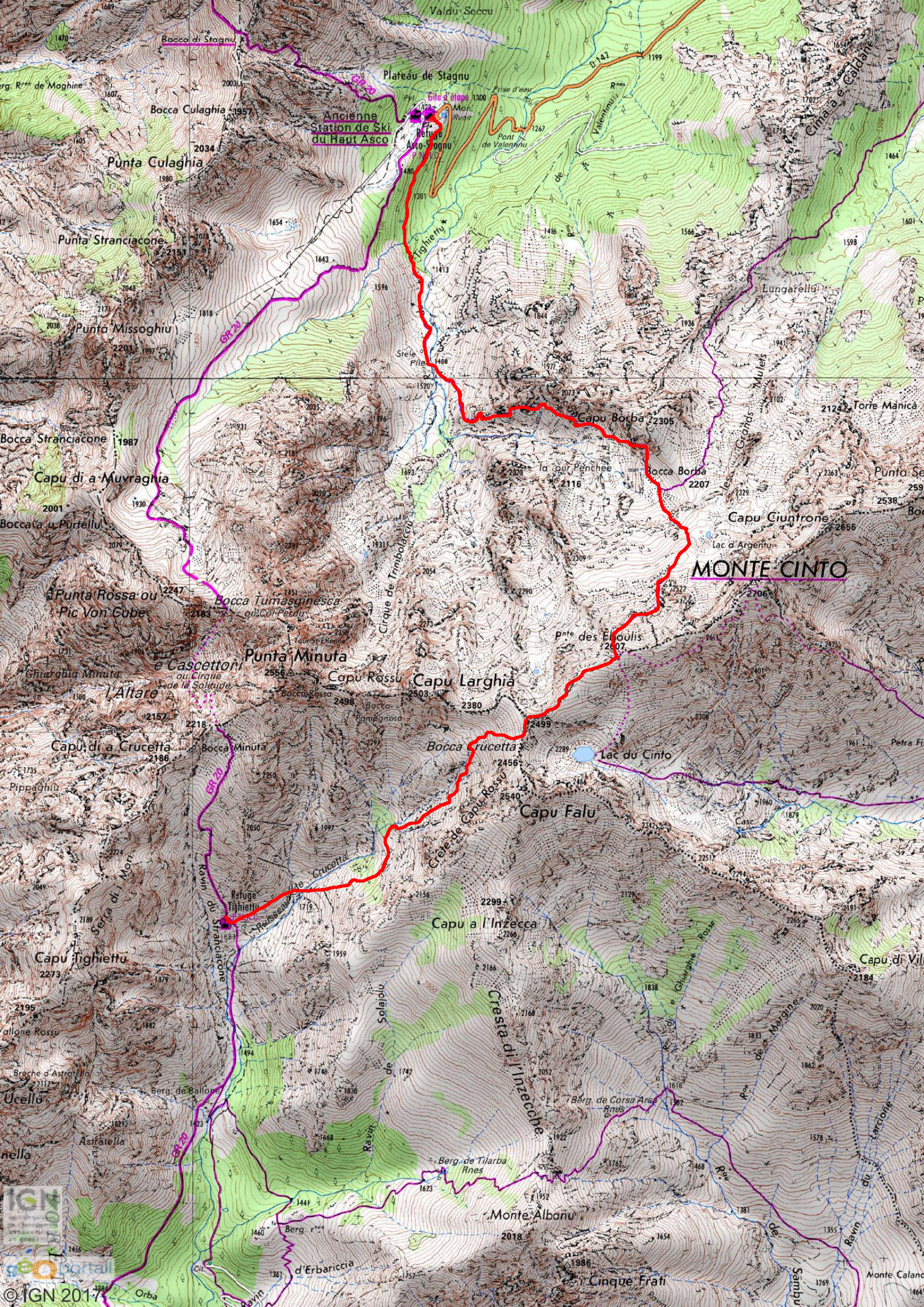


## ETAPE 4 - ASCU - TIGHIETTU

7,5km  
+1200m  
-950m







Bocca di Stagnu

Plateau de Stagnu

Ancienne Station de Ski du Haut Asco

Punta Culaghia

Punta Stranciacone

Punta Missoghju

Bocca Stranciacone

Capu di a Muvraghia

