

## Alta Via del Sale

**Category:** Bicycle tourism

**Titolo:** The Salt Road Limone-Monesi: the most beautiful gravel road of Europe from the Alps to the sea

**Descrizione del percorso:**

The Limone-Monesi is a wonderful itinerary that winds down an old military road between 5.905 and 6.889 ft (1.800 and 2.100 m) high. The unpaved circuit, which connects Limone and Upega, is 24-mile-long (39 km) and open to transit in summer and autumn. The path is freely accessible to hikers and cycle tourists, and it is also open to motor vehicles upon payment of a fee. The trail crosses enchanting places, such as the breathtaking lunar landscapes of the Carsene area, the untouched and safeguarded regions of the Maritime Alps and the Ligurian Alps Park, rich in biodiversity, and lastly the magnificent Bosco delle Navette -Navette's Forest, and the military fortifications dating back to the end of the 19th century. Along their journey, travellers can experience the extraordinary charm of countless and unforgettable scenic spots: it will be impossible for them not to come back to retrace this fascinating path.

The Forts Ring

Experienced cycle tourists can challenge themselves on this 75-mile-long (120 km) loop, which is also accessible to motorcycles and 4WD quad bikes. At the crossroad for Monesi, which corresponds to the end of the toll section, the circuit continues to the right, towards the Tanarello Pass. Just before the pass, a slight detour takes you to the Redentore Peak, a not-to-be-missed panoramic spot. Coming back from the Tanarello Pass, the road goes on towards Collardente and the Sanson lowlands; turning right from there, it is possible to reach the Notre Dame des Fontaines Chapel with its astonishing frescoes, and then on to the French village of La Brigue, a French town. The journey continues on paved road towards Tende and then to Casterino; from there it stretches down a dirt road in the direction of the Peyrafica lowlands all the way to the Tende Pass which runs along 19th century forts and casemates.

NOTE: We invite visitors to check the opening hours of the dirt roads by contacting the local tourist offices.

TOURIST OFFICE OF LIMONE PIEMONTE

Ph. +39 0171.925281 – iat@limonepiemonte.it

TOURIST OFFICE OF ORMEA

Ph. +39 0174.392157 – turismo@comune.ormea.cn.it

**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](http://www.altaviadelsale.com), [www.cuneoalps.it](http://www.cuneoalps.it) and [www.visitcuneese.it](http://www.visitcuneese.it).  
Informative multilingual website, with booking platform:

[www.altaviadelsale.com](http://www.altaviadelsale.com).

Limone Piemonte

Briga Alta

Itinerary map

#### Dati di riepilogo

**Type of bicycle:** Mountain Bike  
**Alone or in a group?:** Alone

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

**Rating :** Medium  
**Alone or in a group (descriptive):** Can be cycled alone or in groups  
**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

