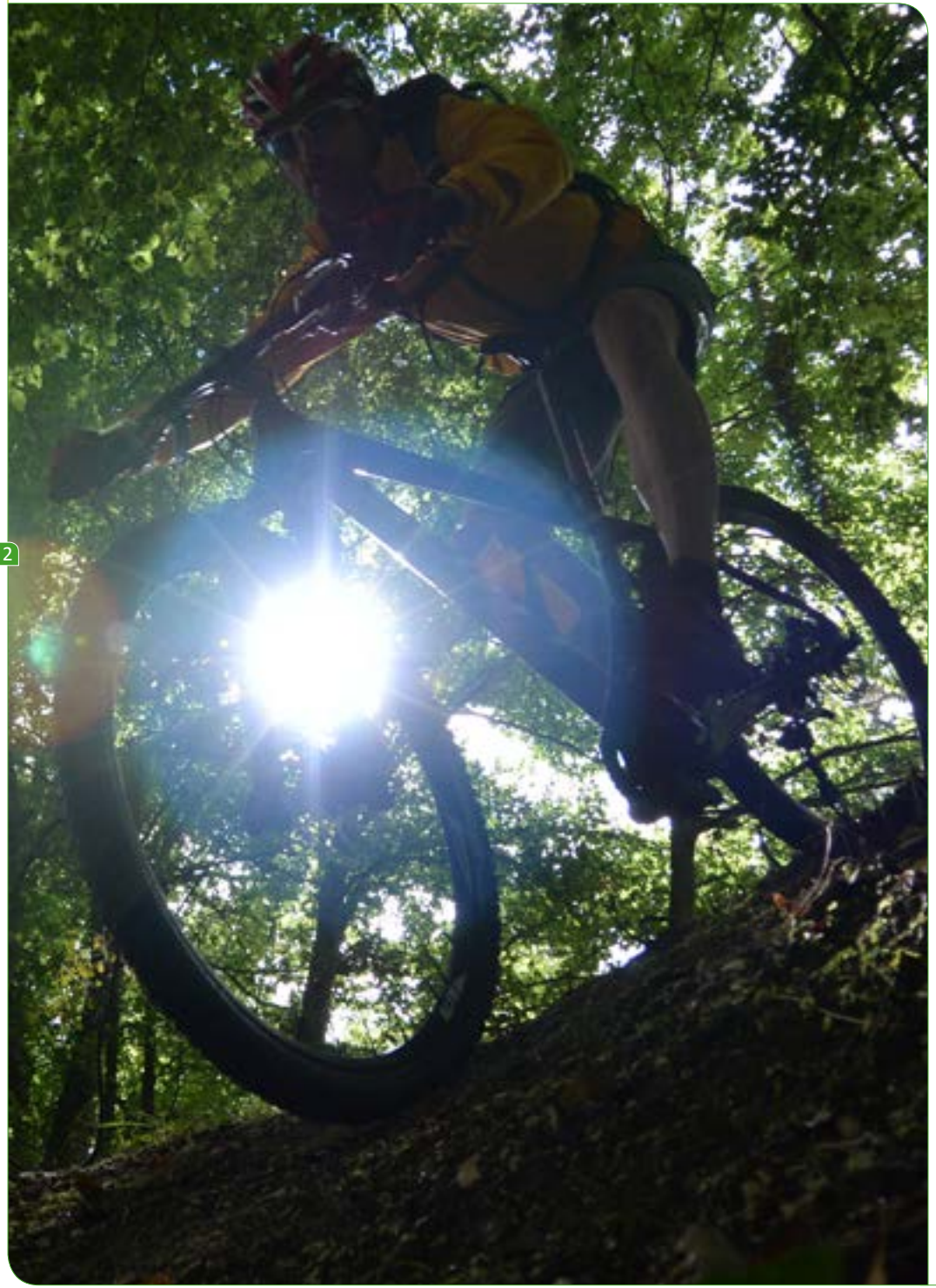
USSITA BIKE PARADISE

MTB ENG

- 6 Routes
- 150 Km
- Tips for training, diet and maintenance
- Tourism and territory



The sporting soul of Ussita

With its greatly varied landscapes and routes, the territory around Ussita - a village nestled in the heart of the Monti Sibillini National Park - is a real paradise for lovers of two wheels, both road cyclists and mountain bikers.

Are you going to spend a whole week here? You'll hardly run the same trail twice! Nature in this area is strong and intense, an experience you can't miss, and running is just what it takes to enjoy it to the fullest. The six itineraries we have chosen for you and included in this Guide are just a foretaste of what this territory has to offer.

