

A BIKE TOUR IN THE LANGA

Difficulty: medium-easy

Elevation gain: 550 m +

Overall distance: 36 km

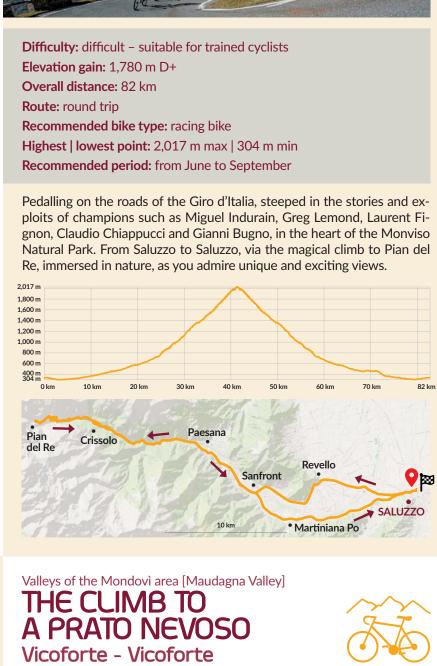
Route: ring

Clavesana - Clavesana

Recommended bike type: racing bike

Recommended period: all year round

Highest | lowest point: 646 m max | 237 m min



Elevation gain: 1,585 m D+

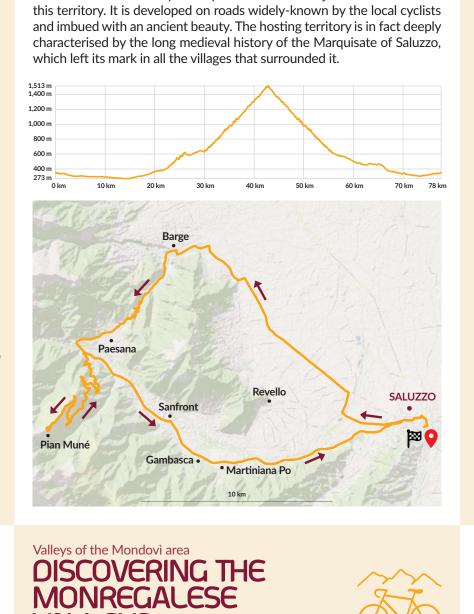
to admire unique and exciting views.

Overall distance: 58 km

Route: round trip

Vallevs Po. Bronda. Infernotto

THE ASCENT



Vallevs Po. Bronda. Infernotto

THE ASCENT

Saluzzo - Saluzzo

Elevation gain: 1,380 m D+

Recommended bike type: racing bike

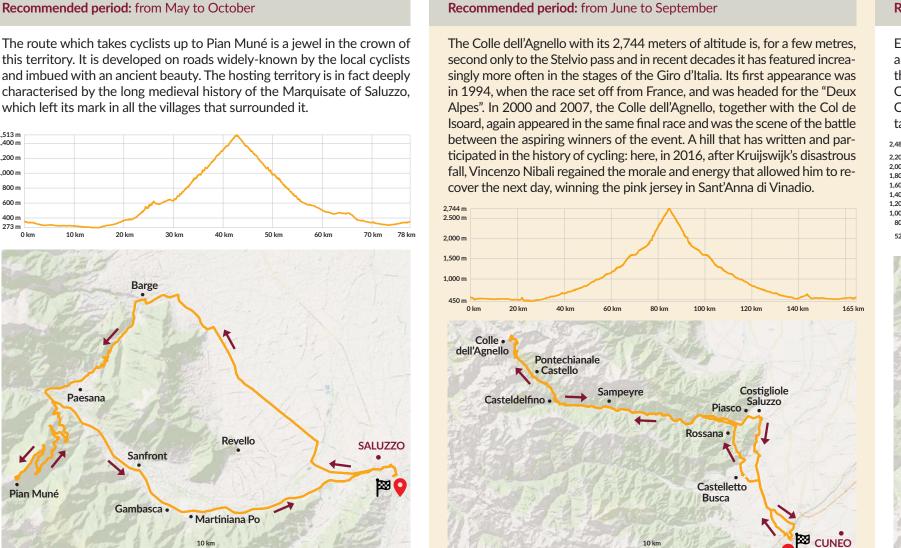
Overall distance: 78 km

Route: ring

Difficulty: difficult – suitable for trained cyclists

Highest | lowest point: 1,513 m max | 273 m min

Recommended period: from May to October



THE CLIMB TO

Cuneo - Cuneo

Elevation gain: 2,690 m +

Overall distance: 165 km

Recommended bike type: racing bike

Route: round trip

COLLE DELL'AGNELLO

Difficulty: difficult – suitable for trained cyclists

Highest | lowest point: 2,744 m max | 450 m min

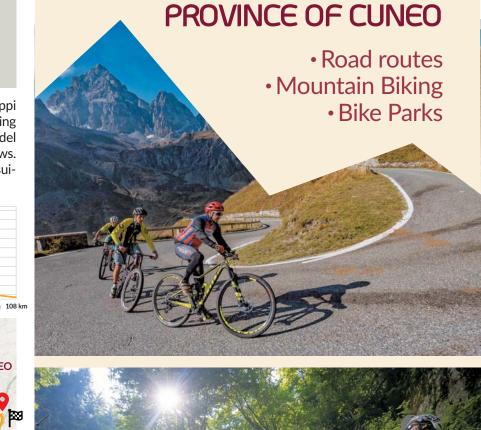


Recommended bike type: racing bike Highest | lowest point: 2,481 m max | 525 m min

