

# Cammino di Assisi

Dovadola, Montepaolo, Premilcuore, Camaldoli, La Verna,  
Sansepolcro, Città di Castello, Gubbio, Valfabbrica, Assisi

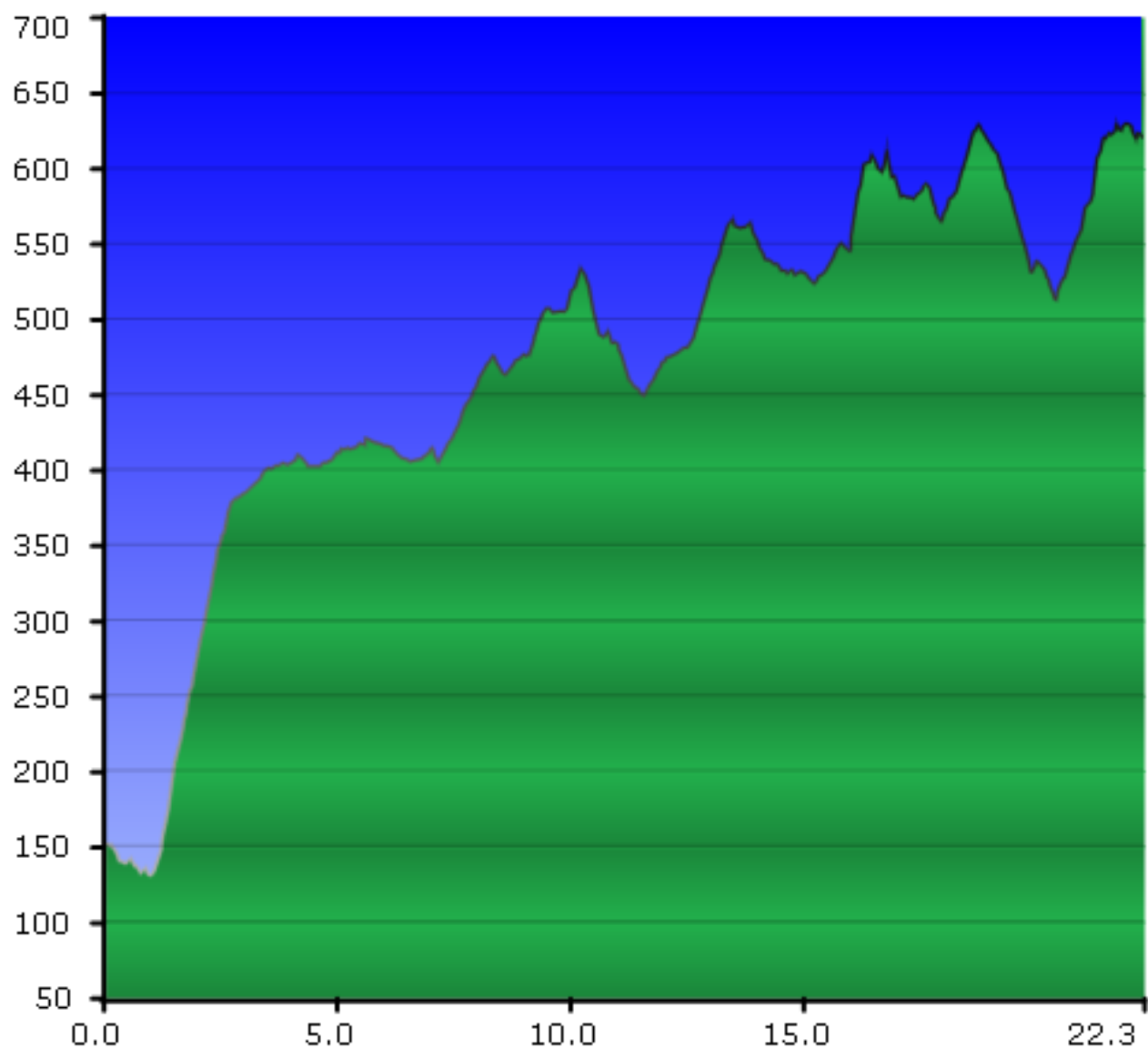
dal 9 al 22 giugno 2013

km. 290 circa  
dislivello 10.000 m. circa

[www.magicoalvis.it/assisi/Cammino-di-Assisi.htm](http://www.magicoalvis.it/assisi/Cammino-di-Assisi.htm)

