



Lut and Capraga



This itinerary takes us to discover the hamlets and mountain pastures of Premosello Chiovenda, within the Val Grande National Park, protagonists of the film *La terra buona* by Emanuele Caruso. Starting from the small central square in Premosello (220 m), which can also be reached by train, you walk along the hydrographic right bank of the stream (going up, keep the stream on your left). Following the carriage road, you wind your way up to Colloro in the Val Grande National Park. The small village, inhabited all year round, is laid out on a sunny south-facing terrace, where there is sun until late, and winter is like spring.

From the village church (dedicated to St. Gotthard), follow the sign Alpe Lut Valgrande, taking a narrow and very steep asphalt road. When you reach the Lüt du Runch chapel, the slope becomes easier as you enter the Rio del Ponte valley. You ignore the detour to Capraga and continue to the right, crossing the bridge and taking to Santuario Alpe Lut until you reach the detour to Madonna di Lut, which you get with a short but very steep ramp. From the Oratory, you have an extraordinary view of the Ossola Plain. From Colloro to Alpe Lut, the road surface is paved but rough in some places.

Retracing the road made uphill, we return to the junction for Capraga and, this time, take the narrow road that climbs in hairpin bends: the track bypasses the rural settlement of San Bernardo with its 16th-century Oratory of the same name, which, according to tradition, seems to derive from the extension of a small chapel built after the "scourge of locusts" in 1364. The small cluster of huts around the Oratory and the nearby Biogno hamlet are worth visiting.

A few more hairpin bends, and you finally reach Capraga. Continuing along the track, finally, here is Alpe Sasso Termine.

Capraga and the other villages were once inhabited year-round: the 1617 census counted 160 inhabitants. Over the centuries, the population descended to Colloro and Premosello for higher-paying jobs. With the consortium's construction, the track began the recovery of the old stone huts now used as second homes.

The place name Sasso Termine refers to the presence of a boundary stone, "sas d'tèrmi" in fact, which divides the Ossola municipalities of Premosello and Vogogna.

The consortium track to Capraga has a paved road surface but needs to be more evident in places. The numerous cross gullies for water disposal, especially downhill, invite caution.

For the return, follow the same road as the outward journey to Colloro. Arriving in front of the church, turn left, taking the steep paved inner road that leads to Circolo di Colloro, an excellent refreshment point. Continuing further, you join the provincial road that descends to Premosello.

TECHNICAL ASPECTS

The route uses paved roads and tracks with rough and uneven surfaces. In some places, the gradients become significant, making climbing tiring.

The route from Premosello to Lut is marked with small red arrows.

POINTS OF ATTENTION

On the entire route, descending at a reduced speed is recommended because you may cross motor vehicles. Also, pay attention to the cross channels for water drainage, which should be cautiously approached.

TECHNICAL DATA.

Relevant geographical area:	Verbano Cusio Ossola / Ossola Valley
Place of departure:	Premosello Chiovenda Station
Place of arrival:	Premosello Chiovenda Station
Number of legs:	1
Length:	22.0 km
Total ascent:	970 m indicative
Total descent:	970 m indicative
Difficulty:	BC (MEDIUM)
Average duration:	2 hours 00 minutes
Minimum altitude:	220 m asl (Premosello Station)
Highest altitude reached:	989 m asl (between Capraga and Sasso Termine)
Degree of cyclability:	Total
Recommended period:	March-October. Doable year-round, however
Presence of dedicated signage:	Yes (partial)
Target Audience:	MTB lover / cyclo-hiker

VIEWPOINTS

Colloro, Oratory of Our Lady of Lut, Capraga

EATERIES

Premosello Center and in Colloro at the clubhouse

TOURIST INFORMATION OFFICES

VOGOGNA - At Castello Visconteo - 28887 Omegna (VB) - +39 0324 87200 -
turismo@comune.vogogna.vb.it

MERGOZZO - Corso Roma, 20 28802 Mergozzo (VB) Phone: +39 0323 800935
Email: turismo@comune.mergozzo.vb.it

BIKE SERVICE

Dadebike, Sale-Office, Via Vittorio Veneto, 75 - 28877 Ornavasso (VB), Tel. +39 342 7271804,
dadebike@gmail.com, www.facebook.com/dadebike

CHARGING STATIONS

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PLACES OF INTEREST

Along the route

Premosello, Parish Church of Madonna dell'Assunta, dates from the late 16th century or the first decades of the following century. It preserves valuable Baroque-style wooden furnishings, including confessionals, a pulpit, and a sacristy cupboard. A fragment of a fresco found under the plaster, datable to the early 16th century, has remained the only relic of the earliest construction.

Colloro is a quaint village inhabited by just under 200 permanent residents that comes alive in the summer due to the arrival of tourists and vacationers from abroad. It is an ideal stopping place for many hikes in the Valgrande National Park and for crossings to Trontano or Malesco. Colloro derives from Corylus, the Latin name for the common hazel, a plant that must have been particularly present in the region in ancient times.

The Val Grande National Park

About 15,000 hectares of silence and unspoiled spaces: almost entirely devoid of villages, second homes, even paved roads, so much so that it is recognized as the largest area of wilderness in Italy. This is the Val Grande National Park, the green heart of the verdant province of Verbano-Cusio-Ossola, established in 1992 over an area covering 13 municipalities.

