



REGIONE LAZIO



# LIRIS<sup>®</sup>

2022-2023

*Cycling routes to discover the Liri Valley; a unique territory, shaped by water and witness to a thousand years of culture. The emotions of the places of history and faith, the charm of the villages, nature, food and wine traditions combined with the pleasure of cycling.*



cycling from the source to the sea

## from source to sea

The complete tour follows the flow of the "Liris" from the source to the sea.

A three-day tour along the river, crossing the extraordinary variety of landscapes shaped by water over the millennia. A fascinating ride through enchanting scenery, passing quickly from mountains to an archaeological site, along lakes and streams, admiring landscapes of rare beauty while leaving the plain to reach small medieval hamlets. A tour through history, from the earliest human traces to the many examples of industrial archaeology, where water is the leading character, keeping on cycling through the places that were the theatre of the atrocities of WWII, up to the Riviera of Ulysses where history and myth are intertwined.

—|— km 168,42



▲▲ + mt 1330

▼▲ - mt 2116

## the middle Liri valley

The tour develops entirely in the Middle Liri Valley and the nearby Valle di Comino, with three routes that allow you to grasp the peculiarities of the territory and live unique experiences. Cicerone was born here where there are remarkable testimonies of Roman and pre-Roman history; you ride on secondary roads through the Cabernet vineyards until you reach the pleasant medieval villages set among the green hills, in which time seems to stand still. An area rich in water, whose presence has favoured industrial development since the sixteenth century; a territory crossed by a railway that has been the protagonist of social life for almost two centuries.

—|— km 179,22



▲▲ + mt 1794

▼▲ - mt 2297

## the lower Liri valley

The tour offers three routes developing within the "Lower Liri Valley", a geographical area located near Cassino, above the confluence of the Liri and Gari rivers. Three paths able to evoke strong emotions, from World War II's touching and dramatic experiences to the places of faith linked to the figures of St Thomas and St Benedict; from the archaeological remains of *Aquinum* and *Casinum* to the last economic development linked to tobacco cultivation. The tour also offers a decisive and discreetly stimulating naturalist experience amongst the mountains of Mairarde and its rural traditions and enogastronomy.

—|— km 191,81



▲▲ + mt 2186

## the estuary and the coastline

The tour of the coast, from the enchanting charm of the sea to the unexpectedly beautiful villages located among the reliefs of the hinterland. A tour that keeps constantly suspended the cyclist between history and mythology, in this territory crossed by the last stretch of the river "Liris" (today Garigliano). You will cycle through the dramatic war memories of the Gustav Line, gathered, preserved and broadcast by a handful of volunteers with their magical museum up to villages with remarkable food and wine traditions. Along the coast or in the immediate hinterland the artefacts of Roman, medieval and Bourbon times, are sometimes very close to each other and always protagonists of breathtaking scenery and views.

—|— km 172,14



▲▲ + mt 2053



## the Route



The thrill of a train journey with the bike in tow until you reach the **Liri's** springs, to descend the initial section of the river along the sparsely used roads, always with the river and the railroad which cross several times and telling stories of high engineering in a territory that is sometimes wild. Once you get off the train and set up your bike, you can visit the places where the **emissary of Claudius**, a Roman work created to empty the lake of Fucino, flows into the Liri with an imposing waterfall from where you reach the middle Liri Valley with a pleasant ride. Where the valley spreads on a plain rich in water, you can appreciate the beauty of the historical centre of Sora, an ancient Volscian city and Roman municipium, up to the old **abbey of San Domenico** and the medieval village of Isola del Liri with the Cascata Grande.

## route data

km 54,79

+ mt 160

- mt 664

5h - visits included

★★★★★

around: Posta Fibreno lake, Casamari Abbey

## the Tour

### 1' day

**-the river and the railway;** Isola del Liri - Capistrello (by train with bike in tow) and return by bike to Isola del Liri

