

Routes

Your (kind of)
tourist guide

UNESCO heritage, authentic flavors,
and outdoor trails in Brescia and its province

BRESCIA

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to the dawn of times
A journey through genuine flavours
Always on the go, in every season**

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From the city centre to the dawn of times

THE UNESCO SITES ROUTE

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The city of Brescia does not like to indulge in admiring its own reflection. Its natural vocation is to live in the present, roll up its sleeves and build the future, day by day. The same goes for its province. Yet, few other places in the world offer such a pleasant opportunity to stop, look around, and travel back in time, all the way to the dawn of civilisation. In a relatively small and well-connected area, you can explore three UNESCO World Heritage Sites and one UNESCO Inscription. Starting from the city centre, you can touch the shores of Lake Garda, venture into Valle Camonica and climb to the summit of Mount Adamello, at over 3,000 metres. This route – the first one we recommend – is divided into four stages, one for each heritage site. Come with us!



From the lombard to the ancient romans

'Longobards in Italy. Places of Power (568–774 AD)' is a serial site recognised as a UNESCO World Heritage Site in 2011. It comprises seven locations in Italy that are representative of the cultural and artistic influence of the Lombard kingdom – and Brescia could naturally not be left out. Indeed, it was here that the last Lombard king, Desiderius, and his wife, Ansa, founded the **monastery of San Salvatore** in 753. Their daughter, Anselperga, was appointed as the first abbess.

Over the centuries, that first building was gradually incorporated and expanded, eventually giving rise to the vast **complex**

of Santa Giulia. This is a one-of-a-kind museum, thanks to its exhibition concept. It is spread across an area of approximately 14,000 square metres and includes churches, crypts, cloisters, mosaics and frescoes. An incredible kaleidoscope, it is a journey through the different layers that have shaped Brescia's historical identity. Also here, inside the **Oratory of Santa Maria in Solario**, is the **Cross of Desiderius**, a masterpiece of Carolingian goldsmith craftsmanship, with its 212 gems.

Don't rush off too quickly. Beneath the medieval fabric, and all around it, a Roman city is still throbbing. In the 1st century AD, Brixia was one of the most important municipalities in the Cisalpine Gaul. What remains of it now constitutes **Brixia, the Archaeological Park of Roman Brescia**, the largest in Northern Italy. Here you can admire the **Capitolium**, the great temple commissioned by Emperor Vespasian, which houses the statue of the **Winged Victory**, one of the symbols of Brescia. And you can delve even deeper, both in space and time, by entering the **Republican**

④ The cloister of the Monastery of San Salvatore and Santa Giulia



④ The Roman Theatre

④ The remains of the Capitolium

Sanctuary with its amazing frescoes painted by Pompeian craftsmen. Not far away is the **Theatre**, built in the Augustan age, with its cavea nestled on the Cidneo hill, the city's first core.

There is an unparalleled way to experience all this beauty, which has grown over the centuries: the **UNESCO Corridor**. This pedestrian path connects the Capitolium to the Monastery of Santa Giulia. One kilometre to traverse more than 2,500 years of history.



Ancient towns submerged in Lake Garda

To continue our journey back in time, we must abandon the echo of the Lombard bells and the grandeur of the Roman buildings and immerse ourselves in a world of water, wood and silence. We'll leave the city centre and head for the shores of Lake Garda.

Here, the calm surface of the lake hides traces of ancient civilisations: prehistoric pile dwelling villages dating back to a period spanning from the Neolithic to the Bronze Age. They are recognised as a UNESCO World Heritage Site as part of the transnational serial site '**Prehistoric Pile Dwellings around the Alps**', which encompasses six European countries.

There are more than forty sites reported. One of the most symbolic is **Lugana Vecchia**, in the municipality of Sirmione, where underwater surveys conducted in the 1990s brought wooden structures, tools, ceramics and bronze artefacts back to the surface. Meanwhile, in **Desenzano del Garda**, the **Giovanni Rambotti Archaeological Museum** preserves one of the most fascinating finds: a wooden plough dating back to 2000 BC, considered the oldest plough in the world found to date.

