



VALLESTURA
I like it!

Discover the Stura Valley

This **unspoilt border valley** (crossed by a crystal-clear 60 km-long **river** that offers wonderful opportunities for canoeing and kayaking) is dotted with **peaks** to climb and vast **woodlands** to explore, inhabited by a farming community and young shepherds, offering **traditions** and aperitifs of classic aniseed-flavoured pastis at the bar. **Three Slow Food associations**, a **fort** in the middle of the valley and an amazing **fortification system** are all waiting to be discovered. **Silvery moonscapes** such as Colle della Bandia, and amazing peaks like the Corborant, Ischiator or the dolomitic Bersaio,

transform into a skiing paradise in winter. A valley of **traditional culture** related to **pastoralism**, **smuggling** and **transhumance**, steeped in the **Resistance** and **art**, is interwoven with genuine relationships, aromas and silence.

Endless trails for **MTB biking** and legendary hill routes for road bikes, with shelters managed by Alpine skiing champions, young people and families. These capable restaurateurs innovate tradition with infectious creativity. Come and discover huge areas of unblemished landscapes, along with many **local delicacies** to savour while taking in the breathtaking views.



We're social-savvy but really exist

This is not your typical guidebook: **we offer tips from real people on what to see and do in their homeland**, the Stura Valley. It's a starting point to guide you in your discovery of these wonderful places and genuine people, to discover the local markets and immerse yourself in the traditional culture of the place; to travel along the river, into the woods or to the peaks of mountains, enjoying all the outdoor activities available in summer and winter. We don't claim to offer an exhaustive list of information – this is, instead, a selection of suggestions from those lucky enough to live in the valley every day. For further information, we provide links to websites and contact numbers for each proposal. We try to whet your appetite but we're also very curious and so we would also like to hear about which places you love in the Stura Valley, the stories that fascinate you, the adventures you have here, the products you try and the people you meet. You can do this by posting your photo/story of your favourite place on Facebook or Instagram, using the hashtag

#vallesturachepost

we have
loads of
places
to show you



Stefania Belmondo

Murenz · 🌐



For me, the most beautiful place is Murenz, which lies above Pontebernardo. I love places up among the mountain peaks and, every time I was passing through in a hurry, I would stop for a moment, look at the Barricate and then set off again. So, still now, I sometimes go there, sit on a rock and enjoy looking up at the view.

[#vallesturachepost](#)

👍❤️😱 197

👍 Mi piace

💬 Commenta

➦ Condividi



Katia Tomatis

Forte Neghino · 🌐



The most beautiful place to live, in my opinion, is above Vinadio... in Forte Neghino, to be precise. My favourite place for a winter ski-mountaineering trip is, I would say, in the area around Pietraporzio.

[#vallesturachepost](#)

👍❤️😮 184

👍 Mi piace

💬 Commenta

➦ Condividi



Andrea Coan

Fiume Stura



I can see the future in the river. Remember that the Stura River is one of the few waterways in Italy with a constant level of water that allows it to be travelled all year, and here's another tidbit – by following the River Stura, you can arrive as far as Venice!

[#vallesturachepost](#)

   175



Mi piace



Commenta



Condividi



Lorenzo Dadà Romano

Colle Fauniera · 🌐



The Fauniera Hill is not just a place for me, it's a magical location. I've been there hundreds of times: for training, rollerskiing, biking, running, ski-mountaineering and cross-country skiing too, in all types of weather. Even though I've been in pain many times on that road rising through the deep valley of Arma, I have different and unique sensations every time, which only that place can give me.

[#vallesturachepost](#)

   196

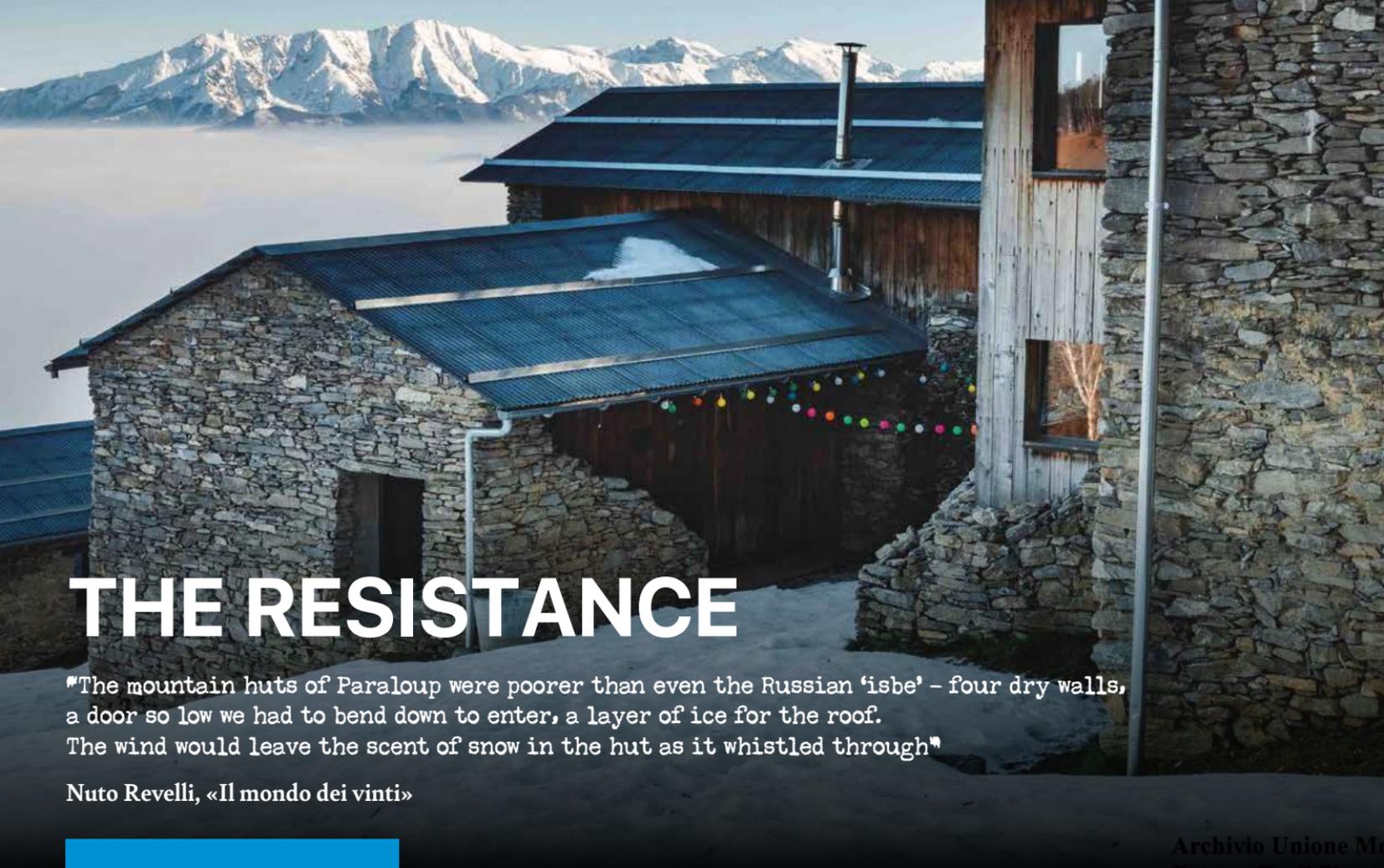
 Mi piace

 Commenta

 Condividi

our
stories

are deeply-rooted,
reminding us where we come from



THE RESISTANCE

“The mountain huts of Paraloup were poorer than even the Russian ‘isbe’ – four dry walls, a door so low we had to bend down to enter, a layer of ice for the roof. The wind would leave the scent of snow in the hut as it whistled through”

Nuto Revelli, «Il mondo dei vinti»

Reading is wonderful, but real life is better:
some suggestions of where to visit
and discover first-hand the story of the
Italian Resistance movement in the Stura Valley.