### 2' day

-the places of history; Isola del Liri, Arpino, Santopadre, Roccasecca, Cassino

### 3' day

-along the Gustav Line; Cassino, Sant'Angelo, Castelforte, Minturno, Scauri

## tour data

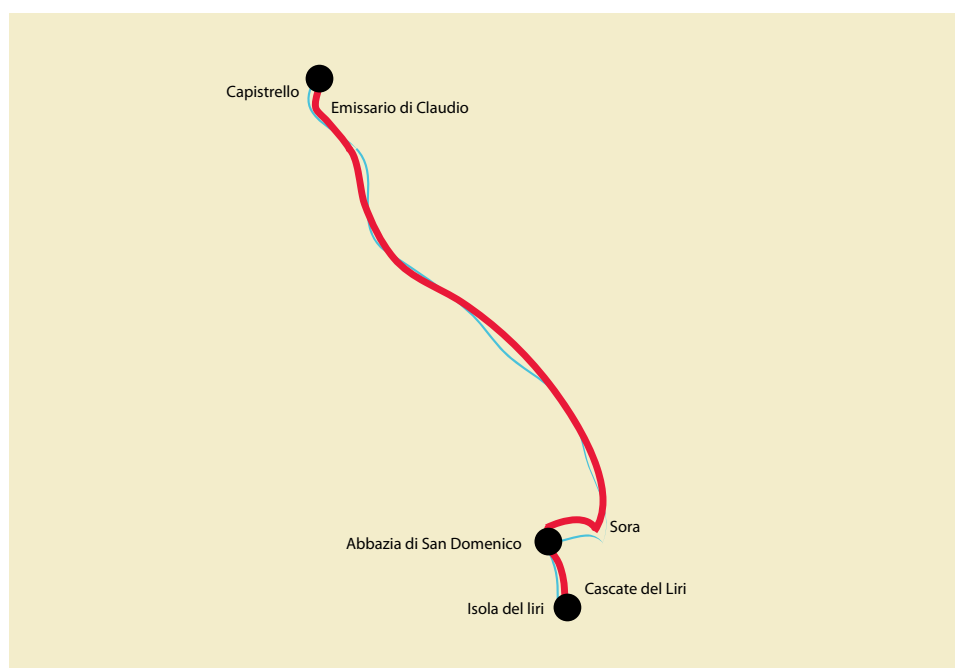
km 168,42

+ mt 1330

- mt 2116

★★★★★

Isola del Liri, Cassino



from source to sea  
the places of history

2' day



### the Route



A trail where you can breathe history with every pedal stroke. From the **industrial archaeology** of Isola del Liri to the **places of Cicero** along the ancient Via Latina; from the villages of Arpino and Santopadre, with incredible views over the Liri Valley and the **Melfa Gorges**, until you cross the places of **Saint Thomas** and arrive in the wide archaeological area of **Casinum**. You will follow the same secondary and sparsely-tracked roads used during World War II to supply the Cassino front. An emotional journey between ancient history and more recent episodes that you can enjoy as best as the slow progression of the bike.

### the Tour

1' day  
-the river and the railway; Isola del Liri - Capiستrello (by train with bike in tow) and return by bike to Isola del Liri

**2' day**  
**-the places of history;** Isola del Liri, Arpino, Santopadre, Roccasecca, Cassino

3' day  
-along the Gustav Line; Cassino, Sant'Angelo, Castelforte, Minturno, Scauri

### tour data

km 168,42

+ mt 1330

- mt 2116

★★★★★

Isola del Liri, Cassino

### route data

km 65,94

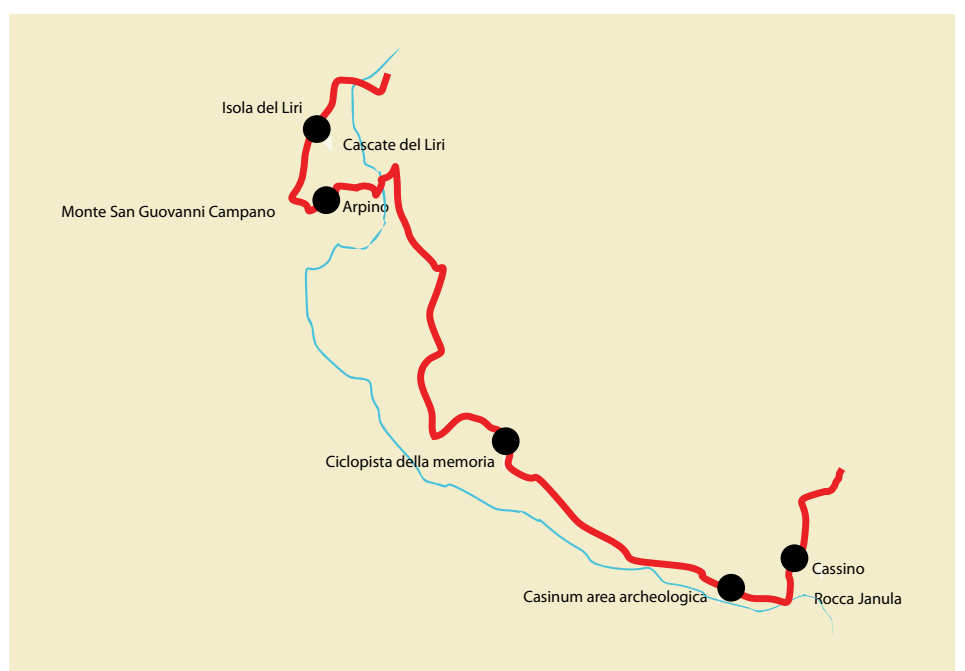
+ mt 874

- mt 1058

5,5h - visits included

★★★★★

around: Civitavecchia Acropolis, Melfa gorges, ancient Aquinum, Montecassino abbey





