
FERRIERE CLASSIC RING (FCR)

57 km – Elevation Gain +3100 m

Race Description / Road Book

The 57 km route develops almost entirely within the **Municipality of Ferriere**, with only about **2 km** crossing into **Santo Stefano d'Aveto (Liguria)**.

The course has been designed to include **all the highest peaks** of the area – in total, **seven summits over 1300 m**.

Weather conditions in the mountains can change quickly (wind, rain, fog), even in summer. Combined with the technical and demanding nature of the route (rated **EE – for experienced hikers**), this makes **good physical preparation essential** before taking part.

The **race starts at 07:00 a.m.** from **Piazza delle Miniere, Ferriere**.

After the start, you'll run along the two main streets of the town. After crossing the bridge over the **Grondana stream**, turn **right** towards **Centenaro**.

After a few hundred meters on asphalt, take a **path on the right** that will lead you to the **Nure riverbed**, following a rough track partially eroded by floods.

At **km 1.8**, climb up the **left bank** on a steep slope. After overcoming this first obstacle, cross a meadow and a short uphill section to reach **Località Toazzo (km 2.2)**.

The section from **Toazzo (km 1.8)** to **Perotti (km 4.6)** is mostly runnable despite some short climbs, and then descends smoothly to a crossing of the **Nure riverbed**, the **lowest point of the entire race (550 m)**.

After passing **Località Perotti** and **crossing the SP 654** (⚠ open to traffic – use caution), you begin the **long climb** from 550 m to the **1712 m of Monte Ragola**, the first of the seven peaks.

The climb starts on a wide, steady path. After about **2 km**, you reach **Località Rocca (760 m)**, a small group of restored stone houses built with distinctive dark rocks.

Leaving the village behind, a shaded forest section follows. You'll pass the **ruins of an old mill** and find a **refreshing water point (km 7.0 – 850 m)**.

The trail then follows a runnable dirt and gravel track before becoming steeper. At **1000 m altitude**, oak trees give way to beech forest. The next 400 meters of climb are demanding, but soon you'll reach **1100 m** and see the **meadows of Lake Moo**, which you'll cross following the race markings.

Leaving the meadow behind, a **1 km single track climb** takes you to a **gravel forest road**. Follow it carefully, closing any **pasture gates** you open.

On your left you'll see **Prato Mollo (km 12)**, the prelude to the larger plateau of **Prato Grande**, which you'll reach after about **2 km of gentle incline**.


PRATO GRANDE – First Refreshment Point (Full) – km 13.0

After leaving the hut, follow the race markings to exit the forest road to the **left**, crossing the meadow and entering a small **beech wood**.

It's very important to follow the **course markings** here – although this is a CAI trail, it is not well defined and the uneven ground may hide holes under the vegetation.

At **km 14.6**, a **short but steep climb** leads to the **first summit, Monte Ragola (1762 m)**.


After enjoying the panoramic ridge section, the **descent begins (km 16.6)** – one of the **most technical and dangerous** parts of the race.

 **CAUTION:** The rocky trail with loose stones and gravel is steep and slippery. **Rescue and race staff** will be present in this section.

Next comes a mix of pasture and dirt road – easier terrain where you can recover after the previous effort.

PASSO DELLO ZOVALLO – 1405 m – km 19.0

Accessible by any vehicle.

After crossing the **SP 654** ( open to traffic), the course climbs again. The first part follows a wide dirt mule track through a cool beech forest, then becomes a **single track** with increasing gradient until you reach the alpine pines of **Monte Nero (1762 m, km 21.5)** – the **second summit**.

The summit is reached, but the **ridge of Monte Nero** (including a short equipped section) must still be crossed – proceed **with great caution**. Race and mountain rescue staff will be stationed here.

Once the technical section ends, climb again following the markings to **Monte Bue (1770 m)** – the **third summit** of the race.

Take a moment to admire the view: the **Po Valley** to the east, and the **Tigullio Gulf** to the west.

Monte Bue is also reachable via the **ski lifts from Santo Stefano d'Aveto**.

MONTE BUE – Second Refreshment Point (Full) – km 23.0

From here, a steep **downhill ski slope** takes you quickly to **Rifugio Prato Cipolla**.

Then a **beautiful forest path** with a perfect running surface leads you to **Rifugio Astass**, which you'll keep on your right.

