01

THE ADDA WHERE THERE WAS A LAKE

ROUTE 01a

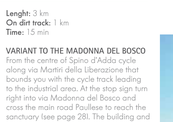
Lenght: 16 km
On dirt track: 11 km
Time: 1 h 20 min

FROM SPINO TO BOFFALORA AND BACK
Leave the 18th-century building of Villa Zineroni Casati (see pages 17-18) behind you and get into the street just in front of you named via della Vittoria. At the traffic light move onto the cycle track in the direction of the cemetery, here turn right towards the country in the direction of the hamlet Fornace. You are pedalling into one of the oldest streets of the territory, which was built in Visconti time to bound the castle of Melegnano with the prestigious court in Pandino. The dirt street runs straight until it meets a barrier you have to cross and then it keeps on running onto one bank of the Adda river. Go past a ford and cycle onto the main road, going past the farmstead Mezzanino. Now pedal in the direction of the residential area of Boffalora d'Adda and at the first stop sign turn right and then immediately left into via Vittorio Veneto. At the traffic light get into via Roncadello and follow the rows that lead you to the farmstead Fasola. Go past the homonym hamlet and its canal, and then turn right to reach the ruins of a farmstead. At the crossroads go straight ahead and then turn onto the asphalted road on your right that leads to the little rural hamlet Barbuzzera, which lies in the common of Dovera. At the stop sign turn left and then cross the Paullese Street; be careful, there's always a high density of traffic. A dirt track brings you to Nosadello, a locality at the foot of San Pantaleone church. It was built in 1923 onto the basis of an older medieval building. It has a round plant and an octagonal dome cladding, which are typical of the neo-Romanesque style, even if it presents also gothic and renaissance features. Continue your route and cycle past two channels, and then at the first traffic light turn left to get onto a cycle track. In a few minutes you are near a cemetery, where the track bounds you with the itinerary of the Channel Vacchelli. Follow it to come back to the city centre of Spino d'Adda.

ROUTE 01b

Lenght: 19,3 km
On dirt track: 13 km
Time: 1 h 30 min

FROM SPINO TO THE ORATORY OF THE PALADINO AND BACK
From the parish church in Spino cycle into via Roma; at the roundabout turn right into via Sudati and continue until you reach the fields. Go past an industrial building and at a big rural complex turn right. Follow the rows towards the Bocche di canali Marzano to reach and go past the Channel Vacchelli. Then turn left and go past a building for the regulation of the water flow, always cycling along the side of the channel. At the intersection with the Adda move towards it to pedal onto the right bank of the river and continue until you meet a barrier. Here take the turning on your right that runs through the fields and leads you to another riverbank. Now turn left near a farmstead to get onto the opposite bank and pedal for a few hundreds metres, then slope down to reach the other bank. Get onto it and at the following farmstead go down again pedalling onto the holme between the two banks until you reach the barrier of the Regional Park Adda Sud. At the intersection in front of you turn right and at the following stop sign turn left getting onto the main road. At the crossroads turn right again in the direction of the locality Castello, where there's the pretty little porch of the oratory of the Paladino, a religious renaissance building lying next to a little church of medieval origin. After a short visit continue your route onto a dirt track and go past the farmstead San Martino to reach the Channel Vacchelli. Cross the water flow and pedal until you reach the asphalted street on your right that leads you to the residential area of Spino. At the first houses of the hamlet turn left onto the cycle track of via Ungaretti and at the roundabout turn right to cross a little parking. From here it's a short run to the cycle-pedestrian passage very close to the parish church of Spino d'Adda.



ROUTE 01c

Lenght: 5 km
On dirt track: 1,6 km
Time: 30 min

VARIANT TO GRADELLA AND TO THE CASTLE OF PANDINO
Near the farmstead San Martino (see route 01b) a street runs ahead in the direction of the bell tower in Gradella. This rural centre dates back to the 10th century and presents peculiar yellow houses with red finishes that give the quarter a trim look. In 1558 became Gradella the feud of the Maggi family and it remained under its dominion until last century, thus maintaining its particular disposition. That's the reason why this little hamlet is considered to be one of Italy's most beautiful villages. Cycle among the houses and at the statue of the Madonna dedicated to the dead turn into via Maggiore to reach the church in Nosadello. At the traffic light bare left to follow the cycle track until the centre of Pandino, where you can visit its famous castle.