Other artefacts can be seen in the **archaeological museums of Gavardo and Manerba**: these fragments of a suspended everyday life reveal that, since ancient times, people have been able to read the landscape and adapt to it, combining a pure spirit of survival with a creative flair.

© The Valle Camonica

© A vessel from excavations
at the Alpine pile-dwelling sites

The Valley of Symbols

The city's past has left a heritage of majestic temples, monasteries, theatres and masterpieces of goldsmithing; in the province, the waters of Lake Garda have revealed fragments of our ancestors' daily lives; now, we recommend heading for the mountains.

We are in Valle Camonica, where time has crystallised into mysterious signs. There are 2,000 engraved rocks, over 140,000 symbols and figures carved into stone, spread over 70 kilometres of valley, across 24 municipalities. Not only is it the largest concentration of rock carvings in Europe, but it is also a true visual chronicle of prehistory. **Rock Drawings in Valle Camonica** was the first Italian site to be included in the UNESCO World Heritage List in 1979.

The rocks tell the stories of hunters and farmers, of everyday life, ceremonies, wars, games and cosmic symbols. Human and animal figures, maps and geometric shapes: each engraving is a window onto

© The rock engravings in the Naquane National Park



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© The famous Rosa Camuna

the imagination of those who inhabited these lands between the Epipalaeolithic and the Iron Age. A time so distant as to seem almost unreal, magical.

In **Capo di Ponte**, the heart of the 'Valley of Symbols', and in the nearby towns of Ceto, Nadro, Cimbergo, and Paspardo, you can walk through this carved story, among the chestnut woods and the engraved rocks of the **Archaeological Parks of Naquane, Seradina-Bedolina, and Massi di Cemmo**.

And there she is, the **Rosa Camuna**. An archaic and mysterious symbol, found as many as 92 times among the engravings, and now the emblem of the Lombardy region.

A natural masterpiece

This first route is a journey through history, but all stories stem from a natural heritage that sustains and regenerates them daily.

In 2018, the northern part of the province of Brescia received an important recognition, once again from UNESCO: the creation of the **'Valle Camonica - Alto Sebino' Biosphere Reserve**, as part of the international 'MAB - Man and the Biosphere programme.

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PHOTO BY LUCA GIARELLI



© Panoramic view of Lake Iseo

It is not a monument, but a living area that managed to establish a virtuous balance between biodiversity, human activities and sustainable development. In this open-air laboratory, nature and communities work in harmony for a common future.

The heart of this Reserve is Mount Adamello, with its glacier, deep forests, high valleys rich with pastures, trails and



© The Adamé Valley, in the Adamello Group

silence. The Reserve also includes villages, meadows and vineyards on the northern shores of Lake Iseo.

When you explore a 'Biosphere Reserve', you are no longer just a visitor; you become an active part of a system that needs care and is capable of caring for others.

**Ma tu guarda,
Brescia to listen to!**

Episode 7

Three ancient heritages



From Roman and Lombard remains, to submerged pile dwellings in the lake, and up to evidence of a prehistoric civilization in the mountains.

In this episode of *Ma tu guarda, Brescia to listen to!* we take a journey back – far back in time – through heritage that is still perfectly preserved today.



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A journey through genuine flavours

THE DE.CO. PRODUCTS ROUTE

2



The second route touches upon almost every corner of the city and its province. This time, however, you can travel while comfortably sitting at the table.

It is a journey about raw ingredients and the expertise of those who know how to respectfully transform them. It is a journey about authenticity and techniques passed down through generations. It is a journey about recipes learnt by heart from grandmothers and proudly reinvented by young people.

It is a journey that we've divided into courses, from aperitifs to desserts, without neglecting some good wine. Before we begin, a recommendation is due: don't forget to put a bottle of refined olive oil from the Brescia lakes, Garda or Sebino, on the table!



