



intrekking.it

ESCURSIONISMO & MOUNTANBIKE



ASSOCIATO A:



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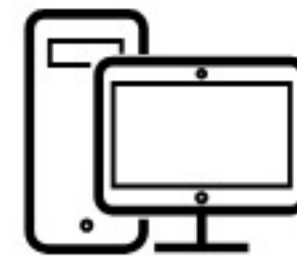
PRESENTATION

intrekking.it is a small reality
present since 2020 in the
territory of the Dora Baltea Valley.

Lorenzo Perotti is the
environmental hiking guide and
cycling tour leader who takes
care of all the activities.



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PRESENTATION

The main experiences are listed below, customizable in every part, based on requests and to the interests of the participants.

For the complete catalogue go and discover the website!



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escursionismo & cicloturismo

hiking

activities for all levels and types of hikers



Discovering the 5 Lakes Area

Municipality: **Montalto Dora (TO)**

Length: **8 km**

Suitable for dogs: **yes**

Circular: **yes**

Time needed: **all day**



Starting from the center of **Monto Dora**, follow the road of the vineyards and you can walk along the banks of 2 lakes in this naturalistic area: **Lake Pistono** and **Lake Nero**.

An easy excursion in an area full of surprises, all to be discovered, with the possibility of lengthening or shortening the itinerary based on requests and needs.

Points of interest on this route:

the monument to the Savoy cabbage, the chapel of Santa Croce, the small beach of Lake Pistono, the Big Bench #182, the Terre Ballerine, the remains of the Roman aqueduct of Eporedia, the limaria basin of the Roman aqueduct (optional), the stilt houses of the Park, Archaeological, the Monte del Maggio, panorama of the Morainic Amphitheater of Ivrea, the natural balcony on the Black Lake, the erratic boulder on the Black Lake.

Discovering Cesnola

Municipality: **Settimo Vittone (TO)**

Length: **5 km**

Suitable for dogs: **yes**

Circular: **yes**

Time needed: **half day**



Cesnola is a small pre-mountain hamlet in the municipality of **Settimo Vittone**.

From this village perched at the base of the mountain you can set off for a half-day excursion along the mule tracks that connected the various hamlets and you can reach the mysterious and camouflaged **Cesnola Fortress**, an important garrison in the medieval period and today unfortunately in a state of abandonment .

Points of interest on this route:

mountain village, heroic vineyards, the Cesnola Fortress, ancient mule tracks, lime kiln, dry stone walls, panorama of the Morainic Amphitheater of Ivrea.

Tour of the villages

Municipality: **Perloz (AO)**

Length: **15 km**

Suitable for dogs: **yes**

Circular: **yes**

Time needed: **all day**



The route proposed here allows you to walk along the ancient paths present in the valley located on the orographic right of the Lys stream, in the area just above the town of **Pont-Saint-Martin**, in the **Aosta Valley**.

The area is little frequented by mass tourism and allows you to immerse yourself in an area full of ancient paths and numerous mountain villages, many of which are now in a state of abandonment, but no less fascinating.

Points of interest on this route:

mountain villages, ancient mule tracks, dry stone walls, mountain landscape, territory of the Aosta Valley

not just excursions...

*but many proposals for cycling in company
suitable for all levels of bikers*





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pedal in company...

e-bike itineraries for all levels
of bikers,
half day trips,
day trips,
basic courses for the little
ones,
school fields,
corporate team building