ROUTE 01d

Lenght: 3 km
On dirt track: 1 km
Time: 15 min

VARIANT TO THE MADONNA DEL BOSCO
From the centre of Spino d'Adda cycle along via Martiri della Liberazione that bounds you with the cycle track leading to the industrial area. At the stop sign turn right into via Madonna del Bosco and cross the main road Paullese to reach the sanctuary (see page 28). The building and the paintings in the presbytery (see page 43) are worth the visit. Now go back to the stop sign you met before and turn right to reach again the Paullese Street. Pedal for about two hundred metres and then take the turning on your right that runs through the fields and leads near the residential area of Barbuzzera, connecting you to the route 01A.

The battle of Agnadello
The famous battle fought in may, 14th 1509 near Agnadello was the consequence of the hostility of the Venetian government in the former century, when it activated a tenacious policy to expand its territories. In reply to the Most Serene Republic's tactics, an alliance occurred in December 1508 among the Italian and international powers, who were directly interested in contrasting the Venetian thrust and in dipping their advances. The famous agreement signed in Cambrai by Pope Julius II, Lewis XII and Maximilian I, who were the leaders of the Papal States, of the French Monarch and of the Holy Roman Empire, provided the division of the Venetian domain, conquered by the Most Serene Republic in the former Milanese territories. In fact, the Pope wanted Romagna back, Lewis the Twelfth Milan, Emperor Maximilian the whole Friuli and over the natural borders of the Adige, including Verona, Padua, Vicenza, Treviso. The target was the fortress in Pandino, which was strategically fundamental for its proximity to the boundary street between Crema and Cremona; the same street used by Venetians to get supplies. Bartolomeo d'Alviano, a soldier of fortune that was recruited by the Venetian government, led his soldiers into the same city, trying to reach the Ghiaradadda Castle in Rivolta D'Adda. Yet, the Venetians with their and stand off the French attack. Unluckily, they never reached them and on 14 May 1509 the two enemy troops came into contact. Both the French cavalry and the Venetian troop were marching in the same direction, but the Frenchmen were faster and reached the rearguard of the Venetians; one of the most atrocious battles of the Italian Renaissance began. When he heard of the fight, Orsini was standing in Pandino, which is a few kilometres far from the battle-field, but the news arrived too late: most of his soldiers had already deserted and the few remaining militaries were not able to resist the French assault. This may be the reason why Orsini decided to gather together his men and drew towards the lagoon, leaving the conquered land stations. Their retire stopped only in Mestre, just outside the town of Venice, because, nobody in the former Venetian cities wanted to welcome a defeated army. Lewis XII took Cremona and had obtained more than he had thought: reducing the Venetian hegemony in the heart of the Most Serene Republic's mainland, it was able to bound the Venetian territories to faithfully the hang of the Adige, which once a upon a time overwhelmed Verona.

