

**4 Bike point, Rest area, Infopoint**  
*Cà Rossa Farm Holidays*  
Strada Provinciale Est, 6  
T 0376 559072

#### QUISTELLO

**2 Infopoint**  
*Quistello Youth Information Centre*  
at the Town Library  
T 0376 619974

**3 Mechanics**  
*V.F.King Speedy*, Via Nazario Sauro, 4 – T 0376 625181

**4 Bike point, Rest area, Infopoint**  
*Nuvolato Rest and Refreshment Area*  
Via Semeghini, 88 - T 0376 627252

#### REVERE

**1 Rest Area**  
*Ship Mill Area*

#### SAN BENEDETTO PO

**1 Rest Area**  
• *River Docks*  
• *Village of Fortino*

**2 Infopoint**  
*San Benedetto Po and Mantuan Oltrepò Tourist Welcome Information (IAT)*  
Piazza Folengo, 22  
T 0376 623036

**3 Mechanics**  
*Free ride*, Via Chiarellotto, 26 (Zona artigianale) – T 0376 615599

**4 Bike point, Rest area, Infopoint**  
*Corte Medaglia d'Oro Farm Holidays*  
Via Argine Secchia, 63  
T 0376 618802  
*Corte Bertoia Farm Holidays*  
Strada Bertoia, 4 loc. San Siro  
T 0376 612012  
*Cà del Vento Farm Holidays*  
Via Schiappa, 24 – T 0376 615633  
*Loghino Giada Farm Holidays*  
Strada Menadizza, 31 loc. San Siro  
T 0376 327391

Mantuan Oltrepò Park System bikes are available at the Bike Points

#### SERMIDE

**1 Rest Area**  
*Gruccione Park*  
Revere drainage system plant  
*Gruccione Park*  
Sermidese Nautical Association  
*Gruccione Park*  
Digagnola Reserve

**2 Infopoint**  
*Sermide Youth Information Centre*  
Piazzetta Gonzaga, 1  
T 0386 960477

**3 Mechanics**  
*Gobatti Valerio*  
Via Indipendenza, 71 - T 0386 61959

**4 Bike point, Rest area, Infopoint**  
*Corte Gardinala Farm Holidays*  
Via Gardinala, 2 loc. Moglia  
T 0386 969853

#### SERRAVALLE A PO

**1 Rest Area**  
*Mafalda Island*

#### SUSTINENTE

**1 Rest Area**  
• *Rodi Island*  
• *Groyne*

#### SUZZARA

**2 Infopoint**  
*Suzzara Youth Information Centre*  
Viale Zonta, 6 – T 0376 513293

**3 Mechanics**  
*Bike Suzzara*, Via Gramsci, 2/A  
T 0376 534753  
*Manfredini Claudio*, Via Cantoni  
Marca, 5/B/C – T 0376 531667  
*Staffa Marco*, Via Manzoni, 6/D  
T 0376 535354

**4 Bike point, Rest area, Infopoint**  
*Osteria Argento Vivo tavern*  
Strada Cavallara, 33  
T 0376 535333  
*Bioriva Farm*  
Via Becagli, 39 Riva di Suzzara  
T 333 9330855 – 340 9632926

## Information



Consult the **cycle routes map**, showing the services available on the Parks Cycle Route and the best natural and cultural experiences along the way.



Download the **app** "The Mantuan Oltrepò Parks Cycle Route Network", with more than 380 things to do and see.



Download the whole network to **GPS** in GPX format or to **Google Maps** in KML format.



