



inLOMBARDIA

TREK — KING

/ Magazine





Trekking #inLombardia — Magazine

From walks for the whole family to more strenuous hikes, plus cliffs and walls for climbers and mountaineers, uphill and downhill routes both on and off road for cyclists and mountain bikers. And there is more: hang-gliding, rafting, canyoning and adventure parks for adults and children who want a burst of adrenalin. Sports and lots of outdoor activities, along trails, in meadows and natural protected environments, where the lire in the mountains can be enjoyed to the full. The Lombardy Alps and Pre-alps are ideal for those wanting an activity holiday that also offers interesting idea for finding out about local culture and traditions in mountain villages or enjoying wonderful experiences in mountain refuges, welcoming, cosy places that meet visitors' every needs: a chance to relax and enjoy good food. Holidaymakers in the Lombardy Mountains have just one problem: they are spoilt for choice!

Cover

The summit of Mount Aga, Valle Brembana.



Bergamo

Valle Brembana, a complete mountain experience

— *Wanderings 1*

Nature, culture and gourmet delicacies. Valle Brembana is a valley that knows how to entice tourists wanting a holiday that is both sporting and relaxing

From hikes with various difficulty degrees to long mountain bike rides or trips along the cycle paths discovering a series of picturesque isolated villages, through the most extreme of sports. The mountains in Valle Brembana are the ideal choice for those wanting an active holiday packed with stimuli and excitement.

Beautiful mountains and wonderful refuges

For keen hikers, Valle Brembana offers a wide range of excursions with varying difficulties. One of the classics is the uphill route to Pizzo del Becco via the Fratelli Calvi mountain refuge, where the final ascent starts. Here you can try the thrill of a short, but strenuous via ferrata. Another lovely excursion is to Monte Aga, from Carona to the Longo refuge, and then up the very steep slope to Pizzo di Cigola. Shortly before getting to the mountain

—
The Gemelli Lakes and Pizzo Becco.



pass, you enter a wide gorge that is almost always covered in snow and this leads up a regular slope with a few rocky outcrops and to the top ridge. On the way up to Monte Aga, there is a rocky slab that requires some care. At this point, expert rock climbers can descend by following the south-westerly ridge, which will take them first to Lago del Diavolo and then back to the refuge. One of the most desirable peaks for excursionists is the Tre Signori, which stands high above the provinces of Bergamo, Sondrio and Lecco. A path for this hike up the mountain on the borders starts in Costa di Valtorta, rises up through Valle Grobbia and leads to the Grassi refuge.

For fans of vertical ascents

Valle Brembana has a good many cliffs for climbers, and one of the best known is definitely Falesia di Cornalba, overlooking the Val Serina below. Here you can “free-climb” and Corna Bianca has more than 132 ascents with only a few pitches lower than grade 6. On the walls of the Monolito degli Dei, fans of this sport can put their skills to the test with technically exciting lengths. Another good climbing challenge is Corna Piana, a sheer cliff in a quiet zone with fifteen different ascent routes, and Porta delle Cornacchie, a cliff with about 60 belayed pitches. Both these gyms are a 20-minute walk from Roncobello. The go-to destination for boulder climbers is the area that opens out after the village of Fondra: it has more than 60 boulders. A couple of interesting cliffs in the area are the one called Fiume, beside Ponte dei Canali, and the new one called Bosco.

Exploring Val Parina

The route through the wild Val Parina, which starts from Piani di Scalvino and goes up to Oltre il Colle/Zorzzone is one of the most exciting tours. This is a true adventure that calls for physical



fitness and good technical skills, because it has a series of vertical gorges and scree slopes, where it is better to proceed on foot. It is a good idea to tackle this route with other bikers, as in many zones along the way there is no phone signal, potentially leaving you isolated in case of need. Much gentler and suitable for everyone is the cycle and pedestrian path from Zogno to Piazza Brembana. A bike ride through the cultural and natural heritage of Val Brembana, following the old railway tracks, with picturesque villages along the way such as Oneta or Cornello dei Tasso.

Adrenaline in the sky and water

Just a few minutes from Ganda di Selvino there is a launch base for hang-gliders, including two-seaters. Whereas San Pellegrino Terme has a fully equipped canoe centre on the River Brembo, right in the middle of town.

Adjacent

Cigola pass.

Below

Cornalba crags.



— Highlights

1. Nature. Zogno is home to the *Grotte delle Meraviglie*, a series of irregular circular tunnels that formed many aeons ago and lead to amazing grottoes. The most spectacular of these is the “*Labirinto*” (Büs de la Marta), made up of a large main cave with a very high roof that is covered with a huge variety of calcareous decorations.

2. History. Visitors to Valtorta can walk along the old mine path in Val Stabina, which starts just after the Bolgià bridge. In the village, there are old renovated mills and trip hammers, and a Museum of Ethnography.

3. Culture. San Pellegrino Terme is “*La Regina del Liberty*”, the queen of Italian Art Nouveau. Must-

sees in the town are the bathing establishment on Viale delle Terme, the “*Sala Bibite*” (literally Drinks Room) with its portico, the Grand Hotel, the mineral water bottling factory, casino and town hall.

4. Children. Casa di Arlecchino is a building in the medieval village of Oneta, in the municipality of San Giovanni Bianco, at the start of Valle Taleggio. There are also adventure parks for kids at Passo di Zambla and at the top of Mount Purito.

5. Food and wine. Formai de Mut, Branzi, Stracchino Taleggio and the “blue” Strachitunt are cheeses that delight even the most discerning of gourmet palates. Other must-tries are goat’s cheese, ricotta and Agri.



Bergamo Valle Imagna, a jewel just waiting to be discovered

— *Wanderings 2*



A tiny natural jewel that still today preserves all the spirit of life in the mountains and the good flavours of food

A little valley that still has a very beautiful natural environment. An excellent choice for horse riding, hiking or mountain biking. Ideal for chilling and good food.

The Bergamo side of the Resegone mountain

There are two possible routes up Resegone: the more popular one from Brumano and another, which starts in Fuipiano and takes two and a half hours to reach the Azzoni mountain refuge. Those wanting a hike lasting several days can take the high altitude path that overlooks Valle Imagna from the upper valley. From Roncola it goes up to the Pertus pass and the Bergamo side of the Resegone mountain, then on to the Zuc di Valbona, the Madonna dei Cantì and the Tre Faggi before descending to Berbenno and finally to Clanezzo.

Horse trekking

One way to discover the beautiful sights of this valley is definitely horse trekking along trails and mule tracks. In Valle Imagna there are several agritourisms and stables that organise excursions, lasting one or more days, or simple horse rides on trails suitable for this kind of trekking. Some also offer lessons at the riding school.

Discovering the caves

Valle Imagna is the real queen of the Bergamo caves, and these mountains are home to many, of different sizes. The local speleology

group organises visits to the Grotta Val D'Adda in Sant'Omobono Terme, to the Bùs di Cornei in Ubiale Clanezzo, which is one of the oldest and the Tomba dei Polacchi in Rota d'Imagna, which winds horizontally for a good 4 km and is thought to have been a prehistoric place of worship.

— Highlights

- 1. Culture.** *The village of Arnosto is worth a visit. The museum also offers a look back into the past, showing how people in the pre-Alps lived with a collection of tools used by locals, farmers and craftsmen.*
- 2. Art.** *The Madonna della Cornabusa is a shrine to the Virgin Mary housed in a natural cave that occupies a forbidding position over a sheer drop down to the valley.*
- 3. Traditions.** *The Sivilì is a traditional three-hole flute, the characteristic musical instrument made by wood turners.*
- 4. Shopping.** *In Almenna San Bartolomeo, at the Corte di San Tomé, every third Sunday in the month there is a farmers' market selling genuine local-grown produce.*
- 5. Events.** *The Imagna Longa is a food and wine walk held in September that offers a chance to discover typical valley products and dishes.*

— Pan Tre Faggi.

Bergamo Valle di Scalve, nature, peace and quiet

— *Wanderings 3*



A valley with big appeal, thanks to its emerald green pine woods and dolomitic peaks that crown the village of Schilpario. The perfect destination for those who love nature and want to avoid the crowds

Hiking for everyone on the sheer rocks above Dezzo

The historic Via Mala along the Dezzo River is a hiking trail suitable for anyone, with its vertical rocky walls and deep ravines. This completely safe 2 km tourist route follows the old road dug out of the rock, with an 80-metre sheer drop down to the river and leads to the Travertino waterfall. Another nice excursion starts from just outside Schilpario and takes hikers into Valle del Vò, between Monte Bognaviso and Pizzo Tornello.

Cycling adventures

Breath-taking view points, unspoilt nature, rivers to be forded and natural mountain lakes capturing all the shades of green and blue. These are the most beautiful discoveries to make from the saddle of your mountain bike. Of all the routes in the valley, one must-try is the circular trail that starts in Schilpario, and takes in Vivione, Passo del Gatto and the lakes at Venerocolo before descending once again to Schilpario after 32 kilometres. Another bike ride goes from Colere to the Gleno dam and back to Colere—34 kilometres in 4 hours. Finally, there is the trail up to the Campione mountain refuge from Schilpario and to the Campelli Lake, which returns to its starting point after 29 kilometres.

— View of the Valle di Scalve.

Cliff for climbing

In Colere, climbers can try out the Belingheri cliff, not very long, but challenging, Falesia Piantoni or Falesia Vallone in Castello, more technical and therefore calling for good training, as well as good climbing skills. Finally, there is the Vò waterfall that freezing over during winter becomes a gym and popular destination with climbers.

— Highlights

- 1. Culture.** A visit to the Museum of Ethnography in Schilpario involves a trip right inside the mountain, discovering mining secrets.
- 2. History.** An easy walk in Bueggio takes visitors to see what remains of the Gleno dam, which collapsed in 1923.
- 3. Food and wine.** Vil Maggiore is a hamlet in Vilminore and home to the Latteria Sociale Montana, the mountain cooperative dairy that produces the famous cheeses and is worth a visit.
- 4. Nature.** A visit to the Alpine Arboretum in Gleno is a relaxing day out and a chance to learn more about the local trees.
- 5. Sport.** Lovers of recreational fishing can catch brown, rainbow and brook trout in the River Dezzo.



