

MID-AUGUST HOLIDAY IN VAL DOSDE' TREKKING AND CHEESE-MAKING - BORMIO

€75,00 - €100,00

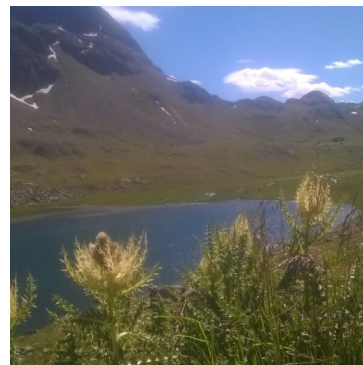
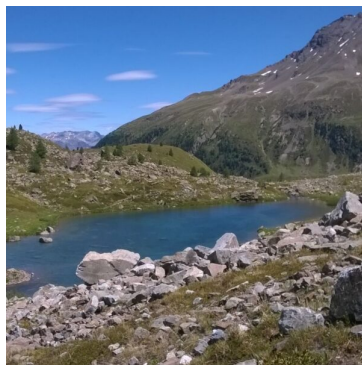
Only Guide fee, NOT INCLUDING extra costs (see sec. "Fee")

15TH - 17TH AUGUST 2023

Registration within 23rd August 24

Categories: [EXCURSIONS](#), [TREKKING](#)

IMMAGINI DELLA GALLERIA





MID-AUGUST HOLIDAY IN VAL DOSDÈ' INCLUDING TREKKING AND CHEESE-MAKING EXPERIENCE ON ALPINE PASTURES

Val Dosdè is one of the most beautiful destinations in Val d'Ambrosio and Alta Valtellina thanks to its strategic position and wonderful panoramas.

The path, initially following the itinerary to Val Viola Bormina, starts from Arnoga along to road from Bormio to Livigno. A short holiday far from every-day rush and town chaos, in the uncontaminated Nature, on pastures offering first quality products.

A short family holiday offering the beauty of alpine areas as well as vivid experiences in cheese making.

POINTS OF INTERESTS

- Nature surprising us with its wonderful colours and panoramas;
- Pastures at 2133 m altitude;
- Milking and cheese-making experience;
- Butter tasting as it comes out from *zangola*;
- Walking in the night under the stars;
- Val Viola Lake and pass to admire the Bernina mountain Chain;

TECHNICAL DETAILS

1ST DAY

Difference in altitude 350 m (+100 optional)

Distance km 7 (+ 2,4 optional)

Max altitude 2133 m s.l.m.

2ND DAY

Difference in altitude 360 m

Distance km 11

Max altitude 2460 m a.s.l.

3RD DAY

Difference in altitude 340 m descent

Distance km 7

DESCRIPTION

Val Viola Bormina is a Special Protected Area in the frame of the European Directive concerning "Protection of wild birds" and as such it hosts different species of birds and ungulates protected by the European community.

The itinerary starts from Arnoga where we can park. The path runs in the forest, along the river in the Val Viola Bormina to Valle Dosdè and the omonymous hut at 2133 m of altitude, where we will spend our stay.

On the following days, cheese-making experience and excursion to Val Viola Lake and Pass to admire Bernina mountains and glaciers.



DIFFICULTY LEVEL: MEDIUM

Terrain: mostly easy mountain paths and sometimes rocky demanding sure footedness.

Gradient: always moderate and constant.

Attention points: rocky paths.

Itinerary suitable for adults and children/teens over 10 in good health conditions, who are used to walk on mountain paths and on various terrains for more days, considering difference in level and distance to be walked.

Dogs must be on a leash owing to the presence of wild animals in the wood and out of respect for other participants who could be afraid of or annoyed by them. Please prevent the Guide.

[Responsible Tourism](#)

RESPONSIBLE TOURISM

The excursions I offer also aim at **supporting local economic activities** and at **living unique experiences** closely in touch with and with respect to people and places.

That's why they often include tasting experiences and/or chance to buy local products directly from producers, mainly small local activities working hard and with passion to keep traditions alive;

That's why groups I accompany are usually small ... in order to meet and live local people and enter their lives and the calmness of the place on tiptoes.

