

Outdoor activities between Italy and France

Biking nature, art and flavours of Piemonte

CHOOSE *with US*



Key to symbols

AREA



MOUNTAIN



LAKE



VALLEY



NATURAL PARK

PROPOSAL



BIKE



BIKE LEISURE - FAMILY

FORMULA



INDIVIDUALS



GROUPS



FAMILY

From the Alps to the Sea

The great outdoors between Italy and France

The area along the border between Italy and France is full of stunning scenery just waiting to be explored. From Mont Blanc to the Côte d'Azur and to the Ligurian Riviera, from Italy to France and **through the Torino and Cuneo valleys** and the **Alta Langa hills**, it is a land of majestic peaks, pristine lakes, rolling hills, crystal clear seas, spectacular landscapes and breath-taking paths.

The area between Italy and France provides a wealth of different settings and backdrops that are ideal for the development of **outdoor tourism**, offering **an extensive network of experiences, hikes and activities to be enjoyed unconfined in the great outdoors**. With such a wide variety of opportunities, this area is truly the great outdoors, offering **a new way of doing tourism** through an "experiential" approach to nature and an **integrated offer that combines sport, good food, cultural heritage and the discovery of local traditions**.

We are talking about a vast, uninterrupted area that is united by deep trans-regional ties.



These ties make it possible to combine environments and traditions from different but adjacent cultures, and to multiply experiences and opportunities for personal enrichment. Through an extensive network of joint initiatives between France and Italy, the area is ideal for fans of **outdoor activities** and can offer adventures to satisfy all tastes, even the most demanding, such as **trekking, climbing, cycling, hiking in parks or along scenic routes, rafting and fishing**.

Sporting activities are combined with cultural routes and the discovery of the deep connection between different traditions, in a place where it is possible to embrace Italian and French heritage, both rich in history and charm. **France and Italy together with a single goal**: to make the most of the geographical and cultural wealth of the great outdoors, to offer **a fresh perspective on nature and on tourism which is experiential, sustainable and within everyone's reach**.

So let's turn our gaze to **Piemonte** and explore together the **majestic mountains of this region**, moving between the lofty peaks of the Alps and the gentler crests of the Apennines, between pristine nature and a thousand-year history just waiting to be explored.



From the Alps to the Apennines

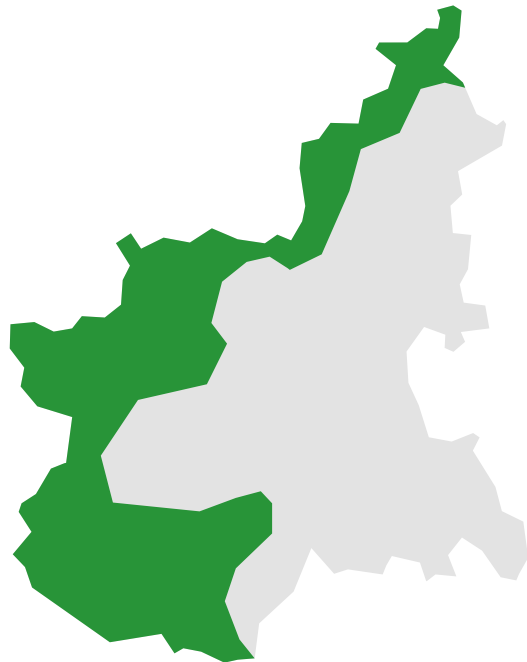
Outdoor activities in Piemonte

How many ways can you experience the **Piemontese Alps**?

In the region where the Alps rise in all their majesty, the area also incorporates a charming section of the Apennines along the strip overlooking Liguria. Various mountain areas can be explored, **from the high peaks of the Torinese to Monviso, from Monte Rosa to the Ossola and Biellese crests**, all very different but all united by the same welcoming spirit and a passion for outdoor activities.

With **43% of its territory made up of mountains**, Piemonte has all the requisites to meet the various needs of people who love to explore spectacular locations and who seek a deep bond with nature, which is capable of instilling a strong sense of well-being and energy.

A prerequisite in such areas is an **open approach to the mountains**, an ability to understand its most authentic aspects.



An abundance of activities and pastimes, all enriched by a thousand-year history, by the **art** and the **cuisine** of Alpine towns and villages that never cease to surprise with their hidden gems and tasty treats.

An extensive network of **itineraries and routes** provides countless adventures to be enjoyed in complete safety, including **easy hikes and more challenging treks, cycle paths and rock climbing, canoeing and kayaking** on bubbling streams, **walking or horse-riding**.

For **photography buffs**, the Alpine villages, the peaks and the wildlife all make perfect subjects with a clear visual impact. Enthusiasts of all kinds will be able to discover the aspects of mountain life that still retain their true spirit.

On these pages we want to take you on a journey to explore the **border area between Piemonte and France, the great outdoors**. Through a number of **cross-border, trans-regional and regional itineraries**, we will explore an area that is divided into the **Torinese Alps** and the **Cuneo Alps**, along with the **Alta Langa hills**, discovering all the features that make this area unique.



Alpi Torinesi

The origins of mountaineering amidst nature

The **Torinese Alps** have something for every **outdoor** enthusiast: from cycle tourism to walking holidays, to simple walks in the countryside with the family. As soon as you leave the city you will also be able to discover all the flavours of the area: from cheeses to fruit, from vegetables to desserts, not to mention wines such as the Canavese DOCG and the Pinerolese, Val Susa and Collina Torinese DOC wines.

Wherever you decide to go, it won't take you more than an hour and a half by car from Torino to reach one of the valleys of the Torinese Alps offering numerous outdoor activities amidst nature.

The bond that unites Italy and France is strong in the Torinese Alps. Coming from the south, the first valleys you come across are the **Pellice**, **Germanasca** and **Chisone Valleys**, the perfect destination for trekking and mountain biking enthusiasts and for places to enjoy the typical cuisine and learn about the history of the Waldensians, the religious community of the followers of Waldo, a 12th-century merchant from Lyon



who lived in these valleys in the Middle Ages and was an adherent of the Protestant reform. Continuing north you reach the **Upper Susa Valley** and **Chisone Valley**, which hosted the Torino 2006 XX Olympic Winter Games, along with Bardonecchia, Cesana-Sansicario, Clavière, Pragelato, Sauze d'Oulx and Sestriere, all ideal destinations for outdoor sports enthusiasts.

For lovers of camino trails, the **Susa Valley** is part of a pilgrimage route over 2000 km long that goes from **Mont Saint-Michel** in France to Monte Sant'Angelo in Puglia, and is also on a variant of the well-known **Via Francigena** which goes from Canterbury to Rome.

The next valleys you come across are the **Lanzo Valleys** (Grande, Viù and Ala) and the **Ceronda** and **Casternone Valleys**. Surrounded by some of the most beautiful peaks in Piemonte, these valleys offer pristine landscapes and unspoiled nature where hiking can be practiced all year round. The main villages are **Usseglio**, **Ala di Stura**, **Chialamberto**, **Groscavallo** and **Balme**, where, thanks to the first mountain guides, Italian mountaineering was born.

Above Balme, at 1,800 metres, the stunning **Pian della Mussa** is well worth a visit. It is rich in spring waters which supply the Torinese aqueduct, and nestles against a backdrop of the peaks of the Bessanese and Ciamarella mountains, well known to mountaineers and rock climbers.