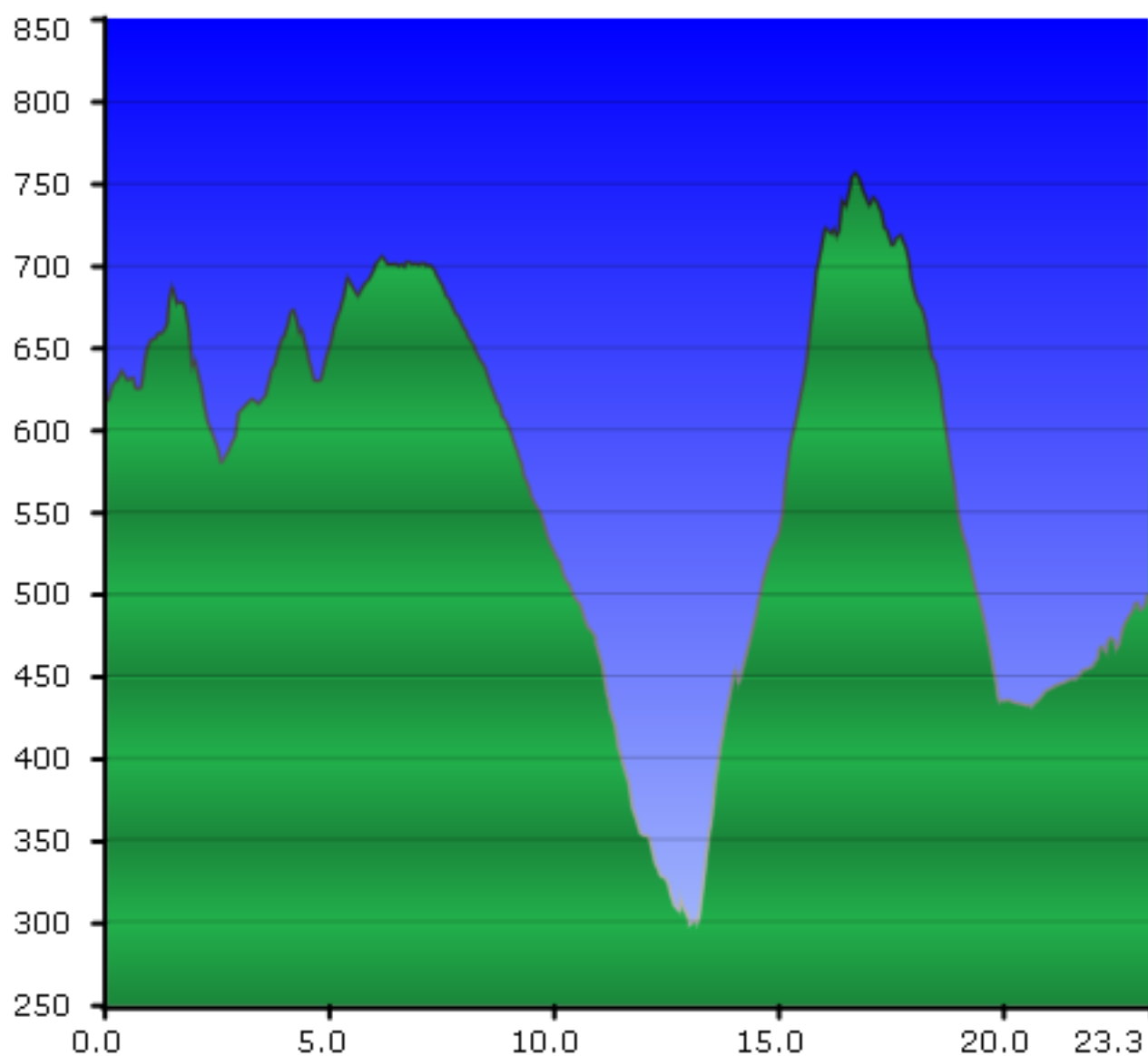
[www.amicidisantiago.it](http://www.amicidisantiago.it)

## 01 - Dovadola / San Valentino



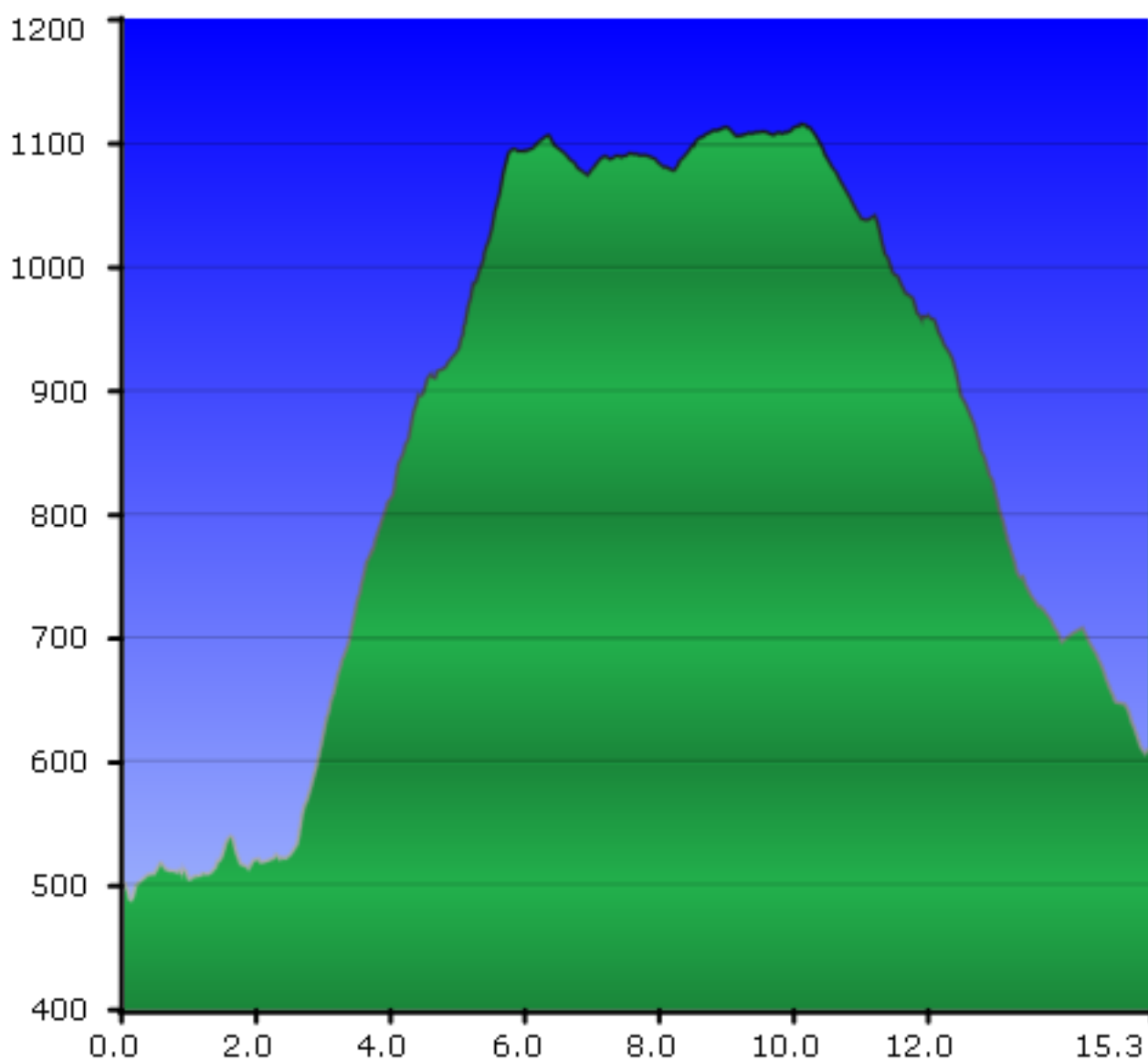
distanza	23 km.
dislivello	salita 900 m. - discesa 440 m.
quote	min 130 m. - max 630 m.
tempi	6:00 - 7:00 ore

