

Outdoor activities between Italy and France

Trekking nature, art and flavours of Piemonte

CHOOSE *with US*



Key to symbols

AREA



MOUNTAIN



LAKE



VALLEY



NATURAL PARK

PROPOSAL



TREKKING



TREK 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.



Visit Piemonte - Getty Images / pi Giorgio Perotino

Visit Piemonte - Getty Images / pi Giorgio Perotino

From the Alps to the Apennines

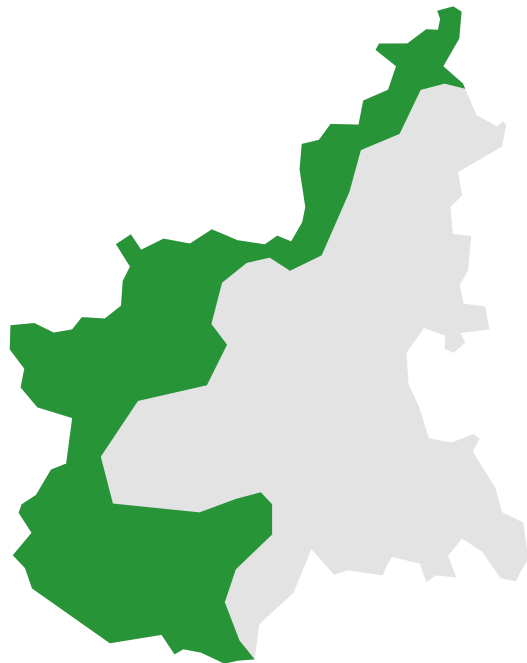
Outdoor activities in Piemonte

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 e 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 Orco Valley, Soana Valley and Chiusella Valley. Orco Valley and Soana Valley. The Orco Valley and the 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 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.

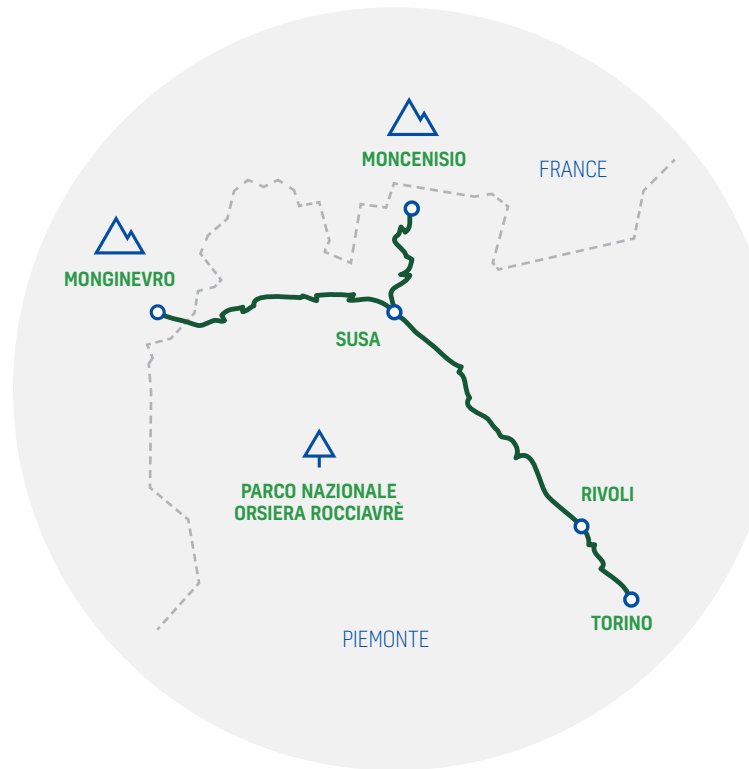
Experience this area to the full with the proposed itineraries: a selection of **tourist packages that combine sporting activities with local food and wine specialities and typical cultural and scenic landscapes**.

Via Francigena Val Susa

The **Susa Valley** has always been one of the main areas for connections between **Italy** and **France**, on account of the **Montgenèvre** and **Mont-Cenis** passes. In the Middle Ages, the **Via Francigena** played a leading role in Europe: a transit route for merchants, armies, nobles, clergymen and pilgrims to reach Rome or Santiago de Compostela.

The great flow of people along this route generated a constant exchange of knowledge, languages and religion which contributed to the construction of major places of worship, town centres, inns and hotels, fortified castles and palaces.

Travelling along the Via Francigena in Susa Valley today means embarking on a voyage of **discovery of art, nature and culture**, where the cuisine, the local products and age-old traditional fairs are also a living expression of the identity of the area.



The route winds through this diverse landscape for over **170 km** with two historic variants, from **Mont-Cenis** and **Montgenèvre**, towards the valley floor to Torino.



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



Discovering the Via Francigena

In the land of the Escartons

In the wake of the success of the Camino de Santiago, other historical-religious itineraries have become popular. The **Via Francigena** that **crosses the land of the Escartons** is one of these.

This area has always been a place of transit for many people: soldiers, traders, clergymen, migrants. Our journey will take us in pursuit of their stories, not always following the original itinerary but taking our time to get to know some of the many souls that have travelled this path.

ALPI TORINESI
ITINERARY VIA FRANCIGENA VAL SUSA



Discovering the Via Francigena

PERIOD 1 June - 31 October 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



**POLVERE DI STELLE
TOUR OPERATOR**

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



The Via Francigena between Savoy and Val Susa

Medieval castles and monasteries in the Alps

In the Middle Ages, Italy was travelled by pilgrims from all over Europe on their way to Rome. The pilgrims from France would enter Italy by crossing the Alps between Piemonte and Aosta Valley, thus calling the road from there to Rome **Via Francigena**, that is, **road of the French**.

On our journey, we depart from Chambéry, in France, the ancient capital of the Duchy of Savoy, and, crossing the Alps, we come across cathedrals and monasteries, high-altitude forests and parks, castles and fortresses, before arriving, in Italy, at Susa, once an important town of the Roman Empire. An itinerary for understanding the roots of Europe, because, as historian Alessandro Barbero states, "the Duchy of Savoia was a multiform and contradictory reality, made up of a French and an Italian side, profoundly different in language and culture: a true laboratory for that innovation effort that characterises European history".

ALPI TORINESI

ITINERARY VIA FRANCIGENA VAL SUSa



The Via Francigena between Savoy and Val Susa

PERIOD 1 June - 14 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
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EFFATA' TOUR

**FOR INFORMATION AND
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| tour@effata.it
| www.effata.it



Lands of encounters and passages

Torino and the Val Susa on the Via Francigena

The **Susa Valley** stretches from **Torino** and arrives in **France**, through 3 passes that have marked its history and, in some way, also the destiny of these times. France is therefore nearby, and Torino is on the other side, further west.

This travel idea is designed for couples and families who want to experience nature but also meet the local people and hear their stories. We will discover a Torino with a multicultural soul, and then Susa, a city on the border, fascinating for its testimonies of Roman and medieval history. We will visit the Novalesa Abbey and the Sacra of San Michele, at the foot of the medieval city of Avigliana, with its lakes and nature reserve.

ALPI TORINESI
ITINERARY VIA FRANCIGENA VAL SUSA



Lands of encounters and passages

PERIOD 1 January - 31 December 2022

DURATION 5 days | 4 nights

DIFFICULTY Easy

PROPOSAL  

FORMULA   

**DETAILS OF
THE OFFER**



VIAGGI SOLIDALI

**FOR INFORMATION AND
RESERVATIONS** | +39 011 4379468
| info@viaggisolidali.it
| www.viaggisolidali.it



Torino and the Val Susa

Along the Via Francigena, a mix of heritage and friendly meetings with fellow trekkers

The **Susa Valley** stretches from **Torino** and arrives in France, through 3 passes that have marked its history and, in some way, also the destiny of these times. France is therefore nearby, and Torino is on the other side, further west.

This travelling idea is designed for those who love walking, encountering and being in contact with nature. We will discover a Torino with a multicultural soul, and then **Susa** and **Bussoleno**, historic cities with Roman and medieval remains. We will visit the **Novalesa Abbey** and the **Sacra of San Michele**, at the foot of the medieval city of Avigliana, with its lakes and nature reserve. A trek along the Via Francigena as we discover natural places of an intense, rugged beauty.

