

# Loop trail in the Seniga and San Lorenzo Oasis

## Road access from Bergamo:

San Paolo d'Argon (val Cavallina), parking of via A. Moro (Ingresso da Via A. Manzoni e da Via San Lorenzo)  
Km. 14

## Start of excursion:

Parking of via A. Moro, San Paolo d'Argon (240 m.)

## Travelling time:

50' (a/r)

## Height difference:

10 m.

## Difficulties:

AT    

## Recommended period:

All year round, to be avoided after recent rains.

## Water on the route:

NO

## Rest stop:

On the route no, restaurants and bars in the village.

## Information:

Parco delle valli d'Argon Lead partner San Paolo d'Argon  
Spinning Wheel Square, 3 Email: [info@plisdellevallidargon.it](mailto:info@plisdellevallidargon.it) Tel: 035 425311

## Topographic map:

IGM F. ° 33 II S.O. Alzano Lombardo

## Geographical coordinates:

45,684453° N, 9,808060° E

A short hike in the Seniga Oasis with a stop in the educational area and phyto-purification pond. The starting point is the car park in via A. Moro, located south of the former Tonale and Mendola state road (via Nazionale), which can be accessed from via A. Moro, via A. Manzoni or via San Lorenzo.

## The Seniga

It originates in Cenate Sotto fed by nine springs, of various types, recognised and protected, and by other springs, unofficial, located along the initial route, it has no tributaries and after four kilometres it ends its course in Montello as a tributary of the Zerra stream. Even if its dimensions: width and length, limit its definition to a stream or torrent, the Seniga is, according to official definitions, to all intents and purposes a river, since according to the definition of river, the Seniga is a perennial watercourse and never runs dry, and as far as living and written records, no one has ever seen the Seniga torrent

completely dry. In confirmation of this, the Benedictine monks of the Monastery of San Paolo d'Argon made it a source of water supply by building a canal called Senighetto; it was an open canal for a thousand years, until 1957, when it was piped for the use of landowners, who drew water from special openings; It was active until the 1980s, the Senighetto still has its water intake, in the municipality of Cenate Sotto, and after bringing water to the monastery it ended its course returning to the Seniga at the height of the cemetery of San Paolo d'Argon.

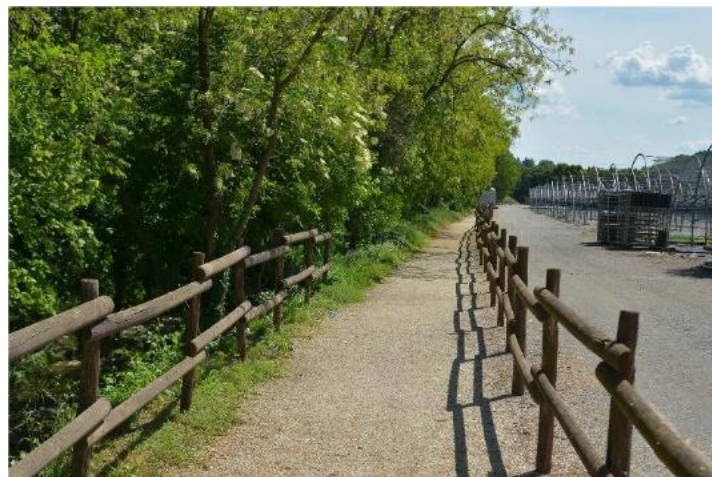
## The Oasis Route



We move along Via A. Moro, in a westerly direction, towards a small tree-lined path, until we reach a footbridge over the Seniga stream.



We cross the footbridge, and beyond it we continue left towards the south.



We continue on the dirt track along the Seniga, on the right bank, to the phyto-purification pond and the educational area.



Here we are in the didactic area of the Seniga Oasis, we can approach the totems with explanations, the reed bed of the phyto-purification pond.



We pass the insect hotel.



We return to the main path and wade safely across the Seniga, continuing to the left and onto the other bank.



We now pass a ford.



We continue on the other bank as far as the subway of the extra-urban road, enter the subway, go up to the left and then turn right as soon as possible to re-enter the Seniga Oasis.



We continue by turning right.



Remaining on the main path, we pass the little house in the park, run by the local association of the Alpini di San Paolo d'Argon.



Although small, it is very functional.



We continue our walk until we reach another footbridge that takes us back to the right bank of the Seniga; beyond the footbridge we continue southwards.



Remaining on the main path, we are about to reach the boundary of the Seniga Oasis; having left the boundary, we climb onto the safe pavement and continue left towards the east.



We enter the cycle path.



We reach the church of Sant' Antonio, and after safely crossing the crossroads, we continue left on the wide and safe pavement that runs alongside Via San Lorenzo.



We continue by turning right.



We continue north to the Church of San Lorenzo, which we find in its small green corner on our right.

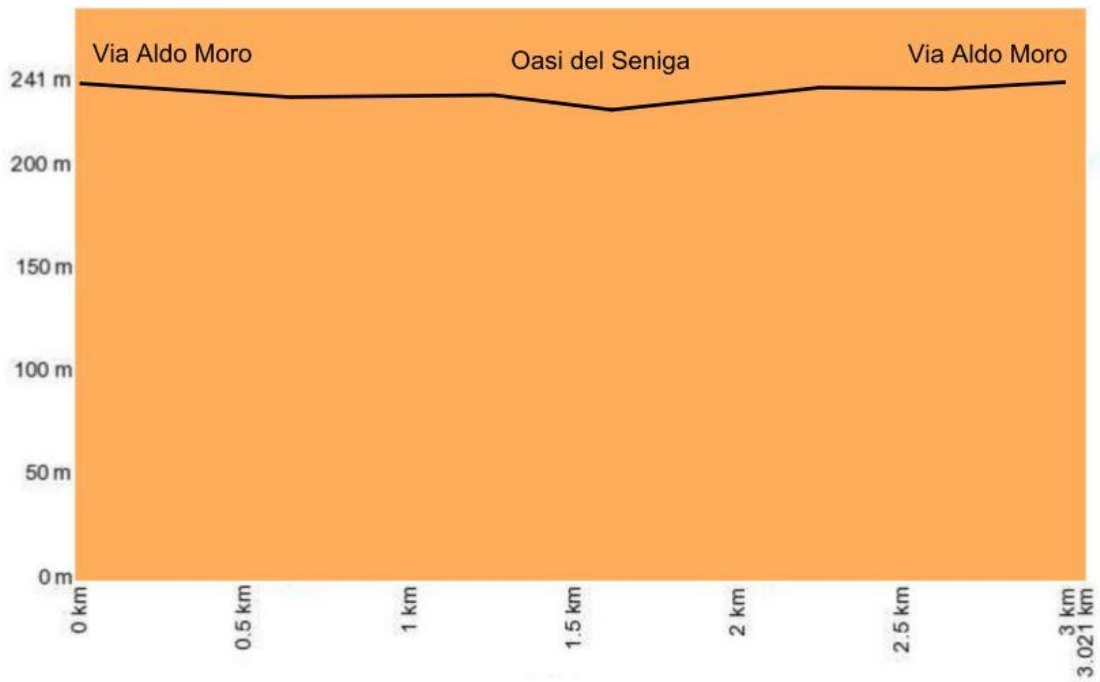


At the level of the church, we cross the road safely to continue north, still on a safe path, until we cross via A. Moro.



All we have to do is turn left and we find ourselves at the car park from where we started. We arrive at the car park after travelling just under 3 km.

# Altimetry



## Mappa del percorso