02

THE SERIO RIVER: RETURN TRIP

ROUTE 02a

Lenght: 23 km
On dirt track: 14 km
Time: 2 h

FROM CREMA TO SERGNANO AND BACK
From the centre of Crema follow the cycle track lying on the side of Viale Santa Maria della Croce. Go past the majestic Renaissance Sanctuary (see page 42) and then continue carefully onto the main road. Turn right on via Donati and cycle until you reach the entrance of a quarry, where you have to take the dirt track that runs along the perimeter of this quarry to reach the river. Here a short path snaking through the trees bounds the previous track with another dirt road that passes in front of the quarry. Keep on cycling it and at the following farmstead turn right towards the cemetery of Pianengo. At the parish church turn right into via Cavour and cycle in the direction of the fields, going past the Observant Friars Minor' Monastery; this building has been of private property since 1769, when the Marquises Zurla bought it for the first time. A lot of deep restorations have changed the original setting of the building, of which only two porches of the minor yard remain. Cycle through the cultivated fields and at the first crossroads turn left onto the path that runs parallel to the river and that underpasses the Provincial road, to reach again the river's bank. Follow the dirt track that brings you to the sober building of the Sanctuary of the Virgin of Binengo (see page 29); the inner fine decorations of the religious structure are worth the visit. Continue your route going past to the parish church, whose first construction dating back to the year 1000 is still notable, even if it has often been modified, and then go past the near Oratory of Saint Roch. This is one example of the Italian typical religious architecture of the XV and XVI Centuries. At the traffic light turn right towards Casale Cremasco, and then turn onto the dirt track on the right that starts just opposite the entrance of the Galbani factory. Cycle through the fields and at the crossroads near the river turn right onto the rugged path that leads you to the SP 64 (main street). Cross carefully the main road and turn left, leaving the river behind you. Now take the first dirt turning on your right in the direction of the residential area of Ricengo, cycling again onto an asphalted road. At the stop sign go straight ahead and then take the first turning on your right. Cycle along the street to reach the dirt track that runs along the river Serio and makes you reach a wildlife reserve. Here turn away from the river and return onto a road used both by cyclists and vehicles. Continue until you reach a channel with a cycle track on its side; get onto that track and follow the flow of the Vacchelli Channel to reach the centre of Crema.

ROUTE 02b

Lenght: 20,5 km
On dirt track: 13,6 km
Time: 2 h

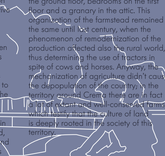
FROM CASALE CREMASCO TO THE *FONTANILI* OF CAMISANO AND BACK
Go outside the parking of the town hall in Casale Cremasco (see page 19) and turn right; at the school turn right again onto the cycle track. Pedal until the half of the garden and then turn left in via Broletto, then continue straight ahead in via degli Arceri and reach the fields lying between the residential area and the sport facilities. Proceed the route onto the dirt track that leads to the farmstead Rosa, where you have to follow the asphalted road that reaches the residential area of Camisano; cross the centre of the city pedalling straight into via Fontanella, through which you fast reach the fields. At the stop sign turn left onto a dirt road and go past the farmstead Ravezzo; turn left from the main road and follow the headland access path that runs along the bank of a little irrigation ditch. After a few hundreds metres you reach some fontanili, near which you can see the characteristic boundary stone that once marked the border between the Venetian Republic and the Dukedom of Milan. Here take the dirt track on your left and follow it until the stop-sign; turn right and then right again back into via Fontanella, going past the square of the very close to the parish church of Saint John Baptist. It was built in 1592 on site of a 14-century place of worship and today it preserves a paint of Callisto Caliari, a relative of the more famous Paolo, who was the Venetian painter known as the Veronese. Next to the parish church lies the Oratory stands; it is dedicated to St. Mary of the Snow, a name that reminds people of the extraordinary snowfall happened on August 5, 1578 onto the houses of Camisiano. Continue the route and at the stop sign turn right to reach the crossroads lying at the end of the village. Here turn left in via Vidolasso; at the following crossroads, which lies near a little chapel, turn right and cycle until the first houses of Castel Gabbiano; take via Fienili, which is the first turning on your left, and go past the park of Villa Griffoni Sant'Angelo (see page 18). Turn left onto the main road towards Vidolasso and after a few hundreds metres turn right onto the dirt track that runs through the fields and arrives near the river Serio. Here turn left, pedalling onto the narrow path on the riverbank and, after bearing again left to admire the beautiful Villa Serafina (see page 18), you find yourself near the residential area of Vidolasso. Just opposite the villa there's a dirt track that snakes through the fields and leads you back to the river and to the track that ends in the village of Casale Cremasco.

