



Toce MTB route

 BC (MEDIUM)

The Toce MTB Route, from Montecrestese/Crevoladossola to San Giacomo Pass, represents the main framework of the Antigorio Formazza Valley, from which the other routes branch. It runs up the valley through towns near the main roadway (SS659). The many accommodation and dining options along the valley allow you to choose the length of the legs according to your level of preparedness.

The Toce MTB Route takes on an international dimension in that it is the natural link between Domodossola and the St. Gotthard Pass while riding a bicycle. The proposed route follows, with some limited variations to avoid the steepest mule tracks, the **SBRINZ ROUTE** to Riale. From Riale, the route follows the beautiful road to the San Giacomo Pass. From the pass, we can descend into the Bedretto Valley to Airolo along the route 390 Alps Bedretto Bike promoted by Switzerland Mobile, which mid-coast touches the Alpe of Formazzora, Valleggia, Folera, Stabiello, Cristallina and Pescium.

The route starts from the **Lake Tana parking lot**, near the SS33 Crevoladossola / Montecrestese exit (305 masl). In turn, the parking lot can be reached directly from the Domodossola train station by following the CICLOVIA DEL TOCE (Toce Cycleway) route called "In bici tra i fiumi" (Biking among rivers).

Following the arrows of the **Via del Gries** (trail code G00a), we take the Lake Tana nature trail along the embankment until we get under the elevated freeway, turn slightly right, and then take a left onto the flat paved road to **Roledo**. Before climbing to the houses of Roledo, a dirt road branches off to the left and passes under the viaduct of the freeway until we reach the bridge over the Toce leading to the hamlet of **Canova di Oira**. After observing the fine stone architecture of Canova, continue on the small paved road following the signs for Arzaloo - Pontemaglio. At the top of a steep slope, the Via del Gries trail branches off to the right, descending below the freeway (short, very steep section) and continuing on level ground along the Toce River to the characteristic and impressive stone bridge at **Pontemaglio**. We cross the bridge and go through the village to the oratory, then descend to the left in the direction of the road bridge, but shortly before, we turn right and follow the dirt track that, with some ups and downs, runs parallel to the river. After a while, the trail becomes thinner and thinner until it turns into a big path that runs along the river to the hamlet of **Gianzana**.

From here, continue on a paved road, keeping to the hydrographic left until the hamlet of **Alpiano Viceno**. Following the Via del Gries signs, we cross the hamlet and descend to cross the Toce River on the **iron bridge**. Immediately after the bridge, we follow the track on the embankment around the **Terme di Crodo** Park and the Veglia Devero Park Visitor Center. At the end of the park, we go straight for a short distance, then turn left and take a mule track that climbs to Case Lama. The mule track comes out on **Via Lama**, and following it, we cross the state road at a **traffic light**. We cross the road and take **Via Pellanda**, which climbs toward the center of Crodo. Alternatively, you can continue along the embankment path, which enters a grove, crosses the T. Alfenza (ford), and continues through meadows until it crosses the paved road just before the bridge over the Toce on the road to Maglioggio.

When we reach the small square in the **center of Crodo**, continue by taking the first minor road on the right that, on the level, leads in front of the Forno Ossolano and Latteria Antigioriana. Immediately afterward, we cross the **Alfenza Stream** on the bridge and then cross the state road (be careful) and descend, taking the road to Quategno/Maglioggio. When we reach the junction for Maglioggio, turn left and continue on the flat following the pleasant little road of the plain that crosses beautiful meadows and arrives at the bridge in front of the **ENEL power plant in Crego** where we cross the River and then reach **Verampio** and the Trattoria della Campagna. From Verampio, following the Orridi di Uriezzo signs, take the dirt track that first crosses the Devero Torrent with **Ford** and then climbs gradually. We first reach the **Maiesso Bridge** with its beautiful **giants' potholes** carved into the white rock and continue on the track (do not cross over the bridge) until we reach the mouth of the **South Gorge**, a deep rock incision equipped for visiting with metal ladders. After visiting the gorge, continue along the dirt track to the **Oratory of Santa Lucia**, where the road becomes paved again. Follow the road to **Balmafredda**, an impressive gorge carved into the rock equipped as a climbing site. At the Crego fork, continue to Premia until the small road crosses the state road to Formazza. Follow the **state road** for 150 meters downhill (watch out for traffic!), and near a chapel (**Cappella dal Self**), take the steep, stepped mule track that descends to cross the Toce River and then climbs even steeper to the village of **Cagiogno**. This uphill section needs to be rideable. Alternatively, we can continue on the state highway to **Piedilago** to avoid carrying our bikes and take the paved road to Cagiogno. From Cagiogno follow the paved road until before the bridge over the Toce River, turn right, and following the hiking arrows Via del Gries with code G00, take a