© La Santissima Sanctuary in Gussago,
Franciacorta



© Franciacorta vineyards

The aperitif

First and foremost, a toast! In Brescia, the **Pirlo** is considered the king of aperitifs. This cocktail is easy to prepare: local still white wine, bitter, soda water and a twist of lemon. These ingredients are all strictly measured, but the details and the bartender's skill make all the difference. Pirlo is best enjoyed in company, sitting at a table in the square or at the counter of a local bar – a daily ritual that has become an icon of the Brescia lifestyle.



How to accompany it?

Brescia's tradition has a clear answer: **Bertagni**, a battered and golden fried codfish fritter.

The starters

Why not start the meal with a nice platter of cold cuts and cheeses?

Brescia's offer is not limited to just one type of salami; it presents a whole range of variations. Every valley and every village has its own kind. There is **Salame di Montisola**, with its meat rigorously cut by knife, **Salame di Montirone** (produced

© Cold cuts and cheeses: gastronomic treasures of Brescia, from the Alps to the Bassa

by a historic delicatessen) and **Salame di Gottolengo**, from the lower Brescia area. But there is also **Ret di Capriolo**, which was originally meant as a gift for christenings or weddings, and **Salame Morenico** from **Pozzolengo**, in the glacial hills of the lower Garda area. They are all rooted in a specific rural tradition: making salami at home, in the courtyards, during winter, kneaded by hand with salt and a great deal of patience.

Speaking of richness and variety, shall we move on to the cheese?





PHOTO BY VISIT BRESCIA

④ A wheel of Bagòss, the traditional cheese of Bagolino

④ Handmade dough: the first secret of Brescia's casoncelli

Among the De.Co. products are **Fatuli**, a slowly smoked goat cheese from Val Saviore, and **Case di Viso**, produced in the mountain valleys above Ponte di Legno. Finally, we can't forget to mention (and taste) two great classics with Protected Designation of Origin (PDO) status: **Bagòss** of Bagolino, a mature cheese characterised by the addition of saffron to the mixture, and **Silter**, one of the symbols of Valle Camonica.

First course

In Brescia and its province, stuffed pasta has been a staple on every table for generations, especially on lazy Sundays



PHOTO BY ARCHIVIO EAST LOMBARDY - FABIO TOSCHI

④ The Malfatti

④ The Brescian Casoncelli

and during holiday times. **Casoncelli** are the epitome of this tradition. In every area, every valley and every village, they are prepared with slight variations. Among the best known are **Casoncelli di Barbariga** and **Casoncelli di Pontoglio**, as well as those from **Brescia** (which have obtained the De.Co. recognition).

Another De.Co. product and first course to try is **Malfatti di Carpenedolo**, with spinach, herbs, chicory, eggs, cheese and a touch of nutmeg. Or **tagliatelle with Salmi di Lepre di Castenedolo**, where the pasta is paired with an intense sauce giving off a juniper scent.

A one-of-a-kind dish to try in the mountains is **Gnoc de la Cua**, typical of Valle Camonica: gnocchi made with wild spinach picked in the meadows, seasoned with butter and local cheese.

Second course

Three main courses boast a long tradition and a De.Co. recognition.

The first is **Manzo all'olio di Rovato** (beef with oil): humble and sumptuous at the same time. The second is **Tinca al forno di Clusane** (baked tench): a tasty fish dish for the most discerning palates. The third, last but not least, is **Spiedo** (literally 'skewer'): a meat-based dish relying on patience, embers and good company.

And how to accompany them? With the famous **Brescian polenta**, which varies depending on the flour used: in its tastiest version, the **polenta Taragna** is enriched with cheese.

© Spiedo with Brescian polenta



PHOTO BY ARCHIVIO EAST LOMBARDY - FABIO TOSCHI

Desserts

In the end, there is always room for a dessert – especially when it is good.

At Christmas time in Brescia, the choice is obvious: **Bossolà**, a soft, buttery, traditional dessert shaped like a doughnut and decorated with a snowfall of powdered sugar. It's an unwavering classic on the Brescian Christmas table. From Breno, in Valle Camonica, comes **Spongada De.Co.**: a sweet focaccia giving off a scent of vanilla and especially popular around Easter.