Bergamo Valle Seriana and the Presolana — *Wanderings 4*

The Valle Seriana Mountains are a wonderful tourist destination, perfect for discovering on foot, mountain bike or with fun off-road quad rides

Over a thousand kilometres of trails taking in pastures and crystal-clear Alpine lakes, for one-day hikes or stages over several days along the Sentiero delle Orobie, the path that runs close to the Presolana, the real queen of these mountains. Valle Seriana is ideal for walking and for relaxing and cultural holidays. In addition, you can have adrenaline-packed experiences such as downhill, cliff climbing or canyoning in a truly wonderful environment.

Hiking

Valle Seriana offers lots of easy family-friendly excursions. These include a one-hour walk to the Baita Cassinelli, from where visitors can enjoy splendid views out over the Presolana massif and

—
Pizzo Coca.



the valley below. Another route goes up to the Alpe Corte mountain refuge, surrounded by a beautiful pine wood topped by the dolomitic walls, where even children will have fun. From the refuge, you can pick up the Sentiero delle Farfalle, a butterfly trail with special panels giving local nature information. For lovers of more strenuous hikes, there is the 3-hour trail on Cima Grem from Colle di Zambla, a very scenic route that takes walkers along the ridge of the mountains, starting at Passo Zambla. Along the way, a turnoff leads to the Alpe Grem mountain refuge. Another long, but very enjoyable trail is Monte Visolo, lasting 4 hours and offering views of Valle Seriana, Presolana and Pizzo Corzene.

Via ferratas and climbing cliffs

The via ferrata on Monte Alben, suitable only for the fit and experienced, rewards hikers with untamed scenery of pinnacles and rocky walls. Valle Seriana has plenty of options for climbers too, with the most popular cliffs being the Grottone di Onore, Lantana in Castione della Presolana, Valgua in Albino, Cornagera in Aviatico and Fontanei in Gandino.

Exciting cycling

Spiazzi di Gromo has downhill trails to suit all. The Bike Park here offers adrenaline-packed routes with ascending levels of difficulty, suitable for both beginners and the more expert, and an equipment rental service allows first-timers to try a downhill experience. Whereas the Selvino Tour is a circular mountain bike trip of about 25 kilometres on different kinds of terrain. The Alta Valseriana cycle path, which goes from Gromo to Valbondione, takes you through a succession of woods, meadows and small villages. Going up the valley the landscape becomes mountainous and the Serio river becomes more and more like a little stream, sometimes peaceful, sometimes with



rapids in the midst of large rocks. Along the path you can admire the most beautiful and majestic peaks of Bergamo such as the Devil of Tenda, Redorta, Pizzo Coca, Mount Gleno and Torena.

Pure adrenaline on the water and in the sky

Fiumenero is a village just a few kilometres from Valbondione with a wonderful narrow gorge perfect for canyoning. Abseiling, technical jumps (repeatable), scrambling and the thrill of a natural 20-metre toboggan dug out of the rock by the water make this water hiking an unforgettable, must-try experience. For those who, on the other hand, prefer flying, Monte Farno, Monte Arera, Monte Blum and Scanapà are excellent paragliding launch points. The paragliding schools in Gandino, Aviatico and Rovetta have flights for both beginners (two-seaters) and experts.



Adjacent

Cassinelli mountain refuge, Valle Seriana.

Below

Madonna della Gamba, Albino.

— Highlights

1. Art. The path of shrines dedicated to the Virgin Mary allows visitors to discover many religious buildings, including the Santuario della Madonna dello Zuccarello in Nembro, the Santuario della Beata Vergine del Miracolo in Albino, the Santuario della Madonna delle Grazie in Ardesio and the Santuario della Madonna delle Grazie in Cene.

2. History. Gromo is worth a visit, a place declared to be one of "The most beautiful villages in Italy". Standing on a rocky promontory, surrounded by meadows and fir woods, it is known as the "little Toledo" for its iron and silver mines and for its cold steel factories.

3. Adventure. The adventure park in Pineta di Clusone is the ideal choice for a fun day out with all the family, immersed in vegetation. The park has 5 tree-top trails at 2 to 15 metres above the ground, along which visitors can leap into the air in total safety on the zip wires and walk along suspended bridges.

4. Off-road. Quad excursions are on offer at Monte Pora at the Pian Del Termen. The long trail, starting in Valle Seriana, goes through woods, along paths, mule tracks and fords, discovering the Bergamo valleys, touching the Parco delle Orobie, Presolana massif and the high Lake Iseo.

5. Nature. An exciting hike to the Serio waterfalls that must not be missed during the 5 spectacular annual openings between June and October. Valbondione is the starting point for a walk to the Rifugio Antonio Curò mountain refuge, which leads to the best point for observing this 300-metre high cascade of water.



Bergamo Three small natural jewels: Val Vertova, Val Sedornia and Val Sanguigno

— *Wanderings 5*



Off the beaten tourist track, but close to the Valle Seriana, there are three small valleys, just waiting to be discovered, either on foot or mountain bike

In these three small side valleys off the Valle Seriana, nature is still untamed and rich in streams, rivers, waterfalls and pools, perfect for enjoying during relaxing walks suitable for the whole family.

Hike to Lake Spigorel

A lovely excursion that in 2 and a half hours (one way) allows walkers to discover this little valley is the uphill route to Lago Spigorel, which starts in Trezzi Alti. After the Cappella di San Carlo, woods and dense vegetation open out into a large pasture with views of Monte Avert behind you. The trail then goes through another lovely wood before the last stretch leading to the lake.

The crystal clear water of Valvertova

The trail up to Bivacco Testa is surrounded by nature, winding through the purest of little waterfalls, the "Marmitte dei Giganti" rock formations and luxuriant, unspoilt vegetation. The start is a mule track in Vertova that runs alongside the river, taking walkers to just before the waterfall in Val de Gru and then on to the Merèl meadows. The trail continues through a wonderful gorge before going up Pradaccio hill and then to Bivacco Testa.

Rocky pyramids and meadows in Val Sanguigno

Granpace mountain refuge is the destination of this lovely excursion through Val Sanguigno.

It takes an hour and starts at the Aviasco hydroelectric power plant, winding its way through woods, meadows in bloom, pastures, pools of water and small waterfalls. Along the path you might even catch a glimpse of roe deer or stoats.

— Highlights

- 1. History.** *One of the oldest stones in Val Sedornia is the Masso Altare, which dates back to just a few centuries after the birth of Christ.*
- 2. Art.** *Gandellino, in Val Sedornia, is a picturesque, peaceful village where you can visit the crypt in the church of San Martino.*
- 3. Sport/1.** *The trails in the Vertova, Sedornia and Sanguigno valleys are also suitable for mountain bikes.*
- 4. Sport/2.** *You can fish in some sections of Vertova River, but care must be taken as other sections are protected and here fishing is prohibited.*
- 5. Events.** *The festival "I sapori della nostra terra", in Vertova, is a chance to discover popular tradition, relive old crafts, taste and enjoy typical products.*

—
Val de Gru waterfall.



Brescia

Val Trompia, where nature and ancient mines await visitors

— *Wanderings 6*

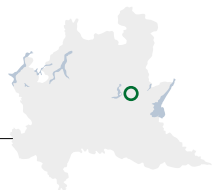
Be ready for a great vacation in Val Trompia to discover natural treasures amidst huts and trails winding down the forest in Zone and reaching up to mounts Guglielmo and Maniva

The mountains and huts of Val Trompia have always been an irresistible attraction for all hikers wishing to discover more than 70 itineraries and landscapes of unparalleled beauty, spanning from the Adamello mountain complex to the Monte Rosa massif, and feel they can almost reach out and touch the Alps with their hands.

The trails around mount Guglielmo

Hikers visiting Val Trompia should not miss a climb to mount Guglielmo, a major hiking destination in the Brescia province. Many trails depart from the small villages erected on the slopes of the mountain and reach its peak. The village called Zone offers one of the most charming points of departure, with a view on natural pyramids formed by water erosion and known as the "Camini delle Fate" (Fairies' Chimneys).

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The Riserva Regionale delle Piramidi di Erosione, with natural pyramidal formations, in Zone.



These surprising natural ‘sculptures’ can be found in a nature reserve. The trail runs gently at first, then becomes steeper, crosses the Valbures river, touches the small church of the Madonna del Disgiolo, the pasture of the Malga Aguina dairy farm and the Rifugio Almici, and reaches the final destination for a total walking time of 2 hours and 30 minutes. An alternative return path that is worth taking departs from the Palmarusso and Casentiga dairy farms, crosses the “Bosco degli Gnomi” (a “Gnomes Forest” adorned with 45 wooden statues by the artist Luigi Zatti depicting fictional forest dwellers), and reaches the point of departure.

The Anello della Val Trompia

The Anello della Val Trompia (or Val Trompia Ring) is a panoramic trail that follows the ridges bordering the valley – along a total distance of 130 km to be covered on foot or by mountain bike in 5 laps, in a charming wildlife setting with rather demanding stretches. Hikers can depart either from Marcheno or from Lodrino and walk through the Pezzeda, Portole and Sette Crocette passes to reach the San Zeno hill before going downhill towards Pontogna.

The water trail

On the slopes of mount Ario, the Irma municipality is characterised by an abundant water supply from underground aquifers and sources. Adults and children can take a walk along this thematic water trail with information panels, across natural spas, spruce forests and wetland, and reach a clearing that hosts the final interactive station, where this educational tour ends. The walk can continue on a hiking trail to safely reach the 50 m high Caldéra waterfall.



