


SPORT & WELLNESS



The 4000m peaks in the alps and the canavese area





A wonderful week's holiday in the north-west of Italy, discovering the most beautiful peaks in the Piedmont and Valle d'Aosta regions. There are not just excursions but also cultural activities and relaxation, exploring Turin and the Canavese area. Made for people who enjoy sport, wellness and traditions.

Sport: excursions with Alpine guide


Mont Blanc, Monte Rosa and the Gran Paradiso

Mont Blanc: Punta Helbronner/Aiguille du Midi crossing: this is an excursion of modest technical difficulty but with great panoramas, crossing the glacier of the Mer de Glace at a height always above 3500 m. along snow bridges and crevasses, ideal as an introduction to the world of glaciers and to see Mont Blanc, the highest peak in Europe.

Monte Rosa: Punta Giordani. at last there's a 4000m peak in the second highest massif in the Alps that can be reached in one day, with the first cable car to the Indren glacier. The itinerary leads over slopes of average gradient, with a final rocky stretch up to the statue of the Madonna at the top, and a guaranteed panoramic view to the east of the Monte Rosa.

Gran Paradiso: go up to 4000 metres on the third massif of the western Alps, entirely on foot, in the wild, unpolluted landscape of the Gran Paradiso National Park. This very satisfying location combines climbing experience with the conviviality of life in a mountain refuge in the evening before going up to the top.

Culture: Turin and the treasures of the Risorgimento



Let's go and discover Italy's first capital city and one of the most beautiful cities in Europe. Turin offers incomparable sights around the streets and along the arcaded avenues of the centre, offering a perfect balance between the measured ostentation of Piedmontese Baroque and rational Roman town-planning. It draws visitors in, welcoming them to the solemn, noble surroundings of Piazza Castello, the historical hub of the city, while its traditional cafés and restaurants exude taste and conviviality. Just a few kilometres from Turin, the countryside is studded with impressive "royal residences", declared UNESCO "World Heritage Sites" in 1997. These are the Reggia di Venaria, which has been subjected to some very impressive restoration work at a European level, Rivoli castle, the Stupinigi hunting lodge and Moncalieri castle.

Accommodation and relaxation

During the week you'll be guests at the Canavese Golf & Country Club, a brand new, high class facility located in the Canavese area. Tradition and culture, art and industrial history combine in this part of Piedmont, giving it a strong identity with a characteristic mediaeval imprint that can be seen in the castles, churches and abbeys scattered around the area. The geographical framework is made up of morainic hills, lakes of glacial origin and rivers in an area that extends right up to the Gran Paradiso park.

The Country Club is the perfect place for a stay filled with relaxation and wellness, and is situated in a strategic area for excursions to the mountains and to the neighbouring towns with their cultural centres.

The bedrooms in the guest accommodation are all different, you can sample typical dishes from the local area in the bar and restaurant, and there's also a solarium and swimming pool, tennis court and five-a-side football pitch, as well as a nine-hole golf course: all this combines to offer comfortable, modern surroundings for a holiday where you can enjoy yourself while being active.

Programme for the week

Day 1 | Saturday

Arrival at Torino Caselle "Sandro Pertini" airport.

Transfer to the Canavese Golf & Country Club in Torre Canavese by private minibus
Meeting with alpine guide leader and presentation of excursion programme.

Day free.

Dinner at Country Club.

Day 2 | Sunday

Excursion to Mont Blanc, Punta Helbronner – Aiguille du Midi.

From Courmayeur you take the cable car up to Punta Helbronner. After getting out onto the glacier you go down to the Col Flambeau and cross from here to the Aiguille du Midi (around three hours).

Transfer by private minibus.

Packed lunch.

Dinner at Country Club.

Day 3 | Monday

Brosso and Traversella mines

A lovely hill-walking trail in nearby Valchiussella, discovering ancient mines. The path is very pleasant, with beautiful views and historical-cultural elements.

Transfer by private minibus.

Packed lunch.

Dinner at Country Club.

Day 4 | Tuesday

Excursion to Monte Rosa: Punta Giordani
Riding up from Stafal (Val di Gressoney) you arrive at the new station at Punta Indren, just below the Mantova mountain refuge.

