

A Mountain of Fun.....in Valtellina!



Rotary Club Sondrio – Rotary Club Bormio Contea

- Host Country:** Italy
- Organizers:** Rotary Club Sondrio - Rotary Club Bormio
- Period:** Sat, June 28th 2014 – Sat, July 12th 2014
June 28th - July 5th – Sondrio
July 5th - July 12th – Bormio
- Participants:** 12 (6 boys and 6 girls from different countries)
- Age range:** 15-17
- Official language:** English
- Airport:** Milan Malpensa



PROGRAM

Sat. June 28th Meeting at Milano Malpensa Airport and transfer to Sondrio

Sun. June 29th Day with host families

Mon. June 30th Trip to Val di Mello – Rock climbing experience
visit to health Spa in San Martino



Tue. July 1st



Sailing on Lake Como

Wed. July 2nd

Visit to Basilica della Madonna di Tirano



Thu. July 3rd

Mineral Hunting in Valmalenco



Visit to a Talc Mine

Fri. July 4th

Morning: visit the city of Sondrio and its museums

Afternoon: Rafting on the River Adda



Sat. July 5th

Transfer to Livigno

Walk around the town



Sun. July 6th



Cycle trip ride around Lake Livigno

Hike to Valle Alpisella

Mon. July 7th

Morning: Shopping in town

Afternoon: Hike in the mountains



Tue. July 8th



Morning: guided tour in Bormio - breakfast at 2.000 mt

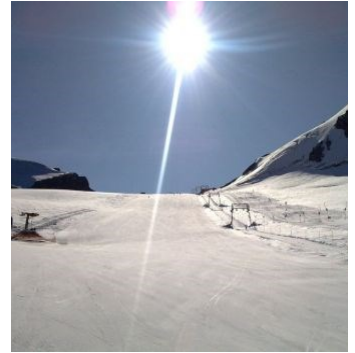
Afternoon: visit to the famous Spas

Wed. July 9th

The Stelvio Pass

Walking at the Rese dello Scorzuzzo - Visit to the trenches of World War I

Cableway ride - Visit to ski resorts and walk back



Thu. July 10th



Trip to Cancano - Tour of the Dams

Visit to arco/spinta Dams

Fri. July 11th

Walking in S. Bartolomeo

and the site of the Val Pola landslide

Visit to church and archaeological excavations

Transfer to Val Furva

Cableway ride to "Sunny Valley"

A walk down the stunning Gavia Pass



Sat. July 12th

Departure for Milan

USEFUL INFORMATION

It is advisable to be fit and enjoy the outdoor life

All costs Included except travelling expenses to and from Milan

CLOTHES / EQUIPMENT

Good trekking boots (if you do not have them, you might not be allowed to take part in some excursions)

rucksack for the mountains, waterproof warm jacket, long and short trekking trousers, swimming costume, thermal underwear for the mountains (about 2000 mt height), waterproof hat or hood, light anorak, sunglasses.

Pocket Money

For further information and enrolment please contact

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