A bike ride with climbs and descents

Mount Maniva is a perfect destination for both walkers and cyclists. Placed at the intersection of many ring-shaped free riding trails, the climbs and descents of mount Maniva offer wonderful landscapes and a highly adventurous experience. Another interesting mountain-biking itinerary departs from mount Maniva, runs through the Baremone pass in the Anfo municipality, next through the Berga pass (where a very demanding descending stretch starts), and ends right after crossing the Berga river, at Ponte di Romanterra. For a unique adrenaline experience, you can opt for the trail that leads downhill towards Pezzeda, across woods and lawns. Here a chairlift facility, with a bike park access, takes bikers back to higher altitudes.

— Highlights

- 1. History.** *The Val Trompia has a long mining history that can be discovered by visiting ancient mines. The first and largest mine in the valley is in Sant’Aloisio di Collio and the second largest, the Marzoli mine in Pezzaze, can be visited on board of a miners’ train and includes a Miners and Blacksmiths Museum called “Il mondo dei minatori e l’arte del ferro”.*
- 2. Art.** *Gardone Val Trompia hosts the monastic complex of Santa Maria degli Angeli, which has been declared a National Monument in 1947 and includes the Santa Maria degli Angeli Basilica.*
- 3. Culture.** *Another museum worth visiting is the Museo delle Armi (Weapons Museum) in Gardone Valtrompia, where old weapons, armatures and firearms dating back to the 1500s are kept. The museum also has a large educational room with*

Adjacent

Climber in Val Trompia.

Below

Baremone, view of Lago Idro.



models and movie projections showing the history of weapon manufacturing.

4. Family sports. *The cycle route on the banks of the river Mella is a perfect choice for all family members to go for an easy bike ride. The route runs alternately on the two banks of the river for visitors to discover the ancient Roman aqueduct, the Villa Glisenti park, the Calchere (lime kilns) and an old blacksmithery forge, “I Magli di Sarezze”, now turned into a museum, and arrive at the entrance of Valle Vandeno.*

5. Food and wine. *We also recommend the Colli dei Longobardi wine tour to visit local wineries producing Botticino and Capriano del Colle, two local wines bearing the D.O.C. (controlled designation of origin) quality label. The itinerary starts from the Pusterla del Castello di Brescia vineyard, the largest “urban vineyard” in Europe.*



Brescia Nature, taste and traditions: Val Sabbia

— Wanderings 7



From multiple-day treks with night-breaks at mountain huts, to shorter walks open to all: a charming valley for all tastes set against the background of the little lake Idro

Val Sabbia is a real paradise to be discovered for a fully relaxing experience. It is crossed by the river Chiese, touched by the waters of lake Idro, and nestled in the green of oak and chestnut woods: all is there for tourists to discover life in the dairy farms where the famous Bagoss cheese is produced.

A walking experience meeting all tastes

The choice is rich and ranges from treks of several days – through the barracks, trenches and small fortresses of World War I, such as the one in the Alta via del Caffaro, where nature is sovereign and chamois, ibex, deer, roe-deer and marmots can be spotted – to more demanding walking experiences to be covered in only 4 hours on the same day – such as the route starting from Gaver, reaching the Rifugio Tita Secchi mountain hut and the Lago della Vacca, and then climbing to the Cornone di Blumone peak. Val Sabbia, however, also offers a choice of excursions for families, such as a much appreciated and interesting itinerary departing from Rifugio Tassara and climbing to mount Frerone. The valley trails can also be covered on horseback, or, limited to stretches reaching mountain huts, with mountain bikes as well. The Cornone di Blumone peak, instead, is a preferred destination for climbers.

Bagolino: Medieval history and traditions

A must-see for tourists visiting Val Sabbia is Bagolino, a village that owes its fame to a carnival and is also the birthplace of the Bagoss cheese. A unique medieval feel can be perceived by walking in the long, narrow streets of the town centre named “piastroi”, which snake through houses all crammed up together and embellished by decorative and architectural elements of great significance, such as small terraces, underpasses, wrought-iron grilles, porticos, balconies and frescoes. The churches of this village host works

of great painters, such as Titian and Tintoretto. The valley also boasts a rich cultural heritage. Another place that is definitely worth a visit is Rocca d'Anfo, which is among the largest Napoleonic fortresses in Europe.

— Highlights

- 1. Archaeology.** *The archaeological exhibits of the Gavardo Museum tell the story of civilisation in Val Sabbia. A bear skeleton is also on display in one of its halls.*
- 2. Art.** *In Sabbio Chiese, visitors will find the Madonna della Rocca sanctuary, an ancient fortress converted into an oratory, with two superposed churches. Inside the complex, a Museum of Peasant Civilisation can also be visited.*
- 3. Adventure.** *The Fucine di Casto Park offers a daunting wall-climbing experience and, optionally, adventure trails with canyons, Tibetan bridges, slack lines and zip lines. A children's play area is also available.*
- 4. Food.** *The skewer is the pièce de resistance of the Val Sabbia cuisine, beside other specialties such as the Bagoss and the Formaggella Valle Sabbia cheeses. Make sure you do not miss a taste of the local Dos salami, the “Rose cake” (Torta di Rose) and the “Bitter sugar” (Zuccherò Amaro).*
- 5. Shopping.** *Dairies are open to tours, for visitors to discover the time-honoured dairy tradition of Val Sabbia and of course to buy some cheese to bring home.*

—
Lago Vacca.



Brescia

Mountains with ancient history: Valle Camonica

— *Wanderings 8*

These mountains guard a World Heritage Site and offer nature holidays spent climbing, walking and pedalling

Excursions

The Valle Camonica is a wide, level valley in the central Alps. Crossed by the River Oglio, dominated by the Adamello mountain range, the valley is home to one of the world's biggest collections of prehistoric rock art, the first site in Italy to be added to the list of UNESCO World Heritage sites. This area, with its many lakes, mountains, nature parks and immense landscapes, takes visitors back ten thousand years on a journey in time from the Mesolithic period to modern day.

5 mountain refuges on a circular route of Val Malga

A lovely one-day trail from Ponte del Guat (Guat bridge) in Val Malga takes hikers across the valley, discovering the welcoming mountain refuges of Valle Camonica Premassone, Tonolini, Baitone and Gnutti. The latter marks the start of an alpine trail that then leads up to the top of the Adamello. The Val Malga hike calls for some care on the stretch between the Gnutti and Baitone refuges and can be completed in 4 hours. Meanwhile, those preferring a hike

— Hikers admire the Adamello peaks.



lasting several days can follow the Alta Via dell'Adamello (Path/Sentiero no. 1), a wonderful trail, but only for fit hikers carrying all the equipment needed for high alpine routes. It includes in fact some rather exposed via ferratas (with fixed ropes, ladders, etc.). This route goes from Breno to Edolo and must only be undertaken by very expert hikers or with mountain guides. Each stage and each mountain refuge are starting points for short-medium hikes. The route can however also be enjoyed as one-day hikes, thanks to paths that link it with the valley bottom.

Three-day Glacier hike

The Adamello also offers the chance to enjoy the experience of a hike to the glacier. The Pian di Neve is a hikers' dream because on clear days it allows amazing views reaching as far as Monte Rosa. Mountaineering fans can, on the other hand, test their skills along the skills along the Sentiero dei Fiori, a panoramic ferrata that ensures incredible views, suitable for experienced hikers..

The Oglio cycle path

From gentler walks to hikes uphill or along the trails and steep downhill unmade paths: discovering Vale Camonica by bike is spectacular. A cycle and pedestrian path starts at the Passo del Tonale pass, linking no fewer than 280 km of paths along the Oglio riverbanks and winding through the varied landscape of the valley, until it comes to the banks of Lake Iseo and through the Franciacorta vineyards. For keen mountain bikers, the Adamello Bike Arena offers more than 500 km of trails between the Valle Camonica and Val

di Sole valleys, even entering the Stelvio and Adamello nature parks. The Passo del Tonale also has downhill and free-ride trails.

Bienno, one of Italy's most beautiful villages

In Biennio, which belongs to the Club de I Borghi più belli d'Italia ("The most beautiful villages in Italy" club) visitors get a chance to relive a medieval atmosphere. Walking down its streets, they can see characteristic houses, towers and noble buildings, visit the Fucina Museo (Forge Museum) with its impressive waterpowered trip hammer and the (also water-powered) mill with adjacent museum of country life. A must-visit is the church of Santa Maria Annunciata, which still has beautiful frescos by Romanino, one of the most important painters from the Lombardy school and by the local artist Pietro da Cenno and his atelier.

Adjacent

Lago Seroti.

Below

Sforzellina glacier north of Gavia pass.

— Highlights

1. Art. Worth a visit are the Pieve di San Siro church and the Monastero di San Salvatore in Capo di Ponte, both evidence of Romanesque architecture in Valle Camonica, and the Shrine to the Via Crucis in Cerveno with the Sacro Monte, or Sacred Mountain.

2. History. Valle Camonica, also known as Valle dei Segni, or the Valley of Signs, conserves a huge heritage of rock engravings. The Naquane National Park in Capo di Ponte and the MUPRE (National Museum of Prehistory) in Valle Camonica are both must visits. There are other parks in Dafro Boario Terme, Ceto, Cimbergo, Paspardo, Sellero, Sonico and Ossimo.

3. Sport. Renowned as an active holiday destination in both summer and winter, Valle Camonica has plenty to offer (hiking, MTB and road bike paths, cycling tourism, climbing, skiing, snowboarding, snowshoe walking and much more) with Ponte di Legno - Tonale, Borno, Montecampione and the Aprica mountain pass.

4. Food and wine. Foodies should check out the local dairy products, especially Fatuli (a Slow Food Presidium), a smoked goat's cheese made with raw milk from the Bionda dell'Adamello goat, which can be tasted in the mountain refuges in Val Savio and Silter Doc, a mountain cheese made with raw cow's milk.

