

HAPPY BIKE, HAPPY YOU

Every excursion can be diversified based on requests by studying itineraries that meet personal taste.



DETAILS OF THE ADVENTURE



3 HOURS



€ 90 PER MOUNTAIN
BIKE TRAINER
(EVERY 7 PEOPLE)



FROM APRIL
TO NOVEMBER



FAMILIES WITH CHILDREN,
COUPLES AND SMALL GROUPS



9.00 AM - 12.00 PM
2.00 PM - 5.00 PM



FOR INFORMATION CONTACT

TORGNON TOURIST
BUREAU

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Opening hours:

Sun-Mon-Tue-Wed-Thurs: 9.00 am-12.30 pm

Fri-Sat: 9.00 am-12.30 pm / 3.00 pm-6.30 pm

www.torgnon.org



Interreg
ALCOTRA
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Fondo europeo di sviluppo regionale



TORGNON WILD NATURE
Happy Bike



TORGNON. PURE EMOTION



MANY PATHS, ONE GREAT ADVENTURE

The Torgnon district features a network of paths that provides access to forests and pastures at a high altitude, and which allows to safely explore most of the northern district of the municipality.

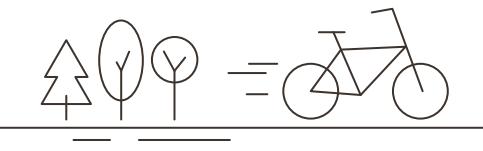
Paths can be travelled by anybody with the pedal-assist mountain bikes offered by the Torgnon municipality or proposed by local tourist agencies.

SOME ITINERARIES

The **Grandes Montagnes Tour** starts from Chantorné and continues along the slopes to the Gilliarey village, the magnificent scenic balcony with a view of the Cervino.

The return route along the wide trails (tratturi) offers a complete view of the area's natural features. There are many opportunities to **stop** on the way to study details, such as the Loditor pool, alpine prairies and their fauna, larch woods, ARPA Valle d'Aosta stations that study the impact of climate change on the mountains, alpine husbandry and cattle breeding in the Tellinod pastures.

The **Verrayes and Saint-Denis area**, that passes by Col des Bornes or Colle Saint-Panthaléon, leads to the discovery of the dry environments of the Adret's slopes that are exposed to the sun.



MOUNTAIN ENVIRONMENTS



THE WOODS

A **complex, dynamic, changing system** that includes plant and animal species, and is continuously changing. But the woods are not only fascinating.

Protect

Against floods, landslides, avalanches, falling boulders, the force of the wind.

A source of wellbeing

They mitigate the climate and improve the wholesomeness of the air by increasing its humidity levels and enriching it with oxygen, besides consuming carbon dioxide.

Produce

They are an invaluable resource (firewood, joinery, carpentry, building construction works, and also mushrooms, fruits, etc.)

Preserve biodiversity

They are precious because they host several life forms, both animals and plants.



THE ALPINE PRAIRIE

Conditions at **high altitudes** are not favourable for the development of trees and shrubs; hence, you step into the typical open spaces of the alpine prairie. The persistent presence of snow, short summers, cold temperatures and the wind limit the growth of plants, and **only the strongest survive**.

The limited growth at high altitudes is a **survival strategy to draw** heat and protect the land. Grass grows in tufts that, in the course of time, **are inclined to converge**, occupying every space available. Shrubs with wooden branches, such as rhododendrons, juniper and bilberry, have developed flexible branches that can bear the weight of snow.

WILDLIFE IN TORGNON

During a bicycle excursion you might encounter **some of the many mountain animal species** that live in the Torgnon area.

All year round you can observe species busy performing several activities. For instance, the **marmot** can only be seen in warm weather, focused on finding food. When winter sets in she remains in hibernation in her nest. Likewise, the **rock goat** is more easily observed at a low-medium altitude in winter as it seeks food, while in summer, for the same reason, it moves to higher altitudes.



Visit the dedicated page on the website and discover all the details of the adventure

