



SUMMER 2006 in the Valtellina Orobie Mountains Park

NATURE: HIKING IN 2006

What do you need? Hiking boots, a cap and a water-bottle and a camera to capture the highlights of your trip!

These trips are FREE OF CHARGE. All you need to do is get to the meeting point and bring your own picnic.

If the weather is bad the trips will be cancelled.

We advise you to book the trip (with the park or the guide), leaving your telephone number so we can contact you if there are any changes to the programme.

For the trips on July 15 (Alpeggio Gavet) and on 17 September (mushrooms) booking is essential for organisational reasons.

For further information and to book a trip, contact

Parco delle Orobie Valtellinesi

Tel. 0342 211236 – Fax 0342 210226

Email: info@parcorobievalt.com

Sunday 25 June

Orienteering in Val d'Arigna

During the trip the guide will give useful suggestions on orienteering and map-reading, using a compass and GPS technology. Advice will be given on safety in the mountains, and on choosing itineraries and equipment.

We will drive as far as the Armisa Power Station (1,041 m.) and then proceed to Alpe Campeï and the Pesciola Hut (2,004 m.), returning by a different route towards Alpe Druet (1,812 m.) and the Michelinì huts.

Alpine Guide: Mario Vannucci

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 6919021)

Time necessary: 9 hours

Difference in altitude: 1,000 m.

Type of trip: hiking

Meeting point: Piateda (Town Hall Square: piazzale del Municipio) at 8.00 am

Sunday 2 July

Vegetation and aquatic life in a typical Orobie valley: Val di Lemma

During the trip we will be observing the physical environment, the formation of the valley and the phenomenon of erosion, the variation of vegetation according to altitude, the vegetation on the river bed and banks, aquatic invertebrates and fish. The use of water and its minimal survival flow for aquatic life will be discussed.

We will drive from Morbegno to Tartano, and then walk through Val Corta and Val di Lemma to the top of the valley.

Guide: Tarcisio Mattei

Expert: Edoardo Fusi (biologist, specialist in aquatic life)

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 9 hours

Difference in altitude: 900 m.

Type of trip: hiking

Meeting point: Morbegno (Piazza S. Antonio) at 8.00 am

Sunday 9 July

From steinbok to tadpoles: wildlife in the Orobie Mountains – Val Gerola

We set out to discover the life and habits of the animals inhabiting the Alps, on a trip that will allow us to see different examples of Alpine wildlife, from the majestic steinbok to the tiny tadpole!

From our departure point is Pescegallo (1,454 m.) we will follow the scenic path to the Val Gerola lakes.

Alpine Guide: Mario Vannucci

Expert: Gabriella Bianchi (naturalist from the Orobie Mountains Park)

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 6919021)

Time necessary: 9 hours

Difference in altitude: 800 m.

Type of trip: hiking

Meeting point: Pescegallo at 8.00 am

In collaboration with ERSAF (Regional Authority for Agricultural and Forestry Services)

Saturday 15 July

Alpeggio Gavet - Val Tartano

Among the different possible trips in Val Tartano, those concerning the Alpine pastures are perhaps less well-known but certainly not less interesting.

On this trip we will be able to see the work done in typical Alpine meadow in Val Tartano. From the village of Tartano we will follow the path that winds along the left slope of Val Lunga till we reach the mountain pastures, where we can enjoy a lunch of typical local produce, along with the shepherds.

Lunch in the mountain pastures 10.00 Euros (excluding drinks)

Guide: *Alfredo dell'Agosto*

Booking: compulsory, by 12.00 Friday 14 July (max 20 participants)

(call the park on 347 9795351 or the guide on 348 5529865)

Time necessary: 6 hours

Difference in altitude: 500 m.

Type of trip: hiking

Meeting point: Tartano Town Hall at 9.00 am

Sunday 16 July

Rare plants and flowers of the Orobic Mountains - Val Belviso

We follow paths and mule-tracks from the Belviso Lake (1,485 m.) towards Malga Pila (2,010 m.), the Venano Pass and Tagliaferri Hut (2,328 m.). We then go towards the Belviso pass and return by a different route towards Grasso dei Batai and Radici di Campo. The area is particularly interesting for its flora because of the presence of Southern Alpine sedimentary rock in the higher reaches of Val Belviso, allowing the growth of species uncommon in the Orobic chain which is mainly limestone. Some examples are: *Potentilla caulescens*, *Rhamnus pumilus*, *Teucrium montanum*, *Papaver rhaeticum*, the endemic *Primula daonensis*, and *Allium victorialis*.