ALPI TORINESI
ITINERARY VIA FRANCIGENA VAL SUSa



Torino and the Val Susa

PERIOD 1 March - 31 October 2022

DURATION 6 days | 5 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA   

**DETAILS OF
THE OFFER**



VIAGGI SOLIDALI

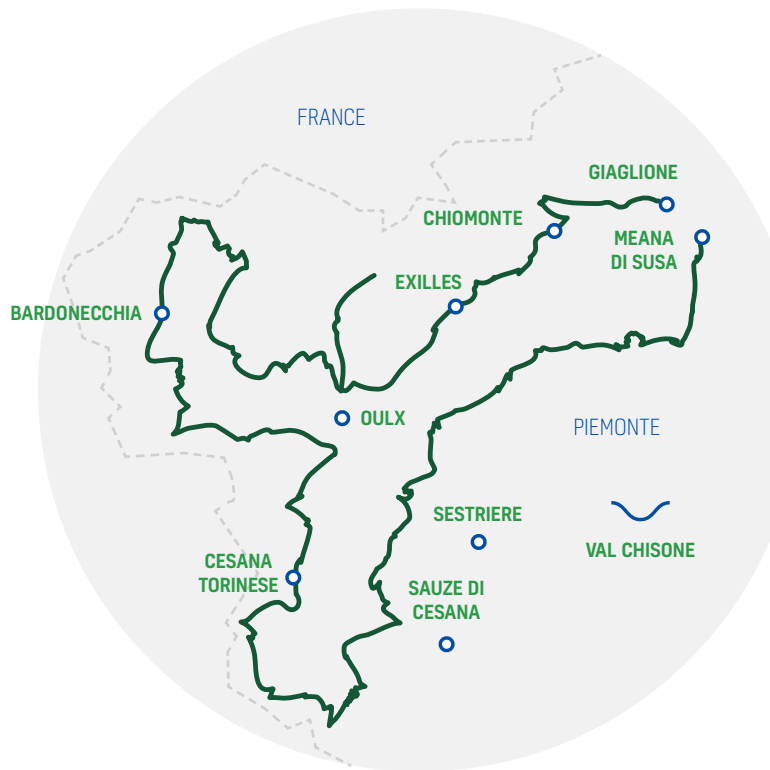
**FOR INFORMATION AND
RESERVATIONS** | +39 011 4379468
| info@viaggisolitali.it
| www.viaggisolitali.it



Sentiero Balcone

The **Sentiero Balcone Trail** winds through the **High 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 High 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 Valdesi** (Glorious Return of the Waldensians, GRV), the **Sentiero dei Franchi** (SF) or the **Strada del Pramand**, a military road built in the High 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 **Monte 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, the mountain for us

A range of paths and fortifications to explore around the Sentiero Balcone

Bardonecchia is the **family-friendly resort par excellence**.

Activities, sports itineraries and events for children and adults that will amaze tourists in summer and winter alike.

The **Pearl of the Alps** provides endless opportunities to instil a love for the mountains in children, through the many outdoor activities and sports that can be practiced in all seasons. From the **Adventure Park & Junior Park** to horse riding, from walks in the woods, to pleasant high-altitude trekking on themed trails - ways of learning while having fun.

ALPI TORINESI
ITINERARY SENTIERO BALCONE



Bardonecchia, the mountain for us

PERIOD 15 June - 30 September 2022

DURATION 8 days | 7 nights

DIFFICULTY Easy

PROPOSAL  

FORMULA   

**DETAILS OF
THE OFFER**



COLOMION

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



Trekking on the Balcony of the Alps

Tour between Italy and France

The **Sentiero Balcone Trail** is an articulated hiking itinerary made up of **ancient paths, mule tracks and mountain roads**, which allows you to discover the breathtaking landscape of the **High Susa Valley**, passing from one mountain village to another, each with its own history and particularities. In this itinerary we have included 2 days across the border, with an overnight stay in the beautiful **Clarée Valley**, following the path of the famous **cross-border trekking** itinerary, the GR5.

The routes vary in difficulty with a daily average of about 6 hours of walking, a maximum altitude of 2,800m and differences in height of between 500m and 1,280m uphill. Some trails are challenging with steep, stony terrain. The program can be modified to suit the requirements of the group.

There is a daily transfer of luggage except for the first stages where, for the first and third night, the group will spend the night in the same hotel.

ALPI TORINESI
ITINERARY SENTIERO BALCONE



Trekking on the Balcony of the Alps

PERIOD 19 June - 25 September 2022

DURATION 7 days | 7 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



DISCOVERY ITALY - SELENE TOUR

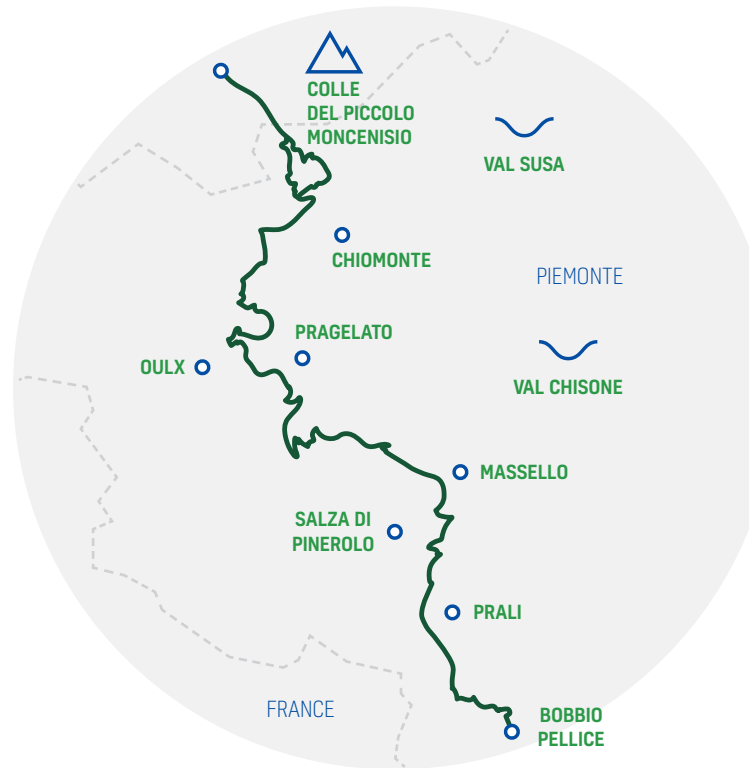
FOR INFORMATION | +39 011 3473640
AND | info@discoveryitaly.org
RESERVATIONS | www.discoveryitaly.org



Glorioso Rimpatrio dei Valdesi

A **250 km** march over 12 days **across the Savoy** region by a thousand men, led by the Waldensian pastor **Henri Arnaud**, who fought against the French troops to defend their valleys in August 1689. This, in a nutshell, was the **Glorious Return of the Waldensians**, which this itinerary celebrates by retracing their steps.

This feat has always aroused a great deal of interest, first of all from the military aspect: Napoleon was deeply impressed and in 1872 the Italian War Ministry instructed Captain Gallet to repeat the itinerary on foot. Secondly, the Return was made known from the tourist point of view by various travellers, especially English, **in pursuit of authentic nature and people capable of simple living.**



In the 19th century, there was renewed attention to the event within the Waldensian church as well: for the 1889 celebrations, a group of six Waldensians retraced the itinerary on foot from Lake Geneva to the Waldensian Valleys; a similar initiative was also undertaken in 1989, this time with the participation of about a hundred people.

This route is now part of Europe's Cultural Routes Programme: the **Huguenot and Waldensian Trail** which runs from the south of **France**, through **Switzerland**, to **Northern Germany**.



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



The Glorioso Rimpatrio dei Valdesei from France to Piemonte

Faith and Resistance in the Age of the Sun King

The Waldensians are a Christian denomination founded by Pietro Valdo in Lyon, France, in the 12th century. They preached the return to poverty of the apostles, the abandonment of politics by the popes of the time and ended up being condemned as heretics and persecuted. Some communities took refuge in the **Alpine valleys of Piemonte**, where they remained clandestine for four centuries. Following the deportations and killings, about three thousand Waldensians fled from Piemonte to Switzerland.

In 1689, William III of Orange, king of England, financed an expedition of Waldensians to return to Piemonte. A thousand Waldensians, led by the shepherd Henri Arnaud, left from the shores of Lake Geneva, in Switzerland, clashed with the French troops, defeating them and, after 12 days of walking, returned to the alpine valleys of western Piemonte. We retrace the itinerary of the Glorioso Rimpatrio among **high mountain landscapes and the memories of history**.

ALPI TORINESI

ITINERARY GLORIOSO RIMPATRIO DEI VALDESI



The Glorioso Rimpatrio dei Valdese from France to Piemonte

PERIOD 1 June - 14 September 2022

DURATION 7 days | 6 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



EFFATA' TOUR

**FOR INFORMATION AND
RESERVATIONS** | +39 0121 343452
| tour@effata.it
| www.effata.it



The Glorioso Rimpatrio

A path through history and the mountains

With a few small detours, the path of the **Glorious Return** retraces the route followed by a thousand Waldensians in 1689 with the aim of winning back their lands after their exile in Geneva.

An **absolutely unique trek for its historical and environmental value**. The route on the Italian side takes place in 6 stages. This is one part with the option of completing it in two further tours.