We have reached the most popular but also unexplored places; you may cycle in the shade of Monte Bove, reach many Ussita's hamlets or go as far as the Park boundaries. Each itinerary is presented with technical data (overall length, altitude gap...), a map and its altimetry. We also provide information on the territory and useful advice on training, diet, and stretching.
Whoever plans a stay in Ussita - be it for a weekend to for a whole week - will be provided with all the necessary information to find out more about the territory and to maintain or improve their own athletic condition. We like to see this Guide and its itineraries as a starting point to explore this territory "by bike".

Enjoy your running!

Andrea Pizzi
Soul Running

Operating instructions

The **QR code** you will find in each route let you access the website **Bikemap.net** with your smartphone and visit not only the map - that you can expand to your taste - but also its altitude profile.

Alternatively, if you want to download the track and load it to your wrist-worn or portable Gps device, you will have to connect the device to a computer.

Have fun!

The Municipality of Ussita

Fifty years ago the Municipality of Ussita decided to focus its economy on tourism.
Today, we have adapted our tourist offer to the needs of new and young customers who are in line with modern times. We offer our ideas and expertise to running, biking and hiking enthusiasts, to the delight of those who love active holidays in close contact with a spectacular nature, immersed in magic silence, and away from peak season crowds.

This is how the idea of USSITA – Monti Sibillini Running Bike Paradise was conceived!!! ... and it's not all ...

freeride and ski-mountaineering are also waiting for you!!!
I hope that the information you'll find in this innovative site will arouse your curiosity and inspire you so much as to arrange a holiday in our valley!
We are looking forward to sharing the joy of our landscapes with you and to tell you more about our PARADISE that ...will never cease to amaze you.
A hearty welcome from me and the valley inhabitants I am honoured to represent!!!

The Mayor of Ussita
Marco Rinaldi

Ussita and its hamlets - Brief history

Castelfantellino: during the transhumance, practised until the aftermath of World War II, Castelfantellino was the place where all the women, the kids and the elderly that had stayed in the village, used to get together during wintertime.

Castello di Ussita (Ussita Castle): dating back to 1400, it used to house the families who wanted protection from bandits (in exchange for money). Later it became a cemetery and now it hosts the remains of Cardinal Gasparri (1852-1934), from Capovallazza.

Capovallazza: in 1300 Capovallazza used to have a building where wool cloth was beaten using a mill, the Gualchiera. It's located in the plain of Ussita, that is run through by a river, and it hosted 5 mills.

Val di Panico: its name probably comes from Pan, a pagan pastoral god. Near the source of the Ussita river there was a small pagan sanctuary.

Casali: the church of the Martyr Saints Vincenzo and Anastasio was consecrated in 1093. Its rectangular shape and vault are typical of eastern buildings and mystery cults, apparently it was built by Cappadocia monks.

1. A tour of the hamlets

Uphill start from Ussita's central square towards S. Eusebio. Proceed smoothly for the first 3 km for an ideal warm-up, then leave the gravel road and the beech and chestnut woodland to ride down in the direction of Sorbo, where you can get your water supply. You'll ride through the hamlets of Calcara, Palazzo and Castel Fantellino before your last trail descent with final fording of the Ussita river in the direction of Capovallazza, Tempori and Sasso Fluminata.

Download your track here

Features

Overall length 10 Km
Positive height gain 280 meters
Trail and surface types paved road, gravel road, single track
Rest areas and water sources Sorbo and Castel Fantellino
Cell phone reception Tim and Vodafone
Critical points be careful on the descent to Sorbo
Minimal equipment recommended inner tube, first-aid kit, 500 ml water
Best time of the year May to November

Unique emotions on two wheels

A dive into the history of Ussita and its many hamlets. Here you can get a taste of the life at the time of transhumance, admire the 1400 castle (later turned into a wonderful cemetery), feel the course of seasons, spot the old mills with their watercourses, and the ruins of old churches now disappeared. All this has always been in strong connection with the beech and chestnut woodland that in the past thousands years has been the backdrop for the life in Ussita. An itinerary that arouses your curiosity and prompts you to look around, admire colours and imagine what life was like centuries ago.

Tips from the coach

The first 3 km are on an even and not too steep paved ascent. You can ride it as a warm-up without pushing the pace and trying not to exceed the MP. As you enter the woods you can recover by pedalling at SL on a single track in an easy and a comfortable gear. This is not a very challenging trail except for the descent that takes you to Sorbo, where the fairly steep incline requires more attention. The following hamlets are connected through an easy-to-ride uphill-downhill section on gravel road and single track. It has the right length to recover at SP and let your legs work without excessive effort. The last descent takes you from Castel Fantellino to the ford of the Ussita River. From there, you still have little less than a couple of kilometres left for your final active recovery.