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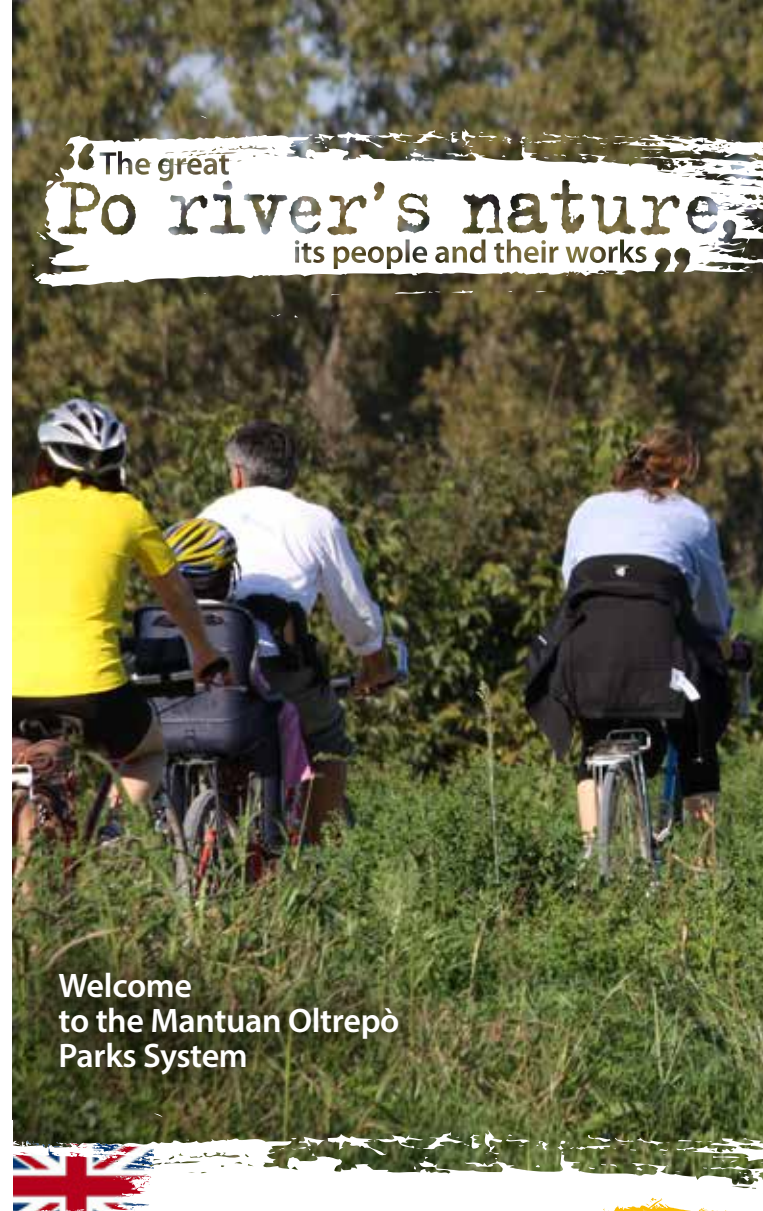
Photos: Mantuan Oltrepò Parks System Archive, G. Pivatelli,  
D. Longfils - Mantuan Farm Holidays Association Archive



The Parks Cycle Route comes under the Mantuan Oltrepò Parks System tourist strategy, certified by EUROPARC Federation with the **European Charter for Sustainable Tourism in Protected Areas**.



In collaboration with:



Welcome  
to the Mantuan Oltrepò  
Parks System

Parks Cycle Route Network



INFO AND SERVICES

The **Mantuan Oltrepò Parks Cycle Route** is a network of **270 kilometres of routes** connecting all the wilderness areas in the Oltrepò: the **Paludi di Ostiglia**, **Isola Boscone** e **Isola Boschina** nature reserves, **San Lorenzo**, **San Colombano**, **Golene Foce Secchia** and "**Golenale del Gruccione**" parks, and the "**Viadana**, **Portiolo**, **San Benedetto Po**, **Ostiglia**" Special Protection Area. A voyage of discovery reserved for bike lovers, to find out about the nature at the heart of the Po Plain – marginal, residual nature, which has miraculously survived agricultural exploitation and been lovingly restored. Its value is increased exponentially by the presence of the most extraordinary ecosystem on the Po Plain – the Po river and its flood plains. Over **9,000 hectares of protected territory**, enclosing a cross section of the most significant environments of the Mantuan Oltrepò, such as sandy riverside areas, oxbow lakes, expanses of water known as "bugni", willow groves, marshes, and elm, oak and poplar woods.

The cycle paths, both mixed use with low vehicle traffic and dedicated, wind along the extraordinary terraces formed by the embankments of the Po and Secchia rivers, the old Zara river bed and beside the main drainage channels.

An exceptional variety of ecosystems which are host to around 300 species.





# I ride in the Oltrepò, Much more than I ride in Europe a cycle path

The Parks Cycle Route **is integrated with the network of cycle-touring routes in the Mantuan Oltrepò** and with the **Mantuan Truffle Route cycle routes**: over 400 kilometres of cycle paths of varying length and difficulty, to create your own journey of discovery in the Oltrepò.

