



*Bardigian foal, the breed of this region*

will find beautiful rest spots and the water is fresh and drinkable! Walking makes hungry. The custom in this territory is to pay special attention to the lunch and after that to take a rest. Not all restaurants in the mountains serve in the evening Do inform in advance if you want to have dinner in the evening. The kitchen of Emilia Romagna is not only famous because of the cheese, the ham, the salami but also for the various kinds of mushrooms and truffles! And if you prefer to have lunch outside in the nature then you should try a "torta di patate" with a glass wine of course that is also excellent..!

#### Accessibility the High Ceno Vallei

By bus from Bedonia: Mulino d'Anzola.

Timeschedule:.....(?)

By car from Bedonia:

- Direction Bardi along swimming pool and camp ground.
- Keep to the left, direction Ponteceno.
- Through Montevaccà (good restaurant!)
- Ponteceno, sharp curve left downwards (before the bridge on the left a good restaurant and after the bridge on the right also)
- The road continues through Anzola (nice bar on the left)
- Then follow directions Spora and Romezzano.
- Park at the bus stop. (yellow sign)

GPS in seconds: E9 3150 N44 3005



*Lunch on Costa d'Azzetta*

#### Card 1: the farmer trails

Here you can find some farmer trails that are now hiking routes!



#### Card 2: the Monte Penna

To climb the Monte Penna (1735m) you can drive on passed Spora, upwards, to the right at the junction. To the right is Rifugio Monte Penna where you can also find lovely food and more information. There you can also rent a mountain bike and on Sunday afternoons there is dance with live music. The Monte Penna can be climbed from various angles, the top is called the Pennino.



#### Card 3: the Monte Maggiorasca

To climb the Monte Tomarlo (1601 m) and the Monte Maggiorasca (1804 m) you must take the way (81PR) upwards and continue to the direction of Santo Stefano d'Aveto. At the road sign "Passo Tomarlo", you can park and follow the marked paths of your choice.



#### Card 4: the Black Lake

To find the beautiful Lago Nero (1541 m) you take the same road (81PR) only at the junction that goes left to Santo Stefano you go right (direction Piacenza) and park at the Passo Zovallo. The path starts in the curve of the road upwards. In the lake, you can swim. The walk takes about an hour, the way back is a little bit faster.



#### Useful information:

Week market Bedonia: Saturday. Borgo Val di Taro: Monday.

Summer market Santo Stefano d'Aveto: Wednesday. Festival with art, culture, music Compiano: ask for the leaflet.

Castles route, mushrooms and wine route: ask for information.

Internet traffic: at the snack Bar in Bedonia.

Open air swimming Pool: Bedonia, follow the sign.

Swimming in the river: (e.g.) direction Tornolo Tarsogno over the bridge sharp left.

#### Ristoranti, Alberghi, Agriturismi e B&B

A Bedonia ci sono tante possibilità per ristorarsi o riposarsi, l'Ufficio Turistico (Tel./Fax +39 0525 824765) sarà lieto di darvi tutte le indicazioni per le vostre esigenze, chiuso il giovedì.

Ponteceno: Ristorante Ponte Tel. +39 0525 824504

Camp ground with large pool  
[www.parmaitaly.com/bedonia/campingk.html](http://www.parmaitaly.com/bedonia/campingk.html)  
 loc. San Marco 0525-820000

More information:  
[www.costaitalia.nl](http://www.costaitalia.nl)  
[costaitalia@gmail.com](mailto:costaitalia@gmail.com)

Walk:  
[www.parks.it/parco.aveto/Eindex.html](http://www.parks.it/parco.aveto/Eindex.html)

Thanks to Robert Hammel  
[www.multimedia.at](http://www.multimedia.at)



*Lungo i sentieri dell'Alta Val Ceno*