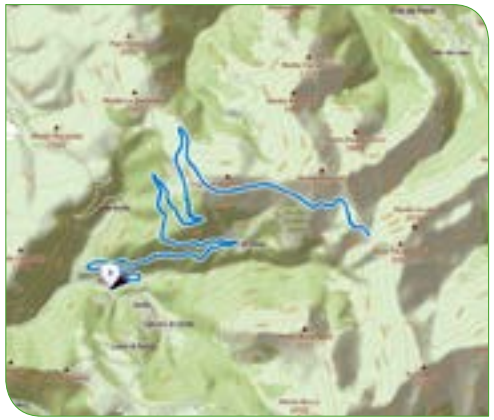
2. Timed uphill cycle race of the Fargno

From Ussita, ride for 5 km along an uphill paved road until you start a gravel road that winds up to the Piani di Pao with a steady gradient of 6-7%. Then, keep going along the south-exposed face of the mountain, until you reach the Rifugio del Fargno mountain lodge at 1811 mt altitude.
The last 4 km are on flat surface, you can get your breath back and enjoy the view over Monte Bove and the Panico Valley. A scenic climb with an even and smooth surface. The way back is on the same road.

Download your track here

Features

Overall length 38 Km, 18 of which uphill
Positive height gain 1190 meters
Trail and surface types paved road and gravel road, even surface
Rest areas and water sources Casali and Rifugio del Fargno mountain lodge
Cell phone reception Tim and Vodafone
Critical points none
Minimal equipment recommended inner tube, first-aid kit, 500 ml water, windbreaker
Best time of the year May to November



Unique emotions on two wheels

If you love climbs, this is the right place for you. If, however, you don't fancy long ascents, this smooth trail and, above all, the scenery you can enjoy from it, will ease your efforts.

When you start your ascent you can see the Mount Bove towering over you.
Then, as you cycle up, it becomes even more imposing, but it's not so scary any more: you can still admire it as you are pedalling away from the other side of the Panico Valley. Above you, the morphology is completely different: rounded, smooth green tops, almost moulded by wind.

Tips from the coach

An ideal itinerary for climbs enthusiasts due to its 18 km of sloping road. Its constant slope and even surface make it the perfect terrain for every kind of training: steady MP throughout the entire time, intervals at AT for 5' with 6' SP recovery to enhance aerobic capacity and power.
Alternatively: the first 12 km at MP, then gradually increase intensity until you reach AT and keep it for the last 4 km on the flat until you get to the mountain lodge. In case you want to work out to maintain muscle strength you can alternate 3' at low cadence (40 rpm, revolutions per minute) with 3' at 70-75 rpm 10-12 times. Remain seated and don't pull with the arms. Conclude your climb pedalling in an easy gear.

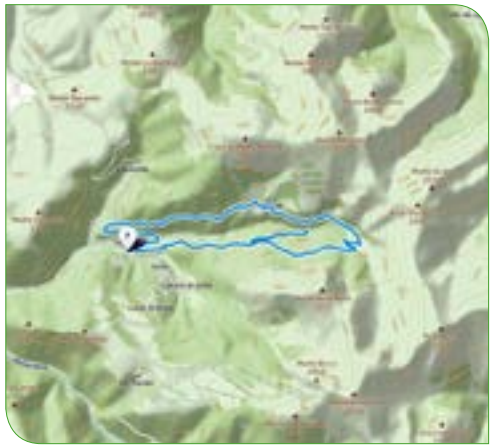
3. Tour of the Panico Valley

The first 5 km that you'll cycle on asphalt to reach Casali will give you a foretaste of the dirt road that awaits you. It's an easy to ride path that takes you to the natural amphitheatre of the Panico Valley, surrounded by the Boce, the Monte Rotondo and the Pizzo Tra Vescovi. The downhill trail, called Carbonai, leads you into an amazing beech forest. Before riding back to Ussita, you can stop by a waterfall called Cascata delle Callarelle.

Download your track here

Features

Overall length 19 Km
Positive height gain 620 meters
Trail and surface types gravel road, downhill trail in the forest
Rest areas and water sources Casali and Castel Fantellino
Cell phone reception Tim and Vodafone
Critical points the downhill trail of the Carbonai features some steeper sections where you need to slow down
Minimal equipment recommended inner tube, first-aid kit, 500 ml water, windbreaker
Best time of the year May to November



Unique emotions on two wheels

A rock face on the right (the dolomitic face of the Mt. Bove) and steep green slopes on the left. This is the natural backdrop of the Panico Valley, an amphitheatre you explore cycling along its paths and stopping to pick some blackberries or look for chamoises. A fairly easy and, above all, complete itinerary from the technical point of view. Once you leave the gravel road, the Carbonai trail takes you to a cool and scented beechwood, down to the waterfall of the Callarelle, where you can even bathe in some of the pools.

