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Dati tecnici

Alta Via del Sale

Category: Cycling Routes
Titolo: HIGH SALT ROAD
Descrizione del percorso:
Limone-Upega

The Limone-Monesi route is a splendid itinerary that winds between 1,800 and 2,100 meters above sea level on an ancient military road. The entirely unpaved route connecting the two towns has a total length of 39 km and is open to traffic during the summer and autumn months. Freely accessible to hikers and cyclists, the road is also open to motorized vehicles upon payment of a toll. The route passes through enchanting places such as the evocative Carsene area with its lunar landscapes, the pristine environments of the Maritime Alps Protected Areas and the Ligurian Alps Park characterized by rich biodiversity, the marvelous Bosco delle Navette, and late-19th-century military fortifications. The extraordinary charm of the countless panoramic views that accompany the traveler creates indelible memories that encourage them to return to this fascinating route.

The Ring of Forts

More experienced cyclists can try a circular route, also accessible by motorbike, quad, and 4x4, of approximately 120 km. At the end of the toll section (for motor vehicles only), reaching the Monesi junction, the route continues right towards the Tanarello Pass. Shortly before the pass, a slight detour leads to the summit of Mount Redentore, a panoramic point not to be missed. Returning to the Tanarello Pass, continue towards Collardente and the Basse di Sanson, from where, turning right, you reach the Chapel of Notre Dame des Fontaines with its magnificent frescoes and then the French municipality of La Brigue. Continue on asphalt towards Tenda and from there towards Casterino, from where you climb up a dirt road towards the Basse di Peyrafica to reach the Colle di Tenda, passing by the late 19th-century forts and casemates.

Tappe del percorso e punti di interesse: Facilities

The Upper Salt Road is already organised as a tourist itinerary. At the departure point from Limone Piemonte, there is the Chalet “Le Marmotte”, while the “Don Barbera” mountain hut is located along the route. There are other mountain huts in the Ligurian part for cycle tourists which use the Upper Salt Road to reach the sea.

Information:

Operators that offer cycle touring services are present in the area. MTB and ebike rental services are available nearby.

Conitours, the consortium of tour operators, offers one-day or multi-day packages, consultable on the website www.altaviadelsale.com, www.cuneoalps.it and www.visitcuneese.it. Informative multilingual website, with booking platform:

www.altaviadelsale.com.

Limone Piemonte

Briga Alta

Itinerary map

Dati di riepilogo

Type of bicycle: Mountain Bike
Alone or in a group?: Alone
Rating : Medium
Alone or in a group (descriptive): Can be cycled alone or in groups

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Circuito ?: No
Difference in height: 350 metri
Periodo consigliato: June-October

distance KM: 39.00
Tipo di terreno: Gravel road

Arrival point address

Address: piazza Pastorelli 1 - 18025 - Briga Alta

Altri dati

GPS coordinates for download: Yes

other notes: The loop trail on the map continues beyond the Colle di Tenda-Monesi section and is about 85 km long.

Photos







