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MAROCCHE

The path to the northern limits of the Valle del Sarca is long but not difficult. From the bridge in Arco the path follows the right side of the river and the high cliff of the castle. The first stretch of the path, which is surfaced, passed through Prabi where it is worthwhile paying a visit to the old church of Saint Apollinaire and Saint Paul's Hermitage. After passing by the Roman bridge on the right at Ceniga, the path becomes rougher, but never demanding, before finally arriving at the "Ciclamino" motor-cross circuit at Pietramurata. Worthy of note are the smooth rock face of Monte Brento and the "Parete Zebrata" (zebra rock face), both highly popular as rock faces for traditional climbing practice.

After crossing the state road, from the centre of Pietramurata the return path follows a dirt track along the opposite side of the River Sarca, skirting the Marocche bio-topo, a rocky post ice-age desert. After a brief stretch on surfaced road, following the old provincial road through the village of Dro in a southerly direction, there is a junction with the Gardesana Occidentale (S.S. 45bis) where the new cycling path along the River Sarca begins on the right and leads back to the departure point.

MONTE VELO

From the car park near the bridge over the River Sarca at Arco, after passing the foot-bridge over the river, carry on towards the Capuchin Monks Monastery. At the village of Massone, go under the little ancient portico as far as a fresh-water fountain. Following the sign-posts for Troiana a surfaced road climbs up as far as Pianaura, famous for its magnificent chestnut trees and rock engravings. At the beginning of the hill there is a rock-climbing face situated just below the old oolite quarries (a calcareous stone used for ornamental friezes and building). The path leads to Troiana, set 644m. A.S.L. in a delightful valley surrounded by beech, chestnut and fir trees. After Troiana the path becomes a dirt track and leads to Carobbi 754 m. A.S.L. The path rises gradually as far as Passo Due Sassi, from where there is a magnificent view of Alto Garda and the Lake valleys, worth a stop. After reaching Mount Velo, the path leads downwards along a provincial surfaced road for about one kilometre, passing the war memorial on the left. At the hairpin bend near the sign-post for the "Farmacia" (chemist), the path leaves the provincial road and turns left along a small surfaced road. Follow this road ignoring all turnings until the road becomes once more a dirt track. After the cross-bar and an apparently flat stretch of about 1,5 kilometres, the path comes to Fiavei. From here, a wide and undemanding forest road leads down to Bolognano, Massone and finally Arco.

LAGHEL

From Via Pernone in Riva del Garda, follow the road as far as the Varone water-fall where an easy route on the right leads gradually up through splendid olive groves dotted around the valley of Arco and on through the ancient villages of Ceole, Varignano and Vigne. Here it joins up with a difficult though brief climb up to the little church of Santa Maria di Laghel.

From here the path leads left through woods and scattered boulders as far as the descent down a technical path, at times almost non-existent, which comes out near the Roman bridge at Ceniga. After crossing the bridge, the path comes to the state road which leads to Arco through the plum orchards and the country villages of San Martino and Massone. From behind the stadium of Arco, take the splendid cycling path which skirts the river Sarca as far as Linfano; next cross the state road S.S. 240, go as far as the mouth of the Sarca and from here follow the promenade of the same name until you reach the lakeside at Riva del Garda, thus completing one of the easiest and most relaxing of all the cycling paths.

DOSS CASINA

From the town square in Torbole, take the road uphill towards the Busatte activity park. Follow the cobbled path in the Santa Lucia valley as far as the junction with the Mount Baldo road which climbs up on the right with steep hairpin bends leading up to Malga Zures. Here the path follows the visible tracks of the first world war defence lines and levels out for a while before the steep climb up to Malga Casina. At the right-hand bend, (just before Dos Remit), take the forest path on the left which goes north around the peak and then down towards the Brentegana road. After crossing the Val Grande a steep winding path leads down on the left towards Malga Rigotti and Maso Cauril, ending up on the state road in the vicinity of a farmhouse. Take the road on the left towards Riva del Garda and half way up the brief climb to Passo San Giovanni, turn left towards "Mala". After

passing through Mala, carry on for a brief stretch past the sports field and then turn left onto a country road which leads through the vineyards towards Nago.

ALTERNATIVE ROUTE: MONTE CORNO. North of Nago, a narrow, surfaced road climbs towards the crumbling layers of Mounts Brugnolo and Creino. 300 metres after the Hotel Continental Nago a very steep climb leads up to Campedello on the left (which at times becomes a veritable "wall" making it imperative to use the lowest gears). After coming to the first meadows and pastures of Corno, cyclists are rewarded with a magnificent view. To the left of the first stone house after the climb, a flat stretch of road leads to a junction sign posted Creino-Santa Barbara; at the next junction turn right, back onto the arduous mule track, at times surfaced, at times not. As the path gets easier, turn left on the path which goes downwards, gradually becoming wider before joining the road for Corno. From here, at the clockwise curve before the cross-bar, take the forest road on the left which climbs gently and after just a few minutes, goes down again before coming out on the "Maza" state road (S.S. 240) opposite a rubbish tip.

Follow the state road for 2 kilometres as far as Nago.

