



# THE ITALIAN JOB

THIS IS THE SELF PRESERVATION SOCIETY





## Leg 1: Rome to Milan:

Total distance: 648km

Total climb: 6,410m

## Leg 2: Milan to London:

Total distance (regular): 1,668km

Total climb (regular): 1,6110m

Total distance (max options): 1,859km

Total climb (max options): 22,460m

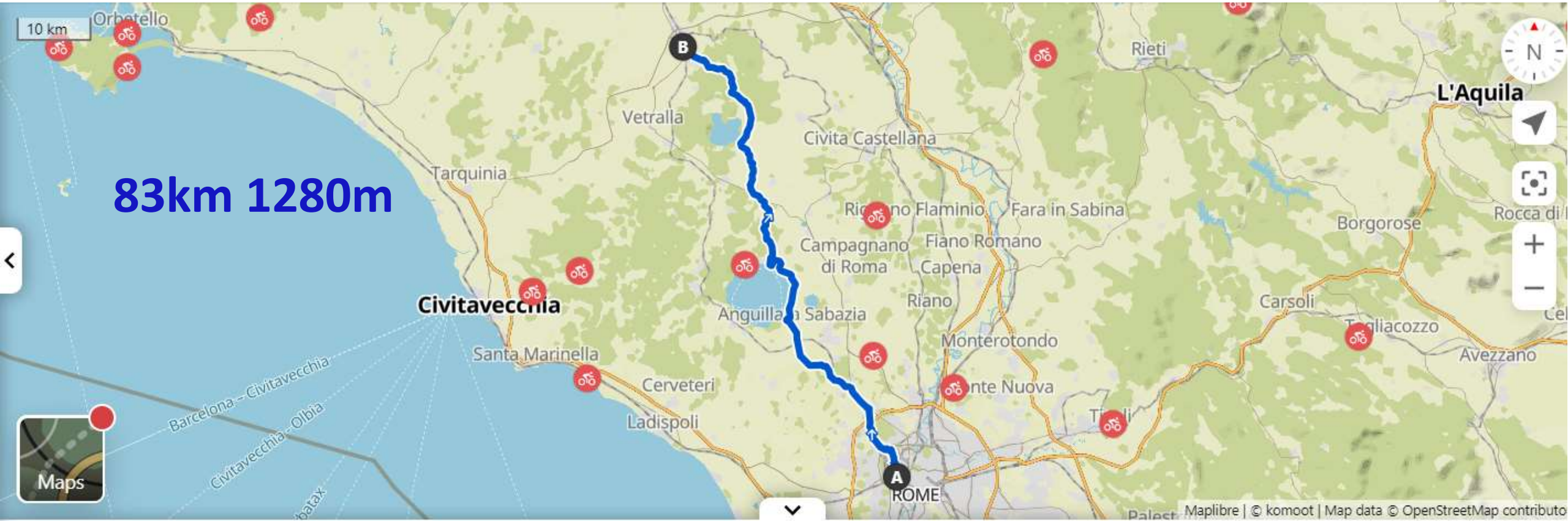
## Overall:

Total distance: 2,316km – 2,507km

Total climb: 28,870m



# Rome to Milan: Day 1 - Rome to Viterbo

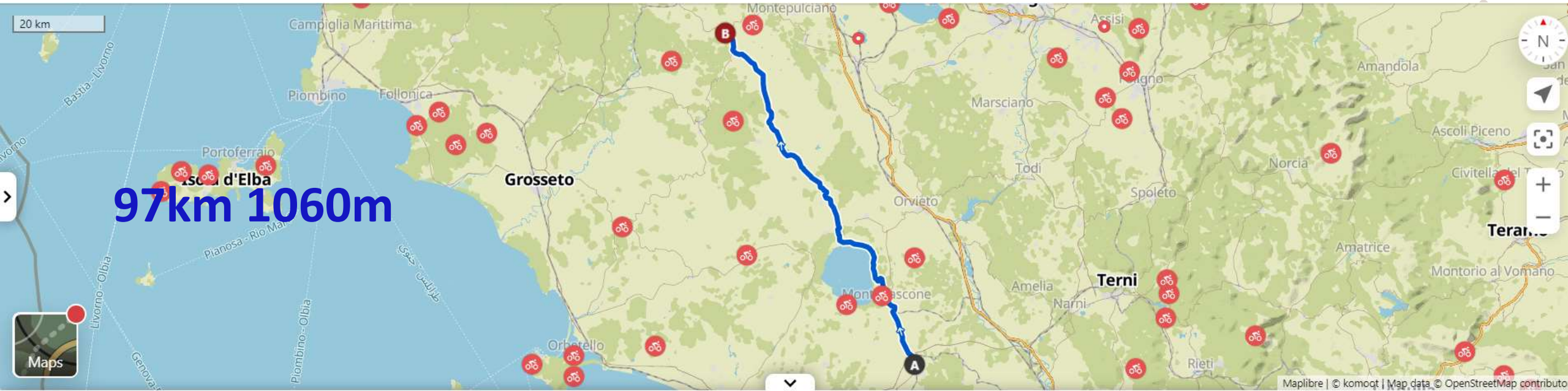


83km 1280m

Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.

