

MTB VARESE suggests

CYCLE ITINERARY

Two-wheel experiences



1. Wash Houses Tour

It is a ring tour around Campo dei Fiori Park across woods and ancient villages where precious wash houses beat time and stages.

MEDIUM DIFFICULTY



2. Windmill Tour

It is an evocative loop trip along paved roads with little traffic and paths inside the wood, in search of Monvallina torrent, which rises over Orino and flows into Lake Maggiore.

MEDIUM DIFFICULTY



3. The ancient ways

This is an itinerary in the name of fresh air, but fascinating in every season. We will see Cittiglio Falls, Ferrera and continue till Lake Ghirla and Ganna.

MEDIUM-HIGH DIFFICULTY



4. The enchanted wood

It is a cycle excursion full of magic south of Campo dei Fiori Park, there will be some quite demanding rises, but in the same way very amusing.

LOW DIFFICULTY



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5. Valcuvia cycle lane

It is a roundtrip tour along the Margorabbia river near the Valcuvia cycle lane, ideal for the whole family; along tree-lined roads and running along farms.

LOW DIFFICULTY



6. Two lakes tour

It is an easy tour along the cycle lanes of Lake Varese and Comabbio with some interesting variants.

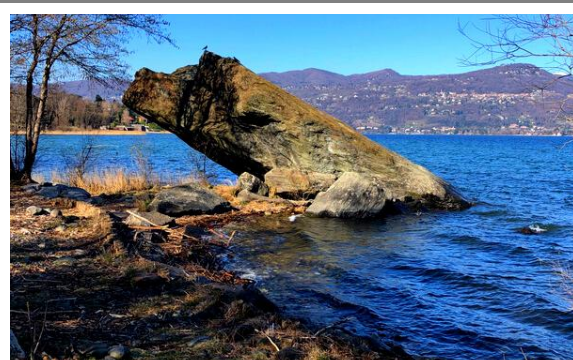
LOW DIFFICULTY



7. The flowered lake coast

It is a mixed itinerary of asphalt and paths along the shores of Lake Maggiore, between Leggiuno and Angera.

MEDIUM DIFFICULTY



8. Riding through small villages

It is a cycle excursion through some small villages of the area of Campo dei Fiori Park, which give tourists emotions and memories.

MEDIUM DIFFICULTY



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9. Museums and old railways

This is a ring tour. We will travel along old railways that today are cycle lanes, with a stop at the open air ceramic museum.

MEDIUM DIFFICULTY



10. Alpe San Michele and Vittorio Emanuele III Fort

A demanding ring tour mainly on paths and mule tracks. We will go up 853 mt above sea level to admire panoramas on Lake Maggiore.

HIGH DIFFICULTY



11. The ghost town of Cavojasca

It is a demanding way suitable only for experts, which will occur mainly on rough trails with a high difficulty.

HIGH DIFFICULTY



12. Alpe Forcora Lake Elio

It is a difficult tour mainly on paths and mule tracks. We will stop at "Piero's mills".

HIGH DIFFICULTY



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13. Val D'Ayas

This is a ring tour. Difficult in some parts, along the famous Monte Rosa Prestige lato Corto.

HIGH DIFFICULTY



14. Alpe Mera

A demanding ring tour 1752 mt above sea level. An excellent natural terrace to enjoy Monte Rosa from afar.

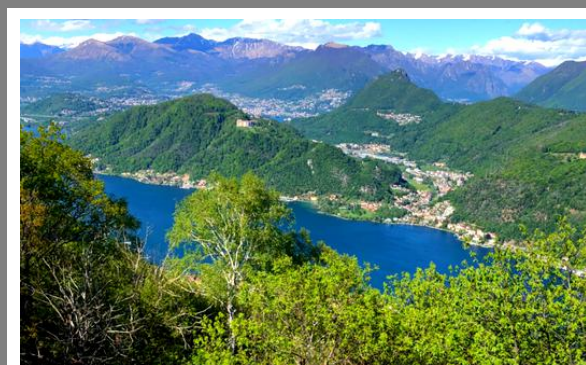
HIGH DIFFICULTY



15. Piambello e Belvedere

The route winds along the military road of Cadorna line, characterized by a climb with constant and good rideable slopes.