BORGATA PARALOUP

📍 Paraloup (Rittana)

The partisan hamlet where Italia Libera was founded by Duccio Galimberti, Nuto Revelli, Dante Livio Bianco and Nino Monaco... a hamlet which today, thanks to the Nuto Revelli foundation, is a refuge and repository of cultural memory. In Paraloup, as well as the alpine refuge, it is possible to visit the **Cinematographic Archive** - a film library with a large number of films about the war and the Italian Resistance (see the catalogue on amerigofilm.it) and reflect on important issues of movement and migration at the **Museum of Stories**.

FIND OUT MORE

Fondazione Nuto Revelli
+39 0171 692 789
www.nutorevelli.org

WAR AND RESISTANCE MUSEUM

📍 Valloriate

A gentle journey back in time in a small mountain village: a characteristic small-scale museum about the Fascist and partisan era in the Stura Valley with wartime items, relics, stories and photographs.

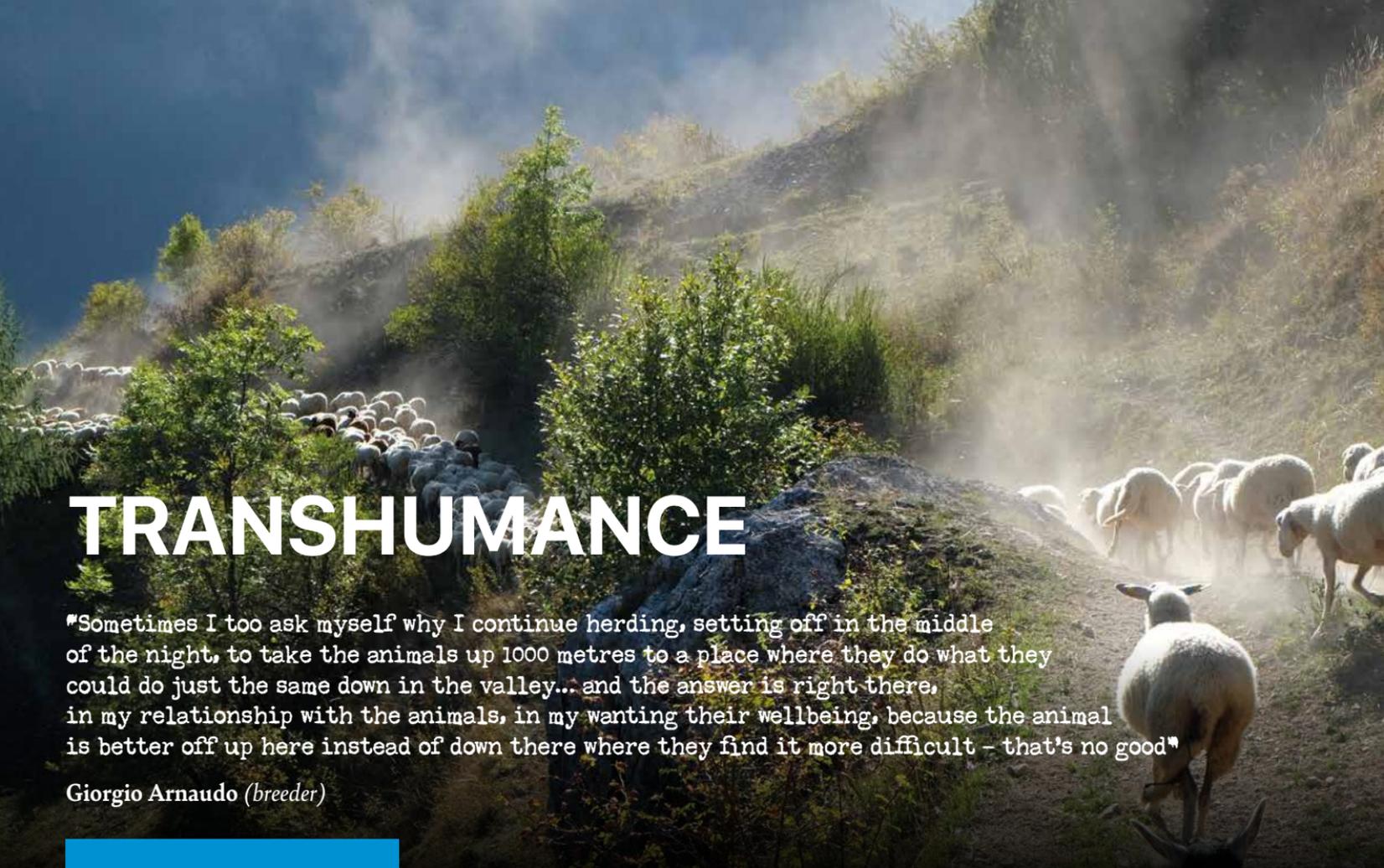
FIND OUT MORE

Comune di Valloriate
+39 0171 72 977
www.comune.valloriate.cn.it

From Valloriate to Parloup

Ready, set, go, on a journey down memory lane, aided by the panels in the **widespread Museum of Memory** and mountain and partisan locations, or in a more digital manner with the **History Walks** app.

FIND OUT MORE
Comune di Valloriate
+39 0171 72 977
www.comune.valloriate.cn.it



TRANSHUMANCE

"Sometimes I too ask myself why I continue herding, setting off in the middle of the night, to take the animals up 1000 metres to a place where they do what they could do just the same down in the valley... and the answer is right there, in my relationship with the animals, in my wanting their wellbeing, because the animal is better off up here instead of down there where they find it more difficult – that's no good"

Giorgio Arnaudo (*breeder*)

A centuries-old tradition that still survives today in the Stura Valley, to discover as you walk along grassy paths among the vast grazing lands and high alpine pastures.

SHEPHERDING ECOMUSEUM

📍 Pontebernardo (Pietraporzio)

A small interactive museum for those who wish to discover the life of shepherds and their herds in mountain pastures, with the chance to book a tasting session and visit to the barns. With a star guest: the Sambuco sheep. For non-guided visits, the museum is open every day from 9am to 6pm (automatic entrance by inserting a 50-cent coin or a token that can be bought at the Bar delle Barricate).

FOR INFORMATION ON VISITING THE MUSEUM

+39 0171 955 555

www.ecomuseopastorizia.it

THE ECOMUSEUM TRAILS

📍 Ferriere e Sambuco

Near the Ecomuseum there are two itineraries to explore in the evocative countryside, on the trail of shepherds, farmers and smugglers: a route for walkers leads to the beautiful Ferriere area, while a child-friendly itinerary ends up in Sambuco, a marvel of the Stura Valley.

FIND OUT MORE

+39 0171 955 555

www.ecomuseopastorizia.it

A festive atmosphere

You can enjoy the culture of a shepherding community during two special events in October:

All Saints' Day - Vinadio

An ancient feastday when the Sambuco lamb takes pride of place. The event, which brings a cheery atmosphere to the centre of Vinadio, includes an exhibition/market in the streets of the town, the prize-giving for the best Sambuco specimens, and musical entertainment with traditional Occitan music.

Festival of St. Luke - Demonte

The town prepares to welcome the livestock down from the alpine pastures by decking out the streets with a colourful market of local fruit and vegetables, craftsmanship and animals.

A man with a beard and long hair, wearing a dark t-shirt, is playing a baglamas (a stringed instrument) in a dimly lit room. The lighting is predominantly red, creating a warm and intimate atmosphere. The man is looking down at the instrument with a focused expression. The background is dark with some blurred red light spots.

A CULTURE TO EXPERIENCE

"Occitan es la mia lenga es tot aquí
Occitània es la mia tèrra lo mieu País"

[Occitan is my language, it is so / Occitan is my land, my country]»

"Occitània" - Lou Seriol



Steeped in tradition yet open to continuous innovation, the Stura Valley can amaze you with **important festivals, cultural events and artistic displays**

LOU SERIOL

📍 Valle Stura

A youthful and innovative way to encourage interest in Occitan culture, also among those who have never encountered it before: the Lou Seriol entertainers provide unforgettable moments in the Stura Valley, keeping the Occitan language and tradition alive through their music and lyrics.

