



Marvels which enchant



Alta Valtellina[®]
emotion in motion

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APT Livigno 0342 996379

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Consorzio Tourisport - S. Caterina Valfurva 0342 935544

Consorzio Turistico Valdidentro 0342 986123

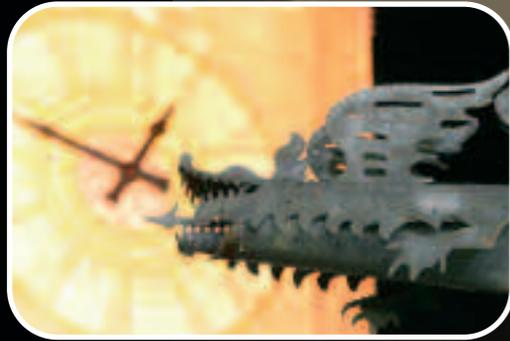
Pro Loco Sondalo 0342 801816

Ufficio Turistico Valdisotto 0342 902765

www.alta-valtellina.it



Mountains are the beginning and the end of any natural scenery (John Ruskin)



The play of light and shadow which gives an extraordinary variety to these unique landscapes, the charm of clear blue skies in which the peaks of the splendid mountain tops stand out, the pure silences, interrupted only by the sweet calls of the animals that reign supreme in this natural habitat.

The magical world of Alta Valtellina is beyond imagination and bestows the sensation of infinite freedom, sparked off by the beauties of nature. There are parks, reserves and glaciers to admire, as well as towns, historical evidence of antique traditions, that you can rediscover in the customs of the country and in the unmistakable flavours that the Valley can offer you.

Alta Valtellina welcomes you with open arms, offering a vast array of services for everybody and every need: Skiing 12 months a year, hot water thermal baths for complete physical regeneration, the National Park for relaxing walks and long excursions, in a natural setting which has few equals in the world. Alta Valtellina, where you feel at peace with yourself and with others.

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Seductive Charm

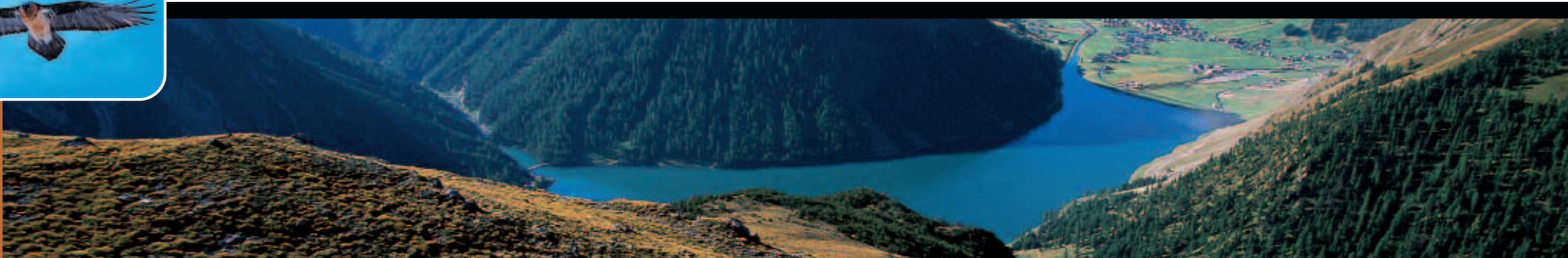
Alta Valtellina is part of the **Stelvio National Park**, one of Italy's and the Alps' largest protected areas, and a unique natural resource for nature lovers. Do not miss the opportunity of visiting this Earthly Paradise.

You can choose either short easy walks or more difficult excursions high up in the mountain, on your own or accompanied by a professional guide; whatever your choice, it will always be an intensely thrilling experience.



You will have the privilege of admiring more than two thousand protected flower species as well as watching the animals that populate the National Park: timid chamois that climb the steep rocks, golden eagles that fly high in the blue skies and frightened marmots that scurry to safety in their protected hideouts.

You will smell fragrances and hear sounds that only mother nature can bestow. You will be enthralled by the colours of this enchanting landscape. It will be such a pleasure to regain well-being and relax in a natural environment known for its healthy clear air and dry climate as well as for the beauty of its alpine flora and fauna.



Sublime enchantment



Once upon a time there was a valley rich in human values and traditions and it still exists! A reality created by men's written histories and enriched by their dreams.

In 1493 Bianca Maria Sforza the promised bride to Maximilian I of Hapsburg passed through Bormio on her way to Innsbruck.