ALPI TORINESI

ITINERARY GLORIOSO RIMPATRIO DEI VALDESI

The Glorioso Rimpatrio

PERIOD 15 June - 15 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA  

**DETAILS OF
THE OFFER**



POLVERE DI STELLE

**FOR INFORMATION AND
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| info@viagginaturainpiemonte.it
| www.viagginaturainpiemonte.it

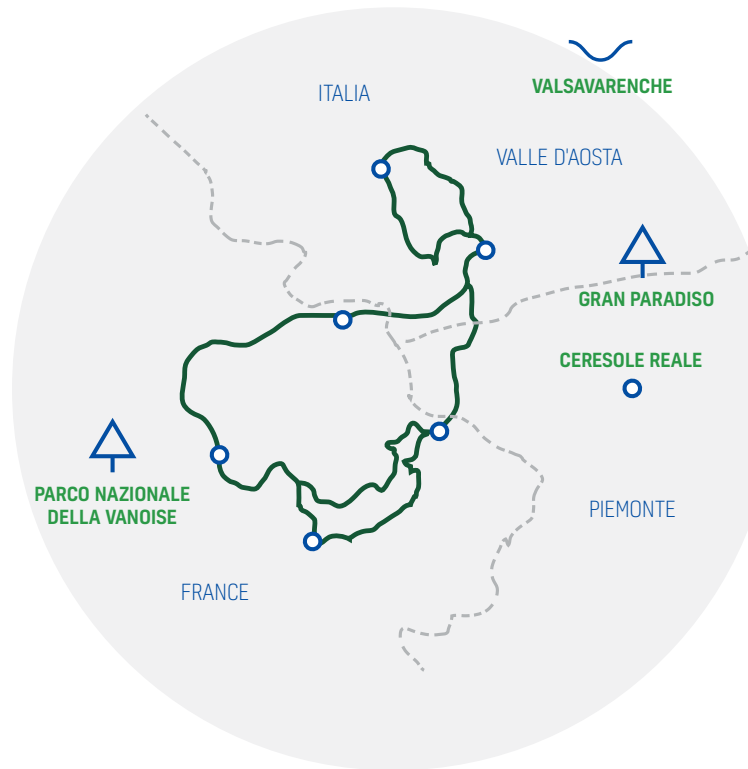


Trek Nature

The **Gran Paradiso Vanoise Nature Trek** is a hiking trail that connects 5 municipalities and 2 national parks between Italy and France: Isère Valley and Bonneval sur Arc in France, located in the Vanoise National Park; Rhême-Notre-Dame, Valsavarenche and Ceresole Reale, in Italy, located in the Gran Paradiso National Park. This splendid **116 km circuit**, which takes an average of 5-6 days to complete, is an opportunity to make tracks in the **beauty of the mountains** of these two **national parks**.

You can depart from any of the municipalities spanned by this itinerary, as they all border and are located within the two protected areas.

This aim of the itinerary is to promote the heritage and resources of these protected areas rich in vegetation and populated by the typical fauna of an alpine habitat.



Haute Tarentaise, Haute Maurienne and Aosta Valley are full of moderate yet powerful peaks, for which times stands still and beauty knows no bounds.

Those seeking velvety green pastures, and immense peaks will be in for a treat in the **Vanoise National Park**. Here, the gentle trails go easy on hikers and offer mountain lovers a sense of happiness and serenity. Venture beyond the passes to cast your gaze as far as the eye can see in these endless Italian valleys, full of trails and refuges, in the **Gran Paradiso National Park**.

There are two variants (one crosses the glacier and the other doesn't), offering something for everyone.



**EXPERIENCE OUR AREA FOR YOURSELF:
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Nature Trek on the trails of the Gran Paradiso

Tour between Piemonte and Valle d'Aosta

Two-day trekking tour between **Valsavarenche**, **Orco Valley** and **Rhêmes Valley**, with an expert hiking guide in the **Gran Paradiso National Park**, between Piemonte and Aosta Valley, from Orco Valley, to Rhêmes Valley passing through Valsavarenche.

The itinerary crosses a **great variety of environments** (the majestic and imposing high Orco Valley with its large artificial and natural lakes; the suggestive Nivolet and Lavassej plains, where Rifugio Benevolo is located; mountain pastures and high altitude passes; glacial and moraine environments), taking advantage of a convenient and well-marked path network.

Conclusion of the excursion with a merenda sinoira snack at Rifugio Mila in Ceresole Reale.




Nature Trek on the trails of the Gran Paradiso

PERIOD 1 July - 30 September 2022

DURATION 2 days | 1 night

DIFFICULTY Hard

PROPOSAL 

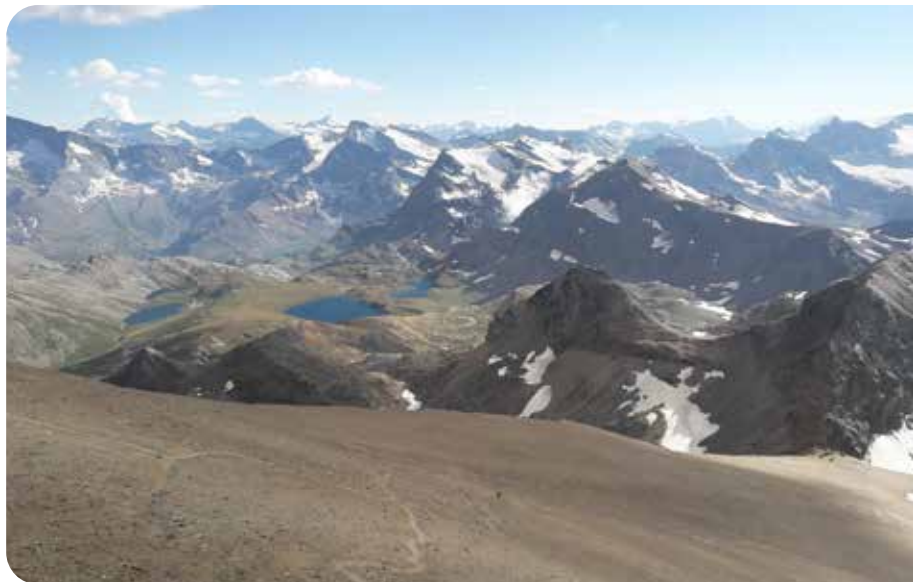
FORMULA 

**DETAILS OF
THE OFFER**



VERTICALIFE con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE e SOUTH FACE PARADISE

**FOR INFORMATION
AND
RESERVATIONS** | +39 328 8368961
| info@verticalife.it
| www.verticalife.it



Nature Trek between Valle Orco, Val d'Isère and Val di Rhêmes

Five-day cross-border trek

Trekking with an expert mountain guide that connects the Vanoise and the Gran Paradiso National Parks.

In fact, we travel through **Rhêmes Valley**, **Valsavarenche** and **Orco Valley**, in Italy, located in the Gran Paradiso National Park and **Isère Valley** in France, located in the Vanoise National Park.

This sumptuous trekking circuit allows us to move surrounded by the beauty of the mountains in these two national parks, protected areas rich in glaciers and biodiversity which are populated by the typical fauna of the alpine habitat.



Nature Trek between Valle Orco, Val d'Isère and Val di Rhêmes

PERIOD 1 July - 30 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA  

**DETAILS OF
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OPERATORI TURISTICI VALLI DEL
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RESERVATIONS** | +39 328 8368961
| info@verticalife.it
| www.verticalife.it



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:
DISCOVER SOME OF THE SECTIONS OF THE ITINERARY WITH THE PROPOSED TOURIST PACKAGE**



The Via Francigena in the Valle d'Aosta and Piemonte

Travelling through Roman monuments, medieval castles and vineyards

In the Middle Ages, Italy was constantly travelled by pilgrims from all over Europe headed to Rome, visiting the tombs of the apostles Peter and Paul. Pilgrims from France entered Italy by crossing the Alps between Piemonte and Aosta Valley, thus giving the road from there to Rome the name of **Via Francigena**, meaning **road of the French**.

During this journey, we start from Aosta Valley, following the traces of the ancient **Roman road delle Gallie**, along which **numerous castles** were built in the Middle Ages, to arrive in Piemonte, in the Canavese area, passing through **vineyards** and following **mule tracks**.

