



Liris, the Cycle Route

by bike from the source to the sea

Cycle between Abruzzo and Lazio, following the Liri River,
discover villages, panoramas and surprising places

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Isola del Liri, 2026 february

Liris – complete map, the track with three different options in the second section



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Premise

The Liri River rises in Cappadocia in the hamlet of Petrella Liri, at approximately 1,100 meters above sea level, and flows for 120 km before converging with the Gari at Sant'Apollinare, a few kilometers south of Cassino. From the confluence of the two rivers, the new name Garigliano arises, which flows for another 32 km to its mouth and marks, for almost its entire length, the administrative border between Lazio and Campania.

Liris is the ancient Latin name for the river in its entire length "from source to sea," while there is also the Latin expression Caris Lirianus (Gari in the Liri), which likely originates the more recent name Garigliano for the final stretch.

The situation described appears to be something of an anomaly from a geographical perspective. Indeed, the Gari flows from numerous springs on the slopes of the Montecassino hill and after just 15 km it joins the Liri, which, at that point, is a much larger river in terms of length and flow, thus resulting in its name being changed.

In any case, the Liris cycling tourism project (www.liris.bike), which also inspired the proposed cycle path, aims to restore, along with the name and, where possible, a sort of unified vision of the entire valley, whose main characteristic is the flow of the "Liris," which has always influenced its history and geography.

General info

REGIONS: Abruzzo, Lazio

PROVINCES: L'Aquila, Frosinone, Latina

ROUTE: Divided into three sections, offering three different travel options (for the second section)

LENGTH: Approximately 153 km (similar distances for the different options)

OVERALL ELEVATIONS GAIN

- | | | |
|----------------------|-------------|------------|
| - OPTION 1 - 2a - 3; | D+ 620 mt; | D- 1682 mt |
| - OPTION 1 - 2b - 3; | D+ 1125 mt; | D- 2228 mt |
| - OPTION 1 - 2c - 3; | D+ 945 mt; | D- 2057 mt |

RECOMMENDED BIKE: Road, Gravel, E-bike

DEPARTURE: Petrella Liri, a hamlet of Cappadocia (Aq)

ARRIVAL: Minturno (Lt), mouth of the Garigliano River

RECOMMENDED PERIODS: all year round; winter is not recommended for the Abruzzo section.

Rail connections

The Avezzano-Roccasecca railway line connects the Rome-Pescara line with the Rome-Naples (inland) line, and some trains allow you to reach Cassino without changing lines.

The entire stretch from Avezzano to Cassino is a constant reference point, often visually, for those riding the cycle path, and each station can be used to reach the desired starting point for the excursion.

On the coast, the route intersects with the Rome-Naples (coastal) line, and the Minturno station is the perfect reference point for those finishing their ride or for those wishing to follow the cycle path from the sea inland.

Intersections with other routes

Since the Liris cycle route runs from the interior toward the sea (albeit in a southwesterly direction), it obviously intersects with European or national cycle routes, which instead run north-south.

The European routes are EuroVelo 5, which intersects at Isola del Liri in its inland section and at Ceprano in its main section; and EuroVelo 7, which runs along the Tyrrhenian coast and intersects on the Via Appia in Minturno.

The latter also coincides with the intersection with the proposed Apian Way cycle route, which overlaps with EuroVelo 7 in that section.

Finally, it should be noted that the Liris cycle route could be connected inland (Appennino Bike Tour) and towards the Adriatic, with an appropriate continuation from Capistrello or Tagliacozzo.

The departure

To follow the cycle path in the direction indicated by the subtitle "from the source to the sea," you need to reach Petrella Liri (a hamlet of Cappadocia). The Liris cycle path begins on the SP23 - Alto Liri Provincial Road, which connects Capistrello with Tagliacozzo. It's located

at the intersection at the 1,090-meter pass, where both the distance to Tagliacozzo (10 km) and the distance to Capistrello (12 km) are indicated. There are also signs to reach the village of Cappadocia (1.5 km) and the tourist resort of Camporotondo (about 9 km). The latter is located at 1,400 meters above sea level and is connected by a spectacular panoramic road.

To reach the starting point of the cycle path, you can opt to cycle uphill from Capistrello (12 km with about 300 meters of elevation gain, with sections at 7%). In this case, you ride the initial stretch of the cycle path, first uphill and then downhill, adding a fairly challenging 12 km to the hike. However, you can use the Capistrello station, located on the aforementioned Avezzano-Roccasecca railway line and serving as an excellent reference point and logistical base.

Alternatively, you can choose to cycle up the other side, starting from Tagliacozzo (10 km with a 300 m elevation gain, at times 8%). In this case, you add a stretch of road to the hike that is not part of the cycle path but could serve as a possible extension to connect with other inland routes.

Curiosity

The source of the Liri is believed to coincide with the location of the CAM (Marsicano Aqueduct Consortium) water catchment facilities, at approximately 1,100 meters above sea level on the slopes of Mount Camiciola (1,701 meters above sea level). They can be reached by a service road that winds through the valley below the SP23 for approximately 2.4 km. It initially descends and then ascends, with sections reaching a gradient of nearly 12%.

The entrance is not signposted but is visible along the SP23 at km 10.4 from Capistrello, at an altitude of 985 meters; approximately 200 meters after passing the Castellafiume cliff, which is located on the upstream side of the provincial road.

The road is narrow and has a damaged asphalt surface. To explore this stretch of road, a mountain bike or gravel bike is recommended, while road or touring bikes are more difficult. At the end of the road, a gate half-heartedly blocks entry to the water catchment area... whose beauty is breathtaking.