Tips from the coach

It's a ring route that experienced bikers may also ride twice for a really complete training. The initial climb on asphalt can be cycled at a steady MP and then in a progression until you reach the AT on the dirt trail stretch past the small village of Casali.
At the turnaround spot, at the bottom of the valley, keep the intensity high by increasing the pedalling rate, since you are riding on the flat. Once you take the Carbonai trail, you'll have a completely downhill stretch ahead of you, here you can get your breath and energy back. The detour to the Callarelle waterfall, 3 km in all, is entirely on the flat; ride it in an easy and comfortable gear without pushing too much to enhance optimal muscle recovery.

4. A riding tour around the Careschio

Along the road to Fargno, after little more than 8 km, you'll see a beautiful single track on your left that runs along the ridge towards the plateau of Macereto.
The descent from Monte Careschio to Visso is pure fun as you manoeuvre your way over fast paced and technical stretches. Be careful and reduce speed because you may meet hikers along the way.
From Visso, you can go back to Ussita through a road.

Download your track here

Features

Overall length 25 Km
Positive height gain 850 meters
Trail and surface types gravel roads and single track, very good terrain
Rest areas and water sources Casali and Visso
Cell phone reception Tim and Vodafone
Critical points be careful as you ride down to Visso, you may meet hikers
Minimal equipment recommended inner tube, first-aid kit, 500 ml water, windbreaker
Best time of the year May to November

Unique emotions on two wheels

Pedal along the first 8 km, then it's time for some fun! An itinerary where you let the wheels – and your mind – spin, surrounded by the magic of the Plateau of Macereto. At km 11, you can visit the Sanctuary by taking a detour of 6 km out and back, it's really worth it. The descent to Visso is pure fun: fast and smooth in the first stretch, more technical in the last section, with narrow hairpin bends overlooking the village. You won't even notice the last 4.5 km of paved road back to Ussita as you'll be thinking back to the track you've just covered.

Tips from the coach

Use the first 8 kilometres as a warm-up by pedalling in a high gear at SP/MP.
As you start the single track, you'll find the ideal ground for a series of cadence variations on the short climbs.
Try pushing off with long gear ratio and focus on muscle power. Here the intensity can reach the AT. You can recover on the way downhill to Arette and then increase cadence again with a progression from MP to AT as you ride up to Monte Careschio.
On the descent to Visso focus on riding technique and fun, your legs can recover here. You will ride back to Ussita on a slightly sloping paved road, in an easy gear and at SP: the best recovery ever.

5. Panoramica di Passo Cattivo

From the chairlift departure point in Frontignano, you can take a very scenic road that's initially paved but then turns into a dirt path that gradually climbs up until the sixth km. From there, the slope becomes steeper as you get closer to mount Cornacchione up to Passo Cattivo. You can go back along the same itinerary until km 12, where the Bike Park trails start: first take Pino Torto and then Le Saliere, all of them are easy to ride also with a front suspended bike.

Download your track here

Features

Overall length 14 Km
Positive height gain 540 meters
Trail and surface types uphill along the gravel road, downhill in the bike park woods
Rest areas and water sources Frontignano chair lifts
Cell phone reception Tim and Vodafone
Critical points the bike park is suitable for everyone, it features parabolic curves and jumps that you can avoid by taking alternative paths
Minimal equipment recommended inner tube, first-aid kit, 500 ml water, windbreaker
Best time of the year May to November, depending on snowfalls

Unique emotions on two wheels

They call it Passo Cattivo (Bad Pass) but don't worry, the name has nothing to do with the nature of this beautiful place: one of the most amazing viewpoints of the Sibillini range. On a clear day, your gaze can sweep very far away. The initial part of the climb unfolds through a forest, then the trees disappear and you'll be pedalling along the border between land and sky. The descent along the bike park tracks suits everyone, and it's pure fun also on a front bike: let yourself go along the bends and enjoy the varying slopes. Have fun, but stay safe!

Tips from the coach

This itinerary allows you to combine excellent uphill training with descent technique. The first 6 km are on a gravel road that features constant slopes of about 6-7% gradient to be tackled at steady MP, or to build strength alternating 3' at 40 rpm to 3' in a comfortable gear, without exceeding the MP intensity. After the sixth kilometre, you'll have to increase pace due to the incline until you reach the AT for some minutes. Use the last stretch of the climb towards the pass for some active recovery at MP. As you ride downhill, take the Pino Torto and Saliere trails of the bike park: an excellent training to enhance technique with exciting manoeuvres. If you wish, you may also rent a freeride bike for some extra descents.