track that continues skirting the **Piedilago artificial lake**. From the end of the lake, we return to a paved road that continues on the level passing downstream from the hamlet of Cristo to continue into the beautiful **Piana di Pissero plain** among well-maintained meadows until we reach the bridge just in front of the **Premia spa**. Instead of going toward the bridge, follow the signs for the Via del Gries and continue along the meadows skirting the Toce for a long flat stretch until we reach **Case Cini** (this long stretch on the river bank has some fords that are usually dry. If the fords are impassable, one must return to the bridge in front of Terme di Prema and follow the state road).

Cross over the bridge at Case Cini and take the short mule track that leads in front of the Oratory of **Rivasco** (dated 1592). The oratory contains a fresco from the second half of the 1500s depicting the Madonna and Child and SS. Antonio Abate, San Rocco, and San Sebastiano). Follow the state road for about 800 meters to **Chioso**. Just beyond the village, opposite the start of the track to Alpe Vova, turn right and take a quarry track that crosses the Toce again and then continues as it reaches the quarry area (beware, it is a private road with possible maneuvering vehicles!). The track continues until it returns to the state highway at the road bridge. If we want to avoid this section on private roads from Chioso, the only alternative is the state road.

From the bridge after Foppiano, continue following the state road, but instead of entering the tunnel, take a right and follow the **old Casse hairpin bends** that are now no longer traveled by cars until we reach the Fondovalle locality (note: ANAS has recently placed gates in this section that prevent passage, forcing pedestrians and cyclists to climb along the tunnel. Hopefully, the situation will be resolved quickly).

When we reach **Fondovalle**, cross the bridge over the Toce and take the farm road, a long, flat road up the valley on the left bank (always follow the Via del Gries signs) that leads to **Valdo**, where it crosses the state road again. We then cross the Toce River again on the bridge and ascend toward the **chairlift departure station**, but just before we get there, we continue on the minor road to the right. Immediately before the bridge over the Toce, a sheep track (follow trail G00d) comes off that goes up, bypassing the **ENEL power plant in Ponte**. From here, we begin to climb a wide track that, above **Brendo**, becomes a track that continues to the height of Grovella. From here, the trail becomes steeper, and to get to Canza, we have to climb a hump (the **Cree**), taking advantage of a track that climbs in hairpin bends. When we get to **Canza**, we do not cross the river but continue along a tractor track that runs along the river, which, after a while, becomes a path with some steep sections that are less rideable (a few dozen meters). When we arrive

near a **small iron bridge**, we cross the Toce River and climb to take the path to a dirt parking lot alongside the state road. From there begins a bicycle/pedestrian path approaching the Toce Waterfall that leads first to **Sottofrua** where we cross the Toce River on a new footbridge and then continue on a paved track to a small wooden bridge. Here, instead of following the disabled path, which is always very crowded, take a parallel cattle track to the left that leads to the bridge right at the foot of **the Toce Falls**. After the bridge, continue on the trail that comes out at the first hairpin bend of the artificial tunnel of the highway, which we follow to the top of the waterfall. We do not recommend the ascent from the mule track that runs alongside the waterfall: steep, stepped, not rideable, exposed in places, and very popular with hikers on foot. Once we reach the top of the Waterfall, we can continue to Riale by following the paved road or the old mule track (marker G00), which has some steep sections. When we arrive at the **Centro del Fondo in Riale** (Aalts Dorf hotel), cross the Toce River on the small bridge and start climbing along the beautiful dirt road of the San Giacomo Pass, built in the 1920s to serve the construction work on the Toggia and Castel dams: the road is a true masterpiece, with a low gradient and hairpin bends with perfect lines. At the end of the hairpin turns and the uphill section, the **Maria Luisa Refuge** is reached, then the **Toggia Lake Dam**. From here, the road continues at a very weak gradient, skirting the entire lake on a midslope. Ignoring the fork for Alpe Regina, where Bettelmatt cheese is produced, we continue until we reach **Passo San Giacomo**, where the dirt road ends. Another hundred meters or so uphill, and we reach the cross from which we can look out over the Bedretto Valley and the Gotthard area.