Continuing north, you reach the Canavesane Valleys, with the Orco Valley, Soana Valley and Chiusella Valley. Orco Valley and Soana Valley constitute the Piemontese side of the **Gran Paradiso National Park**, rich in typical alpine environments with glaciers, rocks, larch and fir woods and an abundant wildlife, symbolised by the Alpine ibex. It was the first park to be founded in Italy in 1922 in the area around the Gran Paradiso, the only peak above 4,000 m located entirely in Italy, across an area of over 70,000 hectares between the Aosta Valley and the Canavese.

This area is crossed by the Morainic-Canavese section of the Via Francigena. From Ceresole you can go **2,600 metres up the Nivolet Hill**, a watershed between the Orco Valley and the village of Valsavarenche (Aosta Valley), skirting two artificial lakes, the Serrù and the Agnel.

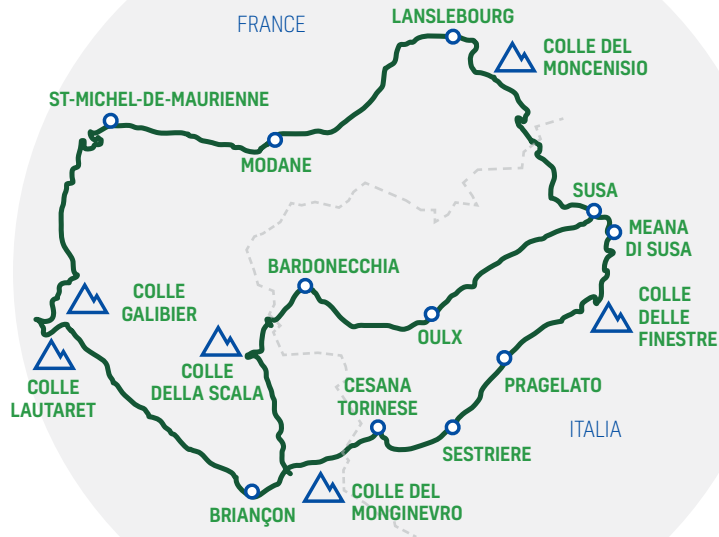
Experience this area to the full with the proposed itineraries: a selection of **tourist packages that combine sporting activities with local food and wine specialities and typical cultural and scenic landscapes**.

ViAlps

Spectacular landscapes, characteristic villages, typical products: these are the elements that characterise **ViAlps**, the **cross-border cycling route between France and Piemonte**.

It is a cycling ring with a route of 220 km that winds through **Savoia**, **Piemonte** and the **Hautes-Alpes**, passing through the hills of Mont-Cenis, Galibier, Lautaret and Montgenèvre.

You will cross some of the most evocative locations in Savoia, such as Lanslebourg, Modane and St-Michel-de Maurienne, in the Hautes-Alpes, such as Briançon and in the Susa Valley, such as Cesana Torinese and Oulx.



The official route is accompanied by two **variants**: the first, called **Névache**, from Briançon leads to Bardonecchia, passing through the Col de l'Echelle and rejoins the main route near Oulx. The second, known as **Colle delle Finestre**, from Cesana Torinese leads to Sestriere, Pragelato, Meana di Susa, passing through the Colle delle Finestre, and reconnects to the main ring near Susa.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGES**



Ring trail on the hills of the Giro d'Italia and the Tour de France

Bike Tour

The **ViAlps** is a cross-border cycling ring that touches various hills, protagonists of the **Giro d'Italia** and the **Tour de France**. With this 4-night itinerary you can breathe in both the Italian and French atmospheres, challenging yourself on the famous **hills** of **Moncenisio**, the **Telegraphe**, the **Galibier** and the **Lautaret**.

To the big names we have added a beautiful climb, not yet a protagonist of the laps but which deserves to be so for the breathtaking panorama it offers, climbing first to Laval in **Clarée Valley** and then returning to Italy for **Colle della Scala**.

The whole tour will be accompanied by two guides, one of whom will follow the group with the van so that he can provide back-up as often as needed and will carry everything necessary for the ride.

ALPI TORINESI
ITINERARY VIALPS



Ring trail on the hills of the Giro d'Italia and the Tour de France

PERIOD 19 June - 25 September 2022

DURATION 4 days | 4 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



DISCOVERY ITALY - SELENE TOUR

FOR INFORMATION | +39 011 3473640
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High altitude gravel route

Military roads, high-altitude dirt roads,
dirt roads immersed in the woods

All this on the saddle of a gravel bike, for an unforgettable ring trail through the **Valleys of Susa, Chisone, Briançonnais** and **Maurienne**.

Lands that have always had a vocation for cycling, rediscovering the most authentic spirit of adventure on mountain dirt roads, which only traveling by bicycle can offer.

A series of unique emotions, from the gravel of **Assietta** to the rediscovery of the ancient **Galibier route**, from the sun-kissed **Pramand** to the sparkling waters of **Lake Moncenisio**, passing by the austere fortresses of Aussois.



High altitude gravel route

PERIOD 1 June - 30 September 2022

DURATION 7 days | 6 nights

DIFFICULTY Very hard

PROPOSAL 

FORMULA 

**DETAILS OF
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OM ADVENTURE

FOR INFORMATION | +39 345 6806918
AND | adventure@officinemattio.com
RESERVATIONS | www.officinemattio.com



The giants between Italy and France

Ring tour by bike

The itinerary is a magnificent ring route between the **Susa Valley**, the **Chisone Valley**, the **Briançonnais** and the **Maurienne**, climbing the passes made legendary by the exploits of the cycling champions of every era: the **Colle delle Finestre**, the **Sestriere**, the **Galibier** - dear to Marco Pantani - and the **Moncenisio**.

A challenging itinerary, which will satisfy the most demanding cycling enthusiasts, not only from a sporting point of view: the citadel of **Briançon**, the Savoy forts of **Aussois**, the Roman city of **Susa** are just some of the points of historical and cultural interest along the route. And the landscapes are the imposing and marvellous ones of the **Franco-Piedmontese Alps**, nestled between the rolling valley floor and the harsh high mountain landscape of rocks and glaciers.



The giants between Italy and France

PERIOD 1 June - 30 November 2022

DURATION 4 days | 3 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

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AND | adventure@officinemattio.com
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Mountain biking between military roads and high peaks

Fortresses and villages, pastures and glaciers

All this on the saddle of a mountain bike, for an unforgettable ring route between the **Susa Valley**, **Chisone Valley**, the **Briançonnais** and the **Maurienne**.

Lands that have always had a vocation for cycling, rediscovering the most authentic spirit of adventure on mountain dirt roads, which only traveling by bicycle can offer.

A series of unique emotions, from the gravel of **Assietta** to the rediscovery of the ancient **Galibier route**, from the sun-kissed **Pramand** to the sparkling waters of **Lake Moncenisio**, passing by the austere fortresses of Aussois.



Mountain biking between military roads and high peaks

PERIOD 1 June - 30 September 2022

DURATION 7 days | 6 nights

DIFFICULTY Very hard

PROPOSAL 

FORMULA 

**DETAILS OF
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| adventure@officinemattio.com
| www.officinemattio.com



The great climbs of the Giro d'Italia and the Tour de France

Tour by bike

The ViAlps is a cross-border cycling ring that touches various hills, protagonists of the Giro d'Italia and the Tour de France. With this itinerary in one week you can breathe both the Italian and the French atmosphere, challenging yourself on the famous **Colli delle Finestre**, the **Sestriere**, the **Moncenisio**, the **Madeleine**, the **Telegraphe**, the **Galibier**, the **Lautaret** and the **Izoard**.

