

01 | GIMONDIBIKE TRAIL

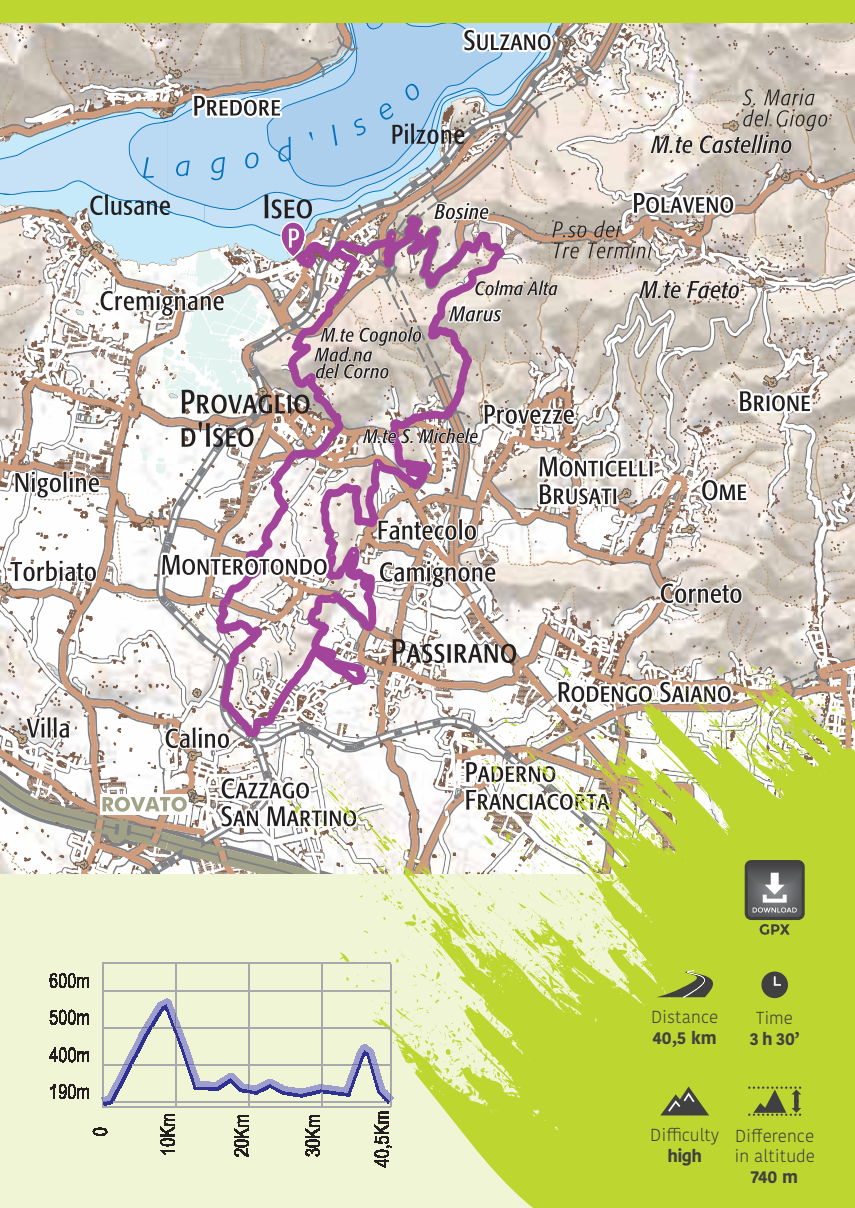
The Gimondibike, which starts and ends in **Iseo**, is both a well signposted cycle track and the most important sports event of **Lake Iseo** and **Franciocorta** area, attracting every year at the end of September thousands of participants. From the starting point in via Roma (186 m asl), get onto via Silvio Bonomelli, which leads from Iseo to **Polaveno** (7 km uphill), crossing the villages of **Bosine** and **Marus**. Once reached an altitude of 576 m, go downhill towards **Provezze** and, crossing the **hill of san Michele**, you arrive in **Fantecolo** and **Passirano**. Behind the majestic walls of the Castle, take a dirt road that crosses the beautiful hilly area of the Calino valleys.



