



NATURE, ART, TRADITIONS OF GREAT VARIETY OF A UNIQUE ENVIRONMENT IN THE HEART OF THE ALPS

PONTE DI LEGNO - TONALE

The upper region of Valcamonica: an enchanted mountain to be enjoyed in every season

The Vallecamonica, a wonderful alpine valley crossed by the Oglio river, fondly preserves the evidences of 10000 years of history, from its ancient artistic rock engravings up to the medieval spirituality of its Parish churches and monasteries, from the remains of the terrible First World War fortifications up to the signs of the industrial changes, such as sawmills, blast furnaces, dams and power stations. The upper Valcamonica, laying between Edolo and the Tonale Pass, is the northern area of the "Camuna" region: large fields, thick woods and pastures, surrounded by majestic mountains, chalets and shepherd's huts. The climate is mild and the air of this gentle valley is fresh, like the water of its rivers, its streams and its spas where you can rest, cure and "tone yourselves" up. Some of its inhabited centres have had a big touristic development since the second half of 1900, becoming modern Summer/Winter resorts for true, amusing and sporting holidays. There are various opportunities to practise outdoor sports in every season: relaxing walks or horse-riding in the uncontaminated surroundings, climbings and excursions along paths or along routes with fixed ropes, mountain biking, trekking, ski runs, besides historical and artistic tours, alternated with some rests, here and there, to taste local products. At Pontedilegno it is also possible to practise tennis, swimming, skating, fishing, paragliding and golf. The golf courses are located in Valbione, in the Adamello Park at an altitude of 1500 m, immersed in an uncontaminated background, and can be reached both by car and by chair-lift.

Skiing is the most practised sport in the area of Temù, Pontedilegno, Tonale, Presena Glacier (1258 – 3069 m).

SKIING: PONTE DI LEGNO – TONALE – PRESENA

When the mountains turn white, all of a sudden they become filled with ski-slopes and ski-lifts. In fact there are lots of opportunities to practise skiing activities (downhill-ski, cross-country ski and ski-touring).

At Pontedilegno skiing has been practised at least since 1911, when one of the first Italian Ski Clubs was founded, while in 1928 the first ski-jump competition took place here.

In a splendid naturalistic background between the Adamello mountains and the Ortles Cevedale, the area of Pontedilegno, Tonale and Presena is today one of the best fully equipped winter resorts of the Alps.

The Adamello-Ski has 120 km of various ski-slopes, is provided with a modern artificial snow system and its 30 ski-lifts can carry up to 44,000 people per hour.

At Tonale Pass, the Paradiso “direttissima” ski-slope is surely the most classic among the “black” ones: 3 km long and a difference in level of 1700 m. This is the reason why it is very easy to meet famous ski champions training here.

At Pontedilegno, as well as at Vermiglio and Tonale, there are variously difficult and long cross-country slopes.

The keenest skiers can practise downhill ski even in the hottest months at Presena Glacier at an altitude of 3000 m. An all-in ski pass for the whole district is available.

PLACES OF INTEREST AT PONTEDILEGNO AND TONALE THE ADAMELLO PARK

Woods, animals and nature are considered inestimable riches to be protected anywhere in the Valcamonica. Especially in the Adamello Park, 500 sqkm-wide, and in the “Camuna” area of the Stelvio Park, 100 sq.km.-in area, you can walk among crystalline streams, unusual landscapes, coloured flowers and animals in freedom.

DOG-SLEDGE - HUSKYTREKKING

At Pontedilegno – Tonale Pass you can practise dog-sledging along with able huskies and under the qualified local trainers’ direction.

In Spring/Summer, the dog-sledging changes into husky-trekking. Courses for mushers are organized and, from December to Easter, there are up to four kinds of courses for both adults and children.

In winter, the Italian Dog-Sledge School also arranges for dog-sledging tours in Alaska.

WELL-BEING AT BOARIO SPA

In Valcamonica health and well-being means to be able to reach a perfect physical and mental condition in specialized centres, equipped with all kinds of comforts, from Angolo Terme to Boario, whose spa’s fame probably doesn’t need to be mentioned. In fact the Boario spa, in action since 1496 and even extolled by Alessandro Manzoni, developed at the beginning of 1900.

The secret of its success is hidden in its water, flowing from four thermal springs, that for centuries has characterized it as one of the most suitable centres for inhalant and irrigational mineral water cures, hydromassages, mud baths and anti-stress treatments.

Through new and ancient methodologies, this Well-being Centre takes care of people’s total personal harmony.

THE ADAMELLO CARD

Holidays spent in the upper Valcamonica and upper Val di Sole territory can satisfy anybody’s needs. In fact the Adamello Sky Consorzio together with the Hotel Keepers Association, have promoted a personal and free Tourist Card that gives the tourists the opportunity to enjoy a range of interesting activities, such as to make excursions, trips or guided tours in the area, as well as to take advantage of sport facilities and lifts at reduced costs.

Festivals and events

In July/August festivals, cultural events and entertainments take place here. On 31 December there is the well known torch-lit ski run and fireworks on the snow. In December/January sporting events, performances and concerts.

EATING

The big variety of its territory, grant Valcamonica the possibility to offer a great deal of various and often unique products. In the local restaurants and trattorias, the traditional genuine cuisine based on the available local products, expertly enri-

ched to satisfy everybody's taste, has always been handed down from father to son. The rich tasty products are the typical mountain ones: chestnuts, mushrooms, aromatic herbes, small and big game, beef, poultry, mutton, pork, lake and river fish, besides milk, butter, ricotta, polenta and honey. Some special dishes are the "casoncelli", pasta stuffed with minced meat and vegetables, pasta made from chestnut flour, gnocchi and tripe. The cheeses, variously ripened, are unique like the pastures where they are produced. The range of the cheeses is really vast: the Sitter, the Formaggella, the Casolet made of cow's milk and the Fatulli only made of the Capra Bionda of Adamello's milk and smoked with wood and juniper branches. The digestive liqueurs made from alpine herbes, such as cones, juniper, bilberry and gentian roots, are of local production as well.

GETTING TO PONTEDILEGNO

By car: Motorway A4 Milano/Venezia – Brescia Centro exit (Passo Tonale sign)

By air: Orio al Serio Airport (Bergamo) - Milano Linate – Milano Malpensa - Valerio Catullo - Airport of Verona

UFFICIO IAT
Corso Milano, 41
25056 Ponte di Legno (BS)
Tel. 0364 91122

TERME DI BOARIO
Corso Italia, 91
25041 Boario Terme (BS)
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