

Grande Traversata delle Langhe in mountain bike - Leg 6: Saliceto - Mombarcaro

Utilization Cycle touring

Official itinerary No

Lenght 19.00 km

Tempo 1 hour 35 minutes

Stage 6

Ascent elevation gain 832 m

Descent elevation loss 335 m

Difficulty Very challenging (experts only)

INFORMAZIONI

Region

Piemonte

Country

Italy

Address

Saliceto
Via dei Fossi
12079 Saliceto CN
Italy

Coordinates POINT

(8.170269 44.415614)

Altitude 390 m

Arrival address

Mombarcaro
Via della Chiesa
12070 Mombarcaro CN
Italy

Arrival coordinates POINT

(8.085025 44.468186)

Arrival altitude 890 m

Access

By car, motorways:

A6 – Torino Savona, Marene or Carmagnola exit

A21 – Torino Piacenza, Asti Est exit

A33 – Asti Cuneo, Alba exit

By plane:

Milano Malpensa and Linate – www.sea-aeroportimilano.it

Torino Caselle – www.aeroportoditorino.it

Cuneo Levaldigi – www.aeroporto.cuneo.it

By train:

Ferrovie dello Stato: www.trenitalia.com

Descrizione

A lengthy route through the Sorgenti del Belbo Nature Reserve within the Marguareis Park, a humid area and site of the source of the Belbo river, which divides the Langhe from these highlands.

From **Saliceto**, take highway SP295 in the direction of Camerana and follow the signs to the trail that continues along the highway to Campolungo. Shortly after Campolungo, head to the left before you cross Rio Gambarana and continue in the direction of Rocchezza until San Giovanni Belbo. From here, head up to Rifugio La Pavoncella.

This is the most pristine part of the Alta Langa and is the perfect spot for outdoor activities all year round. Rifugio La Pavoncella is at the edge of the **Sorgenti del Belbo Nature Reserve** in a humid basin between Montezemolo, Camerana and Saliceto. The Belbo Valley that cuts deeply through the Langhe region not far from here is, at this point, just a depression between rolling hills. Conversely, your destination, the Mombarcaro hill, rises high (reaching an altitude of nearly 900 metres / 2950 ft) not far past La Pavoncella.

From the lodge, continue on to Cascina Cassolo, where you will find a dirt road in the woods. Continue along the crest of the hill until you reach the cultivated fields around Bric Giacotto, then head down the gravel road to Cascina Flambè. Continue along the crest through a number of sections of woodlands to a saddle in the hill. Head down here along a steep, gravel road to the paved highway that runs between the Belbo and Tanaro Valleys. Continue to the left along this highway in the direction of Mombarcaro until you reach the road to Santuario della Madonna delle Grazie. Here, follow an old trail that leads to the Church of San Pietro and then to an aqueduct.

From here, follow the highway again until you get to the centre of Mombarcaro through its medieval archway.

Mombarcaro is almost Ligurian in the steepness of its hill, which forces the town into terraces of parallel streets connected by steep stone roads and a labyrinth of stairs, which are kept cool and damp by the sea breeze coming in over the Ligurian countryside. One of the village's gates (the other has been broken into two stumps) evokes the idea of a walled village protected by towers, a moat and a castle destroyed by time or by war, while the historical museum features a Roman stela.

Public transport access Yes

[Http://Www.grandabus.it/](http://www.grandabus.it/)

Recommended period

Spring Summer Fall

March - November

Accessible to people with disabilities No

Interest points

Saliceto : Church of San Lorenzo , Church of San Martino di Lignera ,
Castle of Marchesi del Carretto , Sanctuary of Madonna della Neve .

Sorgenti del Belbo Nature Reserve

Camerana : Medieval Tower

Mombarcaro : Town Gate and Medieval Arch, Historical - Ethnographical
Museum, Chapel of San Rocco.

Devotional relevance Sì

Historical relevance Yes

DETTAGLI

Local Tourist Agency (LTA) reference [ATL Langhe Monferrato Roero](#)

Code GTN

Classification Provincial

Province

Cuneo

[GTL_Tappa6.pdf](#)

Ultima data di aggiornamento 15/12/2023

ALTRE INFO

Accommodation facilities

[Casa martini](#)

[La mesa verde](#)

[Sorgenti del belbo](#)

[Buchere ville](#)

Itinerary index No

Province names Cuneo