

# 'La Via dei Campioni' Cycle Route : STAGE 4 Rifugio Cascina Foi - Carezzano

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**Utilization** Cycle touring

**Official itinerary** No

**Lenght** 63.70 km

**Tempo** 6 hours 22 minutes

**Stage** 4

**Max altitude** 939 m

**Ascent elevation gain** 155 m

**Descent elevation loss** 720 m

**Difficulty** Easy

## INFORMAZIONI

**Region**

Piemonte

**Country**

Italy

**Address**

Rifugio Cascina Foi  
15060 Bosio AL  
Italy

## **Coordinates** POINT

(8.77645 44.55408)

**Altitude** 775 m

## **Arrival address**

Carezzano  
15051 Carezzano AL  
Italy

## **Arrival coordinates** POINT

(8.88588 44.81038)

**Arrival altitude** 210 m

## **Access**

From Alessandria to Capanne di Marcarolo under its own power: take the SP 30 and after the SP 185 towards Ovada. Continue on the SP 180 and then on the 160 in the direction of Gavi, you get to Voltige and turn right taking the SP 165 and going up towards Capanne di Marcarolo.

To reach the village of Carezzano with their own means, starting from Tortona, take the SP 35 and after the SP 134 towards South and you get to Carezzano

## **Descrizione**

The stage starts from Rifugio Cascina Foi in Capanne di Marcarolo and follows the Piedmont-Liguria divide past Monte Pracaban, as far as Monte Colme. From here the route proceeds to Lerma, noted for its medieval

castle with fortified "ricetto" or refuge. The stage continues through Montaldeo, San Cristoforo and Tassarolo, each with their own well-preserved medieval castles, then to the centre of Novi Ligure with its Museo dei Campionissimi, the museum dedicated to Girardengo, Coppi and the cycling tradition. From Novi Ligure centre the route follows a paved road across the Alessandria plain to join with Trail 145, near Carezzano, situated in close proximity to Costa Vescovato, the start point of 'La Via dei Campioni', and from Castellania, Fausto Coppi's home town.

### **Public transport access** Yes

To reach the town of Capanne di marcarolo by public transport, you have to use the CIT bus service ([http://Www.citnovi.it/Linee\\_extraurbane.asp](http://Www.citnovi.it/Linee_extraurbane.asp)) from the town of Gavi, leads up to voltage and then reach Capanne di marcarolo on foot (about 15 km).

To reach the resort carezzano by public transport, you have to use the service Autolinee ARFEA (<https://Www.arfea.it/Risultati-ricerca-linea/>) that from the town of Tortona, leads to Carezzano

### **Accessible to people with disabilities** No

## **Support points**

Rifugio Cascina i Foi, loc. Capanne di Marcarolo, Bosio (AL);  
Car parking in the town of Carezzano

**Devotional relevance** No

**Historical relevance** No

## **DETTAGLI**

**Local Tourist Agency (LTA) reference** [ATL della provincia di Alessandria "Alexala"](#)

**Code** VDC

**Classification** Provincial

**Province**

Alessandria

**Cell phone coverage**

TIM, Vodafone, 3WIND

**Ultima data di aggiornamento** 15/12/2023

## **ALTRE INFO**

Accommodation facilities

[A casa di alice](#)

[Cascina foi](#)

[Cascina pian castagna](#)

[Azienda agricola ca' bensi](#)  
[Azienda agricola villa sorgiva](#)  
[Castello di tagliolo guest house](#)  
[Villa ester h&r](#)  
[Bertaina mauro](#)  
[Il burlino](#)  
[Cascina la comuna](#)  
[La casa di bacco](#)  
[B&b casa meli](#)  
[B&b la punta dei crociati](#)  
[B&b la pace](#)  
[Agriturismo nonna du](#)  
[Al castello](#)  
[Al cortile di gavi](#)  
[Azienda agricola la mesma srl](#)  
[B&b il poggio di gavi](#)  
[Bed&breakfast villa gavina](#)  
[Borgo cortese](#)  
[Casa incontro don luigi cambiaso](#)  
[La zolla rotta](#)  
[Locanda san rocco](#)  
[Albergo trattoria dell'angelo](#)  
[Albergo verdi](#)  
[Antica novi](#)  
[B&b cascina cin cin](#)  
[Borgo merlassino](#)  
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[Hotel motel flower](#)  
[La casa sui tetti](#)  
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[La saula tenuta la marchesa](#)  
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[Viaggiatori](#)

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[Agriturismo la morella](#)

[Cascina giovanola](#)

**Itinerary index**      No

**Province names** Alessandria