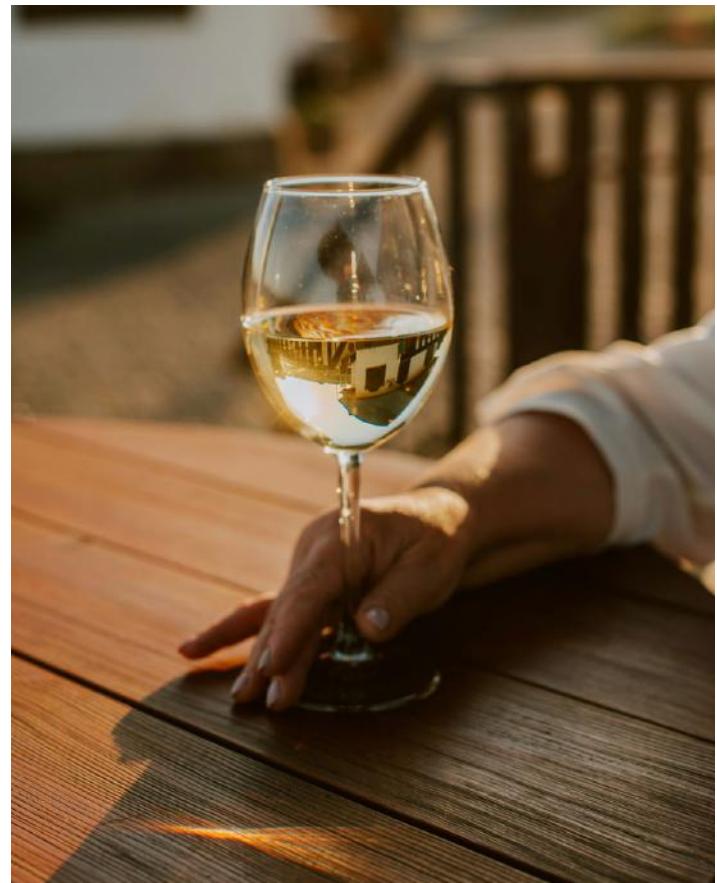
For those in search of little-known gems, we recommend **Chisöl**, a dessert rooted in rural tradition that is a staple in the kitchens of Lonato del Garda and the surrounding area.

Finally, the **Persicata**, a delicious bar of peach jam with sugar crystals, perfect to preserve a slice of summer even when it's freezing outside. Apparently, it was Gabriele D'Annunzio's favourite dessert.

© Bossolà, the king of Christmas desserts



PHOTO BY ARCHIVIO EAST LOMBARDY - FABIO TOSCHI



The wine list

Brescia encompasses a varied, complex and fertile area ranging from plains to lakes and mountains, crossing different microclimates and one-of-a-kind terroirs. It is thus no surprise that all this richness gave rise to a wide and amazing range of wines. Sparkling, white, red, rosé: to each their own!

Let's start with a great classic.

Say '**Franciacorta**' and you cannot but think of Italy's most celebrated sparkling wine. It boasts a tradition that began centuries ago and was codified in the first Italian DOCG exclusively dedicated to the 'Metodo Classico' (classic method).

From the calcareous clays of Lake Garda comes **Lugana DOC**, an elegant and mineral white wine that gracefully accompanies lake fish, risottos and the most delicate cuisine.

If you are thinking about a red wine, we recommend trying one of the **Botticino DOC** labels, which are produced on hills of marble and tradition from a blend of Barbera, Marzemino, Schiava and Sangiovese grapes. While in the Monte Netto Agricultural Park, vines and nature shape the landscape where other DOC wines such as **Capriano Bianco and Rosso** are produced.

Are you a rosé lover? **Valtènesi** has been a distinguished land for this type of wine for more than five hundred years, with its famous **Rosé della Valtènesi**.



**Ma tu guarda,
Brescia to listen to!**

Episode 8

Miles of trails



In Brescia, nature is just a step away: storybook landscapes, easy afternoon walks, or week-long hiking adventures.

In this episode of *Ma tu guarda, Brescia to listen to!* we'll recommend the best walking routes.



