





## 01 TOUR OF LAKE ISEO



A stunning car route allows you to get acquainted with Lake Iseo. The route we have described starts in Iseo, the town that gives its name to the lake but, naturally, you can start from any of the coastal locations. On leaving Iseo we continue southbound as far as Cusane, a picturesque village renowned for its gastronomic specialty of baked tench and Paratico, where the beautiful lake promenade is well worth a stop. After crossing the bridge you arrive in Sarnico, a stylish and lively trade and shopping town.

The lakeside promenade and cycle path take us almost as far as Predore, a sunny location characterised by the museum of the Roman Baths. Once through the tunnel, the next stop is Tavernola Bergamasca: visitors should not miss the frescoes by Romanino in the ancient parish church of San Pietro. Breathtaking views can be enjoyed off the beaten track heading towards Vigolo and Parzanica. A succession of s-bends leads to Riva di Solto: this small historic centre, one of the most picturesque on the lake, is definitely worth a stop.

On leaving the village, passing through the hamlet of Zorzino, you will be faced with the magnificent spectacle of the Orrido del Bognò, a picturesque ravine where vertical rocks plunge straight into the lake. A short detour to the hill villages of Fonteno and Solto Collina, gives you one of the most stunning panoramic views. Continuing, however, along the coastal road, we now reach Castro, a little medieval village, and then, soon after, we reach Lovere. The little town, one of "The most beautiful villages in Italy", is rich in historical medieval buildings and elegant "palazzi", such as the neo-classical Gallery, "Accademia Tadini". Leaving the coast momentarily, you now reach Costa Volpino: a spacious green lung, ideal for walking, sport and relaxation characterises this territory. The next town is Pisogne, an ancient medieval village.

Don't forget to stop for a visit of the Church of Santa Maria della Neve and its extraordinary cycle of frescoes by Romanino.

Continuing along the route, a series of tunnels lead to Marone, the Town of Olive Oil, from where you can make a detour towards Zone to admire the spectacle of the Erosion Pyramids or, just before reaching the village, turn right down to the small hamlet of Vello, renowned for its stunning pedestrian and cycle path to the lake. Continuing on the coastal road you come to Sale Marasino, from the beautiful and scenic hilly hinterland and Sulzano, a small village from where the most frequent ferries to Monte Isola depart. This completes the tour as we head back to Iseo. The welcoming capital town is well worth a stop to visit the historic centre with the Parish Church of Sant'Andrea and a walk through the narrow streets or along the waterfront.

Another and exceptionally pleasant way of discovering the lake is to take the ferry, recommended in the spring and summer, and for the fitter visitors tour the lake by bike or, why not, do a mix of the two!

Distance: 65 km - Difference in altitude: 232 m  
Time: 2 h by car - 4/5 h by bicycle  
Difficulty: medium  
(there are alternate sections of cycle paths and standard roads)



## 02 TOUR OF MONTE ISOLA

Monte Isola is, as the name implies, a mountain on an island. One of "The most beautiful villages in Italy", Monte Isola is the largest inhabited lake island in Europe. It covers an area of 4.5 square km, a perimeter of 9 km and a height of 600 meters. There are 12 settlements scattered along the slopes and on the lake shore, connected by narrow streets used by the local council bus and motorcycles: cars are banned, with the exception of those dedicated to public utilities. Spring is the best time to visit Monte Isola, when the temperatures are not yet too high, allowing you to walk in optimal climatic conditions; however, the island is fascinating in all four seasons and the navigation service runs 12 months a year from Iseo and Sulzano towards Peschiera Maraglio, from Sale Marasino to Carzano and from Tavernola Bergamasca to Siviano.

The most usual route is the tour of the island which normally starts at Peschiera Maraglio. Following the coast in a clockwise direction, a walk among the olive trees (along this stretch, in some periods of the year, you can see fish hanging to dry on arches) leads to Sensole, from which you can admire the nearby island of San Paolo; the road then becomes steep and leads to the village of Menzino, where the majestic Rocca Olofredi-Martinengo stands. Continuing north, you find the small village of Sincighiano, where you can admire the Church of San Carlo and then further on you reach Siviano, the capital of the island, which is a fortified village dating back to the Middle Ages, with tower houses and narrow streets. From here you go downhill towards Carzano, from which you can admire the island of Loreto. You are now on the coastal path again leading back to Peschiera Maraglio. A slightly more difficult option is to cycle along the route.