Valleys Grana and Stura

Recommended period: from June to September Enjoy the magic of pedalling on the roads of the Granfondo Fausto Coppi and of the Giro d'Italia and Tour de France. From Cuneo to Cuneo passing through the amazing climb of the Fauniera and subsequent Madonna del Colletto hills, immersed in nature, as you admire unique and exciting views. Challenge yourself and your limits to reach your goal, on a road route sui-





CYCLING AND CYCLING TOURISM

ITINERARIES IN THE



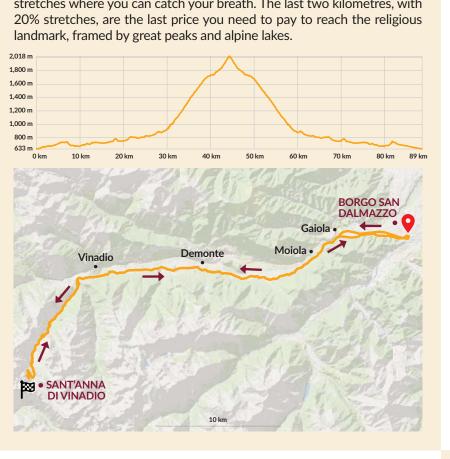
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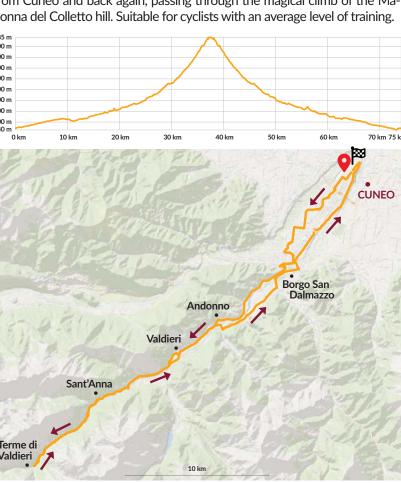
Route: round trip Recommended bike type: racing bike Highest | lowest point: 2,018 m max | 633 m min Recommended period: from June to September One of the legendary climbs of the Giro d'Italia, a "must" for every cycling fan from the Cuneo area. The climb to the sanctuary of Sant'Anna di Vinadio is much more than a normal uphill bike ride. This place of pilgrimage is one of the best-loved sites in Valle Stura and you can only see it as you



THE CLIMB TO TERME DI VALDIERI Cuneo - Cuneo

Difficulty: medium – suitable for cyclists with average level of training Elevation gain: 950 m + Overall distance: 75 km Route: round trip Recommended bike type: racing bike Highest | lowest point: 1,385 m max | 540 m min **Recommended period:** from June to September

A ride that straddles two valleys, travels the roads of the Giro d'Italia and the Tour de France, immersing you in the heart of the Maritime Alps. A round trip from Cuneo and back again, passing through the magical climb of the Madonna del Colletto hill. Suitable for cyclists with an average level of training. travel the last few kilometres of the long climb, along one of the few flat



Highest | lowest point: 1,611 m max | 508 m min **Recommended period:** from June to September Savour the magic of travelling on the roads of the Giro d'Italia. From Villanova and back again, passing through the beautiful Valle Corsaglia and the legendary climb to the Prel, immersed in nature as you marvel at unique, thrilling views. A road route suitable for trained cyclists.

Difficulty: difficult – suitable for trained cyclists

Elevation gain: 1,350 m +

Recommended bike type: racing bike

Overall distance: 55 km

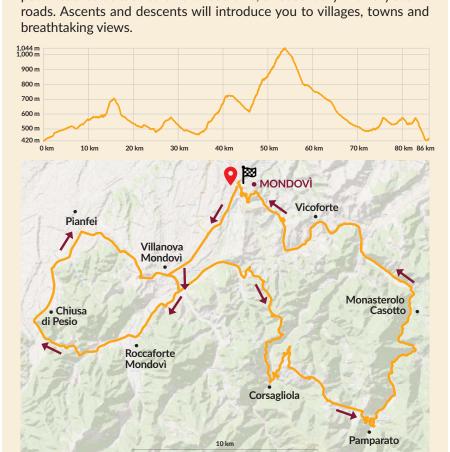
Route: ring



VALLEYS

Difficulty: difficult – suitable for trained cyclists Difficulty: Climb: BC+ | Descent: BC+ Elevation gain: 1,100 m + Overall distance: 86 km Route: ring Recommended bike type: racing bike Recommended bike type: racing bike Highest | lowest point: 1,732 m max | 462 m min Highest | lowest point: 1,044 m max | 420 m min **Recommended period:** from May to October ecommended period: from end of March to October

The climb to Prato Nevoso has hosted the stage arrival points of many This itinerary develops around the Monregalesi Valleys. It starts from the Tours and Giro d'Italia events and has witnessed many Italian and foreign Altipiano area in Mondovì, leading us on a trail of discovery to the host athletes ride to victory in the final stages. In 2000, it was Garzelli who of valleys at the foot of which the ancient town of Mondovì has develowon the 18th stage of the Giro d'Italia with a sprint ahead of Simoni and ped. A tour to be tackled on the road bike, on secondary and very scenic Casagrande: that day Casagrande held on to the pink jersey, but Prato Nevoso was the prelude to the explosive final of the 83rd edition of the race that saw Stefano Garzelli triumph. In 2007 the Grande Boucle stopped for three days in the province of Cuneo and on the first day, Simon Gerrans arrived first in Prato Nevoso. From Vicoforte to Vicoforte, passing through the magical "Malanotte" climb, immersed in nature with the opportunity