After a few hundred meters, at a **junction not easily visible from this direction**, turn **sharply right** to start the **climb to Monte Roncalla (1685 m)** – the **fourth summit (km 26)**.

From here, begin a **technical single track descent**, which may be slippery if wet. Enjoy the stunning view of **Val d'Aveto**, **Ciapa Liscia**, and **Valle Tribolata** – truly spectacular!

At the bottom of the descent, a nearly flat single track (about 1 km) takes you to **Passo Crociglia**.

RIFUGIO GAEP – Third Refreshment Point – km 31 – Time Gate 13:30 (after 6h30) – T1

Accessible by any vehicle.

After a short **100 m asphalt stretch**, take the **track to the right** towards **Monte Crociglia**. Climb moderately for about **500 m**, then turn **right** onto a smaller path (⚠️ **follow the course markings carefully – there are no other references here**).

Surrounded by open pastures, a **white statue of an angel** marks the **summit of Monte Crociglia (1578 m)** – the **fifth peak**. Two more to go!

Descend across open fields following the markings carefully until you reach a **CAI trail** – turn **right** here.

Alternating between open terrain and forest, you'll reach the base of **Monte Carevolo**, where the **31 km race route** joins.

To reach the **sixth summit, Monte Carevolo (1578 m)**, you face a “**vertical**” **climb** of 200 m with 100 m elevation gain.

At the summit cross, take a deep breath and enjoy the view – Ferriere, your final destination, lies in the valley below.

The hard part isn't over yet, but the sight of the finish line will boost your motivation!

Descend to the **left**, then take **CAI trail 001** to the **right** – about **1 km of steep single track downhill**, slippery when wet.

When the slope levels, enjoy a long, runnable descent in the shade, leading to:

PASSO MERCATELLO – Fourth Refreshment Point – km 42 – Time Gate 16:00 (after 9h) – T2

Accessible by any vehicle.

From here, a single track climbs steeply, carved by rainwater, alternating with short descents. You'll reach a **pine grove**, then a **400 m flat section**. A **barbed wire fence** indicates a right turn downhill – follow the **race markings** and the **CAI red-white signs**.

The descent runs through a narrow, overgrown channel and ends at a **dirt road** – turn **right**. A gentle climb for **2 km**, then a gradual descent on better gravel terrain leads to **Ciregna (1100 m, km 45)**.

There's a **water point at the fountain** in the village center.

Leave the village and turn **left uphill**, following the course markings.

Here the route joins the **20 km race**.

A rocky **mule track climb** begins, then flattens briefly before a short **detour** (the original path was eroded by the 2015 flood). After crossing a **livestock gate**, climb steadily for another **500 m**.

COURSE INTERSECTION (TVGT)

From this point, all athletes follow the **same route to the finish**.

A **dirt road** crosses open pastures, where you can increase your pace thanks to the good surface and gentle downhill.

At the end, you'll reach the **asphalt road** connecting **Solaro** and **Mareto**.

PASSO ALBARETO – Fifth Refreshment Point (Full) – km 51

You're almost there!

Start the **final climb** – a dirt track with 100 m elevation gain leading to **Monte Albareto (1250 m)**, the **seventh and last summit**.

At the top, the dirt road disappears into open pasture. Follow the **fence line**, keeping it on your **right**, and begin descending along the markings until crossing a **barbed wire fence** to rejoin the dirt track.

After about **400 m**, take a **barely visible path on the right**.

 **PAY CLOSE ATTENTION TO THE RACE MARKINGS – THEY ARE YOUR ONLY GUIDE TO THE FINISH!**

The first part is a **single track with small ups and downs**, followed by a **long, rocky, technical descent**.

At the bottom, a **dirt road** with short climbs brings you to **Cassimorenga**, which you'll cross carefully following the markings.

After **50 m on asphalt**, keep **left** onto a dirt track descending into a **pine grove**.

Beyond it, the houses of **Pareto / Cerreto Rossi** come into view and the road becomes paved.

After about **200 m**, turn **left**, continue for **100 m**, and you'll see the **church** on your right. Follow the **SP50** briefly.

Turn **left**, pass through a small **courtyard**, then take a **mule path for 50 m**, and **carefully cross the SP50** again.

Take the **small asphalt road** in front of you, following it as it turns into a **dirt track**, until one last **crossing of the SP50**.

Now comes the **final short single track** of all three races.

CONGRATULATIONS – YOU’VE MADE IT!