## 02 - San Valentino / Premilcuore



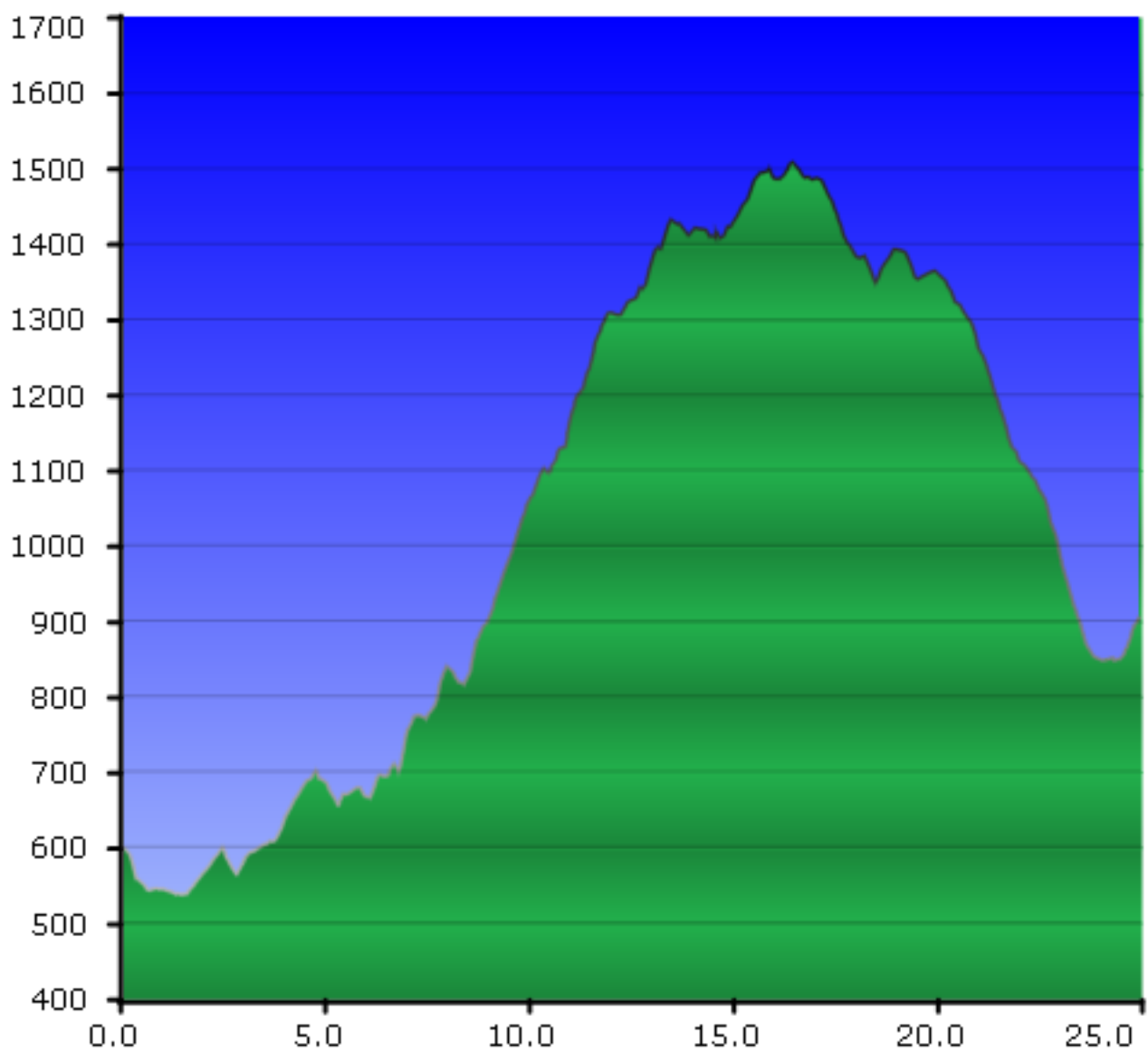
distanza	24 km.
dislivello	salita 850 m. - discesa 1000 m.
quote	min 300 m. - max 760 m.
tempi	7:00 - 8:00 ore

### 03 - Premilcuore / Corniolo



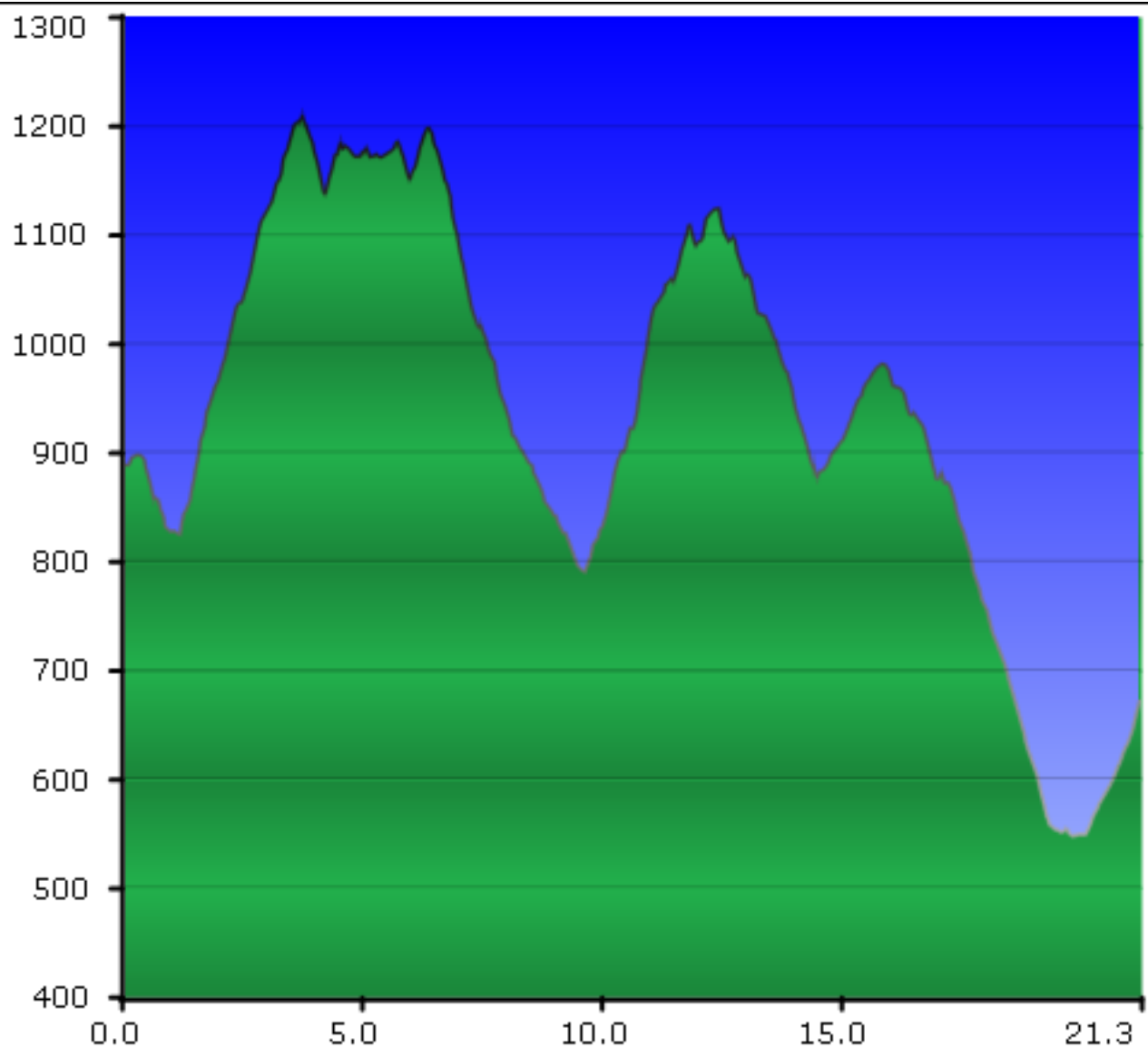
distanza	16 km.
dislivello	salita 750 m. - discesa 650 m.
quote	min 490 m. - max 1120 m.
tempi	4:00 - 5:00 ore

