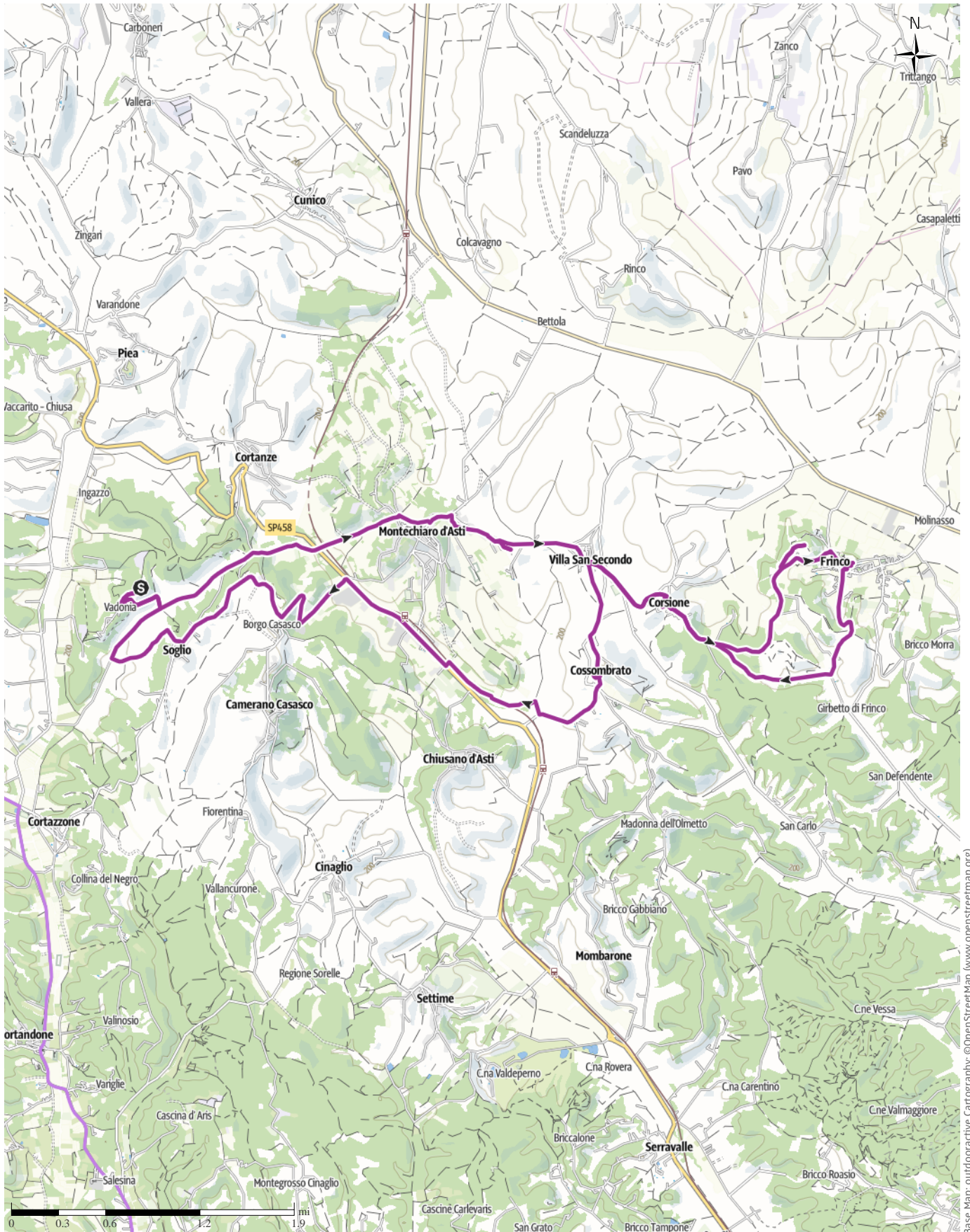


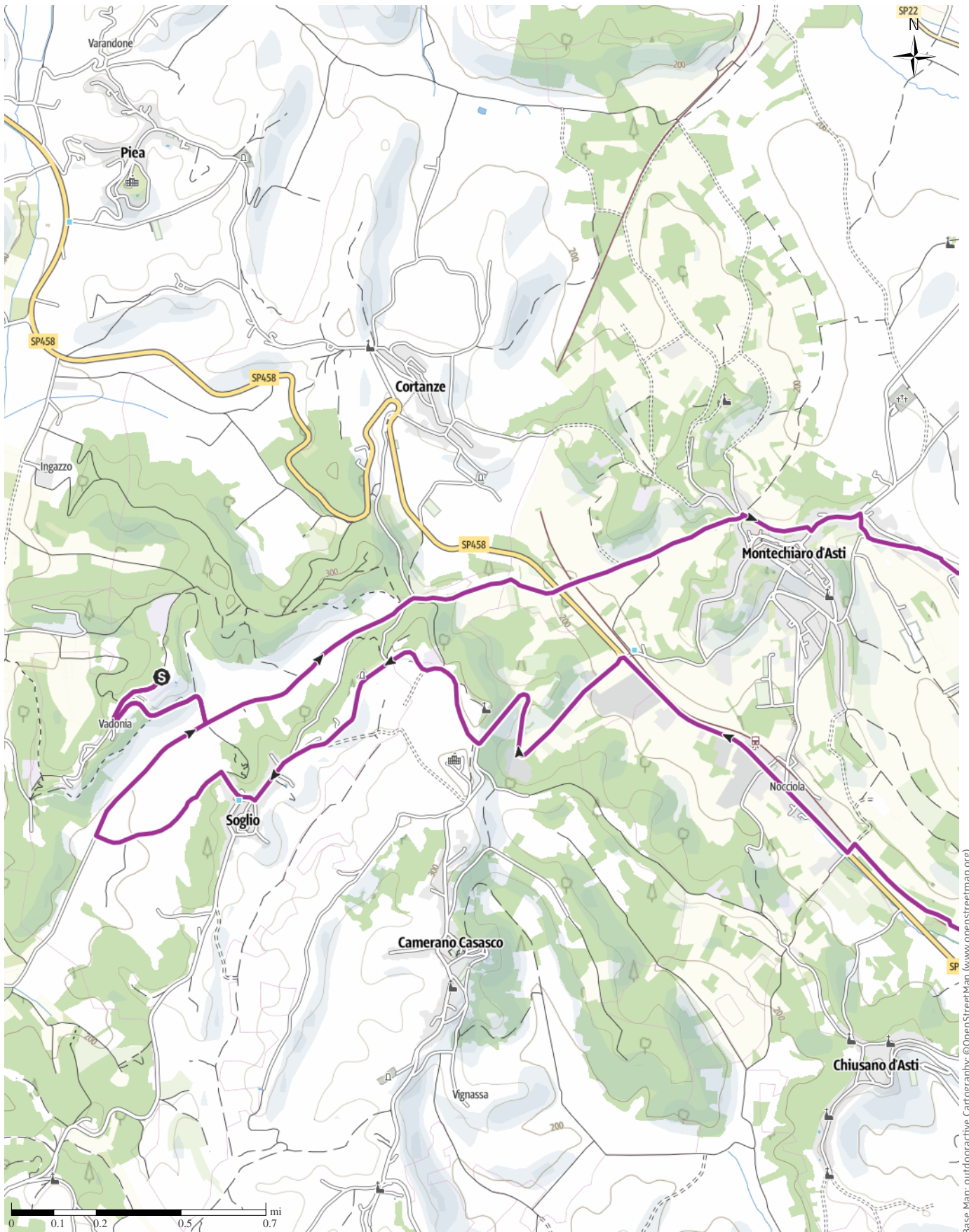
The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi | ⌚ 2:40 h | ⚡ 1962ft | ⚡ 1939ft | Difficulty difficult



The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi | ⌚ 2:40 h | 🏔️ 1962ft | 🏔️ 1939ft | Difficulty difficult



Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi

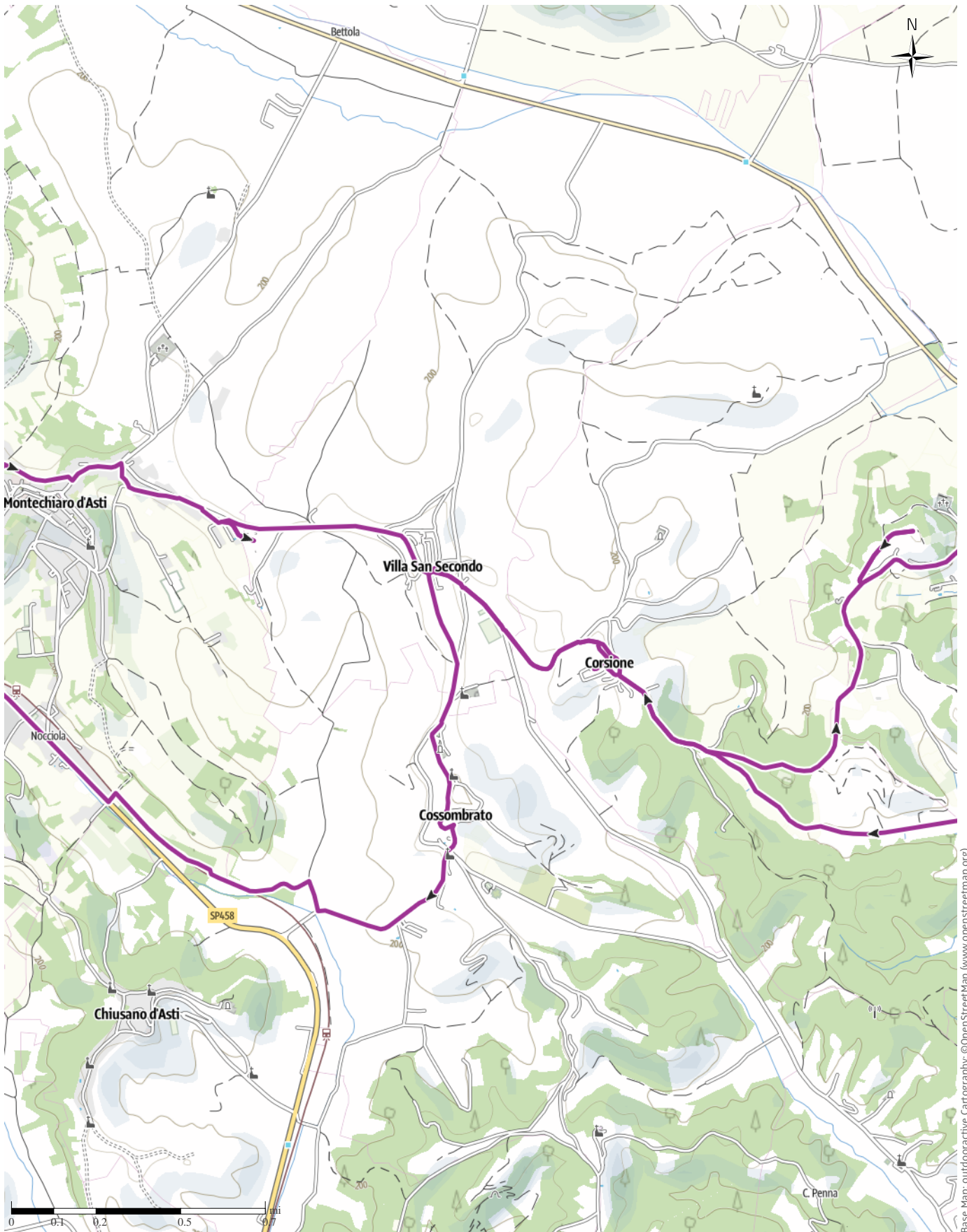
🕒 2:40 h

▲ 1962ft

▼ 1939ft

Difficulty

difficult



Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi

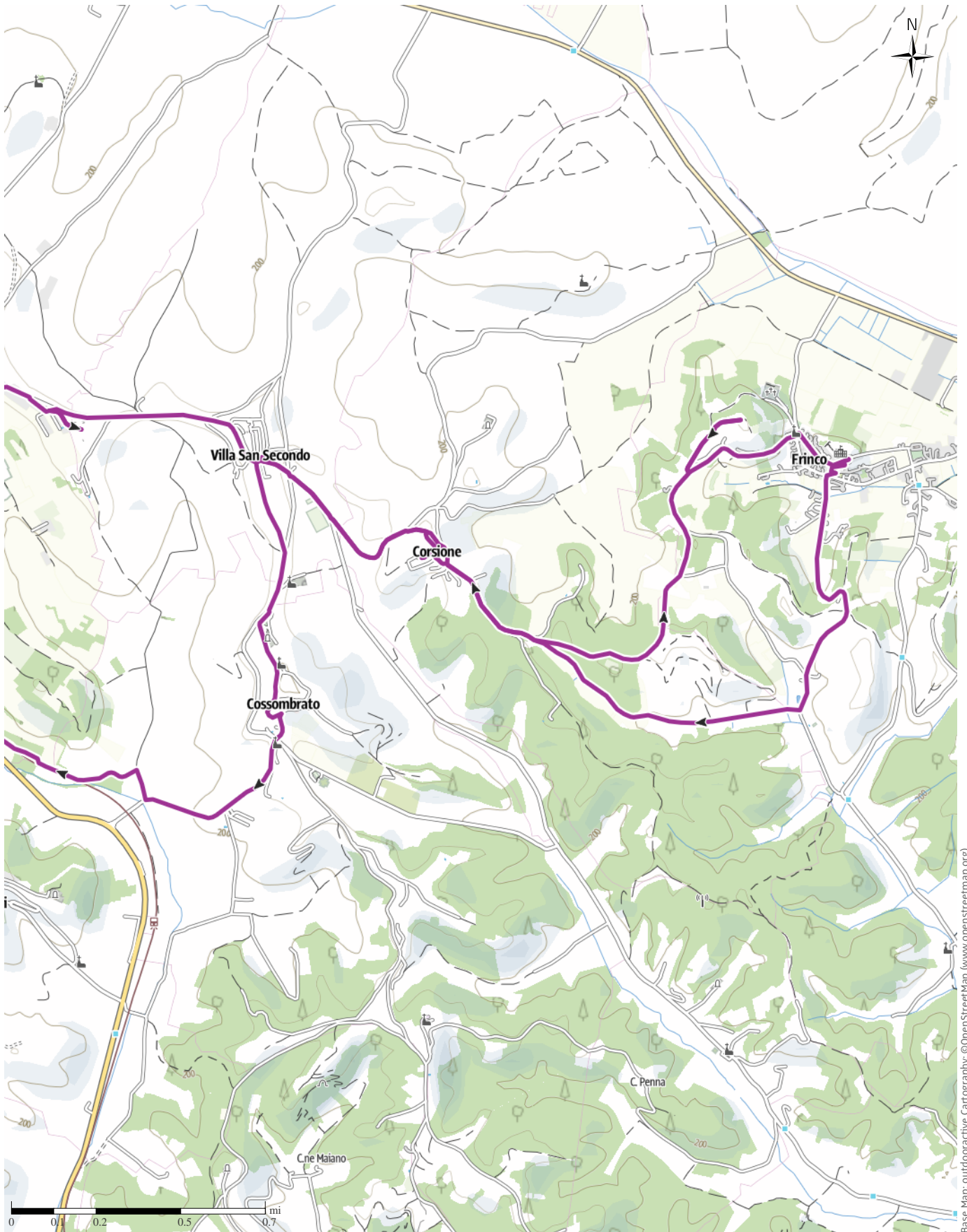
🕒 2:40 h

▲ 1962ft

▼ 1939ft

Difficulty

difficult



Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi

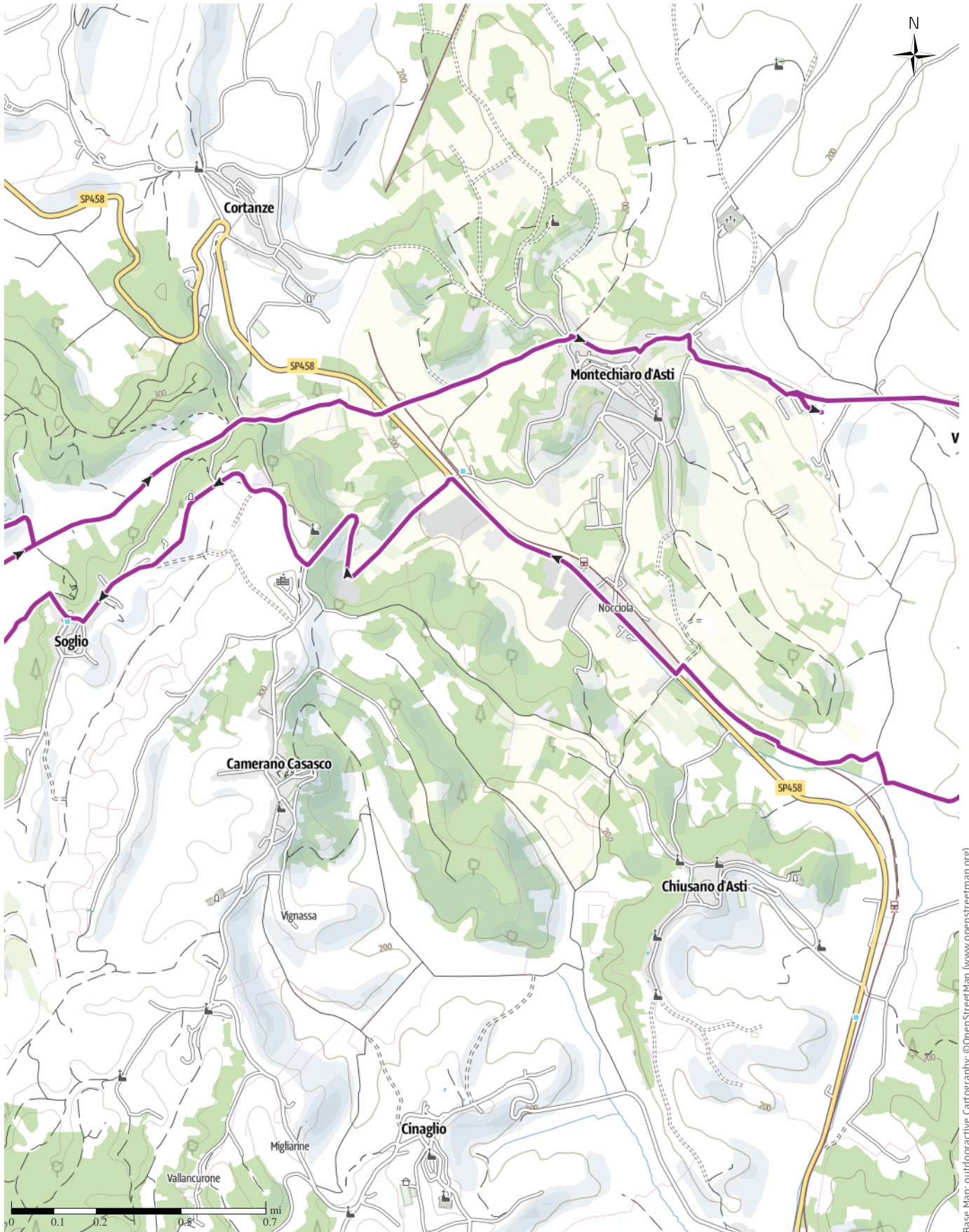
🕒 2:40 h

▲ 1962ft

▼ 1939ft

Difficulty

difficult



Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

The Big Bench and Frinco castle - Itinerary 3

