

The Gimondibike, which starts This particularly charming and ends in **Iseo**, is both a well stretch which passes through

signposted cycle track and the cultivated fields, vineyards and most important sports event of woods leads you to Monteroton-**Lake Iseo** and **Franciacorta** area, **do** where you can glimpse the attracting every year at the end next stop: the sanctuary of Maof September thousands of par- donna del Corno above the town ticipants. From the starting point of **Provaglio d'Iseo**. The ascent to in via Roma (186 m asl), get onto **Mount Cognolo** is the most difvia Silvio Bonomelli, which leads ficult yet most exciting section from Iseo to **Polaveno** (7 km up- of the track; taking a glance to hill), crossing the villages of **Bo-** your left, you can see the beauti**sine** and **Marus**. Once reached an ful Peat bogs natural reserve. No altitude of 576 m, go downhill to- more efforts are now required as wards **Provezze** and, crossing the the track ends with a breathtak**hill of san Michele**, you arrive in ing descent to Iseo, where, after **Fantecolo** and **Passirano**. Behind a short stretch through the main the majestic walls of the Castle, streets of the town, you finally take a dirt road that crosses the reach the finish line. Congratulabeautiful hilly area of the Calino tions for having covered 35 kilometers at once!







OZ | MONTE GUGLIELMO TRAIL



car near the Town Hall.

crossed the railway line, go up mountain hut, you can walk to towards Zone. The track offers from the very start breathtaking views of Lake Iseo. After some bends you reach a straight section at the end of which you can enjoy to the left a beautiful view of the so-called "Piramidi di Erosione" (rock pyramids resulting from erosion).

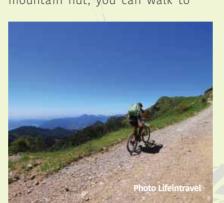
Go on until you reach Cislano, where a well signposted closed track allows you to closely ad-

mire this unique natural phenomenon. Once back on your bicycle, following the road to **Zone**, turn right onto a wide and easy dirt road leading to the Croce di Marone hut.

After having passed by the

Malpensata farm, you reach the first shieling "Guglielmo di Sotto". The road keeps on rising and gets harder due to the uneven rocky surface. Once reached the second shieling "Guglielmo di Sopra", you can see the Almici mountain hut where the effort of the ascent is imme-This track, which requires diately repaid by the beautiful good training, starts from Ma- view. On clear sunny days, you rone, where you can park your can even see the Alps and the Apennines.

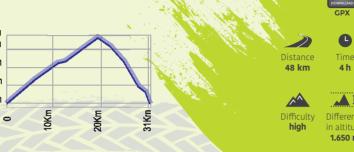
Once got on your bicycle and Leaving your bicycle at the





the Monument to the Redeem- you continue along the Valle all downhill. Otherwise, once and the climbing cliffs, you fir you've reached the Croce di yourself on the provincia Marone shelter, you turn left You turn left to go back to Maand go down the dirt road, then rone.

er. You can go back following dell'Opol, passed the Shrine the same road, which is now of the Madonna della Rota



03 | SANTA MARIA DEL GIOGO TRAIL

We leave our car in Pilzone, in the cemetery car park in Via Vittorio Veneto and then proceed for the first few kilometres along the coastal road towards Sulzano, where our itinerary begins.

Before the bottleneck, typi-

cal of the entrance to the town,

we turn right and go across the level crossing, and, on our right, climb up all of Via Camontaro until we meet, on our right again, the route of the Antica Strada



Valeriana. We move on, on our ano, passing through the village left, first uphill then downhill, that bears the same name. At going under the overpass of the the stop sign we turn right, once freeway and then uphill again in again going under the overpass Via Gazzane. At the junction we and taking Via Martignago. After turn left in the narrow Via Tass- a couple of bends the road goes into the woods and becomes level so we can catch our breath. We turn into Via Santa Maria and, with one last effort, reach our destination. Once here we can stop to admire the wonderful view of the lake and Monte Isola which makes it worth the effort (a snack bar can be found here). For the return journey we can either go back the way we came, or pick up our bikes and take on the step trail that separates us from the Santuario di Santa Maria

ello, we turn right and climb up **Pilzone**.

