



turismo
Torino
e provincia

25
dal
1997
anniversary

ON TWO WHEELS IN TORINO AND ITS PROVINCE

TORINO AND ITS PROVINCE are an ideal destination for two-wheel enthusiasts, both road and mountain bike lovers. There are many routes available for an immersion in the territory, rich in history, art and nature, among hills and high-altitude landscapes.

The link between the subalpine capital and the *Giro d'Italia* is more than 100 years old: in 1909 the penultimate stage of the first edition of the Pink Race arrived in Torino and since then, in the shadow of the Mole, great champions have passed through, from Luigi Ganna to Costante Girardengo and Ivan Basso, to name but a few.

The roads of the *Giro D'Italia*, and not only, make Torino an easy city to discover by bicycle; in a short time you can reach most of the places of interest, you can make excursions entirely in the green such as in the Valentino park along the Po river, and you can observe architectural details and landscape views that can only be grasped by moving at a slow pace. Many operators offer excursions and tourist packages (<https://www.turismotorino.org/en/your-trip/tourist-packages-and-services>).

But Torino is only the starting point for discovering the area by bike.

TORINO HILLS

A few kilometres from the city centre, on the other side of the Po, the hill that embraces the city is full of paths and white roads. There are many climbs for racing bikes, with difficulties for all types of training. Whether you are an amateur who has just started cycling or an established cyclist, in the Piedmontese capital you will always find the right stimulus for your legs even on a ... mountain bike. One of the classic itineraries is the 'Maddalena (Colle della) and *Basilica di Superga* da Torino, giro': from the city centre you can reach the *Basilica di Superga*, the *Eremo di Pecetto* and the *Colle della Maddalena*.

PINEROLO AREA

The Pinerolo area includes more than 750 km of routes and roads that are ideal for immersing oneself in an area with a thousand faces, from the countryside to the hills, from cycle paths to high mountain dirt roads, suitable for all types of bike. You can be guided by cycling guides on the best routes and itineraries, or you can choose to follow one of the numerous tracks on your own, through climbs, descents, hills and forests, without giving up a regenerating stop at one of the many points of historical and scenic interest, transforming your outing into an unforgettable experience. With the UpSlowTour project, there are fifteen routes to discover the Pinerolo area by bicycle (<https://www.upslowtour.it/>)

Info: <https://www.turismotorino.org/it/territorio/pinerolo-e-valli-valdesi/pinerolese-su-due-ruote>



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CANAVESE AREA

Cycling is perhaps one of the best ways to discover the Canavese. Even for the less sporty, who appreciate exploring different places calmly and quietly, renting an e-bike allows you to tackle the gentle morainic hills and immerse yourself in the Erbaluce vineyards, perhaps stopping at wineries along the way for a tasting of local products. But the Canavese, for those who love road biking, offers countless possibilities and some of the highest level, in fact the Canavese roads have been the protagonists of fantastic stages of the *Giro d'Italia* in recent years. As well as mountain bike enthusiasts challenging tracks in the various Canavese valleys and the possibility of a Bike Area for cross country, free ride, downhill.

LANZO VALLEYS

Rich in history, with magnificent scenic views, the Lanzo Valleys offer multiple opportunities to stimulate every biker's need with more than 360 restored trails and more than 1,000 km of routes.

Not to be missed is the Ceronda MTB Ring (ACM): this is a cycle-tour itinerary that stretches for about 80 km starting from Lanzo Torinese, crossing the hills bordering the Stura di Lanzo and then climbing up the valleys of the Ceronda and Casternone torrents, climbing at high altitude to reach the technical trails around the Colle del Lys and then descending to the valley for the return journey.

This itinerary is divided into two main loops, a connecting section and two variants, and aims to promote the practice of cycle hiking in the Lanzo Ceronda and Casternone Valleys area.

GRAN PARADISO NATIONAL PARK

There are many itineraries on asphalt or dirt roads in the Piedmont side of the Park. From "*Girolungo con girolago*" - a circuit linking the Borgata Prese ring to the Ceresole girolago, with a connecting stretch on a dirt road and gradients suitable for E-bikes or trained cyclists among larch trees and turquoise waters - to "*Alpette a Campiglia Soana*", a route entirely on asphalt roads that starts from *Alpette*, with a beautiful view over the Orco Valley, and links the two sides and crosses numerous hamlets.

<https://www.pngp.it/en/itinerari-bici>



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VAL SUSA

Discovering Valsusa by bicycle is a unique experience through its tracks, mule tracks and paths. The Valsusa offers all kinds of experiences for bicycle lovers, but also for cycle tourists: from climbs to the hills for road bike enthusiasts, who after the effort will be rewarded by the satisfaction of having arrived, to the tracks for those who climb uphill by mountain bike through woods and meadows to discover landscapes, villages, alpine pastures, mountain huts and much more.

The Valsusa Valley is also the perfect setting for Slow Bike, for cycling excursions, among marked trails and cycle paths that connect the various villages in the valley bottom, but also dirt roads that will take us halfway up the mountainside to discover villages, hamlets and the entire rural world of the mountains.

Not to be missed is the *Ciclovia Francigena* that touches 15 municipalities up to the Moncenisio Pass, the first 35 km of which can be travelled from the valley floor up to the middle of the route, and passes through villages with an ancient history, alongside castles and parish churches dominated from above by the majestic Abbey of the Sacra di San Michele. The historical centres of Avigliana and Sant'Ambrogio are worth a diversion from the main route.

For those in search of strong emotions Cross country, enduro, all mountain; these are just some of the activities you can enjoy on these suggestive routes designed for those who cannot do without the adrenaline rush that only off-road cycling can offer.

Info:

<https://www.turismotorino.org/en/experiences/hiking-and-outdoor-activities/mountain-bike>