ALPI TORINESI
ITINERARY VIA FRANCIGENA MORENICO-CANAVESANA



The Via Francigena in the Valle d'Aosta and Piemonte

PERIOD 1 June - 14 September 2022

DURATION 6 days | 5 nights

DIFFICULTY Easy

PROPOSAL  

FORMULA   

**DETAILS OF
THE OFFER**



EFFATA' TOUR

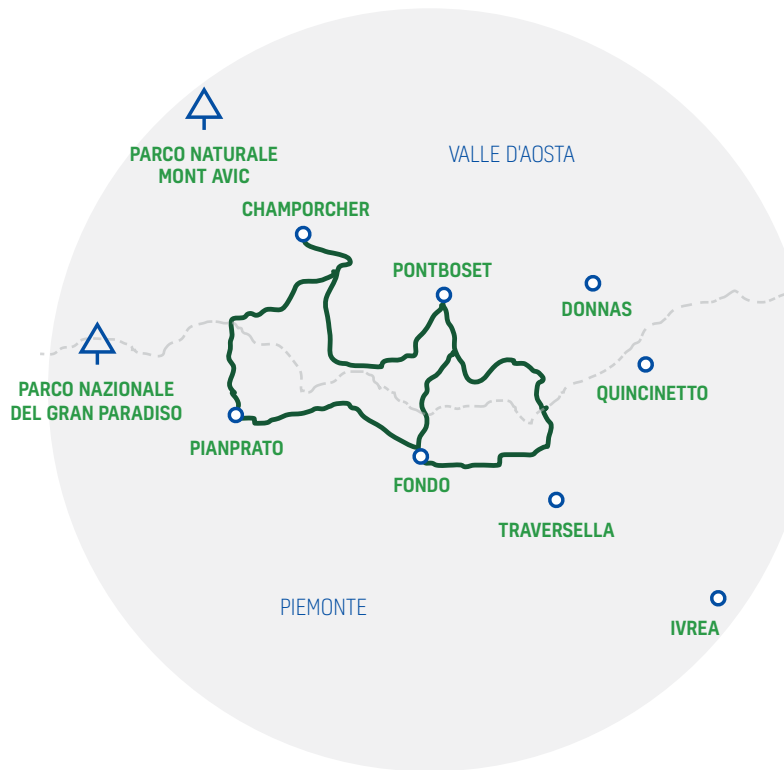
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RESERVATIONS** | +39 0121 343452
| tour@effata.it
| www.effata.it



Percorsi Selvaggi (Wild Trails) of Piemonte and Valle d'Aosta

The **Champorcher Valley** has been tied, for many centuries, by a myriad of commercial, cultural and relational exchanges to the surrounding valleys, especially Chiusella Valley and Soana Valley: in fact, men and animals have long travelled through the mountain passes, favoured the existence of very close relationships between the inhabitants of the two sides, Aosta Valley and Piemonte.

In this context, the proposed interregional itinerary aims to strengthen the original bond between these territories, later forgotten in time, by offering the chance to discover a wild environment brimming with examples of life long ago.



The trek develops over a **circular route** that connects **Piemonte** with **Aosta Valley** and crosses the territory of six municipalities: Donnas, Pontboset and Champorcher in Aosta Valley and Quincinetto, Traversella and Valprato Soana in Piemonte. It is not set at a high altitude (at most you reach 2544 metres at the Col Larissa), and it is **73 km** long: these characteristics make it usable throughout the summer.

There are various access points within the route and, in Aosta Valley, for a long stretch it coincides with the Alta Via n.2 which connects Courmayeur to Donnas, and, in Piemonte, with the route of the GTA [Grande Traversee des Alpes].

It has a total walking time of five to six days which can be divided into different, well-balanced stages, of five to seven hours of walking a day.



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



Wild Trails from Settimo Vittone to Traversella

From the vineyard to the alpine pasture of Piemonte and Valle d'Aosta

Three-day trek with an expert hiking guide along the **Wild Trails of Piemonte and Aosta Valley**, from the **Dora Baltea Canavesana** to **Chiusella Valley**.

The itinerary spans a great variety of environments: from the historic sites of **Settimo Vittone**, on the **Via Francigena**, including the **medieval Baptistery of San Lorenzo**, to the **legendary vineyards of Nebbiolo di Carema** (with their imposing system of terraces and pedestrian paths), up to the typical alpine settlements (**Trovinasse**, **Chiaverina**), the mountain pastures and to the high altitude passes.



Wild Trails from Settimo Vittone to Traversella

PERIOD 1 June - 30 September 2022

DURATION 3 days | 2 nights

DIFFICULTY Hard

PROPOSAL



FORMULA



**DETAILS OF
THE OFFER**



VERTICALIFE con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE e SOUTH FACE PARADISE

**FOR INFORMATION
AND
RESERVATIONS** | +39 328 8368961
| info@verticalife.it
| www.verticalife.it



Wild Trails from Traversella to Champorcher

Between history and nature of Piemonte and Valle d'Aosta

Three-day trek with an expert hiking guide along the **Wild Trails of Piemonte and Aosta Valley**, from **Chiusella Valley** to **Champorcher Valley**, passing through **Soana Valley**. The itinerary crosses a great variety of environments, hosting numerous testimonies of the ancient presence of man on these lands, from prehistoric, pre-Christian and Christian rock engravings (**Sentiero delle Anime**) to the typical alpine villages (**path of transhumance**), the Romanesque stone bridges; from the mountain pastures and the high altitude passes (**Bocchetta delle Oche, Col Larissa**) to the former hunting lodge of the Savoy family of Dondena and the royal mule track, passing by the beautiful **Lake Vercoche**, used for hydroelectricity generation.

ALPI TORINESI
ITINERARY PERCORSI SELVAGGI



Wild Trails from Traversella to Champorcher

PERIOD 1 June - 30 September 2022

DURATION 3 days | 2 nights

DIFFICULTY Hard

PROPOSAL



FORMULA



DETAILS OF THE OFFER



VERTICALIFE con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE e SOUTH FACE PARADISE

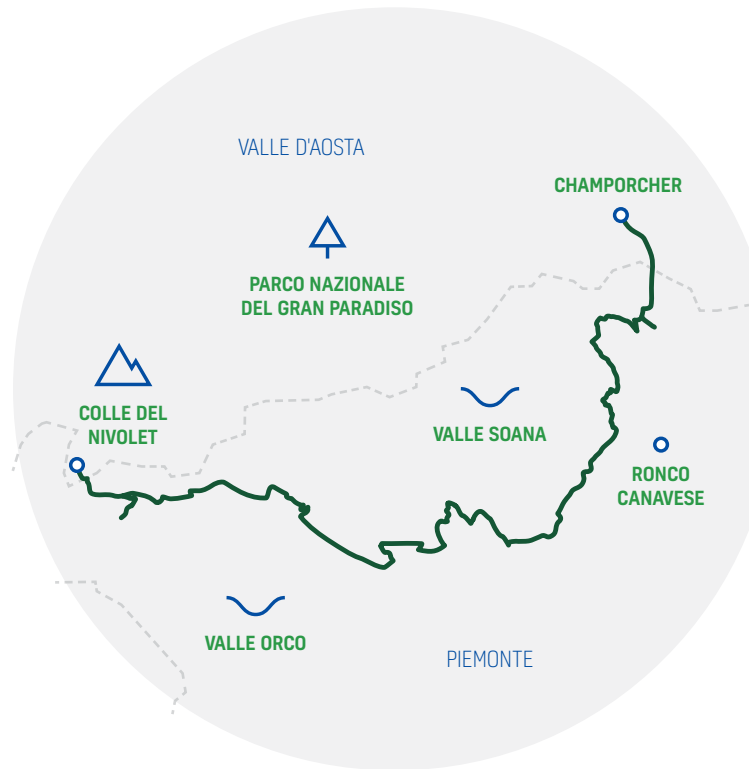
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| info@verticalife.it
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Gioparco Gran Paradiso

The **Gioparco Gran Paradiso** itinerary largely retraces the former **Royal Hunting Roads** built by the **House of Savoy** in the mid 1800s to connect the five **royal hunting lodges** of the Reserve, which in 1922 became **Italy's first National Park**.

With a constant gradient of around 8/10%, and with admirable dry stone walls and paved sections, they had to provide rideable pathways so that the royal party could easily access the lodges.



Some sections of the itinerary are at high altitude, offering extensive views of the spectacular scenery of **Orco Valley** and **Soana Valley**, with their valuable landscape and environmental heritage.



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



Gioparco in Valle Orco

Exploring nature on foot in the Gran Paradiso

Trek from **Valsavarenche** to the **Orco Valley**, with a guide from the **Gran Paradiso National Park**, along the stages of the Gioparco trail.

The itinerary travels along the network of royal hunting roads, with nature and environmental education activities at the Park visitor centres; you are sure to have some close encounters with the wildlife (such as ibex, chamois, marmots, eagles and bearded vultures).

ALPI TORINESI
ITINERARY GIOPARCO GRAN PARADISO



Giroparco in Valle Orco

PERIOD 1 June - 30 September 2022

DURATION 3 days | 2 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



VERTICALIFE con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE e SOUTH FACE PARADISE

**FOR INFORMATION
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RESERVATIONS** | +39 328 8368961
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| www.verticalife.it



Gioparco in Valle Soana

Exploring nature on foot in the Gran Paradiso

Trekking with a guide in the **Gran Paradiso National Park**, from the **Soana Valley** to the **Champorcher Valley**, along the stages of the Gioparco trail.