the dirt road until we meet the a couple of bends until we reach paved road (be careful because the **Tre Termini pass**. Then it's the crossbar could be down). We downhill for 8 km until we reach head down on our left and when Iseo, we take Via Roma and in we reach the stop sign, in **Zoad-** just a few minutes we are back in



04 | ALTOPIANO DI BOSSICO TRAIL

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 leading to the hamlet of Carassone The trail that is partly uphill and partly flat and reaches 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, Vallecamonica 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 nat-



ural balcony overlooking Lake Iseo. After reaching the asphalted road, turn right and continue as far as the junction with Santella "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,

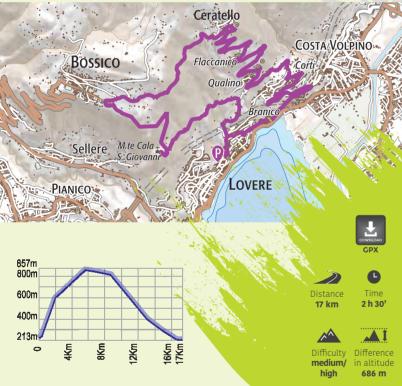
until you reach the historic villa the provincial road that descends Go through the old town, and follow reach the starting point.

"Pincio". After a short initial climb, to Lovere through the boroughs of the road becomes easier and con- Flaccanico, Qualino, Branico and tinues for about one km of cobbled **Corti** whilst enjoying panoramic paving before turning into a path views of outstanding beauty. Turn that passes through the woods and right at the Corti cemetery towards reaches **Ceratello**. Take a moment **Lovere** and go along Via Aria and to admire the ancient houses with Via Gobetti as far as the Basilica di wooden balconies and old arched Santa Maria in Valvendra. Contindoors that characterize this village. ue straight along Via Martinoli to

M.te Castelling

BRIONE

POLAVENO



OS | NATURA DEL SEBINO TRAIL

Park in Riva di Solto, a few meters away from the "Trentapassi' campsite, along the Provincial Road 77, and 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 back on the provincial road and for a fairly long stretch and then very shortly, in the small borough descends to the village of **Solto** of **Esmate**. Walking along Via **Collina**. Go through the entire his- Monte Clemo you get to the hamtorical centre until Piazza Canzan- let of **Cerrete**. Once you reach the ico. Now bear left along the nar- oratory of S. Rocco, turn right and row passage, take via dell'Orsolino follow the path that goes uphill as and continue towards Val Doia far as S. Defendente; don't miss



of Lake Iseo and **Montisola**. Now towards the hamlet of **Apostoli**. At ride downhill towards **Solto Colli-** the junction, turn left and follow **na** and bear left along a dirt road the asphalted road; after about until you reach the asphalted pub- five hundred metres, near the aqlic road. Keep to the left for about ueduct, turn left to enter in a small twenty meters and then bear right forest that leads to the hamlet of to reach the small hamlet of Fur- Zorzino in Riva di Solto and in a **mignano**. Walk downhill, near a few minutes to the starting point greenhouse, and take the left path of the route.



08 | LA STRADA VERDE (THE GREEN ROAD)

The route along this itinerary offers breathtaking views of the lake amongst farmhouses, meadows, pine forests and rural villages. We start at **Sarnico**, where we can leave our car in the parking lot opposite the cemetery. Going along the provincial road towards Bergamo, we reach Villongo and then turn right in the direction of Adrara. On the route we find Castel Merlo, not far from the small Romanesque church of Saint Alessandro. Continuing along the provincial road we pass through Adrara San Martino and Adrara San Rocco. Once we've passed the latter, we go uphill towards the scenic Colli di San Fermo, a place favoured by those who love fee-



bridge, we turn left following the indications for the "Strada Verde". We go along the dirt road (2 km for experts with steps in the first part) until we reach the small church of Saint Faustino then, at the end of the short find the pavement on our left. right along Via Cascina del Monte and when we reach the junction, we turn right again. Just a oit more pedalling and then our effort is over. We've made it to a long downhill path (in places dirt road and in others paved)

ai COLI





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06 | GREEN ROUTE IN FRANCIACORTA