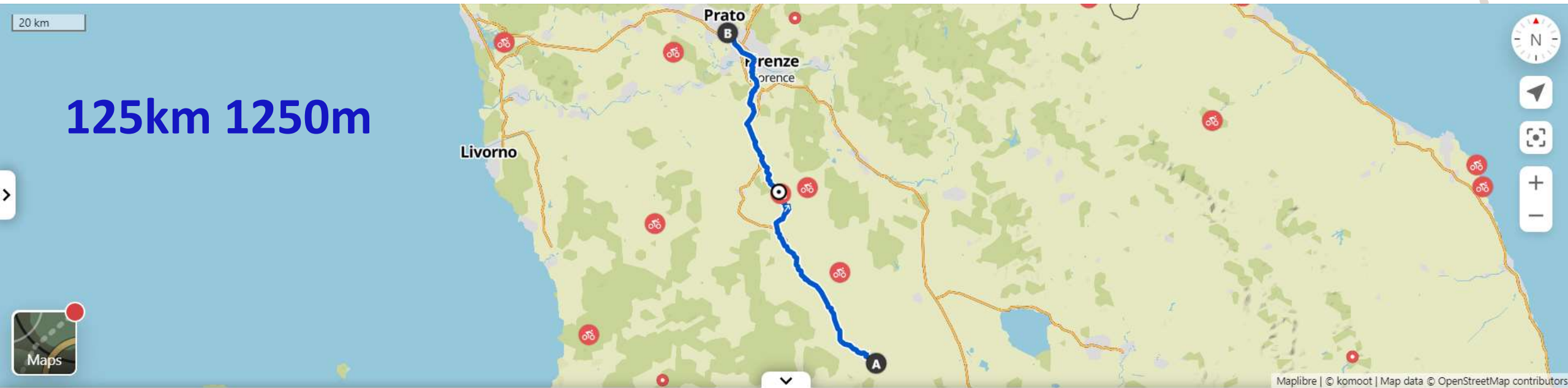


# Rome to Mila: Day 2 - Viterbo to San Quirico d'Orcia





# Rome to Milan: Day 3 – San Quirico d'Orcia to Prato



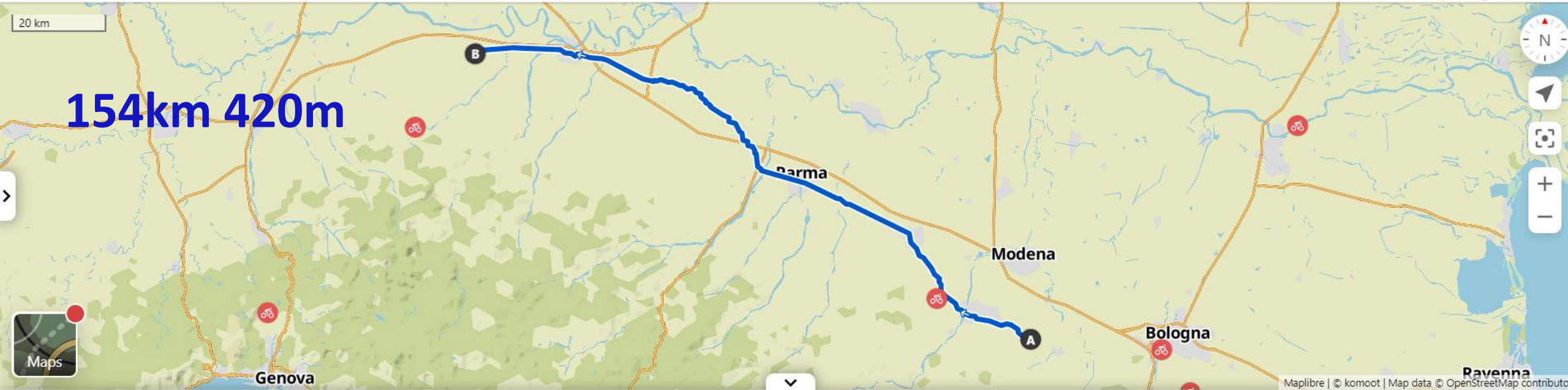
# Rome to Milan: Day 4 - Prato to Castelvetro di Modena



Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.