Daily Excursions

The Toce MTB Route from Montecrestese/Crevoladossola to San Giacomo Pass can also be divided into three individual day trips that can be done round trip. The three unique hikes are:

1. Lake Tana - Orridi di Urieggio (Premia)
2. Premia - Ponte (Formazza)
3. Ponte (Formazza) - San Giacomo Pass

The characteristics of the three routes are presented in the "TECHNICAL DATA" section.

TECHNICAL ASPECTS

The route crosses or follows the Formazza Valley state road for short stretches. Especially in summer, this road can be bustling, so caution is recommended.

The route also follows sections of trail not for the exclusive use of bicycles, so speed should be moderated at all times, especially near curves or blind spots.

POINTS OF ATTENTION

1. At the moment, it is reported that at the old Casse road, hairpin bends, ANAS has recently placed gates that prevent passage, forcing pedestrians and cyclists to climb up the winding tunnel over 3 km long with no bike lanes. It is hoped for a quick resolution of the situation.
2. We may encounter grazing cows in the spring and fall months at lower elevations and in summer at higher elevations along the trail. When you meet them, always reduce your speed or, better yet, get off the saddle and proceed bike by hand so as not to scare them away. Always pay close attention to electrified fences as well: gates should permanently be closed!

TECHNICAL DATA

Lake Tana - San Giacomo Pass Complete Route

Relevant geographical area:	Verbano Cusio Ossola / Ossola / Antigorio Formazza Valley
Place of departure:	parking lot of Lake Tana, at the exit SS33 Crevoladossola - Montecrestese (305 m)
Place of arrival:	San Giacomo Pass (1730 m)
Number of legs:	1
Length:	53 km
Total ascent:	2300 m indicative
Total descent:	300 m indicative
Difficulty:	BC (MEDIUM)
Average duration:	5 hours 00 minutes
Minimum elevation:	305 masl (Lake Tana parking lot)
Maximum elevation reached:	2306 masl (St. San Giacomo)
Degree of cycling:	Total
Recommended period:	July to mid-October.
Presence of dedicated signage:	There are red arrows with identification code 00
Target audience:	mtb lover

Daily excursions:

Lake Tana - Orridi di Urieggio (Premia)

Relevant geographical area:	Verbano Cusio Ossola / Ossola / Antigorio Valley
Place of departure:	Parking lot of LakeTana, at the exit SS33 Crevoladossola - Montecrestese (305 m)
Place of arrival:	Premia (780 m)
Number of legs:	1

Length:	18 km (one way)
Total ascent:	600 m indicative
Total descent:	125 m indicative
Difficulty:	BC (MEDIUM)
Average duration:	2 hours 00 minutes
Minimum altitude:	305m asl (Lake Tana parking lot)
Maximum altitude reached:	m asl (Premia)
Degree of cyclability:	Total
Recommended period:	March-November.
Presence of dedicated signage:	There are red arrows with identification code 00
Target audience:	mtb lover

Premia - Ponte (Formazza)

Relevant geographical area:	Verbano Cusio Ossola / Ossola / Antigorio Formazza Valley
Place of departure:	Premia (780 m)
Place of arrival:	Bridge (1286 masl)
Number of legs:	1
Length:	18 km (one way)
Total ascent:	600 m indicative
Total descent:	85 m indicative
Difficulty:	BC (MEDIUM)
Average duration:	2 hours 00 minutes
Minimum altitude:	305m asl (Lake Tana parking lot)
Maximum altitude reached:	780 masl (Premia)
Degree of cyclability:	good. Limited in the mule track section from Premia to Cagiogno (section avoidable if continuing on paved road).
Recommended period:	April-October
Presence of dedicated signage:	Red arrows with identification code 00