↔ 17.3 mi

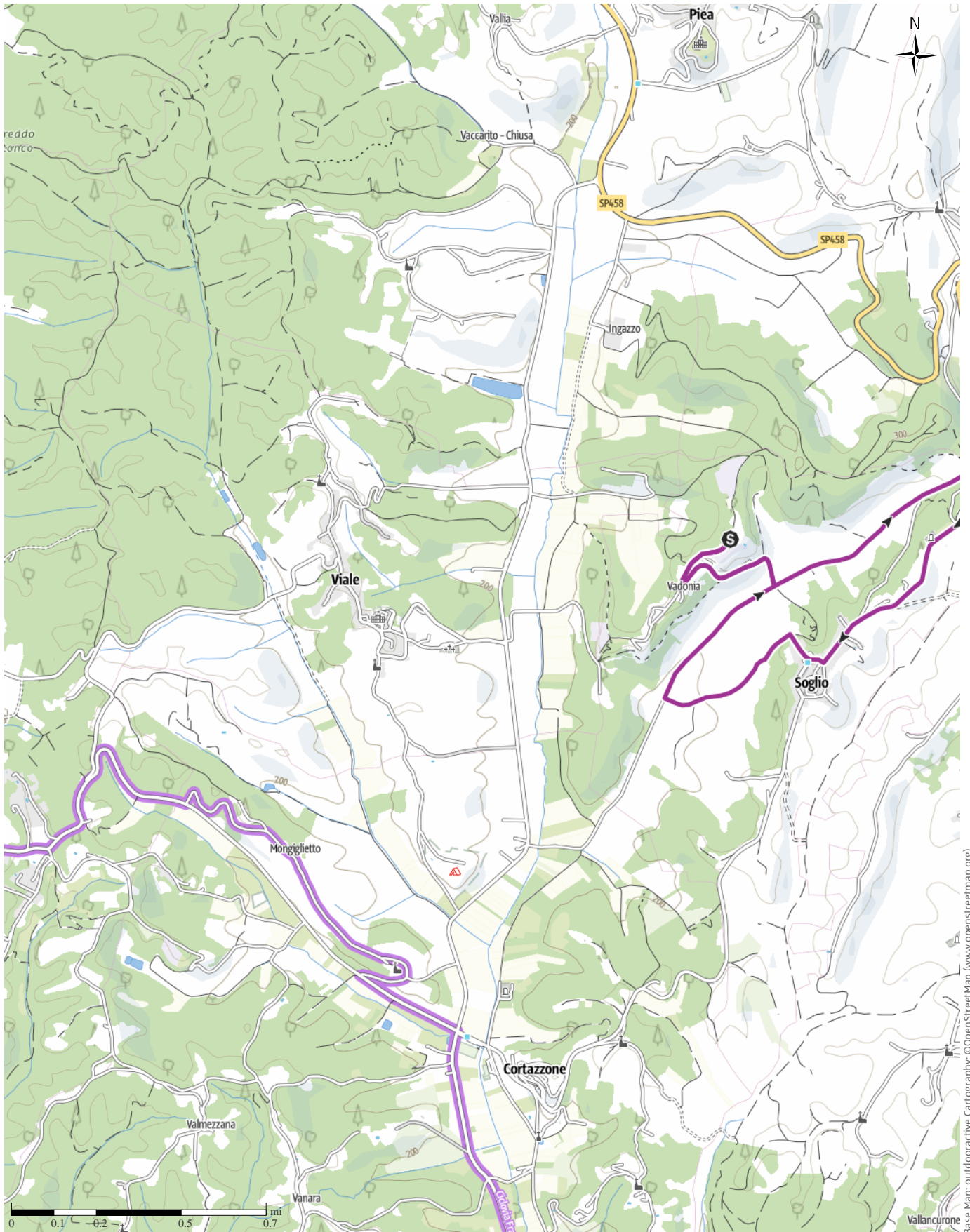
🕒 2:40 h

▲ 1962ft

▼ 1939ft

Difficulty

difficult



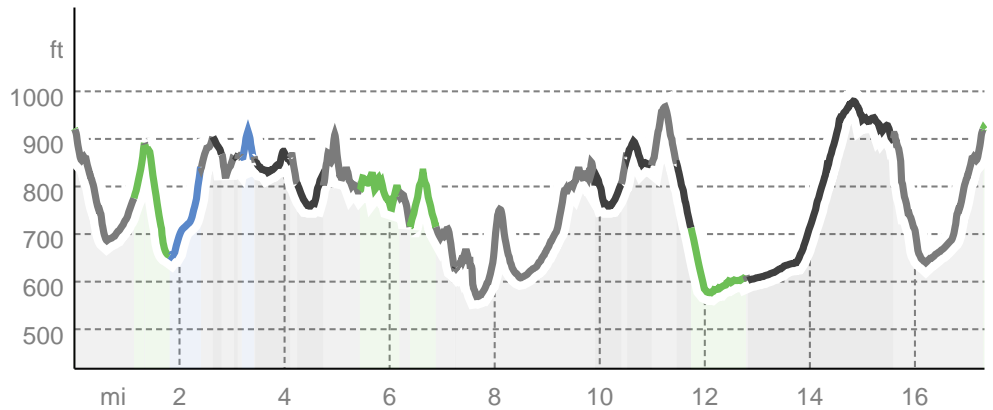
Base Map: outdooractive Cartography. ©OpenStreetMap (www.openstreetmap.org)

The Big Bench and Frinco castle - Itinerary 3

Track types

Asphalt	8.1 mi
Dirt road	0.8 mi
Forested/wild trail	3 mi
Road	5.4 mi

Elevation profile



route data

Bike Riding

Distance	↔	17.3 mi
Duration	🕒	2:40 h
Ascent	⬆️	1962 ft
Descent	⬇️	1939 ft

Difficulty **difficult**

Stamina **●●●●●●**

Technique **●●●●●●**

Altitude

981 ft

568 ft

Best time of year

- JAN | FEB | MAR
- APR | MAY | JUN
- JUL | AUG | SEP
- OCT | NOV | DEC

Ratings

Authors **●●●●●**

Experience **●●●●●**

Landscape **●●●●●**

Community

More route data

Awards



Aleop Tur

Update: May 15, 2026

bench #359 at Frinco. Both offer extraordinary views and are unmissable photo stops. This is a full day out — start early, carry food, and pace yourself on the first big climb.

Takeaway route for iPhone and Android



Scan QR code, save this route offline, share with friends and more...

Website

<https://out.ac/lhBLE0>

The Big Bench Challenge is the flagship ride of the Monferrato MTB collection. It explores the widest arc of the territory — from the familiar ridges above Soglio, south-west to Montechiaro d’Asti, then into the deeper Asti countryside via Villa San Secondo, Corsione and Frinco before looping back north. The route links two of the Big Bench Community Project installations in the area: the iconic red bench #69 near Montechiaro and the more recently installed