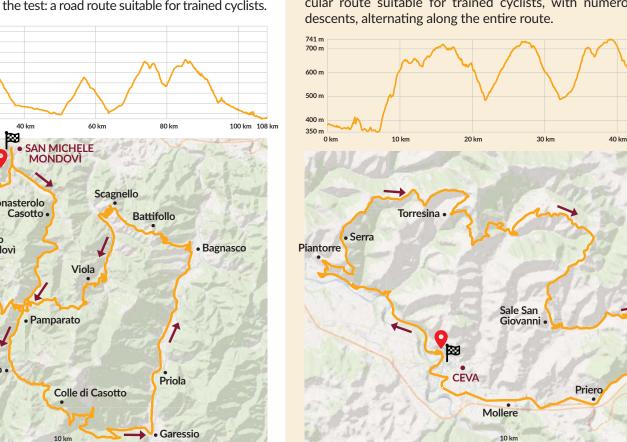


Valleys of the Mondovì area and Tanaro Valley IN THE VALLEYS OF **HING CARLO ALBERTO** Between Pamparato and Ceva, passing

by the Castello di Casotto and Garessio Difficulty: Climb: BC+ | Descent: BC+

Elevation gain: 2,500 m + Overall distance: 108 km Route: ring Recommended bike type: racing bike Highest | lowest point: 1,354 m max | 450 m min **Recommended period:** from end of March to October

A panoramic itinerary that develops around the Monregalesi Valleys. A tour to be tackled on the road bike, on very scenic secondary roads. Ascents and descents will introduce you to villages, towns and breathtaking views. Put yourself and your limits to the test: a road route suitable for trained cyclists.



A TOUR THROUGH THE HILLS OF THE TANARO VALLEY Ceva - Ceva

Difficulty: difficult – suitable for trained cyclists Elevation gain: 1,080 m + Overall distance: 55 km Route: ring Recommended bike type: racing bike, gravel or electric city bike Highest | lowest point: 741 m max | 350 m min Recommended period: from April to October

Ride on roads surrounded by nature, admiring unique and exciting views: the Langhe, the lavender of Sale San Giovanni and other glimpses of the local wonders. Pedalling mainly on secondary roads you'll be able to admire and stop in some amazing locations, pearls of unique beauty. A circular route suitable for trained cyclists, with numerous climbs and



Via Carlo Pascal, 7 ATL DEL CUNEESE JTA Significant Shorts A Information:

www.visitcuneese.it

LEGEND

CAI classification

TC Tourist Skills

MC Medium Skills

OC Very Good Skills

EC Excellent Skills

BC Good Skills

Single Trail Skala (STS)

free from obstacles.

SO Compact ground with good grip

S1 Path with sections of unsecured

not requiring any special skills

wide curves and slight gradients,

ground, featuring small roots and

stones, small obstacles and sharp

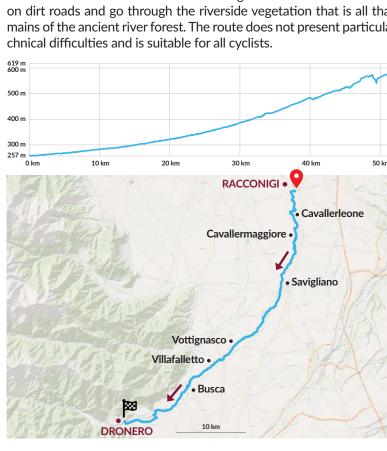
turns, and gradients of up to 40%

CYCLING TRAIL ALONG THE MAIRA STREAM

Difficulty: Climb: MC | Descent: MC+ | Exposure: S1 Elevation gain: 391 m + Overall distance: 55 km

Route: one-way Recommended bike type: full/front MTB bike or full/front e-bike or gravel bike Highest | lowest point: 619 m max | 257 m min Recommended period: all year round

The Maira trail is a tourist route that will take us from Racconigi to Dronero, passing through the towns of Cavallerleone, Cavallermaggiore, Savigliano, Vottignasco, Villafalletto and Busca. It is an itinerary that can be travelled by MTB or gravel bike, complete with signs indicating the route and providing information about the environment. Along the way, you will come across different kinds of surroundings: we will flank cultivated fields on dirt roads and go through the riverside vegetation that is all that remains of the ancient river forest. The route does not present particular te-



MOUNT PAGLIANO

Through alabaster and vineyards

Difficulty: Climb: MC | Descent: MC+ | Exposure: S1

Elevation gain: 710 m + Overall distance: 21 km Route: ring Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 945 m max | 500 m min **Recommended period:** from March to November

Mount Pagliano rises behind Busca. Its sunny slopes bask in a mild and well ventilated microclimate, the lower part of which hosts fruit trees such as those yielding the apricot of Costigliole di Saluzzo, the vines from which Quagliano wine is made and even olive trees. Its maze of dirt roads and trails makes it ideal for a relaxing MTB ride in search of the secrets concealed in its woods of chestnut trees. The itinerary of about 21 km features an elevation gain of 710 metres; it does not present any particular technical difficulties and is the

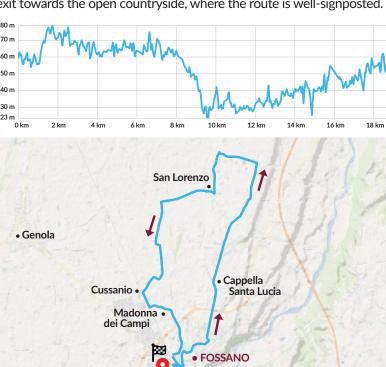


SAN LORENZO LAKES RING TRAIL

Elevation gain: 40 m + Overall distance: 19.5 km Route: ring Recommended bike type: full/front MTB bike or full/front e-bike or gravel bike Highest | lowest point: 380 m max | 323 m min Recommended period: from March to November

Difficulty: Climb: TC | Descent: TC | Exposure: S0

A very interesting cycling route, suitable for everyone, that allows you to observe some of the historical and naturalistic emergencies in the surroundings of Fossano. It spans the flat area north of the city, between Santa Lucia, San Lorenzo and Cussanio. The ride is also over a very easy surface; it is mainly on asphalt, but the roads are secondary and so fairly free from motor vehicles. The orchards, nature areas, different religious sites and - with a bit of luck - also the western Alpine arc will accompany us along the itinerary. The first part develops around the town of Fossano and after a while we exit towards the open countryside, where the route is well-signposted.