[FIND OUT MORE](#)

www.louseriol.it

Bar Centro Fondo

Via del Ponte, 1 - Aisone

+39 0171 95 717

www.barcentrofondo.it

NUOVI MONDI FESTIVAL

📍 Valloriate

The smallest mountain-based cinema festival in the world has been staged in Valloriate since 2012, complete with film reviews, documentary competitions, international guests, shows and workshops.

[FIND OUT MORE](#)

www.nuovimondifestival.it

Not-to-be-missed events

Balla coi cinghiali - Vinadio

Live music, international artists, musicians and writers, shows and open-air activity with exhibitions, laboratories, screenings, theatre performances, food and wine, and sport.

www.ballacoicinghiali.com

Prima d'Oc - Demonte

An event with an international spirit, of Occitan music and culture, a festival which brings together expert and beginner musicians, teachers and students... all enthusiasts of Occitan tradition brought together to involve the public in a celebration of dancing and music.

www.comune.demonte.cn.it



THE SMUGGLING TRADE

“I once set off with a load of rice to take from Ferrere to France. When I arrived at Signora Filomena’s house, she wanted to share her only egg with me. I was so moved: that poor old lady wanted to share all she had with me. ‘Put it in your sack and eat it later when you have sold the rice,’ she said.”

Matteo Giavelli, “Tuninet” (*ex-smuggler*)

On the smuggling trail in three stops
in the Stura Valley to discover
the most daring mountain-based livelihood.

THE SMUGGLER'S MUSEUM

📍 **Borgata Ferriere (Argentera)**

Better known as "Mizoun dal Countrabandier" (Home of the Smuggler, in the Occitan dialect), this old smuggler's house in the evocative and unique Ferriere reveals the "hidden" side of mountain life.

[FIND OUT MORE](#)

Rifugio Becchi Rossi

+39 0171 96 715 | +39 333 888 2699

rifugiobecchirossi@gmail.com

www.rifugiobecchirossi.com

MONTAGNA IN MOVIMENTO

📍 **Forte Albertino (Vinadio)**

In the evocative Fort of Vinadio, a multi-media museum room "Mountain in Movement" is entirely dedicated to revealing the activity of smuggling.

[FIND OUT MORE](#)

Forte di Vinadio

+39 340 496 2384

info@fortedivinadio.com

www.fortedivinadio.com

Fondazione Artea

+39 392 989 0490

www.fondazioneartea.org

On the VIAPAC trail

The smuggler of images

The artist Victor Lopez Gonzalez explores the smuggling trade as a means of survival for mountain communities. Free admission during Town Hall opening hours. To book a guided tour, call the Moiola Proloco (Local Cultural Society).



[FIND OUT MORE](#)

Proloco Moiola

+39 333 466 1736

Comune di Moiola

+39 0171 717 012

A large, circular sculpture made of grey, irregularly shaped stones, arranged in a ring on a green lawn. The stones are piled up, creating a thick, textured border. The center of the circle is a clear, grassy area. The background is a vast, green lawn that extends to the edges of the frame.

ART

"I started working outside, using natural materials like grass and water, and this evolved into the idea of making a sculpture by walking. Walking itself has a cultural history - from pilgrims to the wandering Japanese poets, from the English Romantics to contemporary long-distance walkers"

Richard Long (*photographer and sculptor*)

In the Stura Valley, you need to keep your eyes open at all times as breathtaking scenery is not the only thing that will amaze you: here and there around the towns, **masterpieces of nature meet man-made wonders**. Here are some tips on where to discover them.

MUDRI MUSEO DIFFUSO RITTANA

📍 Rittana

The scattered museum of Rittana.

A real museum spread out all over the town (complete with lots of bookshops, the "Art Stalls") where art is a permanent feature: houses are covered in colourful murals by modern artists, the former Canonica building hosts occasional displays and the art gallery hosts small contemporary public art displays.

[FIND OUT MORE](#)

Comune di Rittana

+39 335 838 6669

www.comune.rittana.cn.it

Andata e Ritorno | +39 347 825 1432

VIAPAC CONTEMPORARY ART TRAIL

📍 Valle Stura

An "artwork treasure hunt" on the VIAPAC trail, an itinerary of contemporary artworks immersed in eye-catching mountain landscapes. In the Stura Valley, the VIAPAC trail offers artworks in Roccasparvera, Demonte, Aisone, Moiola, Vinadio and Colle della Madalena, on the border between Italy and France - come and find them!

[FIND OUT MORE](#)

www.martinart.it

Not-to-be-missed

Monument to Women and the Washing Machine

by **Gabriele Druetta - Moiola**

A monument to the washing machine in a town which, until one year ago, was still home to some who (by choice) were not connected to the water system. An homage to women and one of the symbols of female emancipation.

Circle

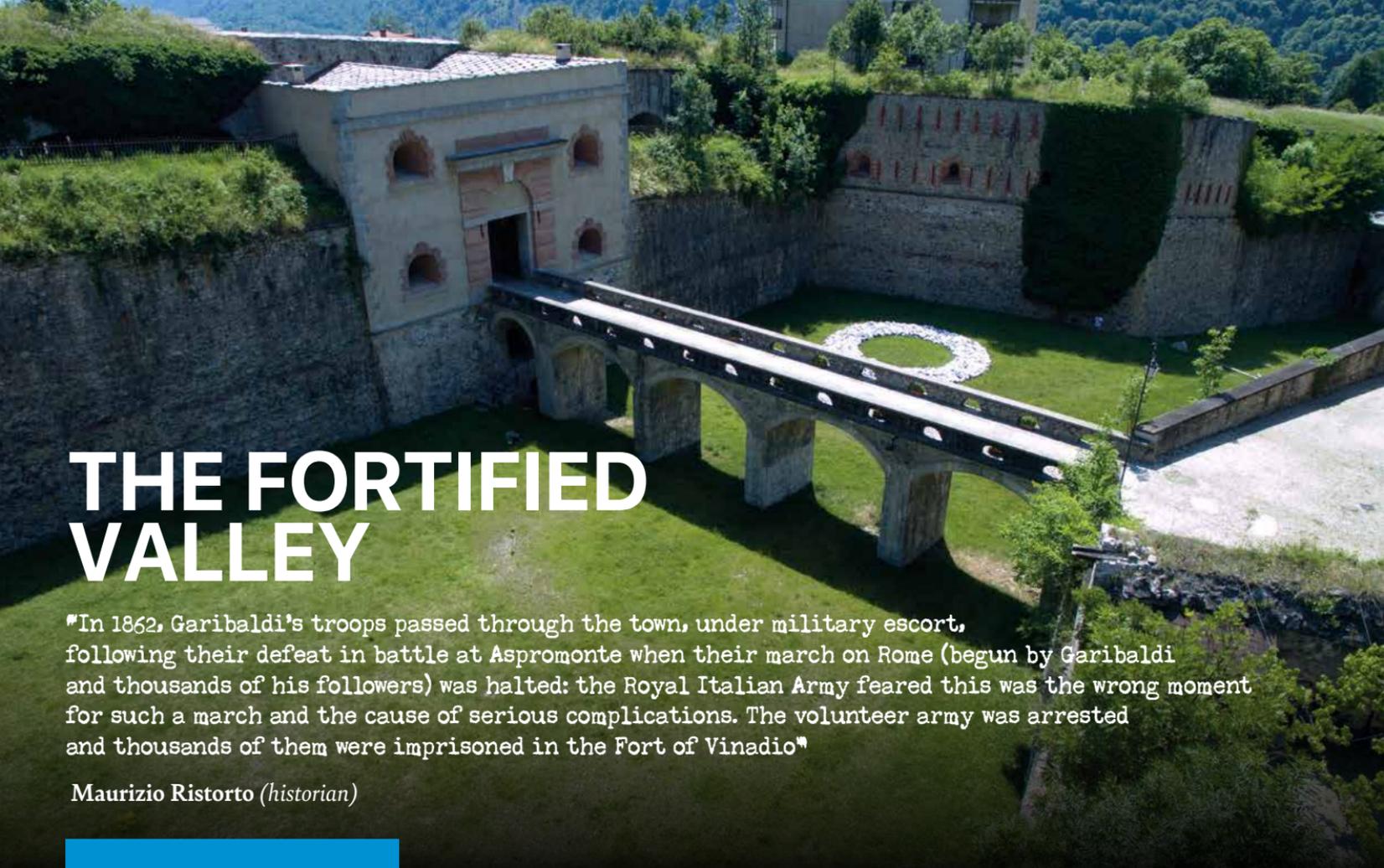
by **Richard Long - Vinadio**

An 11-metre diameter ring made of white stones marks the entrance to the Valley by artist Richard Long, a well-known figure in the international movement of *Land Art*.