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Always on the go, in every season

THE OUTDOOR TRACKS ROUTE

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④ A path
in the Adamello Park

After enjoying the authentic flavours of our culinary tradition, it's time to get back on the road. The third route we suggest offers a variety of adventures, ranging from hikes and bicycles rides to climbs, descents and snowshoeing, up to winds, currents and invisible lines in the air. All of them are suitable for families, the curious and even die-hard sports enthusiasts in search of thrills.



Hikes and walking itineraries

As the saying goes, it is not the destination that matters, but the journey itself: if you love walking, you know it better than anyone else. Here are some tips for you.

Parco delle Colline is a green refuge of over 4,000 hectares surrounding Brescia. Easy trails, cool woods, vineyards, silence. Ideal for an afternoon walk, a picnic or an escape from the city.

More intimate and spiritual is **Cammino di Santa Giulia**, one of the city's religious icons. It is an extensive itinerary with numerous stops, bearing witness to faith and hospitality.



PHOTO BY ALESSIO GUITTI

④ **Torbiere del Sebino**
Nature Reserve

④ **Via delle Sorelle**

On Lake Iseo, you can stroll through the **Torbiere del Sebino Nature Reserve**: a landscape resembling a watercolour painting, with wooden walkways stretched over the water among the reeds and the changing reflections of the light.

Looking for something more challenging?

The **Via Valeriana** starts in Brescia, crosses the gentle slopes and vineyards of Franciacorta, runs along Lake Iseo

④ A section of the bike path
by Lake Iseo

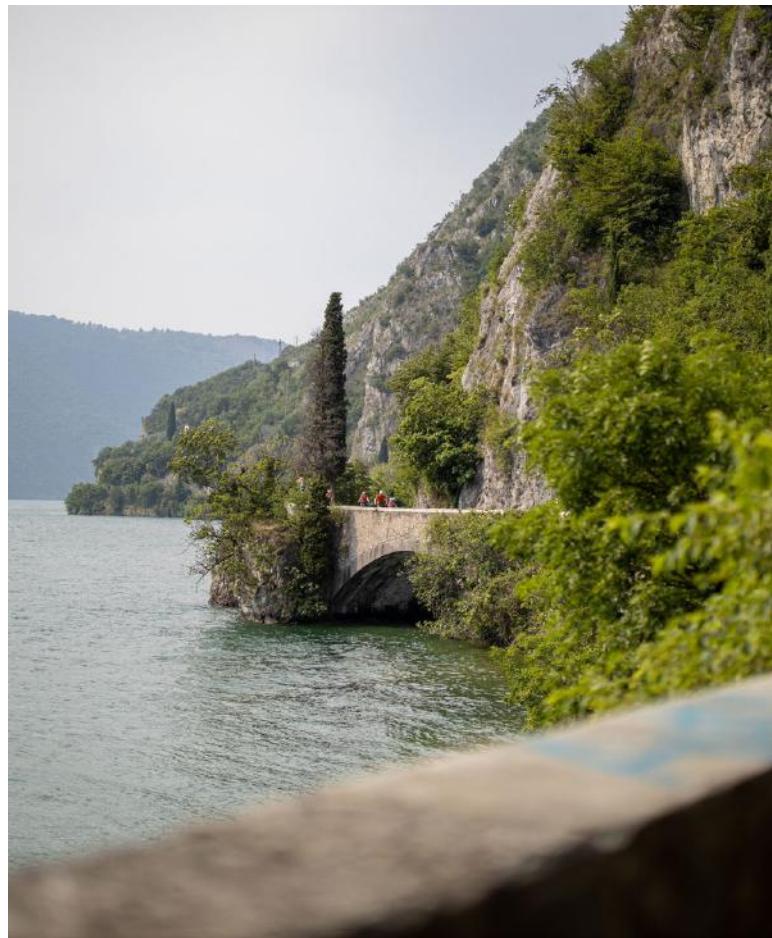


The 'ciclovie' and bicycle itineraries

and then climbs along two sections: one towards the Tonale Pass and the other towards the Aprica Pass. The total distance is 190 kilometres, but you can choose to walk only the section that most appeals to you.