6. Tour of Mount Cardosa

From Ussita you ride along a downhill road to Visso, where a long climb starts: 13 Km on an even, smooth and never too steep surface (6-8%) towards Mount Cardosa.
Go down a gravel road in the Rapegna Valley until you get to a paved road in Castelsantangelo, on the river Nera. Finally, ride up to Frontignano along a paved road: it's a small "pain" to endure before taking the Corsara trail, next to the Domus Laetitiae.

Download your track here

Features

Overall length 44 Km
Positive height gain 1500 meters
Trail and surface types gravel road, asphalt, undergrowth
Rest areas and water sources Visso, Castelsantangelo, San Placido and Frontignano
Cell phone reception Tim and Vodafone
Critical points none
Minimal equipment recommended inner tube, first-aid kit, 1litre water, windbreaker
Best time of the year May to November

Unique emotions on two wheels

13 km climb may sound excessive, but don't worry, the scenery and above all the spectacular plateau under the Cardosa peak will reward all your efforts. The descent to the Rapegna Valley is on gravel road, in the shade of beech and chestnut trees that will provide shelter from the heat on sunny days. As you ride up to Frontignano, before the last hairpin bends, get your breath back for 5' in the small village of San Placido: here you'll experience a dive in the past. The Corsara trail that leads you back to Ussita seems specially designed for mountain bikes, with a perfect surface also on rainy days, a real "treat" for every biker!

Tips from the coach

The gentle descent to Visso will help warm your legs up to the right temperature, because, once you go past the cemetery, you'll have to tackle a 13 km climb that's however not too challenging due to its slightly gradual incline and its very even and smooth surface. It's the ideal ground for training at a steady MP. Alternatively, you may gradually progress from MP to the AT increasing intensity by 5 beats a minute. After the descent to Castelsantangelo, you'll still have the climb to Frontignano ahead of you: after riding the previous 13 km uphill your legs may be tired, therefore we recommend pedalling at a steady MP to save up the necessary energy and keep your mind clear along the exciting final descent on the Corsara trail.

Tips from the coach

Holiday Maintenance Programs

The following training programs should be considered as a guideline to maintain your physical fitness during up to three-day holidays or longer training time up to one week. They are designed for you to make the most of the several possibilities offered by the trails in the territory of Ussita.

The initial and final part of each trail, approximately the first and last 20', are to be run at a slow pace as warm-up and cool-down sessions. These two phases are essential to boost your body's response before greater efforts and to restore all physiological functions to their initial "at rest" condition at the end of the training. After each session it is advisable to dedicate some time to stretching exercises to enhance muscle relaxation.

LEGEND
Training intensity (according to personal maximum heart rate)

Slow pace (MP): 60-70%, to recover from a hard training or a race, it favours fat burning.

Moderate pace (MP): 70-80%, improves the ability of muscles to use oxygen.

Fartlek (FK): 80-85%, increases cardiac output and favours pace variations.

Anaerobic threshold increase (AT): 90-95%, increases the aerobic capacity and power.

BEGINNER BIKER

WEEKEND

Trail 1 – SP, do not exceed MP on climbs
Trail 3 – MP on climbs with progression on the last 2 km towards Casali

3 DAYS

Trail 3 – MP on climbs with progression on the last 2 km towards Casali
Trail 4 – MP on climbs, use the way back to Visso as a warm down at SP
Trail 2 – climb at MP

WEEK

Trail 3 – MP on climbs with progression on the last 2 km towards Casali
Trail 1 – SP, do not exceed MP on climbs
Trail 5 – MP max on climbs
Rest
Trail 2 – Climb at MP
Trail 4 – MP on climbs, use the way back to Visso as a warm down at SP
Trail 6 – do not exceed MP on climbs

INTERMEDIATE TO ADVANCED BIKER

WEEKEND

Trail 5 – MP max on climbs
Trail 6 – do not exceed MP on climbs

3 DAYS

Trail 4 – MP on climbs, use the way back to Visso as a warm down at SP
Trail 5 – MP max on climbs
Trail 6 – do not exceed MP on climbs

WEEK

Trail 1 – SP, do not exceed MP on climbs
Trail 3 – MP on climbs with progression on the last 2 km towards Casali
Trail 2 – Climbs at MP
Rest
Trail 5 – MP max on climbs
Trail 4 – MP on climbs, use the way back to Visso as a warm down at SP
Trail 6 – do not exceed MP on climbs

