



**Trek & Taste**

assaporiamo la natura

www.trekandtaste.it

**Sabrina PastaCaldi**

Guida Ambientale Escursionistica  
Collaboratrice organizzazione viaggi ed escursioni



**FOR DETAILED DATES AND PROGRAMME SEE LINK ON WEBSITE**

## Autumn weekend on Lake Como

Dervio



An autumn weekend walking along Lake Como banks to enjoy the last cool sun rays before winter season comes.

Three different but equally amazing panoramas on the Lake, three different hike and taste experiences, three autumn days to enjoy nature along and beyond the Viandante Trail, to taste local food products, to live past traditions surviving in the present.

The complete programme includes 3 guided excursions accompanied by Sabrina from Trek&Taste and 2 nights, breakfast included, in the B&B La casa sul Sasso in Dervio; difficulty level of the excursions is medium but described in detail in each section.

Dervio, as well as other excursion meeting points, can be easily reached both by private car and train from Milan, Lecco and Dervio.

The 3 excursions can be bought at a special price on this link when including at least one-night stay at the B&B. Otherwise, you can buy them separately at the relevant links.

Please directly contact the B&B to reserve your stay according to your requirements.

Please click on the chart of this link buy the 3 excursions together.

Please go to the relevant link to buy excursions separately at full price:

ANCIETN VINEYARDS TRAIL IN BELLANO

VARENNA HAMLETS TRAIL

DERVIO – CORENNO - DORIO

For more details and information, do not hesitate to contact us:

Sabrina Trek&Taste 3470405703

Grazia B&B 3385328837

## PROGRAMME



### SATURDAY, 30th OCTOBER 2021 – ANCIENT VINEYARDS TRAIL IN BELLANO

The charm of ancient terracing, heritage of a wine past; the charm of farmhouse ruins now wrapped by the woods; the charm of lake views from high the hills; the charm of getting to know local people along the way; the flavour of local food products selected personally in the shops in the old town.

#### TECHNICAL DETAILS

Difference in altitude 400 m

Distance 7 km

Real walking time 3 hours and half

Max altitude 550 m a.sl.

## DIFFICULTY LEVEL - MEDIUM

Terrain: mainly on cobblestone mule tracks and mountain paths. Sure footedness required. Trekking poles recommended.

Gradient: moderate and sometimes demanding. Ups and downs.

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 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.

## PROGRAMME

Meeting point 9.30am at Bellano railway station car parking (please contact the Guide for different time requirements);

Excursion in the ancient town to buy local products for our packed lunch and then along terracing and hamlets on Bellano hills; packed lunch in nature;

Around 4.30pm return to Bellano.

## EXTRA COSTS TO BE PAID ON SITE

10/15 euro per person (bread and focaccia, marinated fish, cheese, red wine, fruits, and cake – ACCORDING TO AVAILABILITY).

## HOW TO REACH THE MEETING POINT

Bellano can be easily reached from Dervio, Milan and Lecco both by car and train; free and paid car parking in the area.

For more details, please contact the guide.

## SEE TIMETABLE BEFORE LEAVING

<https://www.trenord.it/linee-e-orari/circolazione/orario-ferroviario/>



## SUNDAY, 31st OCTOBER 2021 – VARENNA HAMLETS TRAIL

The charm of hamlets whose past is still living in the present thanks to local people; the charm of walking among woods and wonderful views on Lake Como; the charm of olive trees growing among lake and mountains; and last but not least the charm of reading Halloween books in a pollibreria, a unique book exchange. Tasting of local olive oil is included in this experience.

## TECHNICAL DETAILS

Difference in altitude 430 m

Distance 8,5 km

Real walking time 4 hours and a half

Max altitude 635 m a.s.l.

## DIFFICULTY LEVEL: MEDIUM

Terrain: mostly on cobblestone paths in the hamlets and forest paths, easy to walk on. Trekking poles recommended for stability.

Gradient: moderate and constant to the max altitude.

Attention points: steep cobblestone mule track when coming back to Varenna.

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 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.

