

## WEEKEND BITTO AND BLUBERRIES INCLUDING CHEESE-MAKING EXPERIENCE

€45,00 - €60,00

*Only Hiking Guide fee NOT including extra costs (see section "Fee")*

**JULY 22ND-23RD, 2023**

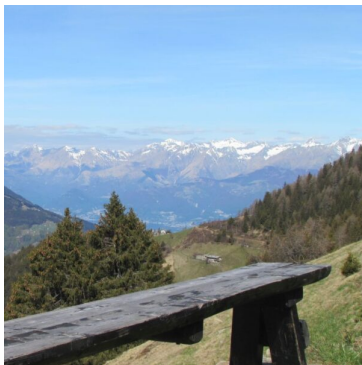
*Registration within 15th July 2023*

*The excursion is part of the project [STORYTELLING BENCHES](#)*

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

### IMMAGINI DELLA GALLERIA





## **WEEK-END ON ancient PASTURES from milking to cheese making**

Albaredo Valley is well-known since ancient times for the production of BITTO cheese, a unique cheese which needs to be processed as it is milked up in the mountains, that's why dairies are on pastures.

This is a unique experience not to be missed. A medium effort 2-day excursion to experience cheese-making processes on summer pastures in the mountain where the world-famous Bitto was produced since ancient times.

We will get to know the past, present and future history of cheese-making art and artists who are working hard but with passion; we will experience cheese making processes directly on pastures; we will enjoy wonderful panoramas on Valtellina and the mountains; we will collect blueberries to taste.

*The itinerary is part of the project [STORYTELLING BENCHES](#)*

## **TECHNICAL DETAILS**

### **SATURDAY**

Difference in altitude 400m

Distance km 7

Real walking time 3 hours

Max altitude 1900 m a.s.l.

### **SUNDAY**

Difference in altitude 100m ascent and 500m descent

Distance km 7

Real walking time 3 hours

Max altitude 1900m a.s.l.

## **POINTS OF INTEREST**

- Local products tasting at the hut;
- Excursion on mountain pastures and to alpine lakes;
- Ancient cheese-making processes directly on site;
- Wonderful views on Valtellina and surrounding mountains;
- Blueberries collection to taste at breakfast;
- Night excursion under starry sky;

## **DIFFICULTY LEVEL: MEDIUM**

Terrain: mostly on mountain paths easy to walk on and only sometimes a little bit rocky. Trekking poles are recommended to reduce stress on joints and knees.

Gradient: moderate and constant.

Attention points: none.

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. Please prevent the Guide.



## [Responsible Tourism](#)

### **RESPONSIBLE TOURISM**

The excursions I offer also aim at **supporting local economic activities** and at **living unique experience**; 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](#)

### Saturday

- Meeting point at 9am at the car parking in Via Rita Levi Montalcini in Morbegno in order to share cars to reach the car parking where the path starts; earlier meeting point in Lecco on request;
- Excursion to the hut and accommodation; excursion to Laghetto di Lago, an alpine small lake. Return to hut and free break;
- 5.30pm - 8.30pm cheese making on pastures;
- 8.30pm dinner and overnight;
- Night walk to admire stars.

### Sunday

- 8am cheese-making on pastures for Mascherpa (summer ricotta) production and breakfast;
- Short excursion to Pedroria pastures and return to hut for lunch/afternoon breal according to programme depending also on weather conditions; lunch at the hut or packed lunch;
- Around 4pm return to car park and end of the tour;

ATTENTION: programme and itinerary may vary according to weather and paths conditions.

### **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.

Excursion could be confirmed even if weather conditions are not good but safe for participants.

Any fees paid will be considered valid as a voucher on the next excursion - max validity 1 year - or refunded (only for foreign people).

In case of cancellation from the participant less than 3 days from the date, the relevant Guide fee cannot be refunded.

## [Participation fee](#)



Adults: € 60.00 for the weekend

Children and teens: € 50.00 for the weekend

**Inclusions:** Nature Guide fee accompanying the group for 2 days (Saturday and Sunday)- AIGAE LO639; liability insurance; visit to dairy processes; Guide expenses.

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

### **EXTRA COSTS TO BE PAID ON THE DAY OF THE EXCURSION**

55 € half board

65 € full board including Sunday lunch in case we decide to eat at the lodge instead of packed lunch on pastures - depending also on weather conditions.

8 € disposable sack cloth in case you do not have yours.

### **Reservation within 15th July 2023**

ACCOMMODATION WILL BE ONLY IN 4/6/8 PEOPLE DORMITORY including bunk beds. WOOD HEATING AND SOLAR ENERGY so, please, behave accordingly.

In case of drought, participants could be asked not to have shower in order to help shepherds to give water to cows.

### [Rifugio Alpe Piazza](#)

MINIMUM NUMBER OF PARTICIPANTS: 4

MAXIMUM NUMBER OF PARTICIPANTS (teens included): 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.it](http://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](mailto:info@escursioni-italia.it).

### [How to reach the meeting point](#)

Rita Levi Montacini car parking in Morbegno, large and gravelled, is at the beginning of SS8 to San Marco pass; while Lecco Bione car parking is at the relevant SS36 exit. Large and free car parking where to share cars and reach the beginning of the path in Morbegno.

Car-pooling according to rules in force and sharing of costs among passengers.

- Please let me know in case you are willing to share your cars with people coming from your same area of residence in order to meet any requests.

### [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 (50 to 60 l) to carry snacks for 2 days, water at least for one day, packed lunch for 1 or 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 to carry in the main backpack;
- Packed lunch for 1 or 2 days;
- Dress in layers according to the season (shirt, long-sleeved shirt, Fleece jacket or sweatshirt, rain and wind stopper jacket); rain



stopper in case of summer storms or instable weather

- Headlamp

ONLY ONE BACKPACK TO BE CARRIED WHILE WALKING

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

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

### [Containment measures](#)

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

