

IT EN
Wandern in der Alta Langa
Hiking in the Alta Langa
escursionismo in Alta Langa



GRANDE TRAVERSATA delle Langhe

IL TERRITORIO

L'Alta Langa, un territorio che offre una ricchezza di risorse culturali, naturalistiche ed enogastronomiche da scoprire girovagando, o "andando per Langa" come si dice da queste parti. A piedi, in bicicletta o a cavallo, la Grande Traversata delle Langhe permette al visitatore di scoprire i tesori di questa parte della Provincia di Cuneo, dando la possibilità di programmare trekking di diversi giorni o brevi passeggiate da fare in poche ore. I paesi, sempre arroccati sulla sommità delle colline, mantengono un fascino austero con la muratura in pietra, le stradine e i vicoli tortuosi che ricordano i caruggi della vicina Liguria. Si tratta di luoghi collocati al riparo delle frane, più protetti dalle scorribande di antichi nemici ma anche più adatti a contemplare la bellezza di un panorama unico. Lo sguardo, libero da ostacoli, può infatti spaziare sui vicini pendii per poi abbracciare la pianura e il maestoso arco alpino che la circonda.

Lo scenario si trasforma durante le stagioni. In ogni momento dell'anno il visitatore potrà cogliere sfumature diverse: in primavera i colori vividi e brillanti, in estate paesaggi più aridi e mediterranei, in autunno un'esplosione di colori e infine in inverno la neve che ricopre le colline. Le pendici collinari, a tratti dolci, a tratti ripide e scoscese, hanno obbligato gli abitanti ad adattarsi, sfruttando il territorio con colture e allevamenti che l'agricoltura tradizionale definisce marginali, ma proprio per questo più rispettosi dell'ambiente. L'allevamento di pecore, i nociioletti, i piccoli appezzamenti coltivati per la fenoglia o a cereali, i terrazzamenti realizzati per sfruttare anche le aree più impervie insieme alle aree boscate che occupano i versanti più marginali hanno plasmato il paesaggio. La cucina dell'Alta Langa è sobria, ma ricca di prodotti tipici e piatti tradizionali: i salumi, il bolito di bue, la selvaggina, i funghi, i formaggi e i dolci di castagne e nocciole sono solo alcuni degli "itinerari gastronomici" che il turista potrà scoprire sostenendo nelle trattorie, nei ristoranti e negli agriturismi sparsi tra queste colline. L'Alta Langa è anche un luogo carico di storia, arte e letteratura. Su queste colline nel corso dei secoli hanno abitato gli Antichi Liguri e i Romani, si sono combattute battaglie napoleoniche e quelle dei Partigiani durante la Resistenza. Ogni periodo ha lasciato le sue tracce, nei conventi e nelle pievi romane, nei cicli di affreschi medievali o attraverso le opere di grandi scrittori come Beppe Fenoglio e Cesare Pavese.

Alta Langa (Upper Langa) offers lots of cultural, naturalistic and wine and food resources, which you can discover and taste visiting and relaxing in this area. This is the typical "andar per Langa", as the locals call the touristic wandering across the hills.

The Grande Traversata delle Langhe (the Great Langa Trail) is a route through the treasures of this area of Piedmont which gives the tourists the possibility to plan a few hour walk or a more day trekking on foot, by bicycle or horse-riding. Langa villages are usually located on hilltops and maintain a severe appeal due to their stonework constructions and their tiny streets and winding alleys which remind you of the typical Ligurian caruggi. Their geographical position not only sheltered these small towns against landslides, but also protected them in the past from enemy incursions. Moreover their enchanting location offers a beautiful view on a unique landscape which stretches, free from any obstacle, from the gentle slopes to the near valleys defined by the majestic Alpine chain. The natural scenery changes throughout the seasons. During the different periods of the year the visitor can enjoy the more various shades: bright and lively colours in spring, drier Mediterranean landscapes in summer, warmer tones in autumn and finally the pure white snow over the hills during winter. The hill slopes, sometimes mild sometimes steep, have obliged the inhabitants to adapt to the environment, exploiting this area with cultivations and breeding which traditional agriculture could call secondary, but in fact more environment friendly. Therefore, sheep farms, hazelnut plantations, small cereal or haymaking fields and terraced broken grounds, together with woody areas on more distant slopes, have shaped the landscape over the years. Alta Langa cooking is simple but rich of local and traditional products: salami, bolito (steer boiled meat), game products, mushrooms, cheese and chestnut or hazelnut cakes are just some of the "culinary routes" the tourists can discover taking a rest in the typical trattoria restaurants or farm guesthouses scattered over the hills. Alta Langa is also an area full of history, arts and literature. Over the centuries Old Ligurians and Romans inhabited these hills, which have also been the ground for Napoleonic battles and Partisan actions during the Italian Resistance. Each period has left its signs which you still can find in the convents or in the Romanesque churches, but also in the Medieval frescoes or through the works of two notorious writers such as Beppe Fenoglio and Cesare Pavese.

