

HERE I AM

Hey, it's me, Dave!

FollowBike is my lifelong dream brought to light. I've been riding far and wide for years, planning daily trips and cyclo-tours.

I believe that cycling, and specifically cyclotourism, can always surprise us with unique sensations and outstanding experiences. That's why I decided not to set any limit to my passion, and to follow my dream!



PHILOSOPHY

Cyclotourism for everyone!

Whether it will be easy and funny, or tough and satisfying, a new adventure is surely waiting for you.

Cycling close to the nature means chillout, emotions and relax – admiring landscapes, enjoying colours and appreciating flavours under a different point of view.

Slowly moving with the wind in your face, you'll be immersed into the environment feeling all those details usually hidden to our senses. Even food is tastier during our breaks!

I'll be happy to be your travel companion in this exciting discovery.

SERVICES

- Accident and injuries Insurance
- Transfert by car (max 4 persons / 3 e-bikes)
- Agreed "tailor-made" routes
- Rental E-bike "at home"

TRAINING

In 2023 I obtained the professional certificate at the Italian School of Cycle Tourism and I am affiliated to the Italian Cycling Guides Association - recognized by the Ministry of Economic Development, pursuant to law no. 4/2013.

<https://www.scuolaitalianacicloturismo.it/>



COLLABORATIONS



- Dipa Bike Store (Uggiate con Ronago)
Partner for E-Bike rental
- B&B Villa Natta
Historic residence from the 16th Century (Uggiate con Ronago)
- Cascina Rodiani
Green hospitality (Colverde loc. Drezzo)
- Agriturismo Baita Eleonora (Argegno, loc. Macchero)

CONTACTS

Davide Amato +39.3383988758
E-mail: dave75a@gmail.com

Look at my tours on komoot:



Follow me also on:  



CYCLOTOURISM FOR EVERYONE

PROPOSAL

Como city needs no introduction. You'll be taken through it on quiet roads and cycling paths free of traffic, where the Lake enhances its beauty to the utmost.

If you're not the city type, let's move to the county! **Small towns**, woods, rural areas and **natural parks** together with the nearby **Val d'Intelvi** will welcome you as perfect destinations for a tourist ride.

The neighboring province of **Varese** also offers many small characteristic centres, natural landscapes and large green areas, immersed in a dense network of **cycle routes**.

Heading North we will move to **Switzerland**: Mendrisiotto and basso Ceresio regions surround you with ancient villages lying on gentle hills flavored by hundreds of vineyards, while Lugano waits us with its fascinating artistic and cultural look.

Eventually, a transfer by car or train will easily bring our bikes to **Valtellina**, Pianura Padana and less traveled places on **Como Lake**!



EXAMPLE TOURS

SHORT

Borders Lands : 2.5 hours / 35km / 500m D+ / minimum effort / asphalt surface / coffee break

Perfect trace if you've little free time to discover the area.

The path runs close to the Swiss border till Malnate, then up through the new cycling route in the Parco Valle del Lanza.

Landmarks: Cave di Molera, Mulino del Trotto. Last "effort": climbing up the "Sette curve" uphill in Valmorea.



MEDIUM

Ceresio Lake: 5 hours / 70km / 700m D+ / good effort / mixed terrain / refreshment stop.

Half day: partial tour of Ceresio Lake. Path on the quiet Swiss roads till Ponte Tresa, then through Caslano and Agno back to Melide till Riva San Vitale.

Landmarks: Mendrisio town centre, the baptistry in Riva San Vitale, lakeside walk in Ponte Tresa, Lugano Paradiso, Melide, Bissone. This area is a famous tourist destination full of parks, campings and villages where relax is ensured.



LONG

Two Valleys and a Lake: 8 hours/ 90km / 1600 D+ /high effort / mixed terrain / lunch stop.

A whole day from the bucolic Valle di Muggio till the lively Val d'Intelvi and back along the ancient Strada Regina of Como Lake.

You will through the Swiss Valle di Muggio till the village of Scudellate, where an easy path in the wood guides you through to hamlet of Erbonne on a historical wooden bridge.

Up again to the panoramic Ramponio-Verna route till the Belvedere in Lanzo Intelvi, with lunch break at top of the climb.

Let's restart by running down to Argegno to take the Strada Regina on the lake, with its villas, nice piers and amazing views.

The trip ends in Cernobbio, touristic treasure hosting many international events.

Hills, mountains, villages with no Countries, a world-famous lake, rural landscapes and tourism: everything in just one tour.



**All tours can be customized on request!
Contact me: I will find the perfect one for you!**