

TRAVEL TIP

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Those of you who have only a few days available, may be interested in a series of suggestions in some sections of Alta Via Dei Monti Liguri.

ALTA INFO
H24 VIA



FROM BARDINETO TO CROCETTA D'ORERO

Total Km 174,40

Four days by mountain bike or e-bike following the route of the Alta Via dei Monti Liguri and its variants. Fully rideable on your bike, fantastic views, overnight stays, and good dinners at the accommodation facilities of Ospitalità Alta Via.

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Claudio Simonetti
Mountain Bike guide
LIGURIA - ITALIA



The Alta Via dei Monti Liguri (AVML) was born from the idea of a path that runs through the Ligurian-Padan watershed from Ventimiglia to Ceparana (SP). It is a path of a thousand suggestions that crosses innumerable natural environments, from the Mediterranean scrub and the hills covered with olive groves to the alpine prairies and larch forests. From the large pre-Alpine beech woods to the Apennine chestnut forests.

From the path you can often see our Ligurian Sea on one side and Monviso or Monte Rosa on the other. On clear days you can also see Corsica far away on the horizon. Even from a historical and cultural point of view as you proceed from west to east, you can perceive the thousand shades of the path, people change, cooking changes, human activities change. On the ridge, the Ligurian culture of the coast gradually mixed with the Brigasca, Piedmontese, Emilian and Lunense cultures.

The itinerary was born about thirty years ago as a hiking route. Then with the advent of mountain bikes many have ventured pedalling on this path. To faithfully follow the pedestrian path with the bike, however, you need to have excellent technical skills and consider long stretches of "portage". To make this trail accessible to a wider audience, continuously increasing also thanks to e-bikes, Claudio Simonetti on behalf of the reception network of Ospitalità Alta Via dei Monti Liguri of which he is a founding member, has created a path that uses pedestrian AVML where it can be pedalled and goes along as many dirt roads and trails as possible where it is necessary to avoid overly technical sections.

With its total 590 km it reaches its maximum altitude at 1960 meters of Col Bertrand and, in its entirety, it can be conservatively covered in 10/13 daily stages, relying on the many accommodation facilities of Ospitalità Alta Via where bikers can enjoy their meals, overnight stays, battery recharging, luggage transport, MTB guides and much more.

The route thus elaborated represents an excellent opportunity for the sustainable development of the territories crossed because, addressing the kind of tourist bikers public, it will be able to express numbers significantly higher than the niche represented by super-expert sportsmen. FIAB (Italian Environment and Bicycle Federation) - Genoa liked this project because it was perfectly in line with the statutory aims of promoting the environmentally sustainable territory. It was therefore decided to actively support it.

For this reason, in collaboration with the reception network of Ospitalità Alta Via dei Monti Liguri, we will go with a maximum of 15 of our members to ride the first stretch from Ventimiglia to Genoa by MTB. They, when back home, and if liked the route, will in turn be able to promote this MTB trail among friends and relatives as we believe there is nothing better than the direct promotion of those who have actually travelled an itinerary.

*text by Romolo Solari
FIAB President - Genoa*

Day 1

From Bardineto to Cascina Miera

Km 61,20 | Elevation gain m. 1550 | Elevation drop m. 1540

Participants will reach Bardineto with their own vehicles which will be parked here. Those who prefer to reach Bardineto the evening before departure can stay at Albergo Maria Nella, Agriturismo Oddone or B&B Kalimera or other.

■ Scheduled departure from the square in front of the Hotel Maria Nella at 09.00 a.m. This is the stage of the large beech forests. The Alta Via dei Monti Liguri is almost entirely pedalled here and largely follows its route. Reached the Bocchetta di Altare (Cadibona) we will leave the Alps to begin pedalling on the Ligurian Apennines.

- Packed lunch.
- Dinner and overnight at the splendid Cascina Miera or other.

Day 2

From Cascina Miera to Masone

Km 65,50 | Elevation gain m. 1615 | Elevation drop m. 1951

- Departure 09.00 a.m.

Another stops in the middle of thick woods passing through Sassello, a place renowned for its macaroons and the collection and processing of the porcini mushrooms. We will pass Palo to enter the Beigua Park where the homonymous mountain prevents us from easily remaining on the ridge. A long dirt road will lead to the Faiallo Pass, which we will pass to then reach our destination at the Turchino Pass. Aerial panorama of the city of Genoa and its gulf.

- Lunch at Palo at Albergo Delfino.
- Dinner at a partner restaurant.
- Overnight at Il Giardino Fiorito B&B or other.

Day 3

From Masone to Pietralavezzara

Km 28,70 | DElevation gain m. 800 | Elevation drop m. 760

Visibility permitting, possible variation on the Gorzente lakes plus km 12,4.

■ Departure 09.00 a.m.

Leaving Masone we will climb to the Capanne di Marcarolo through its homonymous park. From here, time permitting, the view is lost in the south to Corsica and in the north to the chain of the Alps. Once we have reached the Piani di Praglia we will make, time permitting, an interesting variant to reach and skirt the Gorzentes' lakes and its old wells for collecting snow and transforming it into ice (late 1800). The lakes, whose dams were built starting in 1883, are a group of natural reservoirs that feed the aqueducts of Genoa.

■ Packed lunch.

■ Dinner at a partner restaurant in Pietralavezzara.

■ Overnight at B&B Casa Torre or other.

Day 4

From Pietralavezzara to Crocetta d'Orero

Km 19,00 | Elevation gain m. 470 | Elevation drop m. 500

■ Departure 08.30 a.m.

Short stop that will allow us to return to Bardineto in the day where we will recover our vehicles. The route of today's stage winds almost exclusively on easy dirt roads and reaches Crocetta d'Orero from where we can then descend to Genoa Bolzaneto and, from here with a change in Genoa Sampierdarena, reach by train Albenga. The only drivers will be driven to Bardineto with our vehicle, there they will recover their vehicles to then return to Albenga to recover the waiting friends and all the bicycles.

■ Lunch at Agriturismo Cascina Castello or other.

■ Reached Crocetta d'Orero we will return with a pleasant descent to Genoa Sampierdarena from where the group will reach Albenga by train.

■ Once in Albenga shuttle service on Bardineto for drivers only extra cost € 50 per trip for 4 passengers.

What

is included in this travel tip

- Half board accommodation (dinner, bed and breakfast) in facilities of the reception network of associated Alta Via dei Monti Liguri Hospitality.
Note: overnight accommodation is provided in multiple rooms or dormitories.
In case of large participation in some stage terminals, it may be necessary to stay overnight in different structures.
- Mountain Bike Guide.
- Luggage transport.
- Tools for minor bicycle repairs.
- Free and temporary registration as an Associate Member of the National Mountain Bike Academy.
- Consultation of paper maps in vision.

What

is not included in this travel tip

- Transport to the place of departure and return.
- Lunches.
- Any mountain bike or e-bike rental that can also be booked and supplied by the organization.
- Anything not specifically described in this travel tip.

Total cost per person € 530 (five hundred thirty)

there is a discount if the participants exceed the minimum of 5.

Participants Minimum 5, maximum 15.

Best months Except for exceptional snowfalls, all year round.

Note The organization reserves the right, if necessary and/or due to force majeure, to make corrections to the program while maintaining the prices indicated unchanged.



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