Photo Gimondibike



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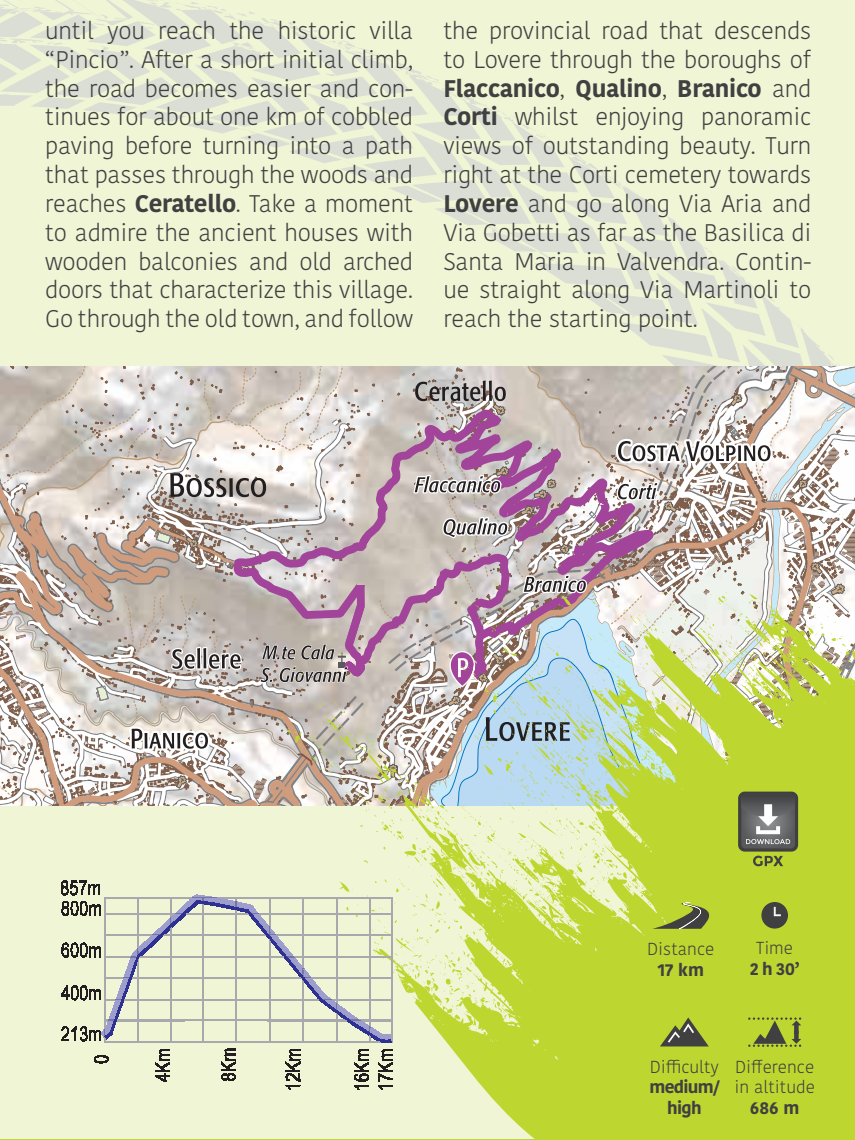


04 | ALTOPIANO DI BOSSICO TRAIL

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, 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 nat-



ural balcony overlooking Lake Iseo. After reaching the asphalted road, turn right and continue as far as the junction with **Santella** "Maddonnina degli Stèegn". Now take the road downhill and bear left after about 50 metres. Cross the meadows dotted with farmhouses and beautiful chestnut trees,



06 | GREEN ROUTE IN FRANCIACORTA

Along the entire route there are signs that say "Green route-Franciocorta Brut.itinerary". We leave our car in the Parish Church parking lot. We cross the provincial road and take the cycle lane Brescia-Paratico. When we reach **Paratico**, at the first traffic lights, we turn left into Via Tengattini and, at the next traffic lights, we once again cross the provincial road and reach the town centre and the Parish. We turn left towards **Capriolo**, following the indications of the Paratico-Palazzolo cycle lane.



