



## Toce Cycleway Villadossola Sports Hill

○ TC (VERY EASY)

This route runs along the first section of the Ciclovía del Toce and is characterized almost entirely by dedicated bike lanes. The route starts in Domodossola and reaches the Collina dello Sport in Villadossola.

The route starts from **Domodossola station**. In the first kilometer, following the ordinary road system is necessary. From Station Square, we take a left onto Via Bonomelli, and at the end, turn left onto Via Mizzoccola. We pass a first railway underpass, then a second one, and at the roundabout, we follow the signs for the Pista Ciclabile (Bicycle Path) until we reach the **Mizzoccola Bridge** over the River Toce. Immediately before the bridge, on the right, the bike path begins, which runs along the right bank of the Toce River. After a couple of kilometers, the bike path leaves the river bank. It crosses groves and beautiful clearings in the **Boschetto region**, then near the Memorial Stone that recounts the heroic deeds of Geo Chavez, the first trans flier of the Alps who crashed with his aircraft into the Domodossola plain, we return to skirt the Toce embankment. We pass the **Villadossola sports field** and continue along a small mixed-use road that skirts a series of vegetable gardens to a small bridge over the canal. After the bridge, the bike path resumes and runs entirely along the **Collina dello Sport (Sports Hill)**. This artificial mound originated from a disused industrial site's now wholly reclaimed dump. The reclamation works using waterproofing, filling in a layer of soil, and planting has made it possible to recover an area that covers almost 150,000 square meters, returning to the community an ideal site for leisure time, amateur sports practice, and competitive training of jogging, cross-country running, Nordic walking, and mountain biking.

We return from the same route.

## TECHNICAL ASPECTS

The route is overall easy and flat. It can be tackled with any bicycle. It is especially suitable for families with young children.

## POINTS OF ATTENTION

Section on ordinary roads from Domodossola station to Mizzoccola Bridge.

## TECHNICAL DATA.

Relevant geographical area:	Verbano Cusio Ossola / Ossola Valley
Place of departure:	Domodossola Station
Place of arrival:	Domodossola Station
Number of legs:	1
Length:	17.5 km
Total ascent:	50 m indicative
Total descent:	50 m indicative
Difficulty:	TC (very easy)
Average duration:	2 hours 00 minutes (round trip)
Minimum altitude:	236 m asl (downstream of Villadossola sports field)
Maximum altitude reached:	270 m asl (Domodossola station)
Degree of cycling:	Total
Recommended period:	All year round
Presence of dedicated signage:	Yes
Target audience:	For families

## REFRESHMENT POINTS

Domodossola Center, Domodossola Boschetto region at *Fly Fisher Mittagsee* (specialty trout raised locally), Villadossola Center

## PLACES OF INTEREST

Along the way

**Domodossola:** the old town with its beautiful Piazza Mercato, the Civic Museums of Palazzo Silva and Palazzo San Francesco, the Medieval Tower, and the Collegiate Church of SS. Gervasio and Protasio.

**Sports Hill** in Villadossola: The area, equipped with parking restrooms and picnic areas, is fully fenced and allows for safe sports practice without the dangers of passing motorized vehicles.

In the vicinity

Villadossola: **Romanesque church of San Bartolomeo** (mid-10th century). The bell tower is considered the most beautiful in the Ossola valley and among the most significant in all of northern Italy; it is a square tower with a base side of 4.82 m, tapering significantly in height with its seven floors, slender and with a refined and articulated play of solids and voids.

## Standards of behavior

### 1. Stay on the trails

Respect the trail and any prohibitions on access. Respect private property.

### 2. Leave no trace

Respect the land. Wet and muddy trails are more vulnerable than dry trails. Stay on existing trails, and do not create new ones. Don't take shortcuts by cutting corners. Take any litter with you.

### 3. Drive carefully

A moment's distraction can endanger both yourself and others. Abide by speed limits and ride so that you can always control your bicycle. Always wear a helmet.

### 4. Don't scare the animals

Animals are easily startled by an abrupt approach, a sudden movement, or a loud noise. Allow them enough space and time to adjust to your presence.

### 5. Give right of way

These trails are not only for bicycle use but also shared by hikers on foot. So, especially downhill, speed should be moderated: around a bend, someone may be coming up. Let other trail users know you will overtake them through a friendly greeting or a bell. Bikers must give way to all non-motorized trail users. Cyclists proceeding downhill should give the right of way to those going uphill. Make any overtaking as safe and polite as possible.



**REMINDER:**

**BIKERS MUST ALWAYS GIVE WAY TO OTHER USERS**

## RULES OF CONDUCT FOR BIKERS

Since the first mountain bikes appeared, the N.O.R.B.A. (National Off-Road Bicycle Association) drew up a code of conduct intended to regulate off-road activity with full respect for nature and other frequenters of the mountains and trails.

Many clubs, organizations, associations, and schools throughout Italy have adopted the N.O.R.B.A. Code. It consists of a series of general tips that, if followed carefully, can help make this sporting and hiking practice so much in vogue today more enjoyable for everyone.

### **N.O.R.B.A. Code**

1. Always give the right of way to hikers on foot.
2. Slow down and use caution when approaching and overtaking hikers on foot or other cycle walkers, always making sure to signal your arrival well in advance; avoid cackling or shouting instead, apologize, and greet politely.
3. Keep mountain bike speed under control at all times, and approach turns with extreme caution, anticipating sudden obstacles. The pace should be commensurate with the type of terrain, type of trail, and each person's experience.
4. Always stay within the marked path, thus minimizing environmental impact (permanent damage to surrounding vegetation and subsequent soil erosion).
5. Do not disturb or frighten domestic or wild animals; give them time to move away and off the path.
6. Do not, for any reason, leave garbage in the wake of your passage; you should pick up your own and, when possible, also those abandoned by other "distracted" hikers.
7. Always respect private and public property, leaving gates, mobile barriers, or bars as they are found. In any case, go directly to landowners to ask for permission to pass. "No trespassing" often means "Please ask permission if you want to pass."
8. During cycle hiking, it is always advisable to be self-sufficient. The destination to be reached and the speed at which one moves should be proportionate to the psychophysical fitness and skill of the driver, the equipment, the environment, the terrain, and, above all, the weather conditions.

**9.** Never undertake a cycle tour alone, except in cases of force majeure. Stay away from isolated areas distant from major roads, and always leave clear directions regarding the route to be taken and the estimated return time.

**10.** Minimizing the impact with nature: stealing only images and memories and leaving, at most, the barely perceptible imprint of the wheels of one's vehicle.