# Rome to Milan: Day 5 - Castelvetro di Modena to Piacenza

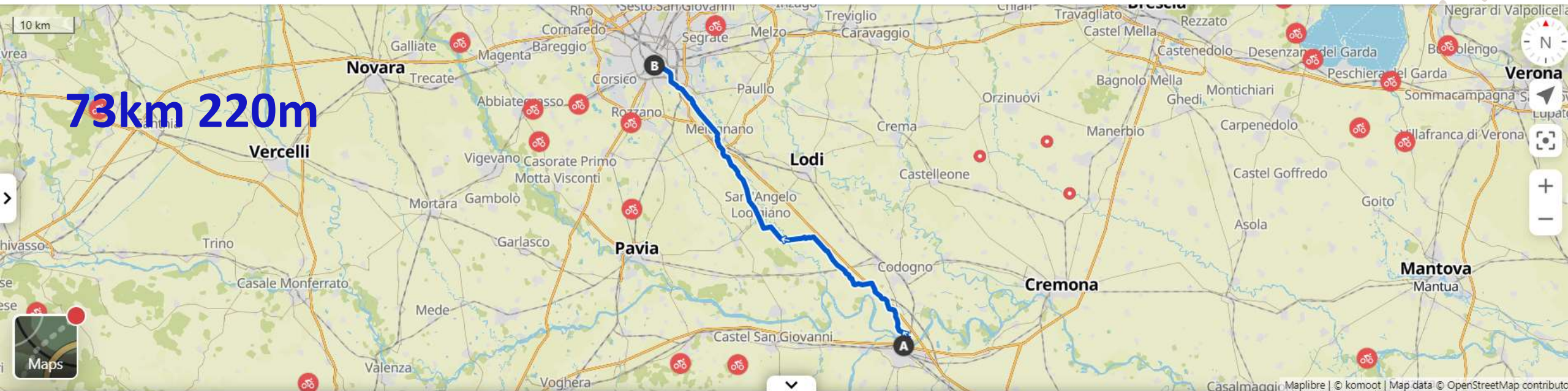


Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.





# Rome to Milan: Day 6 - Piacenza to Milan

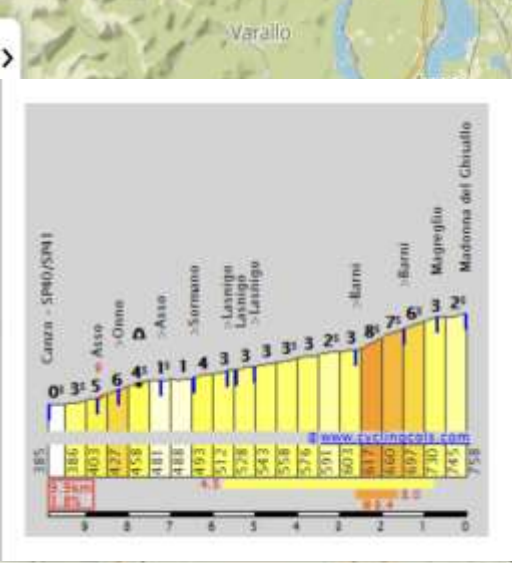


Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.



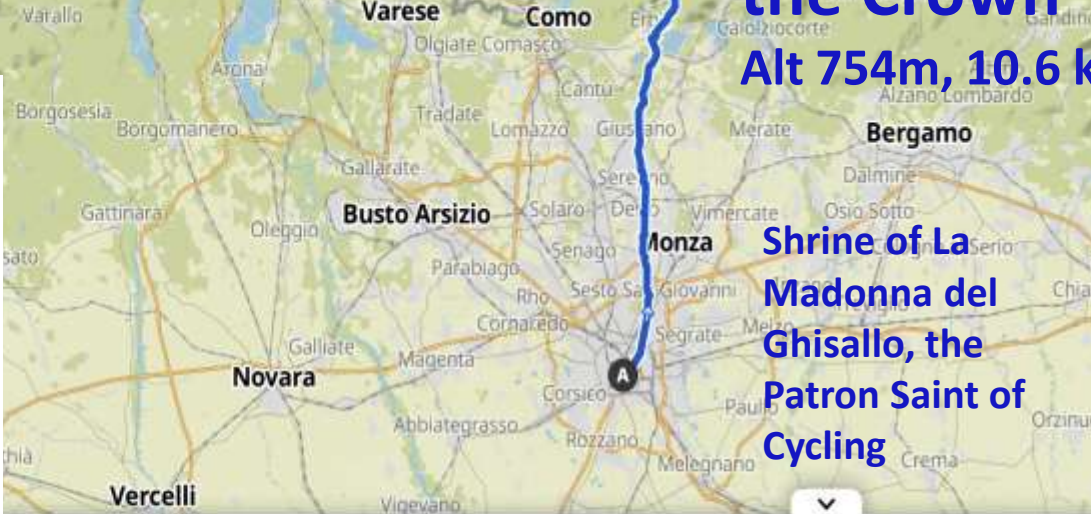
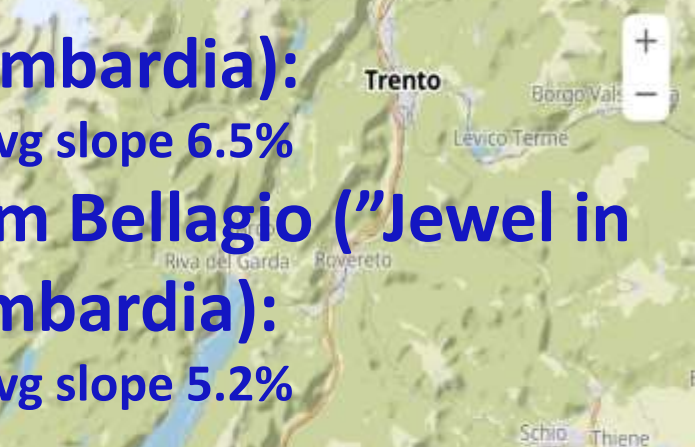


