



## **COSIA VALLEY ENCHANTMENT AND GEOLOGICAL HERITAGE**

€12,00 - €20,00

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

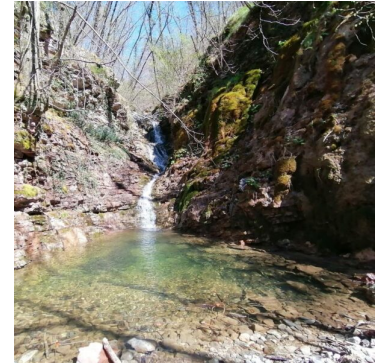
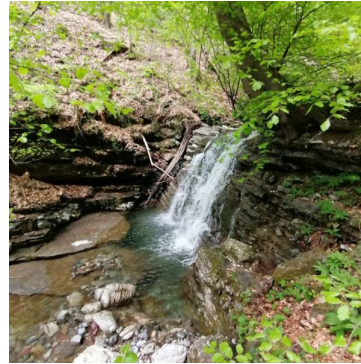
**SUNDAY, 19TH MARCH 23**

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

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

### **IMMAGINI DELLA GALLERIA**





### **COSIA VALLEY enchantment and geological heritage**

Walking slowly along the stream flowing down peacefully, and forming pools and waterfalls in the sedimentary rocks; listening the silence of the forest, birds singing, leaves falling; observing sunlight peeking through the treetop, feeling winds flowing slowly through the leaves to our cheeks.

It is an easy circular itinerary running down from Alpe del Vicerè (Albavilla - Como) to the stream valley far from the crowd and the rush.

Landscape telling about an agricultural past, red soil and stones still hiding fossils, thick woods and finally the stream flowing down the valley forming pools in sedimentary rocks typical of this karst mountain area (Triangolo Lariano).

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

## **TECHNICAL DETAILS**

**Difference in altitude:** 460 m

**Distance:** 9 km

**Real walking time:** 5 hours

**Maximum altitude:** 900 m a.s.l.

## **POINTS OF INTEREST**

- Komorebi and Shinrin-yoku: lights and shades in the underwood to relax;
- Karst phenomena and sedimentary rocks along the river;
- Waterfalls and natural pools where crystal-like water flows;
- Red sand and stones hiding ancient fossils;
- Visit to a typical and unique crotto in Albavilla to experience the air from the earth;
- Tasting of local dishes in a typical lodge, among which casoela.

## **DIFFICULTY LEVEL**

Terrain: mostly on easy mountain paths. Short trait of narrow paths; short trait of roadway with quite no traffic.

Gradient: light to moderate.

Attention points: none

Itinerary suitable for adults and children/teens over 10 in good health conditions and used to walk on mountain paths, considering difference in elevation 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. 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**

- 9.00am meeting point in Albavilla, open-air market area, Via XXV Aprile (opposite Carrefour market);
- Excursion in the woods along Cosia stream up to alpe del Viceré; typical lunch in a local lodge;
- 4.00/4.30pm back to the crotto in the village, visit and end of the itinerary;

### **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 by the participant on the day of the excursion or on the previous 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; guides expenses.

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

### **COSTS TO BE PAID ON SITE**

€ 5 per person offer to Association Contadini della Brianza managing the crotto.

Typical lunch in a local lodge, à la carte

Reservation required **within Saturday, 18th February 2023**, on the chart on my website [www.trekandtaste.it](http://www.trekandtaste.it) or by contacting me directly: e-mail [sabrina@trekandtaste.it](mailto:sabrina@trekandtaste.it) and mobile +39 347 04 05 703.

MINIMUM NUMBER OF PARTICIPANTS: 4

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](http://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](mailto:info@escursioni-italia.it).

### **How to reach the meeting point**

Albavilla can be easily reached from Milan, Lecco and Como by your own car.  
Nearest railway station is in Erba and Como, connection with bus service.

Free and large car park near a supermarket (opening times to be verified) and a coffee shop.

### **Clothes and equipment**

- Hiking shoes are required, preferably high laced-up and having gripping soles 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 personal belongings, spare clothing, and food and water and hot beverage supplies (at least 1 litre per person).
- 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; duvet, wool cap and gloves;
- Headlamp;

### **Containment measures**

according to measures in force on the day of the excursion