To the big names we have added a beautiful climb, not yet a protagonist of the laps but which deserves to be so for the breathtaking panorama it offers, climbing first to **Clarée Valley** and then returning to Italy for **Colle della Scala**.

The whole tour will be accompanied by two guides, one of whom will follow the group with the van so that he can provide back-up as often as needed and will carry everything necessary for the ride.

ALPI TORINESI
ITINERARY VIALPS



The great climbs of the Giro d'Italia and the Tour de France

PERIOD 19 June - 25 September 2022

DURATION 7 days | 7 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
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DISCOVERY ITALY - SELENE TOUR

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Sentiero Balcone

The **Balcone Trail** winds through the **Upper Susa Valley**, through the municipalities of Susa, Meana di Susa, Giaglione, Chiomonte, Gravere, Exilles, Salbertrand, Oulx, Bardonecchia, Sauze d'Oulx, Cesana Torinese, Claviere, Sauze di Cesana and Sestriere, keeping to medium altitudes and crossing many different types of natural environments such as larch woods, pine forests, ash-maple trees, skirting pasturelands and sometimes scree and high altitude rocky environments.

The central nodes of the entire route are the centres of **Susa**, **Oulx** and **Bardonecchia**, reached by rail and connected by public transport. All the other municipalities in the valley can be reached from these centres, and intermediate returns can also be arranged for anyone not wishing to follow the complete itinerary.



The area of the **Upper Susa Valley** as a whole has a number of attractions and strengths from the point of view of hiking, including numerous mountain huts connected to the **Balcone Trail** and other itineraries of local, regional and international interest such as the **Grande Traversata delle Alpi** (Great Alps Trail, GTA) or the **Glorioso Rimpatrio dei Valdesei** (Glorious Return of the Waldensians, GRV), the **Sentiero dei Franchi** (SF) or the **Strada del Pramand**, a military road built in the Upper Susa Valley in the late 19th century to connect the Fenil, Pramand, Föens and Jafferau forts, with part of the road (876 m) running under Mount Seguret through the Galleria dei Saraceni.

The Susa Valley provides a vast range of opportunities for outdoor sports and recreational activities [kayaking, rafting, freeriding, MTB, horse riding, climbing, via ferratas, mountaineering, snowshoeing, ski touring, cross-country skiing].



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGES**



Bardonecchia Bikers Paradise

Around the Sentiero Balcone and the Strada del Pramand

There are many thrilling routes full of fantastic surprises. Routes for all ages and abilities! With a bicycle you can enjoy incredible views and some truly unforgettable thrills.

Trails and handy roads, such as the **Sommelier Pass** (the highest road in Europe), guarantee unique experiences in stunning places. In addition to the **Bike Park** for freeride and downhill biking, it is also a strategic destination for road cycling enthusiasts: a number of legendary **Tour de France** and **Giro d'Italia** climbs can be tackled from the centre!

ALPI TORINESI
ITINERARY SENTIERO BALCONI



Bardonecchia Bikers Paradise

PERIOD 15 June - 30 September 2022

DURATION 8 days | 7 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

COLOMION

FOR INFORMATION | +39 0122 999284
AND | info@bardonecchiabooking.com
RESERVATIONS | www.bardonecchiabooking.com





By mountain bike from refuge to refuge

Bike tour along military roads

The **Upper Susa Valley** offers an incredible heritage of military roads from the seventeenth-century ones of the endless wars between the House of Savoy and France to the works dating back to the Second World War.

Through breathtaking landscapes, and small villages, pampered by the local food and wine products in the simple and genuine welcoming atmosphere of the **Alpine Refuges**, a trail that can arouse strong emotions.

ALPI TORINESI
ITINERARY SENTIERO BALCONE




By mountain bike from refuge to refuge

PERIOD 15 June - 15 September 2022

DURATION 7 days | 6 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

POLVERE DI STELLE

**FOR INFORMATION
AND
RESERVATIONS** | +39 339 4269402
| info@viagginaturnainpiemonte.it
| www.viagginaturnainpiemonte.it



Mtb on the Balcony of the Alps

Bike tour between Italy and France

The Alps on the French-Italian border offer breathtaking landscape and a fascinating history. The numerous former military roads that run along the ridges, continuously intertwining with the mountain paths, give a wide choice to those who want to explore the area by mountain bike.

The tour will begin with the **Strada Pramand**, a magnificent dirt road created to connect the numerous fortifications built at the end of the 19th century, passing through the spectacular Galleria dei Saraceni, dug into a curve. The second day we pass through the **Gran Bosco Park** and then take the famous **Strada dell'Assietta**. Then the tour continues to discover the beautiful alpine lakes set in a lunar landscape. The last stage passes through France through places of extraordinary beauty, pervaded by quiet and serenity.

The routes vary in difficulty, taking an average of about 6 and a half hours and they feature altitude differences of between 1,317m and 1,629m uphill.

ALPI TORINESI
ITINERARY SENTIERO BALCONE



Mtb on the Balcony of the Alps

PERIOD 19 June - 25 September 2022

DURATION 5 days | 5 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

DISCOVERY ITALY - SELENE TOUR

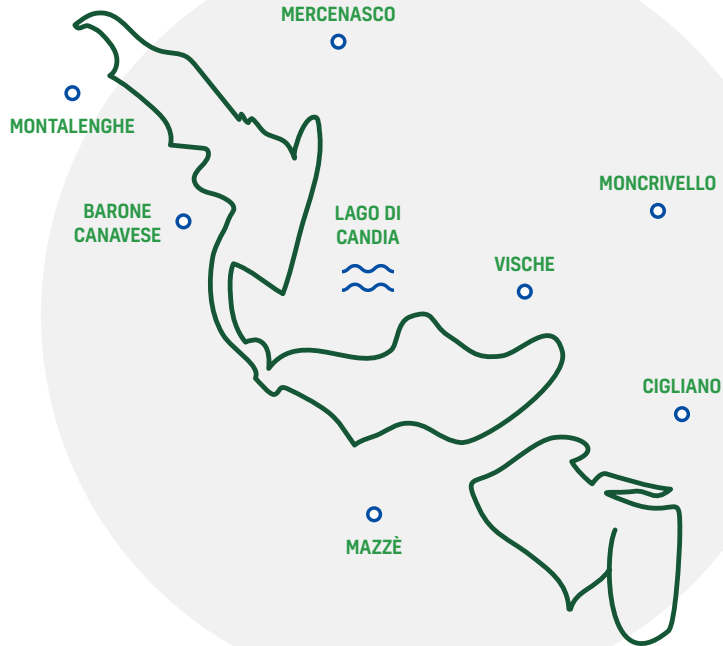
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Sentiero delle Pietre Bianche

The main itinerary of the **Pietre Bianche Trail** (SPB) is made up of a number of closely connected loops that together cover the territory of 11 municipalities in the Provinces of **Torino** and **Vercelli**, with some variants providing pleasant detours from the itinerary: overall, there are over 50 km of marked trails.