Finally, a new entry: the **Via delle Sorelle**, designed in 2023 to symbolically (and physically) connect Brescia and Bergamo, Italy's Capitals of Culture. A 130-kilometre walk, a green artery to discover lesser-known places with a gentle charm.

Cycling can either mean wind in your hair, well-being and relaxation or sweat, effort and hard training. One way or another, it is a passion that keeps you pedalling.





© The Oglio Cycleway along the Valle Camonica

Here are some tips for sports enthusiasts and those who are less so.

The **Ciclovia dell'Oglio**, awarded as the most beautiful cycle route in Italy, follows the river from the Tonale Pass (at 1,883 metres) to the Po River. It crosses the entire Valle Camonica, then skirts Lake Iseo and glides between villages, mills and crop fields. It is the perfect trip for those who love cycling for long periods and take their time.

Much shorter, but equally spectacular, is the **Garda cycle and footpath**: a two-kilometre track suspended over the lake at Limone sul Garda. You will cycle on a cantilevered walkway, with the blue below,

the rock beside and the wind on your face. It is one of the most photographed cycle paths in Europe, but it is even more exciting in real life. It is designed for families with children and slow-speed cyclists.

A wilder option is the **Greenway delle Valli Resilienti**: a project to restore old military roads and rural paths between Val Trompia and Val Sabbia. Ideal for those who love mountain biking or e-biking and enjoying the landscape and the beauty of small villages encountered along the way, it comprises a grand total of 97 different routes.

If you want to combine sports and culture, there is the **Ciclovia Culturale**

© The Garda cycle and foot path

© The Greenway delle Valli Resilienti, in Upper Valle Trompia

connecting Bergamo to Brescia, covering 76 kilometres, 34 villages to discover and 872 sites of historical and cultural interest.

Finally, a true gem: the **Via dei Fontanili**. This lesser-known circular route crosses the lower Brescia area, passing by ditches, ancient springs, farmhouses, rows of trees and rural paths. A route to be enjoyed far from the hustle and bustle.



PHOTO BY CHIARA VENEGRONI



PHOTO BY CHIARA VENEGRONI

© By bike through the ancient ruins of Roman Brixia



PHOTO BY CHIARA VENEGRONI

© Bike touring among the rolling hills of Franciacorta

Ski areas



When winter comes, the province of Brescia changes its appearance while still inviting you to stay active. Skiing, snowshoeing, walking in fresh snow: it is easy, accessible and unforgettable.

The **Ponte di Legno-Tonale** ski area is the largest and most famous, with over 100 kilometres of slopes in the Adamello Park. Here you can ski until springtime, even on the Presena glacier. And the views are epic.

If you are looking for a family atmosphere and perfect slopes, the **Borno Ski Area** on Monte Altissimo is the one for you: here you can glide through woods



© Snowboarding in the Pontedilegno - Tonale ski area



© Skiing in Valle Camonica, where nature meets fun





© A hike on Mount Maniva, in Val Trompia

© Presena Glacier slope

and mountain huts, with open spaces and gentle descents.

Closer to the city, in Val Trompia, **Maniva**, with its cosy mountain huts, is perfect for a day trip.

Another gem is **Montecampione**, overlooking Lake Iseo. Easy to reach, with accessible facilities, and ideal for beginners or those looking for a relaxed holiday.

Then there is the spectacular **Aprica**, with the illuminated Baradello slope, one of the longest in Europe. Skiing at night, under the stars, is an experience that will remain in your mind for a long time.

Finally, **Gaver** is a paradise for cross-country skiing. Perfect loops, enchanted landscapes, muffled silence. And then snowshoes, snow-covered trails, and mountain huts where you can stop to warm up and eat something delicious.