5. Events. In June, the Fiera della Sostenibilità della Natura Alpina is a sustainability fair organised by the Valle Camonica Mountain Community - Adamello Park. A must-visit is the Market-Exhibition in Bienno, with over 200 exhibitors from all over Italy and stalls with typical traditional valley dishes. Finally, the "Del Bene e del Bello" exhibition of cultural heritage.



Brescia Concarena, Gavia and Mortirolo: adventures on foot and by bike

— *Wanderings 9*



The wildest side of Valle Camonica: from gorges for experts to the uphill hairpin bends that have written the history of the Giro d'Italia

The new "Parco Locale di Interesse Sovracomunale delle Dolomiti Camune" is a protected area with a wealth of hidden, wild landscapes off the beaten track, like the Concarena massif, ideal for mountaineers or hikers looking for unusual experiences and not just simple excursions. Harsh, magnificent scenery and a sensation of getting away from it all dominate the maze-like meanderings of foothills, spurs and crests that culminate in the Cima della Bacchetta. Tourist attractions in the Valle Camonica are rounded out by the legendary mountain passes of the Giro d'Italia, especially Mortirolo and Gavia.

Where the woods end and adventure begins

Vertical rock walls tower seemingly forever upwards over woods, demanding gorges, and a backdrop that form a real maze of stone and forest. This is the uphill route to the Cima della Bacchetta della Concarena, a little-known, very difficult climb to this peak that takes four and a half hours and calls for experienced, trained mountaineers. Fascinating and mysterious, the Concarena offers many as yet almost unexplored areas that do not even appear on maps.

Hikes and thrilling climbs

The simplest tours are: the 2 and a half hour hike in Val Varadega (apart from the last part); the 2-hour one from Mortirolo to Monte Pagano; the 3-hour walk to the Laghi Seroti da Monno,

an uphill hike requiring great care. Those who prefer more strenuous, high-altitude jaunts taking several days, can try the trail from Case di Viso to the small glacier at Sforzellina sul Gavia, which follows mule tracks, World War One paths and mountain refuges.

— Highlights

1. Culture. To see: the Naquane national park of rock engravings and the the MUPRE museum telling the history of Val Camonica and its people.

2. Food and wine. From Ono San Pietro and Cerveno to Losine, along the ancient Via Valeriana halfway up the slope of the Concarena taking in green vineyards, fields, fragrant meadows and winery visits.

3. Traditions. The start of autumn in Ono San Pietro sees firing of the Calchera, the old lime furnace, and ten days of initiatives linked to what used to be a true craft.

4. Sports. Discovering the area on horseback, with all its beautiful natural, artistic and cultural sights.

5. Fishing. Those who prefer crystal clear water will enjoy fishing along the Oglio River or in one of the many streams.

—
Gavia Pass.

An aerial photograph of the Corni di Canzo mountain group in the Triangolo Lariano region. The image shows a large, deep blue lake (Lago di Como) in the foreground, with a town of Canzo nestled on the shore. The surrounding landscape is a mix of green forested hills and rugged, rocky mountain peaks. In the background, more mountain ranges are visible under a clear blue sky. A small white building with a green roof is visible in the lower-left foreground on a grassy slope.

Como

The “Triangolo Lariano”: the Corni di Canzo mountain group

— *Wanderings 10*

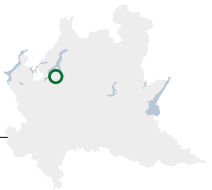
These mountains are amazing for outdoor-life lovers with a choice of steep cliffs for climbers, erratic rocks for boulderers and high-altitude hiking trails with a lake view

The Triangolo Lariano (a geographic area within the Province of Como) is a natural 'balcony' located between the Alps and the lowland. It is an enchanting vantage point overlooking the Lago di Como and celebrated by writers and poets. Here history, art and mountain villages blend. Soaring slopes and rocky spires alternate with gentle hills covered with lawns and woods, crossed by rivers, torrents and waterfalls.

Climbing up to the Corni

The three trails leading to Corni di Canzo are a classical hiking experience in the area. The longer one departs from Canzo, the second trail from Oneda Valbrona, and the third one from Valmadrera for a 2 and a half hour walk through the woods to reach the Rifugio SEV in the lowland and admire the surrounding landscape. Hikers wishing to discover the mountains and hills of the Triangolo Lariano can opt for the Dorsale (ridge) route. It will take 2 days to cover a total distance of 30 km on cart and farm roads, forest paths

— The Lago di Como seen from the Corno Occidentale peak.



and easy-to-walk trails of great landscape interest. The starting point of the itinerary is Brunate, to be reached from Como by cableway, with Bellagio as final destination.

Hiking option at Cornizzolo

Another interesting mount for hikers is Cornizzolo. You can start your climb at Gajum di Canzo by following the "Sentiero Geologico", or "geological trail". For a more demanding and rewarding hiking experience, opt for departure at the junction of Ceppo dell'Angua to reach the SEC mountain hut in 2 hours. From here, you can climb to the top of mount Cornizzolo with another 20-min. walk. Other alternative trails to climb to the top of mount Cornizzolo start from Lazzaretto di Canzo (one and a half hour's walk) or from Alpe di Carella, where a bar is placed across the trail entrance to prevent car access. From this point, you can reach the top in one and a half hour.

Walls and erratic rocks for an amazing bouldering experience

The rock walls of the Triangolo Lariano are among the most popular destinations for climbers. Although they are not so high, routes are so structured that only expert climbers can attempt this gruelling expedition. The presence of erratic rocks will make your climb daunting, especially along the glaciological trail, which makes these mountains ideal for bouldering. Other interesting bouldering options include the Gajum rock wall and the most recently formed cliff close to Sasso d'Erba, a peaceful and isolated spot with an excellent exposure, especially during winter. Simple or more demanding routes can be used to reach Sasso Tavarac, a relatively wild place. Finally, for longer distances, boulderers could also opt for the Buco del Piombo in the Erba municipality.



The Sormano ad Ghisallo "walls"

Bicycle lovers can test their abilities on the demanding classical climbing routes of Sormano and Ghisallo. The proposed itinerary includes a ring-shaped trail starting from Nesso, covering a distance of 50 km, and offering spectacular views. You will ride mainly on roads open to car traffic and need to be watchful. Mountain bikers could also opt for the full Triangolo trail, starting from Como and reaching up, through the Brunate climb, to Bellagio. The trail includes all types of off-road terrains, where apparently flat ground alternate with challenging, short upward slopes. A few sections with rocks along the route need to be covered on foot pushing your bike. This is a 'technical' type of trail, with narrow passages and steep cliffs on the sides. Another nice climb worth riding with a mountain bike is a trail that reaches up to Colma di Sormano.



Adjacent

The abbey of San Pietro al Monte, Civate, Lecco.

Below

Mount Cornizzolo.

— Highlights

1. Art. A visit to the Romanesque complex of San Pietro al Monte, on top of mount Cornizzolo, with its lush green lawns and forested slopes, is highly recommended. After a nearly one hour walk from the Civate village, you can reach this prime example of Romanesque art in Como with the San Pietro Basilica and the small San Benedetto Oratory.

2. Sport. Sports enthusiasts can take a two-seater paraglider ride – to enjoy breathtaking mountain and lake views from the top – at the paragliding school based in Suello, at the foot of mount Cornizzolo, which can also be reached by public transport. The paragliding instructors of the school will guide you throughout this adrenalinfuelled ride to ensure a safe experience.

3. History/1. Historic places worth visiting include the Shrine of Madonna del Ghisallo, the patron of cyclists, and its appurtenant Museum, with a rich and exhaustive collection of cycling and racing exhibits. Visitors can admire vintage bicycles that belonged to great champions, cycling gears, pictures, documents and trophies.

4. History/2. In Albese con Cassano, an old wash house has been renovated and is now home to the ethnographic museum, where tools and equipment on show include a tub for washing laundry, a water pump and fire-fighting machinery from the second half of the nineteenth century, as well as material related to work in the countryside.

5. Astronomy. The Sormano Space Observatory – run by "Gruppo Astrofili della Brianza" – is dedicated to astrometry and photography, with a special focus on the tracking of asteroids that intersect the Earth's orbit. Among the listed celestial objects are asteroids and comets that will approach the Earth and other planets of the solar system in the next two hundred years.

Como Mounts San Primo and Palanzone

— Wanderings 11



On the highest peaks of the Triangolo Lariano, visitors will enjoy a 360° view of the Alps and of the Po valley

The many forest paths and trails of mounts San Primo and Palanzone, the highest peaks of the Triangolo Lariano, offer one-day hiking routes for any level of experience. However, the weariness of the ascent is more than rewarded by the awesome views that can be enjoyed from the top.

Altitude hiking

Opposite the Sormano Observatory is the access to a trail that will ultimately take you to the peak of mount Palanzone, after a series of ascents and descents, for the topmost view of Triangolo Lariano. To return, you can follow an alternative trail that leads to Bocchetta di Palanzone, then turn right towards the Rifugio Riella for a short break and then continue along an unpaved road to go back to Colma di Sormano. This walking trip will suit everyone and take approximately 4 hours to complete. For those wishing to climb to the top of mount San Primo, the easiest trail to follow starts from Piano Rancio and reaches up to mount Ponciv, where the quiet Alpe del Borgo can be found, and then continues along a wide ridge leading to the top of mount San Primo.

Mountain biking

Visitors can choose between various local mountain-biking routes to reach San Primo. Among the most charming there is one that climbs from Brunate, one that starts from

Albavilla and runs through Capanna Mara, and one that starts from Asso and runs along woods trails, on the flanks of the ridge running between mount Palanzone and mount Falò.