## 04 - Corniolo / Camaldoli



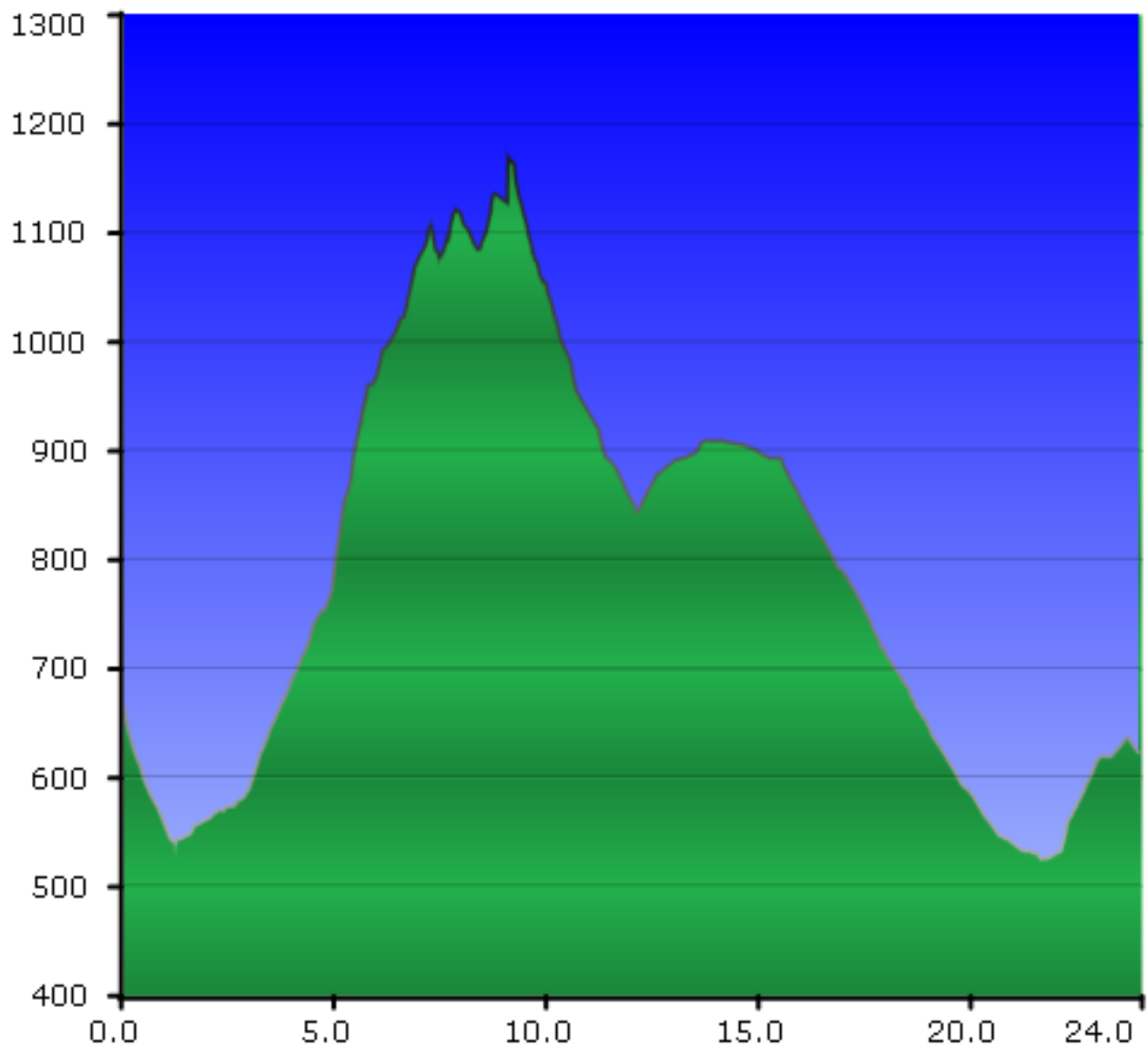
distanza	25 km.
dislivello	salita 1200 m. - discesa 900 m.
quote	min 530 m. - max 1520 m.
tempi	7:00 - 8:00 ore