The Oltrepò cycle network is in turn **connected to the cycle routes of the provinces of Mantua, Ferrara, Modena and Reggio Emilia** and to the international **Eurovelo** cycle routes (EV7 - *Middle Europe Route* and EV8 - *Mediterranean Route*) and the **via Claudia Augusta** (which connects the Po and Danube rivers).

Every turn of the pedals is a moment in the Mantuan Oltrepò which tells the thousand-year story of a land ripped out from the waters, which its people have made incredibly fertile thanks to their tenacity, ingenuity and the water itself.

The Parks Cycle Route is more than a simple itinerary, it is a complete system of cycle paths. Thanks to collaboration between private operators and local bodies, coordinated services are offered along the route – infopoints, bike mechanics and rest areas – guaranteeing cyclists a worry-free ride.

For those arriving by car or train who wish to then discover the area on two wheels, it is possible to **borrow** a bike from the **Mantuan Oltrepò Parks' "fleet"** – a hundred bright-yellow bikes, customised for men, women and children, spread across twenty "bike points" located at farm holiday centres, farms, hotels and taverns.



## Cyclists Welcome

Facilities belonging to the Parks Cycle Route network, by **signing up to the cyclists' services charter**, have volunteered to provide certain essential services to cyclists for free:

- Water
- Emergency repair equipment
- Daily weather bulletin
- Rest areas for people and bike parking
- Information material
- Information on the Mantuan Oltrepò from the managers of the facility

A few simple gestures which testify to the traditional hospitality of this area, in recognition of those who wish to get to know it while respecting it.

## Parks Cycle Route Network



- 1 Rest Area
- 2 Infopoint
- 3 Mechanics
- 4 Bike point, Rest area, Infopoint

### CARBONARA DI PO

- 1 Rest Area
- *Isola Boscone Nature Reserve*
- *Eridano tourist welcome and services centre*
- Via Garibaldi – T 0386 41 549

- 4 Bike point, Rest area, Infopoint

*Hotel Passacor*, Strada Provinciale Ferrarese, 4 – T 0386 41461

### FELONICA

- 1 Rest Area

*River Dock*

- 4 Bike point, Rest area, Infopoint

*Corte Nigella Farm Holidays*  
Via Argine Valle, 75  
T 0386 66222

### MAGNACAVALLLO

- 4 Bike point, Rest area, Infopoint

*Loghino Vallazza Farm Holidays*  
Via Vallazza, 6 – T 0386 55 430/113

### MOGLIA

- 1 Rest Area

*Drainage works museum*  
Moglia rest area  
*Drainage works museum*  
Bondanello rest area  
*Drainage works museum*  
Mondine rest area

- 4 Bike point, Rest area, Infopoint

*Corte Valle San Martino Farm Holidays*, Via Valle S. Martino, 30/C  
T 0376 557943

*Bondanello Drainage System*  
Bondanello di Moglia  
T 0376 511411

### MOTTEGGIANA

- 1 Rest Area

*Manico di Paiolo*

- 4 Bike point, Rest area, Infopoint

*Corte Fabbri Farm Holidays*  
Via Dante Alighieri, 21  
T 0376 520118

### OSTIGLIA

- 1 Rest Area

• *Isola Boschina Nature Reserve*  
• *Santuario Madonna della Comuna*  
• *Rowers Area*  
• *Paludi di Ostiglia Nature Reserve visitors' centre*  
T 338 1271898

- 2 Infopoint

*Ostiglia Youth Information Centre*  
Piazza Cornelio, 2 – T 0386 803200

- 4 Bike point, Rest area, Infopoint

*Arginino Piccolo Farm Holidays*  
Via Arginino, 9 – T 0386 31475  
*Le Calandre Farm Holidays*  
Strada Calandre, 4  
T 0386 803027

### PIEVE DI CORIANO

- 1 Rest Area

*River Dock*

### PEGOGNAGA

- 1 Rest Area

*San Lorenzo Park*

- 2 Infopoint

*Pegognaga Youth Information Centre*  
Piazza Vittorio Veneto, 14  
(at the Cultural Centre)  
T 0376 554605/06