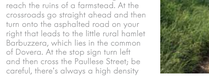
ROUTE 02c

Lenght: 13 km
On dirt track: 7,3 km
Time: 1 h

FROM SERGNANO TO THE *FONTANILE* OF CAMPO DEI FIORI
From the centre of Sergnano turn into via Serio and get onto the dirt track lying on the riverbank; follow it and cycle along the cycle track on the side of the main street to reach the cemetery of Trezzolasco. Pedal until the centre of the hamlet and then turn right into Vicolo Serio, where the dirt track on the riverbank continues. Follow the street on your left and cross the main road; now go straight ahead in the direction of Colomberone, a locality that hosts the rests of an ancient castle. Go past the bridge and pedal through the fields until you reach a crossroads near a breeding, where turning left you reach the Fontanile di Campo dei Fiori. Cycle on and overpass a ditch with the help of a foot- and cycle bridge, then turn right and go ahead into a little street. Now turn left and follow the street bearing left, go past an abandoned farmstead and turn right. Go past another farm and take the street on your left and then turn immediately right towards a peculiar industrial block of buildings. When you reach the walls of the industrial area turn left onto the path that runs among the fields, which leads you back to the outskirts of Sergnano.

The farmstead in the Cremasque
The rural buildings that are scattered through the territory of the Cremasque and of the whole Lombardy are an empiric sign of the old way of living and working of the former inhabitants. Besides, they remind us of the actual importance of agriculture and animal breeding on this territory, which can be a good alternative to the industrial exploitation of lands. That's the reason why we'll focus on the natural resources that stead, missing out the thousands of abandoned farms that have been damaged by time and weather. The extant and proud city farms have been handed down from father to son, thus keeping alive and renovated the capabilities for centuries. Few tiny dwellings have been built next to old buildings, to the extent that the first steps in the industrialization of agriculture didn't cause the disappearance of the rural architecture. The structure of land is deeply rooted in the society of the territory.





03

ON THE SHORES OF THE FULCHERIA ISLAND

ROUTE 03a

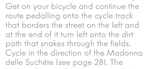
Lenght: 37 km
On dirt track: 13,8 km
Time: 3 h

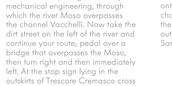
The route starts from the centre of Crema, precisely from the historic opening of Porta Serio, where you have to turn right into via IV Novembre; cross a parking on the left cycling in the direction of the river Serio. At the river course follow the dirt track on the right that runs on the riverbank, underpass the bypass and go past the town water-purifier to reach the outskirts of Santa Maria Rossa. Now take the uphill street on the right of a private park wall, which leads you to the centre of Bagnolo Nuovo and then to the main road you have to cross. Continue straight ahead into via XXIV Maggio and onto the cycle track that runs just in front of you; go past the hamlet Zappello into via della Pace and reach the residential area of Bolzone pedalling onto the cycle track that now borders the channel to meet the first houses of Capergnanica. Enter the village and at the 17th-century church dedicated to the Holy Trinity go straight ahead into via Gianfranco Donati to go past the majestic building of an old mill (see page 21). At the stop sign turn left to admire the blade that once moved the millstone of the mill Chizzoli. Before leaving the village you can't do without visiting the parish church of Saint Martin, which is a 15th-century building enlarged at the beginning of the XVIII Century hosting a fresco of Gian Giacomo Barbelli. The fine 18th-century court of Palazzo Robati is also noteworthy. Get on your bicycle and continue the route pedalling onto the cycle track that borders the street on the left and at the end of it turn left onto the dirt path that snakes through the fields. Cycle in the direction of the Madonna delle Suchète (see page 28). The path ends near the main street; now cross it carefully and go on into via delle Industrie. Go past the industrial buildings and then take the first turning on your left towards the bell tower that rises up among the roofs of Casaletto Ceredano. Follow the street and at the stop sign turn left passing next to the monumental building of a former abbey and to the close parish church of Saint Peter Martyr of Verga, one of the most ancient churches of the