# Milan to London: Day 1.1 - Milan to Tirano





# Milan to London: Day 1.2 - Milan to Tirano





# Milan to London: Day 2.1 -Tirano to Coldrano



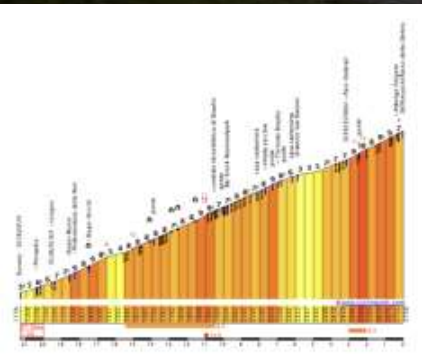
**106km 2500m**

**Passo dello Stelvio from Bormio:**

Alt 2758m, 21.5km, 1533m $\uparrow$ , avg slope 7.1%

**Omits:**

**Passo dello Stelvio from Trafoi**



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.





# Milan to London: Day 2.2 -Tirano to Coldrano



**168km 4420m**

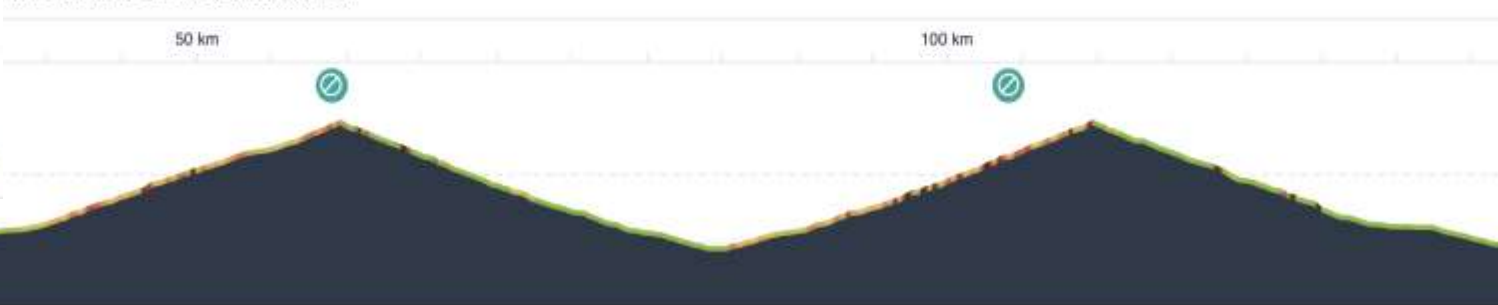
## “The Double Stelvio”

**Passo dello Stelvio from Bormio:**  
Alt 2758m, 21.5km, 1533m↑, avg slope 7.1%

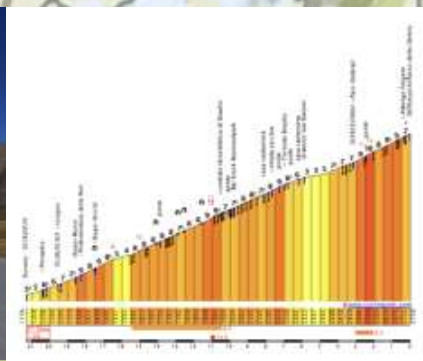
**Passo dello Stelvio from Trafoi:**  
Alt 2758m, 24.3km, 1808m↑, avg slope 7.4%



the stats for a specific part of the Tour.







