

# ITINERARY

The “ÆQUILIBRIUM” cycle-hiking route is a 15.5 km loop starting from Cambiasca with the aim of enhancing the hinterland of Verbania through an immersive experience between nature and culture.



e-bike  
mountain bike



Circular



Cambiasca  
Cambiasca

15.5Km



+562m



-562m



1h 30min

# ÆQUILIBRIUM BIKE

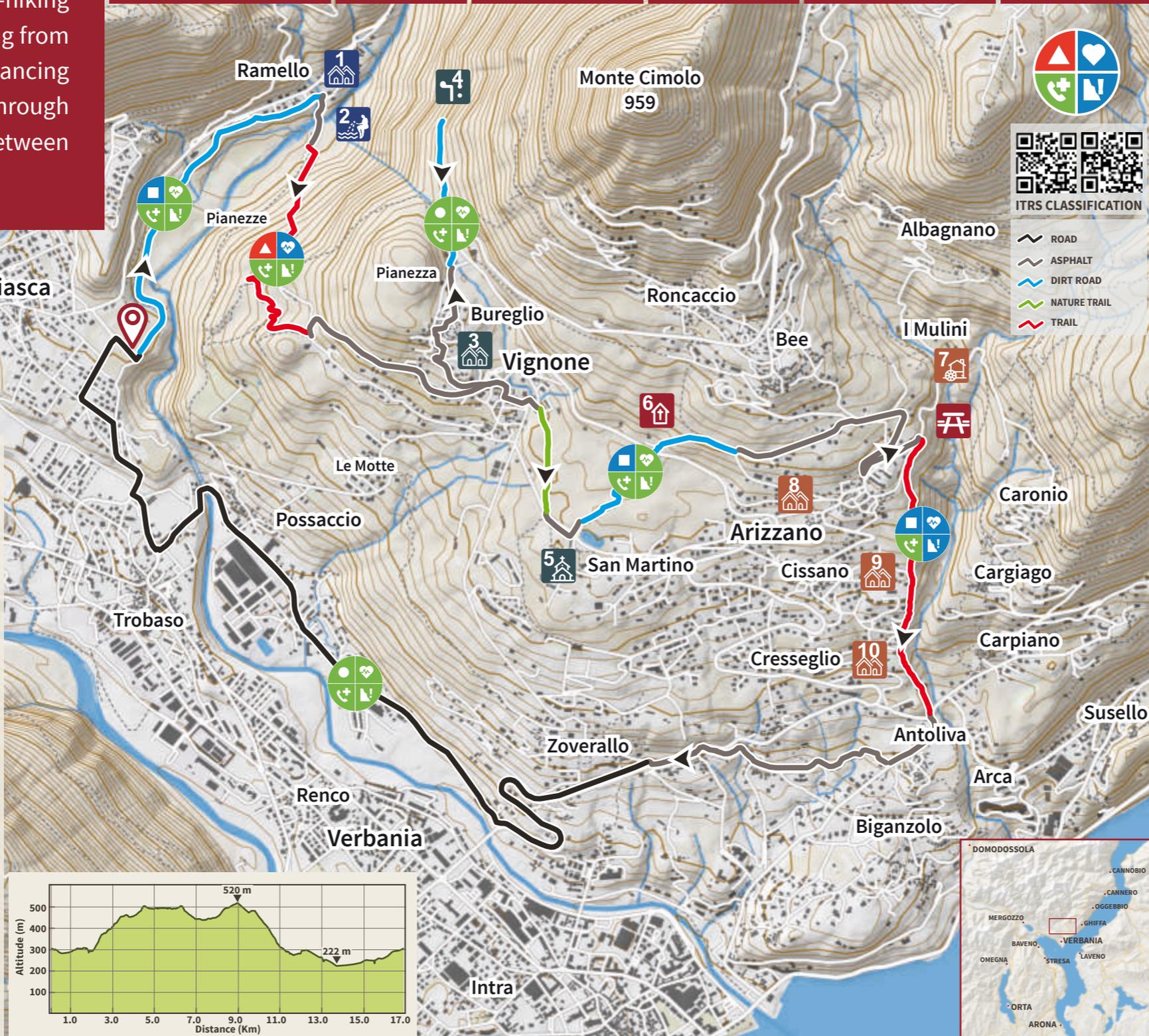
The first stage of the route leads to Ramello, where - in collaboration with Legambiente - the ecodynamic river park “ÆQUILIBRIUM” was created on the bed of the San Giovanni stream, with a circular route of about one kilometre.

The itinerary passes through the historic centre of the small hamlet, where you can admire a 16th-century fresco, a 19th-century washhouse, a small open-air theatre and a sculpture of the Greek goddess Thetis.

