

# Bar To Bar on a mountain bike

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**Utilization** Cycle touring

**Official itinerary** No

**Lenght** 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.aeroportoditorino.it](http://www.aeroportoditorino.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**