The Mountain of Heroes

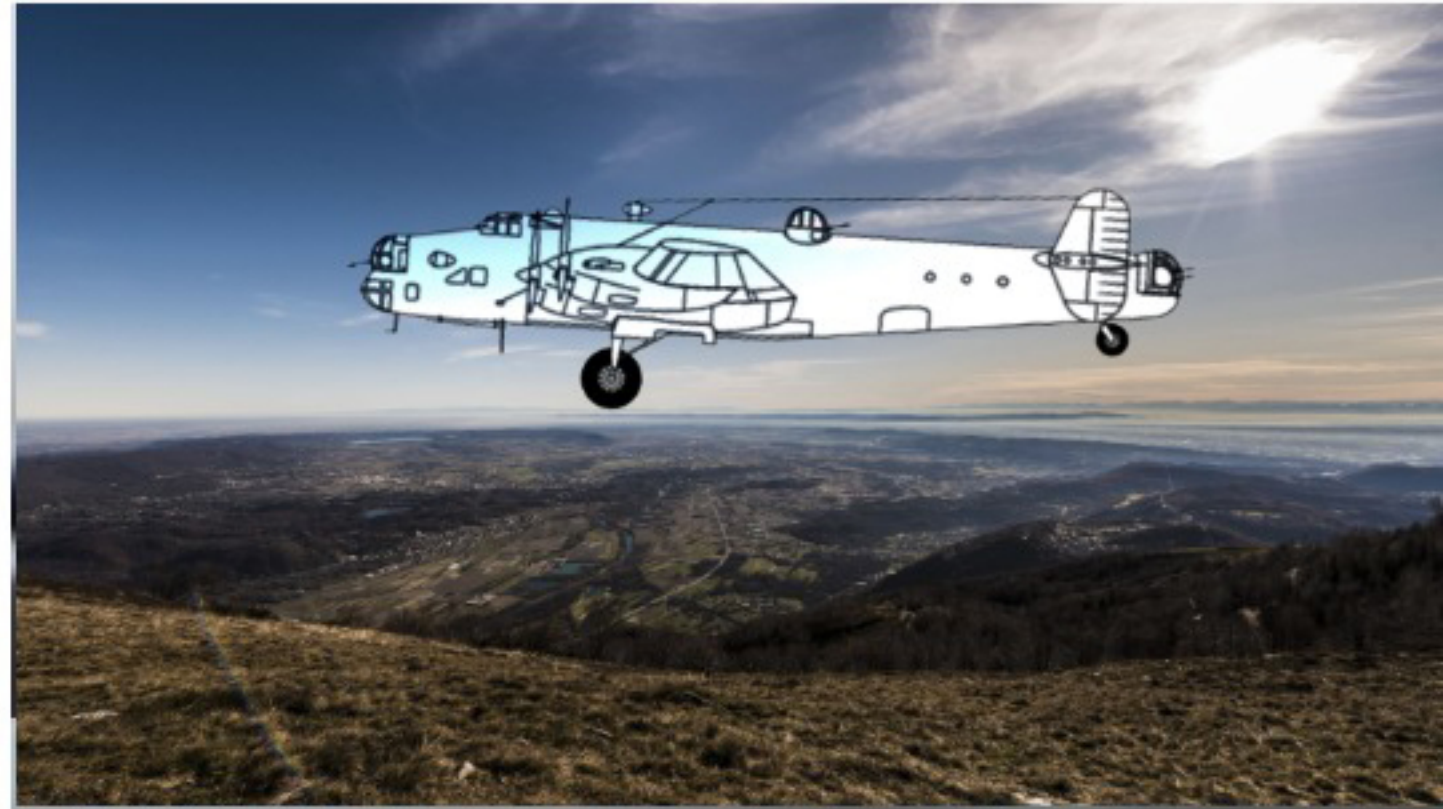
Municipality: **Brosso**

Length: **12 km**

Type: **asphalt + dirt road**

Circular: **yes**

Time needed: **half a day**



The Municipality of **Brosso** is one of the main centers of **Valchiusella**. In ancient times this was the first inhabited center that one encountered climbing the beautiful mule track that develops starting from the hamlet of Calea, in the municipality of Lessolo below. The importance of Brosso grew to such an extent that its name was used for a long time as an identifier of the upper part of the valley, the **Brosso Valley**. The route in question has a difference in altitude of 760 m. it is therefore suitable for a wide audience with medium level training for cycling in mountain environments.

Points of interest on this route:

mountain village, woods, the Valchiusella area, ancient mule tracks, panorama of the Morainic Amphitheater of Ivrea, history of the area, historical events of the Second World War.

Cycling in the 5 Lakes Area

Municipality: **Montalto Dora (TO)**

Length: **16.5 km**

type: **asphalt + dirt road**

Circular: **yes**

time needed: **half a day**



To better understand the importance of the area in which the proposed itineraries unfold, it is first necessary to stop for a moment and observe the area in question from above, as if we were on a plane. This allows us to note the shape of what is known as the Morainic **Amphitheater of Ivrea** and which includes a series of geomorphological features unique in its kind in Europe and in the world.

Points of interest on this route:

the monument to the Savoy cabbage, the chapel of Santa Croce, the small beach of Lake Pistono, the Big Bench #182, the Terre Ballerine, the remains of the Roman aqueduct of Eporedia, the limaria basin of the Roman aqueduct (optional), the stilt houses of the Park, Archaeological, the Monte del Maggio, panorama of the Morainic Amphitheater of Ivrea, the natural balcony on the Black Lake, the erratic boulder on the Black Lake.

Marian cycle ride: from Andrate to Oropa

Municipality: **Andrate (TO)**

Length: **49 km**

Type: **asphalt + dirt road**

Circular: **no**

Time needed: **full day**



The area in which this path develops is interesting from many aspects.

For centuries past, this territory has been a point of passage and communication between pilgrims who live on the two sides of the Mombarone, the Canavese side and the Biella side. Furthermore, the road from which we will start the excursion is known as Trecciolino, and is still used today for the pilgrimage to and from the Sanctuary of Oropa, famous for the Black Madonna.

Points of interest on this route:

the view of the Morainic Amphitheater of Ivrea, the Sanctuary of Oropa, the Tracciolino, Andrate, woods, ancient paths, path of faith, the view of Biella



Fototrek

- . what is that?*
- . where we go?*
- . content*





what is that?

How many times would we have liked to know our photographic medium better to take the photo as we want and not as the technological machine" we have in our hands wants?

With this type of excursion I would like to try to make you better **understand how your "photographic medium" works**, whatever type it is, from the cell phone to the reflex, while we walk and directly apply what we are learning.



where we go?

With this photographic excursion we will go around two of the five lakes present between the territories of **Montalto Dora** and **Borgofranco d'Ivrea: Lake Pistono, Lake Nero** and we will go up to **Monte del Maggio**.

Along the route there are many photographic ideas: flowers, plants, roads, paths, wide landscape views, reflections on the water, etc...

content

the photographic means available:

from cell phones to reflex cameras, main characteristics, strengths and weaknesses;

let's analyze our photographic tool:

What can it do and what are its limits?

the "rule of thirds",

what to do and not to do:

practical tips for improvement
your own shots;

tripods and low light:

practical solutions and suggestions for taking
photographs;

the main errors:

analysis with practical examples;



Contact



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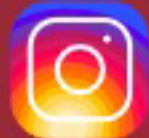
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I want to be able to "educate" people to remember to hang up the clock, forget the worries of everyday life, at least for the time dedicated to activities and take a step back rather than forward.

In my imagination, my goal is to be able to accompany people to get to know the mountain environment that surrounds us because up there, the rhythms follow the time of the seasons and not a ticking needle.