**Recommended option** - When you reach Siviano, for the more daring types, there is a challenging climb up to the ancient villages of Cure and Masse, renowned for their handmade "Monte Isola Salami"; from Cure there is a cobbled street which in just twenty minutes takes you to the Sanctuary of Madonna della Ceriola, which dominates the mountain, offering tourists a breathtaking view. (Siviano - Sanctuary of Ceriola: 1 h).

The sanctuary can also be reached by taking the path of the same name, starting from Peschiera Maraglio (1 h 15).

Distance: 9 km - Difference in altitude: 80 m  
Time: 2 h 30 on foot - 1 h by bicycle  
Difficulty: easy



## 03 ANTICA STRADA VALERIANA ROUTE

The Antica Strada Valeriana (Cai path 291), via the foothills of unspecified origin, was the only route to Valle Camonica for many millennia. Fully revamped and reinstated for tourism purposes, the route is today a harmonious encounter between landscape, art and history. The route runs along the hinterland of the eastern shore of the lake, from Pilzone d'Iseo to Pisogne (there is a project in progress to extend it as far as Monticelli Brusati and Ome), passing through the territories of Sulzano, Sale Marasino, Marone and Zone.

The trip is extraordinarily stunning because it is always accompanied by views of Lake Iseo and the surrounding mountains. The route is indicated at junctions and intersections by information boards, arrows and a yellow and brown coloured V. It boasts a succession of country roads and trails, dirt tracks and asphalted roads with little traffic, sometimes outlined by a wall of stones. Valeriana is an easy route as far as Marone, through the villages of Gazzane, Tassano, Maspianno, Gandiziano, Marasino, Conche, Distone, Dosso and Massenzano, scenic spots above Sulzano and Sale Marasino. From here the path starts to climb north of Marone, between the villages of Vesto, Pregasso and Colpiano, where the climb towards Zone commences. Here, in fact, one can see the Erosion Pyramids, evidence of the passage of the glacier during the Würm glacier era.

We continue our journey through the hamlet of Cislano and the village of Zone, until we reach the Croce di Zone (903 m).



After the Croce di Zone, it takes about an hour and a half to reach Pisogne with the final stretch of the path, characterised by red spruce and beech forests, and scattered meadows, farms and pastures. The Antica Strada Valeriana is also cited as the "Route of Spiritual Devotion". The presence of churches, shrines, monasteries and chapels is in fact quite extraordinary; they were used in the past to provide assistance and refreshment to travellers and pilgrims, and today contribute to the characterizing the route and determine its historical importance.

Given the length of the route, it is recommended to walk certain stretches and use the navigation service or the regional railway line to reach the various locations.

**Recommended alternative** - From the Zone hamlet of Cusato, the CAI 229 route leads to the summit of the Corna Trentapassi (1248 m), which offers a magnificent panorama of the entire Lake Iseo and the Alpine foothills around it (return trip Cusato-Trentapassi 2 h 50).

Distance: 24.3 km - Difference in altitude: 1200 m  
Time: 9 h  
Difficulty: medium



## 04 THE PYRAMIDS OF EROSION OF ZONE

From the centre of Marone, head out in the direction of Zone and you arrive in Cislano where the entrance of the Regional Reserve of the Pyramids of Erosion is situated in a convenient parking with playground. Inaugurated in 1984, it is named after the particular shape that the deposit of glacial sand, boulders and pebbles has acquired over the centuries, turning into stretches of rock up to 30 meters high, with large boulders lying on top of them, serving as protective shields. To increase this protective action, a film consisting of insoluble clay, which is transported from the water along the sides of the structure, surrounds the pyramid of earth. The erosion process, generated by the atmospheric agents, is continuous and visible within a few tens of years.

