



## LOVERE - LAKE ENDINE - MALGA LUNGA - GANDINO

Historic landscape route: difficult



Historical naturalistic route between gravel roads, asphalt / concrete and single track sections. The total climb develops almost entirely within the first 21 km arriving to Malga Lunga.

Among the three / four days stopover, this is certainly the most challenging.

Departure: from Lovere or within a 5 km radius

Arrival: Gandino



Length: Km 32,7;

Cycling: 100%; 47% gravel road, 48% asphalt/cement, 5% single track

Gradient: Ascent 1339m; Descent 1176mt; Max altitude 1328m.

Technical difficulty: BC/BC. Mastery Mtb/e-Bike: Good

Muscle difficulty: Mtb very good-E-Bike: good. Battery 1-(500w) 90% 1st level(echo) and in the steepest sections 2nd level.

Walking time: E-bike 3H; Mtb muscle 4h 30' + time for lunch and to visit the museum of endurance for those who want.

Walkable: All year round without snow. Stock up on water.



## GANDINO-CASNIGO-ARDESIO-CLUSONE (UPON REQUEST)



This route, which is mostly cycled along the bike path and the Serio river cycle path, is of interest only to those who want to complete the round trip 100% by bike. It is useful also to lighten legs, fatigued from the day before. Some parts are on gravel road and in a pine forest. It requires an extra day. If you do not have this need a comfortable Van or car both authorized to transport people and bicycles will be waiting for you in Gandino letting you skip this part of the route. Otherwise we will cycle to Clusone. In any case, at our arrival we will find a beautiful comfortable environment where the owners offer excellent typical dishes to taste, so you can finally rest in a nice mountain resort.



Length: 52 Km

Cycleability: 100%.

Ascent 1200m; descent 1100m;

Difficulty: easy.

MTB/e-bike mastery: discreet; BC: Good on a short stretch of stony dirt road.

With e-bike: Battery 1-(500w) 85% 1st level eco mode and in stretches 2nd level



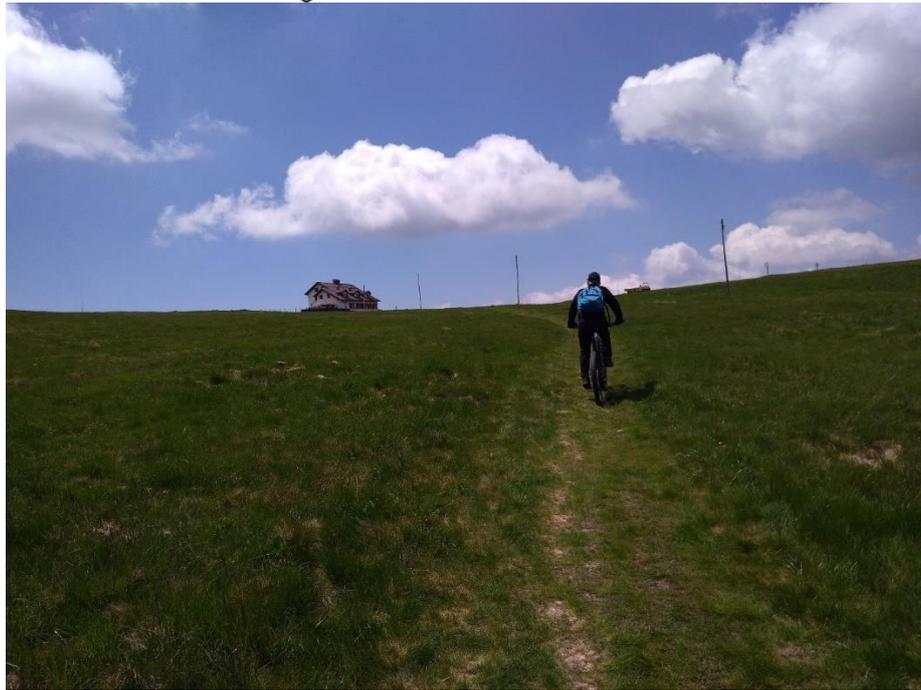
## CLUSONE-MONTE PORA- PRESOLANA PASS

**Cultural naturalistic route in the upper Seriana Valley continuing to the beautiful Scalve Valley.**

**Difficulty: medium/easy**



We will depart by bike from Clusone cycling in the upper Seriana Valley through some of the religious places of worship of the Orobic Bergamasche. We will reach a refuge to which I am particularly attached and if we want, with two more rides, we will admire a wonderful view of Lake Iseo. But the beauty is not yet finished and after a relaxing stop, here we are again in the saddle to reach the Presolana Pass that will give us a view of the majestic but fearsome Queen of Orobic the "Presolana. And here is the well-deserved relax!





Length: 36 Km.

Cycling: 100%. Asphalt 50% on secondary roads; Gravel 50%;

If desired the route can be reduced to 26km and 1000m of ascent.

Gradient: Ascent 1350 m/; Descent 670m.

Technical physical difficulty: MC/BC. MTB/e-bike mastery: good;

With e-bike: Battery 1-(500w) 95% 1st level eco mode and in sections 2nd level.

## SCALVE VALLEY



From the Presolana Pass "Alta Valle Seriana" we will loosen up in a very long descent taking us to this different and beautiful valley to explore.

From here we can go on cycling and improving our itinerary day by day, finally returning to our starting point, from the precious Camonica Valley, land of the prehistoric Camuni and a treasure nest.



## MANINA PASS



An itinerary full of history that we will relive as we ride to what were once the homes of the miners not far from the entrance to the mine now abandoned. Visible glimpses in the mountain as a testimony of the great underground work done, and what was the life of the locals. We'll reach the Manina Pass and then go along our mixed route, along gravel and asphalt roads with views of the Gleno dam, passing by the river and through the woods until we reach Vilminore. We will not miss the stops to recover our energy, for a coffee or an appetiser or for a lunch with a chopping board and cheese and cold cuts with a good beer or glass of wine. Otherwise, if not requested we'll enjoy a picnic.