Alpine Guide: *Mario Vannucci*

Expert: *Roberto Ferranti (botanist)*

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 6919021)

Time necessary: 9 hours

Difference in altitude: 1,000 m.

Type of trip: hiking

Meeting point: *Aprica (Porta del Parca, Via Roma 105) at 8.30 am*

Cars must be left here - authorised Park vehicles will take participants to Val Belviso.

Saturday 29 July

The Mystery Path - Albaredo Valley

Following in the footsteps of an old legend, whose protagonist was an unfortunate inhabitant of Talamona called Sassello, we will leave Albaredo as daylight ends in order to reach the Pedena dairy in the dead of night. This trip relives the atmosphere of bygone days, between popular beliefs and superstition.

Guide: *Tarcisio Mattei*

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 3 hours

Difference in altitude: 660 m.

Type of trip: hiking

Meeting point: *Albaredo square at 8.00 pm*

NB You must bring an electric torch

Sunday 30 July

Val Gerola's rocks and geological history

This trip allows us to discover the geo-morphological phenomena that shaped Val Gerola and to observe the different types of rock found here. On the way back we can also stop at the visitor centre "La Casa del Tempo" in Gerola Alta.

Guide: *Tarcisio Mattei*

Expert: *Fabio Penati (Director of Morbegno Natural History Museum)*

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 9 hours

Difference in altitude: 700 m.

Type of trip: hiking

Meeting point: *Pescegallo at 8.00 am*

In collaboration with ERSAF (Regional Authority for Agricultural and Forestry Services)

Sunday 6 August

Cheese-making in mountain pastures - Val Gerola

From Rasura we take a path that is steep in some places, through hardwood and conifer woods till we reach the pastures. At the agriturismo "Bar Bianco" at the foot of Alpe Culino, there will be a beer-tasting and cheese-tasting

session at 11.00 am, entitled "Discovering Valtellina's historical low fermentation beers". Picnic lunch or lunch served at "Bar Bianco" (10.00 Euros - book on arrival).

At 2.30 pm we walk up to the dairy where we can see how the famous "Bitto" cheese is made.

Guide: Tarcisio Mattei

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 8 hours

Difference in altitude: 700 m.

Type of trip: hiking

Meeting point: Morbegno (car park in piazza A. Moro, at swimming pool/sports centre) at 8.00 am

Lunch: Agriturismo Bar Bianco - 10.00 Euros

In collaboration with ERSAF (Regional Authority for Agricultural and Forestry Services)

Thursday 10 August

The Albaredo Bitto Valley Eco-museum

The main focal points on this trip to the heart of the Bitto Valley are the Albaredo Bitto Valley Eco-museum, the monumental tree known as the "Fir of Vesenda", and the ancient Priula road. We start out from Albaredo square and follow the ancient Priula road till we reach the rustic buildings used for making Bitto cheese. Along the way we will see an area once used for making charcoal and a "milk hut", used for keeping milk fresh. The trip leads us to Vesenda Bassa (1,350 m.) where the famous gigantic fir tree can be admired.

Guide: Tarcisio Mattei

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 7 hours

Difference in altitude: 700 m.

Type of trip: hiking

Meeting point: Albaredo square at 9.00 am

Sunday 17 September

Autumn, mushroom time - Colorina

With mushroom experts we make a trip to spot and identify mushrooms, in full respect of the natural environment. As well as receiving information on the main species of mushrooms, we will also learn about personal safety and protection of woodlands. Lunch (with mushrooms of course) will be served at the restaurant "Opera Don Folci" in Valle di Colorina, followed by a session on recognising and preserving mushrooms in the "Appunti di Micologia" room in Valle di Colorina (in the ex-church of Saints Simon and Judas)

Guide: Tarcisio Mattei

Booking: strongly recommended

(call the park on 347 9795351 or the guide on 338 1601722)

Time necessary: 8 hours

Difference in altitude: 300 m.

Type of trip: hiking

Meeting point: Valle di Colorina (Piazzale Opera Don Folci) at 8.30 am

What you need: good walking boots, a walking stick, a wicker basket, a knife

In collaboration with the "Martino Anzi" Association of Sondrio

MUSIC ...