Untitled - Renaissance

by **Emmanuele De Ruvo - Vinadio**

An imposing bronze-coloured sculpture represents an egg-shell balanced on water, the winning work of the eighth International Umberto Mastroianni Sculpture Award (sponsored by the Piedmont Regional Authority)



THE FORTIFIED VALLEY

“In 1862, Garibaldi’s troops passed through the town, under military escort, following their defeat in battle at Aspromonte when their march on Rome (begun by Garibaldi and thousands of his followers) was halted: the Royal Italian Army feared this was the wrong moment for such a march and the cause of serious complications. The volunteer army was arrested and thousands of them were imprisoned in the Fort of Vinadio”

Maurizio Ristorto (*historian*)

As a corridor from France to Italy, the Stura Valley in the past was studded with imposing forts, a precious asset to protect: today we can plot the historical events that took place along the road stretching down from Colle della Maddalena to the Cuneo plain.

FORTE ALBERTINO

📍 Vinadio

A fort which offers thrilling excitement: a flying simulation around the fortification along with tales from the Vinadio locals, sounds, voices, moving images and multimedia installations for a full immersion in the world of the southern Alps; museums and places where you can listen to stories, play, run, unleash your imagination, with itineraries suitable for each age group, to stir curiosity and engage even tiny tots.

FIND OUT MORE

+39 340 496 2384 | +39 0171 959151
info@fortedivinadio.com
www.fortedivinadio.com

THE ALPINE WALL

📍 Valle Stura

All along the Stura Valley there are many fortified constructions built during the Fascist era and known collectively as the Alpine Wall. The first were built in the 30s, in the Upper Valley, while during the war barricades started to appear in the Lower Valley, the last area to be strengthened against possible invaders of the Stura Valley attempting to reach the plain.

FIND OUT MORE

ASFAO Cuneo
+39 333 408 2123
📱 @ASFAO.Cuneo

Tour of the fortifications

Experience the adventure of a fortified valley, exploring bunkers, barracks, cableways, underground tunnels and imposing buildings of different eras.



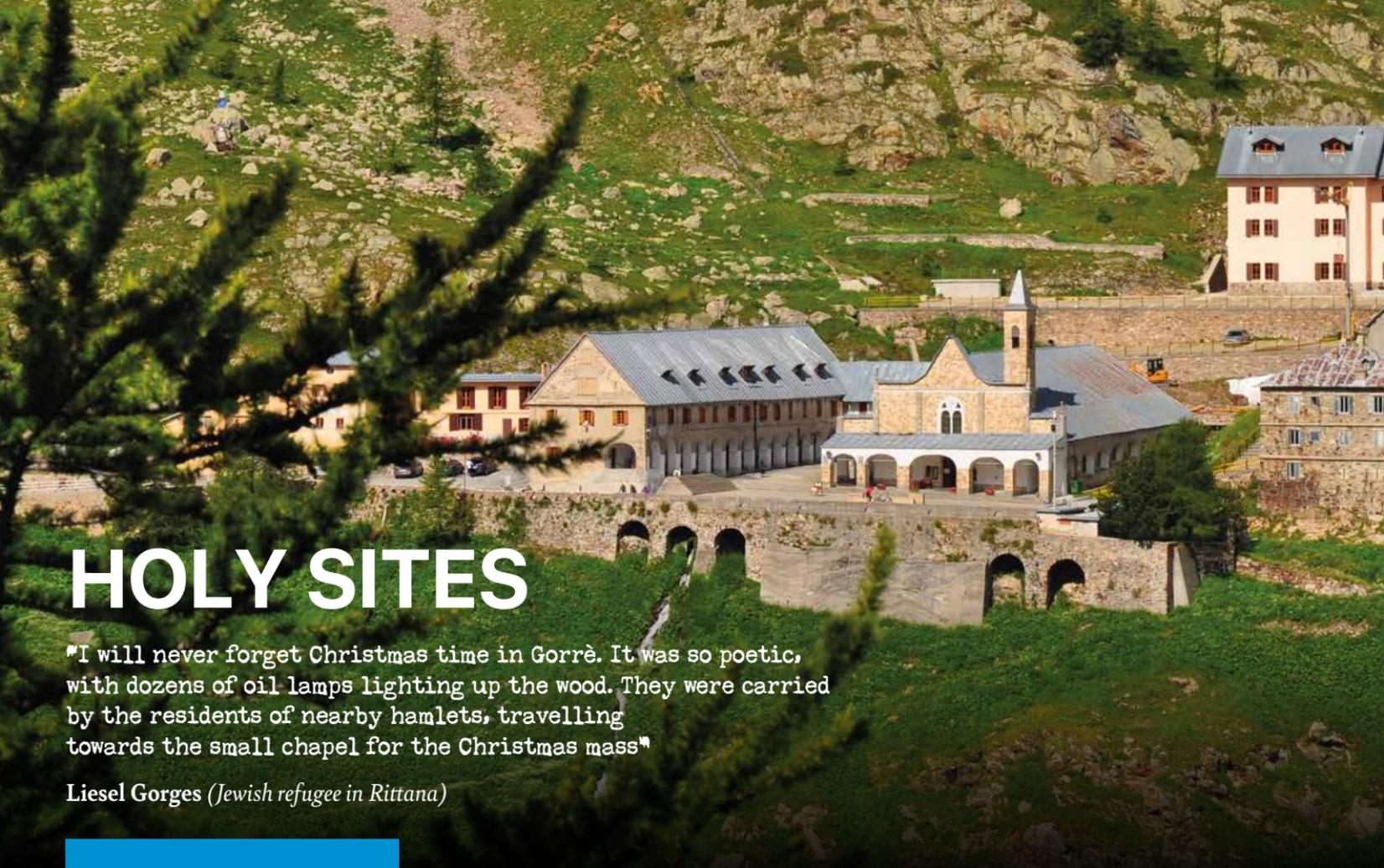
FIND OUT MORE

Stefano Melchio

Tour Guide +39 347 238 5581

Map of the fortifications

On sale at the *Unione Montana* and shops/businesses in the Stura Valley



HOLY SITES

“I will never forget Christmas time in Gorrè. It was so poetic, with dozens of oil lamps lighting up the wood. They were carried by the residents of nearby hamlets, travelling towards the small chapel for the Christmas mass”

Liesel Gorges (*Jewish refugee in Rittana*)

Large **monasteries** framed by blue skies, **small churches** hidden away in the countryside, roadside **shrines** that crop up on mountain paths and ancient **chapels** facing out over panoramic views: all the holy sites of the Stura Valley will amaze you in one way or another!

THE SANCTUARY OF ST. ANNE

📍 Sant'Anna di Vinadio

The highest sanctuary in Europe is perched on the road that climbs from Vinadio up Colle della Lombardia: built more than 2,000 metres up, the Sanctuary of St Anne is not only a holy shrine but also offers incredible views of the Maritime Alps from its balcony. An iconic pilgrimage shrine in the Stura Valley, the Way of St. Anne will be accessible to visitors as of June 2021 – both on concrete roads and rural paths.

FIND OUT MORE

Santuario Sant'Anna di Vinadio
+39 0171 959 125 | +39 392 545 6245
www.santuariosantanna.eu

THE CHAPELS

📍 Valle Stura

More than 100 chapels are spread throughout the woods and uplands of the Stura Valley, built in devotion to the saints or in thanks for protection received. Once busy spots in the region, they are now often abandoned but still represent beautiful places to visit and discover in old hamlets and wonderful natural locations. They provide an excellent excuse for a walk in search of faith, history and tradition, a day out for the whole family!