The Cape Town Declaration in 2002 recognises that Responsible Tourism takes a variety of forms, it is characterised by travel and tourism which:

- minimises negative economic, environmental and social impacts;
- greater economic benefits for local people and enhances the well-being of host communities, improves working conditions and access to the industry;
- involves local people in decisions that affect their lives and life changes;
- makes positive contributions to the conservation of natural and cultural heritage, to the maintenance of the world's diversity;
- provides more enjoyable experiences for tourists through more meaningful connections with local people, and a greater understanding of local cultural, social and environmental issues;
- provide access for people with disabilities and the disadvantaged;
- is culturally sensitive, engenders respect between tourists and hosts, and builds local pride and confidence.

[Programme](#)

1st DAY

- Meeting point at 10.00am at the car park in Arnoga;
- Excursion to Federico in Dosdè Hut; packed lunch in Nature; milking in the evening;
- Dinner and overnight at the hut.

2nd DAY

- Excursion to Val Viola Lake and the pass overlooking Switzerland; packed lunch in Nature;
- Dinner and overnight at the mountain lodge;
- Shooting stars watching in the night

3rd DAY



- 9.30am to noon cheese making and tasting of local products;
- Return to car park and back to town.

- **Programme and paths are subject to change according to bad weather and terrain conditions, to the Guide discretion, in order to guarantee safety for trekkers.****CANCELLATION/POSTPONEMENT**

The excursion can be cancelled or postponed anytime by the Guide at her absolute discretion, in case safe and proper conditions cannot be guaranteed following bad weather conditions on the day of the excursion or on the previous days.

The Trek could be confirmed even though weather conditions are not perfect when safety for trekkers is guaranteed.

IN CASE OF EXTREMELY WORSE WEATHER CONDITIONS THE EXCURSION WILL BE CANCELLED.

Any fees paid will be considered valid as a voucher for following excursions - validity 1 year from date of the first excursion. No refund is due in case of cancellation by the participant less than 3 days before excursion.

Participation fee

Adults: € 100.00 for 3 days;

Children and teens: € 75.00 for 3 days;

Inclusions: Nature Guide fee accompanying the group for 3 days (Sunday, Monday and Tuesday)- AIGAE LO639; liability insurance;

Exclusions: any lunch and break; any transport to the meeting point; injury insurance for participants; any visit to dairy processes; any service not included in the item "inclusions".

EXTRA COSTS TO BE PAID ON THE DAY OF THE EXCURSION

60 € half board (both adults and teens)

50 € half board CAI members

12 € per person visit to dairy processes

RESERVATION within 3rd AUGUST 2024

MINIMUM NUMBER OF PARTICIPANTS: 5

MAXIMUM NUMBER OF PARTICIPANTS (teens included): 9

Participation to the excursions implies unconditioned acceptance of the rules available on my website www.trekandtaste.it.

INJURY INSURANCE FOR TREKKERS

Participation fee only includes liability insurance; no injury insurance coverage is provided to Participants to the excursion. It is advisable to take out a suitable injury insurance.

EIC Organization offer an annual injury insurance which can be activated by the Trip&Trek app and amounting to 10 euros per year, per person. The insurance is valid 1 year whenever you participate to an excursion with and AIGAE Guide. For more details, please contact info@escursioni-italia.it.

How to reach the meeting point

Car park is in Arnoga, along the road to Livigno after Bormio. Turn left at the hairpin turn in front of hotel Lì Arnoga, and take the descending road. As an alternative, turn left after the hairpin turn where you can find a large car park.

Clothes and Equipment

- Hiking shoes are required, preferably high laced-up and having soles in Vibram material to walk safely on any terrain and in any season;



- Hiking poles considerably reducing stress on joints and knees; telescopic poles are very handy;
- Backpack to carry snacks for 2 days, water at least for one day, packed lunch for 2 days (on request sandwiches can be prepared at the hut), spare clothes, night clothes, sack cloth and pillowcase, slippers, towels and personal belongings;
- Small folding backpack for half day belongings;
- Packed lunch for 2 days (sandwiches available at the hut on request on the day before);
- Dress in layers according to the season (shirt, long-sleeved shirt, Fleece jacket or sweatshirt, rain and wind stopper jacket); hiking raincoat in case of unstable weather and summer storms;
- Headlamp

In case of doubt do not hesitate to contact me. More details as the excursion date is approaching.

2 BACKPACKS DURING WALKING ARE NOT ALLOWED

Trekkers not adequately equipped won't be allowed to the excursion.

Containment measures

According to measures in force on the day of the excursion.



NOTES