You climb up to the Indren glacier over slopes of varying gradient, leaving an enormous pinnacle of ice, known as a "sérac", on your left, and reach a band of rocks and rubble (at around 3710 m).

Then, going up the last steep slope, you arrive at the flat, snow-covered crest right at the base of the exposed final rocks. These can be got over on pleasant rocky paths and so you come to the statue of the Madonna at the top (4046 m, two-and-a half hours from Punta Indren).

Transfer by private minibus.

Packed lunch.

Dinner at Country Club.





Day 5 | Wednesday

Visit to Turin and surrounding area with certified tour guide.

Departure from Ivrea, transfer by private minibus

During the morning, walk around the historic centre with tour guide: Piazza Castello, Piazza Carlo Alberto, Piazza San Carlo and Via Roma, taking in the history, various unusual features and anecdotes.

Lunch (not included) in a city-centre bar or restaurant.

In the afternoon, transfer to the Reggia di Venaria Reale. Designed and built between 1658 and 1679, it was commissioned by Duke Carlo Emanuele II who intended to make it his base for hunting parties. In 1999 the impressive restoration work was begun and new areas were renovated and reopened, such as the Orangeries and Stables which opened to the public in 2009.

Dinner at Country Club.

Days 6 e 7 | Thursday and Friday

Two-day excursion to the Gran Paradiso park.

From Pont Valsavarenche you go up to the Vittorio Emanuele II mountain refuge in around 3 hours, passing through highly panoramic woods and meadows, to spend a night there.

You go on uphill from the refuge through the moraines, following the many cairns among the rocks, along a path that is at times rather tortuous, until you reach the base and then the Laveciaou glacier, where you put on crampons. As you go further up over moderately steep slopes, you reach, near the characteristic “donkey’s back” the path that meets the one coming from the Chabod mountain refuge, near the characteristic Becca di Moncorve. A final slope, completing a semi-circle passing beneath the Roc peak, leads to the end crevasse from which you reach the crest, made up of rocks and snow, without any difficulty until the last 20 m. from the statue of the Madonna.

Here there’s a short, but very exposed, stretch over a ledge on the hillside facing towards the Canavese; this leads you to a cutting and then you can go up on a second-degree path to arrive at the Madonna at the top.

Transfer by private minibus.

Packed lunch.

Dinner and overnight stay at Vittorio Emanuele II mountain refuge.

Return and dinner at Country Club.

Day 8 | Saturday

Departure from Country Club for Torino Caselle airport in private minibus.

Periods available

Saturday 30th June to Saturday 7th July 2012

Saturday 7th to Saturday 14th July 2012

Saturday 14th to Saturday 21th July 2012

Prices

Based on 2 people 1,750.00 €

Based on 3-5 people 1,380.00 €

Based on 6-8 people 1,290.00 €

Single room supplement for 6 nights: 105.00 €

Green fee (for golfers): 20.00 €/day

The price includes: 6 nights (with breakfast) and 6 evening meals at the Canavese Golf & Country Club in Torre Canavese, swimming pool entry and use of tennis court/five-a-side football pitch, 4 packed lunches, transfers, alpine guides for excursions, tour guide for Turin visit, cable-cars, insurance.

The proposed itineraries are easy excursions on glacial terrain, suitable for people without previous mountaineering experience. A reasonable level of physical fitness is required, along with previous experience of hill-walking even at low heights.

For mountain excursions, participants have the benefit of the alpine guides' association insurance.

Bookings must be confirmed by 23 June 2012.

The whole balance of the fee must be paid at the time of booking.

Fees cannot be refunded.

A Global Assistance cancellation insurance can be taken out if desired.

The cost of the insurance is 40.00 € per person and includes medical and baggage insurance.



anfiteatro
VIAGGI



For information and bookings please contact:

ANFITEATRO VIAGGI

c.so M.d'Azeglio 59 – 10015 Ivrea

Tel 0039 0125 644545

email laura@anfiteatroviaggi.it

www.anfiteatroviaggi.it