

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

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 Voltaggio 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) 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](#)
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[Agriturismo nonna du](#)
[Al castello](#)
[Al cortile di gavi](#)
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[Casa incontro don luigi cambiaso](#)
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[Locanda san rocco](#)
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[Agriturismo la morella](#)

[Cascina giovanola](#)

Itinerary index No

Province names Alessandria