Its winding paths provide easy connections between the various municipalities of the area while at the same time offering the option of doing local loops of the circular route known as the **Alta Via dell'Anfiteatro Morenico d'Ivrea** (AMI, or Morainic Amphitheatre of Ivrea High Road), a hilly route of over 110 km (taking only the main trail into consideration) that runs along the entire development of the morain ridge of the Morainic Amphitheatre of Ivrea, connecting the Municipality of **Andrate** with the Municipality of **Brosso**.



The **Pietre Bianche Trail** also provides a link between the **AMI** and **Lake Candia** with its attractive **Nature Park**, a real jewel in the area's crown.

It is made up of a number of paths suitable for walking, mountain biking and horse riding, which connect with the AMI circular route and with a further network of local routes of touristic and cultural interest, including the itinerary known as **Oro del Ghiacciaio** [literally, glacial gold] in the Municipality of **Mazzè**, the **Masso Rabasso trail** in the Municipality of **Orio Canavese** and the **Lake Candia** wetlands trails.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGE**



On the Pietre Bianche Trail

E-bike tour amidst lakes, canals, wines and castles

Guided e-bike tour: cultural and food & wine tour in the **Erbaluce** hills, medieval villages and castles with panoramic stops, guided tours and tastings; it continues with an immersion in nature to observe the wild flora and fauna of the **Lake Candia** park and ends with a historical trail along the waterways and 16th century canals with a visit to some hydraulic works attributed to Leonardo da Vinci.

ALPI TORINESI

ITINERARY SENTIERO DELLE PIETRE BIANCHE



On the Pietre Bianche Trail

PERIOD 1 January - 31 December 2022

DURATION 3 days | 2 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



PRONTO TOURS ITALIA con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE ed ENJOY CANAVESE

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AND
RESERVATIONS** | +39 335 8233635
| giorgia.scienza@prontotours.com
| www.prontotours.com



Via Francigena Morenico-Canavesana

The route of the **Via Francigena Morenico-Canavesana**, between the Valdostano and Biellese-Vercellese stretches, extends for **about 40 km**, crossing the territories of 10 Municipalities: along the way you will hike along a beautiful stretch of the **Morainic Amphitheatre of Ivrea** created by the retreat of the Balteo Glacier, one of the best preserved geological conformations of glacial origin in the world, dotted with lakes and characterised by the long profile of the Serra, a 25 km moraine ridge.



The Via Francigena Morenico Canavesana route is part of an **international religious route**. It also intersects with the Alta Via dell'Anfiteatro Morenico of Ivrea and with the Ring Routes of the 5 Lakes.



**EXPERIENCE OUR AREA FOR YOURSELF:
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The Via Francigena in the Canavese area by bike

E-bike route on the Via Francigena of Sigerico

An itinerary travelled by pilgrims since the Middle Ages starting from **Pont Saint Martin**. We pass through **Carema** with its vineyards where we stop for wine tasting, then visit Ivrea, a route on the Serra Moraine as far as the **Lake Viverone** and back.

An itinerary to discover the **Canavese** landscapes and wines.

ALPI TORINESI
ITINERARY VIA FRANCIGENA MORENICO-CANAVESANA



The Via Francigena in the Canavese area by bike

PERIOD 1 February - 1 December 2022

DURATION 2 days | 1 night

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



PRONTO TOURS ITALIA con CONSORZIO
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CANAVESE ed ENJOY CANAVESE

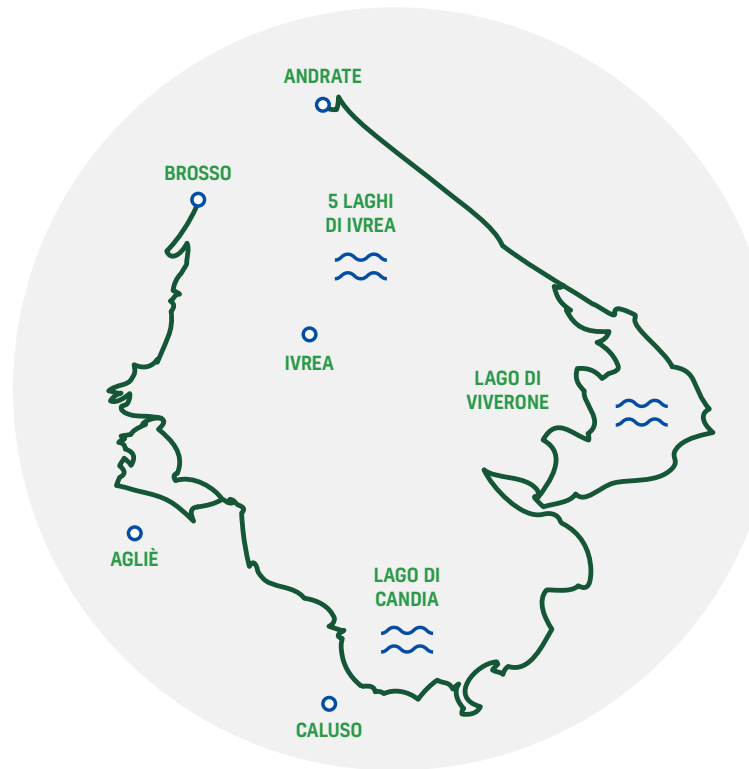
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Alta Via dell'Anfiteatro Morenico di Ivrea

The **Alta Via of the Morainic Amphitheatre of Ivrea** is an impressive circular route that runs clockwise from **Andrate** to **Brosso** along the morainic amphitheatre formed in the Quaternary period by the glacier that occupied the **Dora Baltea** Valley, at its outlet onto the Canavese plain.

The glaciation has left us a structure of great geomorphological interest. Its excellent conservation has provided us with an open-air book where we can read the effects of the succession of ice ages and interglacial periods in the **Pleistocene era**, from 1.65 million to 130,000 years ago.



Lakes nestled amid lush greenery, from **Lake Viverone** to the **5 lakes of Ivrea** to **Lake Candia**, castles such as the one in **Masino**, admirably managed by Italy's national trust, the FAI, charming villages, woods and vineyards where excellent wines such as **Erbaluce** are produced: the extraordinary landscape, historical and cultural value of this rich and varied itinerary means you can combine the pleasure of a hike with countless opportunities to visit and discover the area.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGE**



Alta Via of the Morainic Amphitheatre of Ivrea

E-bike tour amidst lakes, wines and castles

Guided e-bike tour from **Ivrea**, a UNESCO Industrial City of the Twentieth Century, to the heart of the **Chiusella Valley** and the verdant **Canavese**, covering the most vocative points of the **morainic amphitheatre** in four stages, a circular route along the moraine reliefs formed by the retreat of the glacier that occupied the **Dora Baltea Valley**.

Visits to lakes and castles, and food and wine tastings.



ALPI TORINESI

ITINERARY ALTA VIA DELL'ANFITEATRO MORENICO DI IVREA

Alta Via of the Morainic Amphitheatre of Ivrea

PERIOD 1 January - 31 December 2022

DURATION 4 days | 3 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

PRONTO TOURS ITALIA con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE ed ENJOY CANAVESE

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Alpi Cuneesi and Alta Langa hills

A variety of landscapes to be experienced

The province of Cuneo is an **area of varying landscapes, characterised by unique cultural, artistic, gastronomic and folkloristic traditions**. It is **historically a place of major cultural and commercial exchanges between Italy and France**.

It comprises a vast land that extends from mountainous and maritime areas to the Po Valley.