Target audience: mtb lover

Points of interest: Traditional stone architecture, Premia spa, Walser culture in Formazza, Casaforte at Ponte

Ponte (Formazza) - San Giacomo Pass

Relevant geographical area: Verbano Cusio Ossola / Ossola
/ Antigorio Formazza Valley

Place of departure: Ponte (1286 masl)

Place of arrival: San Giacomo Pass (2306 masl)

Number of legs: 1

Length: 17 km (one way)

Total ascent: 1100 m indicative

Total descent: 35 m indicative

Difficulty: BC (MEDIUM)

Average duration: 2 hours 30 minutes

Minimum altitude: 1286 masl (Ponte)

Maximum altitude reached: 2306 masl (San Giacomo Pass)

Degree of cyclability: Good. Some challenging sections between Ponte and Sottofrua

Recommended period: June - October

Presence of dedicated signage: Red arrows with identification code 00

Target audience: mtb lover

Points of interest: Toce Waterfall, Walser culture in Formazza, Casa Forte di Ponte, Val Formazza lakes, views from Passo Giacomo

SCENIC POINTS

The route runs mainly along the valley floor. The only scenic spots are concentrated in the ascent from Riale to the San Giacomo Pass: the last road hairpin bends with beautiful views of Lake Morasco and the village of Riale, Toggia Dam with the Lake, Cross just after the San Giacomo Pass with views of the mountains of the Bedretto Valley and the Gotthard Massif

REFRESHMENT POINTS

Crevoladossola, Montecrestese Pontetto, Piaggino, Roledo, Oira, Crodo, Verampio, Premia, Piedilago, Terme di Premia, Cadarese, San Rocco, San Michele, Valdo, Ponte, Cascata del Toce, Riale, Rifugio Maria Luisa, bicigrill Passo San Giacomo (under construction).

TOURIST INFORMATION OFFICES

DOMODOSSOLA - Piazza Matteotti c/o Railway Station - 28845 Domodossola (VB), Tel. +39 0324 248265, infopoint@visitossola.it

CRODO - Veglia Devero Park Visitor Center - Frazione Bagni Via Provinciale, 20 - 28862 Crodo (VB), Tel. 0324 72572 - www.areasprotetteossola.it

FORMAZZA - Frazione Ponte - 28863 Formazza (VB), Tel. +39 0324 63059, prolocoformazza@libero.it

BIKE SERVICE

Andre Rent, **Rental-Assistance**, Via Maglioggio, 4/A - 28862 CRODO (VB), Tel. +39 347 570 1297, ebike@andrerent.it

Albergo del Ponte, **Rental**, Piedilago hamlet, - 28866 PREMIA (VB) -Tel. +39 347 859 5265, info@delponte.it, www.delponte.it

Centro Fondo Riale, **Rental-Assistance**, Riale locality - 28863 FORMAZZA (VB), Tel. +39 329 125 7417, bargianluca@gmail.com

Hotel Rotenthal, **Rental**, Ponte hamlet, 81 - 28863 FORMAZZA (VB), Tel. +39 0324 63048 Mob. +39 338 9851736, rotenthal@rotenthal.it, www.rotenthal.it



La Baita Restaurant, **Rental**, Ponte hamlet - 28863 FORMAZZA (VB), Tel. +39 0324 63048,
bruna.papa65@gmail.com

Andre Rent, **Rental-Assistance**, Via Maglioggio, 4/A - 28862 CRODO (VB), Tel. +39 347 570
1297, ebike@andrerent.it

CHARGING STATIONS

Recharging possibilities in Crodo (Veglia Devero Park Visitor Center), Piedilago (Albergo del Ponte), Ponte (La Baita Restaurant), Riale (Fondo center-Aalts Dorf), Maria Luisa Refuge, San Giacomo Pass Bicigrill (under construction).

