

# Monte Tamaro Bike



Departure  
ALPE FOPPA



Arrival  
RIVERA

## Itinerary features



Typology  
Circular



Time required  
3H 30



Difficulty  
High



Unsurfaced  
14.6 KM



Single Trail  
9.2 KM

## Tips

For mountain biking, follow the logo indicated on the red signposts: **Monte Tamaro Bike - n. 362**

**Check the public transportation** schedule ahead of time for trains carrying mountain bikes to and from Rivera! Check lift operating

hours and Capanna Tamaro's opening hours.

**Caution:** steep ascent on the first section from Alpe Foppa to Capanna Tamaro (335 m).

**Caution:** 600 m of the downhill single trail between Arosio and Bedano are technically challenging. It is recommended to push the bike.

## Information

---

### Ente Turistico del Luganese

Palazzo Civico  
Piazza Riforma 1  
CH 6900 Lugano

T +41 58 220 65 00

[info@luganoregion.com](mailto:info@luganoregion.com)

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

## Emergency number

---

 Ticino Soccorso 144

---

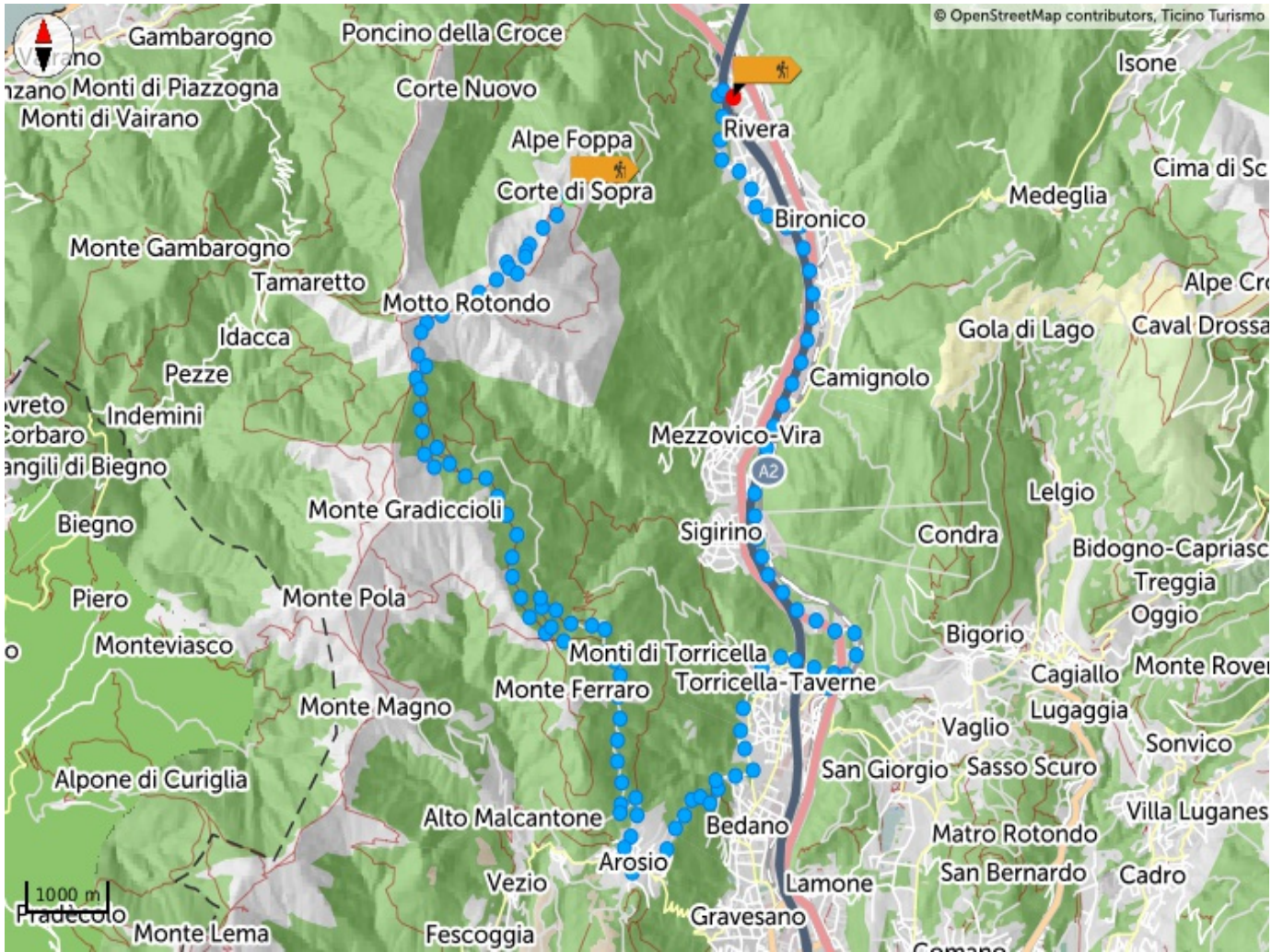
Share your itineraries

**#hikeTicino**



Download the App for itineraries

You don't know Ticino? The App will help you discover the itineraries closest to you.



## Altitude graph

---



## Login

To save an item as a favorite, you must first log in.

[NOT NOW](#)

[LOGIN](#)