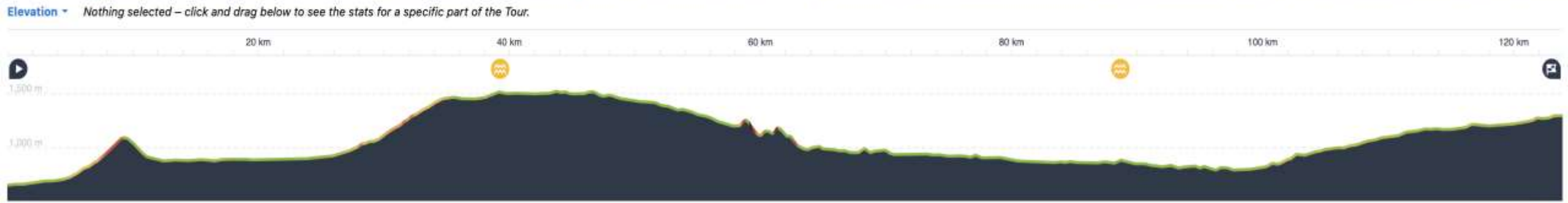
Elevation - Nothing selected - click and drag below to see the stats for a specific part of the Tour.







Tarmac bike track along the Rechensee





# Milan to London: Day 4.1 - St. Anton am Arlberg to Überlingen



**157km 1090m**  
**Arlbergpass von St. Anton:**  
Alt 1793, 6.3km, 495m ↑, avg slope 8%  
**Omits climb:**  
**Furkajoch inc Faschinajoch**

St. Anton am Arlberg



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.





# Milan to London: Day 4.2 - St Anton am Arlberg to Überlingen



**189km 2650**

**Arlbergpass von St. Anton:**

**Alt 1793, 6.3km, 495m ↑, avg slope 8%**

**Furkajoch inc Faschinajoch:**

**Alt 1736m, 32.5km, 1650m ↑, avg slope 5%**



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.

