

Stage	From/To	Distance	Elevation	
1	Florence-Pontassieve	22	602	2.7%
2	Pontassieve- Consuma	17.8	1021	5.7%
3	Villa- Stia	17	536	3.2%
4	Stia-Asqua	16.6	1017	6.1%
5	Asqua - Santicchio	8.4	534	6.4%
6	Santicchio - LaVerna	17.5	1194	6.8%
7	La Verna- Pieve S. Stefano	15.2	309	2.0%
8	Pieve- Sansepolcro	25	447	1.8%
9	Sansepulcro- Citerna	0	0	#DIV/0!
10	Citerna- Citta di Castello	0	0	#DIV/0!
11	Citta - Pietralunga	29.8	889	3.0%
12	Pietralunga - Gubbio	26.5	784	3.0%
13	Gubbio-Biscina	22.7	895	3.9%
14	Biscina -Valfabricca	15.9	427	2.7%
15	Valfabricca-Assisi	13.4	530	4.0%
	Total distance (km)	248		0.0%
	Total distance (miles)	154		0.0%
	Total elevation gain (meters)	9,185		
	Total elevation gain (feet)	30,136		
	Average elevation	3.7%		