Die "Alta Langa", ist ein Gebiet, das eine Fülle von Kulturgütern, Naturerlebnissen und Gastronomie bietet und es warsend zu entdecken gilt, "andando per Langa", wie die Einheimischen nennen. Ob zu Fuß, mit dem Fahrrad oder hoch zu Pferd, der große Wanderweg "La Grande Traversata" erlaubt es dem Besucher, Schätze der Provinz Cuneo zu begegnen, sei es in kurzen Abschnitten für einige Stunden oder auf Wanderungen für mehrere Tage. Die Dörfer, die hoch auf den Zonen der Hügel thronen, die mit ihren steinernen Mauerwerken angriffig zu trotzen scheinen, deren enge und gewinkelte Gassen jedoch an Orte an der Riviera gemahnen, versprühen einen besonderen Charm. Dort oben, geschützt vor Murgungen und im Mittelalter auch vor Angriffen räuberischer Feinde, prägen sie die Schönheit der einzigartigen Landschaft. Und sie gewähren ungehinderte Aussicht auf Täler, Poebene und die Alpen im Hintergrund, die sie hinterlassen. Sie müssen Böden und Lage respektieren. Stelle Hänge wurden terrassiert, um selbst kleinste Flächen für Heu und Getreide nutzen zu können. Sie züchten Schafe und Ziegen, pfanzen Haselnüsse und Kastanien. Sie lassen sich mit dem Boden beschieden was nutzbar war und gestalten die Landschaft so auf ökologische Weise, Selbstversorgung in ursprünglicher Form. Sie waren jedoch auch, und sind es bis heute geblieben, Sammler und Jäger. Das zeigt sich in der traditionell einfachen Küche mit ihren typischen Gerichten. Salami, gekochtes Rindfleisch, Wild, Pilze, Käse und Süßspeisen auf der Basis von Haselnüssen und Kastanien sind einige der Spezialitäten, die den Wanderer in Trattorien, Restaurants und Agriturismus angeboten werden. Die "Alta Langa" ist auch ein Ort voller Geschichte, Kunst und Literatur! Auf diesen Hügeln haben im Laufe der Jahrhunderte die alten Ligurer und Römer gewohnt, wurden napoleonischen Schlachten geschlagen und herrschten die Partisanen während der Zeit des Widerstands gegen die faschisten. Jede Zeit hat ihre Spuren in den Zyklen der mittelalterlichen Fresken in Klöstern und Kirchen oder durch die Werke großer Autoren wie „Beppe Fenoglio“ und „Cesare Pavese“ hinterlassen.

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GRANDE TRAVERSATA DELLE LANGHE

01. Castino - Cortemilia

Dalla piazzetta centrale di Castino si imbocca via San Rocco e, alla biforcazione successiva, si sale fino a raggiungere la panoramica cresta della collina. La si segue fino a superare la casa isolata detta "Cà Rossa", e, al successivo bivio, si piega a sinistra

abbandonando il percorso del "Sentiero della Valle Belbo".

Si costeggia la sommità del Bric Castelmartina e, perdendo rapidamente quota, si scende verso i ruderi del castello di Cortemilia. In breve si raggiunge la piazza del paese.

Variante: Castino - Santo Stefano Belbo

Da Castino si prosegue in direzione di Cossano Belbo sino alle case della località Castello. Si procede a sinistra per pochi metri e subito si riprende quota seguendo le indicazioni per Vesime. Attraversato un bel castagneto, il percorso prosegue quasi pianeggiante tra i coltivi fino a giungere in prossimità del mammellone vitato su cui spicca la cascina Langa Soprana. Al primo bivio si scende sulla destra e subito dopo si segue a sinistra l'indicazione per Santo Stefano Belbo.

From Castino central square take Via San Rocco and at the crossroad carry on upwards to get to the panoramic hill ridge. Go on and pass the isolated house "Cà Rossa", then turn left at the next crossroad leaving behind the "Sentiero della Valle Belbo" (Belbo Valley Route). Continue along Bric Castelmartina hilltop and, losing altitude soon, go downwards to Cortemilia castle ruins. Finally get soon to the town central square.

Alternative way: Castino - Santo Stefano Belbo

Da Castino si prosegue in direzione di Cossano Belbo sino alle case della località Castello. Si procede a sinistra per pochi metri e subito si riprende quota seguendo le indicazioni per Vesime. Attraversato un bel castagneto, il percorso prosegue quasi pianeggiante tra i coltivi fino a giungere in prossimità del mammellone vitato su cui spicca la cascina Langa Soprana. Al primo bivio si scende sulla destra e subito dopo si segue a sinistra l'indicazione per Santo Stefano Belbo.