Punta Rossa ou Pic Von Cube

Punta Minuta

Capu di a Crucetta

Capu Fighiettu

Capu Rossu

Capu Larghia

Capu a l'Inzecca

Monte Albanu

MONTE CINTO

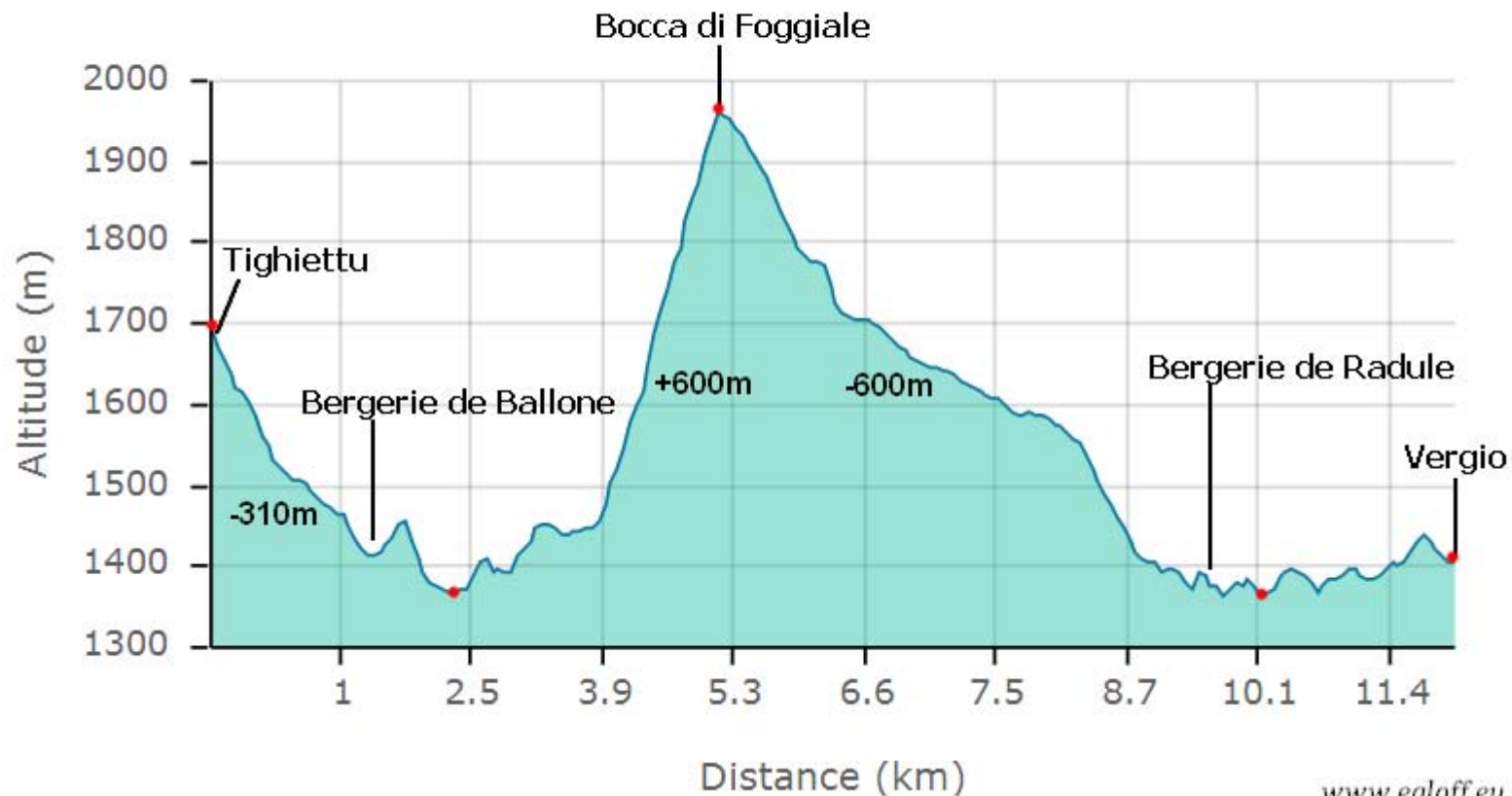
Capu Falu

Capu di Vill

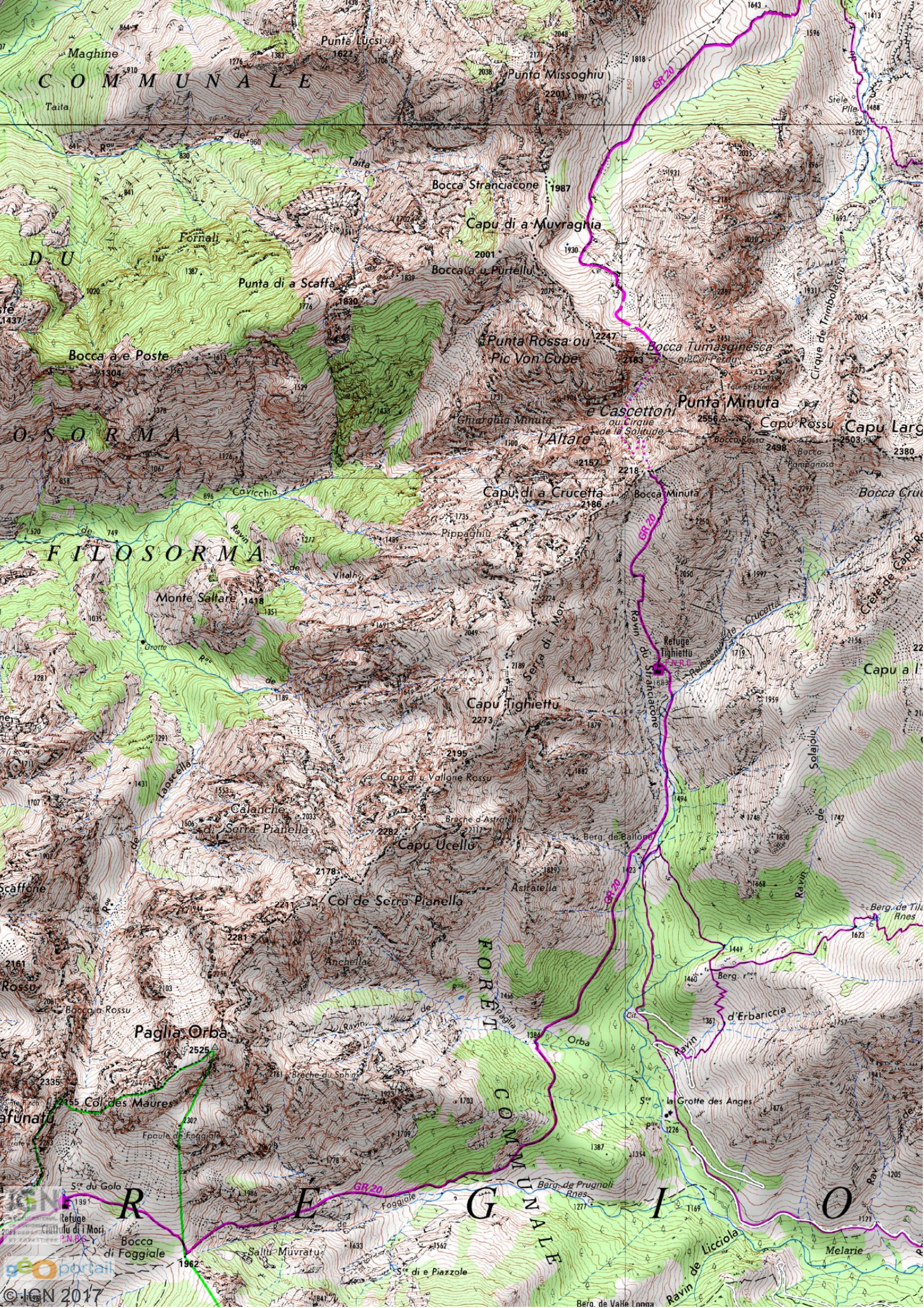