— Highlights

- 1. Nature trail/1.** An interesting botanical route runs from the Pian del Tivano lowland, across the Baracca Alp, to Alpetto di Torno.
- 2. Nature trail/2.** Rezzago's key attraction is the "Funghi di terra" or "earth mushrooms", i.e. natural pyramids formed by water erosion on the right side of the valley crossed by the Rezzago torrent.
- 3. Culture.** In the Palanzo district of the Faggeto Lario municipality, visitors will find an ancient mechanical wine press hosted inside an old rural stone shed.
- 4. Art.** Art lovers will enjoy a visit to a permanent open-air art exhibition dedicated to the Italian painter Giovanni Segantini in the streets of Caglio.
- 5. Food and wine.** A must-taste delicacy for gourmets is the Miascia, a very ancient cake made with stale bread, milk, eggs, sugar, butter, apples or pears, pine nuts and raisins.

— The summit of Mount Palanzone.



Lecco Valsassina and the Grigne

— *Wanderings 12*

From one-day trips that anyone can enjoy, to climbing on the vertical walls of the Grigne, through to splendid hikes leading up to the mountain refuges

Routes through woods and along paths, suitable for all the family, or via ferrata climbs for those wanting more adrenalin-fuelled adventures—the Grigne mountain group has something for everyone, with a choice of excursions to suit all needs, abilities and experience.

Hiking between lake and sky

Lots of different paths take you up to the top of the Grigna Settentrionale, or Grignone, and Grigna Meridionale, or Grignetta. One of the most popular routes whatever the season is up the eastern slope, starting in Colle di Balisio or Pasturo. Those who instead set off up the northern slope from Cainallo can enjoy the spectacular passage from the Piancaformia ridge or follow the Ganda trail, which goes past the Bogani mountain and crosses the Conca di Moncodeno. The most difficult routes are those on the western slope, starting from the Bietti mountain refuge, along the Guzzi trail or following the "Caminetto", or the thrilling Sasso dei Carbonari via ferrata.

From refuge to refuge

Piani Resinelli is the starting point for an easy, pleasant walk. Suitable for the whole family, in just over 2 hours it leads to the Coltignone viewpoint and its extraordinary views out over Lake Como, Monte Barro, Corni di Canzo, and the Resegone. Another lovely, more strenuous excursion, calling for suitable fitness levels and 3 hours' walking takes you from Rongio, a village in Mandello del Lario, to the Elisa mountain refuge. This is the starting point for a series of paths that lead to the Bietti-Buzzi mountain refuge in 2 hours, to the Brioschi refuge along the Buco di Grigna trail

— Rosalba mountain refuge, Grigna Meridionale.



in 3 and a half hours, to the Rosalba refuge in 3 hours or the Sasso Cavallo in an hour and a half. Those who enjoy all-day walks will like the "Traversata Alta", which runs along the ridge and is ideal for conquering the tops of Grignone and Grignetta. The latter peak can also be reached by following the trails—classified as very difficult—that start behind the Porta mountain refuge in Piani Resinelli. An excursion that has several difficult parts and a final fissure with handrail.

Cliffs for thrill-seekers

The Grigna Settentrionale offers many climbing options, both on Dolomite-size walls (Sasso Cavallo, Sasso dei Carbonari and Pizzo d'Eghen) and also on smaller ones such as the interesting Pilastrò di Prada or Pizzo dei Nibbi, and cliffs like Lares, Sasso Carlano, Esino, and the so-called Animal House, as well as the numerous options offered by the Cresta di Piancaformia. At the foot of the eastern slope of the Grigna Settentrionale, there is also Rocca di Baiedo, which with the facing area of Sasso di Introbio, forms an important sport climbing centre. Grigna Meridionale is the home of mountaineering in Lombardy. Lecco is the starting point for a great many climbs up Monte San Martino: on the south-eastern wall of Corna di Medale, a 400-metre high vertical wall that can be reached from Malavedo. A good many routes lead up to it, all of them difficult mountaineering

challenges, and up Antimedale, a very popular 200 metre wall that flanks the Medale to the southwest and can be reached from Rancio. Whereas sport climbers are spoilt for choice with the cliffs at the foot of this mountain range. There are other cliffs in Val Grande, up from Ballabio towards the Piani Resinelli or on the eastern bank of the lake.

Valsassina and mountain bikes

There are a variety of mountain bike trails to choose from. From a tour of the high mountain pastures, starting from Alpe Giumello with a not too strenuous climb, spectacular views of the lake and an interesting fun downhill stretch, to the Artavaggio circular route with different variants, which will satisfy the needs of any kind of cyclist and with a difficult, trial-style downhill part or, alternatively, one also suitable for beginners. A third must-try itinerary goes along the mountains of Pasturo and the Pialeral high plain in Valsassina.

— Highlights

1. Sport. *The Alpe Giumello, above Bellano and Taceno, against the enchanting backdrop of Lake Como and the Alps, offers a chance to try the excitement of free flight with a tandem paraglider, accompanied by an expert pilot with Aero Club d'Italia licence.*

2. Family. *The pedestrian and cycle path in Valsassina winds from Barzio to Taceno, following the River Pioverna and continuing right along the valley bottom. The path is protected and mainly on the flat.*

3. Adventure. *Down into the depths of the earth. The Piani Resinelli Mines, at the foot of Grignetta, on the high plain that gives them their name, date back to the seventeenth century and a visit is a truly unique*



Adjacent

Hiking, Piani Resinelli.

Above

Mountain biking in Valsassina.

experience, especially for children.

4. Nature. *In the summer to pick berries, in autumn to admire the foliage and look for mushrooms and chestnuts...discover the prealpine flora and fauna. The mountain lives 365 days.*

5. Food and wine. *Must-tries are excellent local cheeses such as taleggio, robiola and caprini or goat's cheese, which can be purchased directly from the producers or enjoyed in the mountain refuges. Sweet treats not to be missed are Sassetti, Pazientini, and Cabiadini or Caviadini biscuits and Scarpinasc, a cake made with bread, milk, eggs, raisins and amaretti biscuits.*



Lecco

Resegone and Piani d'Erna

— Wanderings 13



A real mountain holiday. Chilling and fun for the whole family. Piani d'Erna and the most extreme climbs on the vertical rock walls of Manzoni's mountain

Admire it, climb it. Resegone mountain is the symbol of the Lecco Pre-alps and it is perfect for short breaks, both for families and less expert hikers, and for keen mountaineers, thanks to a series of easy trails and more strenuous routes, including via ferrata climbs.

A natural balcony over the city

Dominated by the majestic peak of the Resegone mountain, the Piani d'Erna are a point of arrival for family trips and the starting point for more difficult excursions. The classics suitable for anybody follow the Sentiero Natura trail to the Stoppani and the Alpinisti Monzese mountain refuges. While the Creste trail is much harder and goes from Passata to Resegone in 4 hours.

Vertical climbs

The solid rock of Resegone has been popular with climbers since the thirties and forties. The Bastionata Ovest, Torre Elisabetta, narrow Torre C.A.I. and Bastionata Sud offer interesting routes with pitches of various lengths, while sport climbing has been developed on the famous cliffs at the slopes of Resegone and Pizzo d'Erna (Versasio, Placca delle Sorprese and Parete Stoppani). The very well-known and popular via ferrata routes on the Resegone range included the Ferrata del Centenario from Passo del Fò to Pian Serrada, the "Gamma 1" up to Pizzo d'Erna and the "Gamma 2" to Resegone. All of these, and the last two in particular, are very difficult.

—
Resegone.

— Highlights

- 1. Children.** *The Multi-sensory Path (Percorso Polisensoriale) is worth a visit, suitable for all and teaches about nature through the senses: touch, sight, hearing and taste. Here, in fact, you can touch elements in nature with your hands and feet and observe the animals who live here.*
- 2. The table car.** *Those wanting to shorten their hike or enjoy a relaxing day without too much effort, can get up to Piani d'Erna on the cable car.*
- 3. Museums.** *The multimedia Alpine museums such as the Lecco Alpine Observatory (Osservatorio Alpinistico Lecchese), in Palazzo delle Paure in Lecco and the Villa Gerosa House Museum in Piani dei Resinelli for fans of mountaineering history.*
- 4. Culture.** *The San Nicolò bell tower in Lecco, known as the 'Matitone' or 'big pencil', is another "summit", that offers a unique, breath-taking view of the mountains and the city.*
- 5. Traditions.** *To find out what life is like in one of the smallest villages in Italy, you need to visit Morterone, a mountain hamlet with just under 35 inhabitants.*



Lecco

Legnone, Pizzo Tre Signori and Valvarrone

— *Wanderings 14*

Narrow, wild and dominated by the peak of Legnone, Valvarrone seems tailor-made for those who like their mountains harsh

Crossed by the river of the same name, Valvarrone is the harsher and most ruggedly beautiful part of the eastern banks of Lake Como. Held tight in the embrace of the Legnone and Legnoncino mountains, this narrow valley offers a natural environment with a rich variety of flora and fauna, and its summits offer unique views of Lake Como and the Alps. The towns in the valley are excellent starting points for easy hikes along old military tracks, through meadows and larch woods with particularly beautiful corners of nature and splendid views.

Along paths from World War One

An interesting hike through nature and history, following the route of the Cadorna Line, which winds through this valley. This trail is an important lesson in historical heritage that unfolds to hikers in the form of fixed machine gun positions, military lookout posts, walkways, tunnels and trenches

—
Pizzo dei Tre Signori.



that cover the entire northern slope of Mount Legnoncino. Another hike, taking about 2 and a half hours and suitable for all, is the path up to the Grieria mountain refuge from Pagnona in upper Valvarrone.

Hiking on the "roof" of the valley

A hike taking about 4 hours starts in Premana and follows the River Varrone for a short distance, coming first to the Casera Vecchia mountain refuge and then continuing to the Santa Rita refuge at 2000 metres asl. This is the starting point for a strenuous trail suitable for fit hikers with good legs. It has some via ferrata stretches and continues up to Bocchetta di Piazzocco and Pizzo Tre Signori. Premana is also the starting point for the path that leads to the Deleguaggio lakes. It takes 2 hours to get to Alpe and from here another hour to the Lago Inferiore. The beautiful hollow of Lago Superiore is another 30 minutes' walk further on. From here you can continue up to the summit of Pizzo Alto, from where you can see Valvarrone and Valsassina, the Orobic ridge, in particular Pizzo Rotondo and Pizzo dei Tre Signori, Valtellina and the granite peaks of Val Mäsino, as well as Monte Legnone, the southern Mesolcina and, in the background, the Rosa range.