THE LANDANDÈ TRAIL Fuchsia Petal

Difficulty: Climb: BC+ | Descent: BC+ Elevation gain: 700 m + Overall distance: 23 km Route: ring Recommended bike type: MTB o E-Bike [recommended for cyclists with an average level of training] Highest | lowest point: 611 m max | 380 m min

Recommended period: from end of March to October

The fuchsia petal — among the various petals that make up the "bouquet" of the itineraries proposed by the Landandè Committee - is certainly the one most deeply immersed in nature, especially in the part located in the territory of the municipality of Briaglia. A scenic itinerary around the Monregalesi Valleys to be covered with a MTB or e-bike. A ring route that develops in a continuous succession of ups and downs, with very little space left to the flat sections, as well as on off-road routes that, in some cases, require training, good riding skills and excellent physical shape.

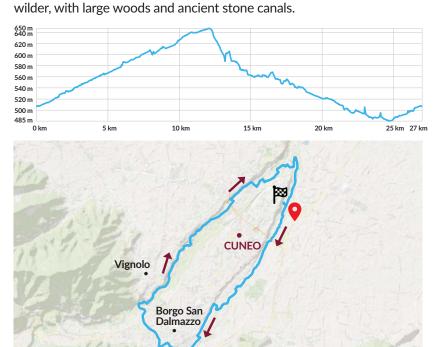


GESSO AND STURA RIVER PARK RING TRAIL

Difficulty: Climb: TC | Descent: TC | Exposure: S0 Elevation gain: 200 m + Overall distance: 27 km Route: ring

Recommended bike type: full/front MTB bike or full/front e-bike or gravel bike Highest | lowest point: 650 m max | 485 m min Recommended period: from April to November

A truly complete cycling tour route that allows you to see many unique wonders of the territory of the Gesso and Stura River Park in a single itinerary. Thanks to the many kilometres of cycle paths that characterize the territory, we will be able to pedal surrounded by the Alpine range of Cuneo, with the Ligurian, Maritime and Cottian Alps. We will see all the beauty surrounding the city of Cuneo, feel the fresh air near the two rivers and discover the unique natural features well described by the many explanatory panels. The first part stretches over a slight climb, in vast meadows on the valley floor with an exceptional surface; after crossing Borgo San Dalmazzo using the cycle paths, the descent along the Stura river is



CUNEO AREA The broad valleys of the province of Cuneo, crossed by hundreds of kilometres of paths, dirt roads and mule tracks, are the perfect territory for rediscovering the true

BIKE PARKS IN THE

essence of mountain biking, in completely natural contexts surrounded by unique From low mountain forests to alpine meadows, there are

routes that cater for the needs of all kinds of bikers! If what attracts you most to mountain biking is the world of DH Bike Parks, several ski resorts open their facilities in the summer so that you can ride up them on your bike and tackle trails designed specifically with jumps, banks and technica

1 Bike Park BRONDELLO - ISASCA 2 Bike Park VIGOR ROSSANA

www.facebook.com/Bike-Park-Vigor-Rossana-105762391581569

3 Bike Park VILLAR SAN COSTANZO [Busca] www.extremeadventuresteam.com 4 Bike Park TAJARÉ [Gaiola]

www.tajare.it

5 Bike Park VIVER BIKE ARENA [Entracque] www.facebook.com/ViverBikeArena

6 Bike Park LIMONE PIEMONTE

7 Bike Park ARTESINA www.artesina.it/page.asp?pg=bike

11 Bike Park VIOLA SAINT GRÉE

8 Bike Park PRATO NEVOSO www.pratonevoso.com/home-estate/ 9 Bike Park MONTE MORO [Frabosa Soprana]

www.facebook.com/montemorobikepark 10 Bike Park MONTE ALPET [Cardini di Roburent] www.bikepark.cloud/bikepark/monte-alpet-bike-village

Gpx texts and tracks Cuneo Alps cycling tour guides

Cycling guides Cuneo Alps

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T. Aimar, R. Croci, I.Com Multimedia, - VisitPiemonte - Getty Images

NOTE: routes may include sections with vehicular traffic.

www.limone-on.com/info-bike-park www.stgree.net NOTE: Bike Park hours, opening times and services may vary, Always contact the facilities before travelling,







It requires basic technical skills.

S2 Terrain for the most part unsecured, protruding roots and stones presence of different types of obstacles, steps, sharp turns, sections

with gradients up to 70%. It requires advanced riding skills. Technical route with protruding roots and rocks, unsecured terrain with steps, sharp turns and gradients that can exceed 70%. It requires very advanced riding skills.