### the Route



Riding a bicycle along the front allows you to feel strong emotions. It means experiencing and reliving World War II drama episodes in places where everything was consumed, in a collective madness that never seems to end. **The Peace Bell**, the **Military Sanctuaries** and the magnificent work of the volunteers of the **Gustav Line Museum** make all this possible. But biking to the sea also means enjoying the almost constant view of the river "**Liris**" (in this case Garigliano), passing with little effort on secondary paths of rare beauty, with the mythological image of the Nymph Marica, goddess of waters and marshes, to welcome us in her territories.

### the Tour

- 1' day  
-the river and the railway; Isola del Liri - Capistrello (by train with bike in tow) and return by bike to Isola del Liri
- 2' day  
-the places of history; Isola del Liri, Arpino, Santopadre, Roccasecca, Cassino

**3' day**  
**-along the Gustav Line;** Cassino, Sant'Angelo, Castelforte, Minturno, Scauri

### tour data

- km 168,42
- + mt 1330
- mt 2116
- ★★★★★
- Isola del Liri, Cassino

### route data

- km 47,69
- + mt 296
- mt 664
- 4,5h - visits included
- ★★★★★
- around: Military Sanctuaries, mount of Scauri, seafont





### the Route



The middle Liri Valley and the Comino Valley to live and "ride" together. The route is hilly and very pleasant between the vineyards of **Cabernet DOC** and the small **villages full of history and gastronomic and wine traditions**. Here, it's easy to have pleasant conversations with residents and feel the peacefulness of time. However, the characteristic feature of the entire territory is water. Many streams feed the "**Liris**" while **Lake Posta Fibreno** is an oasis of nature, peace and tranquillity. Its cold springs guarantee the necessary flow of water to the **waterfalls in the town** of Isola del Liri.

### the Tour

#### 1' day

-**the ways of water**; Fontechiari, Gallinano, Alvito, Vicalvi, Posta Fibreno

#### 2' day

-the river and the railway; Isola del Liri - Capistrello (by train with bike in tow) and return by bike to Isola del Liri

#### 3' day

-In the places of Cicero; Arpino, Santopadre, Roccardarce, Arce, Fontana Liri

### tour data

km 179,22

+ mt 1794

- mt 2297

★★★★★

Isola del Liri

### route data

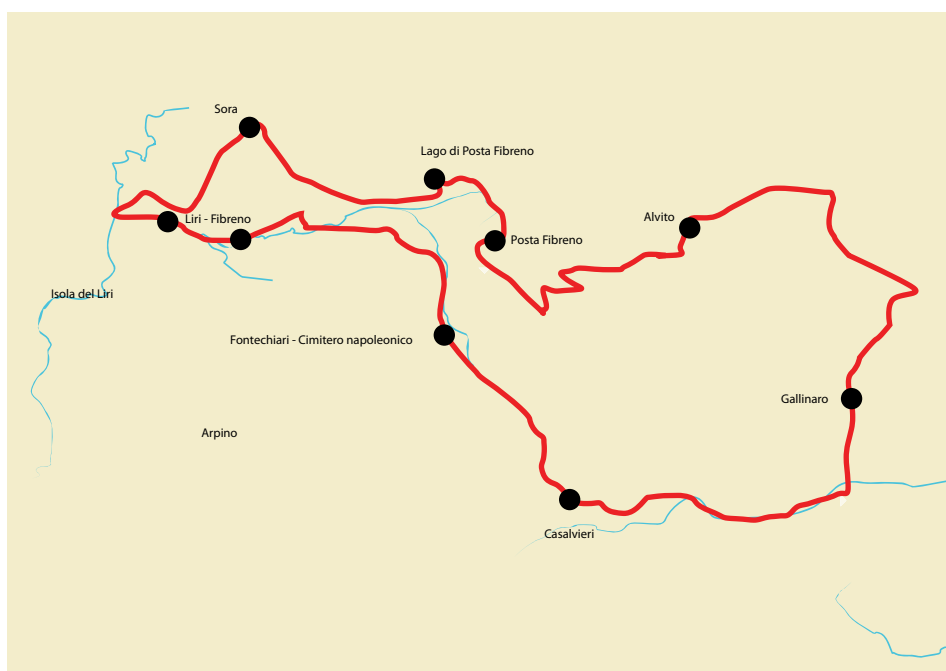
km 67,80

+ mt 807

5h - visits included

★★★★★

around: Casalvieri, Atina, San Donato Val Comino





### the Route



The thrill of a train journey with the bike in tow until you reach the **Liri's** springs, to descend the initial section of the river along the sparsely used roads, always with the river and the railroad which cross several times and telling stories of high engineering in a territory that is sometimes wild. Once you get off the train and set up your bike, you can visit the places where the **emissary of Claudius**, a Roman work created to empty the lake of Fucino, flows into the Liri with an imposing waterfall from where you reach the middle Liri Valley with a pleasant ride. Where the valley spreads on a plain rich in water, you can appreciate the beauty of the historical centre of Sora, an ancient Volscian city and Roman municipium, up to the old **abbey of San Domenico** and the medieval village of Isola del Liri with the **Cascata Grande**.