Photo Gimondibike



02 | MONTE GUGLIELMO TRAIL

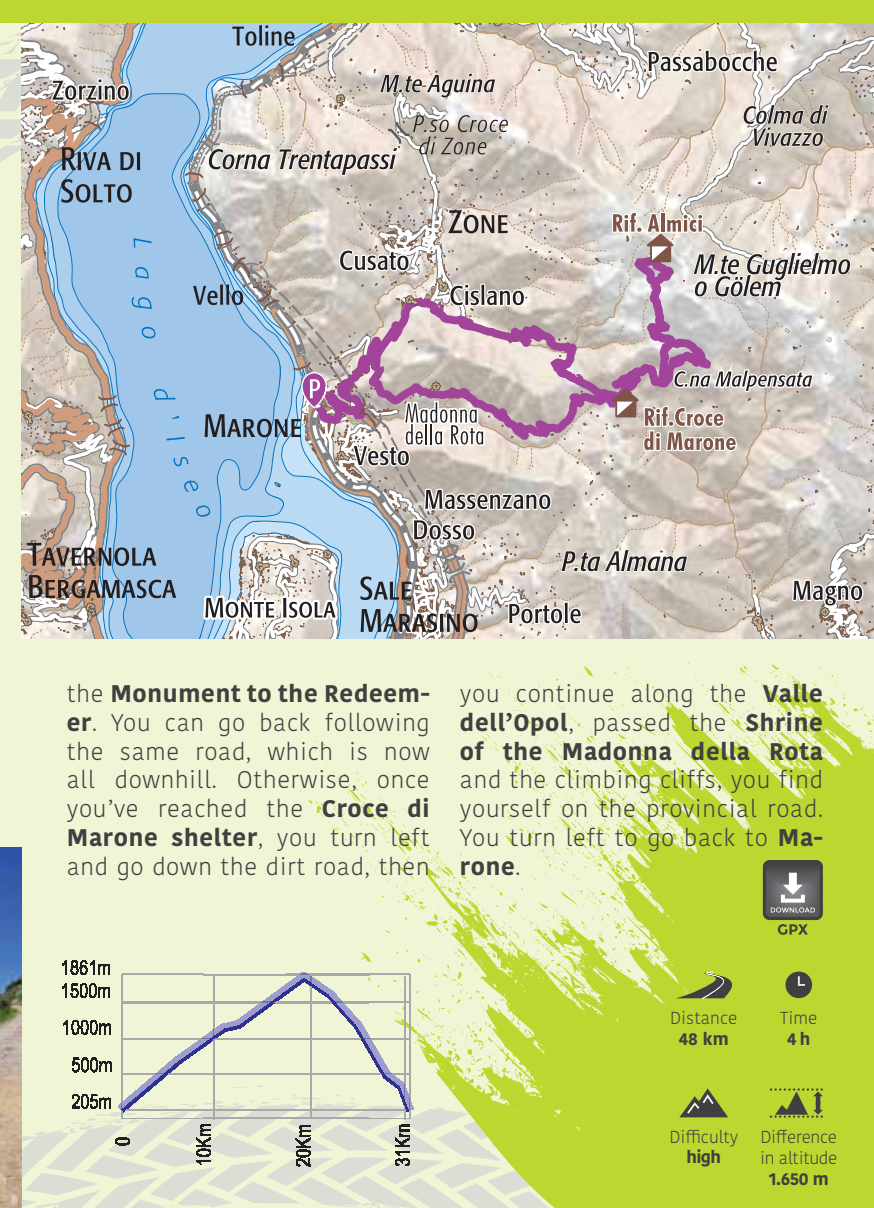


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mire this unique natural phenomenon. Once back on your bicycle, following the road to **Zone**, turn right onto a wide and easy dirt road leading to the **Croce di Marone** hut. After having passed by the **Malpensata farm**, you reach the first shieling "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 immediately repaid by the beautiful view. On clear sunny days, you can even see the Alps and the Apennines. Leaving your bicycle at the mountain hut, you can walk to