Difficulty: Climb: BC | Descent: BC Difficulty: Climb: BC | Descent: BC+ Difficulty: Climb: MC+ | Descent: BC | Exposure: S1 Difficulty: Climb: MC | Descent: BC+ | Exposure: S2 Difficulty: Climb: BC | Descent: BC+ **Difficulty: Climb:** MC | **Descent:** MC | **Exposure:** absent Elevation gain: 1,000 m + Elevation gain: 700 m + Elevation gain: 490 m + Elevation gain: 1,750 m + Elevation gain: 1,200 m + Elevation gain: 580 m + Overall distance: 15 km Overall distance: 28 km Overall distance: 16 km Overall distance: 13 km Overall distance: 37 km Overall distance: 39 km Route: ring Route: ring Route: ring Route: ring Route: ring Recommended bike type: full/front MTB or full/front E-bike Recommended bike type: full/front MTB or full/front E-bike Recommended bike type: full/front MTB bike or Recommended bike type: full/front MTB or full/front E-bike Recommended bike type: full/front MTB or full/front E-bike Recommended bike type: full/front MTB or full/front E-bike full/front e-bike or gravel bike Highest | lowest point: 1,560 m max | 365 m min Highest | lowest point: 1,336 m max | 357 m min Highest | lowest point: 1,032 m max | 546 m min Highest | lowest point: 2,942 m max | 1,375 m min Highest | lowest point: 929 m max | 372 m min Highest | lowest point: 887 m max | 440 m min Difficulty: Climb: MC | Descent: MC | Exposure: S1 **Recommended period:** from end of May to November Recommended period: from end of May to October Recommended period: from July to September Recommended period: all year round [not recommended on very hot summer days] Recommended period: all year round [with the exception of very cold days or snowy days] **Recommended period:** all year round [not suitable if there is snow] Elevation gain: 1,750 m + A trail that goes up the wild Infernotto Valley and reaches San Grato di Pae-The Trappa, the ancient Charterhouse of Mount Bracco is the final desti-Part of this itinerary rides along the "Fil Rouge" educational path, on the side The Monte Bellino MTB ring trail is a classic and a must for the curricula of In this great cycling excursion, we will discover the area where the famous Overall distance: 56 km stone from Luserna is quarried. The trail is located between the Infernotto nation of this climb, stretching 15 km on asphalt and dirt roads, offering A perfect route for those who love tranquillity and unusual places. The less exposed to the sun and well maintained by the Proloco di Venasca. The sana and then returns to the municipality of Barge. This cycling-tourism exall fans of this sport. Being able to ride as far up as 3,000 metres is incredibly ascent is on asphalt and the descent is on dirt roads: a simple ring trail that Bronda valley offers this easy-to-access adventure suitable for families or exciting; the magical mountain environment in the heart of the Cottian Alps and Luserna Valleys on the slopes of the spectacular Punta Ostanetta. A cursion begins in the car park of the Alter Hotel in Barge (Piazza Stazione) an opportunity to admire the historical and environmental beauties of this Recommended bike type: full/front MTB or full/front E-bike typically MTB Cross Country ring with a good elevation gain and a great where we set off along the paved road that passes through Gabiola. We will ancient mountain. We start from Barge, where we climb the steep road first-time cycling tourists: we will climb on a paved panoramic road, then allows cyclists to discover the fascinating small churches located along the is sure to offer us unique, majestic views, typical of the upper Maira Valley. variety of landscapes between Cuneo and Turin. The route features all continue on forest tracks with a well-beaten surface among chestnut gro-Highest | lowest point: 2,324 m max | 680 m min then discover a little-known valley, reaching the Infernotto forest refuge. A that takes us to the Charterhouse, then descend on the ridge of Mount downhill section, testimony of the folk religion of the lower Varaita Valley. Starting your descent from the top of Monte Bellino delivers a real shot of road surface types: asphalt, dirt tracks, paths and finally flat cycle paths. fun descent on dirt road and single track terrain among chestnut groves. In Bracco to Pian San Michele, here we will continue until we reach Torriana ves. The main destination of the route is the Chiesa di San Grato. Then adrenaline, after which you'll continue to experience alongside the Castello-**Recommended period:** from June to September you can choose two different return routes based on the time you have Suitable for trained bikers or those with pedal assist bikes. The route has some places the route coincides with that of the historic "Val Po Longa" race. and finally complete the ring trail, returning to the village of Barge. A route Provenzale mountain range and the Stroppia Waterfalls. The ring trail is suiavailable. The route can be ridden as an afternoon activity or repeated in many escape routes which can be used to return to the town of Bagnolo suitable for everyone, and recommended for beginner mountain bikers aitable for trained cyclists with a high level of technical expertise. The Strada dei Cannoni is a military route that runs along the ridge of the Piemonte in case of bad weather. ming to tackle their first off-road descents. More daring, experienced rias part of a cross country training plan. Instead, for families it is to be conwatershed between the Maira Valley and the Varaita Valley. It was built ders can test their skills using a Gravel bike. sidered an adventure that takes the whole day, from morning until late around the middle of the nineteenth century and was never used for war afternoon, with a lunch break at the Chiesa di San Grato. purposes. Its main feature is the amazing views of the Maritime Alps and the Cottian Alps that it affords. We will ride its final section, the one at the highest altitude, which goes from the Birrone Pass to the Sampeyre Pass, reaching the green pastures above the hamlets of Elva. Bivacco Carmagnola /alleys Maira and Grana /alleys Gesso and Vermenagna PARALOUP FROM GESSO GARDETTA **COLLE DI NERAISSA** GRANFONDO MUNTEBEN CICLIMATICO **BIKE EMOTIONS** MTB RING TRAIL ALPI MARITTIME FROM GAIOLA FROM VINADIO Difficulty: Climb: MC | Descent: MC+ | Exposure: S1 Difficulty: Climb: BC | Descent: BC | Exposure: S2 **Difficulty: Climb:** S1 [short S2 sections | **Descent:** Describe D **Difficulty: Climb:** mainly on asphalt, some dirt roads S1 [easy] | Rocco S3+, Esterate/Sartaria: S2/S3, Lausa: S2 [with short S3 sections] **Descent:** mainly on asphalt, Tetti Violino-Entracque dirt road S2 Elevation gain: 515 m + Elevation gain: 1,380 m + **Difficulty: Climb:** MC+ | **Descent:** MC+ | **Exposure:** S2/S3 Elevation gain: 1,480 m + Elevation gain: 730 m + Overall distance: 27 km Overall distance: 34 km Elevation gain: 750 m + Elevation gain: 1,071 m + Overall distance: 40 km Overall distance: 48.5 km Route: ring **Route:** round trip Overall distance: 21.5 km Overall distance: 45 km Route: ring Recommended bike type: full/front MTB or full/front E-bike Recommended bike type: full/front MTB or full/front E-bike Route: ring Route: ring Recommended bike type: full/front MTB bike or Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 2,454 m max | 2,298 m min Highest | lowest point: 1,285 m max | 660 m min Recommended bike type: full/front MTB or full/front E-bike full/front e-bike or gravel bike Highest | lowest point: 1,300 m max | 801 m min Recommended period: from end of June to September Recommended period: from May to October Highest | lowest point: 1,435 m max | 690 m min Highest | lowest point: 1,343 m max | 581 m min Highest | lowest point: 1,100 m max | 647 m min **Recommended period:** from May to October Recommended period: from April to November **Recommended period:** from April to November The itinerary described is located in what is considered the geological and en-Munteben a Muntemal, or "climb successfully to Montemale" in Piedmontes Difficulty: Climb: BC+ | Descent: BC+ | Exposure: S2 On the Granfondo route you can completely immerse yourself in the amvironmental heritage of the province of Cuneo, the Gardetta plateau. The road dialect, is an itinerary composed of a series of well-marked MTB routes A splendid ring trail in the lower Stura Valley to cover on your mountain