### route data

km 54,79

+ mt 160

- mt 664

5h - visits included

★★★★★

around: lago di Posta Fibreno, Abbazia di Casamari

### the Tour

1' day  
-the ways of water; Fontechiari, Gallinano, Alvito, Vicalvi, Posta Fibreno

**2' day**  
**-the river and the railway;** Isola del Liri - Capistrello (by train with bike in tow) and return by bike to Isola del Liri

3' day  
-In the places of Cicero; Arpino, Santopadre, Roccardarce, Arce, Fontana Liri

### tour data

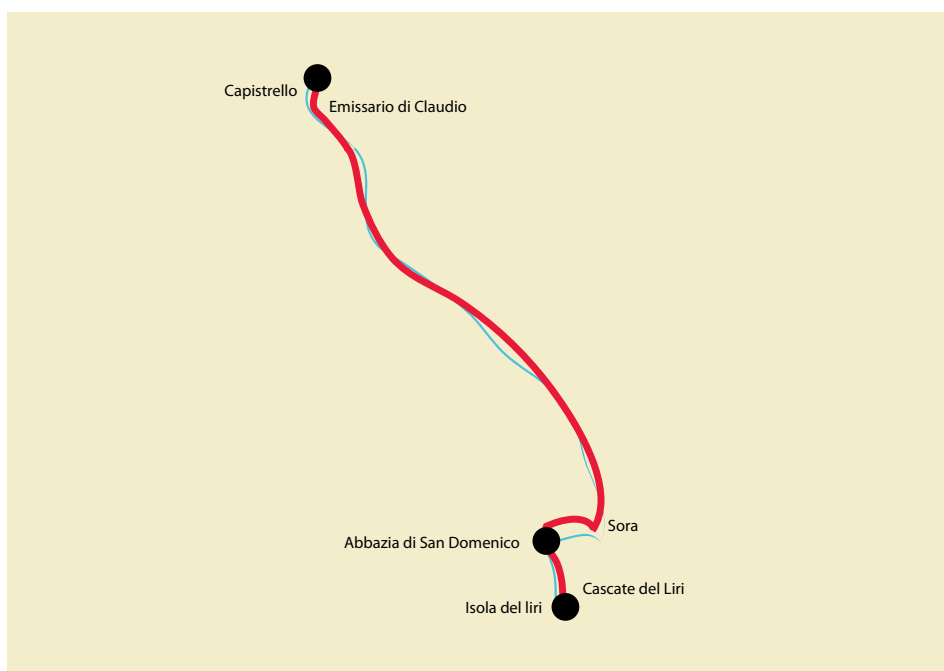
km 179,22

+ mt 1794

- mt 2297

★★★★★

Isola del Liri



# the middle Liri valley in the places of Cicero

3' day

**LIRIS**  
"from source to sea"



## the Route



A tour in ancient history which allows you to experience the emotions of the places where **Cicero** was born, with the peace of the village of Arpino and its main square in the middle of the ride. The entire road is rather difficult because from the bottom of the valley it goes up to Arpino and Santopadre, then back to the opposite side. Roccadarce and Arce are waiting for us with their breathtaking views across the **Liri Valley**. On the way back, you cycle across **the river** and **the railway** where the human labours had to overcome the difficulties of an inaccessible nature and where ancient history gives way to the story of more recent but equally fascinating episodes.

## the Tour

1' day

-the ways of water; Fontechiari, Gallinano, Alvito, Vicalvi, Posta Fibreno

2' day

-the river and the railway; Isola del Liri - Capistrello (by train with bike in tow) and return by bike to Isola del Liri

