

MTB routes from The Lemon House

Updated 10-ott-10

No (recommended)	Name, nome	Surface, fondo				km	Climbing, dislivello m	Time (h) for medium effort, not "flat out". Tempo (ore), sforzo medio, non "a tutta"	% pedalabilit y, pedalabilit à	Grade grado (E/M/D /X)	Colour grade, grado colore	
		Asphalt / asfalto	Unmade road, sterrata		Single track Muletrack, mulattiera							Rocks roccioso
		OK normal car, auto normale	4X4 Cart track, carrareccia									
ROUTES STARTING FROM												
1	Tortoli via pinetta pinetta Girasole	✓			✓	NO	10	0	02:00	100%	-	
2	Lago di Santa Lucia	✓				NO	25	100	02:00	100%	-	
3	Ardali, Mullò,	✓	✓			NO	16	100	01:15	100%	-	
4	Lago Santa Lucia, Riu Porceddinu, Is Pinnettas	25	3	5		NO	33	300	2:00-3:00	100%	E-M	
5	Ardali, Baunei	✓	✓				20	500	01:00	100%	M	
6	Triei, SS125 via road-still to be asphalted, Baunei, descent Monte Scoine	✓	✓	✓	✓	NO	23	500	03:00	95%	E-M	
7	Triei, Osono, Genna Aramene, Baunei, Su Rele. Possible also to descend from Baunei below Scuole Medie to Triei - steeper descent	✓	✓	✓	X	NO	34	600	03:00	90-95%	E-M	
7A	Descend from near to top of climb to Genna Aramene via (B)accu Mannu to Triei										M	
7B	As above but climbing above Baunei to Su Idile and descending "Scaleddas" rocky steps/singletrack											Su Idile - road to Pedra longa
8	Sa Molentina								03:00		E-M	
9	Genna Argei and Ollidone								03:00			
10	Climb to Locorbu from The Lemon House (start SS125, then join easy descent from Monte Scoine) Descent Locorbu-Sa Conralba-Su Rele	Just a bit		✓	✓	Lots		600	2-3:00	95%	X	Some black sections
11	Triei, Mamutorco, Eltili, Orgosio, Triei	10		40		YES	50	1500	06:00	98%	D	
	Santa Maria, Pedra Longa, Monte Scoine	✓		✓	✓	✓	20	600	03:30	70% to Pedra Longa		
ROUTES STARTING												
U1	Percorso GASAU						32	500	05:00			Red sections on initial climb
U2	Urzulei-K174 SS125-Genna Croce-Campo Oddeu-Sentiero 501 - Fennau - Codula Sa Mela - San Giorgio	8	13	3	8	YES, ALL MOUNTAIN	32	1280	05:30	97%	D	Some black sections
U3	Genna Silana-Gorropu-Ponte Sa Barva-SS125						28	1000	5:00??			
ROUTES STARTING												
T1	Talana-Bau 'e Tanca-Olinie-Villagrande-M. Fenarbu	18	11	11	6		46	1600	05:00	100%	M/D	
ROUTES STARTING FROM												
A1	Bosco Santa Barbara & Monte Idolo			✓ Forest tracks	✓ smooth!	NO	15	300	03:00	100%	E	
A2	Bosco Santa Barbara (Villagrande side)	6		14 Forest tracks, sometimes rutted		No	20	200	03:00		E-M	
A3	Singletrack Monte Idolo-Arzana											
ROUTES STARTING												
B1	Duspiggius, Serra 'e Pisu, Punta Salinas, Co 'e Serra	✓	✓	✓	TECHNICAL LOOSE ROCKY DESCENT	✓	19	400	03:00	90-95%	D	
B2	Baunei - Genna Sarbene - Cala Luna. Back via Codula Sisine. To Sisine via Sacedderano is same grade, but more tech descent	30	✓	18	12	✓	60	1100m	07:30	95%	D	Some black sections to Sisine
B3	Bacu Goloritzè - Bacu Canale										X	
B4	Dolcoice - Selole	6	4	20 some very rough sections after heavy rain	✓ 2-3 km carrying bike		32	500	07:00	1	D	
B5	Cengia Giradili									?	X	

Colour

	Family - avoids major climbs and technical sections, and allows families to experience quiet-tarmac road and off-road cycling in a fun and safe way. Off-road surfaces are generally hard packed but there are sections which may be loose, uneven or muddy at times.
	Beginner routes - not too long (around 10km) with gentle uphill and downhill, no rocks or dangerous brambles etc.
	More technical challenges than Blue routes, with unsurfaced singletrack /unmade road. As well as being a longer, has more uphill and downhill sections. Fast but safe descents. A high level of fitness, stamina and experience is needed for these routes. About 30km
	Black runs have steeper downhill stretches and much more challenging technical features. May have over 1000m of climbing, singletrack with switchbacks and maybe sections you have to walk. Long sections of steep, stable but unsurfaced trail and unavoidable obstacles with large steps, gaps and drop-offs. For experienced bikers only. About 50km