Valleys Po, Bronda, Infernotto

BRONDELLO

CIRCUIT RING

GREEN

the passage through the striking villages of Tetti Forno and Pollino, the are suitable for all technical and physical abilities and offer fantastic panora-Chiot Rosa and the now legendary Borgata Paraloup, an open-air museum and pulsating testimony of the Resistance, make this ring trail an all-round experience waiting to be pedalled.

bike or e-bike. A tour forming part of the Tajaré Bike Park, characterised

by a very "flowing" descent, along one of the longest single-tracks in the

entire Stura Valley. Nevertheless, the uphill section also proves exciting:

Valleys Po, Bronda, Infernotto

RING TRAIL

MOMBRACCO

Elevation gain: 1,470 m + Overall distance: 35 km Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 2,020 m max | 878 m min **Recommended period:** from June to October A wonderful ring trail in the lower Stura Valley. An unspoiled valley, rich in woods as far as the eye can see, majestic mountains that dominate boundless landscapes, alpine lakes, and velvety pastures awash with scents. This tour leads cyclists to discover the remains of the Fort Neghino in Vinadio, the hamlets of Neraissa and the splendid hill of the same name.

phitheatre of the Maritime Alps, crossing the Gesso Valley from west to east and passing through the municipalities of Valdieri and Entracque. The route features all the types of road surface: asphalt, dirt tracks, trails and, finally, flat cycle paths. Suitable for trained bikers or those equipped with pedal assisted bikes, the route has many variations that take you back to the town of Entracque in case of need.

RING OF THE

CHURCHES IN MTB

FROM VENASCA

The departure and arrival points of the "CiClimatic Paths" route are at the Roccavione railway station. The purpose of the circuit is to raise public awareness about climate change using a sustainable and ecological means: the bicycle or e-bike. A ring route of about 49 km with an elevation gain of 730 metres to be tackled on a gravel bike, MTB or e-bike. A route that develops mainly on secondary roads, cycle paths and dirt paths with an easy surface and that can be accessed and used by all levels of cyclists.

Valleys Varaita and Maira

THE STRADA

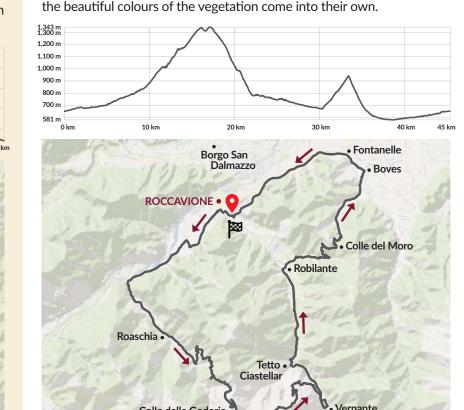
DEI CANNONI

TO VERMENAGNA BY GRAVEL BIKE Difficulty: Climb: TC+ | Descent: TC+ | Exposure: S1 Recommended bike type: full/front MTB or gravel bike

MONTE BELLINO

RING TRAIL

Recommended period: from May to October An itinerary mainly covering paved roads and cycle paths with two beautiful climbs, combining mountain views featuring villages hidden by chestnut woods with the colourful frescoed walls of the houses of Vernante and the towns that have made the history of the Cuneo area, such as Boves. Ideal for gravel biking, and best tackled in spring and autumn when

