



MOUNTAIN BIKING IN AND AROUND SAUZE D'OULX

Summer is the ideal period for mountain biking in the Alps. Sauze and the surrounding area offer endless scenic trails with numerous former military roads that intersect with single track mountain paths for some fun on the way back down. In this guide we have picked out a selection of itineraries accessible directly from Sauze (with one exception – Val Argentera).

The majority of the routes end with a descent back to the village. In the few cases where there is a climb back up from Oulx at the end of the day, it is possible to organise transportation for the last part.

The following symbols are to give you an idea of the technical difficulty of the itinerary. The itineraries have been designed to be followed with a local guide, who will also help you assess your ability to complete the more difficult routes.

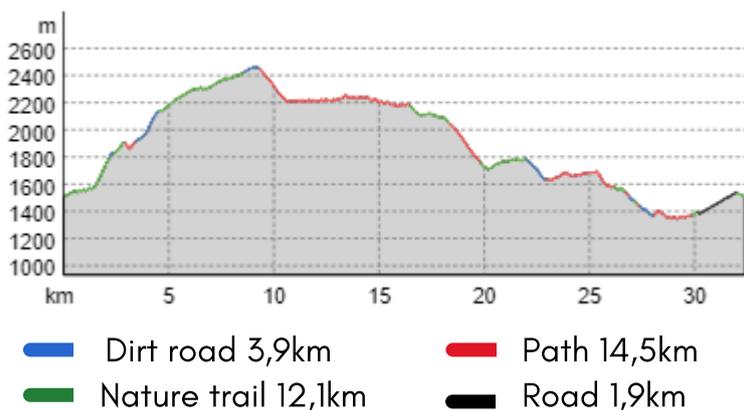
-  MC Relatively easy
-  BC Moderate technical abilities required
-  OC More technical

Tour of the Vialattea (32,5km ↑1470m)

OC

Sauze* – Sportinia* – Colle Basset – Sentiero Bordin – Autagne – Malafosse Bassa - Sauze

-  Sauze d'Oulx (1507m)
-  6h10
-  32,4km
-  Ascent 1405m
-  Max height 2461m
-  Minimum height 1345m
-  Soleil Boeuf (2060m)
With an extension of 4km it is possible to stop for lunch at Les Chalmettes (2020m)



A tour of the Vialattea above Sauze, Sestriere and Sansicario, in and out of the woods, with a wide variety of tracks. The sentiero Bordin above Sestriere is a popular single track cycle route with little change in altitude. The last part of the tour from Autagne to Jouvenceaux is on a spectacular single track.



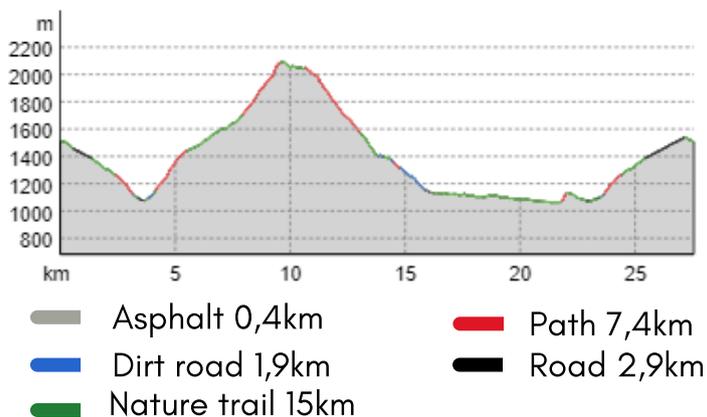
*This route can be reduced by 8km (2h20) and a 653m climb by taking the chairlift to Sportinia.