FIND OUT MORE

www.visitstura.it

Did you know that...

Since the sixteenth century, there have been records of a chapel in Argentera dedicated to St. Peter: renovated and extended over subsequent years, the chapel holds one of the most venerated works of the local population, the "Benedetto crocefisso" (Blessed Cross), a fifteenth century crucifix that was miraculously saved from a fire in 1662 and avalanche in 1681 and, it is said, in 1695 began to emit perspiration during mass.

FIND OUT MORE

www.visitstura.it
www.comune.argentera.cn.it

A group of about ten people, including children and adults, are standing on a dirt path that winds through a rocky, mountainous landscape. In the background, a large, dark cave entrance is visible, set into a massive, light-colored rock face. The surrounding area is filled with large, rounded boulders and sparse vegetation, including some green trees and many bare, thin trees. The scene is brightly lit, suggesting a sunny day.

TRACES OF THE PAST

The earliest inhabitants of the Valley were hunters and herders but also skilled farmers, able to transform raw materials.

Everything you need to know about the earliest inhabitants of the Stura Valley – discover them here on a journey through time, thousands of years back to the Neolithic era!

THE CAVES OF AISONE

📍 Aisone

Near Aisone, caves inhabited during the Neolithic era are dotted around the countryside and can still today tell us much about those who lived in the Stura Valley thousands of years ago. To discover the mysteries of this ancient history, follow the route marked out in the Nature Reserve and explore the lives of the earliest inhabitants of this area.

FIND OUT MORE

info@areeprotettealpimarittime.it
www.parcoalpimarittime.it

Taverna delle Grotte

+39 338 798 1957

📌 @tavernadellegrotte

MUSEO CIVICO OF CUNEO

📍 Via Santa Maria, 10 - Cuneo

After your visit to the Caves, round off the Neolithic history lesson in the Stura Valley with a trip to the City Museum of Cuneo, which is home to many items uncovered during excavation work in the archaeological site of Aisone.

FIND OUT MORE

www.comune.cuneo.it

Moving forward in time

Borelli Palace

Originally known as Palazzo Bolleris, named after the Marquis who commissioned the building in the early 1600s, Palazzo Borelli encapsulates the history of Demonte. The façade is Baroque in style, while its rooms (adorned with beautiful mural paintings) witnessed the visit of King Carlo Alberto of Savoy as guest of Count Giacinto Borelli, second signatory of the Albertino Statute. Surrounding the Palazzo Borelli, this beautiful 18th century park on four terraces.

The path of Bolleris

A playful-didactic path for children, school groups and families starts from the historic center of Roccasparvera and leads Bolleris to the castle. Operational from June 1st.

FIND OUT MORE

Comune di Demonte

+39 0171 95 122 | +39 0171 955 614

www.comune.demonte.cn.it

run through
the
playlist
of adventures
to find your favourite



RAFTING

A RIVER FOR EVERYONE

A wild and sparkling river, offering 60km of fun, to travel in countless ways: on a dinghy, kayak or canoe, alone or in company. An alternative way to reach areas that are inaccessible on foot (like Gole dell'Ola), uncontaminated treasures far from civilisation. An experience to share with friends or family, a river for everyone, for all tastes!

To enjoy an adventure in complete safety, sign up for an experience with one of the rafting centres in the Valley:

KE RAFTING

Roccasparvera
www.kerafting.it

STIERA VILLAGE

Regione Stiera (Gaiola)
www.rafting-canoa.it

VALLESTURA OUTDOOR

Demonte
www.vallesturaoutdoor.com

FIND OUT MORE

www.visitstura.it



PONY-TREKKING

INTO THE WILD

A wonderful adventure as you and your pony trek through endless meadows, crisp woodland or along meandering streams: the Stura Valley is ideal for horse-riding for everyone – adults, children, beginners or experienced riders. Trot peacefully along and enjoy cheery group trips, exploring the wildlife and in search of new natural paradises.

To arrange your pony-trekking excursion, contact the Valley's riding centres:

CENTRO EQUESTRE LE RENDINI

Roccasparvera
+39 339 483 3518

LA TRUNA

Frazione Rialpo (Demonte)
+39 347 787 9860 | www.latruna.com

VANET CAVALLO

Perosa Vanet (Demonte)
+39 324 786 7610 | www.vanetcavallo.it

CLARA IN MONTAGNA A CAVALLO

Perosa Ruà del Bial (Demonte)
+39 338 503 6233 | www.cavalliclara.it

ALLEVAMENTO D'LA VAL STURA

Demonte
Horse Breeders Association of Merens
+39 346 770 5544 | www.allevatoridimerens.it

FIND OUT MORE

www.visitstura.it



ALPINE SKIING

TO THE WHOOSH OF SKI BLADES

Forget about having to queue up for a ski-pass or clashing helmets as you fight for the last sandwich at the bar: the advantages of a small ski resort like Argentera are surely not to be sniffed at. Pure fun on over 20km of slopes set amongst rugged landscapes.

FIND OUT MORE

+39 0171 96732

www.visitstura.it

A STIFF BREEZE AND ADRENALINE RUSH

What are the ingredients for a cocktail of fun and thrills? Wind, snow, a snowboard or pair of skis, and a kite. Colle della Maddalena is perfect for snowkiting (also known as kite skiing) thanks to its position that guarantees gloriously windy days. In fact, this is where the popular *Maddalena Snowkite Foil Day* is held each winter, with spectacular expert displays and the chance to discover snowkiting for yourself, with lessons and competitions.

FIND OUT MORE

Rifugio della Pace

rifugiodellapace@gmail.com

+39 345 9607067

An aerial photograph of a snowy mountain valley. A river flows through the center, surrounded by snow-covered evergreen trees. A group of skiers is visible on a trail winding through the forest. The overall scene is a winter wonderland.

NORDIC SKIING

ON THE TRAIL OF CHAMPIONS

The Stura Valley is the pride and joy of Nordic skiing with over 100km of runs that twist through ancient chestnut and fir trees in a pure and untouched setting. Champion skiers such as Stefania Belmondo, Olympic medal-winner, have trained on these runs. The ski resorts are spread throughout the valley at different altitudes – in this way, they all offer incredible views but from different perspectives.

These landscapes range from the fields and chestnut trees seen from the Centro Fondo di Festione and Aisone, to the beech trees of Bergemolo and the fantastic small spruces of Bagni di Vinadio where natural snowfall is practically guaranteed. The ski run of Valle Promenado takes you from Festione to Vinadio passing through Aisone.

CENTRO FONDO FESTIONA

Via Chiardola, 1 - Festione

+39 0171 955 915 | +39 0171 950 551

www.festiona.it/centrofondofestione

BERGEMOLO

Borgata Bergemolo

+39 338 954 3485 | +39 340 330 8129

COLLE DELLA MADDALENA-LARCHE

+33 07 85 12 10 61 | www.haute-ubaye.com

AISONESKI

Via Ponte, 1 - Aisone

+39 371 429 6200 | www.aioneski.com

BAGNI DI VINADIO

Strepeis (Vinadio)

+39 0171 95 812 | +39 0171 95 862

www.latanadellamarmotta.it

download
the
trails

and enjoy the Stura Valley
in your own way



TREKKING THE PEAKS

EVER HIGHER, ALL THE TIME

A constant rise-and-fall that goes from 1,500 metres to 3,010 metres of height of the second peak of the western Alpi Marittimi, the **Corborant**, framing the Stura Valley. Landscapes that are popular with photographers are recognisable from afar, like the **Becco Alto dell'Ischiator** (the so-called "Matterhorn of the Stura Valley"), or the fascinating defensive towers of Monte **Bersaio**: these and many others are there waiting to be climbed, for skiing and hiking, with routes that range from simple to more strenuous but which always guarantee a great time.

