



BERGAMO FOOD TOUR

€18,00 - €25,00

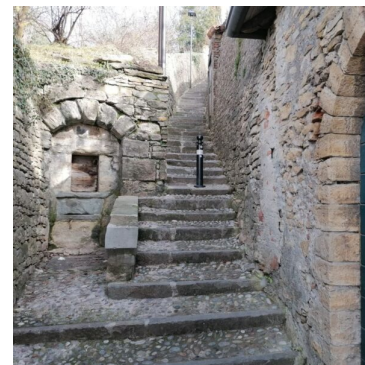
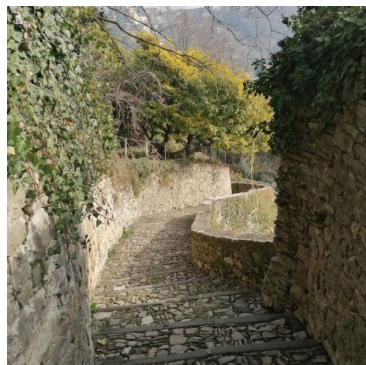
Only Guide Fee, NOT INCLUDING extra costs (see sec. "Fee")

SUNDAY, 16 OCTOBER 2022

Iscrizione entro venerdì, 14 ottobre 2022

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

IMMAGINI DELLA GALLERIA





CONQUERING BERGAMO ALTA ALONG THE ANCIENT STONE STEPS

A nice excursion leading us to discover Bergamo Alta and its stone steps, among olive groves and farmhouses to the ancient palaces and walls, discovering hidden corners and the famous and tasting CASONCELLI pasta.

The season will allow us to extend our nice day to the evening and sunset if you like

TECHNICAL DETAILS

Difference in altitude: 250 m

Distance: 7 km

Real walking time: 4 hours and a half

Maximum altitude: 500 m a.s.l.

DESCRIPTION

A nice circular itinerary running along ancient stone-step mule tracks through cultivated fields and olive groves and slowly and finally leading in lively Bergamo Upper town; stone-step paths were once followed by farmers reaching their fields as well as by travellers and pilgrims going to town and they represent today an important heritage.

Your attention will be focused on wonderful panoramas, on the beauty of the environment around, on unique views, on massive walls and ancient palaces and the effort will be rewarded by the tasting stop to discover historical shops and local cuisine!

It is an emotional itinerary where cultural guided tours are not included and where off the beaten tracks are preferred in order to find out hidden corners and secrets.

Not to be missed of course, also visit to the main churches in town (guided visit NOT included).

The itinerary and programme may vary according to means of transport used by the participants to reach Bergamo. Please contact the Guide for more logistics.

LEVEL OF DIFFICULTY

MEDIUM

It is an itinerary along stone-step tracks, pedestrian roads, and low-traffic streets. At some points, stone-step tracks are moderately steep, but the height of the steps is such that you can easily tackle the path as if it was a mountain track.

The itinerary is, however, suitable for people and children over 10-year-old, in good health conditions and used to walk;

Dogs must be on a leash as the itinerary includes town pedestrian roads and out of respect for other participants who could be afraid of or annoyed by them.

[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 9.15am at the taxi bus stop in Bergamo railway station.
- Circular itinerary along stone-step paths and low-traffic streets; stops in historical shops and tastings.
- Nice walk in the twilight along the ancient venetian walls;
- Around 7pm return to railway station.

Programme and itinerary may vary according to means of transport used by participants to reach Bergamo. Please, contact the guide for more information.

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 or refunded (for foreign people).

No refund is due in case of cancellation by participants on the day of the excursion or on the previous day.

Participation fee

Adults: € 25.00;

Children and teens less than 12-year-old accompanied by an adult: € 18,00

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

Exclusions: any tasting along the way; any transport to the meeting point; injury insurance for participants; any service not included in the item "inclusions".

EXTRA COSTS

15 - 25 € per a persona according to tastings (the proposal includes casoncelli pasta in a restaurant to be reserved, ice-cream/coffee in an historic caffè, typical cake on the road and aperitif including polenta and local cheese);

7 € car parking in case free parking is not available

Reservation required **within Friday, 14th October 2022**, in the chart on my website www.trekandtaste.com or by contacting me directly: e-mail sabrina@trekandtaste.it and mobile +39 347 04 05 703.

MINIMUM NUMBER OF PARTICIPANTS: 3

MAXIMUM NUMBER OF PARTICIPANTS: 15



(children and teens included)

Minors must be accompanied by an adult holding responsible.

Participation to the excursions implies unconditioned acceptance of the [rules](#).

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

Meeting point is at the taxi stop in front of Bergamo railway station.

Bergamo can be easily reached by train from Milan and Venice as well as by your own car.

Please contact the Guide for more details on car parking and itinerary.

Programme and itinerary may vary according to means of transport used by participants to reach Bergamo. Please, contact the Guide.

Clothes and Equipment

- Comfortable shoes, with gripping soles to walk safely on cobblestone paths.
- Personal backpack to carry water.
- 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.

Containement measures

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

FFP2 mask required on public transports such as train and funicular.

