

Recommended equipment

Clothes

1 pair trousers, shorts
1 rain mantle or poncho
1 comfortable suit for the accommodation

T-shirt - 1 pullover - 1 anorak
Cap, socks
1 hiking boots

Diverse

- A small rucksack for the daily tour, to put flask, K-Way, pullover into
- Camera
- Sun cream - sunglasses
- A pocket knife for the picnic
- Thermos bottle or flask
- Change of underwear
- Toiletries
- A warm mountain jacket or an anorak
- A small first-aid kit
- Toilet paper
- Telescopic walking or ski sticks
- Half-price or full-year ticket
- Picnic for the first day's lunch

Take what you think is necessary (in a reasonable quantity) and do not forget the good mood... It would be a pity.

The Painter's valley without backpack Start on May 21st, 2009 and September 10th, 2009

Only a few people know the Val Vigezzo. Not because it is remote. Not because it is difficult to reach. But because one does not take time to stop.

The Val Vigezzo is in fact the "Italian part" of the Centovalli. Or rather, the continuation, on Italian ground, of the Centovalli.

The landscapes that exist there are very different from the ones of Ticino. Look at Val Maggia: steep gneiss hangs with few terraces that overlook a barren and stony valley bottom. Nothing like that in the Val Vigezzo only about ten kilometres away. Here, there are relatively gentle and afforested slopes. The fact that this valley has inspired so many vocations is not a surprise. This is the reason why it is also called the "painter's valley".

This valley is located not far from the insubrean line, this geological border that parts the African plate from the European one. Therefore we will also have the opportunity to hike in Africa.



At Pragrande

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Day 1 **Vocogno - Blizz - Costa di Faedo - Vocogno**

After having put down the luggage at the inn, we will get in touch with the valley. I suggest here a walk on the sunny mountainside. From the alp of Blizz, the Swiss border is not really far away. The return on the Costa di Faedo (the beech's edge) is simply splendid.

(650m, 5h, inn)

Day 2 **Vocogno - Crest - Cortignasco - Bocchetta di Sant-Antonio - Bagni di Craveggia - Spruga**

Like the Centovalli that, as soon as the border to Italy is crossed is called Valle Vigezzo, the upper Valle Onsernone is also on Italian ground and changes its name.

It is called Valle dei Bagni, that is the valley of the baths.

In fact, at a stone throw from the border is a thermal spring that was utilised during a certain time.

Despite of the devastation of the passing time, avalanches and floods, some leftovers of these installations still subsist. We will even be able to give a taste of the water springing at 30°C out from the ground.

The return will be done with public transportation.

(1350m, 6h, inn)

Day 3 **Val Loana - Cima della Laurasca**

The Cima della Laurasca is one of the first tops of honourable height above the Lago Maggiore. This explains why the sight is so magnificent.

On a clear day, one can see the whole Alps arch until its slow descent to the Mediterranean sea.

It is said in this region (and I can validate it) that on a clear day, one can see the statue of the Virgin Mary of Milan's dome.

The return will be done going along the fantastic ridge between Cortechiuso towards Forcola.

(1000m, 6h, inn)

Day 4 **Blizz - Bocchetta di Sant Antonio**

This last day, we will climb to the Bocchetta di Sant Antonio, only far from the Swiss border by a few hundredth meters. This explains why there has been so much smuggling during certain periods of time around there.

We will also have time to climb the Monte Ziccher, magnificent viewpoint opposite to the Gridone.

(900m, 6h)

Price: CHF 650.-, € 435.- (adult) / CHF 590.-, € 395.- (child, student, retiree)

This price includes everything except:

Transportation charges from the place of residence to the appointment's place and back.

Transportation by the organiser (minibus) from Bernex to Vocogno: CHF 50.-

The cancellation fees insurance: CHF 33.- (optional, must be asked for at registration).

Beverages, personal expenses.

Picnic for the first day's lunch.

Level: 4 days

This Trekking takes place on paths without particular difficulties. Without backpack means that the tours are made with a small rucksack with the gear for one day. The rest is left at the lodging.

Accommodation and meals: Inn with half-board. Picnic is taken in the rucksack.

Beverages are not included.

Topographic maps: IGC 1:50 000 no. 11 Domodossola e Val Formazza

Registration deadline: May 9th, 2009 (for the May 21st start) and August 29th, 2009 (for the September 10th start)

Appointment

12:30 AM at the train station in Santa Maria Maggiore

If you come by train

Via Brig and Domodossola.

Timetable on the Internet: <http://www.cff.ch>

If you come by car

Via Simplon pass, Varzo, take the way to Switzerland.

End

At about 4:00 PM - 5 PM in Santa Maria Maggiore

If you wish to come the day before or to extend your stay

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