3' day

**-In the places of Cicero;** Arpino, Santopadre, Roccadarce, Arce, Fontana Liri

## tour data

km 179,22

+ mt 1794

- mt 2297

★★★★☆

Isola del Liri

## route data

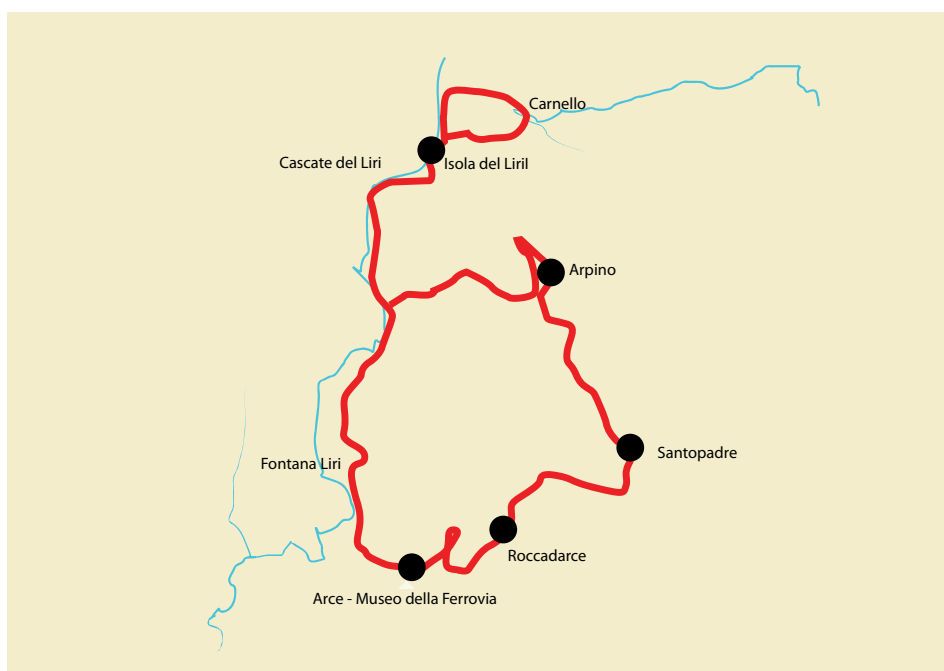
km 56,63

+ mt 827

6h - visits included

★★★★☆

around: acropoli di Civitavecchia, lago di Isoletta, Veroli





### the Route



A long, but undemanding route that allows you to cycle in the places of the most recent history. The economic and social life of the territory of Pontecorvo (in the pre-unification period an enclave of the Papal States in the Bourbon Kingdom) told with a visit to the **Tobacco Museum**. A treasure of beauty to reach in the open countryside, cycling along the roads that line the **"Liris"** and wind gently through cultivated fields. On the way back the strong emotions guaranteed by cycling on the roads along the Gari river and then the Rapid along the **Gustav Line**. These are the places of emotions still present in the collective memory, to be relived with the visit in the suggestive atmospheres of the **Historiale of Cassino**.

### the Tour

#### 1' day

**-the ways of tobacco;** Cassino, Pontecorvo, San Giorgio a Liri, Sant'Angelo

#### 2' day

-the Mainarde; Sant'Elia Fiumerapido, San Biagio Saracinisco, Villa Latina, Belmonte Castello