Cycling through villages and woods

An itinerary definitely worth a mention is the circular route that leads from Dervio through the villages in Valvarrone, continuing through the woods to Pagnona and comes to Premana, after the last difficult uphill stretch towards the Colle di Piazza, then goes back down to Valsassina towards Taceno and Bellano and ends where it started, in Dervio. It is 45 km long. Another interesting route starts in



Vestreno and goes around the Dervio hydro-electric plant reservoir to the shrine to the Virgin Mary in Bondo. From here you cycle to the towns on the Dorio mountains, through green woods full of chestnut trees and mushrooms, passing Vezzée and Sparesée with lovely views over the lake, and then down to Posallo di Colico. The more expert, fearless freeriders can, on the other hand, cycle down the spectacular stretch from Giumello to Dervio, or the one that goes through the wild terrain of Val Marcia to Lake Losa. These are trails with difficult downhill parts and very steep slopes. The above routes call for bikes suitable for downhill cycling and protective gear. We suggest taking a mountain bike guide with you. Those who are not quite so fit can rent pedal-assist bikes in Premana and follow the paths to Alpe Campo and Alpe Premaniga.

Adjacent

Mountain foot race.

Below

The Cross on the peak of Pizzo dei Tre Signori.



— Highlights

- 1. Sport.** The natural terrace of Monte Giumello, a launch area for fantastic paragliding flights, can be reached from the villages of Indovero and Narro.
- 2. History.** Above Dervio, Mai is home to some well-preserved ruins of Castelvedro, a medieval fortification dating back to the fifth and sixth century. Orezia Castle instead clings to a steep bluff and one of its defensive towers is still in good shape.
- 3. Free time.** Trout can be fished from the clean waters of the River Varrone. Fisherman can also compete in competitions organised by local associations, which also repopulate the river.

4. Food and wine. The mountain refuges serve genuine, typical dishes: from local game to exquisite porcini mushrooms with a drizzle of Lake Como olive oil. As an alternative, a tasty plate of taragna polenta with delicious mountain cheese.

5. Shopping. The history of Premana has always been linked to iron, a material that made the fortune of its inhabitants and saw Premana excel on the international market as producers of knives, scissors and similar objects. Entering a knife shop in this town is a chance to rediscover the appeal of craftsmanship.



Valtellina A holiday in the heart of the Alps: Valmalenco

— *Wanderings 15*

Holidays in nature and culture, hiking in the high mountains, right up to the glaciers where the deep silence lets you listen to the voice of the mountains

A holiday in the heart of the Alps. With its sky-scraping peaks, dominated by the Bernina massif, glaciers that testify to the real age of our planet, fragrant woods and towns nestling in luxuriant green nature, Valmalenco is the ideal destination for those who love to combine sport with total relaxation, taking time out to enjoy the mountain's scenery, culture and pleasures of the palate.

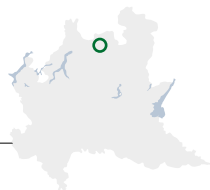
Step by step

Strenuous, relaxing, adventurous or peaceful. All different kinds of hikes for those who love walking in unspoilt natural surroundings, listening to what the mountains have to say. Here, hikers are spoilt for choice in terms of trails. The giants in rock and ice that tower over the valley also have gentler slopes, welcoming visitors with the infinite beauty of little Alpine lakes, the peace of mountain pastures or the typical atmosphere of a mountain refuge with the added pleasure of genuine local specialities.

Right up to the glaciers

For those not afraid of long distances, the Alta Via della Valmalenco is an absolute must. This is a high altitude

—
View of Valmalenco.



hike, about 110 km long, which can be completed in 8 stages or broken up into “mini Alte Vie” taking just 2 or 3 days. A truly enjoyable route that takes in the valley’s most important and scenic points: the Chiareggio hollow, Lake Palù, the Scerscen narrow valley, and the dams at Campo Gera and Campo Moro. Including the exciting must of actually “touching” a glacier. To do so, simply get to Alpe Ventina and follow the Vittorio Sella glacier path from Rifugio Gerli, or the “sentiero glaciologico Luigi Marson” path that goes from the Bignami mountain refuge to the foot of the majestic Fellaria glacier.

Hiking in nature and culture

The Valmalenco mountains also hold surprises for children thanks to the Alpe Prabello trails, which start from the Zoia and Cristina mountain refuges and from the Campagneda lakes. Slightly harder, but feasible for all, is the circular route that allows hikers to discover the soapstone towns. The mule track, which starts at the entrance to Primolo and then continues through a magnificent larch wood, offers enchanting views of Valmalenco and Pizzo Scalino. True natural wonders not to be missed are the “Marmite dei Giganti”, literally the “giants’ bowls”. These amazing hollows in the rocks, rounded and smoothed over thousands of years by geological processes, moulded by water for centuries, can be admired from the circular route that starts and ends in Franscia, up the Cormor river. Here, hikers will be immersed in an enchanted world of rare pastures, red pine trees, waterfalls and rivers where brown trout splash and swim upstream.

Adrenaline and altitude

The River Mallerio and its many tributaries crisscross the whole of Valmalenco, together with a busy network of paths that link a good number



of refuges, making this valley particularly popular among fans of canyoning. A session on the River Cormor is a must, down between the green serpentinite rocks hollowed out over the centuries by the rushing water. Those who prefer to pedal and want to enjoy breath-taking views of the entire valley can follow the path that winds at a great height for almost all its length, linking Chiareggio with Campo Moro.

Art and culture

With Piazza Garibaldi at the heart of its nineteenth-century old town centre, Sondrio offers fine cultural and architectural examples such as Palazzo Sertoli with its beautiful frescoed hall and Palazzo Martinengo. Just a few minutes outside the town is the Shrine to the Madonna of Sassella, surrounded by flowers, rocks and vineyards, and Grumello Castle.



Adjacent

Lago Palù.

Above

Primolo, Sondrio.

— Highlights

1. Soapstone. The Italian name for Soapstone is “Pietra Ollare”, and it comes from the Latin “olla” meaning pot, oil container. Highly resistant to fire and capable of conserving heat at length, this stone was used here almost exclusively for making containers such as “lavècc”, “stüin” (stewing pans) and “furàgn” (containers for storing cheese, butter or lard).

2. Cheese. Casera and Scimudin are two typical local cheeses. The animals are free to graze on the thousands of mountain herbs that then enrich their milk with essences and aromas, in turn used to make unique cheese, protected by the “Consorzio Tutela Valtellina Casera e Bitto” consortium and very popular with gourmet food lovers.

3. The Magic Mountain. The castle inside the rock.

Legend has it that right inside the top peak of Pizzo Scalino there is a fortress, divided into two parts, where the black armies of the night and the white armies of the day battle it out, a symbol of the eternal fight between dark and light.

4. Cliffs for climbers in Campo Moro. Campo Moro is a vast, interesting area high up in the mountains with walls for climbers of any level and any style. With an average height of about 2000 metres above sea level, this is an extraordinary high altitude environment with the artificial lakes of Campo Moro and Gera.

5. Secular wood. More than a thousand years old and still in fairly good shape. This larch tree, the oldest in Italy and one of the oldest in Europe, is surrounded by other centuries-old trees, together forming a wonderful woodland area in Val Ventina.



Valtellina

Val Masino, the untamed heart of the Rhaetic mountains

— Wanderings 16



Outdoor activities and chilling in Europe's little Yosemite. Mountains and valleys where nature rules supreme and the man who enjoys it respects its beauty

A wild place, adored by fans of bouldering and rock climbing, Val Masino, dominated by the peaks of the Disgrazia and Badile mountains, is a go-to destination for those who enjoy several days long hikes in the high mountains, climbing and simply to fully immerse in the most unspoiled natural environment. The undisputed realm of granite, Val Masino can be chosen as a starting point for discovering the nearby valleys of Preda Rossa, Mello and Bagni di Masino. Sasso Remenno, an enormous, compact block of granite considered to be the biggest glacial erratic in Europe.

Val Preda Rossa: Paths of the soul

In Val Preda Rossa, hikers can walk up to the Ponti mountain refuge, at the foot of Monte Disgrazia, and starting point for the Roma trail, one of the most beautiful ridgeway's itineraries of the Alps. The Omio, Gianetti and Allievi mountain refuges are ideal stopping points along this 40 km route.

Val di Mello, the Yosemite of Europe

A real jewel. Due to the beauty of its natural scenery and gigantic slabs of granite, it is also known as the "little Yosemite". This place quickens the heartbeat of climbers and bouldering fanatics. Surrounded by impressive walls, this valley also has countless erratic masses that attract boulder climbers.

The Lombardy forest and its secrets

As they travel up the valley, visitors often do not pay enough attention to the Val Masino forest. In this splendid woodland, home monumental trees (some over 200 years old), the Rosalia longicorn can be, a fairly rare longhorn beetle that is considered of the most beautiful examples of European fauna. Time seems to have stood

still here. Far from the madding crowd of mass tourism and a favourite with lovers of nature and culture, thanks to its long period of isolation, Val Masino still today is considered a true natural open-air ethnographic museum with its typical houses, animal sheds and barns.