A "returning wilderness" where man has not operated or intervened in ecological balances for forty years. It is a closed valley, accessible only through passes that can be reached after hours of walking, surrounded by mountains that are not high (the highest peak is Togano, 2301 m). Silence has returned to the valley after centuries of intense exploitation by loggers, charcoal burners, and mountain dwellers. And nature has freely resumed its course, reclaiming the land. Today, Val Grande is a tremendous environmental sanctuary: mountains, cliffs, ravines and forests, and alpine meadows, where nature reigns supreme.

A good network of marked trails makes it possible to walk through the extensive beech forests that cover the valley, the realm of eagles and chamois. The park's thematic visitor centers offer information and allow prior knowledge of the environment.

The geological peculiarities of the area have enabled the park to join the UNESCO-sponsored geopark network (Sesia-Val Grande Geopark) since 2013.

Val Grande National Park

Villa Biraghi, Piazza Pretorio, 6 - 28805 Vogogna (VB)

Tel. +39 0324 87540

www.parcovalgrande.it

info@parcovalgrande.it

Bosco Tenso Educational Oasis was established in 1990 on municipally owned land. The area, managed by the Municipality of **Premosello**, covers about 22 hectares. Within it, one can observe many varieties of plants, such as Lime trees, Ash trees, Oak trees, Dogwood trees, White alders, Black poplars, Willows, Mountain elms, Maples, and Cherry trees. Foxes and deer can be encountered there, as well as about 40 species of birds, including Green Woodpeckers, Kingfishers, Cuckoos, Cormorants, Montagu's Harrier, and Jays. An area equipped for organizing country parties with a kitchen and large covered areas has recently been set up near the Tenso Woods. A private riding school nearby allows visitors to also engage in relaxing horseback riding in the Premosello countryside.

Nearby:

Vogogna: historic center with numerous 17th-17th century buildings, Visconti Castle (mid-14th century), Palazzo Pretorio, Villa Biraghi Lossetti, built in 1650, now houses the headquarters of the Val Grande National Park.

Standards of behavior

1. Stay on the trails

Respect the trail and any prohibitions on access. Respect private property.

2. Leave no trace

Respect the land. Wet and muddy trails are more vulnerable than dry trails. Stay on existing trails, and do not create new ones. Don't take shortcuts by cutting corners. Take any litter with you.

3. Drive carefully

A moment's distraction can endanger both yourself and others. Abide by speed limits and ride so that you can always control your bicycle. Always wear a helmet.

4. Don't scare the animals

Animals are easily startled by an abrupt approach, sudden movement, or loud noise. Allow them enough space and time to adjust to your presence.

5. Give right of way properly

These trails are not only for bicycle use but also shared by hikers on foot. So, especially downhill, speed should be moderated: around a bend, someone may be coming up. Let other trail users know you will overtake them through a friendly greeting or a bell. Bicyclists must give way to all non-motorized trail users. Cyclists proceeding downhill should give the right of way to those going uphill. Make any overtaking as safe and polite as possible.



REMINDER:

BIKERS MUST ALWAYS GIVE WAY TO OTHER USERS

RULES OF CONDUCT FOR BIKERS

Since the appearance of the first mountain bikes, the NORBA (National Off-Road Bicycle Association) has drafted a code of conduct intended to regulate off-road activity with full respect for nature and other frequenters of the mountains and trails.

Many clubs, organizations, associations, and schools throughout Italy have adopted the NORBA Code. It consists of a series of general tips that, if followed carefully, can help make this sporting and hiking practice so much in vogue today more enjoyable for everyone.

NORBA CODE

1. Always give the right of way to hikers on foot.
2. Slow down and use caution when approaching and overtaking hikers on foot or other cycle walkers; always. Always signal your arrival well in advance; avoid cackling or shouting. Apologize and greet politely.
3. Always keep mountain bike speed under control and approach turns with extreme caution, anticipating sudden obstacles. The pace should be commensurate with the type of terrain, the type of trail, and each person's experience.
4. Always stay within the marked route, thus minimizing environmental impact (permanent damage to surrounding vegetation and subsequent soil erosion).
5. Do not disturb or frighten domestic or wild animals; give them time to move away and off the path.
6. Do not, for any reason, leave garbage as a result of your passage; you should collect your own and, when possible, also those abandoned by other "distracted" hikers.
7. Always respect private and public property, leaving gates, moving barriers, or bars as they are found. In any case, go directly to the landowners to ask for permission to pass. "No trespassing" often means "Please ask permission if you want to pass."
8. It is always advisable to be self-sufficient during cycle hiking. The destination to be reached and the speed at which one moves should be proportionate to the psychophysical fitness and ability of the driver, the equipment, the environment, the terrain, and, above all, the weather conditions.
9. Never undertake a cycle excursion alone, except in cases of force majeure. Stay away from isolated areas far from major roads, and always leave clear directions regarding the route and estimated return time.
10. Minimize impact with nature: steal only images and memories and leave, at most, the barely perceptible imprint of the wheels of your vehicle.