Liris – near the source



Liris, the Cycle Route; [first section](#), Petrella Liri – Isola del Liri ([section 1, map 1](#))

Once you reach the starting point, the ride continues entirely downhill along the SP23 Alto Liri road to Capistrello, then onto the SR82 Valle del Liri road and follow the first stretch to Balsorano. After passing the town of Balsorano, we recommend turning right, crossing the bridge (the Locanda del Ponte is right at the crossroads), and immediately turning left onto the Le Compre municipal road. This road runs along the right bank of the Liri River for about 9 km, crossing the railway again, and entering the historic center of Sora directly, taking Corso Volsci in the one-way direction. Those who find themselves riding the cycle path in the opposite direction should follow the road signs along this stretch of the city, which bypass the one-way Corso Volsci, while still allowing you to visit the beautiful historic center.

Here we are in the Middle Liri Valley, where, after passing the town of Sora, the route follows secondary roads that run along the slopes of the Ernici Mountains until reaching the Abbey of San Domenico Abate, located at the confluence of the Fibreno and Liri rivers, and immediately after the medieval village of Isola del Liri with its urban waterfalls.

This first stretch of the cycle path winds through an environmental and natural setting of rare beauty, while also offering notable traces of history and industrial archaeology. In Capistrello, it's possible to visit the Claudius Tunnels (dating back to the Roman era) and the Marsica reclamation works (19th century), with the waterfalls that feed the Liri, reachable on foot with a short walk along the riverbed. The railway runs through a helical tunnel that overcomes a significant difference in altitude in a very short and arduous stretch. Along the Roveto Valley, you can freely decide to stray a few kilometers from the main route to visit, on the right side of the valley, the villages of Canistro (springs and La Sponga park), Civitella Roveto, Morino (Zompo Lo Schioppo nature reserve), and Rendinara. On the left side, the views from the villages of Civita D'Antino, Morrea, San Vincenzo, Balsorano (Piccolomini Castle), and Ridotti (Big Bench no. 395) are worth the extra effort. In Sora, an ancient village of Volscian origins and a Roman municipality, ancient and recent history are seamlessly intertwined. From the Abbey of San Domenico, built on the ruins of Cicero's

birthplace (then part of Arpino), to the stories of banditry, common to nearby Marsica. In Isola del Liri, the waterfalls in the village, rich in evidence of industrial archaeology from recent centuries.

Essential technical data

DEPARTURE: Petrella Liri, hamlet of Cappadocia (Aq)

ARRIVAL: Isola del Liri (Fr)

LENGTH: 62 KM

OVERALL ELEVATION GAIN: 163 mt D+; 1032 mt D-

ROAD SURFACE: 100% asphalt in good condition

TYPE OF ROADS: Municipal and Provincial Roads (about 40%); SR (about 60%)

TRAFFIC CONDITIONS: Moderate with exception of crossing the towns of Sora and Isola del Liri

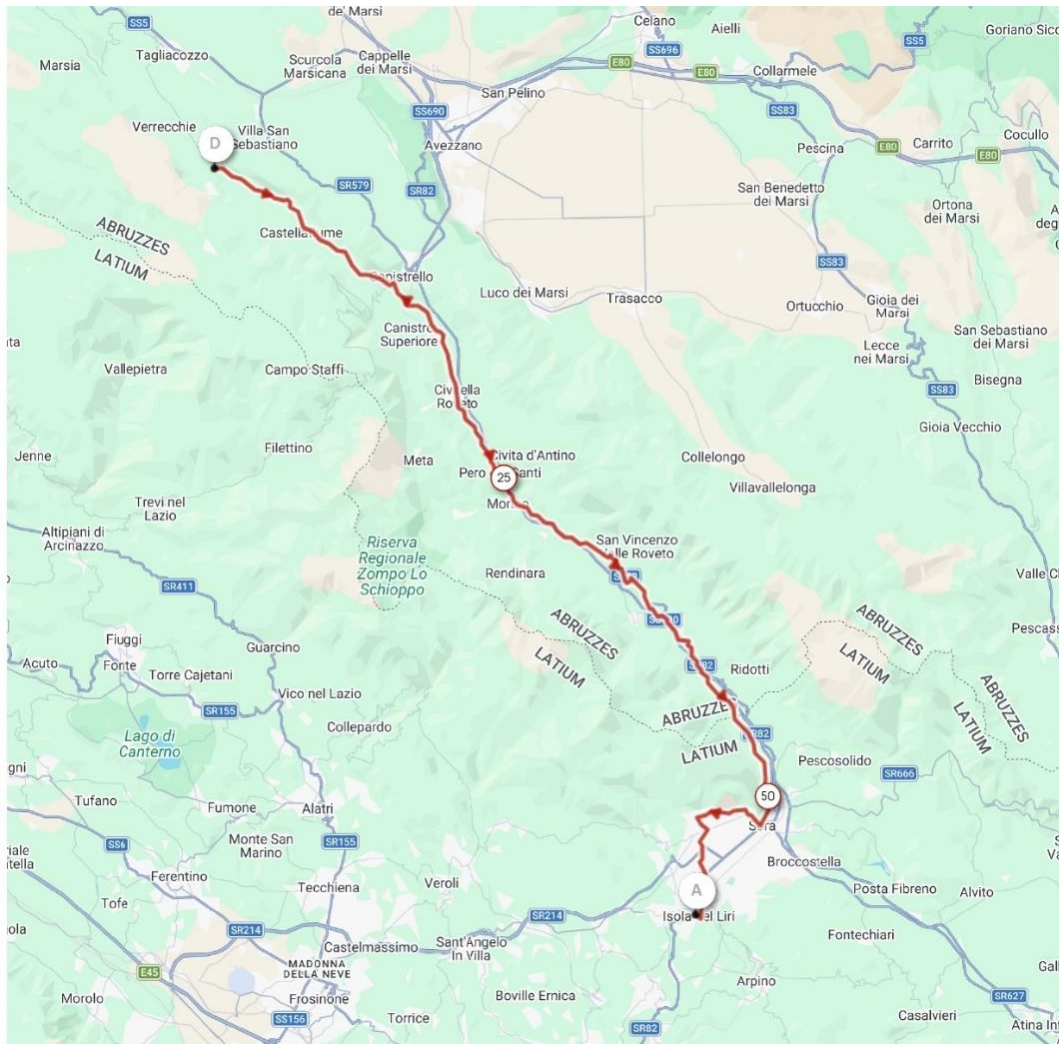
Liris – the Abbey of San Domenico Abate in Sora