The itinerary runs through many different environments: majestic woods, splendid alpine villages, the **Sanctuary of San Besso** at 2,019 m asl, pastures and high mountain passes, and ends at the **former royal hunting lodge of Dondena in Aosta Valley**.

ALPI TORINESI

ITINERARY GIOPARCO GRAN PARADISO



Giroparco in Valle Soana

PERIOD 1 June - 30 September 2022

DURATION 3 days | 2 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



VERTICALIFE con CONSORZIO
OPERATORI TURISTICI VALLI DEL
CANAVESE e SOUTH FACE PARADISE

**FOR INFORMATION
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RESERVATIONS** | +39 328 8368961
| info@verticalife.it
| www.verticalife.it



Anello Ceronda

The **Ceronda Ring** hiking and cycling itinerary is a loop trail mostly in the valley of the **Ceronda Stream**. The trail has two sections with different features: a panoramic mountainous part that extends along the slopes of the **Lanzo Massif**, and an almost flat part at the foot of the pre-alpine mountain group that runs alongside the protected area of the **La Mandria Regional Park**.

Both sections of the route have valuable environmental contexts, some sections of the trail provide extensive views over **Torino** and the Po valley. Along ancient mule tracks and rural roads, the trail crosses through towns and villages, agricultural areas and the historical and cultural heritage of the municipalities of the **Lower Valley**.

Starting from **Balangero** and initially reaching the **Ponte del Diavolo** (Devil's Bridge) Park in **Lanzo**, the first section of the trail is in the mountainous part, with a series of climbs and descents that cross the massif to reach the highest altitudes in the **Colle del Lys** area.



On reaching the slopes overlooking the **Susa Valley**, the route starts to descend to the return stages through the flat agricultural belt surrounding the **La Mandria Park** until the **Stura di Lanzo** river, where the loop is completed at the **Ponte del Diavolo** (Devil's Bridge). The entire trail can be classified as a simple level hike, although some stages are challenging due to their length and, in the height of summer, the high temperatures and southern exposure may significantly increase fatigue. The route is entirely accessible by mountain bike thanks to some variants that avoid the purely hiking sections.

Due to its proximity to inhabited centres, the stops along this route are mostly in small tourist and farmstay facilities typical of the area and, to a minor extent, in mountain huts. The route runs along paths or suitably marked trails, mostly on rural dirt roads and forest pathways.



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



Green adventure in Val Ceronda

Enjoy the unspoiled nature of the Lanzo Valleys... find freedom in walking or cycling!

The route in **Ceronda Valley** crosses the mountainous area of the **Lanzo Massif**, climbing up to the **Colle del Lys**, and then descending towards the **La Mandria Regional Park**, with unique panoramic views over Torino and the surrounding plain.

Pamper yourself in local accommodation facilities with the best dishes of the valley.

ALPI TORINESI
ITINERARY ANELLO CERONDA



Green adventure in Val Ceronda

PERIOD 1 April - 30 November 2022

DURATION 4 days | 3 nights

DIFFICULTY Easy

PROPOSAL



FORMULA



**DETAILS OF
THE OFFER**



**CONSORZIO OPERATORI
TURISTICI VALLI DI LANZO**

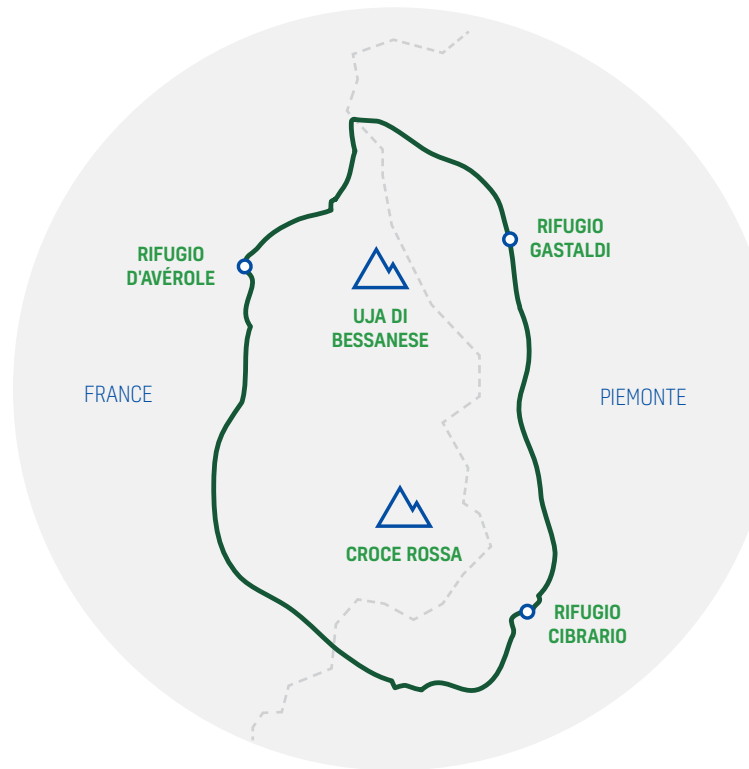
**FOR INFORMATION
AND
RESERVATIONS** | +39 348 3132585
| info@turismovallidilanzo.it
| www.turismovallidilanzo.it



Tour della Bessanese

The **Bessanese Tour** (TB) is a circular route in the high mountains (2200-3200 m) that winds through the **Southern Graian Alps**, on the border between **Italy** and **France**, around the peaks of the **Uja di Bessanese** (3604 m) and the **Croce Rossa** (3566 m). The entire route covers about 32 km, divided into three stages, and runs almost entirely on paths or suitably marked tracks.

Although it does not have any particularly difficult mountain sections, the route is classified as EE (for Expert Hikers) due to its extreme high mountain environment, which becomes even harder in non-optimal climatic conditions and when there is snow or fog.



Adequate equipment and good physical fitness are therefore required. It can start from any of the three mountain huts of the tour (**Rifugio d'Averole**, **Rifugio Gastaldi** and **Rifugio Cibrario**). Stops will be in these mountain huts which are serviced in the summer and equipped with winter rooms that are always open.

Although it is possible to take the tour in both directions, it is advisable to go in a clockwise direction. The best time to tackle the route is from the end of June to early September.

From the French side the **Rifugio d'Averole** mountain hut can be reached from the Municipality of **Bessans Averole** (Haute Maurienne). From the Italian side, the **Rifugio Gastaldi** can be reached from the Municipality of **Balme** (Pian della Mussa) and the **Rifugio Cibrario** from the Municipality of **Usseglio**, both in the Valli di Lanzo about 50 km from Torino.



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



Sport and wellness in the heart of the Alpi Graie

Tour between Italy and France

Enjoy breathtaking views on the Tour of the Bessanese, in the heart of the **Graian Alps**, where Nature still reigns supreme. The route winds for 32 km between **Italy** and **France**, up to the **Passo del Collerin**, at 3,200 m, amidst lush valleys, lakes and streams, surrounded by ibex, marmots and the colours of the alpine flora.

Rest in one of the mountain huts in the area, where the welcoming warmth of the valley combines with rich mountain cuisine.

ALPI TORINESI
ITINERARY TOUR DELLA BESSANESE



Sport and wellness in the heart of the Alpi Graie

PERIOD 30 June - 1 September 2022

DURATION 4 days | 3 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA  

**DETAILS OF
THE OFFER**



**CONSORZIO OPERATORI
TURISTICI VALLI DI LANZO**

**FOR INFORMATION
AND
RESERVATIONS** | +39 348 3132585
| info@turismovallidilanzo.it
| www.turismovallidilanzo.it



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 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 the homonym locality, 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**.

