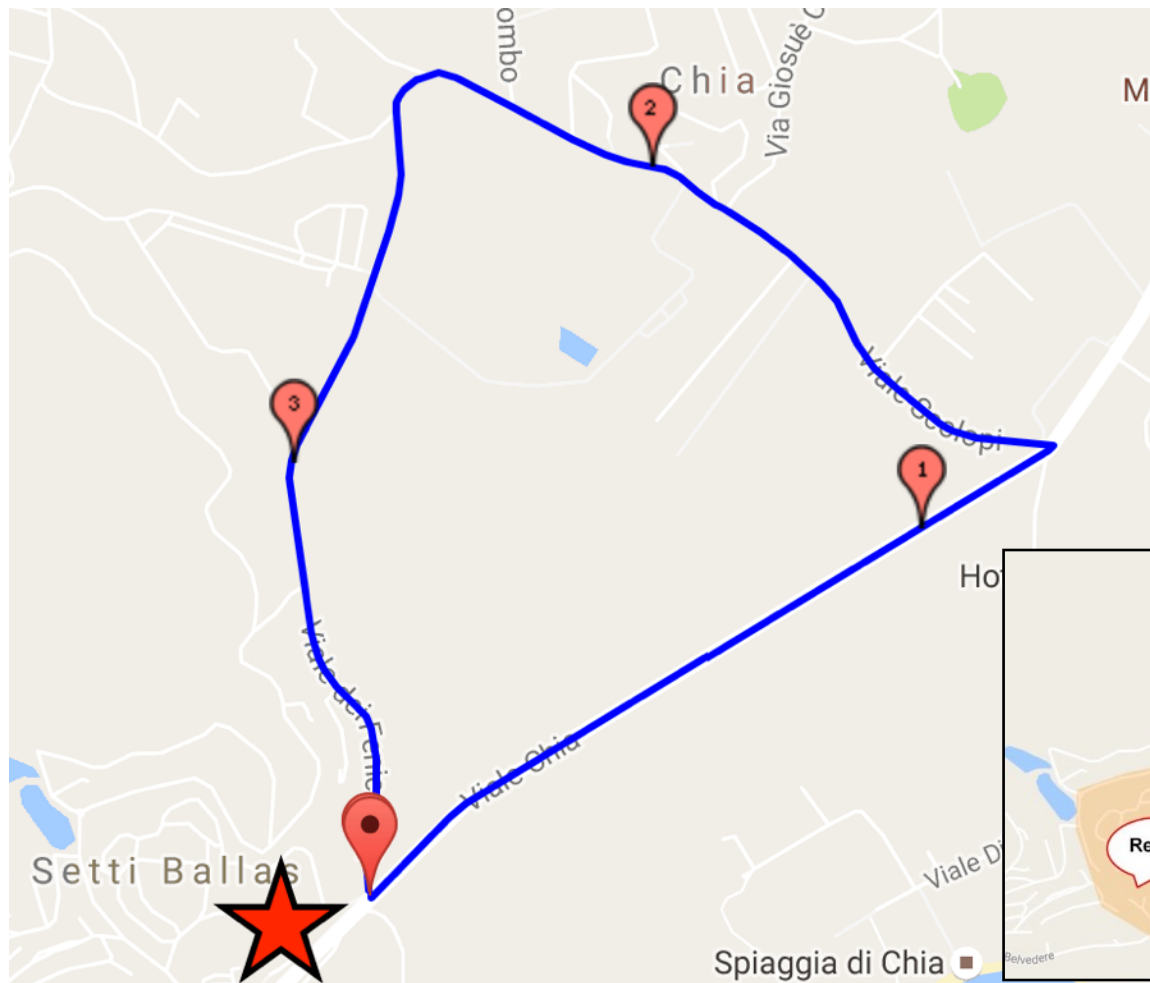




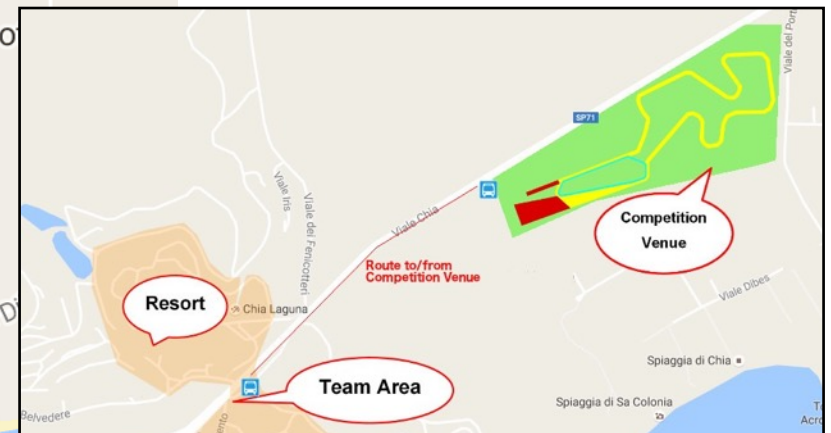
# Where you could do your training in Chia

**Road, flat, 3,870m**

Out of the Resort, on the main road, go left. Loop starting at “viale dei fenicotteri” crossing, counter-clockwise, turn left at “Mongittu”, in front of the bar - minimarket. You can either go clockwise.