## 05 - Camaldoli / Biforco



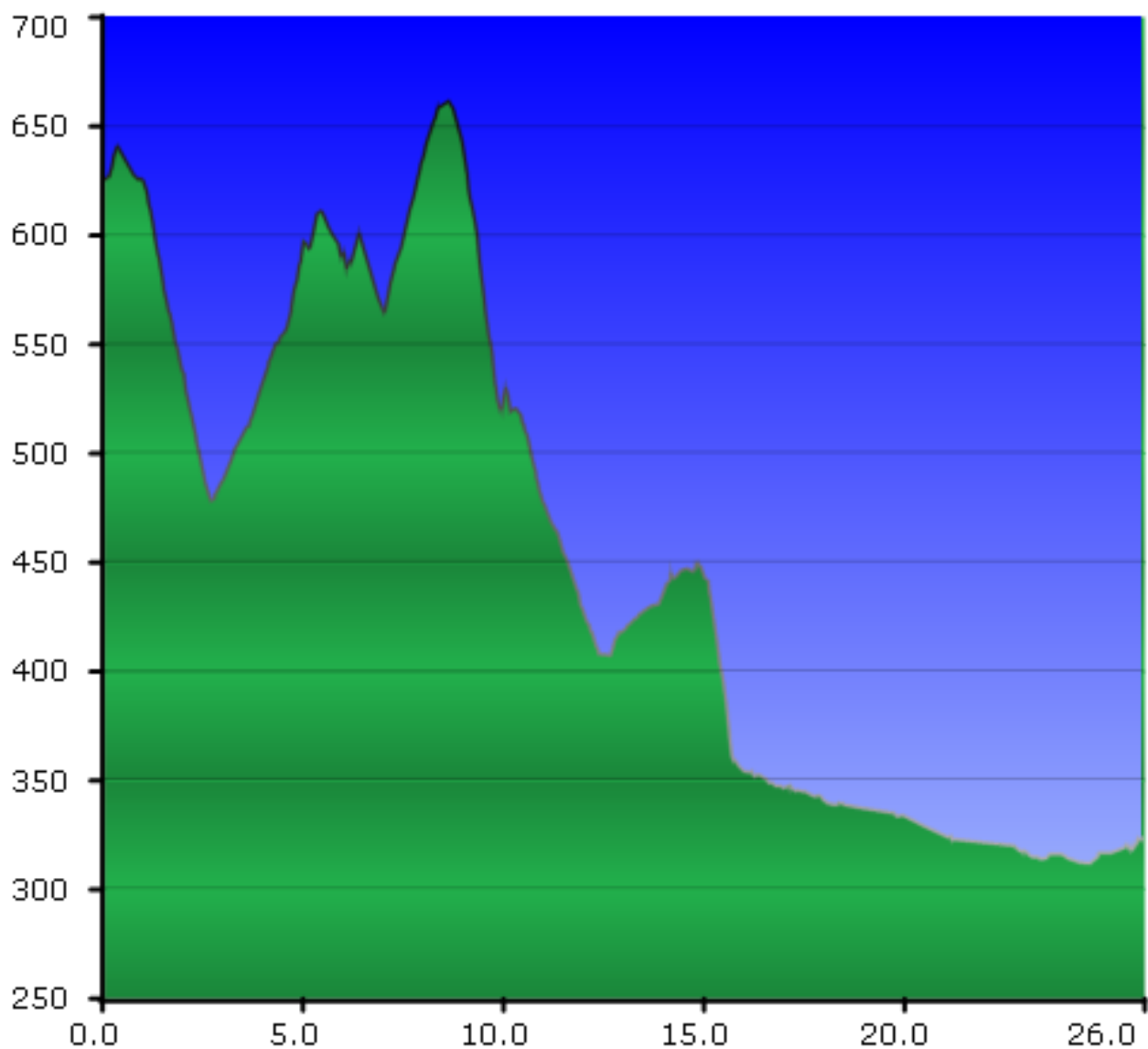
distanza	22 km.
dislivello	salita 1100 m. - discesa 1300 m.
quote	min 540 m. - max 1210 m.
tempi	6:00 - 7:00 ore

## 06 - Biforco / Caprese Michelangelo



distanza	24 km.
dislivello	salita 900 m. - discesa 940 m.
quote	min 520 m. - max 1170 m.
tempi	7:00 - 8:00 ore

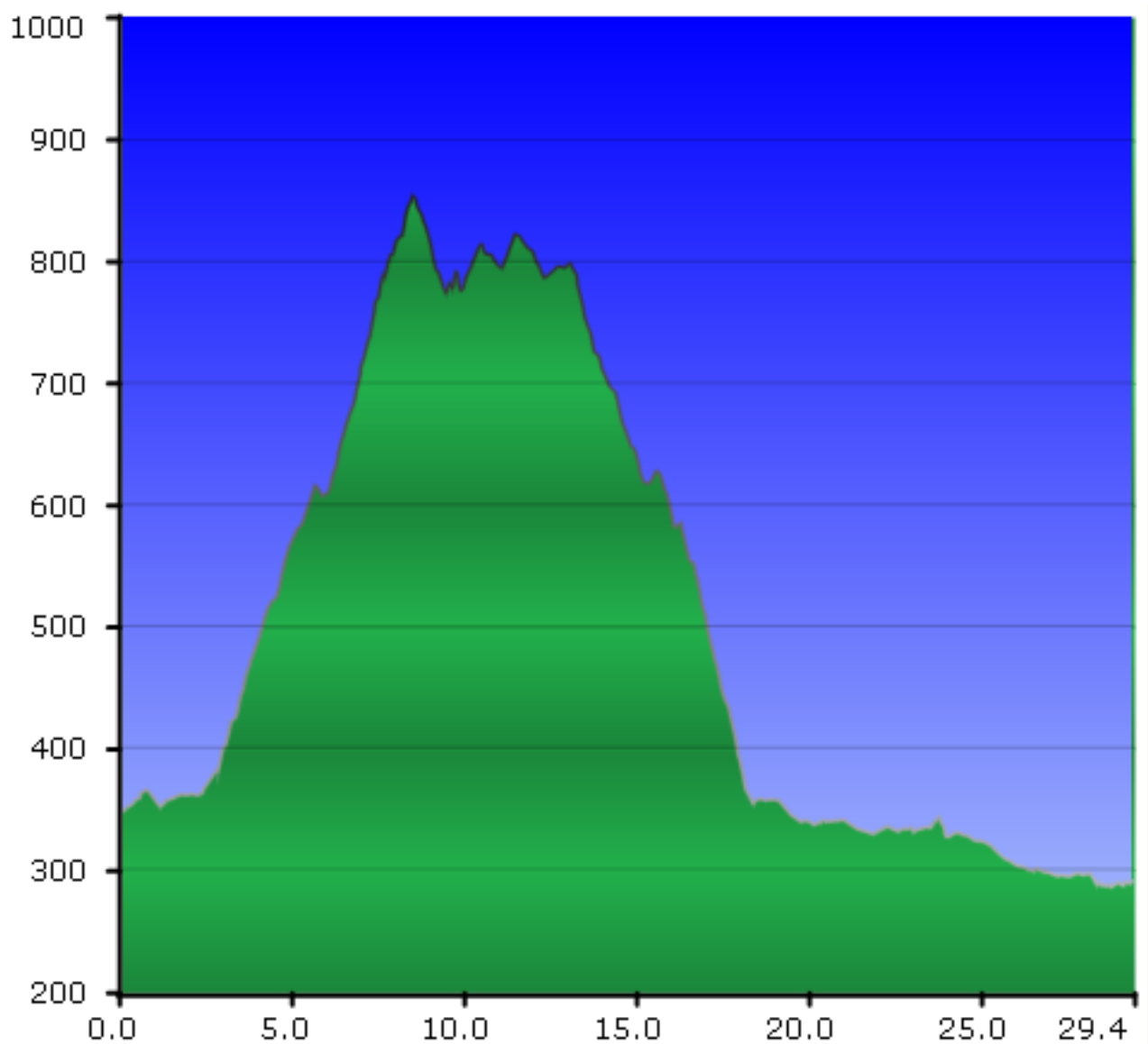
## 07 - Caprese Michelangelo / Sansepolcro