#### 3' day

-hystory and faith; Aquino, Rocca-secca, Castrocielo, Cassino

### tour data

km 191,81

+ mt 2186

★★★★★

Cassino

### route data

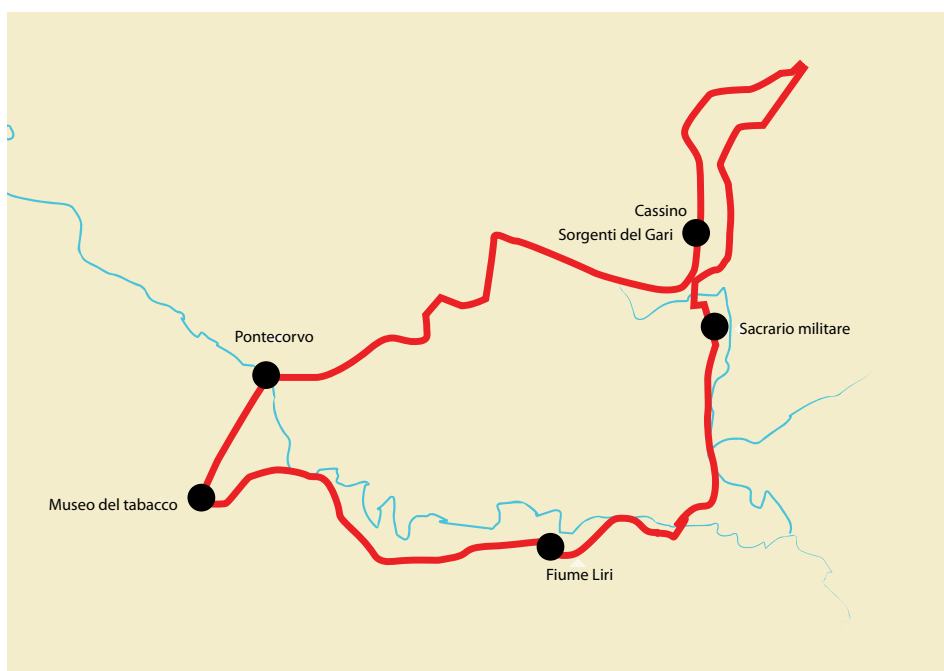
km 70,99

+ mt 523

5h - visits included

★★★★★

around: parco di Monte Menola, laghetto di San Giorgio, sacrari militari





### the Route



A little physical effort for this road that climbs the slopes of the **Mainarde** to **Cardito Lake** at about 1000 meters above sea level. At the end of the climb, there is an enchanting artificial basin set in the green of the surrounding mountains. The walk is very nice in the flat stretch around the lake and in the long downhill that also touches the Valle di Comino. There are many picturesque places and emotional visits of the **Zampogna Museum** in Villa Latina and the Atina **Archaeological Museum**. A true bicycle journey through nature, history and traditions of small villages but rich in history.

### the Tour

1' day  
-the ways of tobacco; Cassino, Pontecorvo, San Giorgio a Liri, Sant'Angelo

**2' day**  
-the **Mainarde**; Sant'Elia Fiumerapido, San Biagio Saracinisco, Villa Latina, Belmonte Castello

3' day  
-hystory and faith; Aquino, Rocca-secca, Castrocielo, Cassino

### tour data

km 191,81

+ mt 2186

★★★★★

Cassino

### route data

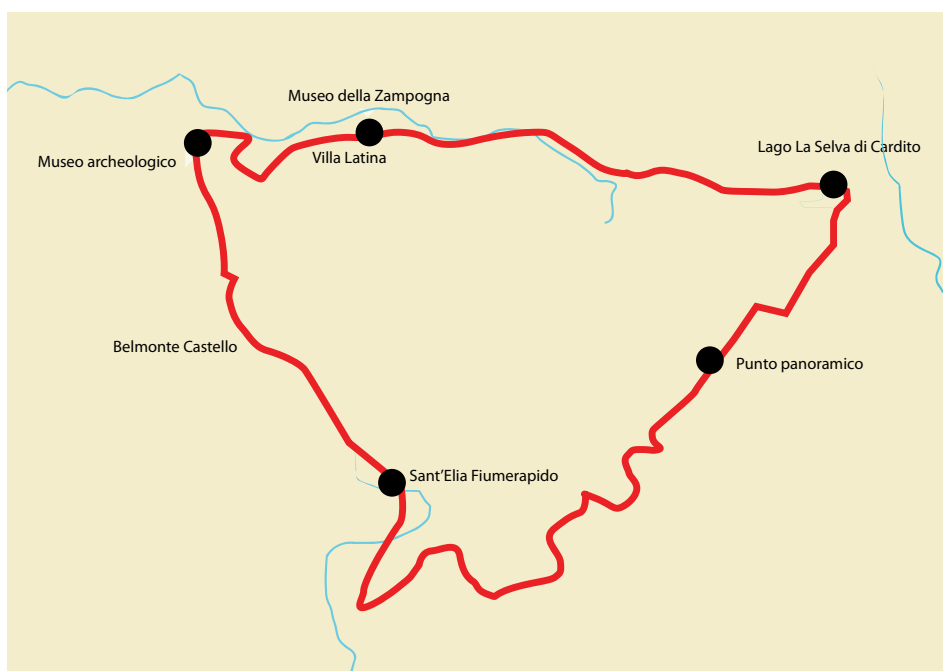
km 60,67

+ mt 1138

6h - visits included

★★★★★

around: Cassino, Pontecorvo, San Giorgio a Liri, Sant'Angelo





### the Route



A less demanding path that lives on the continuous and fascinating interlacing between history and faith, that only cycling can exalt.

The secondary roads that cross the wide plain between Aquino and Roccasecca lead to the **places of Saint Thomas**, eternally disputed between the bell towers and the remains of the ancient **Aquinum**. The most recent history is brought to life, however, by the "**Ciclopista della memoria**", a trail that retraces the roads used by the German army during World War II and ends in the archeological area of the ancient **Casinum**. Without forgetting the beautiful and unexpected views of nature and the breathtaking landscapes of the Liri valley.

