CICLISMO DEL TREBBIA

The Trebbia bicycle path is characterized by a continuous river environment. It runs by tracing the river course of the historical valley. Along the path are old woods, groves, and abandoned mills. The river flows through a river bed of stone, with large and small stones. The path is used by cyclists and roller skaters. The path is accessible to bicycles, not recommended for mountain bikes.

CICLISMO DEL TÀRO

The Taro bicycle path is a circular route of about 35 km, with the possibility of making shorter or longer routes. It is suitable for families, children, and adults. The path is a mix of asphalt and dirt roads, with varying degrees of difficulty. The path is also suitable for mountain bikes. The path is accessible to bicycles, not recommended for mountain bikes.

CICLISMO BOSCHI DI CARREGA

The Carrega forest is a natural reserve of about 10,000 hectares, located in the province of Reggio Emilia. It is a mixture of deciduous and coniferous forests, with the presence of oak, beech, and chestnut trees. The path is a circular route of about 30 km, with the possibility of making shorter or longer routes. It is suitable for families, children, and adults. The path is a mixture of asphalt and dirt roads, with varying degrees of difficulty. The path is also suitable for mountain bikes. The path is accessible to bicycles, not recommended for mountain bikes.

TECHNICAL DATA

CICLISMO DEL TREBBIA

- Distance: 35 km
- Elevation change: 300 m
- Type: Circular route
- Suitable for: Families, children, and adults
- Bike type: All

CICLISMO DEL TÀRO

- Distance: 30 km
- Elevation change: 300 m
- Type: Circular route
- Suitable for: Families, children, and adults
- Bike type: All

CICLISMO BOSCHI DI CARREGA

- Distance: 10,000 hectares
- Elevation change: Up to 300 m
- Type: Natural reserve
- Suitable for: Families, children, and adults
- Bike type: All

HELPFUL HINTS

- Wear appropriate clothing for the weather and terrain.
- Carry water and snacks.
- Be respectful of the environment and wildlife.
- Follow the rules and signs along the path.
- Use appropriate bike types for the terrain.

IMPORTANT NOTES

- Check the weather forecast before starting.
- Be cautious of wildlife and their habitat.
- Watch out for other users of the trail, including pedestrians and equestrians.
- Keep the path clean and free of litter.

AROUND THE REGION

- Visit the city of Parma, known for its rich cultural heritage and delicious food.
- Explore the nearby spa town of Fornovo.
- Check out the Carrega forest, a natural reserve of about 10,000 hectares.
- Discover the Trebbia river, a major waterway in the region.

TECHNICAL SUPPORT

- Bike path services: Tel. (+39) 0521 836026
- Park visitor centre: Tel. (+39) 0524 581139
- Trenitalia bike on board service: Tel. (+39) 0521 836026

BICYCLE SAFETY

- Wear a helmet and other safety gear.
- Follow the rules of the road.
- Be prepared for any emergency.

BICYCLE SERVICE

- Guide service: Tel. (+39) 0524 581139
- Bike rental: Tel. (+39) 0521 836026
- Bike repair: Tel. (+39) 0521 836026

TECHNICAL DATA

LOCATION: The Trebbia river flows through the Parco Fluviale del Ducato, a regional park in the province of Parma. The park is open daily, with no charge for parking. The park has a visitor centre and a bike rental service. The bike path is a circular route of about 35 km, with the possibility of making shorter or longer routes. It is suitable for families, children, and adults. The path is a mixture of asphalt and dirt roads, with varying degrees of difficulty. The path is also suitable for mountain bikes.

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CICLOVIA DELLA MEMORIA

This is a very rewarding itinerary despite its length, for cyclist people because of the significant physiologic effort they have to make. The path will make you sweat, but the reward at the end is worth it! The path goes through the Abbazia di Monteveglio Regional Park, a place where you will be surrounded by nature and history. The path is well-marked and easy to follow, with some obstacles such as steep climbs and descents. It is a beautiful route for those who love nature and history.

TECHNICAL DATA

TRAVEL TIME: one day
ADDITIONAL INFORMATION: For more information, contact the Park visitor centre “The Fontanazzo”.

CICLOVIA DEL PARCO DEI SASSI

This ride is a beautiful route for those who love nature and history. The path is well-marked and easy to follow, with some obstacles such as steep climbs and descents. It is a beautiful route for those who love nature and history.

TECHNICAL DATA

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CICLOVIA DEL PARCO DEI GESÌ DI GABIGOLA

This is a beautiful route for those who love nature and history. The path is well-marked and easy to follow, with some obstacles such as steep climbs and descents. It is a beautiful route for those who love nature and history.

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CICLOVIA DELLE CATACOMBES DI FRANZENZANO

This is a beautiful route for those who love nature and history. The path is well-marked and easy to follow, with some obstacles such as steep climbs and descents. It is a beautiful route for those who love nature and history.

TECHNICAL DATA

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CICLOVIA DELLE CATACOMBI DI VIALE DELLE CATACOMBE

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CICLOVIA DELLE CATACOMBE DI VEDUGO

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