distanza	26 km.
dislivello	salita 350 m. - discesa 650 m.
quote	min 310 m. - max 660 m.
tempi	7:00 - 8:00 ore

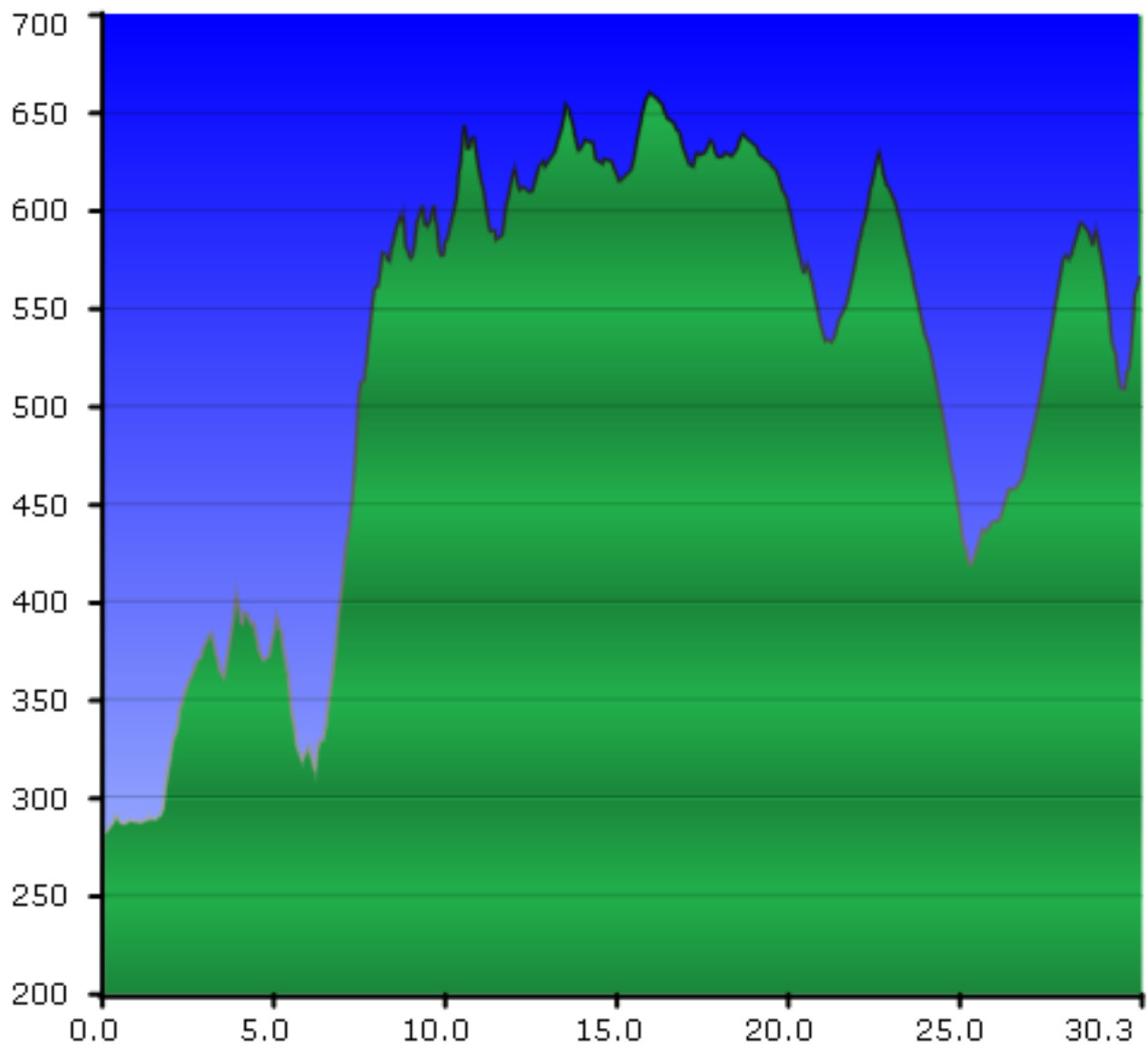


## 08 - Sansepolcro / Città di Castello



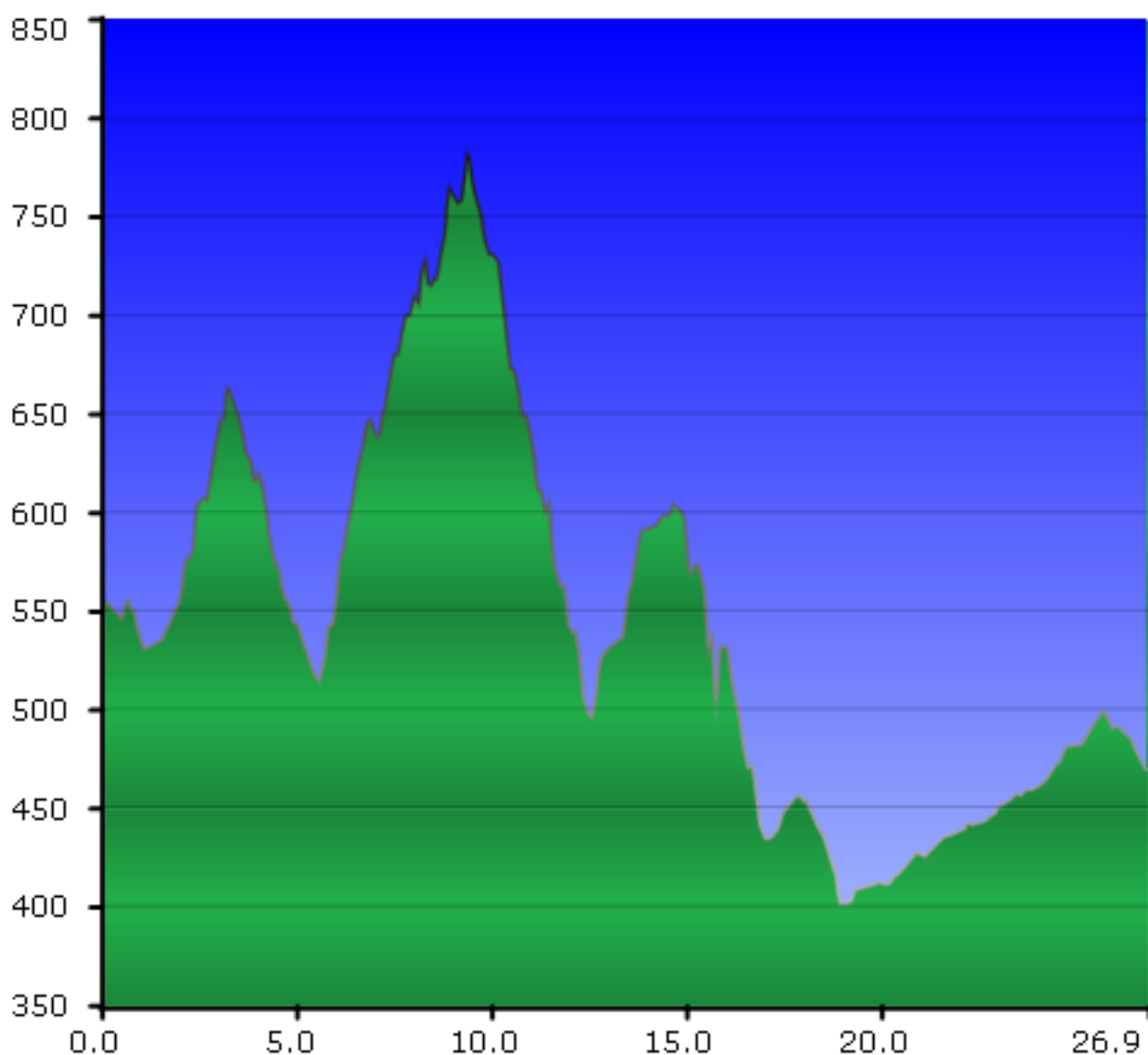
distanza	30 km.
