

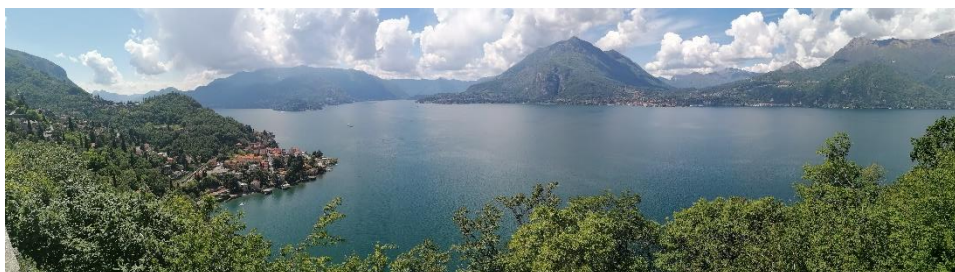


**DATE ACCORDING TO PROGRAMME ON WEBSITE**

# The viandante trail from Bellano to Varenna

including reading workshop (optional)

## Bellano



*When comparing words in a passage to a wonderful mountain path, suitable equipment is as essential as knowing how to reach, listen and observe our journey ... in order to find out hidden corners and unexpected aspects after a first quick reading.*

3 different workshops to be followed separately as well, during which you will combine hiking and reading accompanied by **Sabrina** Trek&Taste's Nature Hiking Guide and **Alice** actrice and expert in reading courses.

The excursion can be separated from the reading workshop which is optional.



### EXPRESSIVE READING



### LISTENING YOUR OWN TALE

Observing the place we have reached during the excursion and trying to describe to other participants our impression through our voice, emotions and different descriptions. The aim is to acquire awareness of how clearly we are able to communicate.

### THE PATH

The itinerary starts in Bellano and goes up the hill through olive groves and woods, along ancient mule tracks travelled along by dwellers when transporting goods to be exchanged or needed to live on.

Typical dry-stone walls along the tracks are still visible representing an important heritage; likewise, ancient chapels of worship bear witness of a path travelled along by pilgrims and travellers alike, and Leonardo was it when going from Milan to Switzerland. From one hamlet to the other, from one wood to the other, we will finally reach the pollibreria, a unique place where we will live back in the past, and, optionally, participate to a reading workshop arranged by Alice.

Packed lunch will be in the shade of trees and in the calmness of the hamlet respecting the place and its inhabitants.

Visit to a farmhouse producing honey before returning to Varenna through a nice forest, flanking restored terracing where olive trees are now grown. Arrival in Varenna and train to Bellano, Milan and Lecco.

### TECHNICAL DETAILS

Difference in altitude 350 m

Distance 8 km

Actual walking time 4.5 hours

Max altitude 545 m s.l.m.

## DIFFICULTY LEVEL

Terrain: mostly on mule tracks and easy path. Trekking poles are recommended.

Gradient: moderate to demanding on descending cobblestone paths.

Attention points: none

Suitable for adults and children over 12 in good health conditions and who are used to walk on mountain paths considering difference in altitude and distance to be walked.

Trekking shoes required 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.

## 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 personal belongings, spare clothing, and food and water supplies.
- packed lunch (no mountain hut on the way) in the shade of trees; drinkable water source available.
- 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 and summer storms.
- a second-hand book to share at the pollibreria



## PROGRAMME

Meeting point 9.30am at the railway car parking in Bellano

Excursion to the pollibreria; packed lunch in nature; expressive reading course (optional); sharing knowledge;

Around 5.pm return to Varenna and train to Bellano and other destinations.

## 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). Max validity 1 year.

## PARTICIPATION FEE TO THE EXCURSION

Adult: € 18.00;

Children and teen up to 12: € 10.00;

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

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

Registration within the previous day on the website [www.trekandtaste.it](http://www.trekandtaste.it) or please contact [sabrina@trekandtaste.it](mailto:sabrina@trekandtaste.it); +39 347 04 05 703.

## PARTICIPATION FEE TO THE READING WORKSHOP

12 € per person for the workshop Listening your own tale

For registration please contact Alice [bettinellialice@gmail.com](mailto:bettinellialice@gmail.com)

MINIMUM NUMBER OF PARTICIPANTS: 5

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

Bellano is easily reachable by YOUR OWN CAR

Private cars are to be shared according to the containment measures in force.

BY TRAIN from Milan and Lecco.

PLEASE CHECK TIMETABLE BEFORE LEAVING  
<https://www.trenord.it/linee-e-orari/circolazione/orario-ferroviario/>

For more details please contact the Guide.

#### **CONTAINEMENT MEASURES**

See updated measures on website link

#### **FOLLOWING WORKSHOPS**

##### **Place And dates to be defined**

###### **SILENCE AND PAUSE AS CREATIVE MOMENTS**

Void do not need necessarily to be filled; void is the place where millions of roads can be found.

Second date is devoted to void between words, to the study of pauses as a creative moment by reading the same passage but inserting pauses in different points of the passage itself.

##### **Place And dates to be defined**

###### **WHAT THE AUTHOR DOESN'T TELL VIBRATES WITH ME**

The third date is devoted to what is behind the words of the author. We will read a passage according to the environment where we are trying to tune author images to sensations rising from our souvenirs and experiences.



##### **For more information concerning the path and registration**

Sabrina Nature Hiking Guide AIGAE LO639

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FB Sabrina Pastacaldi – Guida ambientale escursionistica AIGAE

[www.trekandtaste.it](http://www.trekandtaste.it)

For more information concerning reading workshop

##### **Alice Bettinelli**

[www.traquerciaebaobab.com](http://www.traquerciaebaobab.com)

[bettinellialice@gmail.com](mailto:bettinellialice@gmail.com)