Muscle Stretching

GENERAL INSTRUCTIONS

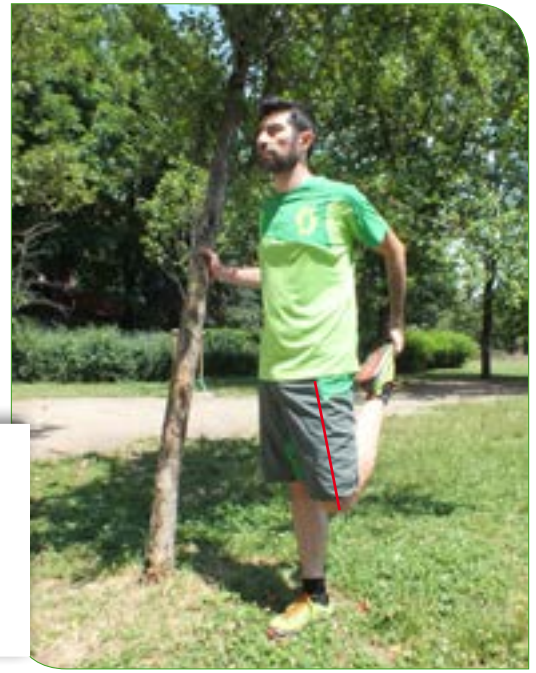
Always do the stretching when your muscles are still warm: after the warm-up if you feel you need it, or at the end of the training session. Assume the position slowly, without forcing or bouncing. You should not feel pain but only a light, pleasant stretching sensation. The red lines show the areas to stretch.

FASCIAE LATAE
With your hand behind your back to support your rotated torso (not too far from it), place your right foot next to the outside of your left knee. Place your elbow on the outside of the right knee and pull your leg towards your chest by turning your shoulders. Look back over your right shoulder.

LEG BACK MUSCLES AND GLUTEUS
Place a foot on a low support and keep the leg flexed, rest your hands on your hips. Slightly tilt the pelvis forward until you feel tension in the back of the thigh.

CHEST MUSCLES AND SHOULDERS
Aligned feet, place your wrists on a low wall or support at pelvis level and lean forward trying to keep your shoulders relaxed.

CALF MUSCLES
Stand with foot back and leg straight, forward knee bent and foot pointing straight ahead. Keeping heel on the ground lean forward from the hip joints keeping back upright.



QUADRICEPS
Afferrare il collo del piede con la Touching a tree or a wall for support, bend your knee and grab your foot with the corresponding hand, slowly stretch the thigh, trying to keep it aligned with the torso.

LOWER BACK MUSCLES
SIt on the floor with your right knee bent and your left leg extended in front of you. You can keep your left knee slightly bent. Keeping your back straight, lean torso forward over front leg grabbing your ankle.

Diet

BREAKFAST

- 1 yoghurt (preferably low-fat white yoghurt) with whole wheat muesli
- 4 rusks or toasts with jam or honey
- milk or tea to your taste
- freshly-squeezed orange juice (as an alternative to orange juice)

LUNCH

- max 80 g. of plain or tomato sauce pasta or rice. Preferably whole wheat pasta or rice.
- raw or steamed vegetables (no potatoes and carrots)
- 2 crackers
- 1 fruit (apple or orange)
- coffee

Drinks: only natural water, no sweet and fizzy drinks.

DINNER

- vegetable soup or vegetable cream soup, or 80 gr. plain pasta or rice;
- alternate meat (preferably grilled white meat), to ham or bresaola cold cut, fish and eggs
- raw or steamed vegetables
- as an alternative to vegetable soup, you can add steamed potatoes or carrots as a side dish
- 40g. bread, preferably whole wheat bread
- coffee

Drinks: only natural water, no sweet and fizzy drinks.

MORNING TRAINING

Eat a granola bar or bread with jam halfway through your training. Remember to regularly drink in small sips in order not to feel thirsty. Chose a mineral-rich drink according to the season, exercise intensity, or in case of heavy sweating. Alternatively, have a mix of salts and carbohydrates.

AFTERNOON TRAINING

Mid-morning snack
A fruit (apple or orange) or a low-fat white yoghurt

DURING THE TRAINING
If the training session exceeds two hours, eat a fruit or a small cereal bar after the first hour and a half. Remember to drink regularly in small sips to avoid feeling thirsty. Chose a mineral-rich drink according to the season, exercise intensity, or in case of heavy sweating. Alternatively, have a mix of salts and carbohydrates.