Routes in grey would need some maintenance to make them enjoyable

Difficoltà / Difficulty		Difficoltà / Difficulty STS			Type riding		GPS file available	Desc mtb-forum.it	Comment	Suitable to do by yourself / Andate da soli
Fisica	Tecnica	S0-1	S2-3	S4-5	XC	AM				
IM THE LEMON HOUSE										
							✓		Mostly on asphalt, OK road bike	
							✓		For the most part on quiet roads by the Santa Lucia lake, in places quite steep, with 5 km of cart track / muletrack, including good climbing and descent. Return 13km on asphalt road from Talana to Lotzorai. Tricky sections quite short. The route can be shortened by missing out a lot of the cart track and tackling about 100m of badly-rutted steep unmade road and a steep but OK descent on the other side.	
							✓		Technically easy but 2,50km of very steep (average 12%) climbing on asphalt up to Baunei	
					✓		✓			
					✓		✓		34 km round-trip from The Lemon House, with 7km on SS125, 10km on unmade road and remainder on quiet asphalted roads where you can ride side-by-side. EASY in terms of riding, but overall EASY-MEDIUM considering the 600m of ascent. Note! After flash flooding nov-08, repaired as of Sept 2009	
									After nov-08 flash flooding with 4-5 sections where you have to carry your bike across river beds and some rocky sections	
									Rocky steps of Scaleddas where you can walk. Singletrack descent is exhilarating and not difficult - it's straight. http://www.youtube.com/watch?v=f2bMSmm8IL8	
							✓			
							(✓)	✓	http://www.youtube.com/watch?v=UKi60vE_sl4	
	D - all mountain	20%	65%	15%	✓	✓	✓	✓	http://www.youtube.com/watch?v=zbel6BitKLY	
D	M/D	✓	✓		✓	(✓)		✓	40km unmade roads, some only passable 4X4, with steep and quite loose climbs and descents. Hard after heavy rain (furrows/ruts). Technical difficulty Med/diff, overall difficulty D. The Mamutorco valley is a beautiful, wild place where you can see wild boar and maybe a few hunters - no-one else. You can also return/go via Oldidone to shorten and avoid descent Genna Arrei	
									Good singletrack for part of way to Pedra Longa but a lot of pushing afterwards over rocks and steep ground and, most annoyingly, because the vegetation (lentisco) interferes with your handlebars. Steep climb from Pedra Longa (see profile www.salite.ch) then a good descent. The bit to Pedra Longa is not recommended before the vegetation is trimmed, though the first section is good for technical training.	
I FROM URZULEI										
Steep 300 m climb at start!		✓					✓		http://www.youtube.com/watch?v=0ShR8dDPEY	
M (3/5)	D(4/5)	✓	✓		✓	✓	✓	✓	Prima salita da Urzulei impegnativa per pendenza ma tecnicamente facile, poi percorso XC fino a Campo Oddeu facile e adatto a tutti. POSSIBILE ANCHE SALIRE SULL'ASFALTO (FORSE MEGLIO) Il single per Fennau, così come la mulattiera di Sa Mela, se fossero puliti sarebbero dei percorsi all-mountain di media difficoltà, adesso si aggiunge la fatica di spingere la bici. La discesa di S.Giorgio per Urzulei: difficoltà tecnica elevata, bella e lunga come poche, richiede concentrazione dal primo all'ultimo metro. Ciclabile per bikers esperti. Se dovessi decidere su tutto il percorso direi All-mountain di impegno fisico medio e difficoltà tecnica elevata. http://www.youtube.com/watch?v=EXpCLB7A0ao http://www.youtube.com/watch?v=mo2-X_N8uBg Codula sa Mela http://www.youtube.com/watch?v=hXdcCPBij1I descent	
G FROM TALALA										
4/5	3/5	✓	(✓)		✓		✓	✓	http://www.youtube.com/watch?v=adYiLSHI-y4 100% pedalable: initial climb on good sterrate, descent on singletrack has switchbacks where experts will swoop down, less experts may have to dismount but never dangerous. Section below SS 368 on good fast forest tracks. YOU CAN ALSO GO STRAIGHT ACROSS SS 368 AND CONTINUE TO FOLLOW FORESTRY SINGLETRACK PATH TO CO'E SERRA, MAX 10' CARRYING BIKE UP/DOWN STEPS, 1000 VERTICAL m OF SINGLETRACK DESCENT "WORTHY OF THE ALPS"	
ARZANA/VILLAGRANDE										
							✓		On mostly sandy forest tracks. Descent is a bit loose but very manageable. Highlight is the unused-by-vehicles (since it is barred at one point) and grassy track under the pine trees, which is littered with leaves and pine cones.	
									On forest tracks. Sometimes with ruts/loose rock. Note that we haven't done the last section to Villanova - a shepherd described to us how to do it	
		✓	(✓)						Similar to Olinie-Villagrande/Talana road, route obvious	
G FROM BAUNEI										
									Mostly unmade roads, with steep climbs. Single track to Punta Salinas - you can walk the last bit. Climb back up steep and (in places) loose. Descent to Co 'e Serra is Red with large loose rocks (it was previously maintained, but then damaged by motorcycles). Crucial to find turn-off for nuraghe (GPS)!	With GPS
D	D						✓	✓	30km asphalt, 18km unmade roads and 12 km single tracks, including 6km of steep descent on a rocky, gravelly track to Cala Luna. To Sisine: at the bottom narrow steep boulder step-downs with tight switchbacks and a pretty long drop off to the side. From Cala Luna get the boat to Cala Sisine (only summer) http://www.youtube.com/watch?v=v9gDO1Barho Outside summer seaso, Cala Sisine restaurant closed - take your own food/water Don't do in summer (tourists).	With GPS
M	D							✓	Technically Med climb, Difficult descent and Difficult route finding needing IGM map, GPS and compass to make Selole-Lopellai-Lotzuli transition, with old shepherds' and animal tracks & where you have to carry bike for 2-3km. A great day out in the wildest countryside. Selole not repaired after Nov 2008 flooding	With GPS & compass
							✓		Going down to the Cengia there are lots of loose rocks...not really recommended...maybe for DH	