



## TREKKING, CULTURE AND SPORTS IN THE ITALIAN PART OF SWITZERLAND PROGRAM



	Monday 4.08	Tuesday 5.08	Wednesday 6.08	Thursday 7.08	Friday 8.08	Saturday 9.08	Sunday 10.08
08:00		Breakfast G+S Bellinzona	Breakfast at the Cadagno hut	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Wake up 4:45 a.m.
	Day of arrival	Departure for the Cadagno hut	Hiking in Val Piora	Rotary Mendrisio: Monte San Giorgio - The Swiss "dinosaur mountain"	Rotary Locarno Visit	Bellinzona market Visit	<b>05.00-05:15 Mountaineer's day:</b> chairlift to go up at 2000 m/s, Alp horn concert, breakfast at the "Osteria Belvedere", Stabbio Alp and Cheese Factory Visit.
12:15	Lunch G+S Bellinzona	Lunch Cadagno	Lunch Cadagno	Lunch	Lunch	Lunch G+S Bellinzona	Polenta & Alp products
	Day of arrival	Alpine Biology Center and Alp Piora Visit	Hiking in Val Piora	Rotary Mendrisio: Monte San Giorgio - The Swiss "dinosaur mountain"	Rotary Locarno Visit	Departure for Cari, organization of the rooms in Casa Alpina, bowls tournament	Music and games in Cari or Stabbio Alp, departure for Bellinzona
19:00	Dinner G+S Bellinzona	Dinner at the Cadagno hut	Dinner G+S Bellinzona	Dinner G+S Bellinzona	Locarno	Dinner at Restaurant Pineta (fondue)	Dinner G+S Bellinzona
	Culture Exchange Evening	Stars watching	Beach Volley	Archery	Film Festival Locarno	Full moon watching	Culture Exchange Evening

Cadagno Hut:

[www.capanna-cadagno.ch](http://www.capanna-cadagno.ch)

Alpine Biology Center:

<http://www.piora.org>

Cadagno:

<http://www.satritom.ch>

Monte San Giorgio:

[www.montesangiorgio.org](http://www.montesangiorgio.org)

Film Festival Locarno:

[www.pardolive.ch](http://www.pardolive.ch)

Bellinzona Market:

[www.bellinzona-turismo.ch/en/culture/market.aspx](http://www.bellinzona-turismo.ch/en/culture/market.aspx)

Cari:

[www.cari.ch](http://www.cari.ch)

	Monday 11.08	Tuesday 12.08	Wednesday 13.08	Thursday 14.08	Friday 15.08	Saturday 16.08	Sunday 17.08
08:00	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona	Breakfast G+S Bellinzona
	Rotary Bellinzona: Luzzone dam	Hiking in Verzasca: "the river valley"	Rotary Lugano and Lugano Lake Visit	Departure for the Gotthard Pass	Sport day at the G+S sport center	Bellinzona market Visit	Day of departure
12:15	Lunch at Luzzone Restaurant	Lunch Verzasca	Lunch	Lunch Gotthard Pass	Lunch G+S Bellinzona	Lunch G+S Bellinzona	Lunch G+S Bellinzona
	Rotary Bellinzona: Biasca hydroelectric power plant	Hiking in Verzasca: "the river valley"	Rotary Lugano e Lugano Lake Visit	Gotthard Pass	Sport day at the G+S sport center	Osogna Natural Pools	Day of departure
19:00	Dinner G+S Bellinzona	Dinner G+S Bellinzona	Dinner G+S Bellinzona	Dinner G+S Bellinzona	Barbecue	Final Party	
	Culture Exchange Evening	Evening Activity	Bellinzona Castles	Evening Activity	Evening Activity		

Luzzone dam:  
[www.ofible.ch](http://www.ofible.ch)

Verzasca Valley:  
[www.verzasca.ch](http://www.verzasca.ch)

Bellinzona Castles:  
[www.bellinzonaunesco.ch](http://www.bellinzonaunesco.ch)

San Gottardo:  
[www.passosangottardo.ch](http://www.passosangottardo.ch)

G+S Sport Center  
[www.ti.ch/gs](http://www.ti.ch/gs)

Riviera Valley:  
[www.biascaturismo.ch](http://www.biascaturismo.ch)

**N.B.:** this program is subject to change