dislivello	salita 700 m. - discesa 750 m.
quote	min 280 m. - max 850 m.
tempi	8:00 - 9:00 ore

## 09 - Città di Castello / Pietralunga



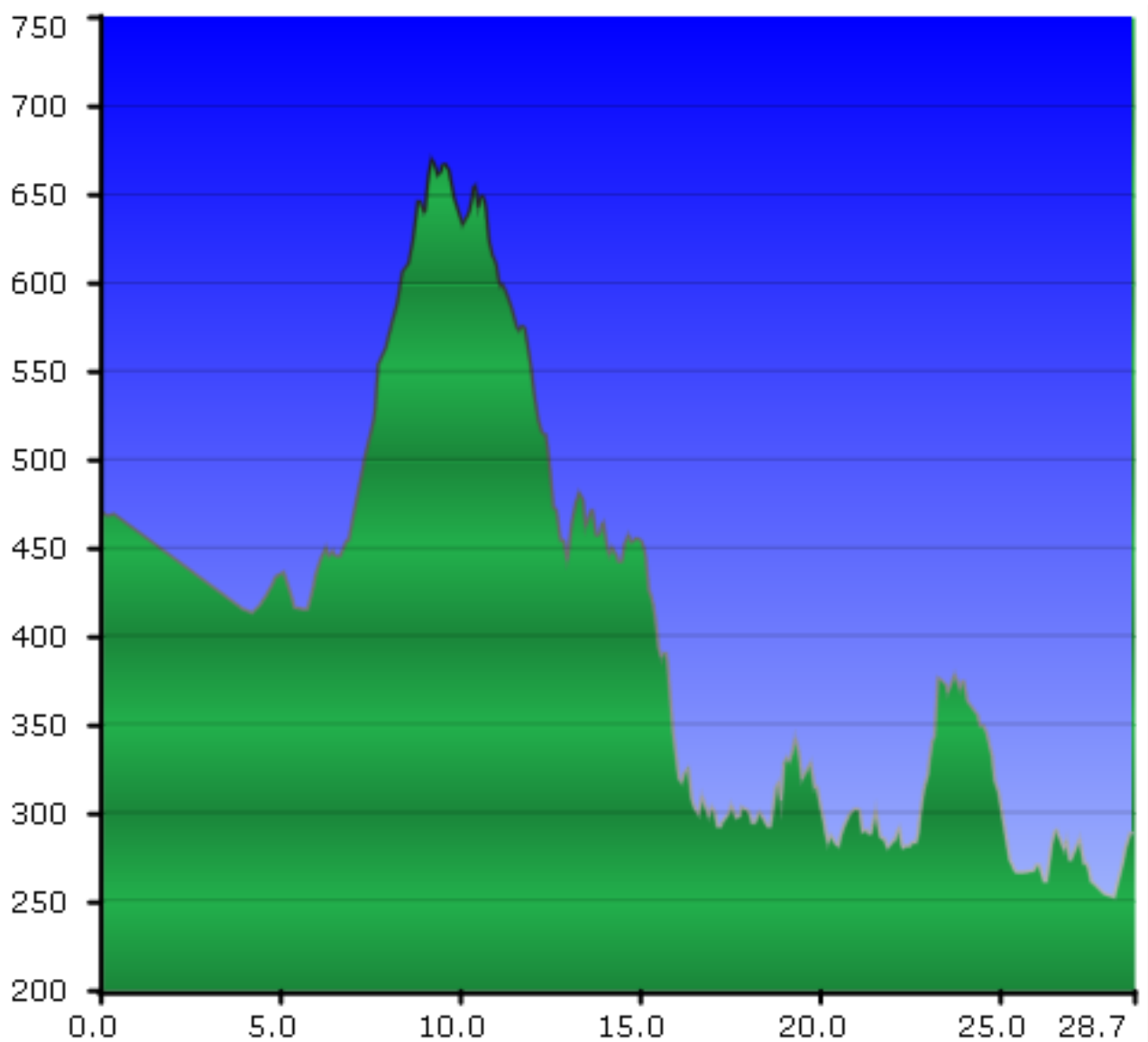
distanza	31 km.
dislivello	salita 1100 m. - discesa 800 m.
quote	min 280 m. - max 660 m.
tempi	9:00 - 10:00 ore