Over the centuries, the numerous routes used for the trade of salt and agricultural products have left their mark on the area, as have the paths taken by shepherds, pilgrims and travellers, creating a veritable **crossroads of routes, paths and mule tracks**.



Partially abandoned over time, these roads today provide an invaluable heritage of **low-traffic, paved and unpaved roads, to be experienced and explored** even on a bike.

Starting out from the town of Cuneo, the area embraces the **Ligurian, Maritime** and **Southern Cottian Alps** and ends at **Monviso** which, at an altitude of 3841 m, is a great tourist attraction in both summer and winter.

The Cuneo Alps are the ideal setting for numerous outdoor activities, where **walks for families** can be organised as well as **more challenging walks for experienced hikers**.

This area also comprises the **rolling hills of Alta Langa**, where you can enjoy unspoiled nature, **good local food** - such as cheese and hazelnuts - and the **artistic and historical heritage** in the form of authentic castles and villages that have remained unchanged over time.

Alba, the beating heart of the Langa, is the entry point into another world of outstanding landscapes and areas to explore, where nature can be experienced through a **wide range of outdoor activities, from trekking to off-road cycling**.

It is impossible to pick just one itinerary, there are opportunities for unique experiences to suit all tastes: from discovering the **Nocciola Piemonte PGI** (Piemonte hazelnut) in Cortemilia and Cravanzana, to visiting the

majestic castles in Prunetto and Saliceto, from sampling **tasty Murazzano PDO cheese** in Murazzano, to experiencing the wonders of Bossolasco, with its rose festival; the charm of places such as the stone village of Bergolo, and Paroldo, which conceals the secrets of the Piemontese witches known as Masche, and the villages of Monesiglio and Mombarcaro, from which you can see the sea on clear days.

Each village is a world unto itself, a microcosm to explore and in which to enjoy the simplicity of everyday life. Whichever route you choose, you will **always find scenery to fill your heart and eyes with wonder**.

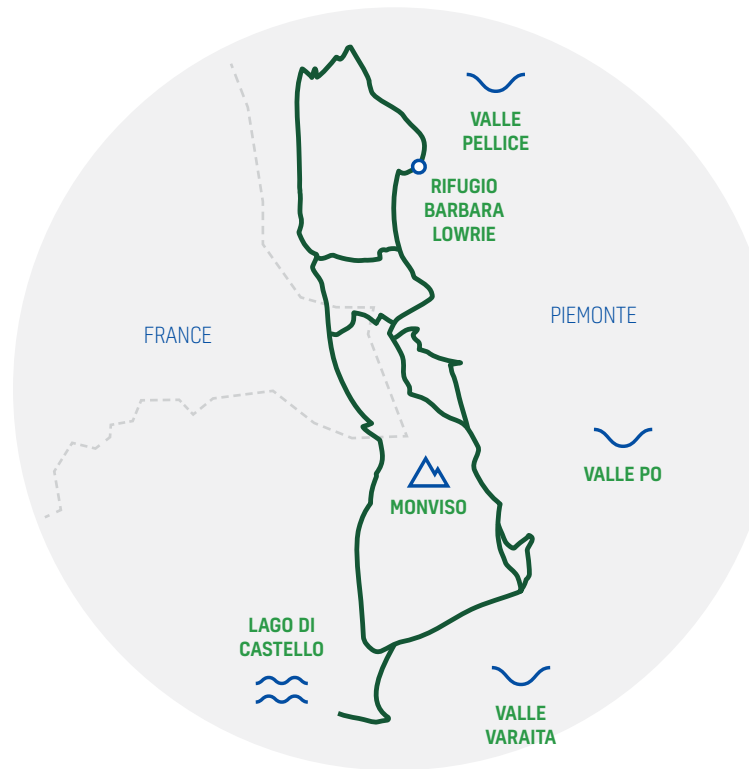
Experience this area to the full with the proposed itineraries: a selection of **tourist packages that combine sporting activities with local food and wine specialities and typical cultural and scenic landscapes**.

Gran Tour del Monviso

The **Grand Tour of Monviso** is one of the most spectacular high altitude itineraries in Europe, offering panoramic views of the different profiles of the **King of Stone** and the chance to experience nature, protected by two natural parks, in a constantly changing environment.

Along the way you will come across the rocky walls of the southern massif, the shimmering, crystal-clear green-blue waters of the lakes of the **Giargiatte Valley**, the twisted stone pines of the **Alevé Woods** and the splendid lakes of the **Upper Po Valley**.

The panoramic **Sentiero del Postino** trail, the historic **Monte Viso Tunnel**, the vast spaces of **Queyras** and the exceptional viewpoint of **Cima Losetta** are also worthy of note.



The Grand Tour of Monviso can start from any of the following Italian valleys: **Po Valley**, **Varaita Valley** or **Pellice Valley** or from the **Guil Valley** in France.

The full loop can take from two to a maximum of six days. If you have 4 or 5 days free, you can do the full loop which also includes the upper **Pellice Valley**, passing through the splendidly rural **Conca del Prà** and the **Rifugio Barbara Lowrie** mountain hut.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGE**



Tour of Monviso by bike

The legendary climbs of the Tour de France and the Giro d'Italia

Cycling tour in the Occitan Valleys of **Monviso**, rich in culture, traditions and good food, and the French valleys of **Queyras - Guillestrois**, **Ubaye** and **Tinée**, renowned for their sunny, dry climate.

It is a fairly complex route that alternates winding roads with quieter paths, rich in history and charm: magnificent landscapes, villages where time stands still, secret valleys, steep climbs and speedy descents in unspoiled surroundings.



ALPI CUNEESI AND ALTA LANGA
ITINERARY GRAN TOUR DEL MONVISO

Tour of Monviso by bike

PERIOD 15 June - 15 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

INSITE TOURS

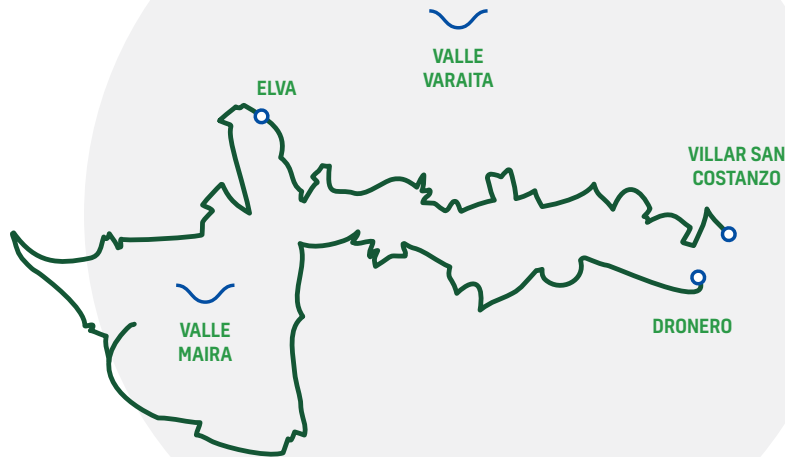
**FOR INFORMATION
AND
RESERVATIONS** | +39 339 4971686
| raffaella.giordano@insitetours.eu
| www.insitetours.eu



Percorsi Occitani

The **Occitan Trails** are the most popular circuits in the **Maira Valley**. Designed over 15 stages, it goes from the **plain of Villar San Costanzo** to the **pastures of Elva, Prazzo** and **Acceglio**; return from the opposite side passing through **Chialvetta, Gardetta, Marmora, Macra** and **Celle Macra**. Possibility of shorter loops along the itinerary.