The Reserve stretches over an area of about 21 hectares, at an altitude of between 400 and 600 meters above sea level.



Inside, there is a circular route of medium difficulty, not recommended for families with very young children and the elderly who are not accustomed to hiking. Some explanatory signs have been placed along the trail, which give information to visitors about the natural phenomenon of the earth pyramids and the characteristics of the territory that hosts them. The reserve is always open to visitors all year round and access is free of charge.

Avoid periods of rain and snow that make the path rather dangerous and the hottest hours during summer days. Near the entrance, it is worth visiting the Church of San Giorgio, with the fresco ordered by him slaying the dragon.

**Recommended option** - From Cislano (617 m) it is possible to reach the top of Mount Guglielmo (1948 m), the Brescian mountain. Driving down by car to Marone, turn left towards the Sanctuary of Madonna della Rota and you will reach the Croce di Marone alpine shelter (1166 m). From here, continue on foot along a dirt road (CAI trail 290) and, passing the Malpensata alpine shelter (1348 m) and the pastures of Guglielmo di sotto (1575 m) and Guglielmo di sopra (1744 m), you reach the Almici alpine shelter (1861 m). With a little extra effort you can continue as far as the Redentore Monument (1948 m), from where you can enjoy a breathtaking 360 degree view of the lake and the valleys below.

On a clear day you can even make out Monte Rosa, Adamello and the Po Valley in the distance (return trip Croce di Marone - M. Guglielmo: 4 h 40).

Distance: 1 km - Difference in altitude: 200 m  
Time: 1 h  
Difficulty: easy



## 05 TORBIERE DEL SEBINO NATURE RESERVE



The Torbiere del Sebino Nature Reserve is a Lombardy Region Reserve located on the south shore of Lake Iseo and is the most significant wetland in size and ecological importance in the province of Brescia.

It covers an area of 360 hectares, mainly composed of reed beds and ponds surrounded by cultivated fields, roads and houses. It includes: the Lame (wide areas of water features profiled by banks following the excavation of a peat deposit), the Lamette (a type of peat lagoon north of the lake), some basins to the south and west (result of excavation of clay deposits, reaching depths of up to 10-15 meters, with a much clearer appearance and where it is still possible to fish), some meadows and cultivated fields.

The reserve is protected and any form of disturbance to wildlife and damage to vegetation is prohibited; it is also prohibited to enter with animals, throw garbage in the area and leave the indicated trails.

The most usual route to visit the reserve departs from the car park in the Monastery of San Pietro in Lamosa in Provaglio d'Iseo. Proceed along the dirt road that lies at the foot of the walls of the monastery, cross the wooden bridge near the railway bridge and, walk along the perimeter of a cultivated field until you reach the road to Iseo.

From here there is a path that opens out through the vegetation, where you can admire the first stretches of water from a roof terrace in wood.

Moving on, you come to the original entrance to the reserve, where walkways and wooden bridges suspended over the water create a circular 4 kilometre route surrounded by nature, which takes you back to the monastery. The entrance fee is € 1,00 per person, with tickets available from vending machines placed at the entrances. For groups of more than five people, you must book a guided tour calling 030 9823141. The use of walking shoes is highly recommended.

**Recommended option** - The complete tour of the Reserve is 9 km.

There are three access points: in Corte Franca (from the car park at the Shopping Centre), in Iseo (opposite the town soccer pitch near the Visitor's Centre) and in Provaglio d'Iseo (car park of the Monastery of San Pietro in Lamosa). The tour is indicated by the signs "northern route" and "southern route" and you can choose in which direction to begin. (Full itinerary 2 h 30).

Distance: 4 km  
Time: 1 h 15  
Difficulty: easy



## 06 THE WATERFALL TRAIL

The The Waterfall trail is found in the Valley of Gaina in Monticelli Brusati, a ring shaped nature trail of particular interest. It is characterised by the presence of a small canyon eroded away by the river that flows in the area and a series of small waterfalls. The route starts from the hamlet of Gaina, where a trail sign in white and pink with the words SC leads you along a road, asphalted at first then turning into a dirt track, to the stunning river.