PLACES OF INTEREST

Along the route

Lake Tana natural area, stone architecture in Oira (Canova) and Pontemaglio, Veglia Devero Park Visitor Center (Crodo fraz. Bagni), Carlo Brazzorotto Mineral Water Museum (Crodo fraz. Bagni), Aldo Roggiani and Angelo Bianchi Ossola Mineralogical Museum (Crodo fraz. Bagni), Verampio Lake, Crego power plant, Marmitte dei Giganti (Maiesso), South Orrido, Ponte and Orrido di Balmasurda, Northeast Orrido, Balmafredda Gorge, Antica ghiacciaia (Premia town hall), San Michele Church (Premia), Terme di Premia, Walser culture in Formazza, Casa Forte di Ponte, Toce waterfall, Formazza Valley lakes, views from Passo Giacomo

Insights:

The potholes of the giants of Maiesso

At Maiesso, an iron bridge over the Toce River provides an extraordinary vantage point over the Marmitte dei Giganti. In this short stretch of the valley, the impressive action of modeling and erosion operated by past glaciers and streams has gone so far that it has overstepped the rocks (garnet myascists) that make up the Premia step and etched, highlighting it, the underlying rock (granitoid gneiss), whitish and microcrystalline, which contrasts chromatically with the overlying brownish-grayish myascists. The particularity of this rock (conveniently observable right from the Maiesso bridge) consists in the fact that it represents the deepest known tectonic element, the so-called "**Zero Element**," of the entire Alpine edifice: throughout the Alps it surfaces only in the Verampio area, where the Devero Valley flows into the Antigorio Valley, and has a dome shape, so much so that it is also referred to as the "Verampio Dome."

From the bridge at Maiesso one can observe the characteristic hemispherical or cylindrical cavities etched into the rocky riverbed of the Toce River. To these formations, sometimes resembling huge bowls, man's imagination has given the name "potholes of the giants." They were formed mainly during glaciation, caused by the erosive force of streams flowing at very high pressure below the glacier (subglacial streams). The water flowing below a glacier can form rapid eddies, flowing at speeds of even more than 200 km/h, and the sands, fine silts, and debris carried along swirling and scratching the rock, like powerful drills dig and deepen these rounded, smooth-walled cavities.

Although Maiesso's magnificent pools of water invite refreshing bathing in summer, it is strongly recommended not to be tempted. Unfortunately, the low water temperature, very slippery stretches, and eddies have been the cause of several unfortunately fatal accidents.

Uriezzo Gorge

The most fascinating result of the erosive action is the so-called "Orridi di Uriezzo," deep rock incisions carved by energetic waterfalls, progressively receding, part of the ancient system of streams that flowed at the bottom of the glacier that anciently ran through the Antigorio valley. Later, with the retreat of the glaciers, the course of the local hydrographic network was significantly modified: the peculiarity of the Uriezzo gorges consists precisely in the fact that the stream that shaped them now no longer runs through these narrow incisions, so it is possible to walk easily inside them.

Three gorges can be visited, named South Gorge (the most spectacular, about 200 m long and 20 to 30 m deep), Northeast Gorge (about 100 m long and about 10 deep, very narrow in places), and West Gorge (less characteristic, formed by two separate sections). The gorges are distinguished by a series of large subcircular cavities separated by narrow winding tunnels. The walls are all sculpted by niches, volutes, and grooves produced by the swirling, violent motion of waterfalls, and in some places, they come so close together that from the bottom, they do not allow a view of the sky. The rock they excavated is garnet mica schists, rich in pleated lenticels of whitish quartz, which, being more challenging than the surrounding rock, often occurs in relief (selective erosion). The rock bottom is unfortunately not visible because it is masked by alluvial material and a layer of topsoil.

Points of extraordinary interest can also be visited along the deep gorge of the Toce, such as the Arvera Gorge, at the bridge on the road to Crego, and the Balmasurda Gorge, a little further downstream, where a metal bridge with a grating walkway surface offers the possibility of a visit with strong emotions.

Toce Waterfall

Immediately before Riale, the Toce Waterfall represents one of the leading natural attractions of the Verbano Cusio Ossola province: with its 143 m drop, it is the highest in Europe; it is

fed by the Toce River, which is formed in the Riale plain by the confluence of the Hosand, Gries, and Rhoni streams.