Monte Cotolivier (28km ↑1557m)

OC

Sauze – Pierremenau – Vazon – Cotolivier – Chateau Beulard – Oulx – Sauze*

-  Sauze d'Oulx (1507m)
-  5h30
-  27,6km
-  Ascent 1557m
-  Max height 2091m
-  Min. height 1063m
-  Rifugio Rey (1760m) in Chateau Beulard or Rifugio Alpino La Chardouse (1640) in Vazon



On the opposite side of the valley from Sauze Monte Cotolivier offers a steady but gentle climb with magnificent views over the Susa Valley and the Chaberton. At the top you will find the Capella Nostre Dame de la Lumière at 2105m. The more technical descent, indicated here, will take you along the crest of the mountain down to Chateau Beulard, the less technical option will pass through Pourachet and Vazon.



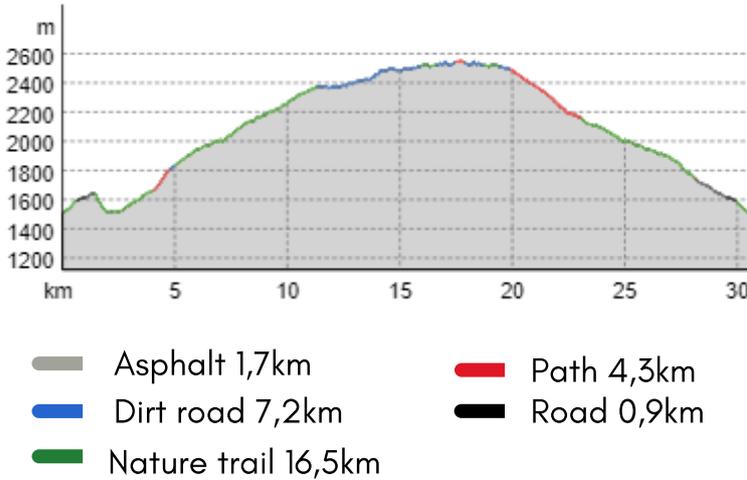
Strada dei Cannoni and Assietta (31km ↑1191m)

Sauze – Monfol – Colle Blegier – Testa Assietta – Strada dei Cannoni - Sauze

OC



This tour takes you through the higher part of the Gran Bosco park, up to the famous Testa dell'Assietta, where the Battle of the Assietta took place in 1747. Lunch by the lake at the top and then return along the Strada dei Cannoni, a dirt track used by the army to transport heavy artiglieria along the crest between the Susa and Chisone Valleys.



Col Bourget-Colle Costa Piana (18km ↑1086m)

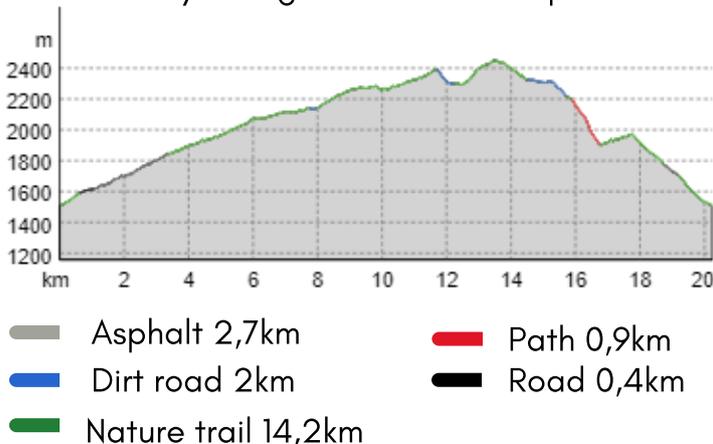
Sauze* – Sportinia* – Mollino – Colle Bourget – Colle Costa Piana – Belvedere – Sauze

BC



Interesting tour of the pastures and high-mountain grasslands of the upper part of Sauze, touching two mountain passes offering views over the Chisone Valley. On the way back down it is possible to stop at Ciao Pais.