Liris – the great waterfall in Isola del Liri



Liris – map 1, the route in the first sector, section 1



Liris, section 1 – scan QR Code to download GPS track



Liris, the Cycle Route; second section, Isola del Liri – Sant'Apollinare (section 2.a, map 2)

The ride in this section is characterized by constant close contact, including visual contact, with the Liri River and several tributaries. It is the route most faithful to the original idea of a cycle path following the course of the river. It also offers the possibility of reaching, with freely programmable detours, the villages and attractions on the right side of the valley.

The starting point is Isola del Liri, specifically from the Ponte Napoli bridge, located opposite the large waterfall. Exit the village in the direction of travel (one-way for about 200 meters until Ponte Roma) and turn left onto Via Po at the next intersection. Then take the first exit onto Via Napoli at the roundabout, rejoining the SR82 southbound. Continue for approximately 13 km to the town of Sant'Eleuterio (a hamlet of Arce) and then turn right onto the municipal road Via Campostefano, which after approximately 6 km merges with the SR6 Casilina. Continue on the main road for a few hundred meters until you reach the left fork for Ceprano. Here, cross the river, cross the bridge leading to the village, and cross the town towards the train station. Then join the SP129, which crosses the bridge over the Sacco River (a tributary of the Liri) and climbs slightly to the fork for Falvaterra. At the fork, leave the SP129 and continue following the initial road signs for Itri-Fondi and San Giovanni Incarico. The route offers a constant view of Lake Isoletta (or Lake San Giovanni Incarico), formed by a dam used for electricity generation. At the next intersection with the SR82 (which intersects again here), continue on the SP257 for about 15 km to Pontecorvo (signposted).

Once you reach Pontecorvo, cross the bridge over the Liri to return to the left side of the river and continue towards San Giorgio a Liri for about 10 km on the SP45. In the town of San Giorgio, first turn left towards Sant'Apollinare (signs also for Sant'Ambrogio and Sant'Andrea) and, after about 500 meters, turn left again onto the SP89, which, in about 4 km, takes you to the intersection with the SP76 for Cassino.

This section of the route ends here, rejoining sections 2.b and 2.c exactly at the intersection of the SP89 and SP76.

The environmental and naturalistic context of this stretch is characterized by constant views of the Liri River and several tributaries. It is essentially a "valley floor" route that passes through the aforementioned localities and extensive agricultural fields, but from which it is possible to detour to reach charming villages rich in attractions. Naturally, a significant increase in elevation must be expected to reach the villages (and caves) of Falvaterra and (more distant) Pastena. Or, to admire the views from Esperia and relive its exciting history linked to episodes of the Second World War. Perhaps first taking the opportunity to visit the Tobacco Museum (the correct name is Museum of Rural and Peasant Civilization) with a short detour signposted on the SP8. Also worth considering is the possibility of a rewarding refreshment, without additional elevation gain, at the lovely lake park in the center of San Giorgio a Liri.

Essential technical data

DEPARTURE: Isola del Liri (Fr)