MALGA CAMPO

An initially effortless path begins at the bridge in Arco, leading along the new cycling path on the left side of the River Sarca as far as the village of Ceniga. Turn right and cross the S.S. 45bis state road which leads to a flat country road which, after approximately 3 km, comes out at Dro on the provincial road leading to Drena, passing through Maso Giare and splendid orchard. After a series of bends affording magnificent views it's well worthwhile stopping for a visit to the splendid Drena Castle. After the castle, go down to the right of the village and beyond the Rio Sallagon towards Maso Michelotti, climbing once more for about 400 metres. From here, after a stretch of apparently flat ground, the road becomes steep again and after about 10 km ends up in woods and green meadows just before the summer pastures of Malga Campo. To follow a brief flat stretch from which there are views of Mounts Brento and Casale and the Brenta Dolomites the coming to the last gruelling climb on a cemented road (a ratio of over 25%) and after the first bend, go straight down again. After a pleasant stretch of flat road through the meadows, turn right at the first junction and go down towards Carobbi. Here, at a junction between two houses, turn right onto a steep downhill dirt track which comes out at a surfaced junction. Turn left and carry on as far as the ancient village of Braila. Follow the dirt track down to Pianura which is surrounded by beech woods and ancient chestnut trees. Further down, just before San Martino, Massone and Caneve, is a rock face which is used for free climbing.

LAGO DI TENNO

The path begins in Riva del Garda, taking the Via Pernone and turning left at the bottom on the state road for Tenno before coming to the Varone waterfalls. About 200 metres after the spectacular ravine, just near the signpost for Gavazzo, a surfaced road to the left climbs up to the village of Cologna before joining the S.S. 421; after following the state road for 600 metres turn off at the first anti-clockwise bend for the Volta di Nò. After 100 metres, turn left, following the wooden and yellow signpost of the "Strada Pil Tenno". Here the dirt track, which later becomes a cobbled path, runs parallel to the state road below, as far as the town of Tenno, while on the left cyclists can enjoy the constant, magnificent view of Riva del Garda and the lake. 100 metres after joining the state road the path leaves it once more immediately after the bend below the castle. Go right through the town of Tenno with its narrow streets paved in porphyry as far as the crossing back over the S.S. 421 where, on the left, a new dirt track leads straight to Ville del Monte. Follow the wooden tourist sign-posts toward the vicinity of the Hotel Cristina. A minor road leads, after less than a kilometre, to lake Tenno, passing a cross-roads to which one finally returns after an obligatory visit to the lake where in the Summer months a dip in the blue, inviting water is an absolute must. Remember however, that the local council does not allow cycling on the paths around the shores of the lake.

After coming back to the cobbled cross-roads, carry on to the left and go through the delightful medieval village of Canale, leaving all the little streets on the left before finally coming out directly on the provincial road which after 200 metres leads to the village of Calvola (642 m. A.S.L.).

Near the fountain, follow the steep cobbled road, paying no attention to the turnings on the right; after about 1 kilometre the path comes out above Tenno near a hairpin bend on the S.S. 421 state road. Carry on to the left along the dirt track, then surfaced road, which after about 2 kilometres comes out on the S.S. 421 at the bend for the Volta di Nò. Turn left again along a widening path, initially surfaced before becoming a dirt track, then cemented and finally cobbled, which leads to the village of Varignano, from where a right turn-off leads to the Santuario delle Grazie, Ceole, Varone and finally, to the Via Pernone and back to Riva del Garda.

MALGA GRASSI

The path begins in Via Ardano in Riva del Garda, goes beyond San Giacomo and joins the S.P. 37 provincial road leading to Deva and Pranzo. After the village of Pranzo, at the second hairpin bend, turn left for Campi through a splendid chestnut grove. After passing through the village, turn right towards Malga Grassi. Just above, there is an easy dirt track which leads to the archaeological area of San Martino with its Roman ruins. Follow the surfaced road again as far as the meadows at Malga Pranzo, situated below the peaks of Pichea and surrounded by fir trees and beech woods. Next take the path above Malga Grassi which goes down along the right side of the Gamella torrent as far as the little hamlet named Parisi and follow the road past the little church of San Rocco, from where a long path, with a view of the lake, leads down through the woods, past Pinza and the ruins of the San Giovanni church as far as Riva del Garda. Follow the cemented path as far as Santa Maria Maddalena where there is a straight forest road which climbs gently towards the ancient Venetian fort at Riva del Garda. Follow the winding road paved in porphyry, with its dozens of bends, as far as the S.S. 45bis. Cyclists should exercise extreme caution on this downhill road as there are always lots of hikers making their way to the bastion on foot.

SAN GIOVANNI AL MONTE

The path begins with a steep climb from above the town of Varignano to the delightful valley of Padaro, where a brief stretch of flat road is followed by another slight, but constant climb. Carry on as far as Mandrea where on the right there is a splendid view of the Valle dei Laghi. After the first country dwellings of San Giovanni, go past the pretty little church until you see the refuge-restaurant below. Going up towards "Prai da Gom-Gorghì", the road becomes a dirt track and after turning left at Marcarie, passes below the slopes of Monte Biaila, which is flanked by vast forests and a green valley. From Gorghì, turn right through a dense wood and then turn left along a forest path which ends up on a paved road leading to Bondiga.

Carry on towards San Pietro, pass through Treni, and keeping left, go up again through the meadows and rustic dwellings as far as the road on the left which will take you to the villages of Calvola and Canale. Further down, on the left is a turning onto the S.S. 421 for Tenno. At the hairpin bend at the Volta di Nò, take the path through the olive groves to Varignano.