HIGH DIFFICULTY



16. Monte Falò

This mountain is located in the town of Armeno. In the middle of Vergante, at the same distance from the shore of Lake Orta and Lake Maggiore, above the valley of the Agogna River.

HIGH DIFFICULTY



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CYCLE ITINERARY

Two-wheel experiences



17. Sass dul Pizz

L'Alto Vergante is a ride for mountain bike lovers. Climbs, slopes, rocks and roots are in many parts a pure fun.

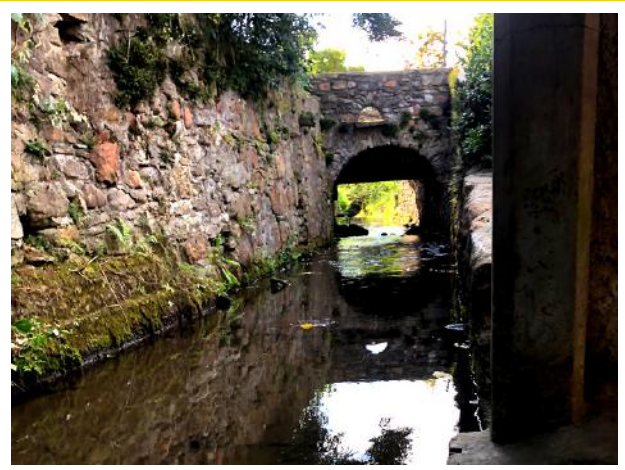
HIGH DIFFICULTY



1. WASH HOUSES TOUR



MTB VARESE CYCLE EXPERIENCE



It is a ring tour around Campo dei Fiori Park across woods and ancient villages where precious wash houses beat time and stages.

WHAT WE WILL SEE

Along the itinerary we will meet the wash houses of Gavirate, Cocquio Trevisago, Anzio, Castello Cabiaglio, Brinzio and there will be some passages in the wood and along rocky roads, some of which with an important slope. Brinzio is very suggestive with its historic centre formed by courtyards and old farmsteads transformed into residences. From here we will go down towards Rasa, running along the source of the Olona river, which flows into Naviglio Grande in the province of Milan to come back then to the town of Velate in Malgesso.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- About 50 km
- Time 4 hours
- Difference in height about 800 d+
- Medium Difficulty
- Suitable for trained cyclo tourists
- Unsuitable for beginners

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2. WINDMILL TOUR

MTB VARESE CYCLE EXPERIENCE



It is an evocative loop trip along paved roads with little traffic and paths inside the wood, in search of Monvallina torrent, which rises over Orino and flows into Lake Maggiore.

WHAT WE WILL SEE

In the past along its stream several windmills were built. On these grounds is inserted a route that connects the windmills, which formerly contributed to the subsistence and wealth of the local communities (nowadays some of them are private residences).

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time 3/4 hours
- Difference in height about 350 mt.
- 40 km
- Medium difficulty
- Suitable for everyone
- Unsuitable for children

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3. THE OLD WAYS AMONG WATERFALLS, SMALL VILLAGES AND ABBEYS

MTB VARESE CYCLE EXPERIENCE



This is an itinerary in the name of fresh air, but fascinating in every season. We will see Cittiglio Falls, Ferrera and continue till Lake Ghirla and Ganna.

WHAT WE WILL SEE

We will run along San Giulio torrent in Cittiglio, which goes down quickly from Sasso del Ferro forming three small waterfalls, younger sisters of the waterfalls formed by Mangorabbia torrent in Ferrera. We will see Cittiglio waterfalls, the paths leading to Casalzuigno, part of the Valcuvia cyclo lane and Ferrera waterfalls. We will come up towards Ghirla to see the famous Maglio and will stop for some photos at Badia di Ganna to come back then across Brinzio and Caldana.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time 5 hours
- Difference in height 900 mt
- 60 km
- Medium-high difficulty
- Suitable for trained cyclo tourists
- Unsuitable for beginners

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4. THE ENCHANTED WOOD

MTB VARESE CYCLE EXPERIENCE



It is a cycle excursion full of magic south of Campo dei Fiori Park, there will be some quite demanding rises, but in the same way very amusing.