If you wish and at the end of the tour we will stop in the most important dairy Latteria Sociale Montana of Scalve valley.

Length: 31 km; ascent 1200m; descent 1350m;

Technical/physical difficulty: MC medium capacity, BC good capacity.

Ability to stay in the saddle for the stretches to descend on gravelly and stony dirt.

Muscle bike or e-bike. E-Bike 1 (500w) 80% level 1° and 2°.

## **DESCENDING BETWEEN THE SCALVE VALLEY AND THE CAMONICA VALLEY, LAND OF PREHISTORIC CAMUNIANS**





A good breakfast and a wonderful day will give the right charge to overcome the regret of it being our last stopover of this bike trip. Among my many trips, these montains are the place I strongly desire to come back over and over again.

### **Two proposals to get to Lake Iseo both very beautiful.**

#### **1) First proposal with return to Lovere in a more challenging high mountain route.**



Departure by bike at 9 am, in a short ride we will be in a beautiful pine forest where in winter the paths are transformed into trails for cross-country skiers. We will cycle along a beautiful waterway until we reach an asphalt road where we will continue uphill, in a mountain context, until we reach the refuge Campione which is located at an altitude of almost 2000m. From here we will admire a panoramic view of the Camonica Valley Alps and the Adamello. If the refuge is open we will stop for a break and then we will get back in the saddle and will descend for a fun and panoramic route.



We will continue down towards the bottom of the valley passing through the characteristic villages and some wineries of the Camonica Valley to reach Lake Iseo and Lovere.



Length: 64 km; ascent 1170m; descent 2140m;

Technical/physical difficulty: BC good capacity.

Ability to stay in the saddle for the stretches to descend on gravelly and stony sections. Muscle bike or e-bike. E-Bike 1 (500w) 90% level 1° and 2°.

Refill water.



Le vigne della Valle Camonica





## 1) Second proposal with return to Lovere in a route of medium difficulty and partly in the pine forest.



And here we are riding our bikes on a pleasant and initially asphalted route on secondary roads and gravel roads. We will continue cycling through some hamlets of the valley stopping for a coffee and/or visiting a private collection of minerals of the area. A short stop. We will continue through a long and pleasant pine forest in a continuous ups and downs and arrive in Valle Camonica. From here, always on gravel road we will reach Borno 912m above sea level, (Bùren in Camonian dialect), a beautiful tourist resort and then continue along the Camonica Valley until we reach Lake Iseo.



Length: 52 km; ascent 520m; descent 1460m; technical/physical difficulty: MC medium capacity. Ability to stay in the saddle for the stretches to descend on gravelly and stony dirt road. Muscle bike or e-bike. E-Bike 1 (500w) 70% level 1° and 2°.





### **What you need to know:**

For those who want to stay an extra day, cycling in the Middle or Upper Camonica Valley programs and ideas on the website [www.lagoisetrospertoebiketour.eu](http://www.lagoisetrospertoebiketour.eu) or reach Monte Isola which is located in the middle of Lake Iseo as scheduled for the 4-day tour.

Plan your tour in advance, in this way it will be easier to get a better price.

Possibility to reserve the bus.

We organize for single person or groups up to 8 people. For larger groups please do not hesitate to contact us. The tour will be custom-made.

- Transfer by bus authorized for non-scheduled public transport. NCC as Taxi for people and bikes and in all transfers as scheduled.
- Luggage transfer where necessary.
- Bicycles: Ours or yours for rent.
- If you wish to bring your own bike, loading and unloading will be included.

**Please give us ample time, for the request of road or MTB bikes to rent.**

### **Our MTB bikes:**

- Bicycles Trek X-Caliber 8.
- 2 E-Bikes Trek Powerfly 5+
- Helmet and lights.

Expenses excluded but to be agreed according to requests during the booking process:

- Our bicycles or bicycles for rent or your bike
- Accompaniment with certified guide.
- Transfers by minibus or authorized car.
- Insurance

Autonomously according to our indications or followed by our trusted agency or Tour Operator:

- Dinners with accommodation and breakfast

### **Plan your vacation - ask for a quotation considering that rates vary according to:**

- a) Picking you up from Lovere on Lake Iseo, and covering an area up to a radius of 15 km (eg: Pisogne, Boario Terme, Solto Collina, Riva di Solto, Tavernola).



- b) With airport pick-up or at the accommodation facility where you are staying and considering Lovere on Lake Iseo as a starting point and covering an area up to a radius of 50 km (e.g. Bergamo, Sulzano or Iseo, Valle di Scalve or Valle Seriana or Brescia)
- c) With airport pick-up or at the accommodation facility where you are staying at the airports of Milan, Brescia, Verona
- d) Ask for a quotation for longer distances, it will not be a problem, coming to pick you up is our job.

#### **Booking, payment and cancellation.**

- a) The reservation must be made with an advance of 2 days, to cycle only some or only one of the steps reported.
- b) The reservation must be made at least 7 days before the departure date.

#### **Contacts:**

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Visit my website: [www.lagoiseotrasportoebiketour.eu](http://www.lagoiseotrasportoebiketour.eu)

Cancellation is free of charge within 48 hours for actual bad weather as indicated in point a). The organization will reserve the right to postpone the experience, notifying the participants.

For organizational reasons, we do not accept cancellations in the 15 days prior to the day of departure for the complete tour indicated in point b). The organization reserves the right to postpone the experience, notifying the participants.

Payment at the time of booking can be made by credit card, bank transfer, PayPal or cash. Taxes and VAT included.