### route data

km 60,15

+ mt 525

5,5h - visits included

★★★★★

around: abbazia di Montecassino, i sacrali militari, il museo archeologico di Cassino

### the Tour

1' day  
-the ways of tobacco; Cassino, Pontecorvo, San Giorgio a Liri, Sant'Angelo

2' day  
-the Mainarde; Sant'Elia Fiumerapido, San Biagio Saracinisco, Villa Latina, Belmonte Castello

3' day  
-**history and faith**; Aquino, Roccasecca, Castrocielo, Cassino

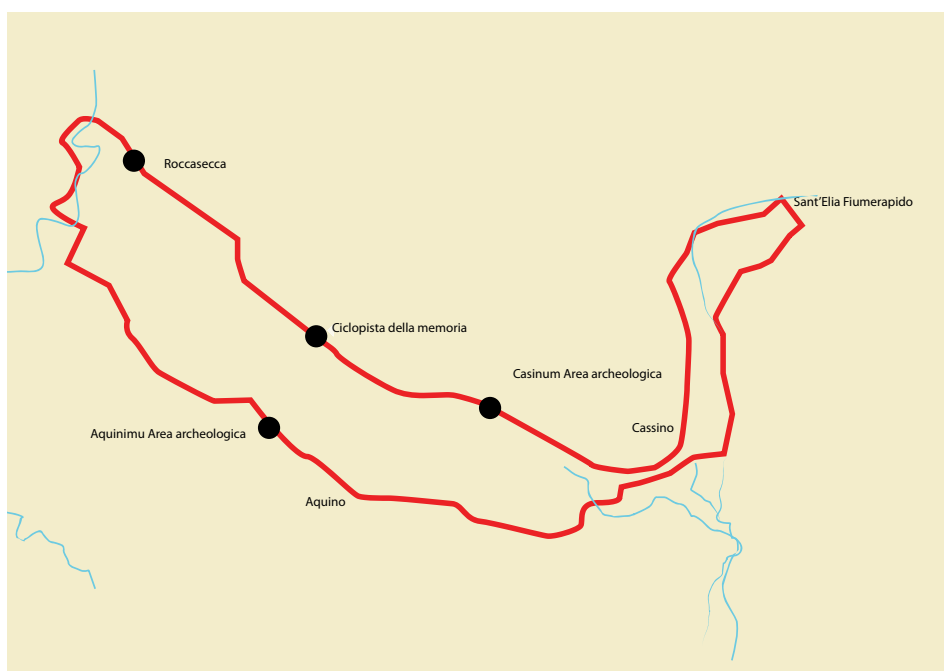
### tour data

km 191,81

+ mt 2186

★★★★★

Cassino





## the Route



The route that goes up the **"Liris"** from the sea along the Gustav line is a source of great emotions. You'll cycle in the places where some of World War II's bloodiest battles took place on the Garigliano front, told and relived through the magnificent work of the volunteers of the **Gustav Line Museum**. From the Minturno **British War Cemetery** the inland route, nestled between **the river** and the southern slopes of the **Aurunci Mountains**, is easy but of rare beauty. The villages are always placed in a panoramic location and you can reach them with a little effort, certainly rewarded by the views, the **tasting of typical products** and the emotions of a collective memory still present among the residents.

## route data

km 60,05

+ mt 576

5h - visits included

★★★★★

around: lungomare di Scauri, la foce del "Liris", il ponte borbonico

## the Tour

**1' day**  
**war memories;** Minturno, Castelforte, Grunuovo, Scauri

2' day  
the Riviera of Ulysses; Minturno, Formia, Gaeta, Scauri

3' day  
fragments of history; Santi Cosma e Damiano, Spigno Saturnia, Maranola, Formia, Minturno

## tour data

km 172,14

+ mt 2053

★★★★★

Minturno





## the Route



A ride of rare beauty between history and mythology that starts with the easy ascent to the medieval village of Minturno. From here you can enjoy the splendid view of the whole gulf, until you find, to the north, the promontory of **Gaeta with the Anjou-Aragon castle**. is the destination to reach for the day and for a full sightseeing, cycling first in the immediate hinterland, then stopping in Formia at the places of **Cicero** (the tomb and the remains of the villa).

On the way back you can enjoy the unique landscape on the "**Riviera of Ulysses**": the secondary roads and the fantastic seafront continue to the Roman port of Gianola and the archaeological area of the ancient **Minturnae**.

A trail to follow while imagining the **landing of Ulysses** and the reception of the **nymph Marica** on the right at the mouth of the "**Liris**".

## route data

km 56,96

+ mt 520

5h - visits included

★★★★★

around: monte di Scauri e parco Riviera di Ulisse

## the Tour

1' day  
war memories; Minturno, Castelforte, Grunuovo, Scauri

**2' day**  
**the Riviera of Ulysses**; Minturno, Formia, Gaeta, Scauri

3' day  
fragments of history; Santi Cosma e Damiano, Spigno Saturnia, Maranola, Formia, Minturno

## tour data

km 172,14

+ mt 2053

★★★★★

Minturno





the Route



A path that can give strong and contrasting emotions, with the sea always present and a hilly hinterland, sometimes harsh but always surprising. **The villages** enchant by their slowness of life and unavoidable **views of the sea**, while the products of **food and wine** are the fruits of the earth and daily hard work. On the way back, the road returns to the coastline, where the sea and the thick coastal vegetation of **Mount Scauri** are a truly unique sight. At the end a nice and relaxing ride on the promenade and the road that runs along the last stretch of the **"Liris"** where you can still experience the emotions of more recent history with a visit to the **Bourbon Bridge**.