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Alternative way: Castino - Santo Stefano Belbo

Go straight on from Castino towards Cossano Belbo till you reach Località Castello. Proceed to the left for a few meters and gain altitude soon following the signs indicating Vesime. After having passed a nice chestnut wood, the route continues almost flat across some cultivated areas till a gentle wide hill covered with vineyards on which stands out the Langa Soprana farmhouse.

Continue downwards on the right at the first crossroad and soon after keep the left, following the sign towards Santo Stefano Belbo.

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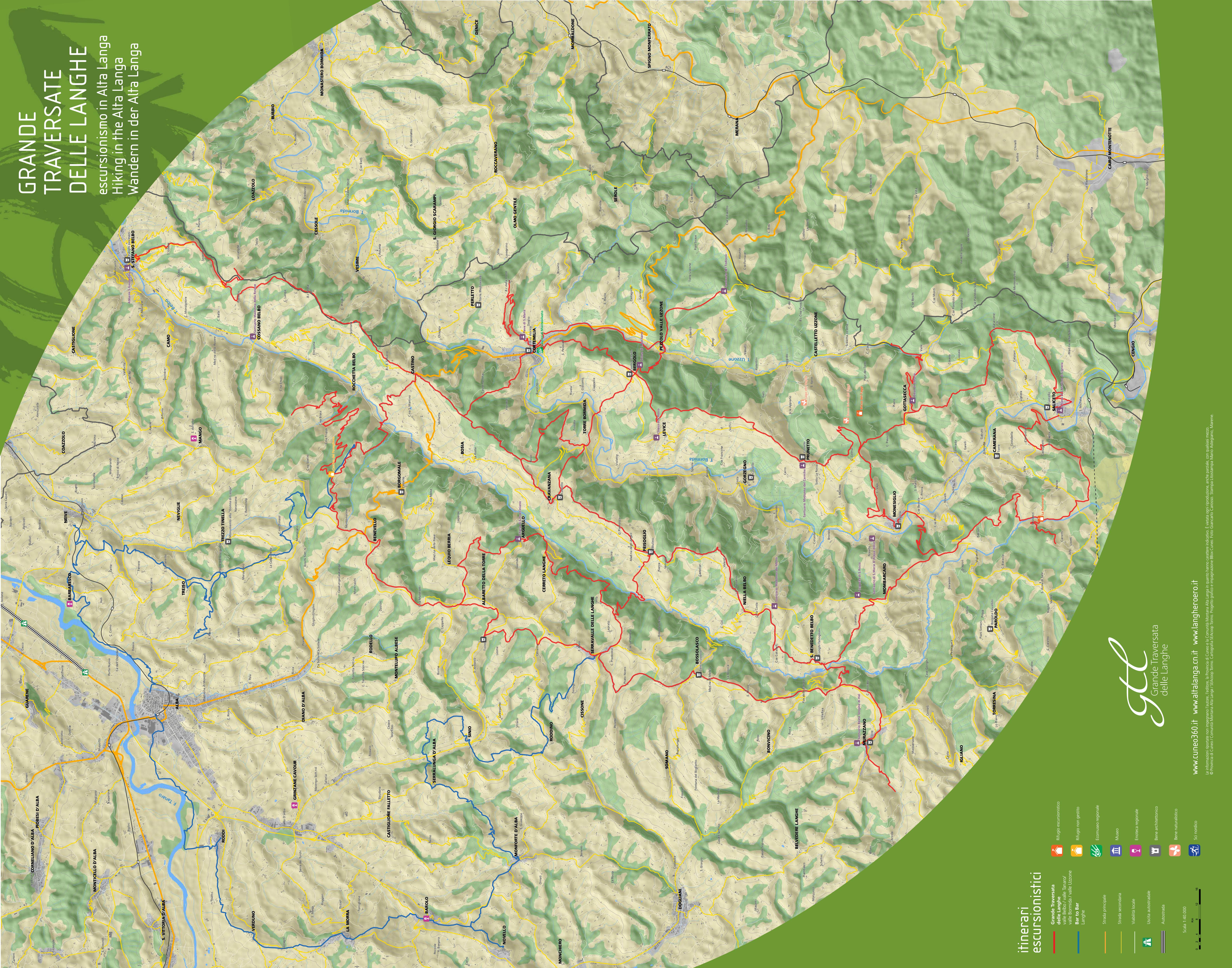
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itinerari
escursionistici

- Grande Traversata delle Langhe
 - Rifugio escursionistico
 - Rifugio non gestito
 - Strada principale
 - Strada secondaria
 - Uscita autostradale
 - Autostada
- vale Belbo / vale Tanaro / vale Borbera / vale Uzzone
- Bar to Bar Langhe
- Ecomuseo regionale
- Museo
- Ente regionale
- Bene architettonico
- Bene naturalistico
- Scenico

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Grande Traversata
delle Langhe

Scalma

1:40.000

Km

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