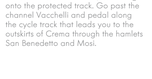
ROUTE 03b

Lenght: 37 km
On dirt track: 13,8 km
Time: 3 h

FROM CASALETTO VAPRIO TO CAPRALBA AND BACK
From the main station of Casaletto Vaprio turn right into via Montello and then continue bearing right into via Roma. Cycle until the end of the village and go straight into via delle Valli that brings you to the first houses of Quintano. Here follow the street that bends left and then take the dirt path on the right that runs through the fields. Follow the track and at the first intersection turn left. Pedal among the splendid green countryside of the Cremasco. At the following crossroads turn right; after a short while the fontanile in Ciro, which is one of the widest of the area, appears next to you. The route continues through the fields onto the dirt path in the direction of the hamlet Fornate. Enter the residential area and turn left to cycle among the houses of the little village. At the stop sign turn left getting onto the cycle track and cross the street to continue in the direction of the farmstead Volpino, until you reach a crossroads. After a short deviation to the left that lets you visit the fontanile Quaranta go for pedal!! back and cycle straight towards the Farmstead Volpino; the track you can see on your left leads to the fontanile Benzone. Go past the farmstead Volpino and continue straight forward, pedalling along the bank of the channel to cycle then onto the track that snakes through the fields to reach the right side of the railway near the first houses of Capralba. At the first stop sign turn right crossing the level crossing. Pedal through the houses of the village and at the roundabout set in the middle of it turn left into via Roma. Some hundreds metres farther, just after a bridge on the ditch Rino, a water mill stands against the wall of a house (see page 21). Stop for a moment to observe the fine mechanical work and the near fontanile delle Carne"and then return to your route in the direction of Sergnano. Now go past the hamlet Campisco di Sopra and then turn right cycling along the channel that leads to Campisco di Sotto. At the stop sign go straight and cross the main street; continue cycling until the station of Casaletto Vaprio, where the route ends.



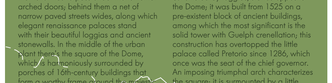


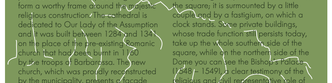


ROUTE 03c

Lenght: 7,8 km
On dirt track: 2,7 km
Time: 40 min

FROM QUINTANO TO TRESCORE CREMASCO
Cycle across the residential area of Quintano into via IV Novembre to reach the town hall, and then turn right into via del Sacèr and continue straight ahead. At the first crossroads turn right into via Mussi, which bends right, and then turn left to reach a stop sign on the main street. Cross it carefully and cycle into via Galilei, which runs in front of you and leads to the centre of Pieranica, where you can admire a 19th-century watermill (see page 21). Now you can choose to follow via Mulino, which will bring you to the rural chapel of the Virgin of the fields, next to which the fresh waters of the fontanile Desiderio spring. Go back to the main road and at the intersection turn left into via Roma, which the 18th-century villa Conti stands, and at the stop sign turn left into the street that leads you to the centre of Farlino. Here turn left into via Ottaviano Vimercati and continue on the cycle track until the town cemetery. Now the track becomes dirt and bends towards the fields. Immerse yourself in nature and reach the outskirts of Trescore Cremasco, where you have to turn right to get onto a cycle track. After a short way turn left into via Matteotti and cycle in the direction of Casaletto Vaprio.





In the centre of Crema
To enter the historic centre od Crema the visitor has to pass under monumental arched doors, behind them a net of narrow paved streets wides, along which elegant renaissance palaces stand with their beautiful loggias and ancient stonecutts. In the middle of the urban centre lies the square of the Dome, which is heavously surrounded by porches of 16th-century buildings from a worthy frame around a monumental religious construction. The cathedral is dedicated to Saint Stephen and its construction and works built between 1284 and 1341 on the place of the previous Romanic church of Saint Bartholomew. In the new church, which was partially reconstructed by the municipality, presents a Gothic and Renaissance mixed style. The nave and aisles are divided in three parts by pillars and pointed arches. The Renaissance portal, in the prothyrum, has double lunette windows and in the feature of the three arcades, they are almost as high as the top of the building and are surmounted by rows of little blind arches. Nonetheless, it also the precious rose window, a characteristic Gothic feature. The inner part of the cathedral contains fine works, elements such as the Renaissance choir, the