Along the way there are mountain huts, stopping places and inns with typical Occitan dishes. The trail is marked by wooden panels and yellow markings.



The circuit is included in the Trails category of the survey organised by the FAI (Italian Environment Fund) to promote particularly treasured places and to ensure they are preserved for future generations.

The itinerary of the Occitan Trails retraces the **ancient mule tracks of the Maira Valley** which used to connect the villages located on the steep mountains slopes.

The route is home to countless artistic and architectural artefacts from the Romanesque and Gothic periods dating back to the times of the **Marquisate of Saluzzo** from the 12th century and enhanced by the traditional Occitan culture present in three states (Italy, France and Spain).



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGES**



Discovering the Valle Maira

Gardetta, Elva and the Strada dei Cannoni

Guided tour by MTB or e-bike to discover the wonders of the **Maira Valley**. We will cross the **Gardetta plateau** on the ancient military routes, a unique place where endless pastures are interrupted only by jagged mountains that look like Dolomites.

Proceeding along the **Occitan Trails**, we will visit the numerous villages of the **Elva basin**. Here the panorama amazes visitors, but so does the location's art, with frescoes from the Romanesque period and its history, visible in the **Museo dei Capelli** (Hair Museum). Following the **Strada Dei Cannoni** we will admire the work of the military genius that runs through the whole valley along the watershed between **Maira** and **Varaita**.

ALPI CUNEESI AND ALTA LANGA
ITINERARY PERCORSI OCCITANI



Discovering the Valle Maira

PERIOD 1 June - 31 October 2022

DURATION 2 days | 1 night

DIFFICULTY Hard

PROPOSAL 

FORMULA  

**DETAILS OF
THE OFFER** 

OM ADVENTURE

**FOR INFORMATION
AND
RESERVATIONS** | +39 345 6806918
| adventure@officinemattio.com
| www.officinemattio.com



The Alta Valle Maira

On Mtb, on the trail of its wildest spots

Three days of pure fun riding mtb on the most beautiful trails of the **High Maira Valley**. Immersed in a wild and uncontaminated nature you will discover and travel through ever-changing landscapes, from dense larch woods to boundless pastures or lunar stony ground, reaching altitudes as high as 3,000 m.

A tour designed for those who love mountain biking and long for some new itineraries in the high mountains.

ALPI CUNEESI AND ALTA LANGA
ITINERARY PERCORSI OCCITANI



The Alta Valle Maira

PERIOD 1 June - 31 October 2022

DURATION 3 days | 2 nights

DIFFICULTY Very hard

PROPOSAL 

FORMULA 

DETAILS OF
THE OFFER 

OM ADVENTURE

FOR INFORMATION | +39 345 6806918
AND | adventure@officinemattio.com
RESERVATIONS | www.officinemattio.com

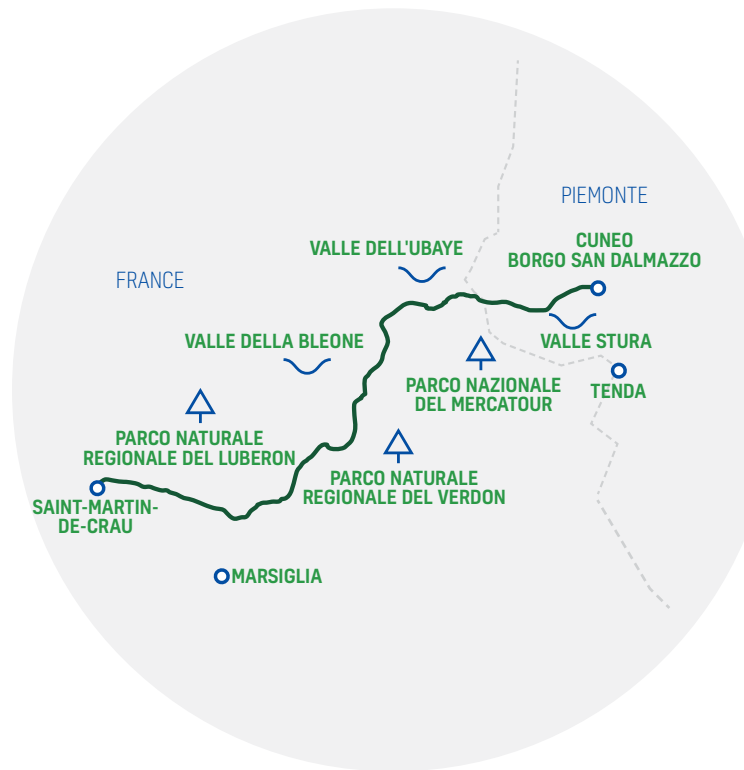


La Routo

The **La Routo** route is the strong link between the **Stura Valley** and the plain of La Crau, behind the city of Arles, in Provence. Travelling La Routo means, in fact, crossing centuries of history in the footsteps of the shepherds who went to work in the south of France or accompanied their flocks to graze on the heights of the Cuneo Alpine mountains.

The numbers: **33 stages**, about **540 km** and **17,500 m of elevation gain**.

The itinerary, which in Italy is approximately 110 km long, skirts all the **municipalities of the Stura Valley**, and consists of nine stages, as well as two variants, each between 9 and 15 km in length, arriving in villages or towns. The significant elevation gain of the route - from 2,000 metres above sea level on the **Colle della Maddalena** to 645 metres in **Borgo San Dalmazzo** - allows you to discover a variety of scenarios and spectacular panoramas. In fact, you may encounter Alpine lakes in the high pastures - such as the **Roburent lakes** -, many mountain pastures - such as the Bassa di Colombart or the Alpe di Rittana -, the Dolomite rocks of Sambuco, the Neolithic caves of Aisone or the chestnut woods in the lower valley.



Then, along the way, the biker will also come across many elements of cultural heritage related to pastoralism and more generally to traditional life such as, for example, the **village of Ferrere in Argentera**, a symbolic venue of smuggling and rurality in the high mountains, the **Pontebernardo Pastoralism Ecomuseum**, the **Paraloup hamlet** with its links to the **Partisan Resistance**, or the remains of **Ancient Pedona**, dating back to the Roman period.

On the French side (about 400 km), the route takes advantage of the many existing itineraries, in particular the **trails of Grande Randonnée (GR®)** and **Promenade et Randonnée**, as well as the MTB and equestrian routes.

It integrates the PDIPR (*Promenade and Randonnée Route Development Plans*) as much as possible under the responsibility of the three departments involved: Bouches-du-Rhône, Var and Alpes-de-Haute-Provence. The GR® 69 La Routo® itinerary was finalised by the Maison de la Transhumance (*House of Transhumance*) in collaboration with the various committees of the departments of FFRandonnée (*French Trekking Federation*).



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGE**





Discovering the Route in the Valle Stura

E-bike tour on the trails of transhumance and pastoralism

The package is a 4-day adventure for those wishing to ride the ancient trails of the transhumance between the **Ubaye Valley** and the **Stura Valley of Demonte**. The whole route is travelled on low difficulty cycling itineraries, thus offering the opportunity to experience this "journey" to cyclists of all levels. The departure from France requires the cyclist to tackle the climb towards the **Colle della Maddalena**, which however is never demanding and provides us with a reminder of the hardships of the journey to the high mountain pastures. Once you reach the hill, on the border with Italy, the descent towards the valley begins. It features some uphill stretches where we can see the most important sheep farming locations in the Stura Valley, as far as Borgo San Dalmazzo.