— Highlights

1. Churches and art. *The parish church of San Pietro in Cataeggio with frescos by Gavazzeni is worth a visit, as is the church of San Gaetano in Filorera with its altar canvas of the Virgin Mary sitting on the clouds and the parish church of San Martino, built in the fifteenth century.*

2. For young Climbers. *Sasso Remenno is also a go-to destination for climbing novices. The wall is in fact also a rock gym with climbing lessons for newbies; perfect also for giving kids a taste of this sport.*

3. Canyoning on the river. *Not for everyone. Canyoning down the Masino, the river that runs through the valley of the same name, is a source of excitement for true experts in this sport with some very difficult technical stretches, in a unique natural setting.*

4. Melloblocco. *Held in the middle two weeks of May, in Val di Mello, this is one of the most important international bouldering meetings and it attracts thousands of boulder climbers from all over the world.*

5. An inspirational valley. *Painters, sculptors and stone and wood craftsmen in particular love this valley. They can often be met or seen at work in their workshops and their paintings can also be admired on house walls.*

— Val di Mello.



Valtellina

Famous uphill cycling routes: Valfurva

— *Wanderings 17*

The spectacle of the glaciers on the Confinale circular trail and great uphill cycle trails make this mountain popular with hikers and keen cyclists

Villages, parks and nature reserves. Trails that rise gently up along riverbanks and strenuous hiking routes. Uphill stretches on bikes that have written the history of cycling. Glaciers and majestic peaks, with the Ortles-Cevedale massif towering above them all. With its splendid mountains and valleys, Valfurva has something for everyone, the ideal holiday in a truly exceptional setting in terms of scenery and fauna.

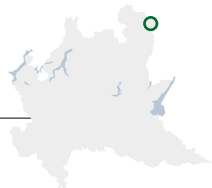
A trip around Ortles-Cevedale

At the foot of the Ortles-Cevedale, Santa Caterina di Valfurva is the most important village in the valley and one of the most popular winter resorts for alpine skiers, as well as being the starting point for a number of natural trails. Hiking routes that start from here give tourists a chance to get to know this area, inside the Parco dello Stelvio, the park where nature is still unspoilt and home to a huge variety of Alpine fauna.

The spectacle of the great glaciers

The Confinale circular trail connects wild Val Zebrù, Valle dei Forni, with the glacier of the same name, and Valle Cedec, with its

—
Hikers in Val Cedec, with the peak of Cevedale in the background.



surprising lunar landscape and is suitable for those looking for a more genuine mountain experience. This is a multi-stage trail for hikers or mountain bikers. Far from the stress of city life, it takes in glaciers, valleys, woods and the Parco dello Stelvio. Along the way, the mountain refuges Branca, Casati, Pizzini, V Alpini and Forni are the perfect stopovers at the end of each stage, offering a chance to enjoy the typical dishes of these valleys.

Famous uphill cycling routes

Santa Caterina is also an excellent starting point for fans of road cycling and mountain bikes, with plenty of trails winding their way through nature. They have varying degrees of difficulty and are some of the most spectacular in the Alps. For expert freeride fans, there is a route that goes up as far as the majestic Forni glacier, while less expert cyclists can pedal through the woods of Parco Isola or along the Valtellina trail. Valfurva is also famous for its uphill climbs, through the great mountain passes where the Giro d'Italia is often raced, such as: the climb up to the Gavia pass, a renowned destination much prized by cycling fans.

Almost up to the sky: Falesie dei Forni

For those who prefer climbing to pedalling, the Falesie dei Forni are perfect, easy to reach and especially popular on sunny summer days. Divided into five neighbouring sectors, they offer climbs of varying difficulties: from easy trails, excellent also for children wanting to learn and for beginners, to medium-difficulty ones with some nice obvious holds. Plus other, slightly steeper, more technical climbs are available for those with more experience.



Valdisotto, gateway to the “Magnifica terra”

Not far from Valfurva is Valdisotto, also known as the “gateway to the Magnificent Land”: a very narrow natural corridor, through which the River Adda flows. A wealth of woodland, rivers, little lakes and natural water springs just waiting to be explored on foot or by mountain bike. Summer is the perfect season for walks through the Stelvio National Park and Paluaccio Nature Reserve, with a natural vegetation of sphagnum moss, the minuscule plants behind the creation of peat bogs, sundew and bog cranberry, and invertebrate fauna typical of marshlands. An easy path takes visitors through the reserve in the company of expert naturalists who can provide all the information necessary about this particular environment, a true treasure chest of biodiversity. The Paluaccio reserve is close to Oga, near Forte Venini, a military fortress built in the early twentieth century, perfect for retracing the history of World War One.



Adjacent

Quinto Alpini refuge.

Below

Forni refuge.

— Highlights

1. Wonderful Nordic Walking. Nordic Walking is perfect for those wanting to discover the forests in Valfurva while staying in shape. Group excursions are organised every week in Santa Caterina, based on the physical fitness of participants. The many trails have varying difficulty levels to suit everyone: from the most expert mountain climbers to beginners and families.

2. Museum of life in the mountains. The Vallivo Valfurva “Mario Testorielli” Museum in Sant’Antonio in Valfurva houses a rich collection of historical and ethnographic exhibits illustrating the history, culture and traditions of country life and crafts. The museum rooms also feature sections dedicated to clothing, school, transport and sacred art, plus a series of relics from World War One, in particular from the battles fought on Monte San Matteo.

3. Li flama de San Lorenz. The bonfire in San Lorenzo is one of the historic traditions in the village of Oga. Every year on the night of 9 August, various bonfires are lit in different places in the town, the most spectacular being the one organised on the natural balcony of Tadé, at an altitude of 1900 metres.

4. Children. Relaxing holidays for adults and fun for the kids. Wooden games, grassy areas and a trail to follow on foot or bike are the favourite things in Parco Isola at Santa Caterina. Here, children can play in total freedom, surrounded by the wonders of nature.

5. The thrill of speed. After a long walk following the pace of nature, shift up a gear and try the thrill of speed in a go-kart. The Capitania track in Valdisotto, the only one in the Alta Valtellina, is open to all, adults and kids alike and is a chance even for beginners to experience thrilling speed in totally safe conditions.



Valtellina Parco dello Stelvio, Bormio and Valdidentro — *Wanderings 18*

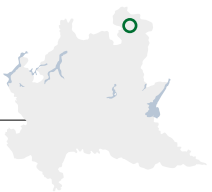
Walks and strenuous hikes in the heart of the Stelvio National Park surrounded by unspoilt nature and in close contact with mountain fauna

An extraordinary wealth of impressive larch and Norway spruce forests and the chance to observe an incredible number of animal species, including deer, chamois, ibex, weasels and stoats and not forgetting the birds of prey that dominate the skies. Welcome to the Parco Nazionale dello Stelvio, the protected national park that gives tourists and hikers the possibility of walking through unspoilt luxuriant nature, up to and over the 3000 metre mark, where the landscape is all rocks, scree, perennial snow and glaciers.

Stelvio National Park

Stelvio Park is the perfect place for keen walkers who love to set off along old roads and military mule tracks up to the high mountains, or along the trails that lead from the woods to the glaciers. The large network of paths covers hundreds of kilometres and offers a chance to get a close up look at the environment and the animals who live here. The protected

—
The Rifugio Pizzini.



area has trails for all ability levels: from the easiest, perfect even for families with children, through to longer, more strenuous options for fitter hikers. They all guarantee enjoyable experiences and excitement and, with a little luck, surprising encounters in close contact with nature and its fauna.

Valldidentro

In the heart of Alta Valtellina, Valldidentro is inside Stelvio Park, halfway between Bormio and the duty-free area of Livigno, and just a stone's throw from Switzerland. It is the perfect summer holiday destination, especially for those looking to take a break from the hustle and bustle of daily life, and wanting to spend their time immersed in nature and breathing in clear mountain air. Surrounded by meadows, rivers, woods and waterfalls, visitors can walk or hike, or even ride mountain bike, with plenty of active or relaxing pastimes to choose from.

Hiking to the mouth of the Adda and rock gyms

The two artificial dams that form the Cancano lakes are definitely worth a visit, also because they mark the starting point for a series of paths into the valley. Particularly scenic is the one that begins at the San Giacomo dam and takes hikers along Val Alpisella, the valley that is home to the natural springs of the River Adda, through to Livigno. Another must-see is the Rin de Scegn waterfall at Crap de Scegn, above the houses in Isolaccia. At almost one hundred metres high, this is one of the most beautiful water features in Alta Valtellina. Isolaccia is also home to a rock gym, a favourite with climbers. The Bormio area is in fact a paradise for fans of sport climbing, thanks to its single- and multi-pitch routes, which include the Falesia Naturale Outdoor Bagni Vecchi and Canano, also ideal for novices.



Bormio, the city of towers

The symbol of Bormio is Kuerc, the trapezoidal-shaped amphitheatre in Piazza Cavour justice used to be administered. This city stands out for its many religious buildings, with the collegiate church of San Gervasio and San Protasio and the Church of Santo Crocefisso, one of the oldest in the city. 8. Bormio is also the "city of towers", with no fewer than 32. The most famous are the tower of Bajona or "delle Ore", the reference to "hours" due to the enormous bell it used to house. The 24-metre tall Alberto tower is made entirely from exposed grey stone, with the typical ashlar effect produced by large cornerstones. A tour of the city can be completed with a visit to the Civic Museum in Palazzo De Simoni or the Natural Mineralogy Museum, with its large, fine collection of crystals and fossils from Valtellina and display of scale dioramas with examples of local fauna.

— Highlights

1. Bike park. The Bike park in Bormio is a paradise for downhill, freeride and cross-country fans. It has seven downhill trails and a freeride track that comes down from Bormio 3000 to Santa Caterina: 13 kilometres of adrenaline in the Stelvio Park. Services also include a mountain bike school, gravity camp and bike rental.

2. A meal fit for a king. Valtellina cuisine offers tourists a journey through taste from the comfort of their dining table. From cured meats, of which bresaola is king, through "sciatt" (cheese fritters), to the famous "pizzoccheri" pasta, and main courses of venison accompanied by polenta and, as a sweet finale, a serving of bisciola, the local bread with raisin.

3. Art and culture. Worth a visit are the very fine church of San Gallo in Premadio and the church of Santi Martino e

Adjacent

Cancano dam near Bormio.

Below

Cycle and pedestrian path, Bormio.