50 km

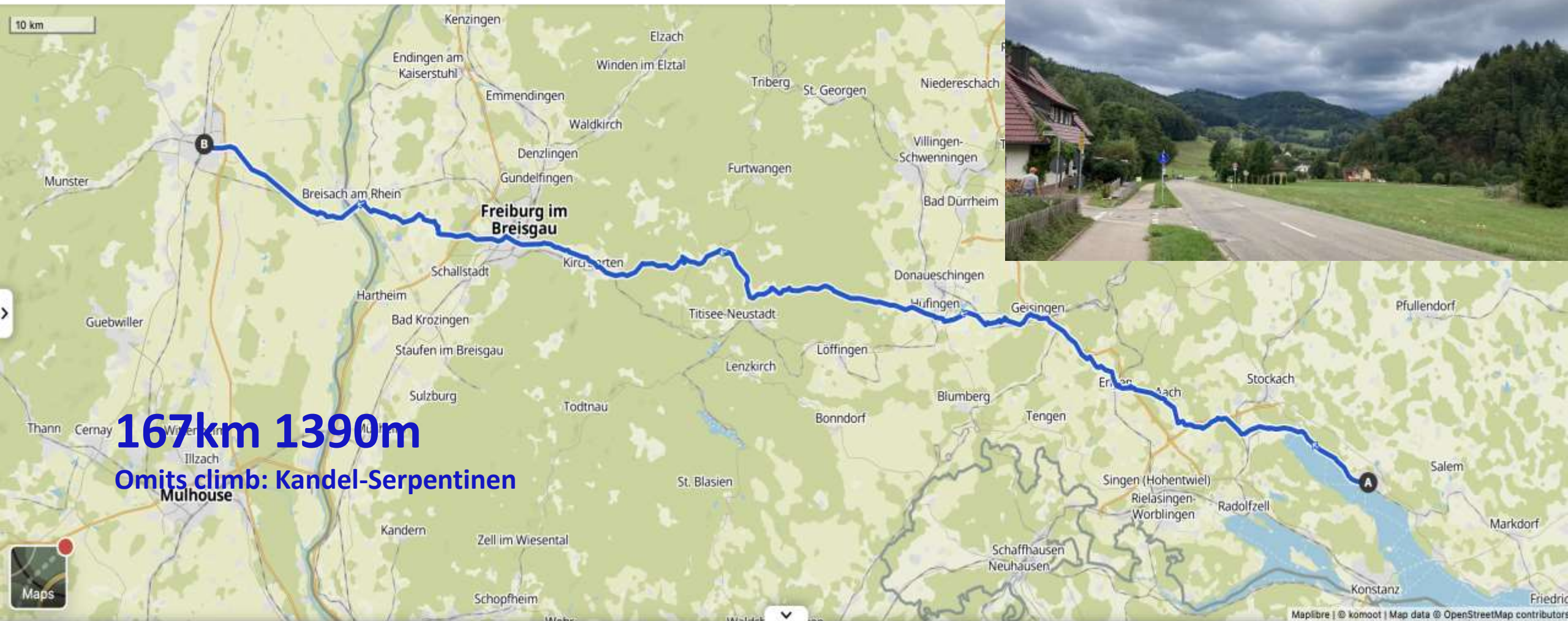
100 km

150 km





# Milan to London: Day 5.1 - Überlingen to Colmar



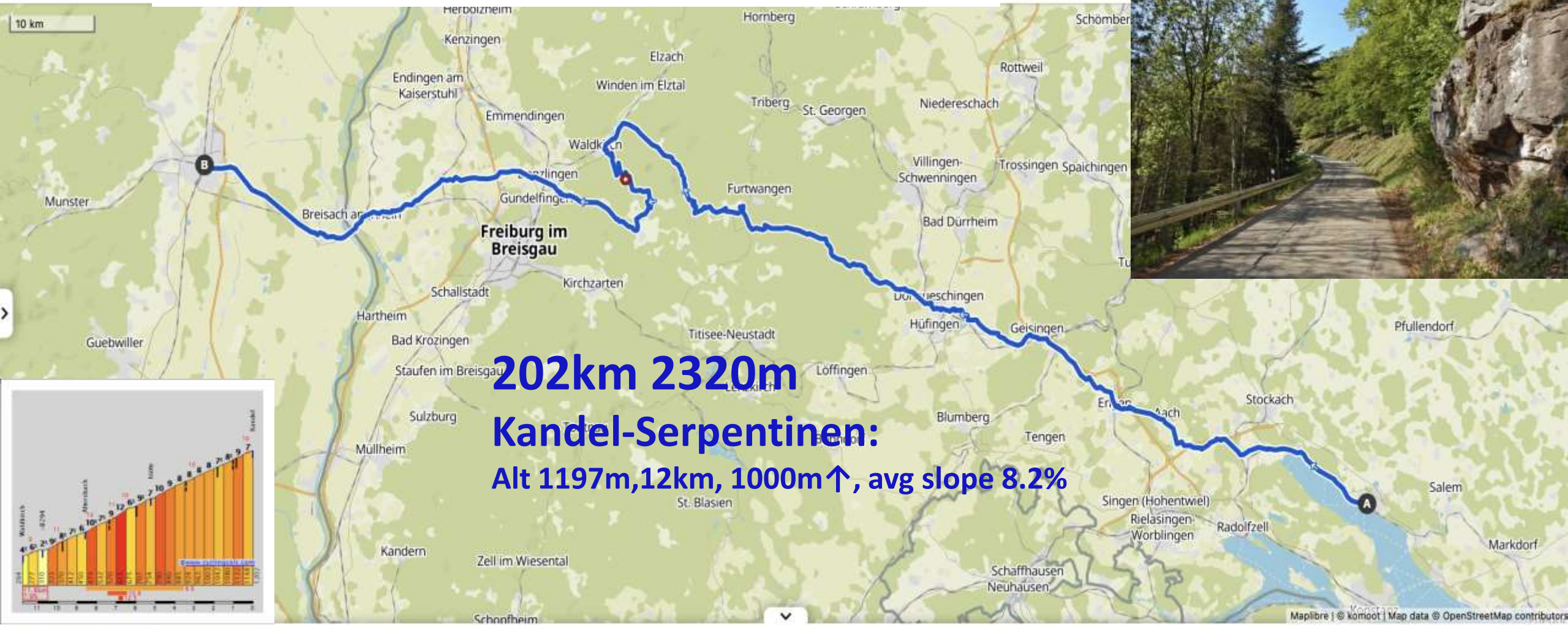
**167km 1390m**  
**Omits climb: Kandel-Serpentinen**



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.



# Milan to London: Day 5.2 - Überlingen to Colmar



**202km 2320m**  
**Kandel-Serpentinen:**  
**Alt 1197m, 12km, 1000m↑, avg slope 8.2%**





141km 1740m

Col du Ballon d'Alsace:

Alt 1165m, 8.6km, 620m↑, avg slope 7%

Omits climb: La Planche-des-Belles-Filles



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.