From here, the route continues along the stream to Pianezze, with a descent and a walkway accessible also to people with motor disabilities.

The ring then enters the woods towards Vignone, reaching the San Martino complex with the large baroque church, the parish house, the 18th-century ossuary, the 19th-century Oratory of the Addolorata and the cemetery.

From San Martino, across the large wooded plateau on a dirt road leading to the Levamano Chapel, you will quickly reach the Mulini equipped area and the centre of Arizzano and then descend to Antoliva crossing the characteristic hamlets of Cissano and Cresseglio, to conclude on an asphalt road to Cambiasca.



- DEPARTURE/ARRIVAL
- 1 **RAMELLO**  
16TH CENTURY FRESCO,  
19TH CENTURY WASHHOUSE
- 2 **RAMELLO**  
ECODYNAMIC RIVER PARK “ÆQUILIBRIUM”
- 3 **BUREGLIO**  
HISTORICAL CENTRE
- 4 **ROCK ENGRAVINGS**
- 5 **SAN MARTINO**  
MONUMENTAL COMPLEX
- 6 **LEVAMANO CHAPEL**
- 7 **LOCALITY OF MULINI**  
POWER PLANT, OLD MILL GRINDSTONE,  
ANCIENT ICEHOUSE
- 8 **ARIZZANO**  
CHURCH OF SAN BERNARDO, OLD TOWN  
HALL SQUARE, GROPPALLO DISTRICT,  
OLD WASHHOUSE, MOSAICS
- 9 **CISSANO**  
ORATORY OF S. ROCCO, OLD WASHHOUSE,  
HISTORICAL CENTRE
- 10 **CRESSEGLIO**  
ORATORY OF ST. ANNA, SMALL SQUARE, HISTORIC  
WASHHOUSE, FRESCOS AND VOTIVE CHAPELS
- PICNIC AREA**



# ÆQUILIBRIUM PARK

The ecodynamic river park “ÆQUILIBRIUM” aims to enhance the bed of the San Giovanni stream, from the Barlett gorge to Pianezze, making it accessible in an inclusive and experiential way.

The circular route of about one kilometre leads to the historic centre of Ramello, up to the oldest part, where you can admire a 16th century fresco depicting the Madonna with Child and a 19th century washhouse.

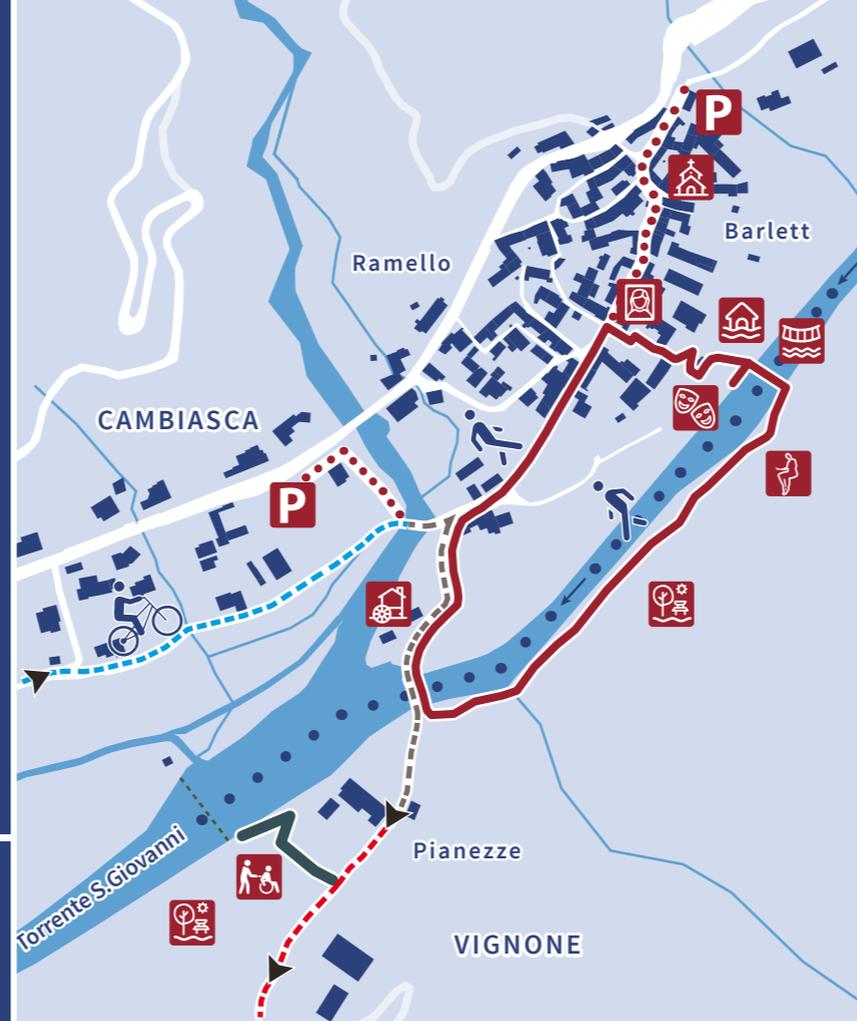
The heart of the river park is made up of the small washhouse building that dominates the Barlett area, where an open-air river theatre has been built, a footbridge allowing you to cross the stream and connecting the two banks, and a colossal and evocative natural lime sculpture positioned on a rock, representing the Greek mythological character Thetis, who gives life and balance to the waters of the stream.

