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Starting in Ponte Arche, take minor roads via the villages of Godenzo and Comano towards the crossing from Comano Terme to Sarche, which is called Passo della Morte. This is by no means as fearsome as its name suggests; for much of the way you ride on normal forest tracks. Only the last part of the descent is steep and narrow and you will need to have good command of your bike. Once on the cycle path, the route is relatively level as it returns to Ponte Arche, high above the Forra del Limarò gorge. You can't see into the gorge itself, but the imposing rock faces are a constant companion. After about 700 metres on what is unfortunately a busy road, you descend a short trail and cross the Sarca on an impressive bridge. On the other side of the valley, ascend to Villa Banale and along beautiful forest paths that take you back to the start.









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