3 UNMISSABLE PEAKS:

- **Alpe di Rittana** | 1,796 m
- **Monte Bersaio** | 2,386 m
- **Corborant** | 3,010 m

FIND OUT MORE

Consult the **trekking** section on the website www.visitstura.it



TREKKING THE LAKES

MOUNTAIN OASES

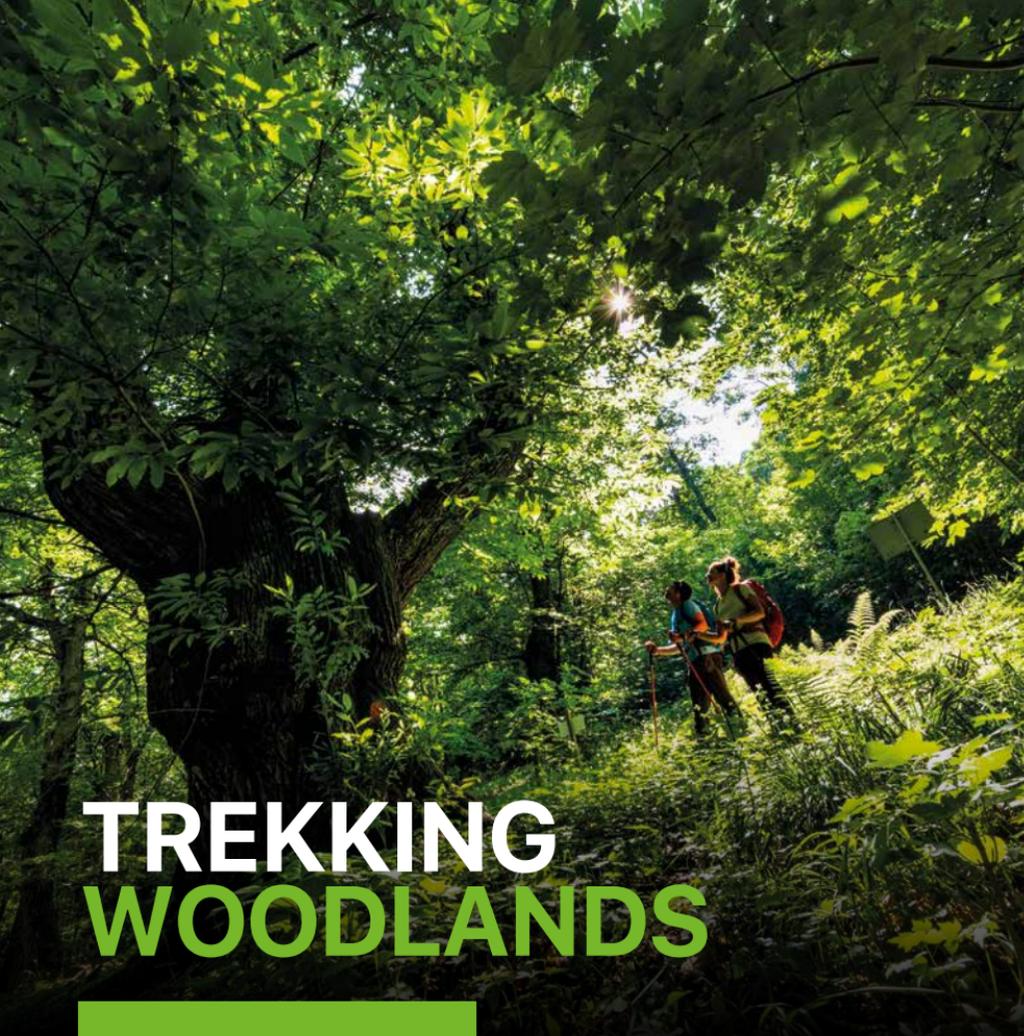
The peaks of the Stura Valley, proud in the knowledge of their own beauty, are reflected each morning in the crystal-clear waters of the many lakes that lie at their feet, the remnants of an ancient glacial past. Many of the natural basins we see today are in fact the so-called "laghi di circo" (round glacial lakes), located in wide dips hollowed out by the glaciers of surrounding valleys that reached down to the plains until around 12,000 years ago. There is no end of choice to satisfy all tastes of walkers hunting for lakes: from the Valley of Rio Freddo with the **Aver and Malinvern lakes** to the Valley of Rio Roburent with **the famous lakes tour of Roburent**; from the Corborant with the **Lausfer lakes** to the Valley of Collalunga on-route for the lakes of San Bernolfo, and many, many more.

3 UNMISSABLE LAKE REGIONS:

- Lakes of Roburent
- Lakes of Vens
- Lakes of Collalunga

FIND OUT MORE

Consult the **trekking** section on the website www.visitstura.it



TREKKING WOODLANDS

THE FRAGRANCE OF NATURE

White-robed in winter, mellow shades in autumn and brimming with life in winter... the woodlands of the Stura Valley offer visitors a treat at any time of year. A soft surface of trees of all types covers this region: **white spruce, larch, black spruce** and **Swiss pines** are kings of the mountain lands, giving way from the mid-valley down to the Scots pine that cheerfully lives alongside the larch. Down towards the foothills, beech and chestnut trees reign supreme, used (carefully and with respect) by mankind for work purposes all within the woodland setting.

4 MUST-SEE TREES:

- **the Monumental Chestnut** - Valloriate
- **the Larch species** - Pietraporzio
- **the Arbol** - Moiola
- **the White Elm** - Bergemolo

THE PATH OF BOSCO NERO

Known as the "Sentiero dell'Amore", it connects Villaggio Primavera to Bersezio between magical larch trees, black firs and invitations to love.

FIND OUT MORE

Consult the **monumental trees** and **trekking** sections of the website **www.visitstura.it**



CLIMBING

COME ON!

If it's not enough for you to walk up higher than ever, and you want to actually grasp the Stura Valley's rocky peaks with your own hands, just get your boots, helmet, climbing ropes and quickdraws, because here there are opportunities to suit everyone's tastes: gear-protected rock faces, climbing gyms and mountain routes with varying slopes and difficulty levels so that you can touch the skies with one hand.

ROCK FACES

Bicocca - Roccasparvera

Rucas d'la leu - Moiola

Falesia dell'altare - Demonte

Hotel Miramonti - Ferrere

Falesia del Lago - Sant'Anna di Vinadio

Cima di Vermeill - Rifugio Malinvern

Falesia degli Angeli - Rifugio Malinvern

MOUNTAIN ROUTES

Monti Aver and Lausfer

The Spurs of Lausa Bruna

The Peak of San Bernolfo

Salto del camoscio

CLIMBING GYMS

Valloriate

FIND OUT MORE

www.globalmountain.it

www.cuneoclimbing.it

A group of four cyclists is riding on a paved road that curves through a mountainous landscape. The cyclists are wearing colorful cycling gear: a pink jacket, a yellow and black jersey, a blue top, and a purple top. The background features rugged, brownish mountains under a clear blue sky. In the bottom left corner, the word "CYCLING" is written in large, white, bold letters on a black background, with a green bar below it.

CYCLING

LEGENDARY BIKE RIDES

In the Stura Valley, even the tarmac has a story to tell us – of how legendary Italian cycling champs have pedalled furiously across it. **The Colle Fauniera** talks of Marco Pantani, to whom a monument has been dedicated near the peak – you must have a photo taken next to him during the long climb up! The **Colle della Lombardia**, on the other hand, is where Vincenzo Nibali won his pink shirt in the **Sant'Anna di Vinadio** stage of the 2016 Giro d'Italia and, along with the Maddalena and Bonette hills, completes the trio of classic Gran Fondo long-distance cycling races in the western Alps - the "Vinadio-Vinadio". Have you read enough to convince you to jump on your bike and get pedalling? Try it and see.

3 UNMISSABLE RIDES:

- **Colle della Lombardia** | 2,350 m
- **Sant'Anna di Vinadio** | 2,020 m
- **Colle Fauniera** | 2,481 m

FIND OUT MORE

Valle Stura Experience
info@vallesturaexperience.it
www.vallesturaexperience.it



MOUNTAIN BIKING

FULL GAS

The MTB trails of the Stura Valley offer 1,000km of pure adrenaline! The **XC** and **All Mountain** trails at Bike Park Tajare are a bike enthusiast's paradise: 140 km and no chairlift or cable care assistance, meaning that all the fun is in perfect harmony with nature. Spectacular climbs and descents among historical points of reference such as the Vinadio forts, and high-altitude circuits, allow you to bike in the heart of the most rugged mountain settings from Sambuco upwards.