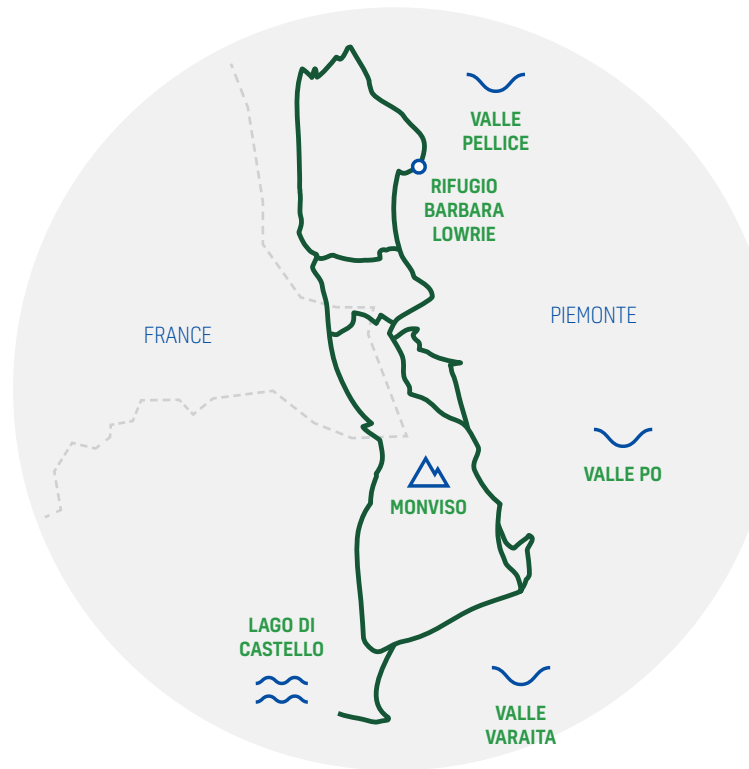
Experience this area to the full with the proposed itineraries: a selection of **tourist packages that combine sporting activities with local food and wine specialities and typical cultural and scenic landscapes**.

Gran Tour del Monviso

The **Grand Tour of Monviso** is one of the most spectacular high altitude treks 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 **Vallone delle Giargiatte**, the twisted stone pines of the **Alevé Wood** and the splendid lakes of the **Upper Po Valley**.

The panoramic **Sentiero del Postino** trail, the historic **Buco di Viso**, the vast spaces of **Queyras** and the exceptional viewpoint of **Monte Losetta Peak** 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.

The loop is all classified E, except for the **Sentiero del Postino** trail and the **Pian Mait - Colle Armoine** section [EE].



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



Around the Viso with ascent to the Buco di Viso

Trekking between Italy and France

The package offers a fantastic trip in which the harsh and severe landscape of the sheer rocky walls of the southern massif alternate with the shimmering, crystal-clear green-blue waters of the lakes of the **Vallone delle Giargiatte**, the twisted stone pines of the **Alevé Wood** and the splendid lakes of the **Upper Po Valley**, the panoramic **Sentiero del Postino**, the historic **Buco di Viso**, the vast spaces of **Queyras** and the spectacular **Monte Losetta Peak** viewpoint.

5 unforgettable days where satisfaction lies in the effort... breathtaking landscapes and truly unique emotions... Challenging climbs... and the discover of the enchanted village of **Chianale**... The flavours and traditions of a magical valley!

ALPI CUNEESI AND ALTA LANGA
ITINERARY GRAN TOUR DEL MONVISO



Around the Viso with ascent to the Buco di Viso

PERIOD 1 July - 30 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



**CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo**

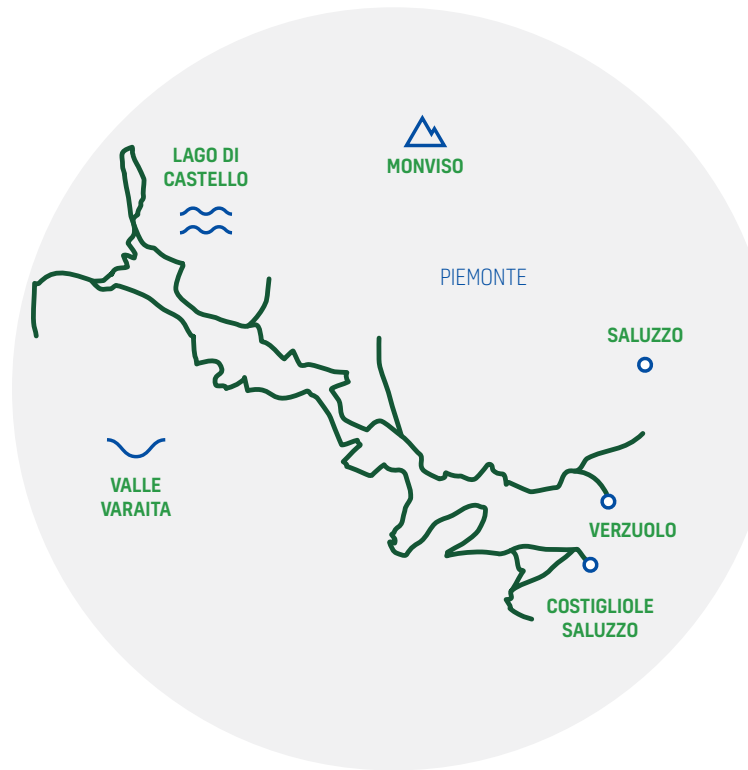
**FOR INFORMATION
AND
RESERVATIONS** | +39 0171 696206
| info@cuneoalps.it
| www.cuneoalps.it



Valle Varaita Trekking

The **Varaita Valley Trek** is a 12-day **itinerary in stages** that crosses the entire valley, climbing from the south-facing side to descend from the opposite side.

The stages range **from 4 to 8 hours of walking**, for a total length of about **180 km** and an elevation gain of **7300 m** and have been designed to ensure the availability of accommodation at every stopover, in a mountain hut, B&B, guesthouse or hotel.



A fresh new way to explore the many different environments of an **enchanted valley, with varied views and a rich history.**

The trail can be hiked in its entirety, but it can also be an excellent starting point to plan single-day hikes and shorter loops.



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



Trekking beyond the Colle dell'Agnello

Straddling France and Italy

Tour in the beautiful mountain region of the **Occitan Alps**, known all over the world for its traditions, language and music and its extraordinary culture.

A wealth of **authentic experiences**, amidst pristine nature or in touch with local artisans, **in pursuit of age-old knowledge**.



Trekking beyond the Colle dell'Agnello

PERIOD 15 June - 19 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



INSITE TOURS

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





Valle Varaita Trek

Nature, silence, beauty

The Varaita Valley extends for about 70 kilometres from **Costigliole** to **Col Agnel**, where it joins the French **Queyras** Valley.

The landscape is very varied: gentle slopes, green pastures, steep grasslands, vast deciduous forests, larch and stone pine forests. It is these thousand shades of green that make the valley "emerald". During this journey we come to **Saluzzo**, the heart of a lively marquisate in the medieval political scene, and going up towards **Monviso**, the **King of Stone**, we immerse ourselves in the nature and culture of the **Varaita Valley**. We arrive in **Chianale** to cross the border with France at the **Col Agnel** and connect, in **Briançon**, to the **medieval paths between Roma and Santiago**.

An itinerary for nourishing the soul with silence, for meditating at the rhythm of one's step on the paths of history, for breathing in the beauty around us.

ALPI CUNEESI AND ALTA LANGA
ITINERARY VALLE VARAITA TREKKING



Valle Varaita Trek

PERIOD 1 June - 14 September 2022

DURATION 4 days | 3 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



EFFATA' TOUR

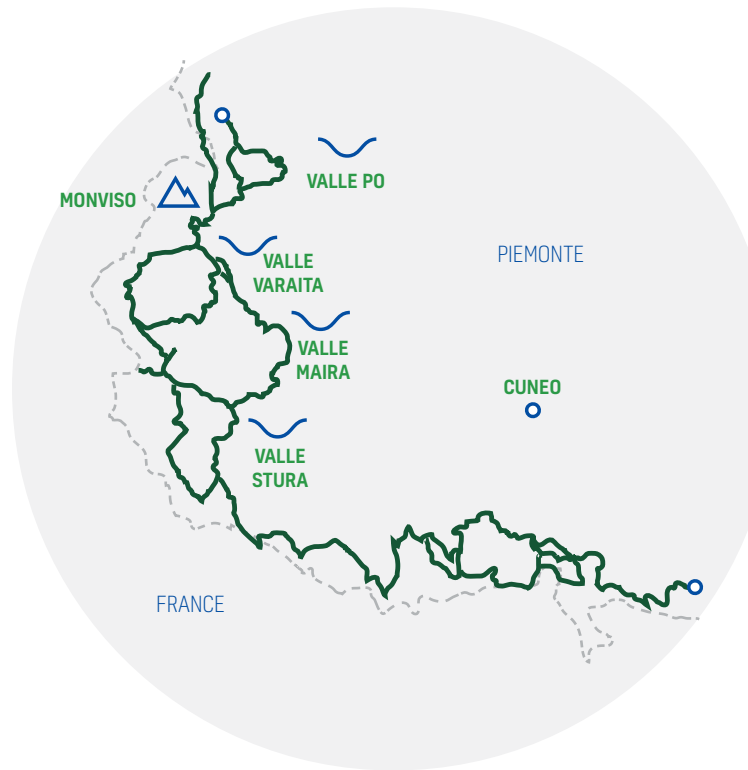
**FOR INFORMATION AND
RESERVATIONS** | +39 0121 343452
| tour@effata.it
| www.effata.it



Grande Traversata delle Alpi - Sud Piemonte

The GTA - **Great Crossing of the Alps** - enters the southern part of the Piemonte Region between **Pellice Valley** and **Po Valley** (Stage 50) at the **Monviso** massif. You can choose from routes on different gradients for your hike around the mountain that has become the symbol of Piemonte, before descending to the **Varaita Valley**.