Hospitality

B&B

IL CONVENTINO - Via Mons. Amici - 06/39738342 - 335/6363385
LA CASA DELL'ORTIGIANA - Via Santa Croce 38 - Sorbo - 339/1575644- info@lacasadellortigiana.it
www.lacasadellortigiana.it
LA COPPARA - C.da Capovallazza - 339/5986207
LA SIBILLA - Via Monte Bicco - Frontignano - 335/1277512

RENTAL ACCOMMODATION

BAIA GIOSA - Via Monte Cornaccione - Frontignano - 071/982662 - 349/5168628
l.camilletti@itesrl.it

CAMPING

CAMPING ESTATE INVERNO/PIZZERIA IL QUERCIONE - Loc. Pratolungo snc - 0737/99448 - info@verdefiastra.it

GUEST HOUSES

CASA DI ACCOGLIENZA FRANCESCO ARSINI - Via S. Ercolano - Tempori - 0737/991220 - 333/1777650
DOMUS LAETITIAE - Via Monte Bove - Frontignano - 0737/90140 - info@domuslaetitiae.it

HOTELS

CRYSTAL - Via Pie' la Costa - 0737/99415
FELYCITA - P.le Selvapiana - Frontignano - 0737/99121 - info@hotelfelycita.com - www.hotelfelycita.it
USSITA - P.zza Cavallari - Fluminata - 0737/91171 - info@hotelussita.it - www.hotelussita.it
MONTE BOVE - Capovallazza - 0737/99361

MOUNTAIN LODGES

RIFUGIO DEL FARGNO - Forcella del Fargno - 3317307093
RIFUGIO CASALI - Fraz. Casali

RESTAURANTS

LA FONTE - Via S. Anastasio 13 - Casali - 0737/99257- 347/3083623
LO SCIATORE - Via del Ginepro - Frontignano - 339/4606359

When you find this symbol you are in a **Running Hotel**!
Only these facilities have become part of the new Club di Prodotto - Product Club dedicated to runners. Each of them provides runners with four exclusive services to best enjoy their passion: **1 – Night laundry for technical clothing. 2 - Early Breakfast. 3 – Late Check Out. 4 – Energy Pack Lunch.**
These special services dedicated to guests, allow you to have clean clothes every day, to have breakfast very early, to be able to shower before leaving as your room will be available for you until late, and finally eat natural food thanks to the small and light lunch packets prepared for you with local products.
Visit also **www.runninghotel.it** for more details

Running Hotel

Safety and Maintenance

Useful tips to get the most out of your riding experience

The routes we have selected are designed to help bikers discover the most amazing corners of the area around Ussita, and feature a combination of different technical difficulties that suit everyone.
These trails wind through spectacular beech forests, along easy-to-ride gravel roads or inside the Frontignano Bike Park.

Their surface is always perfect and, even after a rainy day, you'll hardly find mud due to the geological characteristics of the soil. The trails we have chosen do not feature specific technical difficulties; also inside the bike park, bikers can either enjoy jumps and parabolic curves or easily avoid them, according to their skills.

You don't need specific fork PSI and shock absorber, the ideal bike is an allmountain full suspension but you might as well have fun with a front suspended.

We always recommend a periodic bike cleaning not only to ensure the proper functioning of your bike, but also to check the frame conditions. Never use too much lubricant on the chain to prevent dust and sand from wearing out the drive train.

During excursions, always remember to carry the following with you: a helmet (securely fastened), 1-2 spare inner tubes, a good pump, and a multi-tool featuring a chain tool. As regards the mountain bike suspension settings, we suggest an intermediate set-up given the terrain conditions.

It is always advisable to take something to eat with you; preferably an energy bar or a honey or jam sandwich.

Frontignano freeride bike park

The Frontignano Freeride Bike Park was created in the Summer of 2009 by two MTB passionate "guys".
There are three basic trails, with different difficulty levels and features, that over the past years have been improved and specially equipped with jumps, wooden parabolic curves and new variants like the Toboga Fun Cool, Pino Torto, and Le Saliere.

The enduro and freeride variants that lead down to the bottom of the valley are: Ps3, Sasso della Corsara, San chiodo, Monte Torrone and Monte Careschio, and la Vissana.

A bus and shuttle service is provided from the park to the Selvapiana chairlift base station.
All trails and variants are suitably signposted with the bike park logo.
Departure from the Selvapiana chairlift arrival station at 1830 mt.
You can organize discovery tours of the Park, technique classes, an enduro race, a megaavalanche, and events for the kids.

The Frontignano rental offers free bike maintenance and safety check before setting off.
The Bike Park is open from March to November (depending on snowfall conditions).