## 10 - Pietralunga / Gubbio



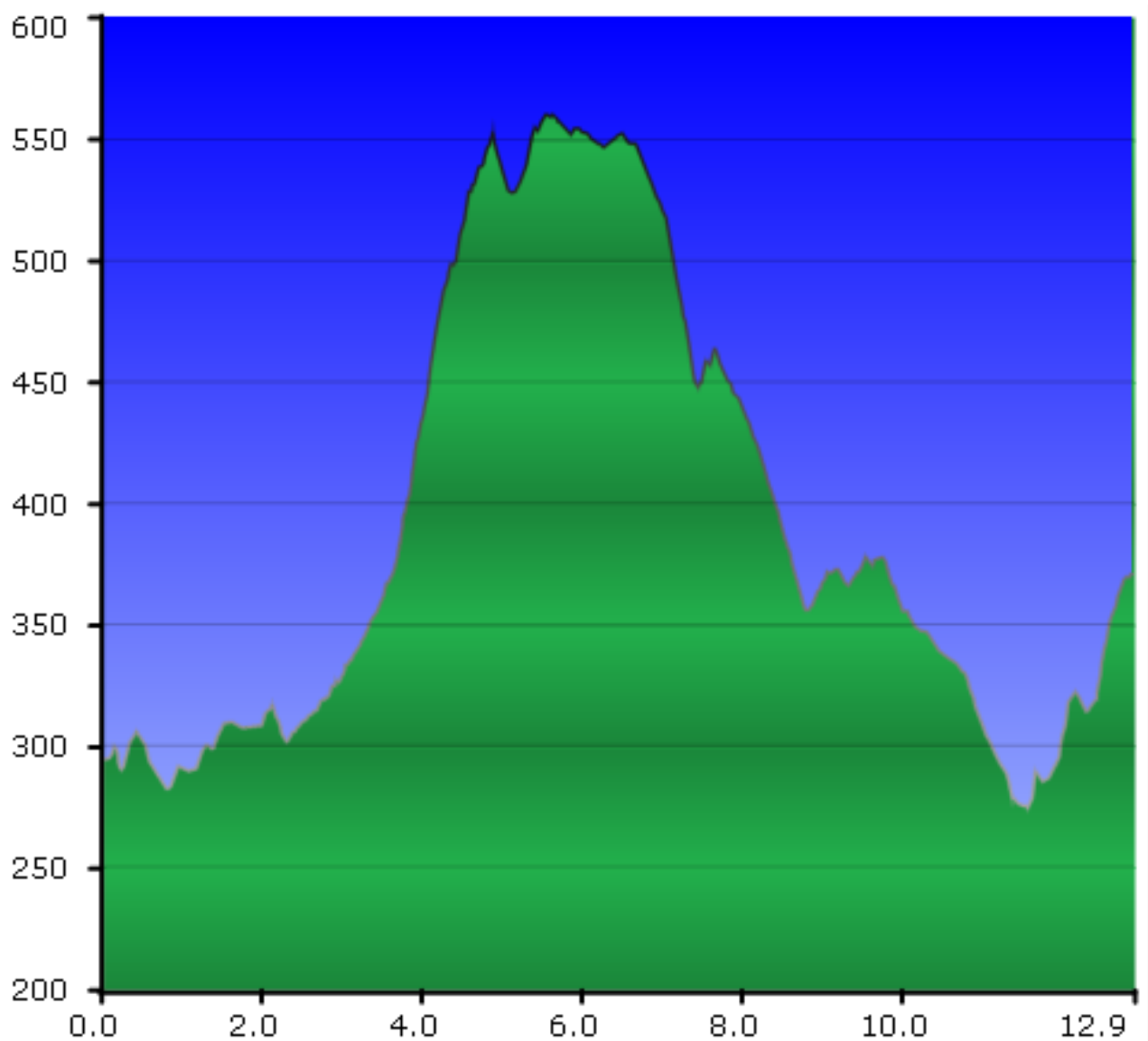
distanza	27 km.
dislivello	salita 700 m. - discesa 800 m.
quote	min 400 m. - max 780 m.
tempi	8:00 - 9:00 ore

## 11 - Gubbio / Valfabbrica



distanza	29 km.
dislivello	salita 600 m. - discesa 800 m.
quote	min 250 m. - max 670 m.
tempi	8:00 - 9:00 ore

## 12 - Valfabbrica / Assisi



distanza	13 km.
dislivello	salita 450 m. - discesa 400 m.
quote	min 130 m. - max 630 m.
tempi	3:30 - 4:00 ore