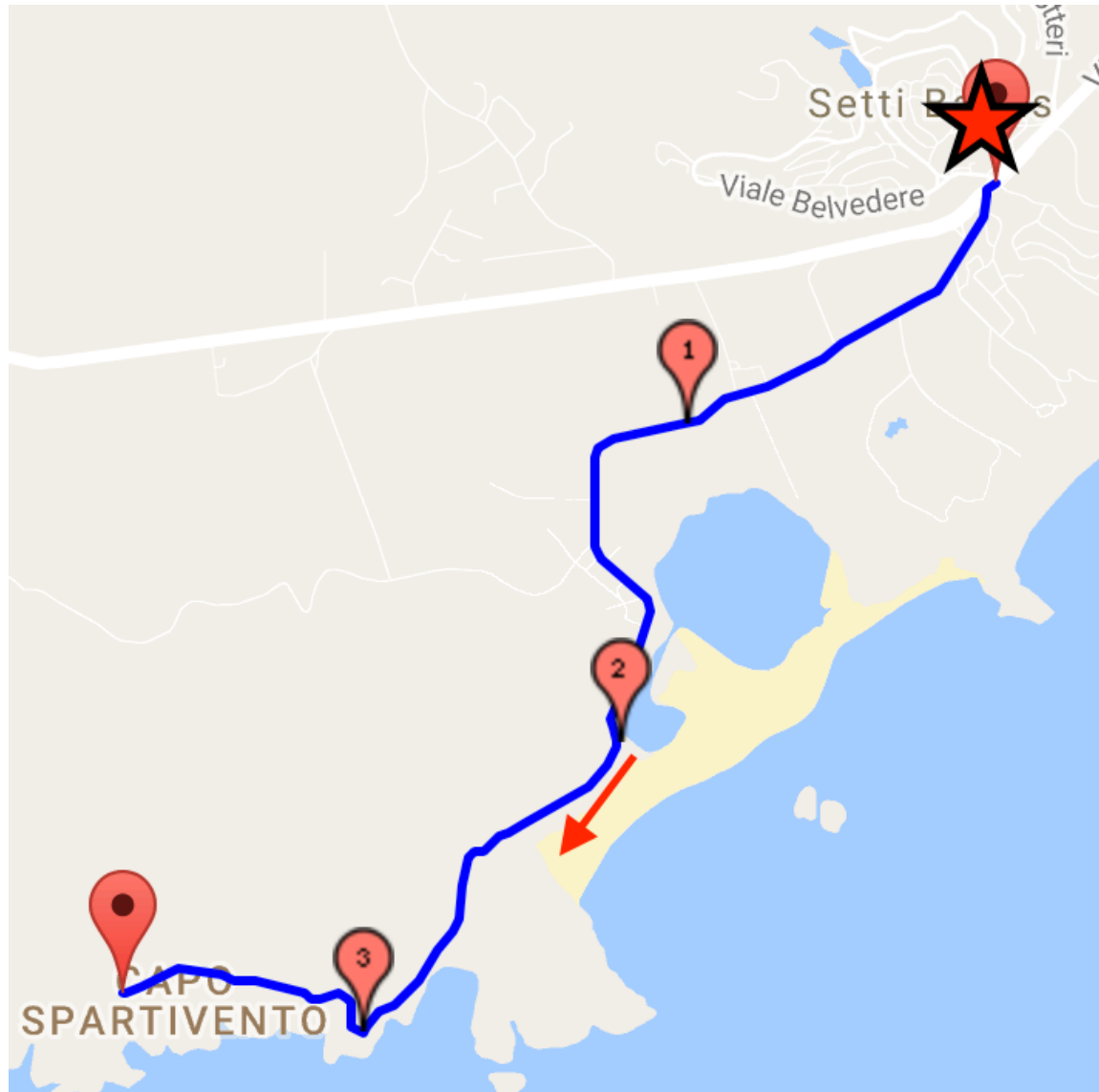


**Chia Laguna Resort  
Main Entrance and  
Conference Centre**



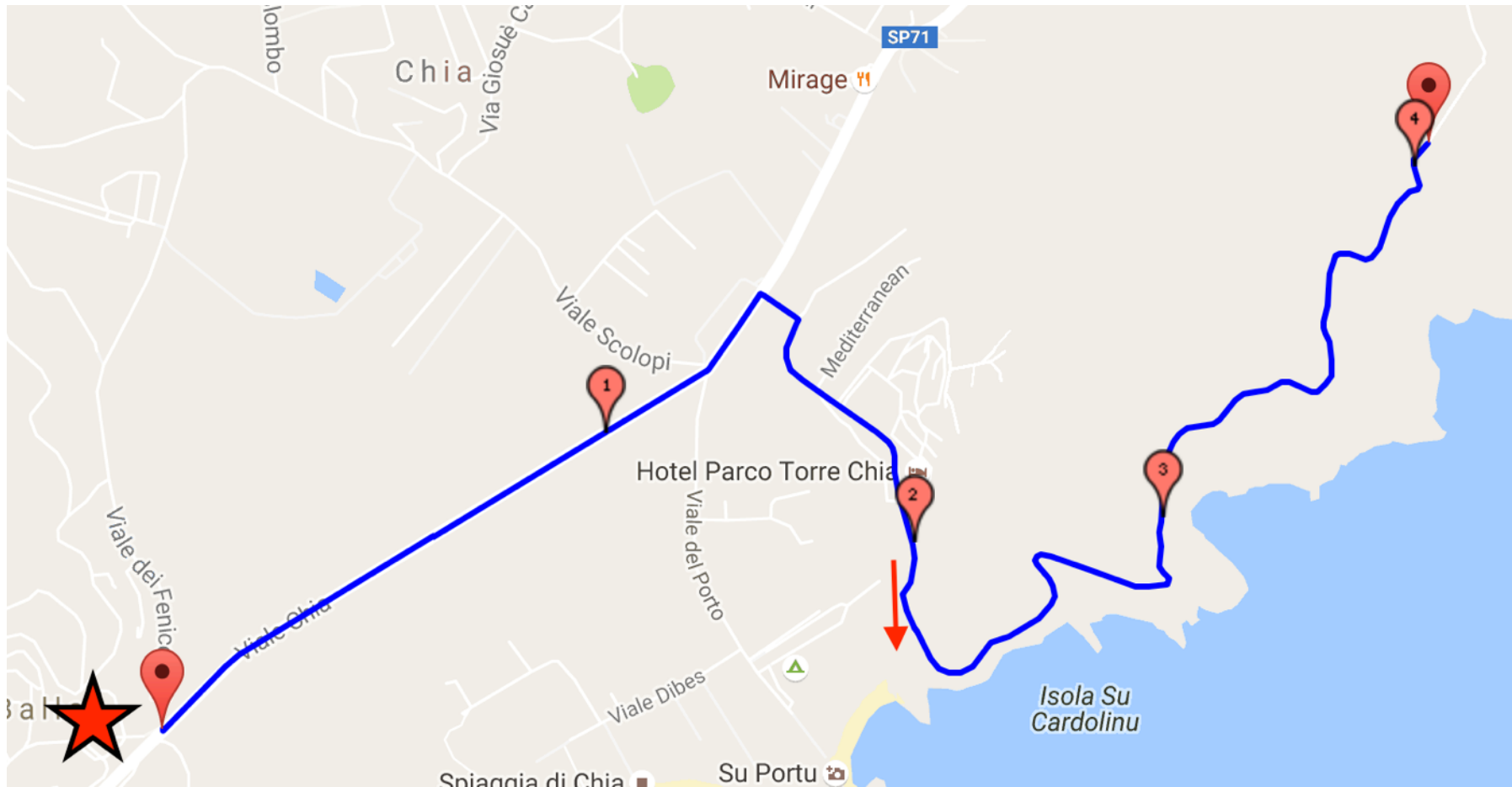
## Road + trail, slightly hilly, 4,1km one way (roundtrip trip 8,2km)

Out of the Resort, cross the main road, go right towards the beach. After 2km on asphalt, a trail with a few uphill brings you to the lighthouse. Scenic, enjoy the panorama and come back home ;-)



## Road + trail, hilly to very hilly

Out of the Resort, on the main road, go left. After “mongittu” crossing go right towards the Maneggio and follow the asphalt road, flat course. Pass through an open gate and take the trail you will face. It goes up and down (going is usually uphill...) for as many kilometres as you like along the roman road. It's tough and technical in some parts. Once you are satisfied, come back...



## Hills reps

Just a suggestion, to tell the truth you can find hills everywhere... Out of the Resort, on the main road, go left. Then go left again in "viale dei fenicotteri", after 200m you will find a good hill on your left hand side.

