

TRAVEL TIP

3



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 VENTIMIGLIA TO CROCETTA D'ORERO

Total Km 366,80

Nine days in 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 Ventimiglia to La Colla

Km 20,10 | Elevation gain m. 530 | Elevation drop m. 23

- Departure from the square in front of the Train Station about 12.00 a.m. Mediterranean stage. We cross the beautiful cycle path of Val Nervia to get to the medieval village of Dolceacqua from where we reach Colla between olive groves, vineyards and scrub.
- Lunch in Ventimiglia before the departure.
- Dinner, overnight stay and breakfast at reception network facility.

Day 2

From La Colla to Colle Langan

Km 49,90 | Elevation gain m. 1760 | Elevation drop m. 1160

- Departure at 09.00 a.m. With a former military track, we enter the wild Val Barbai.. At the Gouta Gorge the landscape becomes alpine. We encounter the imposing Monte Toraggio, the first peak of the Ligurian Alps of a certain importance, which is insurmountable for MBT and requires us to descend to Pigna. It is still worth it because the medieval village is worth a visit. Following the 13 km of the county road SP65 we will skirt the village of Castel Vittorio and then reach Colle Langan.
- Lunch at the Gola di Gouta refuge or other.
- Dinner, overnight stay and breakfast at Agriturismo Il Rifugio near Colle Langan or other.

Day 3

From Colle Langan to Realdo

Km 26,90 | Elevation gain m. 730 | Elevation drop m. 800

■ Departure at 09.00 a.m.

Here we will have two options: the first is to travel the GPX track that goes down to Molini di Triora, to return to Triora and ending up in Realdo. Stunning panoramas that force us, however, to considerable differences in altitude. Alternatively, it is possible to go up to Colla Melosa and from here take the beautiful ex-military road that will lead us to the Bassa di Sansson from where we will descend to Realdo in the Brigasca land. This variant wind its way up to the highest point of the entire itinerary, the Col Bertrand (1,960 m). You will travel along very panoramic stretches on the border between Italy and France in a typically alpine environment with fir , larches, rhododendrons, high altitude pastures.

■ Lunch in Triora if we walk the whole track.

Otherwise packed lunch in case we opt for the variant.

■ Dinner, overnight and breakfast at Rifugio di Realdo or other.

Day 4

From Realdo to Rifugio Pian dell'Arma

Km 49,40 | Elevation gain m. 1515 | Elevation drop m. 1250

■ Departure at 08.30 a.m.

We leave Realdo to go back up to the Bassa di Sansson, Passo della Guardia, Galleria del Garezzo, Colle San Bernardo di Mendatica. In this section we will have to go through a long and humid tunnel that is totally dark: it is necessary to have a headlamp. A nice descent now leads us to Colle di Nava, an important alpine pass between Piedmont and Liguria where the Savoy decided to build a system of fi e fortifi ations dating back to the 19th century. After leaving the hill, we climb up to the Passo di Prale to reach the Pian dell'Arma refuge shortly thereafter.

■ Lunch at Colle San Bernardo in Mendatica at the Da Settimia restaurant or other.

■ Dinner, overnight and breakfast at Pian dell'Arma refuge or other.

Day 5

From Rifugio Pian dell'Arma to Bardineto

Km 45,90 | Elevation gain m. 820 | Elevation drop m. 1360

■ Departure at 09.00 a.m.

A climb of a few kilometres leads us to Colle San Bartolomeo d'Ormea. From here an exhilarating descent in the middle of a lush beech forest leads us to the bank of the River Taro. We walk along the right bank on the cycle path to Garessio where we find all types of services, shops etc. Then reached the Colle San Bernardo di Garessio we finally reach Bardineto.

■ PLunch in Garessio.

■ Dinner, overnight stay and breakfast at a structure of reception network of Ospitalità Alta Via dei Monti Liguri.

Day 6

From Bardineto to Cascina Miera

Km 61,20 | Elevation gain m. 1550 | Elevation drop m. 1534

■ Departure 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.

Day 7

From Cascina Miera to Alberola

Km 36,60 | Elevation gain m. 1000 | Elevation drop m. 815

■ Departure at 09.00 a.m.

Another stop in the middle of thick woods passing through Sassello, a place renowned for its macarons and the collection and processing of the porcini mushroom. We will pass Palo to enter the Beigua Park where the homonymous mountain prevents us from easily remaining on the ridge.

■ Lunch at Palo at Albergo Delfino or other .

■ Dinner at a partner restaurant.

■ Overnight at B&B Il Giardino Fiorito or other.

Day 8

From Alberola to Pietralavezzara

Km 57,80 | Elevation gain m. 1415 | Elevation drop m. 1900

■ Departure at 09.00 a.m.

A long dirt road will lead to the Faiallo Pass which we will pass to reach the Turchino Pass and then Masone. Aerial panorama of the city of Genoa and its gulf.

Leaving Masone we will climb to the Capanne di Marcarolo through its homonymous park. From here, weather 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, weather permitting, an interesting variant to reach and skirt the Gorzente lakes and its snow.

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 an affiliated restaurant in Pietralavezzara.

■ Overnight at B&B Casa Torre or other.

Day 9

From Pietralavezzara to Crocetta D'Orero

Km 19,00 | Elevation gain m. 466 | Elevation drop m. 496

■ Departure at 09.00 a.m.

Short stop that will allow us to return to Ventimiglia during the day where, whoever has parked them there, will be able to return to recover their 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 on Genoa Bolzaneto and, from here with a change in Genoa Sampierdarena, reach any location on our coast by train.

■ Early lunch at Agriturismo Cascina Castello or other.

■ Reached Crocetta d'Orero we will return with a pleasant descent to the Genoa Sampierdarena railway station.

What

is included in this travel tip

- Half board Accommodation (dinner, bed and breakfast) in facilities of the reception network of with 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 € 1170 (one thousand one hundred seventy)

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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