

Recommended equipment

Clothes

1 pair trousers, shorts
1 rain mantle or poncho
1 comfortable suit for the accommodation

T-shirt - 1 pullover - 1 anorak
Cap, socks
1 hiking boots

Diverse

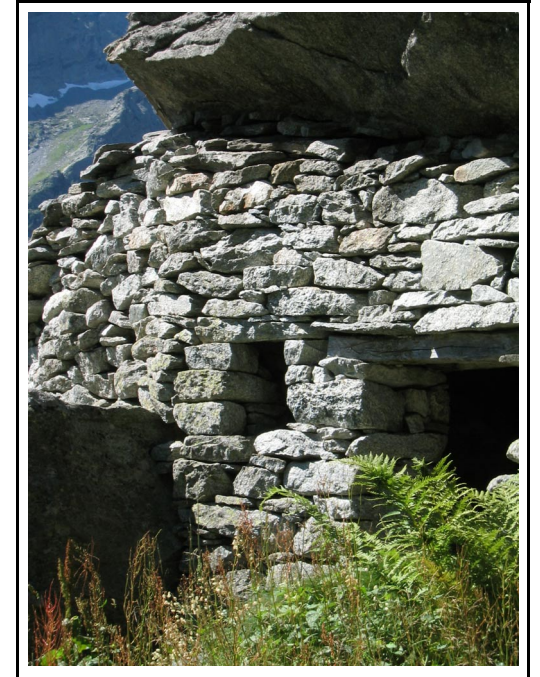
- A small rucksack for the daily tour, to put flask, K-Way, pullover into
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle or flask
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Telescopic walking or ski sticks
- Half-price or full-year ticket
- Picnic for the first day's lunch

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

The marvelous spots of Ticino without backpack Start on May 24th, 2010

Ticino is often seen as the Lake of Lugano's Riviera, with its Mediterranean atmosphere that makes one think that one is in Nizza. Clearly, Ticino is that. But the Ticino is also raw and wild valleys in which I suggest this Trekking.

The Val Maggia's region is very complex and wild. It offers countless magnificent tours from the Val Maggia and its lateral valleys. Among historical places of the Walser's, the mineral world of Val Calnègia and the dams of Robièi, this land will certainly give you a change of scenery and leave you with unforgettable souvenirs.



A Spülüia at Gradisc

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Day 1 **Bignasco - Foroglio**

After having put down the luggage at the inn, we will get in touch with the region. The tour that I suggest here will give the opportunity to enter one of Ticino's wildest valley: the Val Bavona.

Huge gneiss cliffs overlooking the valley are giving to this place a dramatic appearance.
(250m, 4h, hotel)

Day 2 **Aurigeno - Cima Salmone**

It is a long climb in the underwoods that I am proposing here. While climbing, one can really ask himself whether one will see something. At the Passo della Garina, the view will widen up and we will be able to see towards the other side, to the Val Onsernone. The view from the top will then crown that day.

(1250m, 6h, hotel)

Day 3 **Foroglio - Calnègia - Cròsa**

The Val Calnègia is a splendid place that one must visit. The places as this where one has the feeling of being too small are scarce. While passing by, we will have a look at Splüia Bèla, a residence built below a rock and the hamlet of Gerra. In this hamlet, there is a cave, which is an attraction: la Crasta. This cave has been used to make the cheese mature. If there are good conditions, we will also climb to the Laghi della Crosa.

(1450m, 8h, hotel)

Day 4 **Rovine del Castelliere**

The start of the Valle Maggia is closed by a hill, through which the Maggia river has cut impressive gorges. This hill overlooks the plain of Ascona and provides, thus, very nice views onto the Lago Maggiore. No wonder why already during Celts time, this place has been used as a sight spot.

(350m, 4h)

Price: CHF 740.-, € 493.- (adult) / CHF 665.-, € 444.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back.

Transportation by the organiser (minibus) from Bernex to Bignasco: CHF 65.-

The cancellation fees insurance: CHF 47.- (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for the first day's lunch.

Level: 4 days

This Trekking takes place on paths without particular difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The rest is left at the lodging.

Accommodation and meals: Hotel with half-board. Picnic is taken in the rucksack.

Beverages are not included.

Topographic maps: CN 1:25 000 no. 1291 Bosco/Gurin
CN 1:25 000 no. 1292 Maggia
CN 1:25 000 no. 1271 Basòdino
CN 1:25 000 no. 1272 Campo Tencia

Registration deadline: May 10th, 2010

Appointment

11:15 AM at post office in Bignasco

If you come by train

Via Brig and Domodossola and Ponte Brolla.

Timetable on the Internet: <http://www.cff.ch>

If you come by car

Via Simplon pass, Val Vigezzo and Ponte Brolla, take the way to Maggia.

End

At about 12:00 AM - 1:00 PM in Cevio

If you wish to come the day before or to extend your stay

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