Monte Calancu



## Etape 5 - Tighiettu - Vergio







COMUNALE

D U

OSORMA

FILOSORMA

FORET  
COMMUNALE

IGN

geoportail

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Berg. de Valle Lonna





**Bocca a Sponde**  
1985  
Station Meteorologique

**FORÊT TERRITORIALE**

**DE VALDU NIELLU**

**Punta Licciola**  
2235

**Punta di Castelluccia**  
2188

**Capu di a Merla**  
1796

**Berg. de Radule**  
1300

**Col de Vergio**  
1470

**Capu di Vergio**  
1390

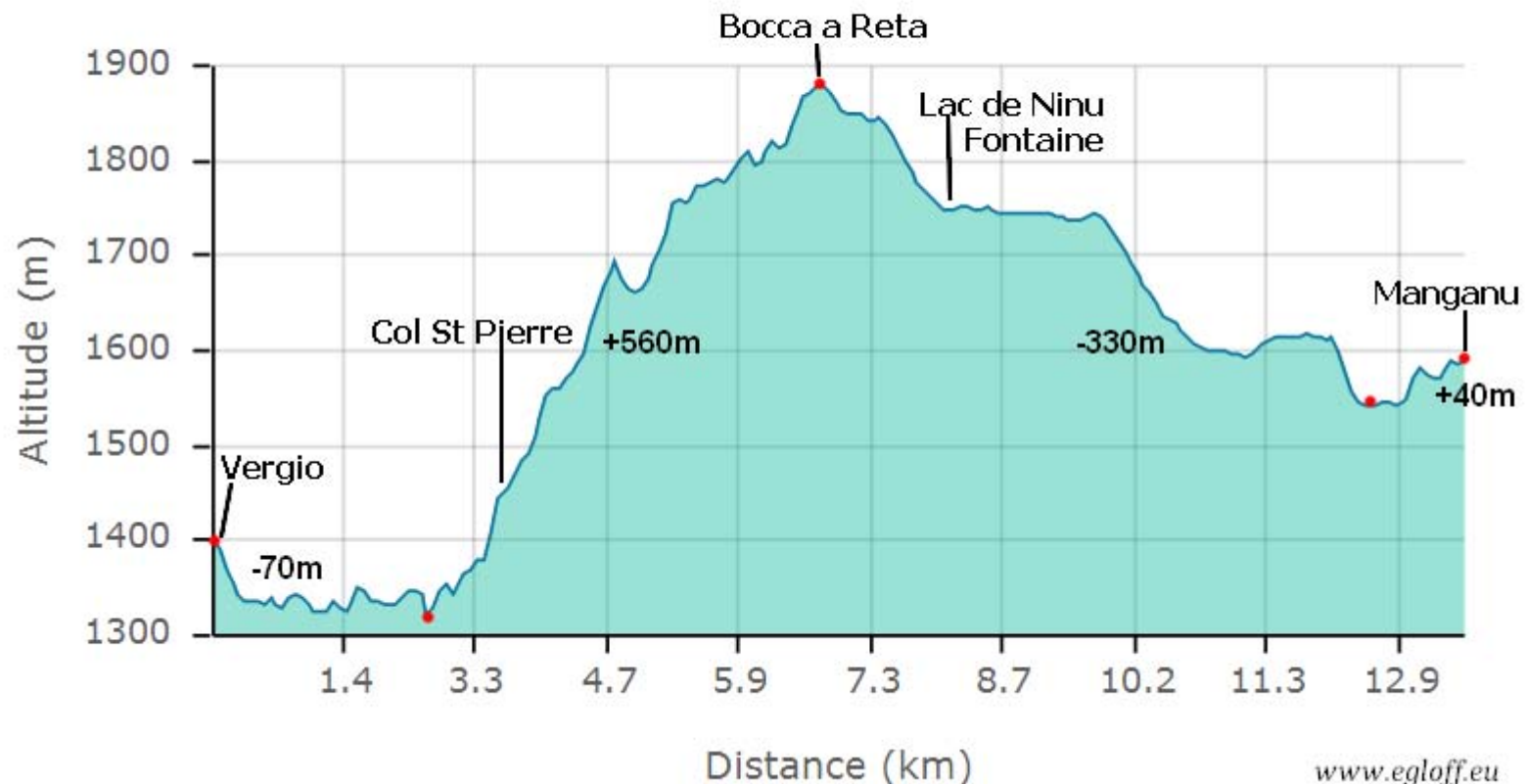
**Castellu di Vergio**  
1332