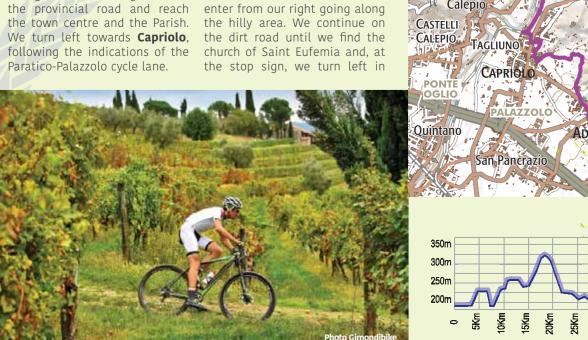
ENGLAND THE PROPERTY OF THE PR

Along the entire route there Once we reach the centre of cle lane Brescia-Paratico. When of Adro.

are signs that say "Green route- Capriolo, we go uphill towards Franciacorta Brut itinerary" the Castello (which we reach

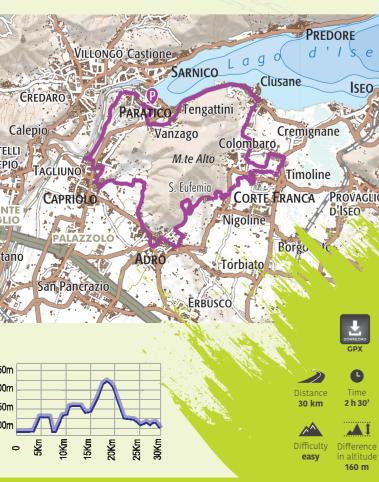
we reach **Paratico**, at the first We turn left first in Via Carotraffic lights, we turn left into Via ta and then in Via Santa Maria Tengattini and, at the next traf- until we reach the narrow juncfic lights, we once again cross tion with Via Cave, which we

We leave our car in the Parish after 500 metres) and at Via Church parking lot. We cross the Colzano, we turn right, going provincial road and take the cy-downhill, and arrive in the centre



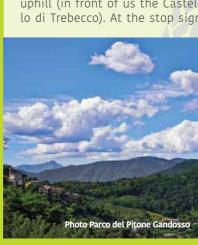
admire the view of the lake, Mon- Clusane.

Via S. Bonomelli and keep going te Isola and in the background straight ahead until we find the Monte Guglielmo. At the small town of **Colombaro**. After the roundabout we turn left and with Parish Church, on our right we can just a few strokes we are back in



07 | SAN GIOVANNI DELLE FORMICHE TRAIL

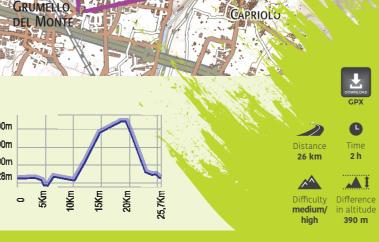
Once we've left our car in the town of Villongo near the church theatre, we go along the provincial road to Credaro. At the second traffic lights of the town, we turn left into Via San Francesco d'Assisi. We follow the directions for **Capriolo** and then turn right, slightly downhill, into Via Luigi Cadorna. On our left there's the church of Saint Fermo. At the bottom and after the bottleneck, at the stop sign we keep to our right towards Castelli di Calepio. The languid river Oglio accompanies us on our left for about 500 metres then we turn right going uphill (in front of us the Castello di Trebecco). At the stop sign



on our left, along the main road we reach Grumello del Monte, where, at the Parish, we turn right into Via Aldo Moro, following the directions for **Gandosso**. Here we find the first real slope. On our right, just after a couple of hundred metres, we see Castello Gonzaga. The road leading to the church of Saint Pantaleone is slightly downhill and so we can breathe more easily. We go uphill again, then turn left at the unction and enter the town of **Gandosso**. The road is level and we can catch our breath again and admire the view of the lake on our right. At the stop sign, we

go straight ahead towards the we must be careful) that takes us Parco del Pitone. Arriving at the to San Giovanni delle Formiche. Park, we go slightly downhill, fol- From there it's all downhill, passlowing the directions for the trail ing through **Foresto Sparso**, to 701 (3km on a narrow trail where Villongo where we started off.

FORESTO SPARSO BALNEARIO SARNICO





Sarnico.