The stages in the programme are rather short, so as to allow anyone to tackle them easily and, if needed, they can be extended for more experienced cyclists.

ALPI CUNEESI AND ALTA Langa
ITINERARY LA ROUTE




Discovering the Routo in the Valle Stura

PERIOD 1 June - 31 October 2022

DURATION 4 days | 3 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

DETAILS OF
THE OFFER



CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo

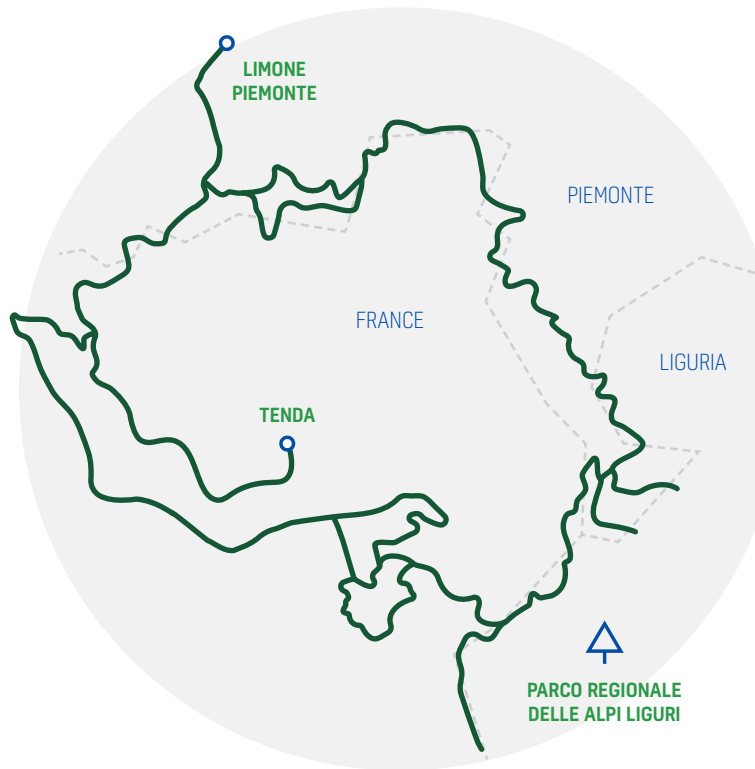
FOR INFORMATION | +39 0171 696206
AND | info@cuneoalps.it
RESERVATIONS | www.cuneoalps.it



Alta Via del Sale

The **Upper Salt Road** (Mediterranean Alps Cycle route) is a medium difficulty cycling route that constantly crosses 2 territories: **France** and **Italy** - 2 Regions: **Piemonte** and **Liguria**, reaching 2221 m at its highest point.

The route passes through some delightful places such as the fascinating area of the **Carsene** with its almost lunar landscapes, the pristine environments of the protected areas of the **Maritime Alps** and the **Park of the Ligurian Alps**, with their rich biodiversity, the wonderful **Navette woods** and the late 19th century military fortifications.



Once a land of transit for shepherds, pilgrims and traders who used the alpine passes to reach Northern Europe from **Liguria** and **Provence**, giving rise to extensive trade networks.

Today, this cross-border route has taken on an important role for outdoor tourism: the perfect place for e-bikers and mountain bikers to explore areas that are still unspoiled and rich in flora and fauna.

The Upper Salt Road is now more than ever a teeming thoroughfare in a vast territory that can be explored by simply following the road or by taking some of the many different itineraries available in this region between **Italy** and **France**, between the mountains and the sea, with a link to the **Ligurian cycle path**.



**EXPERIENCE OUR AREA FOR YOURSELF:
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Mediterranean Alps

Mtb guided tour

A journey across the **Mediterranean Alps**, a unique place in the world where **the Alps plunge into the sea**, bringing to life a series of **natural and landscape wonders that are unique in the world**.

A journey through the history of humanity, from prehistoric times to the Roman era, to the stormy Middle Ages and the world wars.

ALPI CUNEESI AND ALTA LINGA
ITINERARY ALTA VIA DEL SALE



Mediterranean Alps

PERIOD 15 May - 15 October 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

DETAILS OF
THE OFFER



OM ADVENTURE

FOR INFORMATION | +39 345 6806918
AND | adventure@officinemattio.com
RESERVATIONS | www.officinemattio.com



Mediterranean Alps cycle route

The Via del Sale variant from Limone to Ventimiglia

A cross-regional route uniting **Piemonte** and **Liguria** that offers a pure adrenaline rush ... kilometre after kilometre of unpaved military roads with spectacular views, many types of woods and alpine meadows, karst areas and fortifications ... right down to the sea ... Truly unique emotions!

The colours and flavours of the territories you pass through. A visit to the former **Olive Mill** and the **Olive Oil Museum of Albenga** is definitely not to be missed!

ALPI CUNEESI AND ALTA LANGA
ITINERARY ALTA VIA DEL SALE




Mediterranean Alps cycle route

PERIOD 15 June - 15 October 2022

DURATION 4 days | 3 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

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CONITOURS - Consorzio Operatori
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**FOR INFORMATION
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RESERVATIONS** | +39 0171 696206
| info@cuneoalps.it
| www.cuneoalps.it



Mediterranean Alps cycle route

Tour of the Forts variant

Italy - France cross-border route offering days of pure adrenaline... Kilometre after kilometre of unpaved military roads with spectacular views, many types of woods and alpine meadows, karst areas and fortifications ...

A visit to the **Museo delle Meraviglie** [Museum of Wonders] in **Tenda** is definitely not to be missed... unforgettable experiences!

ALPI CUNEESI AND ALTA LANGA
ITINERARY ALTA VIA DEL SALE





Mediterranean Alps cycle route

PERIOD 15 June - 15 October 2022

DURATION 4 days | 3 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo

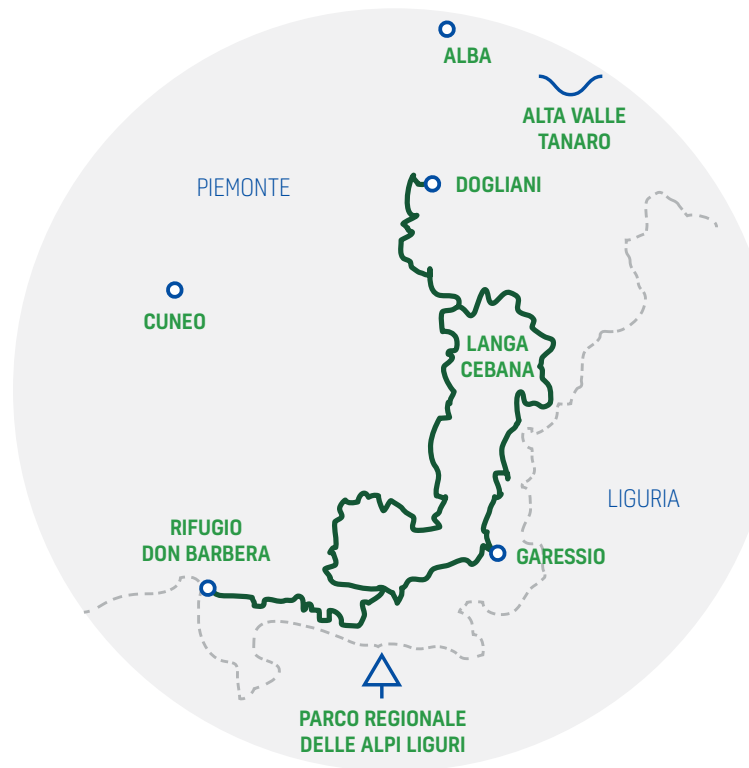
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| info@cuneoalps.it
| www.cuneoalps.it



Sentiero Tanaro

The **Tanaro Trail** (STA) is a partial cycle-excursionist route, marked with the red/green symbol, which develops in the form of a long ridge that crosses the **Langa Cebana** then climbs back up the **High Tanaro Valley**.