**Capu a Rughia**  
1712

**FORÊT TERRITORIALE**



## Etape 6 - Vergio -Manganu











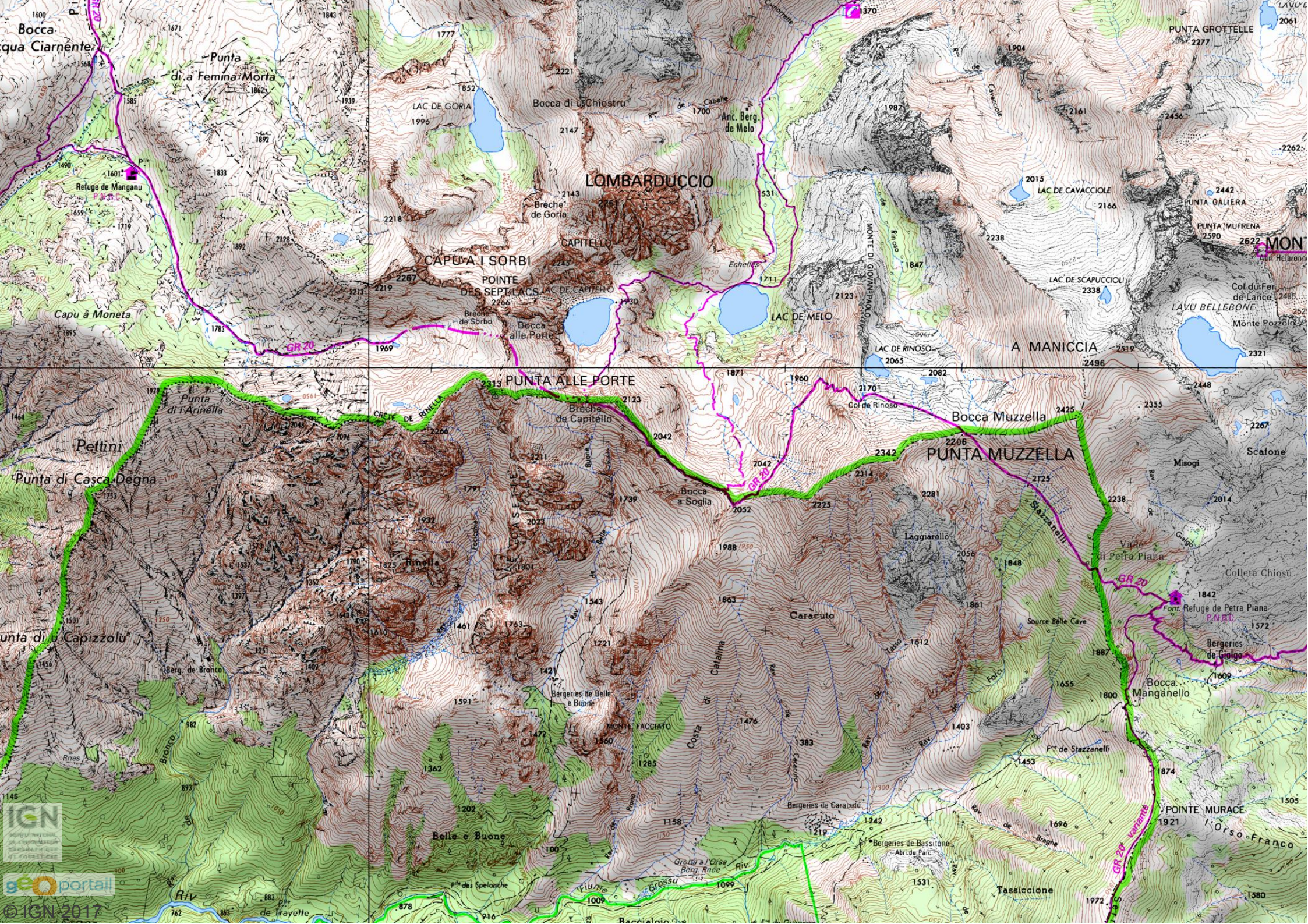


## ETAPE 7 - MANGANU - PIETRA PIANA

8.5 km  
+ 830 m  
- 590 m







Bocca di Chiostro

Punta di a Femina Morta