ROUTE 03d

Lenght: 6,5 km
On dirt track: 5,3 km
Time: 30 min

VARIANT TO THE *FONTANILI* DELLE LOTTE AND OF GAVERINE
From the centre of Capralba you have to cycle shortly along via Caravaggio to turn then right into via Raffaello Sanzio. Follow the rows for the fontanile delle lotte and after having visited it continue your route onto the dirt track to reach the railway. Cross carefully the railway lines and cycle along the path through the fields that leads you to the Fonti Gaverine, also known as fontanili dei Mosi, from which the Roggia Crescenzago starts. It appears for the first time in a document of the year 1374 and it is one of the main irrigation ditches of the country around Crema. Many channels and canals actually start from it creating a liquid net that ensures the irrigation of the southwestern fields of the area. Go past the natural springs and at the stop sign turn right to turn immediately left into via Fronassette. At the intersection turn left into via Santo Stefano that after a short run turns through the fields and reaches the route 05a near the farmstead Volpino.

04

THROUGH CANALS AND CHANNELS

ROUTE 04a

Lenght: 23,6 km
On dirt track: 14,8 km
Time: 2 h

FROM OFFANENGO TO TRIGOLO AND BACK
The route starts from the residential area of Offanengo, a Longobard settlement that is documented for the first time in the year 947. From the main street pedal into via Don Stangherlini through the ramp lying at the basis of the parish church. The religious building has a neoclassical facade and hosts interesting paintings of Caravaggesque affection. At the stop sign turn right and after a short way get onto the cycle track on your right side of the water course, following the flow direction that at first turns right to turn straight towards the south and then bears left in the direction of the east. Cycle along the channel and go past an intersection with a dirt track in the very close to a farmstead; here turn right onto the bridge provided with mechanical locks and cycle in the direction of the bell tower that rises among the houses of Trigolo. Follow the street and enter the village; at the stop sign go ahead into via San Pietro, passing between the homonym church and the rural palace restructured with the shape of a neo-gothic castle. Now turn right towards the war memorial, go past the little square and turn right, passing the neoclassic building of the provostal church dedicated to Saint Benedict. Pedal until via Breda and then turn left and at the following intersection immediately right, proceeding through the houses onto a dirt track to reach the fields. At the following crossroads bear right and at the detached houses turn left going beyond the barriers; cycle among the houses, then cross a parking and pedal onto the cycle track in front of a building destined to the assistance to the elderly. Cross the main road and then go right passing by the side of the Farm Brugnole, then pedal along the dirt path through the fields to reach the channel; here turn left onto the cycle track and arrive to the bridge in Izanao. Now cross the main road to find yourself on the opposite bank of the channel and then pass one of the bridges that bridge you meet to cross again the water course in the direction of the village. At the crossroads turn right and go past the 17th-century villa Severgnini Carpani (see page 19); from here go straight ahead to reach the Sanctuary of the Holy Virgin Pallavicina (see page 29). Continue your route onto the cycle track and at the intersection take the turning on the right named via Dossi; follow it bearing right and you arrive to the channel Vacchelli. Cross it with the help of a bridge and cycle onto the opposite bank until intersection. Turn right towards some factories and cross again the channel, then turn left twice to cross the channel Vacchelli another time. Cross the main street and continue straightforward into via Tesini to reach the interesting Museum of rural culture (see page 24). Now turn onto the cycle track on the left that bounds the neo-gothic castle called Ettore Tower; here turn right and pedal straight, after a while the church of Saint Roch will appear on your left (see pages 28-29). Cycle bordering the church on the left, then turn right and immediately left arriving to the main square of the village, which is the starting point of this route. You can end your tour here, or you can continue a little further going past the town hall and then turning right into via Clavelli Martini. Here the historic palace of the Valdameri family stands; it is the actual seat of the Civic Library. Now follow the street on the right name via della Battaglia and at the stop sign go straight getting onto the cycle track. On the way please notice the building of a former factory and the church of the Madonna del Pozzo, which was built in the end of the XVIII Century in spite of a pre-existing religious building.