5 km

# 165km 2590m

## Col du Ballon d'Alsace:

Alt 1171m, 8.6km, 620m↑, avg slope 7%

## La Planche-des-Belles-Filles:

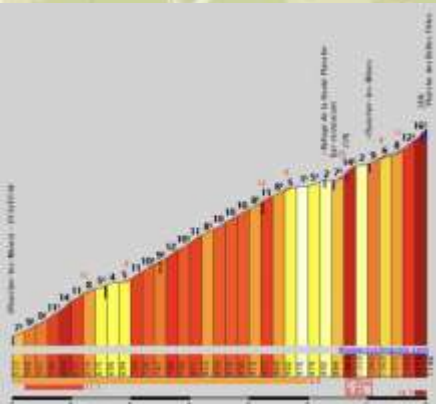
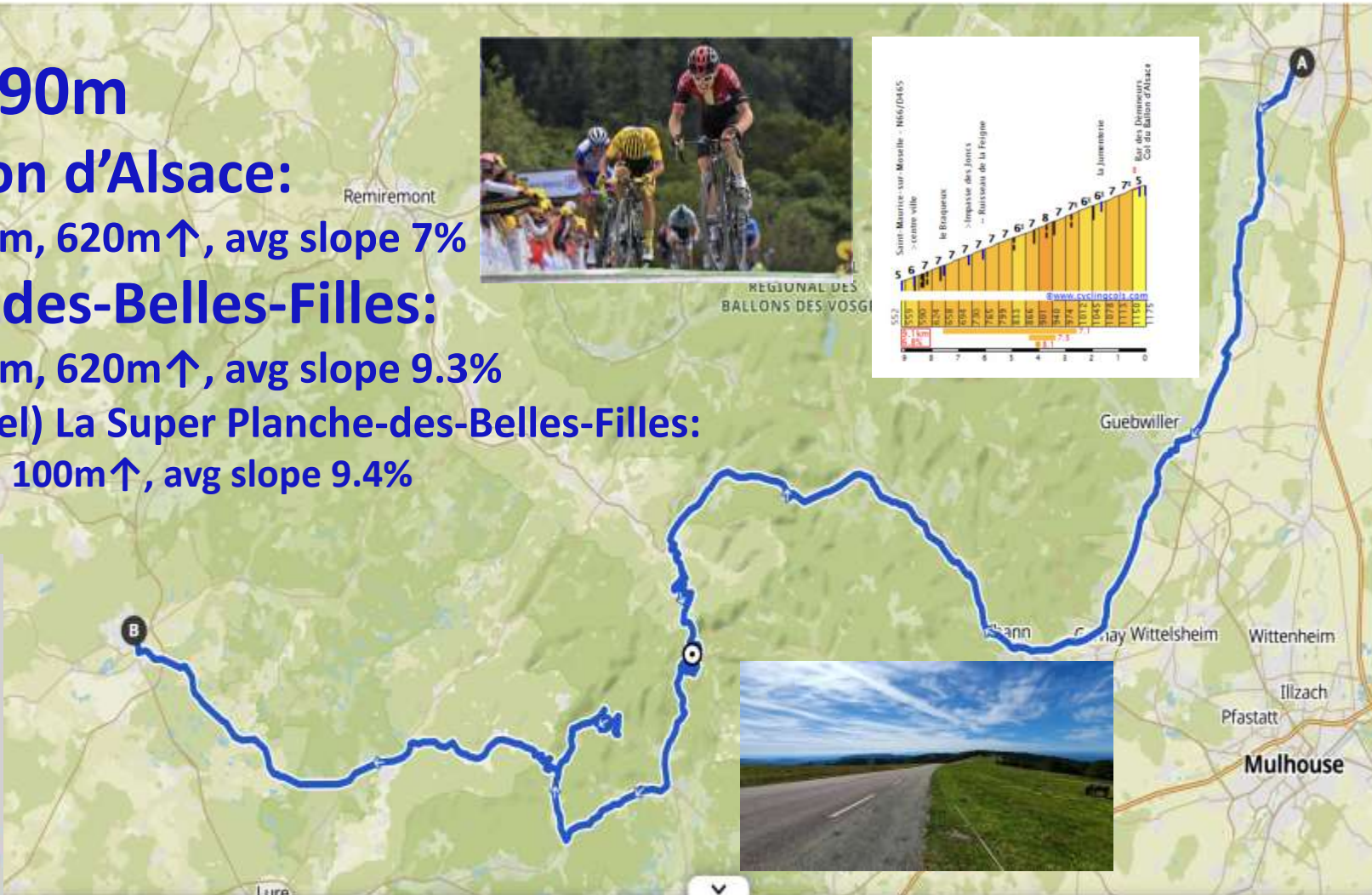
6.6km, Alt 1035m, 620m↑, avg slope 9.3%

## Could add (gravel) La Super Planche-des-Belles-Filles:

940m, Alt 1148m, 100m↑, avg slope 9.4%



REGIONAL DES BALLONS DES VOSGES



Elevation - Nothing selected - click and drag below to see the stats for a specific part of the Tour.