It is also thought that among Her Serene Highness' followers there was no other than that genius, Leonardo da Vinci, who praised the beauty of this land in his "Codex Atlanticus". A passage way, by now, for many centuries, Alta Valtellina keeps the traditions and values of times gone by alive. The simplicity of her people helps to preserve the enchantment of an irreplaceable authentic land, that bestows upon the admiring traveller magical moments which endure forever in his soul.



Values and flavours that survive



In Alta Valtellina, one finds everywhere vestiges of its rich historical past. Here, you can set out on an extraordinary artistic cultural adventure, visiting stupendous historical centres, rural dwelling-places and archaeological sites, towers, churches and castles, monuments from the past which have retained their charm.

After a pleasant day spent out in the open air, why not treat yourself to a typical meal of local choice dishes? Truly delicious are our pizzoccheri and sciatt (local dishes made from buckwheat flour), our polenta with wild game or porcini mushrooms, our bresaola and local cheeses. A veritable mountain of exquisite dishes, with antique and inviting flavours with no equal, a generous and genuine cuisine, which, once tasted, is difficult to do without... and remember the old adage: **“Quel di Valtellina d’ogni vino è il re. Esso è davvero oro potabile, che suole mandare in esilio ogni male irrimediabile...”** (Among all wines, the Valtellina is king. For to drink this is in truth to quaff gold, and any ill without a remedy is banished from its kingdom...) (M.Cermenati, “Cose di alpinismo”).



On the trail of enjoyment



Alta Valtellina promises unique opportunities for lovers of snowboarding and carving not to mention nostalgic telemark lovers. The Alta Valtellina facilities which will host the **2005 Ski World Championships** offer traditional alpine ski enthusiasts great opportunities to enjoy unlimited kilometres of ski slopes covered with perfect snow and of varying degrees of difficulty, thanks to new ski lift facilities, both comfortable and safe. Fun is also assured with the possibility of outdoor ice-skating or indoors at the Ice Palace. For the more daring, an adventure on natural frozen waterfalls with ice-climbing thrills is also at hand.

The choice for sportsmen and snow lovers is unequalled. Whatever your idea for a winter holiday may be - outside in the open air or in covered facilities, on your own or with friends, for the sport or the sheer fun of it - Alta Valtellina and its surrounding territory can offer you sport and enjoyment to the full.



The thousand facets of the pure white snow



To glide gently along on cross-country skis, to walk in silence with snowshoes, without rushing, in a sleepy majestic nature, on your own, with friends or with your family.

The uncontaminated Alta Valtellina environment offers you innumerable, fascinating routes suitable for all ages.

The dry, particularly favourable climate will encourage you to go on regenerating walks in contact with the fascinating world of nature and her animals.

There are vast uninterrupted panoramas in springtime for keen ski-mountaineering enthusiasts.

The possibilities for sport and recreation are infinite; all have one common denominator: total well-being.





A hankering for summer sport

It is nice to cycle, walk and horse-ride, and why not ski too? Summertime in Alta Valtellina is characterised by an infinite range of sports and recreational activities which meet everyone's needs. Cycling along our mountain tracks, soon to host the **2005 World Mountain-bike Championships**, is certainly a unique experience. It's exciting to challenge your colleagues long-distance from the grand uphill stretches of the Giro (Stelvio, Gavia, Bernina and Foscagno); equipped with timing pillars, they will clock your time and then post it on the Internet.



Take advantage of the mild summer sun to go on long excursions, immersed in our high mountain scenery. If, on the other hand, you prefer a challenge, then let yourself go and free climb, in direct contact with the rock, defying the mountain bare-handed. Or, if you prefer the tranquillity and silence of nature, try some angling in our limpid alpine streams. Then again there are the élite sports practised in years gone by and today as well: horse-back riding along the valley trails, or testing your skill and concentration with a golf-stick. If instead you really cannot forego the thrills of an extreme sport, then try the emotions of paragliding or sail-planing, two sports that the particular configuration of our territory makes completely safe. Surrounded by mountains, either touching them with your hand or gazing down at them from above, you will discover a unique and spectacular backdrop against which you can dedicate yourself to whatever sport you like best.



Happy together



The fresh morning air, a real communion with nature, mountain peaks that seem to touch the sky: this is the charm of Alta Valtellina, a world that captivates you in every season of the year.

You and your family can really have a good time in a carefree and cheerful way. Green fields, level paths and traditional mountain pastures are ideal spots where your children can run freely and play in safety, while discovering firsthand the truths of an unspoilt nature and the joy of simple games.

And if during the summer months, you feel nostalgic for the Alta Valtellina winter, you can also go skiing. The beautiful scenery of the Stelvio glacier's mountain peaks is the perfect setting in which to enjoy long days skiing down splendid, snow-covered slopes.