the Tour

1' day  
 war memories; Minturno, Castelforte, Grunuovo, Scauri

2' day  
 the Riviera of Ulysses; Minturno, Formia, Gaeta, Scauri

**3' day**  
**fragments of history**; Santi Cosma e Damiano, Spigno Saturnia, Maranola, Formia, Minturno

tour data

km 172,14

+ mt 2053

★★★★★

Minturno

route data

km 55,13

+ mt 657

6h - visits included

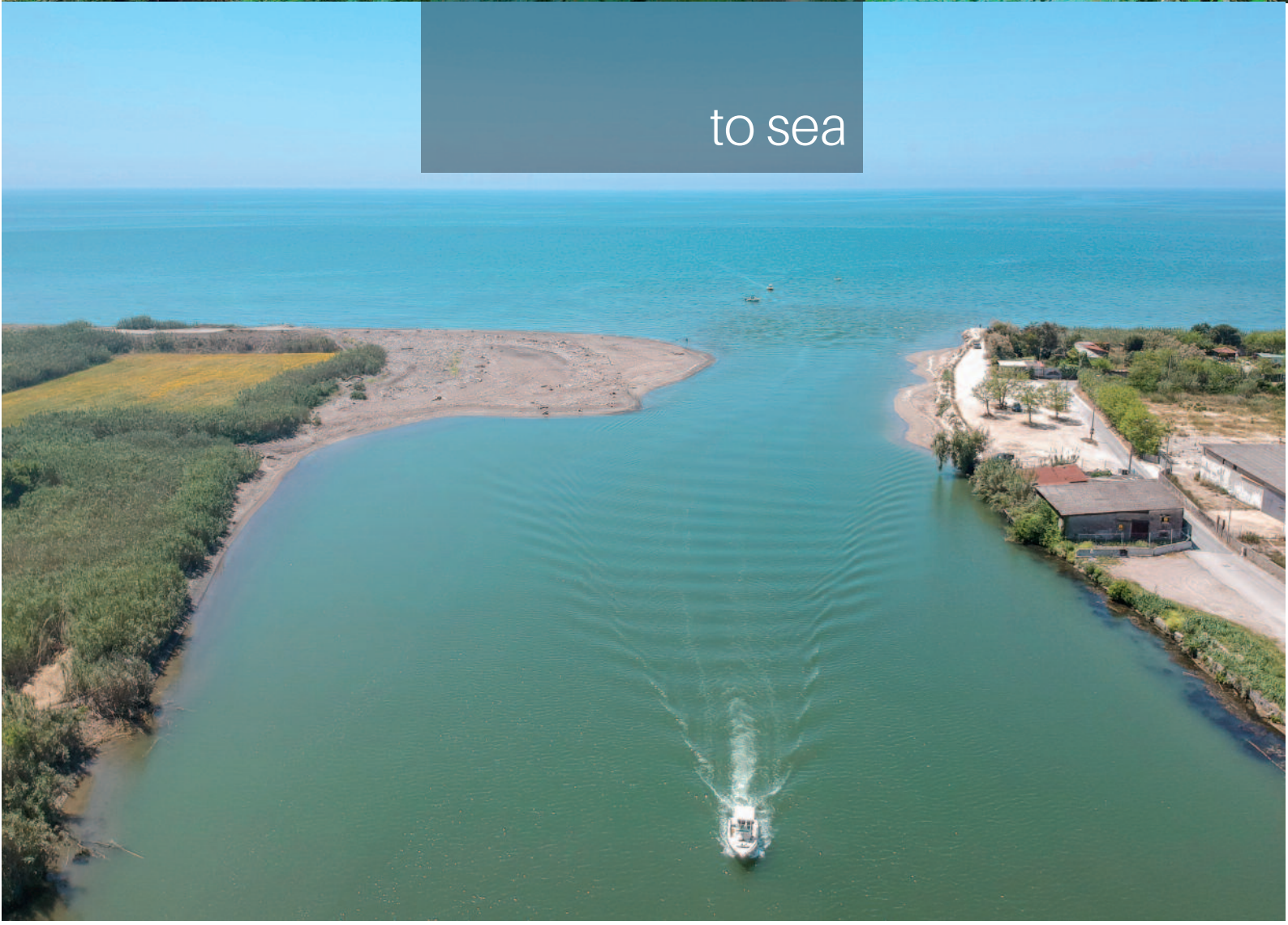
★★★★★

around: lungomare di Gianola, borghi di Maranola e Spigno Saturnia





from source



to sea



"from source to sea"

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