## ÆQUILIBRIUM PARK

-  CHURCH OF S. ROCCO
-  16TH CENTURY FRESCO
-  WASHHOUSE
-  RIVER THEATRE
-  FOOTBRIDGE
-  “THETIS”; NATURAL LIME SCULPTURE
-  NATURALISTIC RECREATIONAL AREA
-  OLD MILLS
-  DISABLED PATH
-  PEDESTRIAN PATH
-  ACCESSIBLE PATH
-  PEDESTRIAN ACCESS

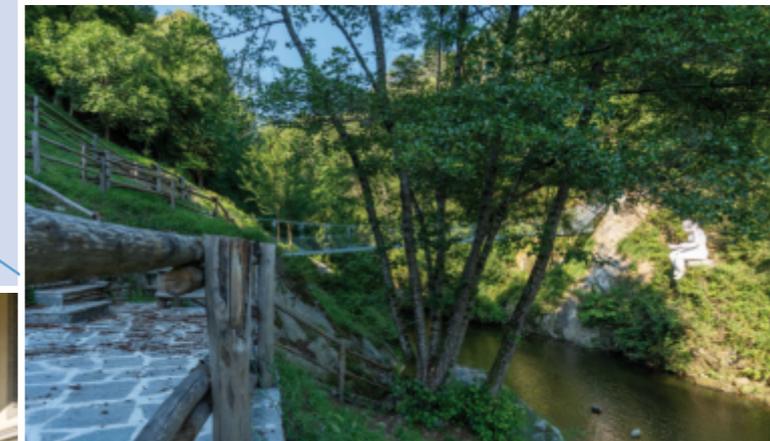
## ÆQUILIBRIUM BIKE

-  DIRT ROAD
-  ASPHALT
-  PATH



## BARLETT

The heart of the river park and probably the oldest place in Ramello, is characterised by the presence of a 16th century fresco depicting the Madonna and Child and by the water source of the ancient wash house.



## RAMELLO AND VIGNONE: TWO COMMUNITIES IN BALANCE ON WATER

Ramello is a small village, a hamlet of the Municipality of Cambiasca located at the entrance to the Intrasca Valley.

Founded in the 15th century by friars who settled in the valley and built a convent and a church, this village, based on a forestry, agricultural and livestock economy, developed as a trading centre in the 18th century thanks to its strategic position at the entrance to the Valley.

During the 20th century, many inhabitants emigrated to Switzerland and France, leaving the management of the livestock and the production of dairy products to be sold at the markets to the women. Between the 19th and 20th centuries, the inhabit-

ants of the hamlet of Ramello found themselves in conflict with those of the nearby municipality of Vignone for the grazing rights and the firewood collection in the bordering municipal areas separated by the San Giovanni stream. In particular, the inhabitants of Ramello claimed the common use of the land based on ancient agreements between the two communities, when grazing was practiced in common.

The River Park aims to recall the ancient management of a common good between the inhabitants of the two communities, who found a balance for living and coexistence on the same territory, sharing the banks of the same stream.

# ÆQUILIBRIUM PARK ENGLISH



1 - CISSANO, historic centre

2 - CAMBIASCA, route to Ramello

3 - SAN MARTINO, porch of the parish church

4 - ARIZZANO, church of San Bernardo, detail of mosaic

5 - RAMELLO, view of the S.Giovanni torrent - photo by Sandro Maddalena (year 1959)

6 - BARLETT RIVER PARK - “Thetis” by Mattia Barone. A natural lime sculpture about four meters high depicting the Titan Thetis, protector of rivers, springs and fountains. Her hands, placed in the act of dispensing water, recall Ramello and Vignone, the two communities in balance on the San Giovanni river. Imposing but discreet, she embodies the harmony of the place.

7 - BARLETT HISTORICAL CENTRE, “Madonna enthroned with Child blessing”. The fresco, from the first half of the 16th century, is located on a house in the historic centre of Ramello, and reproduces the classic iconography of Medieval origin of the Madonna enthroned with Child, usually flanked by saints, in this case San Rocco, the patron saint of the nearby church.