From this point on, you can choose whether to follow the main route that stays on a mid-way altitude in the Occitan Valleys or a more demanding variant that runs at higher altitudes between Varaita, Maira and Stura Valleys.



Once you reach the Maritime Alps, the main route remains relatively high up but an alternative lower gradient route is proposed to discover **Vermenagna Valley**.

The last stretch takes you round the Marguareis, the highest peak in the Ligurian Alps, crossing the unique karst environments of the area and finally descending into the **Tanaro Valley** until you reach **Ormea** where the itinerary ends.



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



Trekking on the king's trails

In the heart of the Parco Naturale delle Alpi Marittime

A fascinating four-day trek to discover all the secrets of these wonderful places. Following the dense **network of mule tracks** used for hunting by King Vittorio Emanuele II, we will cross extremely varied landscapes: glacial lakes, alpine meadows, wild detrital expanses or relaxing grazing basins. Ibex, chamois, marmots, eagles and the still rare bearded vulture will be our travelling companions in this unforgettable adventure.

Overnight stays in Alpine refuges or comfortable stopping places, with the possibility of using the luggage transportation service, will allow you to travel with a light backpack and fully enjoy the beauties of nature. The trails, at **altitudes ranging between 1300 and 2500 m**, do not present any technical difficulties and are suitable for all hikers, as long as they are trained to hike in the mountains.

ALPI CUNEESI AND ALTA LANGA
ITINERARY GRANDE TRAVERSATA DELLE ALPI



Trekking on the king's trails

PERIOD 15 July - 15 September 2022

DURATION 4 days | 3 nights

DIFFICULTY Easy

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



**CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo**

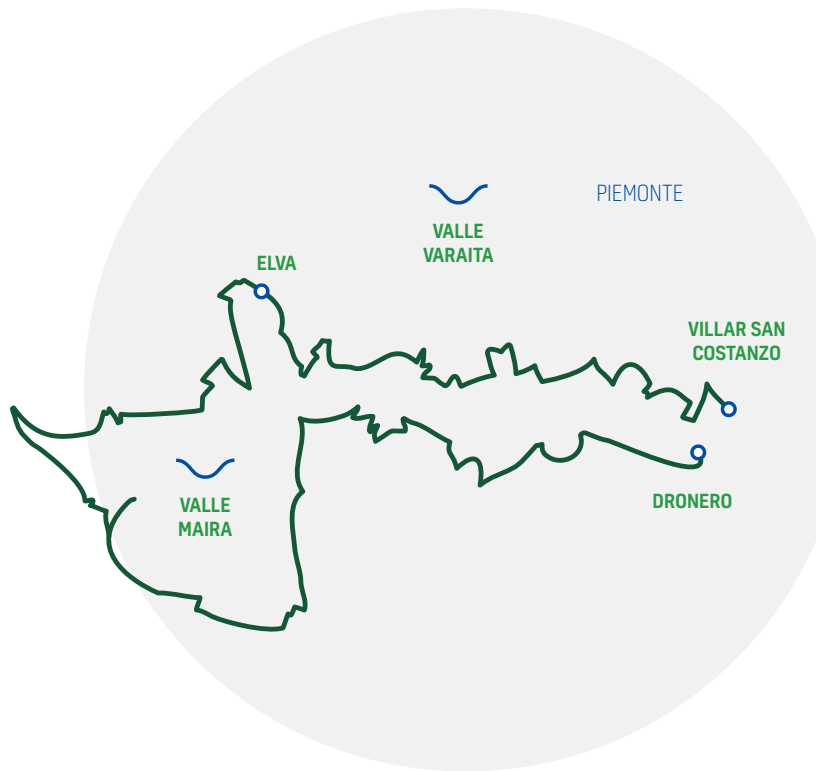
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| www.cuneoalps.it



Percorsi Occitani

The **Occitan Trails** are the most popular hiking circuit 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, Marmorata, 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 hiking circuit of the Occitan Trails 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**



Walking among the giants in Valle Maira

A beautiful journey through the naturalistic beauties of the Upper Valle Maira

A stay that will take the visitor to discover the symbolic mountains of the valley.

Each itinerary will be steeped in history and culture: we will pass from the remains of the fortifications of the **Vallo Alpino**, to naturalistic beauties such as the lakes on the **Piergiorgio Frassati trail** and the **vertical rock faces of the Provenzale-Castello mountains**, finishing up with the artistic testimonies left long ago by the itinerant painters.

A real mix for savouring and fully enjoying the heritage of the **Maira Valley**.

ALPI CUNEESI AND ALTA LANGA
ITINERARY PERCORSI OCCITANI



Walking among the giants in Valle Maira

PERIOD 12 July - 30 October 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



CONSORZIO TURISTICO
VALLE MAIRA

**FOR INFORMATION
AND
RESERVATIONS** | +39 0171 917080
| consorzio@vallemaira.org
| www.vallemaira.org



Discovering the Bassa Valle Maira

The Bassa Valle Maira is a place full of culture, uniqueness and history

On the first day, we will prepare for the walks of the following days by pedalling with the e-bike. We will walk through the **large stone mushrooms**, a very interesting geological feature, especially appreciated by families. The adventure will continue with the exciting experience of the Tibetan bridge, before we stop for a delicious lunch. The following day, we will cover the second stage of the Occitan Trails, a 14-stage loop itinerary that embraces the whole of the Maira Valley.

The second stage, from Sant'Anna di Roccabruna to San Damiano Macra, offers us the chance to enter the villages of the Lower-Middle Valley and admire the remains of a past that is still alive. On the fourth day, still traveling along the Occitan Trails, we will come across breathtaking views. Our journey will end in Camoglieres, a pretty village in the municipality of Macra, known for its via ferrata.

ALPI CUNEESE AND ALTA LANGA
ITINERARY PERCORSI OCCITANI



Discovering the Bassa Valle Maira

PERIOD 1 May - 31 October 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL



FORMULA



**DETAILS OF
THE OFFER**



**CONSORZIO TURISTICO
VALLE MAIRA**

**FOR INFORMATION
AND
RESERVATIONS** | +39 0171 917080
| consorzio@vallemaira.org
| www.vallemaira.org



Cultural itineraries in Valle Maira

A journey through the villages and the cultural and artistic beauties of the Medium-High Valle Maira

It will begin with a circular excursion through the **villages of Stroppio**, where treasures of inestimable beauty are hidden, such as the **San Peyre Chapel**. A real dive into local history awaits the visitor, leading us to discover some of the itinerant trades present in the valley up to the last century. Arriving in **Elva**, a small village at 1600m above sea level, you will come across the figure of the **Caviè**, or **hair collectors**, men who travelled throughout Northern Italy in search of locks with which to make extremely valuable wigs. There will be plenty of opportunities to socialise, animated by good **Occitan music**, the melodies of tradition.

ALPI CUNEESE AND ALTA LANGA
ITINERARY PERCORSI OCCITANI



Cultural itineraries in Valle Maira

PERIOD 15 May - 31 October 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL



FORMULA



**DETAILS OF
THE OFFER**



**CONSORZIO TURISTICO
VALLE MAIRA**

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| consorzio@vallemaira.org
| www.vallemaira.org

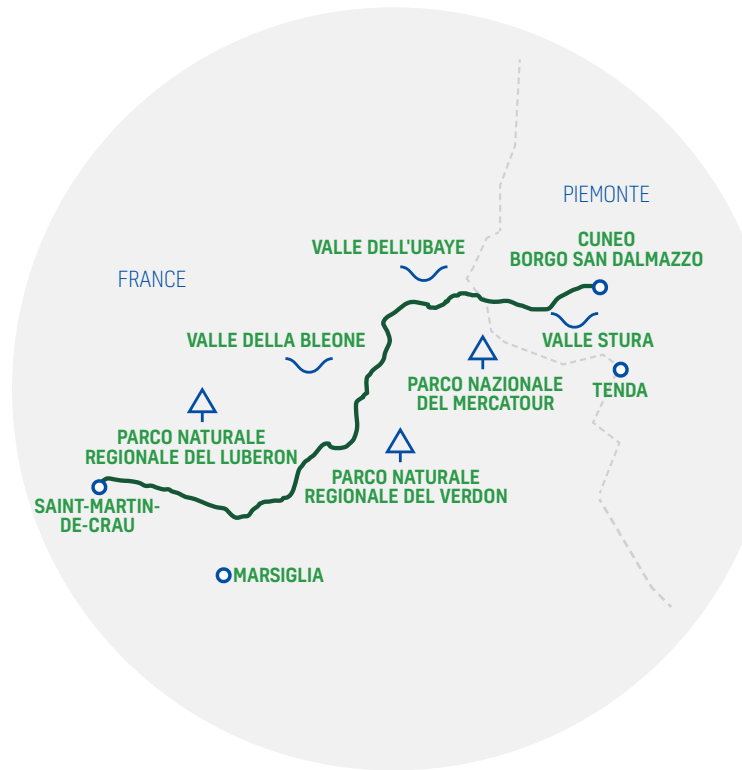


La Routo

The **La Routo** hiking route is the strong link between **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 **lakes of Roburent** -, 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 hiker 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 400km), 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**



La Routo on the trails of transhumance and pastoralism

An exciting trek, between France and Italy

On the trail of the old cattle herders who left Provence since the 15th century and took the road - **the Routo** in Occitan - to reach the sunny pastures of the **Stura Valley** over the **Colle della Maddalena**.

