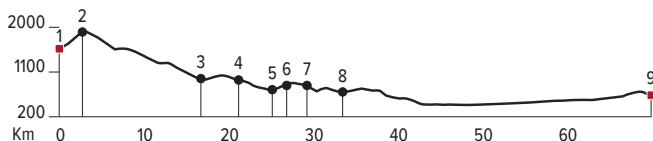


# MONTE TAMARO – HILLS AND MOUNTAINS, RIVERS AND LAKE

- 📍 *Medium*
- 🚲 *Hard*
- 🕒 *7h 20m*
- 📏 *66.6 km*
- 🏞️ *13 km*
- 🏔️ *29.5 km*
- 🏠 *24.1 km*
- 📈 *1435 m*
- 📉 *2487 m*
- 🚫 *No*



1	■ <i>Alpe Foppa</i>		🏠 🏔️ 🏞️ 🚫
2	● <i>Capanna Tamaro</i>	48m	🏠 🏔️ 🏞️ 🚫
3	● <i>Arosio/Mugena</i>	1h 33m	🏠 🏔️ 🏞️ 🚫
4	● <i>Cademario</i>	2h 07m	🏠 🏔️ 🏞️ 🚫
5	● <i>Maglio del Malcantone</i>	2h 21m	M
6	● <i>Migliaglia</i>	3h 03m	🏠 🏔️ 🏞️ 🚫
7	● <i>Novaggio</i>	3h 18m	🏠 🏔️ 🏞️ 🚫
8	● <i>Ponte Tresa</i>	4h 22m	🏠 🏔️ 🏞️ 🚫
9	■ <i>Rivera</i>	7h 20m	P 🏠 🏔️ 🏞️ 🚫



MORE INFORMATION  
[luganoregion.com/mtb-18](http://luganoregion.com/mtb-18)