ARRIVAL: Sant'Apollinare (Fr); intersection SP89 - SP76

LENGTH: 58 KM

OVERALL ELEVATION GAIN: 284 mt D+; 478 mt D-

ROAD SURFACE: 100% asphalt in good condition

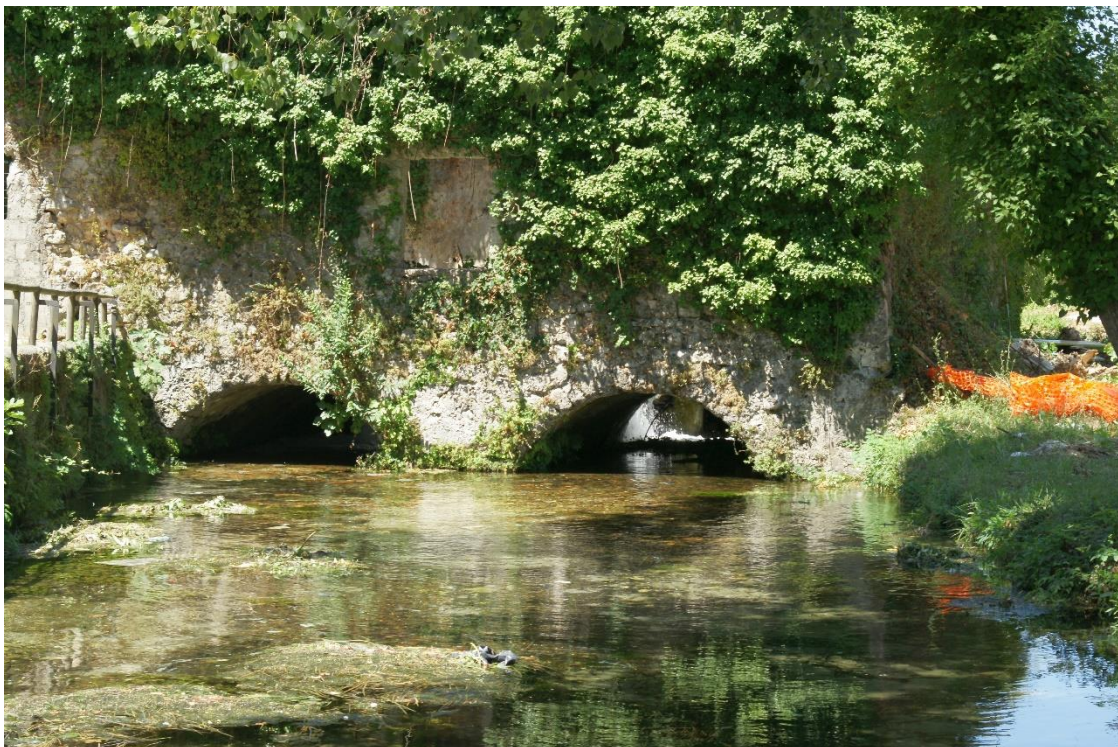
TYPE OF ROADS: Municipal and Provincial Roads (about 80%); SR (about 20%)

TRAFFIC CONDITIONS: Moderate with exception of crossing the towns of Isola del Liri, Ceprano and Pontecorvo

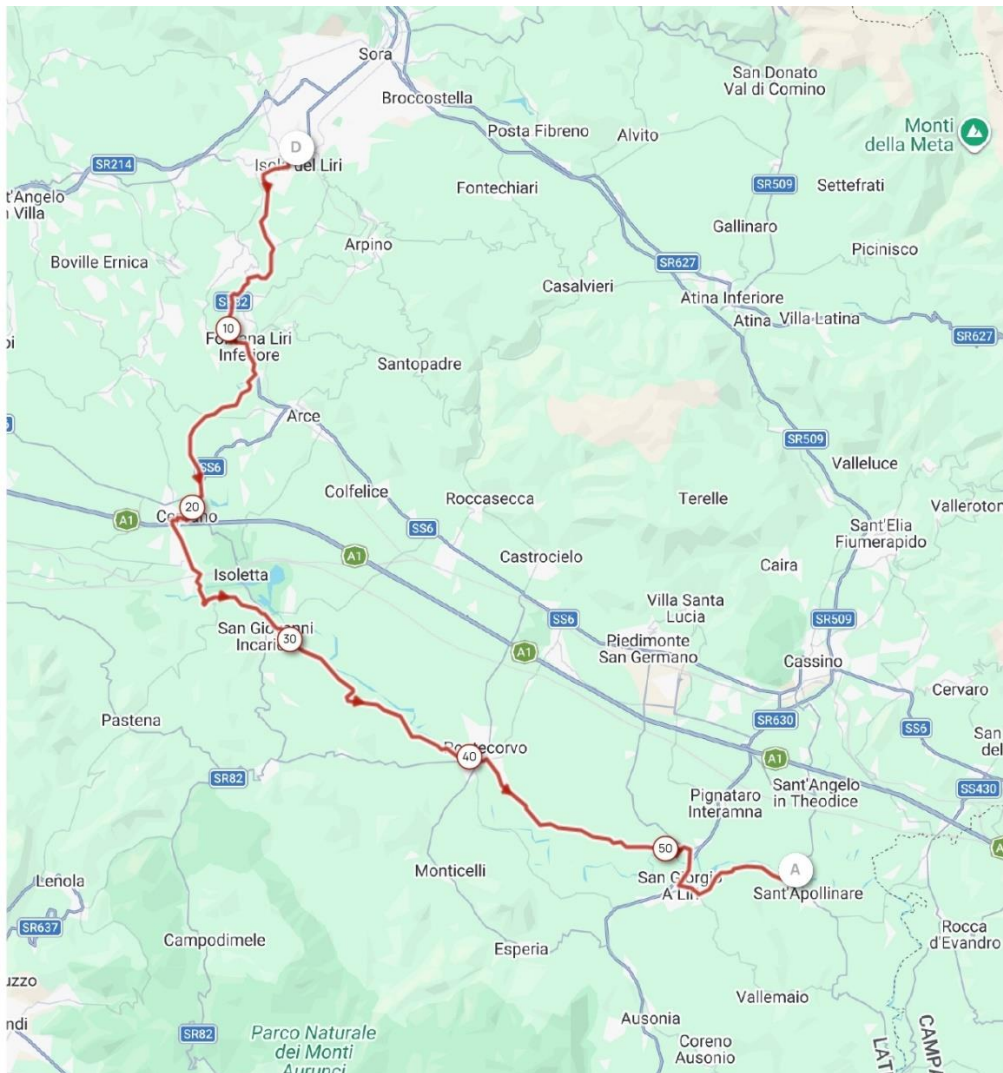
Liris – the river in the lower Liri Valley (after Isoletta Lake)



Liris – the Natural Monument Park of Mills in San Giorgio a Liri



Liris – map 2, the route in the second sector, section 2.a



Liris, section 2.a - scan QR Code to download GPS track



Liris, the Cycle Route; [second section](#), Isola del Liri – Cassino - Sant'Apollinare ([section 2.b, map 3](#))

The route indicated as section 2.b is the one that climbs towards Arpino and Santopadre, then descends to Roccasecca and follows the entire left side of the lower Liri Valley, up to the archaeological area of Cassino. From here, take a short descent into the city, then join and follow the SP76 until the intersection with the SP89.