The sounds of the woodlands and the notes of musical instruments come together and mingle in these evenings ... to create a special, magical atmosphere.

From classical to modern pieces, from orchestra to choir, all sorts of music can be heard in the Park's "Musical Summertime"!

All our concerts are free of charge.

Friday 4 August - 9.00 pm

Concert below the stars

Aprica, at the tennis area (if it rains the concert will be held in the Municipal Congress Centre in Via Roma 150)

ORCHESTRA CAMERISTICA LOMBARDA

Conductor: Ennio Cominetti

Alessandro Grioni - trumpet

Giulia Sabeva - flute

Giovanni Cesare Guerini - double bass

Telemann, Pergolesi, Vivaldi, Donizetti, Mozart, Haendel - these are the composers magically interpreted by the Orchestra Cameristica Lombarda for an unforgettable evening

Sunday 6 August - 9.00 pm

Concert at Valle, Morbegno

Morbegno (Valle) in San Matteo's church, on the road to Albaredo per San Marco

DINAMIC BRASS QUARTET

Pietro Boiani - *trumpet, cornet*

Davide Duca - *trumpet*

Alessandro Pacco - *tenor trombone*

Riccardo Chiriotto - *bass trombone*

And with Matteo Pasina on the organ

In this beautiful setting pieces by both classical and contemporary composers will be performed, including Frescobaldi, Mozart, Bach, Short, Boncompagni, and Pickett.

Thursday 17 August - 9.00 pm

Concert at Gerola Alta

The PONTE IN VALTELLINA PHILARMONIC SOCIETY FILARMONICA and the AMICI DI GEROLA CHOIR

The programme includes choral pieces, classical and modern music, and Verdi's famous choruses performed by the two groups together.

Before the concert, at 5.00 pm, there will also be an opportunity to taste typical local produce.

Saturday 19 August - 9.00 pm

Concert in Ponte in Valtellina

Briotti, Ponte in Valtellina - Dosso del Grillo

The PONTE IN VALTELLINA PHILARMONIC SOCIETY FILARMONICA and the AMICI DI GEROLA CHOIR

The programme includes choral pieces, classical and modern music, and Verdi's famous choruses performed by the two groups together.

Before the concert, at 5.00 pm, there will also be an opportunity to taste typical local produce.

TASTES...

Three evenings to get to know the cheeses made in the valleys in the Park and to taste them together with local wines. A re-discovery of traditions and cultures of bygone days through the tastes and flavours of the past. With the assistance of experts from the National Association of Cheese Tasters and the "De Gustibus" Association you will discover the wealth and value of the produce of our land.

Monday 14 August - 9.00 pm

Albaredo per San Marco - Porta del Parco

Thursday 17 August - 5.00 - 7.00 pm

Gerola Alta - tourist office marquee

Saturday 19 August - 5.00 - 7.00 pm

Ponte in Valtellina, Briotti - Dosso del Grillo

In collaboration with ONAF (Organizzazione Nazionale Assaggiatori Formaggio - National Association of Cheese Tasters), "De Gustibus" Association and ERSAF (Regional Authority for Agricultural and Forestry Services)

Two days of discovering lesser-known tastes from the past, such as those connected with goats' milk, or the properties of the many medicinal plants and herbs that can be found in our valleys.

Sunday 20 August - 3.00 pm

Recognising and tasting Valtellina's officinal plants: discovering nature as a friend

Rasura : school gym

Recognising and tasting Valtellina's officinal plants: discovering nature as a friend

Organised by Andrea Azzetti from the "Erba Dorada" cooperative group

Sunday 27 August

Discovering goats' milk and cheese

Alpe Culino - Agriturismo Bar Bianco (for information call 3474188104)

Discovering goats' milk and cheese, with demonstrations of milking and cheese-making and guided tasting.

In collaboration with ERSAF (Regional Authority for Agricultural and Forestry Services)

And there's more!

The Valtellina Orobic Mountains Park is pleased to organise guided trips for groups who book them:

- along the theme paths in Colorina, including visits to the "Appunti di Micologia" room
- along the paths in Gerola Alta, including visits to the "Casa del Tempo" visitor centre
- to the Alpine wildlife and ecology observatory in Aprica

For further information, contact

Consorzio Parco delle Orobie Valtellinesi

via Toti, 30C - 23100 SONDRIO - Tel. +39 0342 211236 - Fax +39 0342 210226 - info@parcorobievalt.com