## PROGRAMME

Meeting point 9.30am at Varenna railway station (please contact the Guide for different time requirements);

Circular excursion on Varenna hills along mules track among woods, hamlets and olive groves; packed lunch in Nature along the way;

Around 5pm return to Varenna railway station.

#### EXTRA COSTS TO BE PAID ON SITE

10 euros per person for local olive oil tasting.

#### HOW TO REACH THE MEETING POINT

Varenna can be easily reached both by car and by train from Dervio, Milan and Lecco. Paid and free car parking in Varenna. For more details, please contact the guide.

#### SEE TIMETABLE BEFORE LEAVING

<https://www.trenord.it/linee-e-orari/circolazione/orario-ferroviario/>



#### MONDAY, 1st NOVEMBER 21 – DERVIO – CORENNO - SAN ROCCO - DORIO

The charm of a mediaeval jewel on Lake Como; the charm of ancient mule tracks running on Dervio hills; the charm of a chapel majestically overlooking Lake Como; the charm of hamlets and crotti; the charm of having the chance to getting to know local people along the way.

#### TECHNICAL DETAILS

Difference in altitude 400 m

distance 8 km

Real walking time 4,5 hours

Max altitude 600 m a.s.l.

#### DIFFICULTY LEVEL: MEDIUM

Terrain: mainly on rocky and cobblestone paths and some easier paths. Trekking poles are recommended

Gradient: constant and sometimes demanding

Attention points: demanding gradient to San Rocco Church.

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 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.

#### PROGRAMME

Meeting point 9.30am at B&B reception in Via Crocetta in Dervio.

Excursion to San Rocco Chapel, including visit to medieval jewel Corenno Plinio; packed lunch in Nature along the way;

Descent to Dorio and back to Dervio by train.

#### HOW TO REACH THE MEETING POINT

Meeting point is at B&B reception. Return by train from Dorio.

For more details, please contact the guide.

#### SEE TIMETABLE BEFORE LEAVING

<https://www.trenord.it/linee-e-orari/circolazione/orario-ferroviario/>

#### 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 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.
- Packed lunch according to excursion and programme (please check);
- 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 instable weather and summer storms.
- Sunscreen and baseball cap in summer.
- Headlamp in autumn.

## **PARTICIPATION FEE**

Adults: € 50.00;

Teens and children up to 12 year: € 30,00

**Inclusions:** Nature Guide fee accompanying the group for 3 days (Saturday, Sunday, Monday) - AIGAE LO639; liability insurance.

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

It is possible to buy excursions separately at a full price on the relevant links:

ANCIENT VINEYARDS TRAIL IN BELLANO (Saturday)

VARENNA HAMLETS TRAIL (Sunday)

DERVIO – CORENNO – DORIO (Monday)

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

- 70 € pr person 2-night B&B accommodation (rooms for 4 or 2 people), breakfast included.

Offer valid when buy the 3 excursions.

Please contact B&B La casa sul Sasso in Dervio to book your stay (reference Week end with Trek&Taste).

- 10/15 € per person to buy local products in the old shops in Bellano on Saturday.
- 10 € per person local olive oil tasting on Sunday.

Registration within **SATURDAY 23rd OCTOBER 2021** on the website [www.trekandtaste.it](http://www.trekandtaste.it) or please contact me directly [sabrina@trekandtaste.it](mailto:sabrina@trekandtaste.it) - +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.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).

## **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.

## **HOW TO REACH THE MEETING POINT**

Dervio, where the B&B is located, can be easily reached both by car and train from Milan and Lecco.

Excursions meeting point can be easily reached by both train from Dervio and private car.

Please check meeting point on excursion programme.

Please contact the Guide for more details on path and logistics.

## **PLEASE CHECK TIMETABLES BEFORE LEAVING**

<https://www.trenord.it/linee-e-orari/circolazione/orario-ferroviario/>

## **CONTAINMENT MEASURES**

See detailed and updated measures on website link.



For further information

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

Sabrina Nature Hiking Guide AIGAE LO639

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