Water sports, paragliding, hang-gliding

© Sailing on Lake Garda: Bogliaco di Gargnano

© Windsurfing on Lake Idro

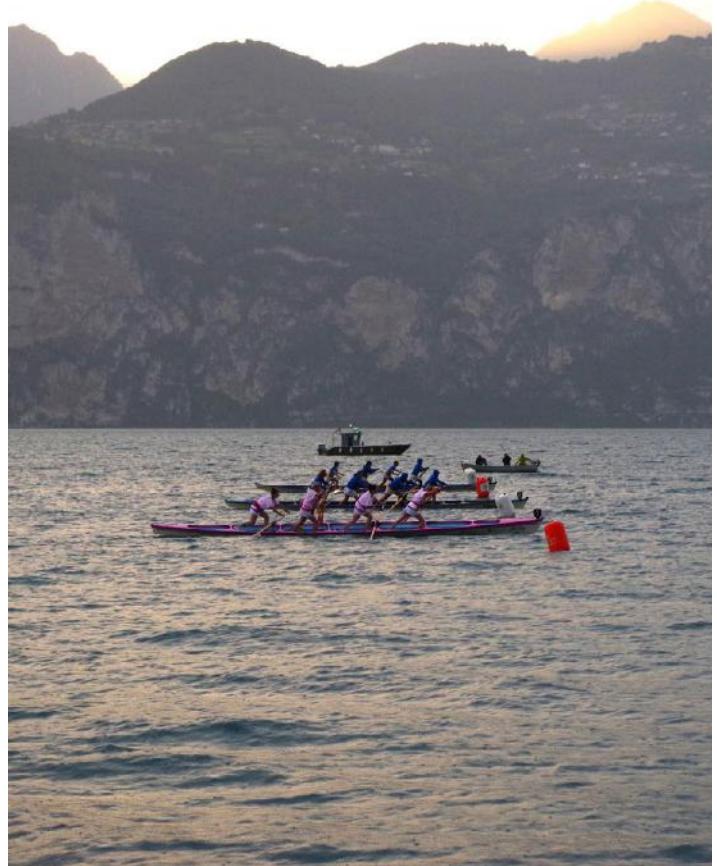
If travelling means thrills to you, and you want to be surrounded by water, wind and currents, take note of these must-see destinations.

Let's start slowly: on Lake Garda, sailing is a tradition with the flavour of historic regattas. The **Centomiglia**, Italy's longest-running regatta, has taken place every September since 1951. But you can go on a boat, take lessons and participate in events all year round.

Also on Lake Garda, you can find perfect conditions for **windsurfing** and **kitesurfing**, thanks to the regular winds. In Campione, Gargnano and Toscolano, every day is a good day to glide across the water.

Aboard a **canoe** or a **kayak**, you can explore hidden stretches of the Oglio River or the reed beds of Lake Iseo. As you paddle, you will enter a realm of calm, hidden birds and vegetation that brushes your fingers.





© The traditional Bisce of Lake Garda

Something unique and unusual to talk about when you get back home? The **Bisce del Garda**: traditional Venetian rowing boats with standing rowers. Every summer, they compete in nocturnal regattas among the villages around the lake, with torches, drums and rounds of applause. It is living folklore, combining sports and memory.

Finally, some advice for those who dream of flying.

From **Monte Guglielmo**, from the **Maddalena**, as the city mountain is dearly called, or from **Monte Pizzocolo**, in the Alto Garda Park, you can launch yourself with a paraglider or hang-glider. Loads of adrenaline, complete safety. From up there, our province reveals itself in its entirety: with its lakes, its valleys and its plains dotted with history.

Beauty by bike



Routes for athletes, families, and solo explorers: from the city center to the gentle rolling hills, to the lakes and the most challenging climbs... with tips on the best places to stop and recharge.

In this episode of *Ma tu guarda, Brescia to listen to!* we go in search of beauty and flavor — on two wheels.



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Brescia,
La Tua Città
Europea.

IL CUORE
DEI GIOCHI OLIMPICI E PARALIMPICI INVERNALI
MILANO CORTINA 2026



Routes

Your (kind of)
tourist map

UNESCO heritage, authentic flavors,
and outdoor trails in Brescia and its province

FROM THE CITY CENTRE
TO THE DAWN OF TIMES

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● Valle Camonica - Alto Sebino Biosphere Reserve

ALWAYS ON THE GO,
IN EVERY SEASON

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+ Greenway delle Valli Resilienti

≡ Parco delle Colline