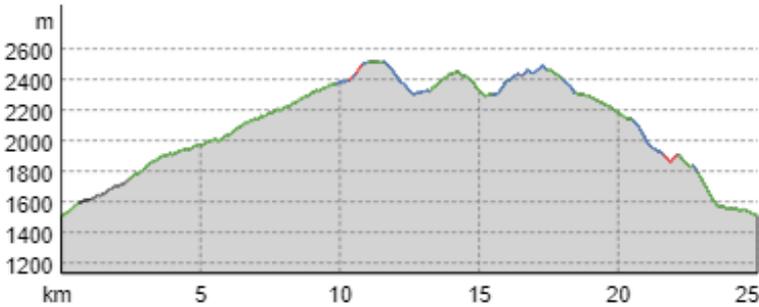
*This route can be reduced by 8km (2h20) and a 653m climb by taking the chairlift to Sportinia.



Coasting the Crest of Sauze (25km ↑1405m)

Sauze - Richardette - Enfers - Colle Blegier - Mt Genevris - Monte Triplex - Sauze

BC



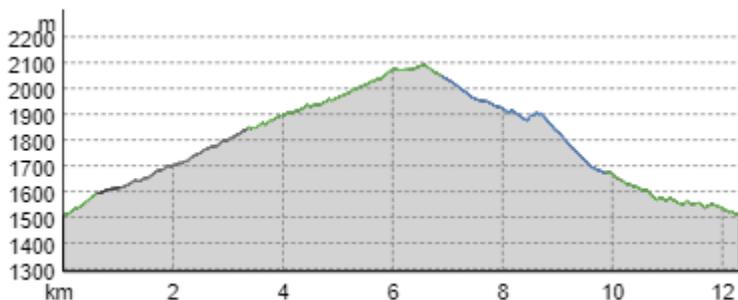
This ride coasts the 3 mountain tops above Sauze, with the higher part covered with pastures and high-mountain grasslands. For the way down you can choose from the numerous single track trails that make up the Sauze bike park.



Pian della Rocca-Cicci (12km ↑620m)

Sauze – Richardette – Pian della Rocca – Cicci (mid station) – Tachier – Sauze

BC



A gentle ride up along Sauze's mid mountain reaching a maximum height of 2120m at Pian della Rocca. The route from Pian della Rocca to Cicci's House is on a wide but quite steep dirt track. From Cicci's House to Grange Tachier you can continue on the dirt track which gets a bit steeper and an intermediate single track from the bike park.

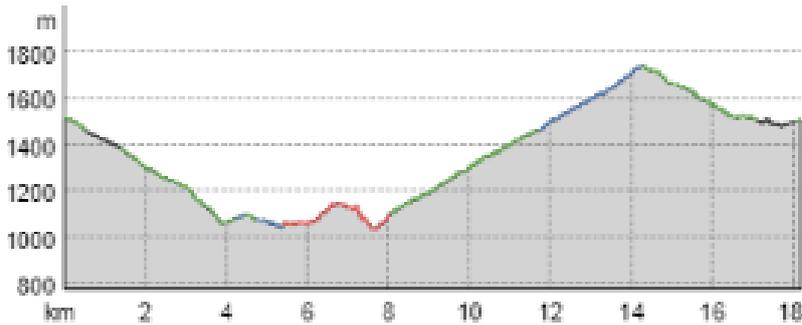


Gran Bosco Natural Park (18km ↑875m)

Sauze – Lago di Gad – Case Serzaret – Serre Blanche - Monfol – Gran Villard - Sauze

MC

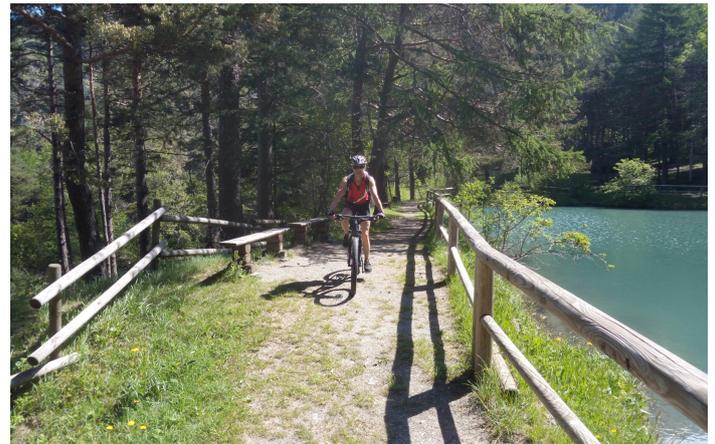
-  Sauze d'Oulx (1507m)
-  3h20
-  18,2 km
-  Ascent 875m
-  Max height 1740m
-  Minimum height 1034m
-  Picnic area at the top of the main climb – Serre Blanche (approx. 1700m)



