



HIKING IN A BEECH-TREE FOREST - ALBAVILLA

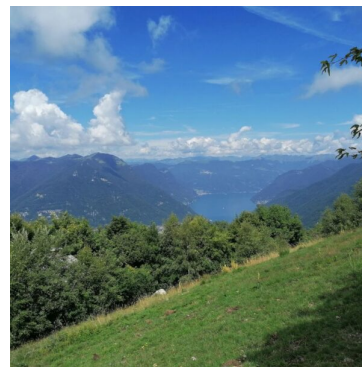
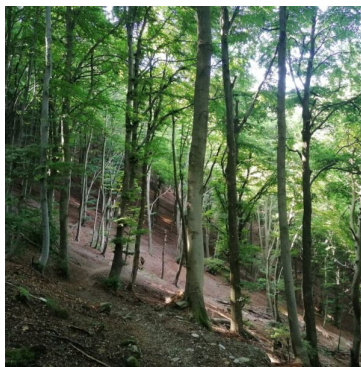
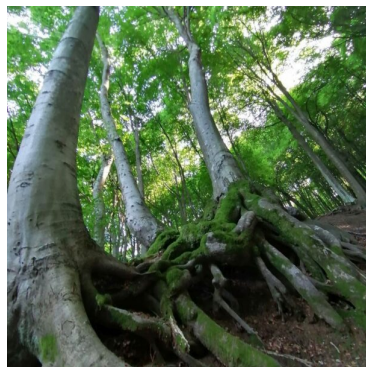
€12,00 - €20,00

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

SUNDAY, 2ND OCTOBER 2022

Categories: [EXCURSIONS](#), [ONE DAY EXCURSIONS](#)

IMMAGINI DELLA GALLERIA





BEECH-TREE TRAIL IN THE TRIANGOLO LARIANO

A nice beech trees forest producing monoterpenes, volatile organic substances which helps our health. Trees communicate through monoterpenes and at the same time create a natural aromatherapy session for our wellness.

TECHNICAL DETAILS

Difference in altitude: 370 m

Distance: 11,5 km

Real walking time: 5 hours and a half

Maximum altitude: 1230 m a.s.l.

The itinerary starts from car parking in Alpe del Viceré – Albavilla – and runs along the northern slope of Monte Bolettone, through a heavy beech-tree forest, where large branches create a cool atmosphere and where we will enjoy the energy from beech trees: always search for light with courage.

At the end, if you have pleasure to, we can enjoy and share an aperitif in Nature.

The path is quite narrow and it requires sure footedness and suitable trekking shoes.

DIFFICULTY LEVEL

Terrain: both narrow and easy mountain paths. Short stretches demanding more attention because of mudslides.

Gradient: mainly light; short more demanding stretch.

Attention points: trekking shoes compulsory because of some landslides.

Itinerary suitable for adults and children/teens over 12 in good health conditions and used to walk on mountain paths, considering difference in altitude and distance to be walked.

Trekking shoes compulsory with gripping Vibram soles.

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. Do not hesitate to contact 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;
- generates 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

- Meeting point at 9.30am at car parking at Alpe del Viceré near the barrier at the end of the area.
- Circular excursion in the beech-tree forest on the northern slope of Monte Bolettone; packed lunch in Nature (no water sources along the way);
- Around 4.30pm return to car parking and end of the excursion;

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.

Any fees paid will be considered valid as a voucher on the next excursion (except for foreign people) – validity max 1 year from first excursion reserved.

No refund is due in case of cancellation from the participant on the day before the excursion or on the same day.

Participation fee

Adult: € 20.00;

Children and teens less than 12-year-old accompanied by an adult: € 12,00

Inclusions: Nature Guide fee accompanying the group - AIGAE LO639; liability insurance.

Exclusions: any lunch and break; any transport to the meeting point; injury insurance for participants; any tasting; any service not included in the item “inclusions”.

Reservation required **within Saturday, 1st October 22** on the chart on my website www.trekandtaste.com or by contacting me directly:
e-mail sabrina@trekandtaste.it
mobile +39 347 04 05 703.

MINIMUM NUMBER OF PARTICIPANTS: 3

MAXIMUM NUMBER OF PARTICIPANTS: 15

Minors must be accompanied by an adult holding responsible.

Participation to the excursions implies unconditioned acceptance of the [rules](#) available on my website www.trekandtaste.com.

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

Alpe del Viceré – Albavilla – can be easily reached by private car from Albavilla and Milan.

Large paying car parking from 8am to 5pm. 6 euros per day. PAYMENT ONLY BY COINS. NO CARDS, NO PAPER MONEY.



Clothes and equipment

- Hiking shoes **COMPULSORY**, with gripping soles to walk safely on any terrain and in any season.
- Hiking poles recommended considerably reducing stress on joints and knees; telescopic poles are very handy.
- Backpack to carry personal belongings, spare clothing, and food and water supplies (at least 1.5 litre per person) - **NO WATER SOURCES ALONG THE WAY**;
- Packed lunch in nature;
- dress in layers according to the season (shirt, long-sleeved shirt, Fleece jacket or sweatshirt, rain and wind stopper jacket); rain poncho in case of unstable weather or summer storms;

ATTENTION: trekkers not adequately equipped will be not allowed to the excursion.

Containment measures

According to rules in force



NOTES