In this case, too, the starting point is set from Isola del Liri, but the precise point is the intersection of the SR82 and the left turnoff for Arpino (road signs present).

From the crossroads, continue for about 6 km on the SP92 "Tulliana" (named after Cicero, elevation gain 220 meters, average gradient of 4%, short stretches of 8%), past the beautiful historic center of Arpino and turn left onto the SP139, which, after about 9 km, reaches Santopadre at an altitude of 730 meters (elevation gain 300 meters, average gradient of 6%, short stretches of 9%).

From the town of Santopadre, take Via Notargiacomo towards Roccasecca (unsignposted), taking care to ignore the turnoff for the SP238 on the left, which leads to a closed road in the Melfa Gorge Valley. At the end of the long descent, turn left onto Via Torre and, after crossing the bridge over the Melfa River, reach the historic center of Roccasecca via a short climb with an 8% gradient, passing near the imposing statue dedicated to St. Thomas Aquinas.

From here, the road, well signposted as the "Ciclopista della Memoria," runs halfway up the hill and slightly downhill (essentially parallel to the SR6 Casilina, which can be seen further down), passing the villages of Castrocielo and Piedimonte San Germano, until it reaches a short ramp and emerges into the archaeological area of Cassino (Casinum); between the Roman Theater on the left and the building housing the Archaeological Museum on the right.

From the square you reach, you can turn left and take the road leading to the Abbey of Montecassino (almost 8 km with a 400 m elevation gain, several sections at 8-9%). But this is an option left to the cyclist's discretion. The "official" cycle path continues to the right for a short descent towards the city center until reaching the SP76, which takes us past the British war cemetery and the University building. Further

on, it runs alongside the Gari River, past the village of Sant'Angelo in Theodice and the Liri River, before finally intersecting with the SP89. This section of the route ends here, rejoining section 2.a exactly at the intersection of the SP76 and SP89.

The environmental and naturalistic context of this stretch is initially characterized by the views of the middle Liri Valley, which can be admired while cycling along the SP92 "Tulliana." From the 730 meter altitude of Santopadre, you can admire the views of the lower Liri Valley and the Melfa Gorges. On the stretch toward Cassino, the road runs halfway up the hillside, touching the picturesque Capodacqua lake, and then, past Cassino, it runs alongside the Gari River. All this is accompanied by the constant presence of the Abbey of Montecassino.

The history of the places crossed by this itinerary is a fascinating mix of elements ranging from the medieval period of Isola del Liri to the Roman period of Arpino (with Cicero and Gaius Marius), Aquinum (an archaeological site reachable with a short detour from Castrocielo), and Casinum. Until the dramatic events of World War II. Furthermore, the aforementioned "memorial cycle path" was none other than the road used by the German army for supplies to the Gustav Line, while the Gari River, on whose banks the "Peace Bell" (in Sant'Angelo in Theodice) stands, was the battlefield in the valley below.

All this without forgetting that Roccasecca and nearby Aquino are also places of worship dedicated to Saint Thomas Aquinas.

Essential technical data

DEPARTURE: Isola del Liri (Fr)

ARRIVAL: Sant'Apollinare (Fr); intersection SP89 - SP76

LENGTH: 59 KM

OVERALL ELEVATION GAIN: 789 mt D+; 1024 mt D-

ROAD SURFACE: 100% asphalt in good condition

TYPE OF ROADS: Municipal and Provincial roads (about 90%); SR (about 10%)

TRAFFIC CONDITIONS: Moderate with exception of crossing the towns of Isola del Liri and Cassino