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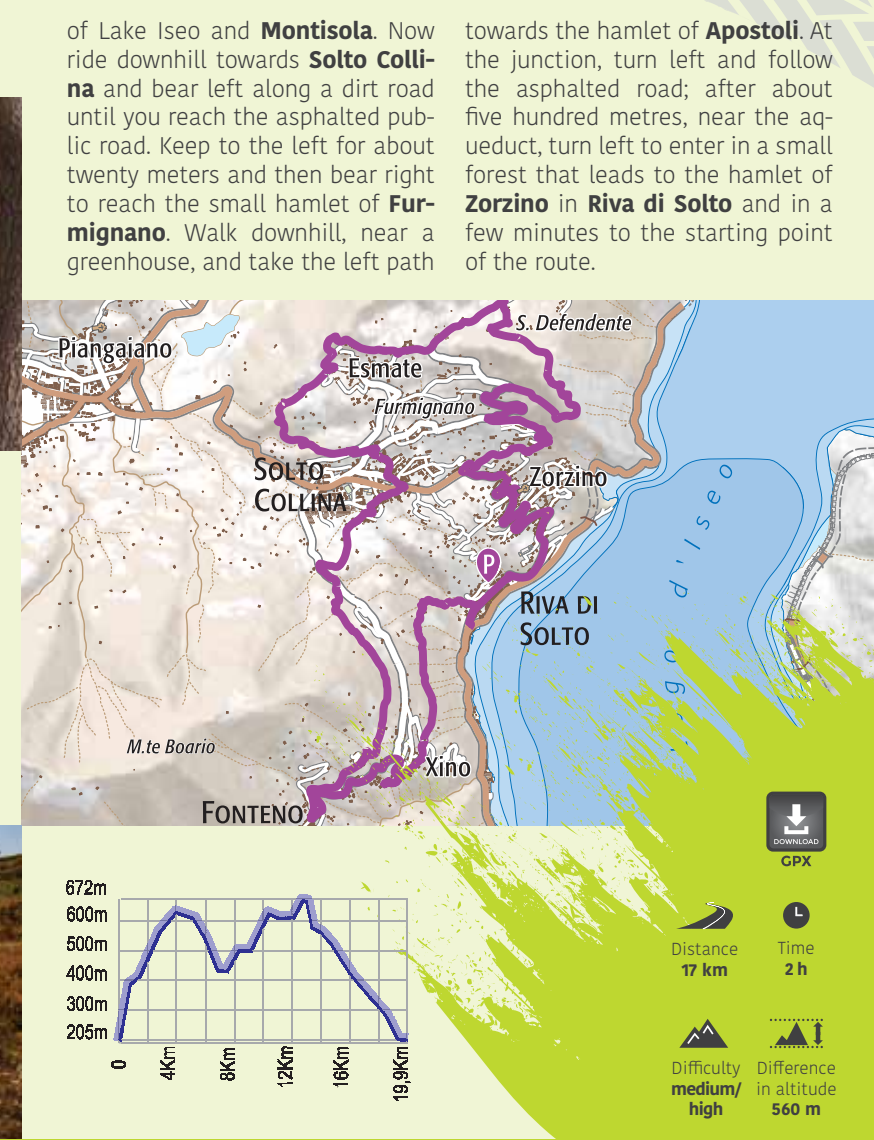