Urbano in Pedenosso, mentioned in writings as far back as 1334 and rebuilt in 1685. In Valle di Fraele, the Cancano dam and San Giacomo artificial lake at the bottom of the valley are the site of the two Fraele Towers, once used as lookout points for defence of the Bormio area.

4. An idea for the winter. In Arnoga, winter dogsledding and summer husky trekking along the "Decauville" is a fun activity that follows the old disused railway line to the Cancano road.

5. For kids. Valldidentro is ideal for kids of any age. Many summer activities are organised for the 4 to 14 age group in the sports centres in Isolaccia and Semogo: creative workshops, sports, games and excursions. This is the perfect way for kids to learn about the mountain while having fun.



Valtellina Valchiavenna and Valle Spluga — *Wanderings 19*

High mountain pastures, lakes, rivers and a varied network of hiking trails through nature and mountain villages where time seems to have stood still

The wild landscape of the Acqua Fraggia is crossed only by mule tracks, hiking trails to the Alpine lakes in Val Chiavenna and beautiful paths in Valle dello Spluga through to the Swiss border. This corner of Valtellina is just waiting to be discovered, with its untamed nature and towns that have preserved the old spirit of mountain villages, especially Madesimo and Chiavenna.

Acqua Fraggia valleys

Mountain pastures, lakes, rivers, waterfalls, paths, silence and nature. This is the ideal valley for those wanting to recharge body and mind on a break from the frenetic pace of the city, and Savogno, a tiny hamlet of stone houses where time has stood still, has the perfect answer in the form of a welcoming mountain refuge of the same name. No cars, just plenty of walks along the paths that lead up to the Lei, Avero and Turbine mountain passes. The scenic trail to the Acqua Fraggia waterfall is not to be missed, one of Valtellina's most beautiful water features, which "digresses" into the neighbouring Bregaglia valley. Savogno is also the starting point for excursions that lead to the village of Dasile and from there to the mountain pastures of Corbia and the Lago dell'Acqua Fraggia.

—
Hikers on the way to Pizzo Quadro.



Border alpine lakes

Isola hamlet of Madesimo is the starting point for a hike up to the lakes Baldiscio and Mot. Along the way, walkers will come across mountain pastures with the typical baite or lodges known as "carden" as the landscape gradually changes: from larch woods with the river running through them, to the vast grassy meadows of the great plain up to the huge lake of Baldiscio, near the pass of the same name that marks the Italian-Swiss border. For those with energy to spare, it is worth a further climb around the northern bank of the Lake Mot at 2,349 metres a.s.l.

Madesimo

A jewel set into the mountains on the Italian-Swiss border, Madesimo has preserved intact its concept of mountain village and is the perfect destination for relaxing mind and body, with outdoor activities in nature. From easy walks around the lake or in the valley bottom, to hikes lasting a few hours or an entire day, plus climbing, riding up and down mountain bike trails, fat bikes and downhill, with no fewer than six trails and tips from expert instructors. Giosuè Carducci, the Italian poet and writer, stayed at length in Madesimo and the places he visited are included in the Percorso Carducciano, which takes visitors to see some of the buildings in the centre of town, such as the Monumento del Poeta, Villa Adele and the Osteria Vegia, as well as natural destinations for hikes and walks such as the path for Motta or the Lago Azzurro.

The giants' park

The Parco delle Marmitte dei Giganti is a park inside a nature reserve just outside the town of Chiavenna. Easy to reach along the mule tracks and paths that led to the old soapstone quarries, all the area offers especially beautiful scenery, majestic, fascinating geomorphological aspects that create a wonderful environment. A walk through untamed nature,



but also into ancient history: there are countless rock engravings, figurative pictures and dates on the smoothed surfaces and vertical walls of the old quarries, on the isolated boulders and in the small caves, accompanied by abstract geometrical shapes, marks, signs and symbols, many of which still today of unknown meaning.

The tower overlooking the valley

A must-visit is the Torre di Segname in Gordona in Val Chiavenna, one of the few remaining towers and evidence of the strategic importance of this valley as a route linking the mountains and lowland. Built on the top of an unassailable rocky outcrop, this lookout tower dominates the entire valley and can even be seen at night when it is lit up. It is open to visitors by day. The same can be reached by following two different paths from the villages of Gordona and Samolaco.



Adjacent

Madesimo.

Below

The monument dedicated to Carducci, Madesimo.

— Highlights

1. Carden. These typical wooden buildings are made by removing the bark from tree trunks and fitting them together to make walls that are then topped by a gable roof covered with local grass sods. These small buildings, today used as barns, are dotted all over the valley, but the most interesting rural village is San Sisto, on the plain of the same name, at the foot of the Pizzo della Sancia mountain.

2. The goodness of water. Acquamerla park is just outside the town of Campodolcino and gets its name from the "Acqua Merla" natural spring, renowned for the goodness of its water with a low mineral content. It is the ideal picnic spot, somewhere children can have fun and adults can relax. It is also an excellent starting point for walks to Starleggia, San Sisto and Pian dei Cavalli.

3. "Mulino della Bottonera". Chiavenna, the valley's most important town, has an old artisan district called the Bottonera, home to a mill used by the former Pastificio Moro bakery that has been turned into an interesting museum of industrial archaeology. It houses the machines used to grind wheat into flour and for the various other stages in production.

4. Festival in the Caves. Since the fifties, every September Chiavenna has held the "Sagra dei crotti" when many of the local caves used for conserving food are opened to the public. Some of these are included in the "Andem a Cròt" itineraries, while others can be visited as normal restaurants, serving typical menus with all traditional Valtellina dishes.

5. Pratogiano market. The market held every Saturday in the main square in Pratogiano, Chiavenna, is one of the most colourful and popular with locals and tourists alike, all drawn by the bargains on sale on the many stalls. The market opens in the early morning and sells fresh fruit and vegetables, cheese, sweet treats and other foods.

Sondrio Parco delle Orobie della Valtellina

— *Wanderings 20*



*A nature park just waiting to be discovered
on long hikes or on the saddle of a mountain bike*

Quiet, fragrance and colour merge in the valleys on the southern side of the Valtellina. Picturesque scenery in unspoilt nature, often still undiscovered. The Valtellina side of the Orobie Alps, with a series of valleys that cut into the slopes from Val Lesina to the Belviso and Caronella valleys, offers multiple-days hiking routes in an untamed environment and a chance to taste traditional Bitto cheese.

Hiking in the valleys and mountain refuges

The Gran Via delle Orobie (GVO) is the most important trail in the Parco delle Orobie Valtellinesi. This 130 km mountain route goes from Delebio to Aprica, following mule tracks, paths and the trenches along the Cadorna Line. Along the way hikers can enjoy old iron mines, glaciers and perhaps even a close encounter with a chamois deer or ibex goat. The hiking trail features several difficult stretches, but is the ideal way to discover the Monte Legnone, Trona Soliva, Passo San Marco, Dordona, and Tagliaferri mountain refuges and taste typical dishes. The GVO trail also has facilities for hikers along its way, with several alpine refuges and the “Bar Bianco” agritourism.

Discovering the park by mountain bike

The Decauville delle Orobie Valtellinesi is perfect for all free-ride fans. It follows the route of the old railways tracks, now removed, which were used for transporting people

and materials. A series of historic roads, used by farmers and woodsmen, lead up from the valley bottom to the Della Corte, Alpe Piazza, Alpe Lago, Salmurano, Beniamino, Pirata, Gino e Massimo, and Valtellina mountain refuges. Scenic uphill and downhill stretches for lots of pedalling fun.

— Highlights

- 1. Sport.** *There are several via ferratas, including those on the Monte Tre Signori and Denti della Vecchia mountains in the upper Val Gerola valley.*
- 2. Services.** *The Parco delle Orobie has a Joëlette, a special off-road wheelchair that allows disabled people to take part in excursions.*
- 3. Local specialties.** *Must-tastes include traditional Bitto cheese, also made with goat's milk and mascherpa, a.k.a. “mountain ricotta” cheese.*
- 4. Culture.** *Another must-see is the Ecomuseum in Valgerola, to find out about the culture, traditions and life in these mountains.*
- 5. Adventure.** *Take the zipline in Albaredo San Marco for a totally safe flight high above the unspoilt nature in Bitto valleys. Two-person flights are also available.*

—
Parco delle Orobie valtellinesi
ph: Roberto Ganassa - Clickalps

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Mount Aga.

Contents

— Magazine

03
*Valle Brembana,
a complete
mountain experience*

07
*Valle Imagna,
a jewel just waiting
to be discovered*

09
*Valle di Scalve,
nature, peace
and quiet*

11
*Valle Seriana
and the Presolana*

15
*Three small natural jewels:
Val Vertova, Val Sedornia
and Val Sanguigno*

17
*Val Trompia,
where nature
and ancient
mines await visitors*

21
*Nature, taste
and traditions:
Val Sabbia*

23
*Mountains
with ancient history:
Valle Camonica*

27
*Concarena, Gavia
and Mortirolo:
adventures on foot
and by bike*

29
*The "Triangolo Lariano":
the Corni di Canzo
mountain group*

33
*Mounts San Primo
and Palanzone*

35
*Valsassina
and the Grigne*

39
*Resegone
and Piani d'Erna*

41
*Legnone,
Pizzo Tre Signori
and Valvarrone*

45
*A holiday
in the heart
of the Alps:
Valmalenco*

49
*Val Masino,
the untamed heart
of the Rhaetic mountains*

51
*Famous uphill
cycling routes:
Valfurva*

55
*Parco dello Stelvio,
Bormio and
Valdidentro*

59
*Valchiavenna
and valle
dello Spluga*

63
*Parco delle Orobie
della Valtellina*

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— Magazine

*Trails waiting to be discovered,
walls to be climbed, peaks
to be reached and scenery
to be contemplated.
The Lombardy Alps are a natural
heritage that offer visitors
excitement, renewed energy
and ensure unforgettable
experiences for hikers.*

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