ROUTE 04b

Lenght: 13,2 km
On dirt track: 5,2 km
Time: 1 h

FROM OFFANENGO TO ROMANENGO AND TRIGOLO
From the main square of Offanengo bear left and follow via Conti dei Offanengo, then turn right into via Santa Lucia that brings you among the fields; cycle in the direction of the locality Ronchi and at the third intersection turn right. Go past a farmstead and take the first turning on your left; pedal until you find an imposing farm building, then turn right. At the stop sign turn right getting into an asphalted street and after a short while turn left through the fields, onto the junction with a dirt path that runs on your right. Turn into it and cycle ahead going past the farm of Saint Peter, which lies at the bridge and pedal through the fields until you reach a crossroads near a breeding, where turning left you reach the Fontanile di Campo dei Fiori. Cycle on and overpass a ditch with the help of a foot- and cycle bridge, then turn right and go ahead into a little street. Now turn left and follow the street bearing left, go past an abandoned farmstead and turn right. Go past another farm and take the street on your left and then turn immediately right towards a peculiar industrial block of buildings. When you reach the walls of the industrial area turn left onto the path that runs among the fields, which leads you back to the outskirts of Sergnano.

Vergonzana, hamlet of Crema
The rural residential area of Vergonzana, which lies onto a bend of the Serio Morto a few kilometres far from the centre of Crema, dates probably back to the Renaissance. In fact, there are visible signs of an old renaissance fortified settlement, such as a little tower and some extant parts of defensive walls, which could be the rests of an old castle later embodied into the complex of Villa Oldi Zurla. Villa Zurla is one of the clearest examples of rural residence dato autunnale. It's located between the severe linearity of the locale, which is far from the extravagant features of the Baroque, and the refined classic style of the arcades and of the ionic pillars that regularly divide the airy porch. The Zurla family passed of the 19th-century palace to the Cavalli Alberganti, to which belongs Saint Roch's church, which is located just in front of the palace. Along this street, among which the church of Saint Roch is to be mentioned, the Guilliard was hoisted to the plague that spread in the 1520s across the country of Crema, which at the time was at the centre of territorial conflicts among the main powerful governments. The building of the church began after the end of the war and the reduction of the epidemic, as a thanksgiving to God by the population of Vergonzana. The church of Saint Roch is described as a beauty in a report of 1583. The

05

IN THE LAND OF THE *FONTANILI*

ROUTE 05a

Lenght: 15 km
On dirt track: 6,4 km
Time: 1 h

FROM CASALETTO VAPRIO TO CAPRALBA AND BACK
From the main station of Casaletto Vaprio turn right into via Montello and then continue bearing right into via Roma. Cycle until the end of the village and go straight into via delle Valli that brings you to the first houses of Quintano. Here follow the street that bends left and then take the dirt path on the right that runs through the fields. Follow the track and at the first intersection turn left. Pedal among the splendid green countryside of the Cremasco. At the following crossroads turn right; after a short while the fontanile in Ciro, which is one of the widest of the area, appears next to you. The route continues through the fields onto the dirt path in the direction of the hamlet Fornate. Enter the residential area and turn left to cycle among the houses of the little village. At the stop sign turn left getting onto the cycle track and cross the street to continue in the direction of the farmstead Volpino, until you reach a crossroads. After a short deviation to the left that lets you visit the fontanile Quaranta go for pedal!! back and cycle straight towards the Farmstead Volpino; the track you can see on your left leads to the fontanile Benzone. Go past the farmstead Volpino and continue straight forward, pedalling along the bank of the channel to cycle then onto the track that snakes through the fields to reach the right side of the railway near the first houses of Capralba. At the first stop sign turn right crossing the level crossing. Pedal through the houses of the village and at the roundabout set in the middle of it turn left into via Roma. Some hundreds metres farther, just after a bridge on the ditch Rino, a water mill stands against the wall of a house (see page 21). Stop for a moment to observe the fine mechanical work and the near fontanile delle Carne"and then return to your route in the direction of Sergnano. Now go past the hamlet Campisco di Sopra and then turn right cycling along the channel that leads to Campisco di Sotto. At the stop sign go straight and cross the main street; continue cycling until the station of Casaletto Vaprio, where the route ends.