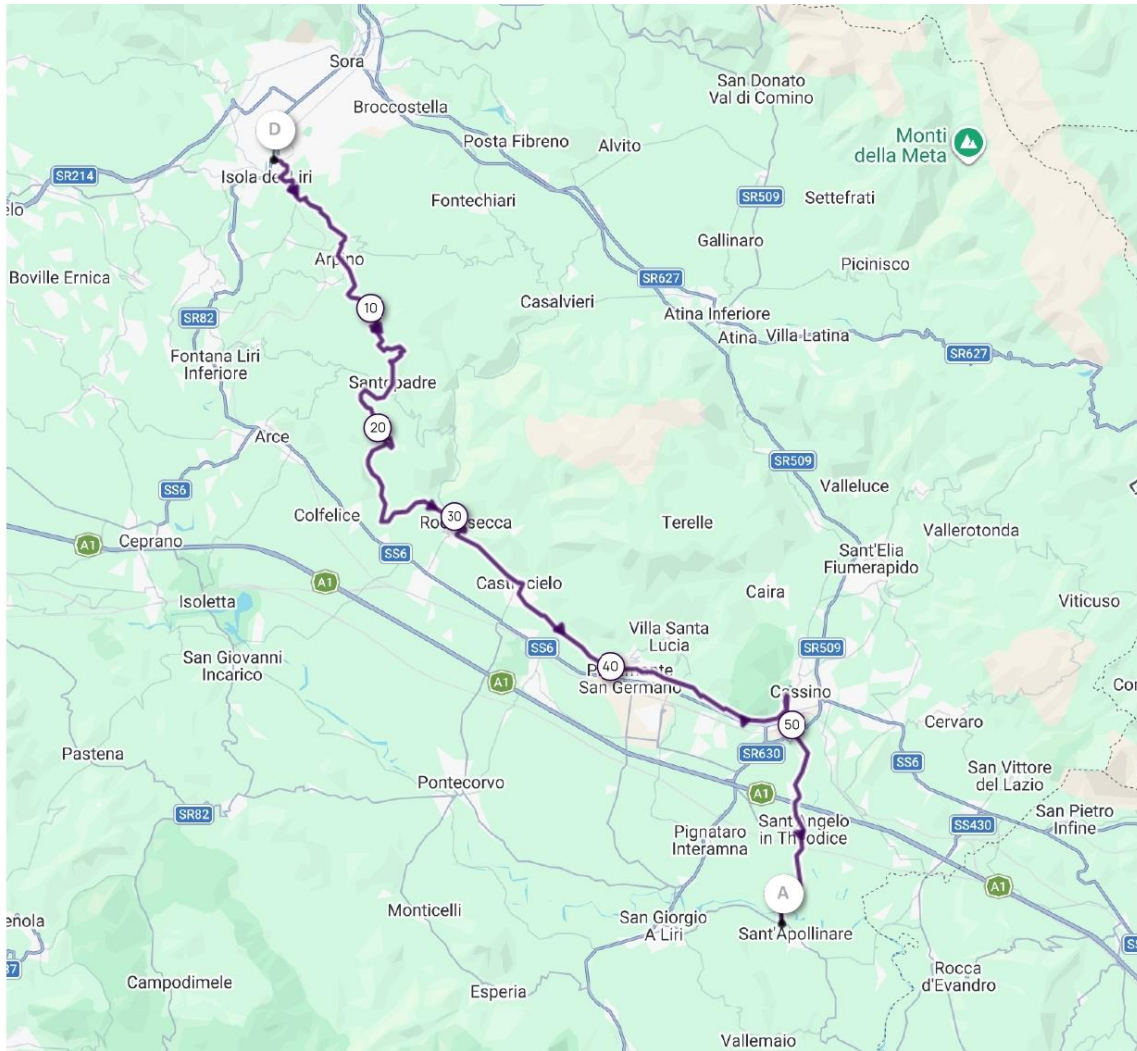
Liris – Cassino, near Gari source



Liris – Sant'Angelo in Theodice (Cassino), the bell of Peace



Liris – map 3, the route in the second sector, section 2.b



Liris, section 2.b - scan QR Code to download GPS track



Liris, the Cycle Route; [second section](#), Isola del Liri - Atina - Cassino - Sant'Apollinare ([section 2.c, map 4](#))

The route designated as section 2.c runs largely through the Comino Valley (adjacent to the Liri Valley), connecting to section 2.b in the town of Cassino (at the intersection of Via Montecassino and the SR6 Casilina) and to section 2.a just before Sant'Apollinare, precisely at the aforementioned intersection between the SP 76 and SP 89.

In this case, the starting point is also set from Isola del Liri, but the precise point is identified at the intersection of the SR82 and the turn-off (to the left) for Via Lungofibreno, which is clearly signposted next to the Abbey of San Domenico.

From here, take Via Lungofibreno, which runs along the left bank of the river. Follow it to the end until you reach the town of Carnello, where you turn left onto Via Carnello, cross the bridge, and shortly after, turn right onto Via Madonna della Stella. After about two kilometers, cross the Fibreno River again and return to the left bank in the San Martino area. After a short stretch of dirt road in good condition (about 700 meters) and about two kilometers of municipal roads, join Strada per Fontechiari. After a short climb, leave the village of Fontechiari on the right and continue on Via Santa Maria (passing near the Napoleonic cemetery) and Strada per Casalvieri. At the hamlet of Purgatorio, continue straight on the SP68 and, once you reach the only roundabout in the town of Casalvieri, take the SP6 (road signs for Sora – Cassino / Autostrade) and follow it for about 6 km until the intersection with the SR627 "Vandra".

At the junction with the SR627, turn right following the signs for Atina. The historic center can be reached via a 2.5 km climb, easily accessible after passing the hamlet of Ponte Melfa and the subsequent roundabout (signposted). The climb ends at a crossroads, from which you turn right onto Via Capodichino (no signposts) and follow it to the end until you pass the small pass just above the highway tunnel.

Here begins the long descent on the SP259, which you leave to turn right onto Via Sferracavalli about 2 km after the town of Belmonte Castello. Continue to the end of the descent, where you must pay attention to the right turn onto Via Spineto. This turn (near the sign for Olivella, entering the other lane; there are no other signs) allows you to

reach the center of Cassino, passing near the German war cemetery, and rejoin the route of section 2.b at the intersection of Via Montecassino and the SR6 Casilina. Finally, continue on the SP76 as described above.

This section of the route is characterized by a natural setting of great beauty. The initial section follows the Fibreno River, skirting it at various points, before heading towards the green hills of the innermost part of the Comino Valley. From the route, you can constantly admire the mountains of the Abruzzo, Lazio, and Molise National Park that border the other side of the valley, and easily identify the villages there. Vicalvi, Alvito, San Donato Val Comino, Gallinaro, Settefrati, and Picinisco can be reached via detours, which, however, add significant kilometers and elevation gain.

If you're pedaling to complete the cycle path, it's advisable not to deviate from the proposed route, while the unmissable tastings of Atina Cabernet, DOP cannellino beans, and Picinisco and San Donato cheeses are also available at the restaurants along the way.

In any case, it's always advisable to visit the Posta Fibreno Lake Regional Nature Reserve. It's off the route by choice, dictated by the linearity and logic of the route's development. However, it's easily accessible by first following the road signs from the Strada per Fontechiari towards the highway and then the tourist signs towards the lake.