Springs of well-being



Since the 1st century B.C. the Bagni di Bormio resort has spread the culture and philosophy of the S.P.A., Salus Per Aquam, peculiar to the Roman Baths, which takes advantage of hot thermal waters (36° - 43°). The detoxifying, relaxing properties contained in this water are ideal for anyone wishing to get away from the daily stress of city life. The water is also restorative and toning for those who want to have a general feeling of well-being again, after a day of physical activity in the numerous sport facilities available in Alta Valtellina and the Stelvio National Park.

Today, just as over 2000 years ago, when the “cultivation” of the thermal springs of Bormio began.



A mountain of health



At the end of a day spent in the bracing mountain air, what could be better than a relaxing visit to the Bormio Thermal Centre.

The centre has everything from the large thermal swimming pool, to the new health centre with sauna and Turkish bath. Within the Thermal Complex, you can request relaxing massage treatments to help loosen tight muscles, as well as beauty treatments to give your appearance that extra touch of class. To help you get into, or back into, shape, there are Kneipp treatments, a hydro-bike pool (spinning in water), rehabilitation pool, mud bath and inhalation treatment centre, and a fitness centre.



Alta Valtellina: not just sport



Alta Valtellina changes the rhythm of your life by giving you moments of complete peace. You can enjoy moments of unique pleasure and joy while you walk serenely along paths and through Alpine summer pasturelands, or go on organised excursions with a professional guide who can show you safely our mountain's little secrets. Impossible to say no, not to admire the scenery, which seems to have been created just to amaze you. On one of the many available ski lifts, ride high up into the mountains, and take in all the sun, and enjoy the beauty of the dreamlike views, or treat yourself to a beautiful walk, stopping in at one or more of the mountain refuges; there you gaze into infinity. **Unforgettable experiences await you in Alta Valtellina under the banner of fun and relaxation.**



Listen to the silence, nature's voice



Nature helps us regain our equilibrium both in summer and in winter. To spend entire days in direct contact with nature is not only a delight to the spirit, but real "therapy" against daily stress. The mountains relax every visitor; all are amazed by the unmistakable charm of the changing seasons.

There is always something new and surprising to admire: It is nature herself that continually changes the view. During the winter, a white mantle of snow creates a magical atmosphere and makes the landscape sparkle, whilst in summer plants and flowers, with their spectacular colours, makes the valley bright and lively.

Nature communicates with her colours, sounds and scents... to listen to her is a unique pleasure.



Entertainment in every moment



If the mountain air and outdoor activities whet your appetite, why not discover the pleasures of the table that our Valley offers.

When night falls it is time for fun. In Alta Valtellina every time the curtain rises on new events, it means enjoyment.



Bormio



Livigno



Sondalo



Valldidentro



Valdisotto



Valfurva

Discover the "District of well-being".

The Alta Valtellina territory includes numerous towns and resorts, which centre around six municipalities. The natural settings of these localities, combined with their healthy climate and hospitable hardworking people, have always attracted people questing after well-being and enjoyment.

Alta Valtellina: one area, a thousand and one good reasons to visit it.

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How to get to Alta Valtellina

By Car:

- **Coming from Milan** take the National Road SS 36 Milano-Lecco-Colico, continue along the Stelvio National Road SS 38 to Tirano (165 Km), Bormio (207 Km) and Livigno (237 Km).
- **Coming from Val Camonica**, cross the Aprica Pass, then on to Tirano through to Bormio.
- **Coming from Switzerland** you can get to Livigno through the Galleria della Drossa.

During the summer months you can also get to Alta Valtellina by crossing one of the following mountain passes:

- **San Marco Pass** (from the Province of Bergamo) to Morbegno, Sondrio, Tirano and Bormio
- **Mortirolo Pass** (from the Province of Brescia) to Mazzo, Grosio and Bormio
- **Gavia Pass** (from the Province of Brescia) to Santa Caterina Valfurva and Bormio
- **Stelvio Pass** (from the Province of Bolzano) to Bormio
- **S.Maria Pass** (from Switzerland) it links up with the road leading down to Bormio from the Stelvio Pass.
- **Forcola Pass** (from Switzerland) to Livigno

By Public transport:

Trains run from Milano-Lecco-Sondrio-Tirano. The through trains take about two and a half hours from Milan to Tirano. From Tirano you can continue on by buses which will bring you to Bormio and to the other villages of Alta Valtellina. There is also a bus service from Livigno to Zernez in Switzerland. Coming from St.Moritz in Switzerland you can reach Tirano by the Rhaetian Railways where you can catch one of the buses to Alta Valtellina.