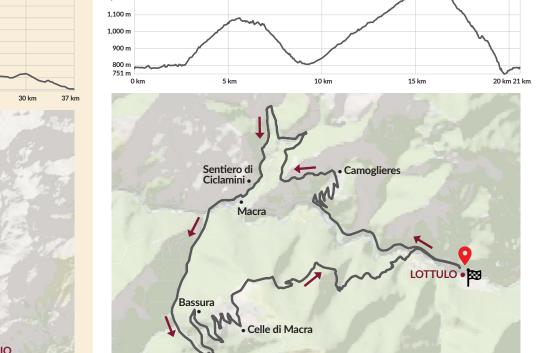


CYCLAMEN AND VOTIVE PILLARS MTB RING TRAIL FROM LOTTULO Difficulty: Climb: MC+ | Descent: BC | Exposure: S1 Elevation gain: 750 m +

Overall distance: 21 km

Route: ring Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 1,300 m max | 800 m min Recommended period: from end of May to October

> One of the tours that the wonderful Maira Valley offers to MTB lovers, one of the "musts" of the area. The trail of the Cyclamen and the more hidden but equally fascinating trail of the votive pillars are the ingredients of this beautiful MTB ring trail that will allow us to ride at a high altitude, admiring breathtaking views and the magnificent blooms of wild cyclamen in August and September. A ring route, suitable for bikers with an average level of training given the bumpy surface on both the uphill and downhill stretches



MTB THE SAVOY FORTS Difficulty: Climb: MC+ | Descent: MC+ | Exposure: S1

TOUR OF

Elevation gain: 831 m + Overall distance: 23 km Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 2,281 m max | 1,798 m min **Recommended period:** from June to October

The Tour of the Forts is a spectacular and panoramic ring to be covered on a MTB near the Tenda Pass, on the border between Italy and France. We will get

a close look at the six Savoy fortifications built at the end of the nineteenth cen-

tury to defend the Cuneo territory from a possible attack by the French. At the beginning of summer, the Ligurian Alps reach their maximum splendour, enhanced by the colours and scents of the local flora; we will ride on spectacular ridge paths and on the Via del Sale, in a setting that is one of a kind in all of Europe.

THE VIA DEL SALE: FROM THE ALPS TO THE SEA

Valleys Po, Bronda, Infernotto

TO RUCAS

THE QUARRIES TRAIL FROM BAGNOLO

Difficulty: Climb: BC+ | Descent: BC+ | Exposure: S3 Elevation gain: 2,400 m + Overall distance: 111 km Route: one-way

that runs along it is completely unpaved and was built for military purposes,

then used by shepherds and local inhabitants. Today it can be experienced by

bike as we ride through one of the most extraordinary places in the Cottian

Alps. It can be reached from the Stura, Grana and Maira Valleys but the itine-

rary proposed here suggests departing from the Colle Valcalvera so as to be

able to travel the route from beginning to end, up to the Gardetta Pass. An al-

most always flat surface and slight gradient allow you to glide along, admiring

an incredible natural spectacle at a very high altitude with little effort.

Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 2,250 m max | 1 m min Recommended period: from June to September

The Via del Sale: a dense network of paths that connects Limone Piemonte to the Ligurian sea. Characterized by white roads located at a high altitude where uncontaminated nature and breathtaking views come together. Perfect paths to be travelled by mountain bike or e-bike. The Alpine arc located between Piedmont, France and Liguria will be the backdrop for our rides. A rich vegetation, hosting ibex, chamois, marmots and military fortifications will characterise the panoramas we'll see during the tour. At the end of this fantastic journey, the sea of the Ligurian Riviera awaits us and the opportunity to dive in for a nice regenerating dip.

ASCENT TO PASSO DEL DUCA FROM SAN BARTOLOMEO MTB

around the municipality of Montemale, located on the watershed between

the Grana and Maira Valleys, a place rich in history (featuring a beautiful castle

built on the medieval remains) that boasts the right conditions and the ideal

soil for growing sweet black truffles. The routes vary from 10 km to 50 km,

mic views of the valleys and the beautiful villages hidden in the woods.

Difficulty: Climb: BC+ | Descent: OC+ | Exposure: S3 Elevation gain: 2,340 m + Overall distance: 65 km Route: one-way

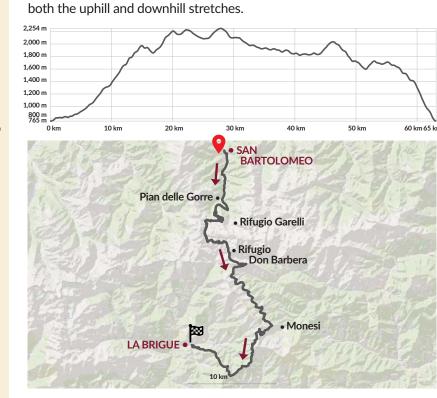
Valleys Po, Bronda, Infernotto

INFERNOTTO

REFUGE

Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 2,254 m max | 765 m min **Recommended period:** from June to September

An incredible mountain-bike route and an important way into the Alta Via del Sale from the lower Cuneo and Monregalese areas, through the splendid scenery of the Parco del Marguareis, on the route of an ancient military roadway only recently recovered. From Chiusa di Pesio, you'll climb the picturesque valley of the same name on ordinary roads through meadows and chestnut groves. You'll pass the hamlets of Vigna and San Bartolomeo, and the ancient Charterhouse, with its enchanting cloister. A ring route, suitable for bikers with a high level of training given the bumpy surface on

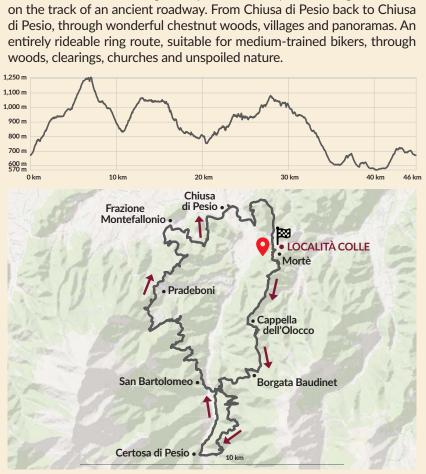


Pesio Valley THE BALCONY TRAIL OF THE **PESIO VALLEY**

Difficulty: Climb: BC+ | Descent: OC+ | Exposure: S2 Elevation gain: 1,650 m + Overall distance: 46 km Route: ring Recommended bike type: full/front MTB or full/front E-bike

