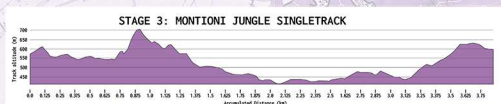
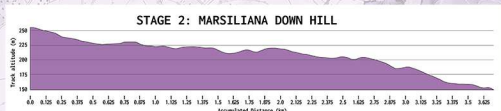


GRINDURO!

ITALIA



BIKE SERVICE
 MASSA MARITTIMA
 Grab an
 alcohol-free
 Negroni here!

Spaghetti
 steep
 climb!

Monte Arseni
 Trail Area

MASSA
 MARITTIMA

2

Feed/Water Station

Riserva Statale
 Marsiliana

MONTIONI

Montioni
 Trail Area

3

Feed/Water Station

Riserva Naturale
 Poggio Tre Cancelli

CURA
 NUOVA

MORISFARMS
 • Lunch stop

VALPIANA

Tech Climb

Water Station

GAVORRANO

Parco delle
 Colline Metallifere

Twisty & fun
 tarmac section

CALDANA

1

Feed/Water Station

SCARLINO

Bandite Trail Area
 di Scarlino

GOLFO DI
 FOLLONICA

Puntone di Scarlino



Cala Violina

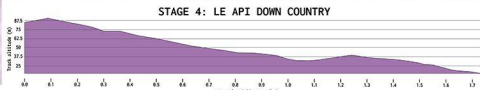
4

Start/
 Finish

Ice Cream

Pian D'alma

PuntAla
 CAMP & RESORT



TIMED SECTIONS

- 1 LA ZINGHERA
 HILL CLIMB
 2.8KM +160M
- 2 MARSILIANA
 DOWN HILL
 3.7KM -140M
- 3 MONTIONI JUNGLE
 SINGLETRACK
 3.8KM +70M -80M
- 4 LE API DOWN COUNTRY
 1.7KM +20M -30M

Go to www.grinduro.com/maps
 for GPX files!