FIND OUT MORE

www.mtbvallestura.com

www.visitstura.it

www.tajare.it

2 WHEELS AND... AN ENGINE!

"Colli senza Frontiere" (Hills without Borders) is the motorbike meeting that brings together bike enthusiasts across the entire Stura Valley - a unique cross-border tour of extraordinary beauty that allows participants to fully enjoy the landscape and fall in love with the valley's mountains.

FIND OUT MORE

www.comune.argentera.cn.it

www.cuneoholiday.com



DOWNHILL SKIING

ENDLESS SNOW

The fame of the winter slopes has arrived well beyond our mountains – a paradise for ski mountaineers, the Stura Valley boasts an infinite variety of climbs, without crowds, and exciting descents. Each winter, snow artists take every opportunity to leave their mark on the wide physical canvas of Ventasuso or the panoramic peak of Costabella del Piz, while thrill-seekers take to the steep slopes of Rocca Reis and freeriders challenge themselves with slalom skiing through the wooded lands of Lose.

**FOR INFORMATION ON EXCURSIONS,
GUIDED TOURS, COURSES AND EQUIPMENT HIRE**

Albergo della Pace

+39 0171 96 550 | +39 0171 96 628

www.albergodellapace.com

Base BAR Prati del Vallone

+39 333 333 9678

www.pratidelvallone.it

Global Mountain

+39 335 672 6008

www.globalmountain.it

SKI MOUNTAINEERING IN THE STURA VALLEY

The guide map (1:25,000) by Katia Tomatis is available for sale in Stura Valley shops or from the online Fraternali Editore store.

www.fraternalieditore.com



SNOWSHOEING

STEPS IN THE SNOW

If skiing's not your thing, don't despair – there are other ways to reach the peaks of the Stura Valley even in winter. Many of the snow-covered routes can be travelled on foot with snowshoes, in the unique silence that marks this place, in search of uncontaminated nature and stunning views as far as the eye can see.

If you don't have snowshoes or the right equipment, don't worry: you can hire them in various places and contact local mountain experts for assistance and guidance to guarantee total safety.

**FOR INFORMATION ON EXCURSIONS,
GUIDED TOURS, COURSES AND EQUIPMENT HIRE**

Valle Stura Experience

info@vallesturaexperience.it

www.vallesturaexperience.it

Global Mountain

+39 335 672 6008

www.globalmountain.it

enter our
marketplace
to discover
the valley's local products



CROUSET

THE DISH OF QUEENS

Simple flavours and local products are at the core of traditional cuisine in the Stura Valley, rooted in a distant past and still served at tables today in the form of dishes such as crouset. Made from a dough of just flour, water and oil, crouset pasta is easily recognised by its unmistakable pleated shell shape. This pasta goes wonderfully with both tomato-based and cream sauces but it's up to each chef how to serve it - we recommend trying as many solutions as possible!

Since 2017, "CROUSET" has been a collective product name that protects the traditional technique of preparation and guarantees quality to the end buyer. You can enjoy crouset pasta on-site in restaurants or buy it from Stura Valley shops which display the brand mark in their window.

FIND OUT MORE

Comune di Vinadio
+ 39 0171 959 143
www.comune.vinadio.cn.it



THE VALOURIANA RAVIOLA

MERGING TRADITION AND INNOVATION

As the name itself says, this particular “raviola” is found only in Valloriate, made to an original recipe from Manuel Odestri, head chef of Locanda Fungo Reale. A dough of durum wheat and buckwheat flour is used to enclose a filling of mashed potato and various spices, then served in a coating of melted butter - a refined triumph of flavours for the palate. It would be a sin to visit Valloriate without trying it!

WHERE TO FIND IT

Locanda Fungo Reale - Valloriate
www.fungoreale.it

Tre Colombe - Valloriate
www.trecolombe.it



MEAT



SAMBUCO LAMB

 Slow Food® **Presidio**

Since 2011, Sambuco lamb has been safeguarded by the Slow Food association. Awarded the Traditional Farming Product seal of quality, it can be found only in the Stura Valley – in summer, the sheep enjoy the pure Alpine air as they graze on fresh herbs, while in winter they eat only local good-quality hay. Over the years, the efforts to protect and promote the Sambuco flocks have led to the founding of Escaroun (a consortium that guarantees quality breeding methods) and Lou Barmaset (the cooperative that distributes the product).

FIND OUT MORE

Cooperativa Lou Barmaset

+39 335 547 0191

Escaroun Consortium for the promotion of the Sambuca sheep

www.vallestura.cn.it

THE PIEDMONT BREED

 Slow Food® **Presidio**

Of all the main Italian breeds of cattle, the Piedmont herd is the one most suited to the high-altitude Stura Valley region. Generally family-run, this business is passed on from generation to generation, and the breeding of this cattle is a true art.

FIND OUT MORE

www.lagranda.it



TROUT

RAINBOW TROUT

Rich in protein, potassium and iron, rainbow trout is a healthy dish and also delicious, with a variety of ways in which it can be cooked. In the Perdioni hamlet near Demonte, Paolo and Delia breed trout in closed cycles, in 4 tanks fed by spring water with a base of cobblestones and gravel which are cleaned without the use of chemical disinfectants. The breeders' passion and care for their work guarantee natural trout that can be enjoyed in many ways: smoked in Muscat wine, hot-smoked or hot-smoked in oil. Another delicious option is smoked trout sausage or marinated rainbow trout.

SUPPLIERS

Fish farm Stura
Azienda Agricola of Riberi Paolo
+39 339 107 9053
itticistura@live.it

La Porta di Valle
Via Nazionale, 17 - Demonte
www.ilauri.it



ESCARGOTS

THE MAIN ATTRACTION OF THE 'FIERA FREDDA'

The white meat snail, *Helix Pomatia Alpina*, is to be found in the Marittima Alps and has for many years been a popular attraction at the Fiera Fredda, the gastronomic festival that takes place in Borgo San Dalmazzo around 5 December. According to Borgo legend, the snails were served boiled in their shells before being removed with the traditional horse-shoe nail and then dipped in "salsa del cartuné", a spicy sauce made with oil, salt, pepper and garlic.

The Fiera Fredda is not only an important event for the valley community but also an ideal opportunity to savour escargot-based recipes and many other specialties of classic and innovative recipes.

FIND OUT MORE

**Associazione Ente Fiera Fredda
della Lumaca di Borgo San Dalmazzo
www.fierafredda.it**

f @fierafredda



ALPINE CHEESE

MOUNTAIN FLAVOURS

Whether fresh or matured, from cow or goats' milk, the Alpine cheeses from the Stura Valley have a unique taste deriving from their place of origin: when you taste this cheese, you are immediately transported to a green mountain pasture dotted with animals grazing, thanks to traditional dairy farms that follow in the footsteps of the past with passion and dedication.

Delicious to eat in chunks, as an appetizer, or to round off a meal, this cheese is also excellent for giving recipes a touch of mountain flavour.

RETAILERS

Andata e Ritorno

*Retailer of **Montagnam** products, including the cheeses of **Bars Chabrier** and **Fiori dei Monti Colombero***

Via Roma, 20 - Rittana

+39 347 825 1432

www.montagnam.com

La Porta di Valle

Via Nazionale, 17 - Demonte

www.ilauri.it



CHESTNUTS

THE BREAD OF PEASANTS

Passing through lush woodland in the mid and lower valley, it's not unusual to meet groups of people stooped at the feet of the trees - these are the Stura Valley inhabitants who are clearing the chestnut groves and collecting chestnuts, an ingredient that was highly valuable in the past for the region and that today continues to provide delicious specialties of all types.

Roasted, sweet or dried, the chestnuts are always carefully selected and prepared with the same dedication and passion as in the past.