Highest | lowest point: 1,250 m max | 570 m min

Recommended period: from end of May to October An extraordinary route in the Pesio Valley, environmental and tourist heritage of the province of Cuneo, suitable for many outdoor activities. A mountain bike route through the splendid scenery of the Marguareis Park,



TOUR AT THE FOOT OF THE BISALTA

Difficulty: Climb: BC+ | Descent: OC+ | Exposure: S1 Elevation gain: 1,290 m + Overall distance: 30 km **Recommended bike type:** full/front MTB or full/front E-bike Highest | lowest point: 1,130 m max | 570 m min

Recommended period: from May to November

A panoramic tour, at the foot of the Bisalta, along roads steeped in history linked to the surrounding landscapes. A mountain with a particular two-pointed shape that is a reference point for all the inhabitants of the Pesio, Josina and Colla Valleys. A circular route, suitable for bikers with an average level of training.



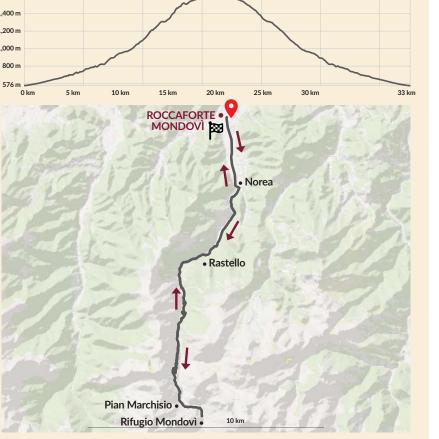
alleys of the Mondovì area [Ellero Valley] PIAN DELLA MARCHISA TOUR FROM ROCCAFORTE

Difficulty: Climb: BC+ | Descent: OC+ | Exposure: S2 Elevation gain: 1,130 m + Overall distance: 33 km Route: round trip Recommended bike type: full/front MTB bike or full/front e-bike or gravel bik

Highest | lowest point: 1,638 m max | 576 m min

Recommended period: from end of May to October

A wonderful plateau, where you can cycle along while admiring some breathtaking views of the Marguareis Natural Park. A round trip route, suitable for bikers with an average level of training, given the significant elevation gain to be covered in just a few kilometres.

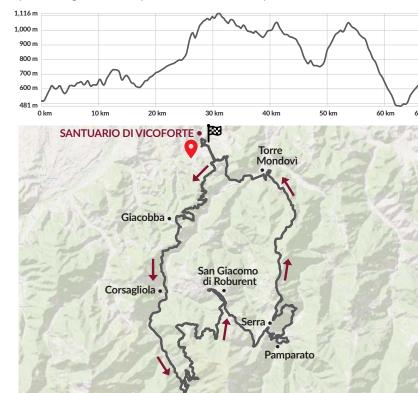


IN THE WOODS OF THE SANTUARIO DI VICOFORTE MTB Through sacred places and chestnut trees

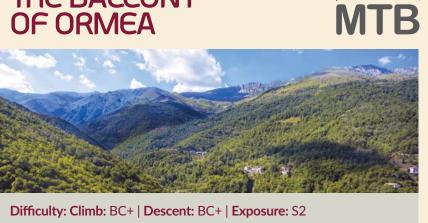
Elevation gain: 1,740 m + Overall distance: 67 km Route: ring Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 1,116 m max | 481 m min Recommended period: from end of May to October

Difficulty: Climb: BC+ | Descent: BC+

This cycling tour takes place mainly in the woods located near the Santuario di Vicoforte, the most characteristic and important place of worship in the Monregalese area. Pedalling deep into the rich chestnut groves in the woods of the valleys surrounding Vicoforte, savouring a landscape characterised by brushstrokes of the most diverse colours: from those of the history and culture of the past to those of typical culinary products, so experiencing all the unique features commonly attributed to these areas.



THE BALCONY OF ORMEA



Elevation gain: 1,540 m + Overall distance: 32 km Recommended bike type: full/front MTB or full/front E-bike Highest | lowest point: 1,455 m max | 671 m min Recommended period: from April to November

The Ormea balcony is a naturalistic and ethnographic itinerary commissioned and restored by the CAI section of Ormea. It runs along the southern slope of the Tanaro Valley from Eca to Viozene, at an altitude ranging from 900 to 1,500 metres. In this way, villages and hamlets are linked together along a 32 km route, which can be divided into stages for the less trained, or tackled all in one breath by the fittest cyclists. Dirt tracks on which to pedal, sweat and share unique sensations with biker friends. And then reach the top, where you can enjoy a breathtaking view. [The route may vary due to scheduled maintenance

CLIMBS FIT FOR CHAMPIONS



The road routes in the province of Cuneo, with their legendary climbs that have often welcomed the stages of the Giro d'Italia and the Tour de France, are the ideal place to train young champions or prepare for great

It is no coincidence that Elisa Balsamo, 2021 Elite World Champion, was born and trained here, and that Diego Colombari, gold medallist at the Tokyo 2020 Paralympic Games regularly trains in the area with his handcycle. Two great champions, global ambassadors of the beauty of the Cuneo valleys and the rich outdoor offering of their homeland. Ready to challenge yourself like they have?