-  Asphalt 0,2km
-  Dirt road 3,4km
-  Nature trail 10,3km
-  Path 2,7km
-  Road 1,5km

This ride explores the lower part of the Gran Bosco Natural Park, which extends from 1000m above sea-level to 2600m. It is rich with firs, larches and Swiss stone pines, that protect you from the sun, as well as 70 species of birds and 21 species of mammals, which you could encounter during your tour.

Extension to Rifugio Arlaud (1770m): by adding 10.5km (1h50) and 269m climb to the total route you can continue to the Rifugio Arlaud in Seu for lunch.

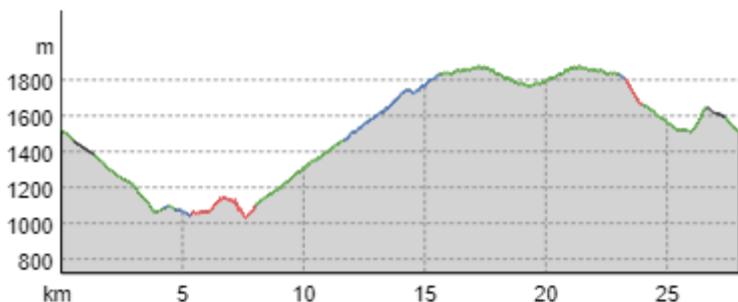


Montagne Seu Rifugio Arlaud (18km ↑731m)

Sauze – Monfol – Seu – Enfer – Sauze

MC

-  Sauze d'Oulx (1507m)
-  3h20
-  17,8km
-  Ascent 731m
-  Max height 1947m
-  Minimum height 1507m
-  Rifugio Arlaud (1770m)



-  Asphalt 0,4km
-  Dirt road 5,1km
-  Nature trail 17,9km
-  Path 3,4km
-  Road 1,2km

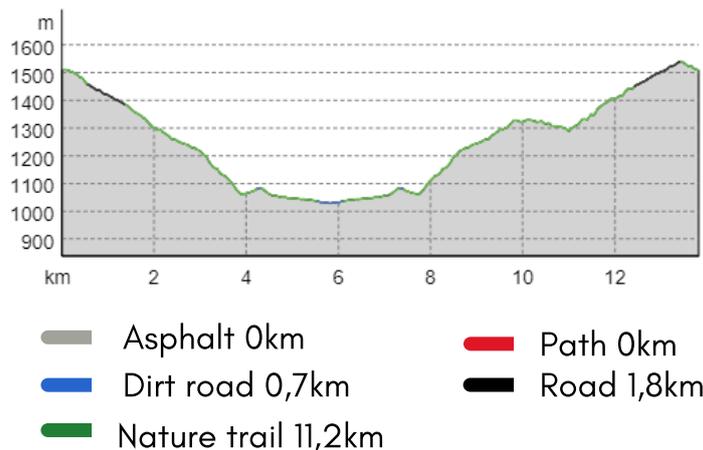
A fairly easy ride through the Gran Bosco natural park in the midst of the beautiful flora where it is possible to sight numerous animals of which: marmots, badgers, foxes, roe deers, deers, woodpeckers, imperial crows, royal eagles and possibly a wolf. After a stop for lunch in Seu, where Italy's first Ecolabel mountain refuge is located, there will be a gradual climb to Enfer before cycling all the way back down to Sauze.



Lago Orfu - Gad (14km ↑557m)

MC

Sauze – Oulx – Gad (Lago Orfu) – Garaj – Sauze



A tour of the nature trails between Sauze d'Oulx and Oulx, an area popular with deer and roe deer and where a deer sanctuary is located. A relaxing stop at Lago Orfu, with the option of organising a bbq.