There are two different routes, but the one we have described is referred to as the "Variant For Experts" for the outbound journey and "Variant B" for the return. The trail runs down to the river, crossing the small canyon.

After passing under a niche which displays a model of Our Lady, alternating repeated crossings of the river, you come to the first metal staircase located to the right of a waterfall.

After climbing the steps, you proceed flanked by layers of rock and, using chains and metal pegs to steady yourself, then over a narrow gorge carved in the rock by water, until you reach another waterfall which closes the valley.

You then climb upwards to the left, bypassing the cascade with the help of a long chain: this is the hardest passage of the route and must be tackled with caution. Shortly after, the path reaches another picturesque waterfall, near which there is a head carved in the rock, called "Mostasù". You then climb the second metal staircase to the left of the waterfall and, when you get to the top, continue along a path equipped with a plastic-coated metal cable, which leads to the river. You then cross the river and come out of the woods before reaching some stone buildings and then a grassy clearing. From here, follow the "variant B" indications, and walk back part of the valley again until you reach the river again. Cross it for the last time, walking towards the right bank and complete the tour returning to Gaina. The Sentiero delle Cascate is open all year round, but spring and summer are the most recommended seasons, and it is not advisable to take this route on rainy days.

We highly recommend the use of hiking boots and clips when walking along the equipped stretch of the trail.

Distance: 6 km - Difference in altitude: 200 m  
Time: 2/3 h  
Difficulty: medium



## 07 ON THE VALCALEPIO ROAD

The route starts at Sarnico, an important commercial and tourist centre that still has visible traces of mediaeval urban architecture: portals, arches, narrow streets, ancient towers, the church of San Paolo with frescoes dating back to the fifteenth century. The eighteenth-century parish church is dedicated to San Martino de Tours and hosts works by important artists; Art Nouveau enthusiasts can admire three villas, the mausoleum and the Asylum facade, by the architect Sommaruga. Leaving the lakeside promenade, you head towards Viale Orgnieri taking Via Manzoni that overlooks the river Oglio; you then pass through the picturesque Fosio with its dam, ancient houses and the seventeenth-century mill.

The road then climbs steeply taking you back to Villongo. You then reach Villongo, located at the beginning of the Valle del Guerna, where is the Parish Church of SS. Trinità with a renowned statue of Madonna del Fantoni, the Romanesque Church of Sant'Alessandro and frescoes by Romanino in the Bonduri Residence. From here, follow the signs for Adrara San Martino, where majestic and silent churches and shrines dominate the valley. It's worth stopping off at the historic Sant'Alessandro in Canzanica, a national monument since 1967. When you reach the village centre, turn left towards Foresto Sparso, renowned for its horticultural activities, in order to reach Colle di San Giovanni delle Formiche, with the sanctuary bearing the same name.

Now go back to Foresto Sparso and passing by Villongo, you arrive in Gandosso, where is the Sanctuary of Madonna del Castello. After travelling

through a stunning hilly landscape covered in vineyards, you, then in Grumello del Monte, an important location on the "Road of wines and flavours of Valcalepio" route, where you shouldn't miss a visit to the castle, ancient fortress of the Gonzagas. Going back to the lake you pass through Castelli Calepio and its beautiful Castello dei Conti Calepio, within the little medieval village. The next stop is Credaro. Take a stop to visit the Romanesque churches

of San Fermo and San Giorgio, and the medieval citadel Castel Trebecco. The road descends as far as Castione di Sarnico, where the tour ends in the small church of SS Nazario and Rocco, which preserves frescoes of inestimable value, some dating back to the eleventh century.