WHAT WE WILL SEE

We will visit Armino, a district of Gavirate, and Coquio Trevisago historic centre to move then towards secondary ways and paths, one of which runs along a private estate where some deers boss around, till Caldana to clamber the district of Cerro. In Cerro we will enter into a wood full of magic, with its wonderful wooden sculptures created by the skillful hands of a local artisan.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time 3/4 hours
- Difference in height about 500mt
- 35/40 km
- Low difficulty
- Suitable for trained cyclo tourists
- Unsuitable for beginners

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5. VALCUVIA CYCLE LANE

MTB VARESE CYCLE EXPERIENCE



It is a roundtrip tour along the Margorabbia river near the Valcuvia cycle lane, ideal for the whole family; along tree-lined roads and running along farms.

WHAT WE WILL SEE

We will leave from Cuveglio and take the road which leads to Cuvio to visit a small village with its wash-houses. After that we will go to Cavona with its ancient square and sanctuary. At Galli Windmill crossroads we will take the Valcuvia cycle lane and will slowly reach Luino, running along farms and the Mangorabbia river. Luino : a wonderful city on Lake Maggiore where lived the famous writer Piero Chiara. From there we will return to Cuveglio.

ITINERARY INFORMATION

- Departure and arrival in Cuveglio
- Time 3/4 hours
- Difference in height about 250mt
- 35 km
- Low difficulty
- Suitable for everyone
- Unsuitable for children

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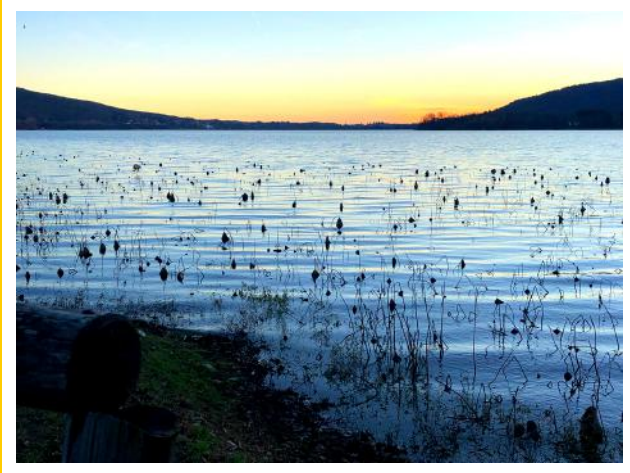
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6. TWO LAKES TOUR

MTB VARESE CYCLE EXPERIENCE



It is an easy tour along the cycle lanes of Lake Varese and Comabbio with some interesting variants.

WHAT WE WILL SEE

We will take the cycle lane in Gavirate to visit later the Chiostro di Voltorre, a medieval monastic complex and rest then in Groppello for some curiosities. We will do a deviation from the cycle lane to go up towards the scenic route of Mustonate called "The Italian resort with rural pleasures". We will go down again to the cycle lane, along which we will see ancient ice-houses. A deviation will bring us then to Lake Comabbio along the swamp of Brabbia, a natural oasis all to be discovered.

ITINERARY INFORMATION

- Departure and arrival in Gavirate
- Time 4 hours
- Difference in height 300 mt
- **50 km**
- Low difficulty
- Basic preparation needed
- Unsuitable for children

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7. THE FLOWERED LAKE COAST

MTB VARESE CYCLE EXPERIENCE



It is a mixed itinerary of asphalt and paths along the shores of Lake Maggiore, between Leggiuno and Angera.