05 | NATURA DEL SEBINO TRAIL

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 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**. Go through the entire historical centre until 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'Oc**". After crossing a small valley you'll find yourself



back on the provincial road and very shortly, in the small borough of **Esmate**. Walking along Via Monte Clemo you get to 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



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

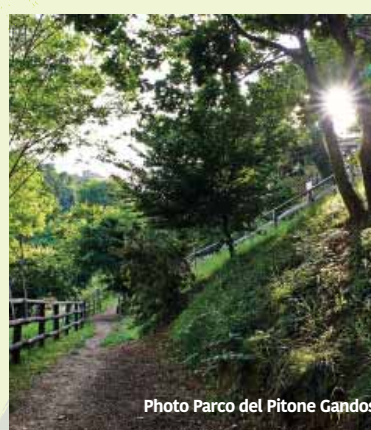
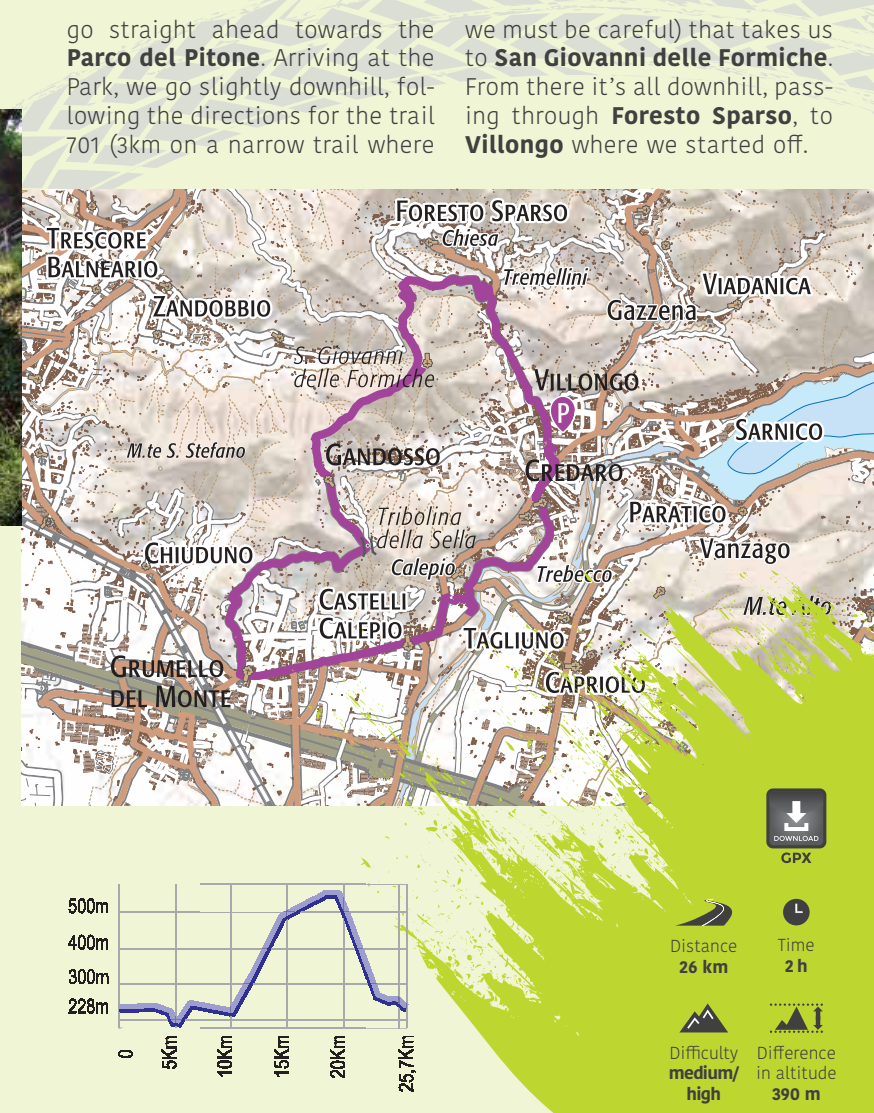


