

Comano: a paradise for bikers, climbers and hikers between Lake Garda and the Brenta Dolomites

5 million trees, 12000 hectares of forest and 5000 hectares of pastures, 2 **Unesco** world heritage sites (the **Brenta Dolomites** and the **Fiavè Pile Dwelling Settlement**), 2 **Slow Food** presidia (the Ciuiga del Banale sausage and the Bleggio Walnut): these are the numbers for this corner of Trentino, Comano ValleSalus, also recently acknowledged by UNESCO as a **Biosphere Reserve** due to its incredible biodiversity.

A Spa resort par excellence, where both adults and children can care for their skin thanks to the precious waters of the Terme di Comano, this location has also become a reference point for those who enjoy **mountain biking**, more **relaxed e-bike tours**, **hiking**, **climbing** and **fishing**. Here they find an offer that will satisfy their expectations.

On the road or on the trails, in the shade of the woods or through sunny pastures and ancient country villages, on gentle hills, up steep inclines, or on breath-taking ridges... behind Lake Garda and at the feet of the Brenta Dolomites, a bicycle is the ideal way to explore Comano ValleSalus. There are **fourteen cross country routes** marked out, complete with descriptive charts and GPS tracks that can be downloaded for free and contained in a specific **map** available from the Tourist Board. Hospitality is also ideal for bikers: biker-friendly facilities (hotels, farmhouse inns and B&Bs) offer specific services.

From mid-June to mid-September, a “**bicibus**” (bike&bus) service is available. It allows you to travel, bringing your bike with you, between one circuit and the next, thus extending the possibility of excursions, reducing differences in height, and allowing you to reach the cycling tracks in complete safety. There are as many as 3 lines that intersect at Terme di Comano, connecting Lake Garda with the Brenta Dolomites!

From here, it is also possible to go all the way around the Brenta Dolomites thanks to the Dolomiti di Brenta Bike, a 171-km tour on two different routes: the “expert” one for the most demanding sportsmen, and the “country” one for those who want to experience the mountains at a more relaxed pace, enjoying nature in harmony. Two breath-taking routes complete with specialised services: dedicated hospitality, advanced technology, technical assistance, signs along the route, refreshment stops, and baggage transfer service.

There is also a special tour for those who enjoy both cycling and good food: the **Kilometrozero UNESCO Bike Tour**. Along the Kilometrozero route, you can taste local gastronomic excellences, discovering hidden and evocative corners. You can also decide to do the tour entirely independently and purchase a voucher at the special price of 19 Euro from the Tourist Board office, including 4 different tasting sessions.

On Saturday 8 June, along the Kilometrozero route, the **Arteapedali** event is held, in the company of cycling musicians. It begins at Ponte Arche, starting right away with the most challenging climb in the entire tour, which travels the entire Banale area all the way to the heart of the village of San Lorenzo. Here, crossing the hamlets of Berghi, Pergnano and Senaso, among the narrow alleys between country homes, you reach the Azienda Agricola Il Ritorno, where you will make the first stop, to get to know the secrets of growing officinal plants. While the musicians play, you can taste typical local specialties offered by the farmhouse's snack kitchen: delightful morsels with ciuiga, local cheeses, or traditional desserts, enriched with edible flowers and officinal and wild herbs. After this stop, you head towards the Lomaso area: this time the road is mostly downhill, at least as far as Ponte Arche. From there you climb another upward stretch that leads to the small village of Poia, and the Osteria Fiore tavern, where you will taste a typical potato-based menu. After lunch, the bike tour continues: from Lomaso to the Bleggio area, and, crossing country lanes surrounded by evocative century-old walnut groves, you reach the small cellar of the Azienda Agricola Luca Caliarì farm, where you can rest in a truly unique atmosphere, tasting wine and local specialities under the sponsorship of DEGES, an association that brings together several small agricultural and manufacturing companies in the valley. The tour is almost over. You return to Ponte Arche at around 6 pm, after having travelled 50 kilometres and 1000 metres of cumulative elevation gain.

For those who enjoy walking, the valley is crossed by two long hikes: Sentiero Frassati, a trail in multiple stages that connects Arco to the Sanctuary of San Romedio, in Val di Non, and the San Vili trail, which goes from Trento to Madonna di Campiglio, covering a total of almost 100 km. There are many opportunities for hikes and easy excursions in the valley, along the themed trails, the routes for little walkers, and the cooperation trails. For those who love running in the mountains, there is the exciting Comano Ursus Extreme Trail: 110 km with a total cumulative elevation gain of 7800 m. Further information, GPS tracks and maps are available here: <http://www.visitacomano.it/it/escursioni-in-montagna-e-passeggiate>.

Expert (or aspiring expert) climbers, or those trying it for the first time, and even kids, all find in Comano ValleSalus the right faces to climb using ropes and snap hooks. There are **eleven gyms with more than 400 equipped and marked routes**, with difficulty levels ranging from 2 to 8c. But you can also head for the Dolomite peaks, where you can climb the classic routes that wrote the history of mountaineering in the Brenta area.

Detailed information on biking and hiking trails, health and wellness offers, bike&bus, events and hospitality is available here: www.visitacomano.it. Or call the **Terme di Comano Dolomiti di Brenta Tourist Board at 0465 702626**.