With the guide we will take the ancient trails of the upper valley and discover the trade of the shepherd, the Occitan traditions, and the incredible charm of these lands on the border.

ALPI CUNEESI AND ALTA LANGA
ITINERARY LA ROUTO



La Routo on the trails of transhumance and pastoralism

PERIOD 1 June - 31 October 2022

DURATION 3 days | 2 nights

DIFFICULTY Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



INSITE TOURS

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

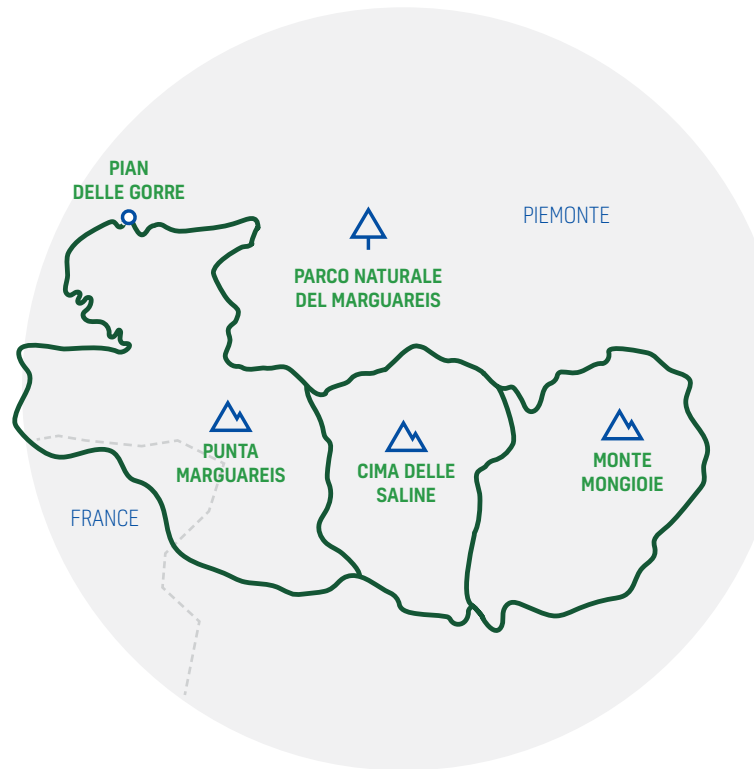


Giro del Marguareis

The **Marguareis Tour** was created in 2006 on an initiative of the **Upper Pesio and Tanaro Valley Natural Park**, which later became the **Marguerais Park**, and the managers of the mountain huts in the protected area.

It is a lovely **trekking loop around the two main peaks of the Ligurian Alps**, in the land of karst, with pastureland as far as the eye can see, interspersed with vertical limestone walls. Plus sinkholes, furrowed fields and expanses of snow-white, almost lunar rocks.

Since the karst soil absorbs water, there are no lakes and streams at high altitude; but the groundwater networks come to the fore on the valley floors, sometimes in the form of spectacular springs.



The official route consists of five stages, but it can easily be modified according to needs due to the numerous variants: you can opt for longer or shorter stages, just complete the loop around the **Massiccio del Marguareis** or also go around the **Mongioie**, with durations ranging from two to five days.

While the classic starting point is from **Pian delle Gorre** in the **Pesio Valley**, **Carnino** or **Viozene** in the **Tanaro Valley** are also suitable places to start the trek. The best time to do the Marguareis Tour is when the mountain huts are open, from mid-June to mid-September.

In some years in June, snow may still be found on the passes when the huts are opened, then there are no problems until mid-October.



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



Marguareis loop tour

Trekking between Italy and France

An exciting trek in the heart of the **Marguerais Natural Park**, to discover all the secrets of one of the most important karst areas in the Alps. **Along age-old salt roads, military roads and shepherds' paths**, we will move around on the alpine watershed between Italy and France, sometimes on the side facing Piemonte, other times on the slope that looks towards the sea, not to mention the climb up to **Marguareis Peak**, the highest peak in the Ligurian Alps.

Vertical limestone and dolomite walls, expanses of pastureland, alpine meadows and karst areas reminiscent of a lunar landscape will form the backdrop to the walks in this unforgettable adventure.

The trails, at **altitudes between 800 and 2,600 m**, do not present any technical difficulties and are suitable for all hikers who are sufficiently fit to walk in the mountains.



Marguareis loop tour

PERIOD 15 July - 15 September 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium/Hard

PROPOSAL 

FORMULA 

**DETAILS OF
THE OFFER**



**CONITOURS - Consorzio Operatori
Turistici Provincia di Cuneo**

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

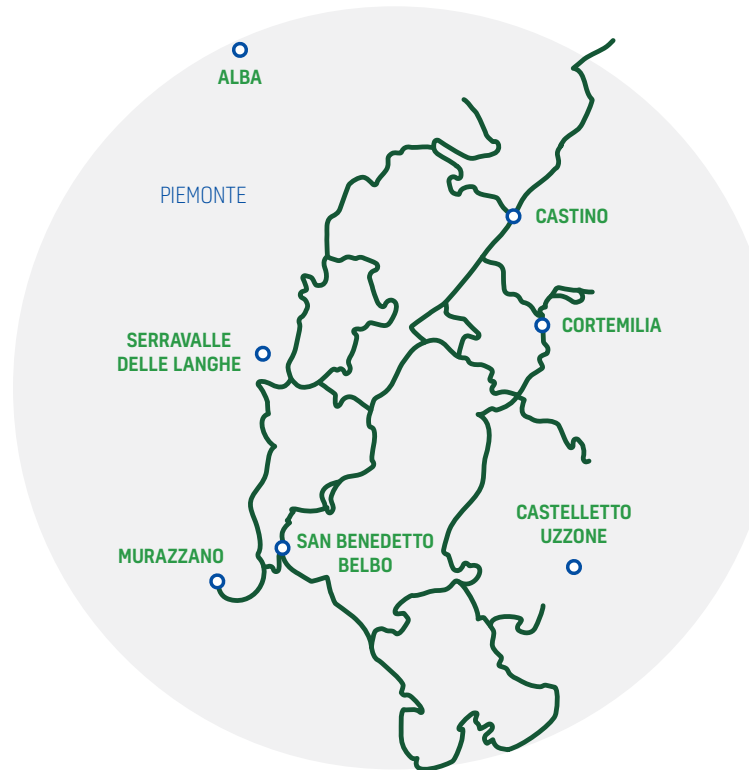


Grande Traversata delle Langhe

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 PACKAGE**



Taste trail

The taste of good things
is linked to memory

The taste of good things is linked to memory, and on this tour we walk along the **Grande Traversata Langhe** trail on long ridges with never-ending landscapes, in pursuit of **typical products, places of art**, stories of simple people told by great writers.

ALPI CUNEESE AND ALTA LANGA
ITINERARY GRANDE TRAVERSATA DELLE LANGHE



Taste trail

PERIOD 1 March - 30 November 2022

DURATION 5 days | 4 nights

DIFFICULTY Medium

PROPOSAL 

FORMULA  

**DETAILS OF
THE OFFER**



V.I.C.

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



PHOTO CREDITS - ARCHIVES: ATL del Cuneese, ATL Turismo Torino e Provincia, Colomion S.p.A., Conitours, Consorzio operatori turistici Valli del Canavese, Consorzio operatori turistici Valli di Lanzo, Consorzio turistico Valle Maira, Effatà Tours, Ente Turismo Langhe Monferrato Roero-Can't Forget Italy, inLanga Tours, Insite Tours, Parco Nazionale Alpi Marittime, Polvere di Stelle Tour Operator, Ufficio Turistico di Avigliana, Unione Montana Valle di Susa@manatwork, Valsusa Turismo, Visit Saluzzo.

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