RETAILERS

Andata e Ritorno

*Retailer of **Montagnam** products, including **L'Árbol chestnuts**.*

Via Roma, 20 - Rittana

+39 347 825 1432

www.montagnam.com

La Porta di Valle

Via Nazionale, 17 - Demonte

www.ilauri.it



HONEY

NECTAR OF THE GODS

Fragrant as wild flowers, delicate as the touch of the beekeeper that collects it, honey is a real treasure in the Valley, not just for its taste but also for its role in territorial management. The non-stop work of bees, carrying nectar from one plant to another, is in fact responsible for protecting the different species in the environment, those same species that we find in the countless honey types: from acacia to chestnut and dandelion to high altitude species such as wildflower, rhododendron, sainfoin and spruce honeydew. A high-quality product that respects the rhythm and pace of nature.

ALPINE HIGH-MOUNTAIN HONEY



In the Stura Valley, you can find honeydew honey of Alpine high mountains, spruce honeydew and rhododendron honey at the bee farm **Apicoltura Fossati**.

Via Cuneo, 12/A - Sambuco | + 39 348 911 7823
www.apiculturafossati.com

RETAILERS

Andata e Ritorno

Retailer of **Montagnam** products,
including including **Apicoltura Fossati honey**

Via Roma, 20 - Rittana

+39 347 825 1432

www.montagnam.com

La Porta di Valle

Via Nazionale, 17 - Demonte

www.ilauri.it



SAFFRON

RED GOLD

Originating from Greece and Asia Minor, saffron has made a home also in the Stura Valley: the micro climate of the mid-valley region has allowed the growth of this precious spice which is then sold in bulb, powder and stigma form, or in manufactured foods such as butter, honey, fresh and dry pasta. Saffron is not only delicious but also eye-catching: in October, the saffron flowers colour the fields of Demonte with rosy-claret hues streaked with scarlet red stigmas for a truly stunning view.

FIND OUT MORE

 @FIL ROUS.Zafferano valle stura
+39 333 8027 609
www.vallesturaexperience.it



SWEETS AND DESSERTS

'FINA' CAKE

A cake with a hint of walnut and tradition, a cultural asset that is recognised and regulated by the quality assurance PDO label. The most traditional recipe of Vignolo, passed on from generation to generation, today offers the taste and genuine goodness of past times: thin and crumbly, the fine cake calls for only top-quality ingredients and is produced locally. Taste it in its original homeland for the best way to discover the culture of Vignolo's residents, via their food.

RETAILERS

La Butego d'la Tourto Fino di Fabio e Gloria
Via Nittardi, 4 - Vignolo | +39 0171 48 110

Aime Livio Panetteria Pasticceria
Piazza Grande, 6 - Vignolo | +39 0171 48 213

MOUNTAIN BAKERY

The lavender-flavoured biscuits, Ciccio's Genepy "baci" biscuits in Argentera, and Agnello's cakes, "baci" and croissants in Demonte - all must-try treats.

WHERE TO TASTE THEM

Pasticceria Cremeria Bruno
Via Dietro I Bari 2/C - Argentera | +39 0171 96 759

Bar Pasticceria Agnello
Via Martiri e Caduti per la Libertà, 11 - Demonte
+39 0171 955 632



MOUNTAIN DRINKS

GENEPLY

Picked by locals since time immemorial, Alpine Artemisia is dried and steeped in alcohol to achieve a yellowy-greenish liquor which transports us virtually to the high mountain pastures where the plant grows wild. With a strong herbaceous aroma and a pinch of bitter mixed with sugary sweetness, Geneply is perfect as a digestif or for sipping in the cosy refuges of the Valley at the end of a long day of trekking. To discover the mountain flavour, try the Geneply of Erboristeria Liquorificio Artemy, prepared expertly with the artisan skill of yesteryear, and the Geneply of Argentera made by Bordiga from plants that grow in the Ferrere region.

RETAILERS

Erboristeria Liquorificio Artemy

+39 0171 959 277 | www.artemy.com

Bordiga 1888

+39 0171 611 091 | www.bordiga1888.it

ANIMA BEER

This beer comes from the mountains of the Stura Valley, produced in a modern brewery at Roccasparvera, where tradition and innovation merge. Raw ingredients selected at the height of the season, the best malted barley and particular recipes combined with passion and skill by the Anima producers guarantee moments of true gastronomic delight with every sip.

RETAILERS

Società Agricola Anima

+39 0171 174 0132 | www.birraanima.com



THE PERFUMES

THE PROVENCE OF THE STURA VALLEY

Deep in the heart of the Stura Valley, in Demonte, lies a cheerful lilac-hued spot that rivals even the more famous Provence – in the months of June and July, fields of “izòp” (Occitan name for lavender) provide a spectacular view which can be seen with ease from the road between Borgo San Dalmazzo and Colle della Maddalena. Demonte is also home to the historic Rocchia distillery which has carried on local traditions fervently for years, producing fabulous essential oils and other products from the plant.

RETAILERS

Rocchia Distillerie | +39 0171 95 490
www.rocchiadistillerie.it

TRADITIONAL MOUNTAIN FRAGRANCES

From the union of Marseille soap and ancient recipes from Piedmont grandmothers come the mountain soaps – pure and natural as the Alpine air where they were created. The soap producers Rose&Caprioli of Pietraporzio understand this well and use artisan techniques and 100% plant-based formulas for a high-quality soap with a traditional fragrance.

RETAILERS

Saponificio Rose&Caprioli | +39 0171 96 664
www.rosecaprioli.it



FRUIT AND VEG

TO THE RHYTHM OF NATURE

There are those who experiment with the farming of new crops and those who dedicate themselves to crops rooted in local history, but what unites all the farmers in the Stura Valley is a respect for nature and its pace. Here agriculture means not only the growing of fresh and natural products but also reclamation of the land: farming is an act of love that leads to beauty.

Tasting the fruit and vegetables of the Stura Valley is an opportunity to rediscover the flavour of the seasons and the natural quality of the mountains. And the colours that decorate the many fields and vegetable gardens are a wonderful sight to behold.

RETAILERS

Andata e Ritorno

*Retailers of Montagnam products, which include the **Germinale Cooperativa Agricola di Comunità** and **Società Agricola La Fragolina** goods.*

Via Roma, 20 - Rittana | +39 347 825 1432

www.montagnam.com



ALL TASTES, AND MORE

Understanding the mountains means understanding their inhabitants, tasting their products and savouring their flavours. If you like to browse, listen and try new things, don't miss the Valley's open-air markets where you can meet all the producers, discover the delicious specialties of the Stura Valley and get some invaluable tips on traditional mountain cooking.

MARKETS

Vinadio | Wednesday morning

Demonte | Thursday morning

Vignolo | Wednesday morning

Vinadio | Wednesday morning

Borgo San Dalmazzo | Thursday morning

Demonte | Thursday morning

SHOPS

DEMONTE

I Lauri +39 0171 950 828

Caseificio Valle Stura +39 0171 950 607

RITTANA

Andata e Ritorno +39 347 825 1432

ROCCASPARVERA

La Fame +39 375 6349 751

Here you can taste the "ula al furn", a typical dish of Roccasparvera.

GAIOLA

La Bottega Del Buongustaio +39 0171 72 923

We are part of something bigger!



www.cuneoholiday.com

 @ATLCuneese



www.cuneoalps.it

 @cuneoalps



www.visitmove.it

 @terresmonviso

VALLE STURA **e**xperience

To eat, sleep and immerse yourself in intense emotions in the Valley, sign up with the Valle Stura di Demonte tourism consortium, which offers tourism and cultural advice and promotion of the Stura Valley.

www.vallesturaexperience.it



Mountain Refuges

You will find welcoming shelters on your way, managed by happy and helpful people who can't wait to meet you!

www.rifugivallestura.it

TOURISM OFFICES

Borgo San Dalmazzo

Via Vittorio Veneto, 19 - Borgo San Dalmazzo

+39 0171 26 6080

iatborgo@cuneoholiday.com

Demonte

Piazza Statuto c/o Palazzo Borelli - Demonte

+39 0171 95 127

ufficioturistico@comune.demonte.cn.it | proloco.demonte@libero.it

Vinadio

Piazza Vittorio Veneto - Vinadio

+39 334 162 8914

vinadioinfopoint@gmail.com

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