Home
Grande Traversata delle Langhe in mountain bike - Leg13: Pavaglione - Castino
Utilization
Cycle touring
Official itinerary
No

Lenght
7.70 km

Tempo
41 minutes

Stage
13

Ascent elevation gain
369 m

Descent elevation loss
473 m

Difficulty
Challenging

Informazioni

Region
Piemonte

Country
Italy

Address

Pavaglione
Località San Bovo
12050 Trezzo Tinella CN
Italy

Coordinates

POINT (8.13812 44.64418)
Altitude
640 m
Arrival address

Castino
Via Perletto
12050 Castino CN

Italy

Arrival coordinates
POINT (8.182333 44.617639)
Arrival altitude
535 m
Access

By car, motorways:
A6 – Torino Savona, Marene or Carmagnola exit
A21 – Torino Piacenza, Asti Est exit
A33 – Asti Cuneo, Alba exit

By plane:
Milano Malpensa and Linate – www.sea-aeroportimilano.it
Torino Caselle – www.aeroportoditorino.it
Cuneo Levaldigi – www.aeroporto.cuneo.it

By train:
Ferrovie dello Stato: www.trenitalia.com

Descrizione

From Beppe Fenoglio's Pavaglione to Castino through the most authentic heart of the Alta Langa.

This section starts in **Pavaglione**, the setting of Beppe Fenoglio's "Ruin" and a lovely destination for an escape from city life. From here, you can also head to the Langhe wine region and the Bar to Bar itinerary.

Beyond the hamlet to the left, the trail heads back up to the crest and runs through the trees to the small San Bovo cemetery. Once back down on the paved road, you will reach the remote, romantic village of Castino, immersed in the woods.

San Bovo is a favorite stroll among Alba locals, who know how to find a friendly home with an eatery, rooms and a café or wine bar, as well as horse stables for a ride through the Belbo Valley. Mushrooms and truffles hide in the woods and steep hills here and the best spots are protected jealously and written down in secret, encrypted notebooks like a witch's book of spells (and legend has it that the spirits of witches inhabit these Langhe woods).

From the end of the main square in San Bovo, take the dirt road that heads steeply to Rio Grazie (the last bit is paved, keep to the left). Across from you an old Castino Nunnery can still be seen, although it is now a private farmhouse, and up to the right, on the crest of the hill, you can also see the San Martino Monastery (now a farm for livestock). A Benedictine Monastery also awaits in town. Cross the river in a U-shaped curve (with a sign for San Bovo) and follow the dirt road to the left into the Belbo Valley. Cross the state highway onto Via Molina and cross the bridge over the Belbo river. Head up the paved road for about a kilometre to an old fortified house, complete with sentry box and medieval archway with a coat of arms. From here, take the steep, paved mule track to the right to the village of **Castino**, passing through fields and hazelnut groves. (The track will cross the asphalt a couple of times, but runs as straight as you would expect from a mule track.)

Public transport access
Yes

Http://Www.grandabus.it/

Recommended period

Spring
Summer
Fall
March - November

Accessible to people with disabilities

No

Interest points

Itineraries inspired by Beppe Fenoglio's works
Castino : Bendictine Monastry .

Devotional relevance
Sì

Historical relevance
Yes

Dettagli

Local Tourist Agency (LTA) reference
ATL Langhe Monferrato Roero

Code
GTN

Classification
Provincial

Province
Cuneo

GTL_Tappa13.pdf

Ultima data di aggiornamento
15/12/2023

Altre info
Accommodation facilities
Casa branzele
Cascina bricchetto
Cascina LANGA
Cascina roreto
Finestre di LANGA
Tenuta barone
Ca' pavaglione
La casa dei ricordi

Itinerary index
No

Province names
Cuneo