Distance: 50 km  
Time: 1 h 30 by car - 4/5 h by bicycle  
Difficulty: high



## 08 SARNICO - COLLI S.FERMO - LAGO D'ENDINE - VALLE DEL FREDDO - SARNICO

This car route, which can also be followed by bicycle for the fitter travellers, starts in Sarnico. Taking the main road towards Bergamo you drive through Villongo and follow the directions for Adara; you will reach the old rural structure of Castel Merlo, not far from the Romanesque Church of Sant'Alessandro. Continuing along the provincial road, you first arrive at Adara San Martino, a rural town of prehistoric origin and important in the Middle Ages as seen by the remains of the castle on the Ducone hill, then Adara San Rocco, a rural village with a noteworthy 16th century parish.

At this point the road climbs towards the panoramic Colli di San Fermo, a highly sought after location for free flight enthusiasts, but also rich in stunning spreads of blooming narcissi and gentian (\*).

When you arrive at the church of San Fermo, you descend to Grone, where the parish church stands on a panoramic hill overlooking Val Cavallina. Four kilometres of tree-lined roads lead you to Casazza, from where you reach Lake Endine, a small stretch of water which is an angler's paradise. Taking the right turn you then reach Monasterolo del Castello, a centre with important medieval remains and the Church of SS. Salvatore, built on the ruins of an ancient monastery. Continuing along one of the most stunning routes, you reach S. Felice al Lago a delightful district of Endine, next to Piangaiano with the Lake Gaiano.



You can't miss a visit to the nearby nature reserve of Valle del Freddo, renowned among scholars for the presence, at an altitude of between 350 and 700 meters above sea level, of a wide variety of plant species, including alpine stars, gentians and rhododendrons, which usually are only found at altitudes above a thousand meters. This is due to a specific microthermal phenomenon which consists in the emission of cold air from some "cold holes" or "mouths" in the ground. Valle del Freddo is only open to visitors on Saturdays and Sundays in May, June and July. Admission is free of charge. Continuing towards the tourist resorts of Esmate and Solto Collina, you then descend towards the small and well preserved village of Riva di Solto.

At this point, you turn right and continue along the road that runs along the lake, until you arrive back in Sarnico.

(\*) **Recommended option**

Following the route along the right crest, take the "Strada del Verde" that passes through Vigolo and Parzanica before reaching Tavernola Bergamasca. It boasts an excellent landscape view with breathtaking views of the lake, farmhouses, meadows, woods and rural villages.

Distance: 60 km - Difference in altitude: 800 m  
Time: 2 h by car - 4/5 h by bicycle  
Difficulty: medium/high



## 09 NATURA DEL SEBINO PANORAMIC TRAIL



At Riva di Solto, a few meters away from the "Trentapassi" campsite, along the main road 77, take the old mule track that leads to the village of Xino di Fonteno. Here the CM1 signposts lead to another cobbled mule track that crosses the main road towards Fonteno. On arrival in the village square, take the first right and go up the hill towards the town hall.

Then leave the asphalted road and bear right onto a white sand road that remains flat for a fairly long stretch and then descends to the village of Solto Collina. Carry on walking until you reach the asphalted road again and the small fountain of Sales, where you can stop for a pleasant rest and enjoy the fresh air that is typical of this place. On resuming your journey, take the dirt road near a small chapel and continue along Via Dosso.

Along the trail you will come across via Campaer that runs through the entire historical centre of Solto Collina and leads to Piazza Canzanico. Now bear left along the narrow passage, take via dell'Orsolino and continue towards Val Doia along the dirt path from the hamlet of "Canta l'oca".

After crossing a small valley you'll find yourself back on the provincial road

and very shortly, near Esmate, you'll arrive at the borough of Solto Collina.

On reaching the small village, head towards the cemetery walking along Via Monte Clemo towards the hamlet of Cerrete. Once you reach the oratory of S. Rocco, turn right and follow the path that goes uphill as far as S. Defendente; don't miss stopping here to enjoy the marvels of the captivating landscape, with scenic views of the entire area of Lake Iseo and Montisola. Now walk downhill towards Solto Collina and bear left along a dirt road until you reach the asphalted public road. Keep to the left for about twenty meters and then bear right to reach the small hamlet of Fumignano.

Walk downhill, near a greenhouse, and take the left path towards the hamlet of Apostoli.