An internal ridge of the Tanaro Trail - known as **Dorsale Mongia** - also connects the long ridge of the **Mongia Valley** from the **Colle di Prato Rotondo** just below the slopes of **Monte Mindino**, between the municipalities of **Garessio** and Viola as far as Scagnello, Mombasiglio and Lesegno.



This variant also connects the Tanaro Trail with the **Balcone Monregalese Trail** through the village of Valcasotto in the municipality of Pamparato and then joins the MBT at the Colle della Navonera.

Starting from the municipality of Garessio, the itinerary intercepts numerous national and international routes, including the main ones within the **Marguerais Park**, including the Italia Trail, the Alta Via dei Monti Liguri, the Via Alpina Rossa, and the GtA.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGES**



Reasons to go cheeses and traditions from Val Casotto to Valle Tanaro

Ripening, tradition, culture, outdoors, nature and breathtaking views.

Switch off for two days to savour the scent of mountain cheeses, discover the secrets of the local cuisine, and the beauties of the area with a day on an e-bike, in close contact with nature.

ALPI CUNEESI AND ALTA LANGA
ITINERARY SENTIERO TANARO



Reasons to go cheeses and traditions from Val Casotto to Valle Tanaro

PERIOD 1 May - 31 October 2022

DURATION 2 days | 1 night

DIFFICULTY Easy

PROPOSAL 

FORMULA 

DETAILS OF
THE OFFER



CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo

FOR INFORMATION | +39 0171 696206
AND | info@cuneoalps.it
RESERVATIONS | www.cuneoalps.it



E-bike tour on the Tanaro, among vineyards and hazelnut groves

Guided e-bike tour

Nature and a food and wine itinerary among the **Langhe** hills, with vineyards and hazelnut groves, the Tanaro river and villages, with panoramic stops and tastings of wines, hazelnuts and cheeses; the itinerary continues with an immersion in nature to observe the **Alta Langa** with the fields of lavender and medicinal plants, the **Natural Reserve of the Belbo springs** and ends in the **village of Priero**.

ALPI CUNEESI AND ALTA LANGA
ITINERARY SENTIERO TANARO



E-bike tour on the Tanaro, among vineyards and hazelnut groves

PERIOD 1 March - 31 October 2022

DURATION 3 days | 2 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA   

**DETAILS OF
THE OFFER**



OM ADVENTURE

FOR INFORMATION | +39 345 6806918
AND | adventure@officinemattio.com
RESERVATIONS | www.officinemattio.com

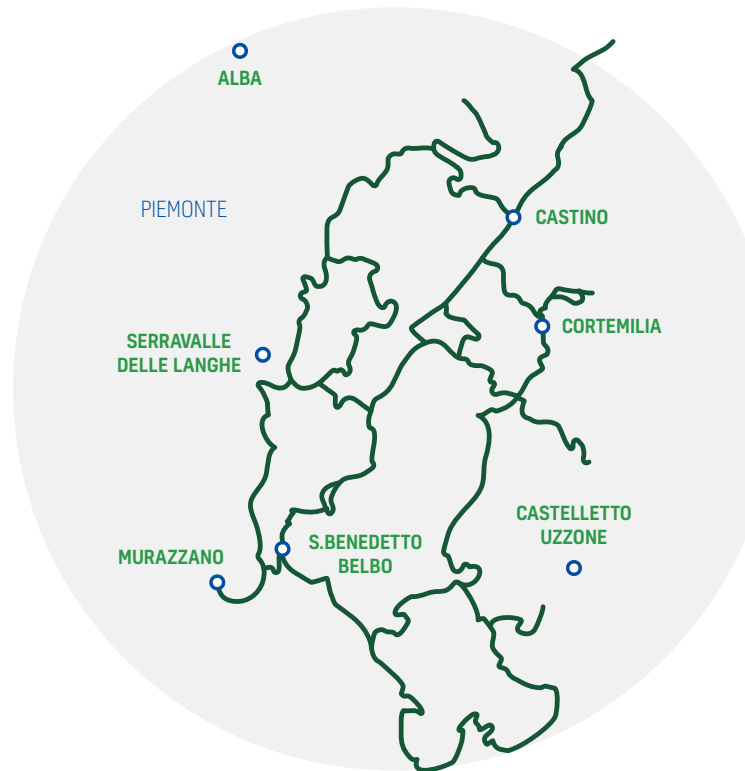


Grande Traversata delle Langhe

The **GTL - Great Langhe Trail** - is an acronym that encompasses an entire territory.

Forget vineyards and wine, which are only marginally present, here you can find **unspoiled nature, cheeses, hazelnuts, castles, authentic villages** that have remained unchanged over time.

Just a few kilometres from **Alba** is another world, indeed an "other world" where you can admire exceptional landscapes and enjoy all the outdoor activities that can be carried out in this part of the world, from trekking to off-road cycling.



It is impossible to pick just one itinerary, which is why **GTL** offers so many. In practice, since it touches every village, you just need to choose between routes along the ridge or more specific itineraries, going from village to village.



**EXPERIENCE OUR AREA FOR YOURSELF:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGES**



E-bike taste tour

An e-bike circular tour immersed in nature

Itinerary to discover the flavours of the **Alta Langa**.
A maze of paths, dirt tracks and paved roads without traffic along a part of the itinerary called **GTL - Grande Traversata delle Langhe** (Great Langhe Trail).

The route is easy but best suited for mountain bikers with off-riding experience and some training.



ALPI CUNEESI AND ALTA LANGA
ITINERARY GRANDE TRAVERSATA DELLE LANGHE

E-bike taste tour

PERIOD 1 June - 31 October 2022

DURATION 3 days | 2 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER** 

INLANGA TOURS

**FOR INFORMATION
AND
RESERVATIONS** | +39 334 7793333
| fabrizio.bissacco@inlangatours.it
| www.inlangatours.it



Pedalling the Langhe

E-bike tour

A two-day cycling break from the lower Langa through the vineyards of Nebbiolo, Barbera and Dolcetto towards the hazelnut groves and woods of the Alta Langa, as we listen to the slow rhythms of nature.

ALPI CUNEESI AND ALTA LANGA
ITINERARY GRANDE TRAVERSATA DELLE LANGHE



Pedalling the Langhe

PERIOD 1 May - 25 September 2022

DURATION 2 days | 1 night

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



V.I.C.

**FOR INFORMATION
AND
RESERVATIONS** | +39 0173 223250
| irene@piemontevic.com
| www.piemontevic.com



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