Frontignano Bike Park is on Facebook, Twitter and Instagram

Freeride and ski mountaineering

Frontignano is definitely the ski resort in central Appennines that best suits freeride activities, besides being a traditional and very popular place for ski mountaineering enthusiasts.
By "freeride" we mean backcountry skiing and snowboarding off the main trails, which however includes the use of ski lift facilities to go up. It may suit both beginners (provided they practice in nearby areas and always in respect of other skiers' safety), and expert skiers in the nearby valleys, who can choose from a range of possibilities to go down quickly and independently.
The particular topography of the area offers a variety of slopes with different difficulty levels, features, and sun-exposures, both above and below the treeline.
During the years with particularly favourable weather, you can often enjoy fresh and good snow days. Furthermore, exposure to sun often causes old packed snow to improve on some slopes even in the middle of winter.
Also ski mountaineering practitioners particularly love this place, as it allows quick access to the heart of the Sibillini mountain range, both to those who want to go up in a completely independent way through the suggestive Bove Valley, and to those who want to use the ski lifts. These facilities take you above 1900 m altitude in a short time, close to the incredibly scenic peak of Monte Bove Sud, that's considered one of the most interesting departure points for some of the most exclusive itineraries.
The Frontignano resort is located in the foothills of the most imposing massifs of the Sibillini range, therefore the topography of this area resembles more that of large mountain areas than that of gentle hills typical of the minor resorts along the Adriatic sea or descending towards Umbria.
For this reason, if you want to use the ski lift for Freeride or ski mountaineering purposes, you need to be fully aware of the high risks related to these activities, as well as of the need to be accompanied by an experienced mountain guide.
This region also includes a wider area of the Sibillini Mountains National Park and borders with particularly sensitive and interesting areas in terms of fauna protection. For this reason, all high-mountain sports enthusiasts are advised to be informed about local regulations.

Filippo Campanile - "Powder Mob".

Winter in Ussita – Ski trails

TRAILS	ABBREVIATION	NAME	LENGTH	ALTITUDE GAP
	J1	Jacci di Bicco	515	165
	J2	Jacci di Bicco direttissima	325	155
	C	Canalone	1250	375
	P1	Cresta di Cornacchione	1550	300
	L1	Pista degli innamorati	2540	180
	B1	Belvedere	590	115
	B2	Pista del rifugio	450	90
	B3	Direttissima belvedere	260	95
	G1	Ginepro	940	165
	G2	Ginepro-Saliere	605	105
	S1	Saliere Centrale	1100	215
	S2	Saliere Pineta	1260	220
	S3	Saliere Sx	955	185

TRANSFER	ABBREVIATION	NAME	LENGTH	ALTITUDE GAP
	T1	Coturnice Canalone	160	50
	T2	Canalone Saliere	570	50
	T3	Saliere-Canalone	430	35
	T4	Parcheggio della Fonte	905	200
	T5	Hotel Felicita	235	30
	T6	Ginepro-Saliere	295	30

LIFTS FACILITIES		
Lo Schiancio	Le Saliere	Seggiovia quadriposto
Frontignano	Vallone di Selvapiana	Seggiovia monoposto
Arboretti	Malghe del Cornaccione	Seggiovia biposto
Madonna Pian della Croce	Memoria dei Fascinari	Seggiovia biposto
Pian dell'arco	Belvedere	Seggiovia quadriposto
Jacci di Bicco		Seggiovia monoposto

Useful Information

Ussita lies in the province of Macerata, inside the Monti Sibillini National Park. It extends over more than 55 square km and has about 450 inhabitants. It is composed of 16 hamlets at an altitude ranging from 744 to 1300 m a.s.l. in Frontignano. Ussita boasts the largest and most important ski resorts in the Marche region, with 20 km of pistes stretched from 1350 to 2000 m altitude. Also in summertime, it offers a range of activities designed to relax and have fun, and it's an ideal departure point for excursions and ascents of the Monti Sibillini. It is also one of the few central Italian towns that has a modern ice palace, equipped with an olympic arena that hosts a number of athletes all year round. In Ussita you will also find several Romanesque churches of strong artistic and historical interest.

Distances: from Rome: 181 Km, from Ancona:132 Km, from Bologna: 336 Km, from Ascoli Piceno: 80 Km, from Naples: 381 Km. You can reach it by **train** until Macerata railway station and then by bus from there

MUNICIPALITY OF USSITA
www.comune.ussita.mc.it
Tel, 0737 97901

Municipal Police
tel. 0737 971212
Carabinieri station
tel. 0737 99120
Tourist Information
www.ussita-frontignano.com
Clinic
tel. 0737 99402
Camerino (MC) Hospital
tel. 0737 6391
numero verde 800 098798

ICE PALACE OF USSITA (MC)

SEASON 2014/1015

from Saturday 1st November 2014

WORKING DAY: 16.00 - 19.00 / 21.30 - 24.00

SATURDAY: 16.00 - 19.30 / 21.30 - 24.00

SUNDAY AND HOLIDAY:

10.00 - 12.00 / 15.00 - 17.00

17.30 - 19.30 / 21.30 - 24.00

CLOSED ON TUESDAY and WEDNESDAY

INFO:

0737.99319 - 0737.99106 - 335.18.98.774

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