LOMBARDUCCIO

CAPPELLA I SORBI

CAPITELLO

A MANICCIA

PUNTA ALLE PORTE

PUNTA MUZZELLA

Pettini

Punta di Casca Degna

Punta di Capizzolo



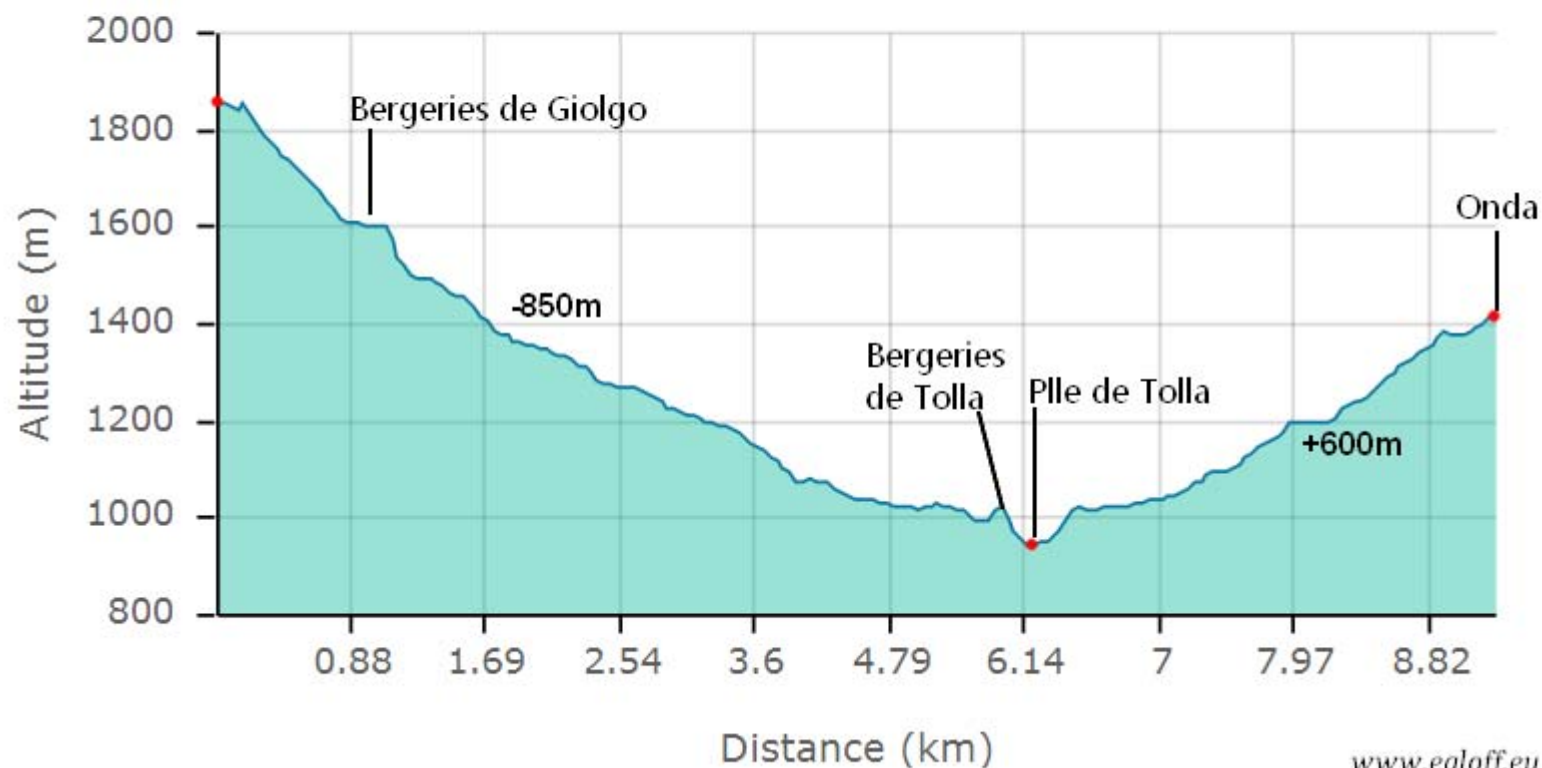
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## ETAPE 8 - PIETRA PIANA - ONDA