The history of the Toce Waterfall and its famous Albergo is to be linked to the history of romantic and pioneering mountaineering exploration started by De Saussure in 1777 and continued by the Reverend Coolidge, the Swiss scholar Gottlier Studer, Arthur Cust, the father of ski mountaineering, and the Milanese Riccardo Gerla referred to as "the apostle of the Ossola" together with the faithful Antronapiana guide Lorenzo Marani.

The Toce Waterfall was visited and loved by many illustrious visitors such as Richard Wagner, Gabriele D'Annunzio, Queen Margherita, King Victor Emmanuel III, Giosuè Carducci, and Abbot Antonio Stoppani, who left enthusiastic descriptions of what was already called the most beautiful waterfall in the Alps.

The Toce Falls is visible in its majesty only for specific periods during the summer at time slots because the waters are used for power generation.

The San Giacomo Pass

In 1405, a small hospice dedicated to San Nicolao, patron saint of merchants, and Santa Caterina was erected near the pass. The first "customs" convention was made between Bedretto and Formazza as early as 1451, regulating tolls and the stages of the someggiatori, who transported goods with mules across this pass. A chapel dedicated to San Giacomo was erected in the early 1600s. Since then, the pass lost its ancient name of Montagna di Valdolgia to take on San Giacomo Pass.

In more recent times, from the late 1800s to the 1970s, the pass was constantly garrisoned militarily on both sides. The military fortifications on the Swiss side have recently been enhanced as part of the Interreg ForTi-Line Cadorna project. On the Italian side, the remains of the former barracks of the Guardia di Finanza are being restored as part of the Interreg Lakes & Mountains Bike project to create a refuge/bicigrill on the pass to support cycle hikers: from a physical place of border garrison and closure to a place of welcome, a symbol of a mountain without borders.

Alpine lakes and dams

On both the Swiss and Italian sides, the western Lepontine Alps are rich in natural waters that offer themselves to the hiker in waterfalls and hundreds of small alpine lakes. The presence of glaciers and the steepness of the slopes favored the development of hydroelectric power generation in the first half of the 20th century. Exploiting "white coal" profoundly changed the natural landscape by constructing dams, roads, power plants, and penstocks that created an "alpine industrialized landscape" that still arouses amazement at the boldness of the works.

We owe, in particular, to Eng. Ettore Conti, the company "Imprese Elettriche Conti" (which later merged into the Edison Company), started in 1909 with plans to exploit the high Ossola valleys with the first Foppiano power plant. Then, the Devero Valley and Formazza Valley work.

White gold: the Bettelmatt

Bettelmatt is the name of an alpine pasture at the foot of the Gries Pass. Since the 13th century, the time of Walser colonization, an excellent cheese was produced here and used as a bargaining chip for payment of rents or alpine pasture concessions or taxes. The name Bettelmatt seems to derive from the German battle meaning quest and matt meaning pasture, thus: "quest pasture."

Now the brand name Bettelmatt® denotes cheese made from whole milk produced exclusively in the summer in seven mountain pastures in the Antigorio Formazza Valley (Morasco/Bettelmatt, Kastel, Val Toggia, Vannino) and the Devero Valley (Sangiatto, Forno, and Poiala): flavors and aromas born from the high mountain grasses on which the grazing cows feed transformed by a dairy art that has been handed down from generation to generation

In the vicinity

Baceno, Parish Church of San Gaudenzio, a national monument.

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. Bicyclists must give way to all non-motorized trail users. Bicyclists 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 priority 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. Always keep the speed of the mountain bike under control and approach turns with extreme caution, anticipating sudden obstacles. The pace should be commensurate with the type of terrain, the 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 as a result 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 the 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 appropriate to be self-sufficient. The goal to be reached and the speed at which one moves should be proportionate to the psychophysical preparedness

, the driver's skill, equipment, environment, terrain, and, most importantly, weather conditions.

9. Never undertake a cycle tour alone, except in cases of force majeure. Stay away from isolated areas far from major roads, and always leave clear directions regarding the route and 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.