WHAT WE WILL SEE

We will go down from Malgesso to plunge immediately into country roads; for some stretches we will run along the Bardello river, to enter into the wood and go on along typical villages till Leggiuno, a town which hosts the famous hermitage of Santa Caterina del Sasso. The excursion will continue inside and outside along several paths which lead to Ispra and will visit the ancient furnaces. The next stop will be Quassa Park, which will bring us to Angera and its fortress, end point to come back to Malgesso.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time 4 hours
- Difference in height 350 mt
- 46 km
- Medium difficulty
- Basic preparation needed
- Unsuitable for children

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8. RIDING THROUGH SMALL VILLAGES

MTB VARESE CYCLE EXPERIENCE



It is a cycle excursion through some small villages of the area of Campo dei Fiori Park, which give tourists emotions and memories.

WHAT WE WILL SEE

Along the itinerary we will see the villages of Caldana and Cerro with their squares and ancient streets, to continue towards Orino, a famous resort for its villas, wash-houses and museums, which prove a rich agricultural activity. We will go on then towards Castello Cabaglio and Brinzio, the latter famous for its museum of rural culture and starting point for outdoor sports.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time 4 hours
- Difference in height 700 mt
- 50 km
- Medium difficulty
- Suitable for cycle tourists with a medium preparation

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9. MUSEUMS AND OLD RAILWAYS

MTB VARESE CYCLE EXPERIENCE



This is a ring tour. We will travel along old railways that today are cycle lanes, with a stop at the open air ceramic museum.

WHAT WE WILL SEE

We will leave from Cuveglio and pedal along the Valcuvia cycle lane, which runs along the Boesio Rivertill the connection with the Margorabbia River. We will go up towards Cunardo to look for the old railway and the open air museum. We will go along the cycle lane till Maglio di Ghirla and Badia di Ganna to come back then on paved roads to our starting point.

ITINERARY INFORMATION

- Departure and arrival in Cuveglio
- Time **4 hours**
- Difference in height 700 mt
- **38 km**
- Medium difficulty
- Suitable for cyclo tourists with a medium training

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10. ALPE SAN MICHELE AND VITTORIO EMANUELE III FORT

MTB VARESE CYCLE EXPERIENCE



A demanding ring tour mainly on paths and mule tracks. We will go up 853 mt above sea level to admire panoramas on Lake Maggiore.

WHAT WE WILL SEE

We will leave from Mtb Varese in Malgesso. We will immerse into paths from Gemonio to Cassano Valcuvia on demanding routes. From this location we will start going up on old military roads " the Cadorna" till Alpe San Michele where we will stop for a good coffee or a regenerative snack. We will go down till the path to Vittorio Emanuele III Fort and then to Arcumeggia to come back after that to our starting point.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time **6 hours**
- Difference in height 1448 mt
- **58 km**
- **High difficulty**
- Suitable for cycle tourists with an excellent training

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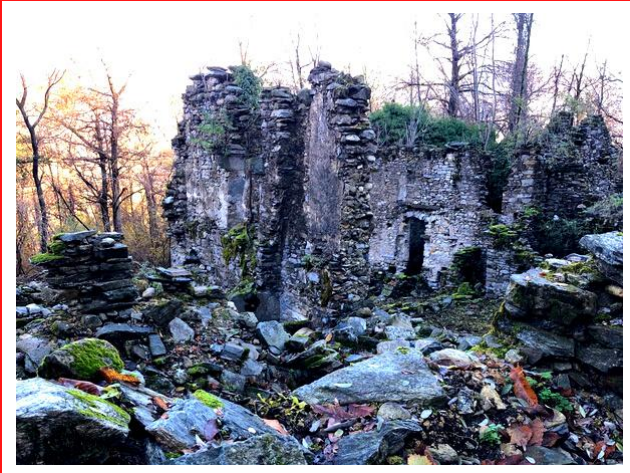
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11. THE GHOST TOWN OF CAVOJASCA

MTB VARESE CYCLE EXPERIENCE



It is a demanding way suitable only for experts, which will occur mainly on rough trails with a high difficulty.

WHAT WE WILL SEE

We will leave from Mtb Varese in Malgesso. We will immerse along paths in the direction of Rancio Valcuvia. We will travel on a part of the cycle lane till Germignaga and then towards Mesenzana. We will go up along the way " Trekking degli Insubri", a very demanding route that will bring us through a mule track to an ancient village , dating back to the Bronze Age, developed during the Celting period and populated until 1943: the ghost town of Cavojasca.