Dati tecnici essenziali

DEPARTURE: Isola del Liri (Fr)

ARRIVAL: Sant'Apollinare (Fr); intersection SP89 - SP76

LENGTH: 59 KM

OVERALL ELEVATION GAIN: 609 mt D+; 853 mt D-

ROAD SURFACE: 99% asphalt in good condition; small stretch of dirt road

TYPE OF ROADS: Municipal and Provincial Roads (about 90%); SR (about 10%)

TRAFFIC CONDITIONS: Moderate with exception of crossing the towns of Isola del Liri and Cassino

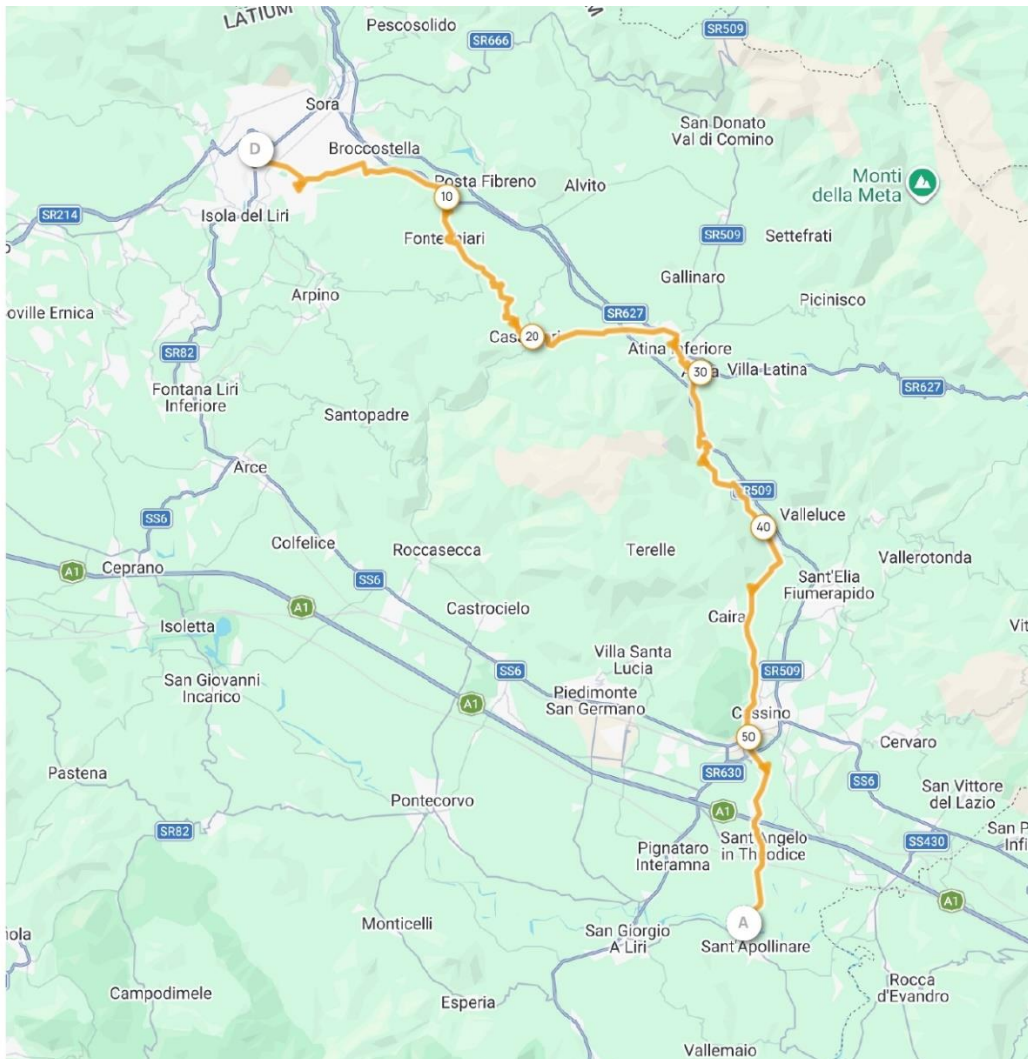
Liris – panorama of Posta Fibreno with Lake



Liris – a glimpse of Atina



Liris – map 4, the route in the second sector, section 2.c



Liris, section 2.c - scan QR Code to download GPS track



Liris, the Cycle Route; [third section, Sant'Apollinare - Minturno \(section 3, map 5\)](#)

The third section of the cycle path is very short because, for both route planning and description reasons, it was deemed necessary to unify the routes just before the town of Sant'Apollinare, at the aforementioned intersection between the SP89 from San Giorgio a Liri and the SP76 from Cassino. From this point on, there are only 32 km to the mouth of the Liris River, which are covered by continuing first on the SP76 and then (once entering the province of Latina) on the SP125 "Ausente."

From the starting point, you ride on an initially flat road, passing the town of Sant'Apollinare and passing the turnoff for Sant'Ambrogio sul Garigliano on the left after about 2 km. The route climbs slightly near Sant'Andrea del Garigliano (100 meters of elevation gain in 2.5 km, with short sections at 6%) and begins to skirt the Liris-Garigliano River, which can be glimpsed every now and then on the left. The road here runs in a fairly isolated area, between the river and the slopes of the Aurunci Mountains, until reaching the thermal spa of Suio after about 20 km. It continues slightly downhill until it passes the signs for the village of Castelforte on the right (a 1.7 km detour with a 120 meter elevation gain, one section at 13%) and continues along the nearby SS. Cosma e Damiano. Here, turn left onto Via Vellote and continue on Via Galeo, always following the signs for the SS7 Appia, which you reach after about 6 km. At the roundabout, take the second exit onto Via Punta Fiume (tourist signs for Ponte Real Ferdinando and the Archaeological Area of Minturnae, no road signs present) and continue for approximately 2 km until the mouth of the "Liris".