# Milan to London: Day 7 - Luxeuil-les-Bains to Bar-sur-Aube



Champagne vineyards



171km 1540m



Canal Entre Champagne et Bourgogne



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.





# Milan to London: Day 8 - Bar-sur-Aube to Montereau-Fault-Yonne



Elevation \* Nothing selected - click and drag below to see the stats for a specific part of the Tour.





# Milan to London: Day 9 - Montereau-Fault-Yonne to Dreux





# Milan to London: Day 10 - Dreux to Caen



Pegasus Bridge



Jardin de l'Evêché, Lisieux



Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.

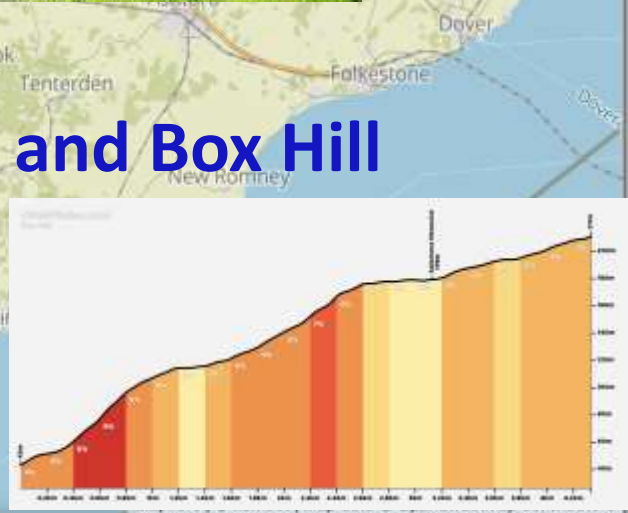




# Milan to London: Day 11 - Portsmouth to London



**154km, 1650m**  
**Butser Hill, Leith Hill and Box Hill**



Elevation ▾ Nothing selected – click and drag below to see the stats for a specific part of the Tour.







# Route Summary

Milan - London												
Milan												
				Mtn Goat Option		Regular Option		Komoot		YouTube		
Day	Date	Day	Start Town	End Town	Cum (km)	(m)	(km)	Climb (m)	Mtn Goat	Regular	Mtn Goat	Regular
	30-Aug-23											
	31-Aug-23											
	01-Sep-23											
	02-Sep-23											
	03-Sep-23											
	04-Sep-23											
Tuesday	05-Sep-23	Fly to Milan										
Wednesday	06-Sep-23	1	Milan	Tirano	201	2650	163	1550	<a href="#">Komoot</a>	<a href="#">Komoot</a>	<a href="#">YouTube</a>	<a href="#">YouTube</a>
Thursday	07-Sep-23	2	Tirano	Coldrano	168	4420	106	2500	<a href="#">Komoot</a>	<a href="#">Komoot</a>	<a href="#">YouTube</a>	<a href="#">YouTube</a>
Friday	08-Sep-23	3	Coldrano	St. Anton am Arlberg			124	2190		<a href="#">Komoot</a>		
Saturday	09-Sep-23	4	St. Anton am Arlberg	Überlingen	189	2650	157	1090	<a href="#">Komoot</a>	<a href="#">Komoot</a>		
Sunday	10-Sep-23	5	Überlingen	Colmar	202	2320	167	1390	<a href="#">Komoot</a>	<a href="#">Komoot</a>		
Monday	11-Sep-23	6	Colmar	Luxeuil-les-Bains	165	2580	141	1740	<a href="#">Komoot</a>	<a href="#">Komoot</a>	<a href="#">YouTube</a>	<a href="#">YouTube</a>
Tuesday	12-Sep-23	7	Luxeuil-les-Bains	Bar-sur-Aube			171	1540		<a href="#">Komoot</a>		
Wednesday	13-Sep-23	8	Bar-sur-Aube	Montereau-Fault-Yonne			164	630		<a href="#">Komoot</a>		
Thursday	14-Sep-23	9	Montereau-Fault-Yonne	Dreux			165	1040		<a href="#">Komoot</a>		
Friday	15-Sep-23	10	Dreux	Ouistreham (Caen)			156	790		<a href="#">Komoot</a>		
Saturday	16-Sep-23	11	Portsmouth	London			154	1650		<a href="#">Komoot</a>		
					1859	22460	1668	16110				
		2	Tirano	Coldrano	114	2330			<a href="#">Komoot</a>			
		Stelvio abort: Climb up to Umbrail pass, then turn & descend to go around back of mountain										