ITINERARY INFORMATION

- Departure and arrival in Malgesso
- Time **4 hours**
- Difference in height 956 mt
- **58 km**
- High difficulty
- Suitable for cyclo tourists with an excellent training

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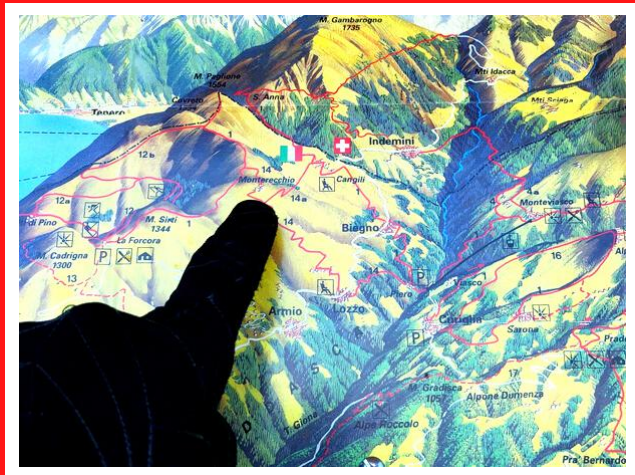
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12. ALPE FORCORA LAKE ELIO

MTB VARESE CYCLE EXPERIENCE



It is a difficult tour mainly on paths and mule tracks. We will stop at "Piero's mills".

WHAT WE WILL SEE

We will load our bikes at Mtb Varese in Malgesso. We will leave from Luino towards Creva and Pianazzo, to reach then Dumenza. We will continue to Curiglia to reach the famous Piero's mills. Time for a short break and then up to Montereccchio. We will proceed along mountain roads, in some points real mule tracks, to Passo Forcora. We will travel to Alpe di Piero and enter into a very difficult path till the dam of Lake Elio. We will go down on paved ways till the connection with the wood that will bring us along a difficult path to the Roman bridge of Maccagno con Pino Veddasca, to come back then on paved roads to Luino.

ITINERARY INFORMATION

- Departure and arrival in Luino
- Time **7 hours** including transfer
- Difference in height 2143 mt
- **61 km**
- **High difficulty**
- Suitable for cycle tourists with an excellent training
- Packed lunch

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13. VAL D'AYAS

MTB VARESE CYCLE EXPERIENCE



This is a ring tour. Difficult in some parts, along the famous Monte Rosa Prestige Iato Corto.

WHAT WE WILL SEE

We will load our bikes at Mtb Varese in Malgesso and start our trip from the village of Periasc at the door of Champoluc, 1540 mt above sea level. We will climb paths with considerable slopes till 2340 mt above sea level. We will "touch" Lake Ciarcerio and the homonymous Alpe. We will proceed towards Alpe Mandria till Blancard. The trip will continue on high ground along paths at altitude, to return then to our starting point.

ITINERARY INFORMATION

- Departure and arrival in Periasc
- Time **8 hours** including transfer
- Difference in height 1500 mt
- **38 km**
- **High difficulty**
- **Suitable for cycle tourists with an excellent training**
- Packed lunch

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14. ALPE MERA

MTB VARESE CYCLE EXPERIENCE



A demanding ring tour 1752 mt above sea level. An excellent natural terrace to enjoy Monte Rosa from afar.