ROUTE 05b

Lenght: 7,8 km
On dirt track: 2,7 km
Time: 40 min

FROM QUINTANO TO TRESCORE CREMASCO
Cycle across the residential area of Quintano into via IV Novembre to reach the town hall, and then turn right into via del Sacèr and continue straight ahead. At the first crossroads turn right into via Mussi, which bends right, and then turn left to reach a stop sign on the main street. Cross it carefully and cycle into via Galilei, which runs in front of you and leads to the centre of Pieranica, where you can admire a 19th-century watermill (see page 21). Now you can choose to follow via Mulino, which will bring you to the rural chapel of the Virgin of the fields, next to which the fresh waters of the fontanile Desiderio spring. Go back to the main road and at the intersection turn left into via Roma, which the 18th-century villa Conti stands, and at the stop sign turn left into the street that leads you to the centre of Farlino. Here turn left into via Ottaviano Vimercati and continue on the cycle track until the town cemetery. Now the track becomes dirt and bends towards the fields. Immerse yourself in nature and reach the outskirts of Trescore Cremasco, where you have to turn right to get onto a cycle track. After a short way turn left into via Matteotti and cycle in the direction of Casaletto Vaprio.

ROUTE 05c

Lenght: 6,5 km
On dirt track: 5,3 km
Time: 30 min

VARIANT TO THE *FONTANILI* DELLE LOTTE AND OF GAVERINE
From the centre of Capralba you have to cycle shortly along via Caravaggio to turn then right into via Raffaello Sanzio. Follow the rows for the fontanile delle lotte and after having visited it continue your route onto the dirt track to reach the railway. Cross carefully the railway lines and cycle along the path through the fields that leads you to the Fonti Gaverine, also known as fontanili dei Mosi, from which the Roggia Crescenzago starts. It appears for the first time in a document of the year 1374 and it is one of the main irrigation ditches of the country around Crema. Many channels and canals actually start from it creating a liquid net that ensures the irrigation of the southwestern fields of the area. Go past the natural springs and at the stop sign turn right to turn immediately left into via Fronassette. At the intersection turn left into via Santo Stefano that after a short run turns through the fields and reaches the route 05a near the farmstead Volpino.

The *fontanili* of the Cremasque
The fontanili represent one of the typical phenomena of the Cremasque and their thick presence on the territory testifies the happy relationship between man and nature. Their origin has to do with water, of course, and is related to human transformation and modification of the geography of the area during the Middle Ages, which have rendered swamps and marshes the rural fields and cultivated fields in the valley's bottom. These works started in the first centuries of the Middle Ages, when the settlers that coming from Gaul bounded to be dained through the construction of hydro-agricultural effects of their lands, which were swampy by the surrounding fields. The fontanili on which the fontanili are composed of far more complex ecosystems that may reflect the original floral formation of the Po valley. The shadow is therefore provided by a lot of arboreal species, such as oaks, black and white poplars, elms, alders, hazels, willows, planes and ficus trees, while on the bed of the water a variety of flora grows, among which we mention the water crowfoot, the duckweed, the water bulrush and the yarrow. This is also an ideal place for a lot of animal species, such as the squirrel, the hedgehog, the rabbit, the pheasant and the water rail, the owl and the kingfisher, that welcome visitors with their jumps.

06

BANKS AND RIVALS OF THE RIVER OGLIO

ROUTE 06a

Lenght: 25,3 km
On dirt track: 10,3 km
Time: 2 h

FROM SONCINO TO ROMANENGO AND BACK
The starting point of the route is the square dedicated to Garibaldi, where the architectonic building of the town hall stands. For the development of the city centre's buildings see the "focus on"1. Going north take the turning on your right named via Martiri Sancinesi and then cycle into via Orefici; go past a reddish porch and follow the street that bends left and reaches the square San Martino. Now cycle along via Longobarda that leads to one of the four doors that in the past made the fortification of the city. Just before it turn left into via Bastioni del Balestrieri, where some circle towers stand, though they have lost their upper part, the towers are well conserved. Now pass under Porta san Rocco and pass over the bridge. Turn right into via Cesare Battisti and cross the street to get onto the cycle track; go past the garden and then turn left into via Cavalieri di Vittorio Veneto. At the stop sign turn right to exit the village, you have to pass in front of a rural palace with a fine wooden portal, which is decorated with volutes