

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 Painter's valley without backpack Start on May 13th, 2010

Only a few people know the Val Vigezzo. Not because it is remote. Not because it is difficult to reach. But because one does not take time to stop.

The Val Vigezzo is in fact the "Italian part" of the Centovalli. Or rather, the continuation, on Italian ground, of the Centovalli.

The landscapes that exist there are very different from the ones of Ticino. Look at Val Maggia: steep gneiss hangs with few terraces that overlook a barren and stony valley bottom. Nothing like that in the Val Vigezzo only about ten kilometres away. Here, there are relatively gentle and afforested slopes. The fact that this valley has inspired so many vocations is not a surprise. This is the reason why it is also called the "painter's valley".

This valley is located not far from the insubrean line, this geological border that parts the African plate from the European one. Therefore we will also have the opportunity to hike in Africa.



At Alpe Oro

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Day 1 **Villette - Zornasco - Costa di Faedo - Blizz - Londrigo - Villette**

The Costa di Faedo is a remarkable crest boarding the side of the Valle Vigezzo. It is an old moraine that parts the Melezzo Orientale from the Isorno torrent. Although it is covered with forests (Faedo means Beech), it holds some nice viewpoints onto Valle Vigezzo and Cannobina.

(700m, 5h, inn)

Day 2 **Rasa - Pizzo Leone - Alpe di Naccio - Rasa**

On this day, I will propose a change of landscape. Even though the Pizzo Leone can be seen from the most tops of Valle Vigezzo, one can hardly imagine what beauties he can provide. In fact, this top overlooks the Lago Maggiore, with all it means.

(650m, 4h30, inn)

Day 3 **Finero - Pluni - Alpetta - Monte Torrigia - Pluni - Ronco - Crèves - Finero**

The Monte Torrigia is not too spectacular, because of the trees that are growing up on its slopes. It has however a number of nice viewpoints onto Gridone, Valle Cannobina and Valle Vigezzo. Making a loop will prevent us from taking the same path for climbing than for descending. The descent will be done along a remaining of an old path, not known for most of the hikers.

(850m, 5h, inn)

Day 4 **Blizz - Monte Ziccher - Bocchetta di Sant Antonio - Cortignasco - Rodeggia - Blizz**

The Monte Ziccher is a marvellous viewpoint facing Gridone. Its climb, although spectacular, does not display some major problems.

Descending, we will pass by Bocchetta di Sant Antonio, a path that links the Bagni di Craveggia from the Valle Vigezzo.

The returning will be done along a path that, although no longer mentioned on the maps, is still well visible on ground.

(770m, 6h)

Price: CHF 650.-, € 435.- (adult) / CHF 590.-, € 395.- (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 Villette: CHF 50.-

The cancellation fees insurance: CHF 33.- (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: Inn with half-board. Picnic is taken in the rucksack.

Beverages are not included.

Topographic maps: IGC 1:50 000 no. 11 Domodossola e Val Formazza

Registration deadline: May 6th, 2010

Appointment

12:30 AM at the train station in Rè

If you come by train

Via Brig and Domodossola.

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

If you come by car

Via Simplon pass, Varzo, take the way to Switzerland.

End

At about 4:00 PM - 5 PM in Rè

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

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