

Home

Bar To Bar on a mountain bike

Utilization

Cycle touring

Official itinerary

No

Length

139.50 km

Stage

0

Max altitude

790 m

Difficulty

Challenging

Informazioni

Region

Piemonte

Country

Italy

Address

Alba

Ente Turismo Langhe Monferrato Roero

Piazza Risorgimento, 2

12051 Alba CN

Italy

## Coordinates

POINT (8.03996 44.70068)

Altitude

167 m

Arrival address

Alba

Corso Fratelli Bandiera

12051 Alba CN

Italy

Arrival coordinates

POINT (8.03014 44.69901)

Arrival altitude

167 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-aeroportoimilano.it](http://www.sea-aeroportoimilano.it)

Torino Caselle – [www.aeroportoitorino.it](http://www.aeroportoitorino.it)

Cuneo Levaldigi – [www.aeroporto.cuneo.it](http://www.aeroporto.cuneo.it)

By train:

Ferrovie dello Stato: [www.trenitalia.com](http://www.trenitalia.com)

## Descrizione

The Bar to Bar itinerary, a 7-stage circuit from Barbaresco to Barolo and back again (you can choose the direction), crosses a significant chunk of the Langhe Roero territory along low-traffic roads and trails, through woods and an array of uniquely beautiful landscapes. You will visit medieval villages and see a great many of the area's vineyards as you learn a bit about local history and nature, and you can choose between shorter routes or longer ones, both designed for hiking and off-road cycling.

The longer circuit features long climbs and steep descents and is recommended for expert cyclists, but there is always the ability to avoid the most difficult sections either by getting off and pushing or carrying your bike, by taking a shorter, paved detour between two points, or by making use of public transport.

The shorter circuit leaves from Barbaresco and passes through Alba before following the Tanaro upriver into the Barolo region from Roddi – Verduno - La Morra and finally to Barolo.

The longer circuit goes from Barbaresco through Neive and Treiso and on to the upper Langhe. After descending into the Belbo Valley, you will then climb back up to the Bossola pass and head back along the main ridge through the Langhe towards the Tanaro Valley. From Bossolasco - Serravalle and Roddino, the circuit goes through Serralunga and on to Monforte, Novello and Barolo. A variation from Serralunga to Castiglione Falletto - Monforte is also available.

Along the route, there are marked stations for charging e-bikes and for minor repairs that may be necessary along the way. These are normally located in town centres or in the immediate area, or near RV or other roadside parking areas.

Public transport access

Yes

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

## Recommended period

Spring

Summer

Fall

March - November

## Accessible to people with disabilities

No

Devotional relevance

No

Historical relevance

No

Dettagli

Local Tourist Agency (LTA) reference

[ATL Langhe Monferrato Roero](#)

Code

BTM

Classification

Provincial

Province

Cuneo

Approach time

13 hours 20 minutes

[BartoBar\\_ITA\\_Guida.pdf](#)

Ultima data di aggiornamento

15/12/2023

Itinerary index  
Yes

Province names  
Cuneo