At the junction, turn left and follow the asphalted road; after about five hundred metres, near the aqueduct, turn left to enter in a small forest that leads to the hamlet of Zorzino in Riva di Solto until you reach via Cimiero.

From here you meet up with the ring road that takes you back to the starting point of the route.

Distance: 17 km - Difference in altitude: 411 m  
Time: 4/5 h on foot - 2/3 h by bicycle  
Difficulty: medium



## 10 LOVERE - SAN GIOVANNI - BOSSICO - CERATELLO - LOVERE

Lovere is the captivating starting point for this delightful walk. Park in Piazzale Bonomelli, then head out towards the church of San Giorgio and continue left along via D. Celeri. After a short journey surrounded by chestnut trees, you will reach the hamlet of Davine where, near a votive chapel, there is a junction that branches off through woods, meadows and amazing views over Lovere and Sebino, leading to the hamlet of Carassone.

The road is quaint and immersed in nature, with a trail that is partly uphill and partly flat; you will now reach the Sanctuary of San Giovanni (built on the ruins of a medieval fortress), from which you have a breathtaking view over the whole of Lake Iseo, Val Cavallina, Vallecarnonica as far as the foothills of Adamello.

On returning to the junction, take the other trail and bear left in the direction of Bossico, a delightful holiday town located about 900 metres above sea level which, given its location, is like a natural balcony overlooking Lake Iseo. After reaching the asphalted road, turn right and continue as far as the junction with the Niche of Madonnina degli Stéegn. Now take the road downhill and bear left after about 50 metres. Cross the meadows dotted with farmhouses and beautiful chestnut trees, until you reach the historic villa "Pincio". After a short initial climb, the road becomes easier and continues for about one km of cobbled paving before turning into a path that passes through the woods and reaches Ceratello, a borough of Costa Volpino.

Take a moment to admire the ancient houses with wooden balconies and old arched doors that characterise this village. Walk through the old town, and follow the main road that descends to Lovere through the boroughs of Flaccanico, Qualino, Branico and Corti whilst enjoying panoramic views of outstanding beauty. Turn right at the cemetery in Corti towards Lovere and go along Via Aria and Via Gobetti as far as the fifteenth century Basilica di Santa Maria in Valvendra. Continue straight along Via Martinoli to reach the starting point.



Distance: 17 km - Difference in altitude: 686 m  
Time: 4/5 h on foot - 2/3 h by bicycle  
Difficulty: medium/high



## 11 SARNICO - MONTE BRONZONE - GOMBO - SARNICO

The route starts at Sarnico where, after passing the monumental cemetery, you should follow the signs for the Cappella degli Alpini (car park - TPC). After a few meters, at the first road junction with the small church of the Alpini, continue along an easy flat path between dry stone walls, as far as the aqueduct building and the Chapel of Maria Vergine. From here, you walk along a well preserved cobbled path with Sarnico stone steps as far as Forcella, on the slopes of Mount Faeto, from which you can enjoy an amazing panoramic view of Sarnico and the Sebino lowlands. Following the signposts for Mount Bronzone (TPC) you will find a wide path with many hairpin bends leading to Colle Camblino, which offers breathtaking views of Mount Bronzone and Lake Iseo. Continuing along the large bends you will come across a magnificent forest of chestnut, birch and holly trees (TPC - 701) before you reach the summit (1334 m). The view definitely makes it worth the effort to get there: the view spans undisturbed over the entire lake, Monte Isola, the Colli di San Fermo, the Prealpi Orobieche, Val Camonica, Mount Misma, Val Cavallina, the Po Valley and the Apennines. On the return trip, take the last stretch up to the 701 trail, then bear left to reach Mount Combo (1168 m), a site of prehistoric findings.

When you get to the lowland cabin of Gombo you will find the TPC trails; take this well signposted path that, by skirting the eastern side of Mount Bronzone, reaches an open space at the junction with route 701 and continue on the TPC to reach the starting point.

Distance: 17 km - Difference in altitude: 1230 m  
Time: 5 h 30  
Difficulty: medium



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