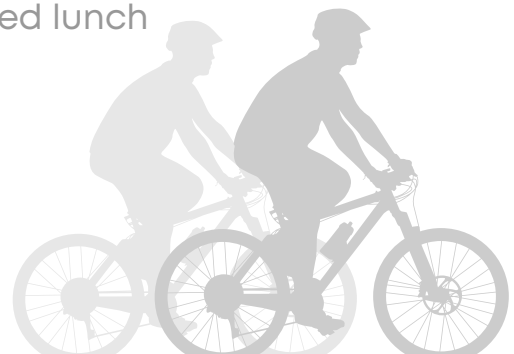
WHAT WE WILL SEE

We will load our bikes at Mtb Varese in Malgesso. Alpe Mera is a natural terrace from which you can enjoy Monte Rosa from afar. A cycle lane and a rise towards Monte Mera, a suggestive passage under the chair lifts and a bike ride with several ups and downs on the ridge of Alpe Mera, following the cycle lane along some Alpine huts till the descent bringing to Rassa. Rassa is a wonderful village washed by the torrents Gronda and Sorba. It is a small centre with about sixty inhabitants and two valleys develop upstream of it : Gronda and Sorba. It has based its economy on the wood, for this reason its valley has been recognised as a biotope of regional interest.

ITINERARY INFORMATION

- Departure and arrival in Periasc
- Time **8 hours** including transfer
- Difference in height 1683 mt
- **50 km**
- **High difficulty**
- **Suitable for cycle tourists with an excellent training**
- Packed lunch

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15. PIAMBELLO AND BELVEDERE

MTB VARESE CYCLE EXPERIENCE



The route winds along the military road of Cadorna line, characterized by a climb with constant and good rideable slopes.

WHAT WE WILL SEE

The itinerary winds along a military road characterized by a climb with constant and good rideable slopes. 1010 mt above sea level we will arrive at a first panoramic outpost. Taking the path in the opposite direction we will come back to the main track, which will lead us on a disconnected but rideable layout till the top of Monte Piambello. We will go then towards Bocchetta dei Frati : the route goes slightly downhill and will take us from 1120 mt of Mount Piambello to 948 mt of Bocchetta dei Frati. We will continue our descent towards Bocchetta Stivione at about 870 mt to reach in the end, in my opinion, the most beautiful viewpoint, Sasso Paradiso at about 770 mt. From there we will shortly come back on the same path , till the fork on the right, that at an altitude between 780 and 700 mt will lead us to the Belvedere of Marzio. Sometimes this path can be muddy, with several streams that cross it for hundreds of metres. After that we will arrive to Madonna degli Alpini , easy to be recognised for its monument dedicated to the Madonna.

ITINERARY INFORMATION

- Departure and arrival in Ganna
- Time about **4 hours** including transfer
- Difference in height 1183 mt
- **31 km**
- **High difficulty**
- Suitable for cycle tourists with an excellent training



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16. MONTE FALÒ

MTB VARESE CYCLE EXPERIENCE



This mountain is located in the town of Armeno. in the middle of Vergante, at the same distance from the shore of Lake Orta and Lake Maggiore, above the valley of the Agogna River.

WHAT WE WILL SEE

We will load our bikes at Mtb Varese in Malgesso. The mountain is located in the town of Armeno, in the middle of Vergante, at the same distance of Lake Orta and Lake Maggiore, above the valley of the Agogna river, It is characterized by three peaks without trees, which are an excellent viewpoint on the lakes and the Alps. Various itineraries are available both for trekking and mtb lovers.

ITINERARY INFORMATION

- Departure and arrival in Ameno
- Time about **6 hours including transfer**
- Difference in height 1890 mt
- **47 km**
- **High difficulty**
- **Suitable for cycle tourists with an excellent training**
- Packed lunch

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17. SASS DUL PIZZ

MTB VARESE CYCLE EXPERIENCE



L'Alto Vergante is a ride for mountain bike lovers. Climbs, slopes, rocks and roots are in many parts a pure fun.

WHAT WE WILL SEE

We will load our bikes at Mtb Varese in Malgesso . Alto Vergante is a ride for mountain bike lovers: climbs, slopes, rocks and roots are in many parts a pure fun! Departure from Colazza to Sass dul Pizz where you can enjoy a wonderful view on Lake Maggiore. In the final part my descent in single track " Lupi del Cornaggia" to come back to the starting point.

ITINERARY INFORMATION

- Departure and arrival in Colazza
- Time about **4 hours including transfer**
- Difference in height 700 mt
- **30 km**
- **High difficulty**
- **Suitable for cycle tourists with an excellent training**

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