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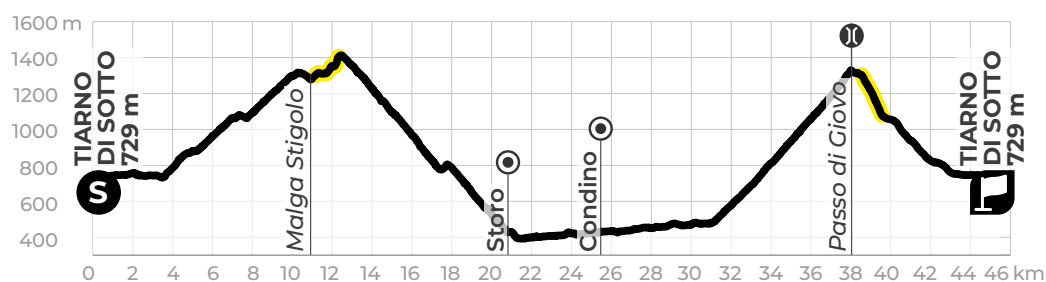
MTB A long tour of discovery into the Valle del Chiese with an interesting profile

From Tiarno di Sotto, take a leisurely start along the cycle path towards Lago d'Ampola, cross the SS240 state road shortly before the lake and enter deep into the extensive woodlands covering the slopes of Monte Stigolo. A forestry track takes numerous corners and switchbacks while ascending almost 600 metres, before reaching a trail on which you may have to push your bike in certain places. A long descent now leads down to Storo, from which you ride easily along the cycle path into Valle del Chiese, mostly along the banks of its eponymous stream, until you reach the village of Cimego. There you begin a two-kilometre climb up to Passo di Giovo at just under 1300 metres. It's easy to begin with, but as you descend it gets steeper and rougher and you'll need to be able to control your bike well. Riding along forestry tracks and minor roads, you eventually return to Tiarno di Sotto, having covered 45 kilometres.

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45,5 km

1850 m

112

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