Photo Parco del Pitone Gandosso

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 junction 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



Photo Parco del Pitone Gandosso



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, typical 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 left, first uphill then downhill, going under the overpass of the freeway and then uphill again in Via Gazzane. At the junction we turn left in the narrow Via Tass-



ano, passing through the village that bears the same name. At the stop sign we turn right, once again going under the overpass and taking Via Martignago. After 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 del Giogo** and then follow down



Photo Antonio Cadi

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 feelflight. Along the ridge on our right, once we've reached "km 9", right after crossing a small



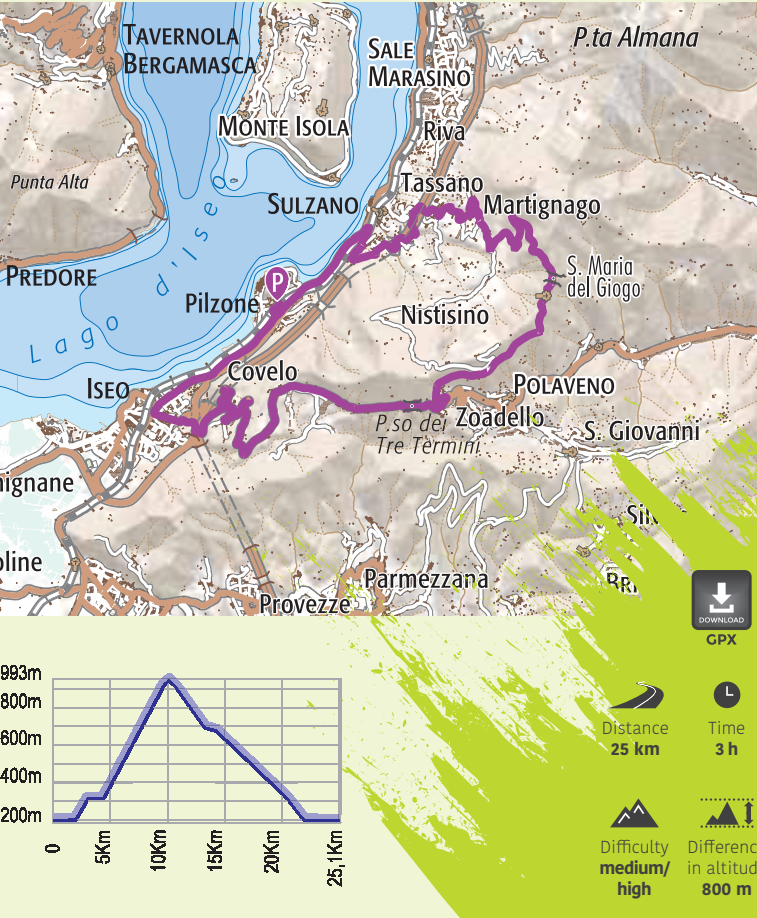
bridge, we turn left following the indications for the "**Strada Verde**". We go along the dirt road (2 km for experts with steps in the first part) until we reach the small church of Saint Faustino then, at the end of the short downhill path, we once again find the pavement on our left. Before the 15 km sign, we turn right along Via Cascina del Monte and when we reach the junction, we turn right again. Just a bit 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) that reaches **Tavernola Bergamasca**. We keep going along the coastal road arriving back in **Sarnico**.



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a couple of bends until we reach the **Tre Termini pass**. Then it's downhill for 8 km until we reach **Iseo**, we take Via Roma and in just a few minutes we are back in **Pilzone**.



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LAKE ISEO - FRANCIACORTA - VAL CALEPIO

inventa

Graphic design: Elisa Rodaschini

GPX

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Map of Lake Iseo and surrounding areas.

MOUNTAIN BIKE TRAILS LAKE ISEO

Franciocorta - Val Calepio

Photo of a cyclist on a mountain bike trail.

LAKE ISEO the romantic choice