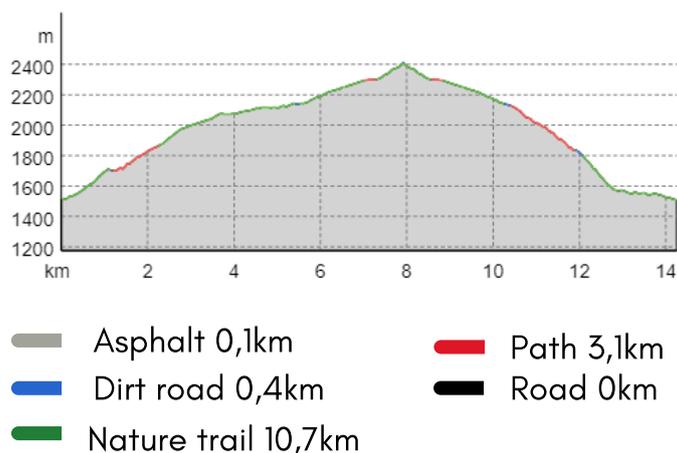
On the way back up you'll pass through the area that hosted the freestyle competitions during the Torino 2006 Winter Olympics.



Ristorante Marmotta (Monte Triplex) (14km ↑910m)

MC

Sauze – Clotes – Ciao Pais – Sportinia – Marmotta - Sauze



A gradual climb along the nature trails above Sauze d'Oulx, up to the Marmotta restaurant, just below Monte Triplex from where you can enjoy fantastic food and views.

On the way down you can choose between nature trails or the fantastic single tracks of the Sauze d'Oulx bike park, or create a mixture of the two.



Val Argentera (25km ↑591m)

MC

Sauze di Cesana – Val Argentera – Alpe Plane – Sauze di Cesana



Sauze di Cesana
(1541m)



3h25



24,6km



Ascent 591m



Max height 2128m



Minimum height 1541m



Rifugio Alpe Plane (2095m)



Asphalt 0,3km

Path 0km

Dirt road 15,9km

Road 0km

Nature trail 8,5km

A relaxing day cycling through the stunning Valle Argentera, where you'll see nature at its best. From the horse stables in Sauze di Cesana you'll cross over the river and follow the right-hand side of it all the way through the beautiful Valle Argentera to Pian della Milza and up to Alpe Plane. This sunny valley has a lush meadow along its bottom and the steep sides are characterized by numerous waterfalls all the way along it. On the way back you can pass through the little hamlets of Brusà del Plan, Brusà de la Merle and Bessen Bas.



Forte Bramafam (14km ↑557m)

MC

Lago Borello (Oulx) – Beaulard – Forte Bramafam – Lago Borello



Lago Borello/
Oulx (1063m)



2h55



24km



Ascent 381m



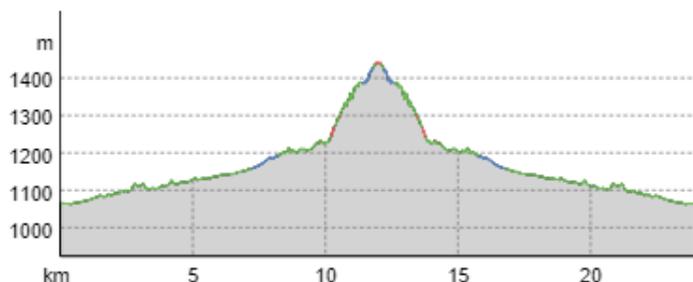
Max height 1441m



Minimum height 1063m



Campo Smith Bardonecchia (1330m)



Asphalt 0km

Path 0,5km

Dirt road 2,8km

Road 0km

Nature trail 20,6km

A gentle ride along a nature trail that passes through green pastures and conifer woods, alongside a mountain river. The last part climbs a bit more up to the military fortress Bramafam, which hosts an intriguing museum.

You back the same way, with a short detour to the Campo Smith area in Bardonecchia for those that want to stop there for lunch.

