

Home

'La Via dei Campioni' Cycle Route : STAGE 4 Rifugio Cascina Foi - Carezzano

Utilization

Cycle touring

Official itinerary

No

Lenght

63.70 km

Tempo

6 hours 22 minutes

Stage

4

Max altitude

939 m

Ascent elevation gain

155 m

Descent elevation loss

720 m

Difficulty

Easy

Informazioni

Region

Piemonte

Country

Italy

Address

Rifugio Cascina Foi

15060 Bosio AL

Italy

## Coordinates

POINT (8.77645 44.55408)

Altitude

775 m

Arrival address

Carezzano  
15051 Carezzano AL  
Italy

Arrival coordinates  
POINT (8.88588 44.81038)  
Arrival altitude  
210 m  
Access

From Alessandria to Capanne di Marcarolo under its own power: take the SP 30 and after the SP 185 towards ovada. Continue on the SP 180 and then on the 160 in the direction of Gavi, you get to voltage and turn right taking the SP 165 and going up towards Capanne di marcarolo.

To reach the village of Carezzano with their own means, starting from Tortona, take the SP 35 and after the SP 134 towards South and you get to Carezzano

## Descrizione

The stage starts from Rifugio Cascina Foi in Capanne di Marcarolo and follows the Piedmont-Liguria divide past Monte Pracaban, as far as Monte Colme. From here the route proceeds to Lerma, noted for its medieval castle with fortified "ricetto" or refuge. The stage continues through Montaldeo, San Cristoforo and Tassarolo, each with their own well-preserved medieval castles, then to the centre of Novi Ligure with its Museo dei Campionissimi, the museum dedicated to Girardengo, Coppi and the cycling tradition. From Novi Ligure centre the route follows a paved road across the Alessandria plain to join with Trail 145, near Carezzano, situated in close proximity to Costa Vescovato, the start point of 'La Via dei Campioni', and from Castellania, Fausto Coppi's home town.

Public transport access  
Yes

To reach the town of Capanne di marcarolo by public transport, you have to use the CIT bus service ( [http://Www.citnovi.it/Linee\\_extraurbane.asp](http://Www.citnovi.it/Linee_extraurbane.asp)) from the town of Gavi, leads up to voltage and then reach Capanne di marcarolo on foot (about 15 km).

To reach the resort carezzano by public transport, you have to use the service Autolinee ARFEA ( <https://Www.arfea.it/Risultati-ricerca-linea/>) that from the town of Tortona, leads to Carezzano

## Accessible to people with disabilities

No

## Support points

Rifugio Cascina i Foi, loc. Capanne di Marcarolo, Bosio (AL);  
Car parking in the town of Carezzano

Devotional relevance

No

Historical relevance

No

Dettagli

Local Tourist Agency (LTA) reference

[ATL della provincia di Alessandria "Alexala"](#)

Code

VDC

Classification

Provincial

Province

Alessandria

Cell phone coverage

TIM, Vodafone, 3WIND

Ultima data di aggiornamento

15/12/2023

Altre info

Accommodation facilities

[A casa di alice](#)

[Cascina foi](#)

[Cascina pian castagna](#)

[Azienda agricola ca' bensi](#)

[Azienda agricola villa sorgiva](#)

[Castello di tagliolo guest house](#)

[Villa ester h&r](#)

[Bertaina mauro](#)

[Il burlino](#)

[Cascina la comuna](#)

[La casa di bacco](#)

[B&b casa meli](#)

[B&b la punta dei crociati](#)

[B&b la pace](#)

[Agriturismo nonna du](#)

[Al castello](#)

[Al cortile di gavi](#)

[Azienda agricola la mesma SRL](#)

[B&b il poggio di gavi](#)

[Bed&breakfast villa gavina](#)

[Borgo cortese](#)

[Casa incontro don luigi cambiaso](#)

[La zolla rotta](#)

[Locanda San Rocco](#)

[Albergo trattoria dell'angelo](#)

[Albergo verdi](#)

[Antica novi](#)

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[Hotel motel flower](#)

[La casa sui tetti](#)

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[La saula tenuta la marchesa](#)

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[Cascina giovanola](#)

Itinerary index

No

Province names

Alessandria