10km  
+600m  
-850m



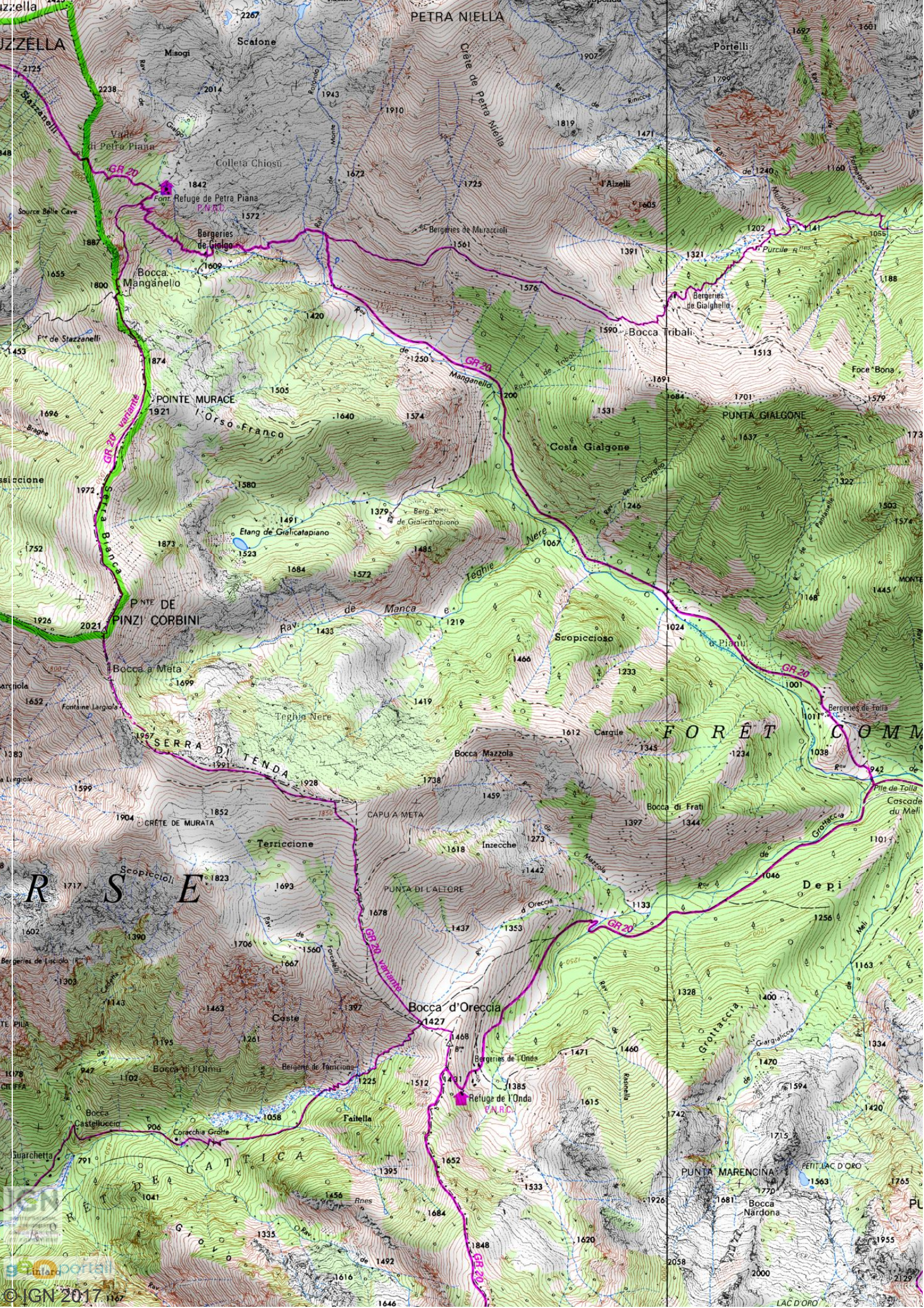


# ETAPE 8 - PIETRA PIANA - ONDA VARIANTE ALPINE

7km  
+400m  
-770m









## Etape 9 - Onda - Vizzavona

10 km  
+700m  
-1200m





