

# Monte Bar Bike



Departure  
BIDOGNO



Arrival  
BIDOGNO

## Itinerary features



Typology  
Circular



Time required  
3H 45



Difficulty  
Average



Length  
22.25 KM



Unsurfaced  
7 KM



Single Trail  
3 KM

## Close to this route

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[Corticiasca](#)

[Capanna Monte Bar](#)



[Ponte Capriasca](#)

[Artistic expeditions: the Last Supper](#)



[Bidogno](#)

[Agriturismo Alpe Rompiago](#)

## Tips

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For mountain biking, follow the logo indicated on the red signposts:

**Monte Bar Bike**

**no. 358**

## Information

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### Ente Turistico del Luganese

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[www.luganoregion.com](http://www.luganoregion.com)

## Emergency number

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 Ticino Soccorso 144

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