This third and final section of the cycle path largely runs along the Liris-Garigliano River. It winds through a hilly landscape at the far end of the lower Liri Valley, also known as the Valley of the Saints due to the names of the municipalities. It then passes through a rather isolated area before reaching the thermal spa of Suio. From here, the river and the road follow different paths until they rejoin further ahead where, after crossing the Appian Way, the road runs along the right bank of the river to its mouth.

From a historical perspective, this section of the cycle path also allows you to traverse very different periods. Recent events here also include

the dramatic events of the Second World War with the Gustav Line, magnificently recounted by the private museum of the same name (Association) located in the village of Castelforte (detour from the route already indicated). Further on, however, at the intersection with the Appian Way and in a few hundred meters, different pages open up, ranging from the Bourbon period of the Ponte Real Ferdinando to the Roman period of ancient Minturnae.

Essential technical data

DEPARTURE: Sant'Apollinare (Fr)

ARRIVAL: Minturno (Lt)

LENGTH: 32 KM

OVERALL ELEVATION GAIN: 173 mt D+; 172 mt D-

ROAD SURFACE: 100% asphalt in good condition

TYPE OF ROADS: Municipal and Provincial Roads (100%)

TRAFFIC CONDITIONS: Moderate with exception of crossing intersection of the Appian Way

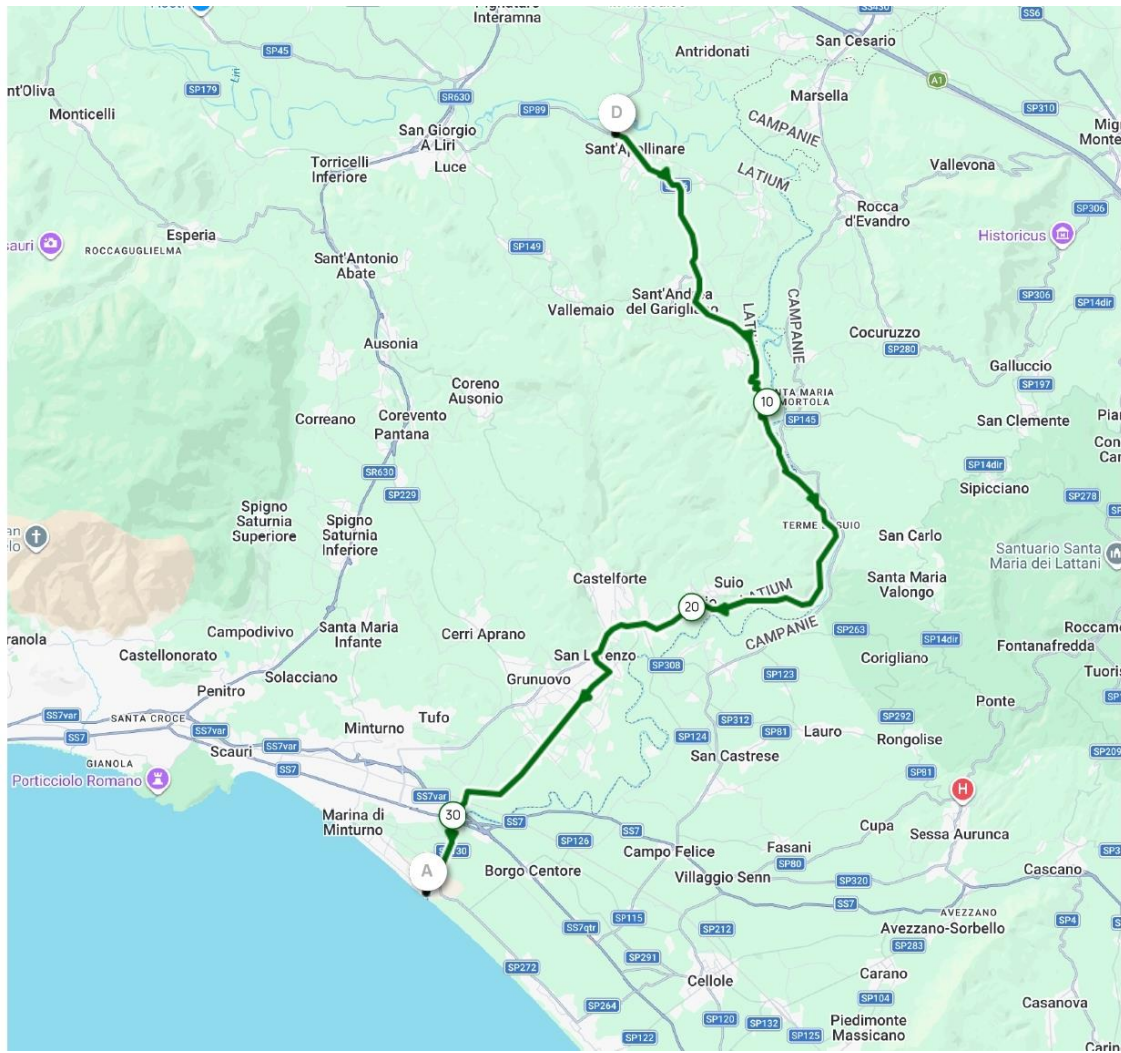
Liris – the mouth



Liris – the mouth



Liris – map 5, the route in third sector, section 3



Liris, section 3 - scan QR Code to download GPS track



Liris – complete map, the track with three different options in the second section





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