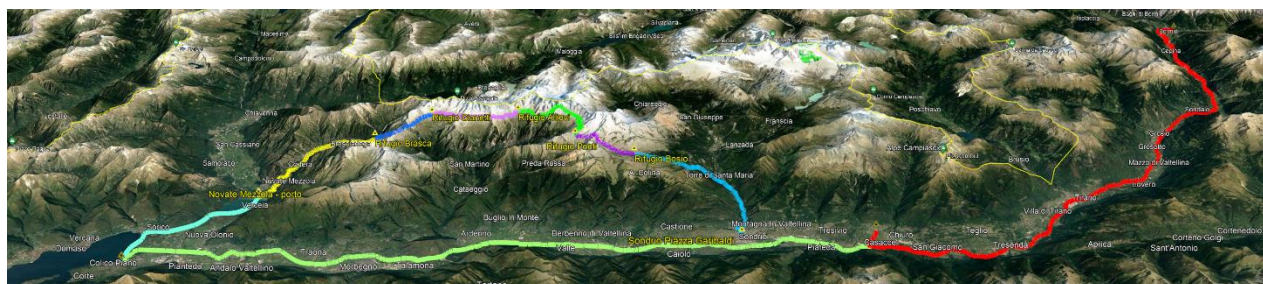


SUMMER CAMP 2023

VALTELLINA IRON CAMP



Host Country: Italy

Organizers: Rotary Club Sondrio, Rotary Club Bormio,
Rotary Club Colico

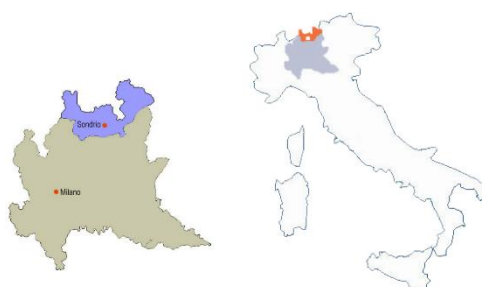
Period: June 17th 2023 - July 1st 2023

Participants: 12 (boys and girls from different countries)

Age range: 18-23

Participation fee: €400 to be transferred to the bank account that will be provided after confirmation

Official language: English





PROGRAM 2023



The province of Sondrio lies in the heart of the Italian Alps and is made up mostly of the Valtellina and Valchiavenna valleys

A mountainous region therefore with its peaks towering over 4000m above sea level and its 450 kms of ski slopes which will host the next Winter Olympic Games.

But there is much more to the Valtellina than this: the numerous lateral valleys with their clear mountain streams flowing down into the main valley to then converge into the Mera and Adda rivers which in turn flow into the spectacular Lake Como nearby, not to mention the steep mountain slopes lined with hundreds of kilometres of dry walling-man's arduous task to try and cultivate this hostile land-now a UNESCO World Heritage Site.

Valtellina is also the many historic medieval villages, each with a tale to tell, the steeply sloping vineyards and renowned local wines and dishes.

This is Valtellina and we invite you to come and experience it with us, travelling through 190 kms of wonderful scenery aided only by sustainable means- bicycle, canoe and on foot, leaving behind no environmental footprint and seeing this beautiful world through your own eyes. If you join us here, you'll spend 14 unforgettable days of adventure, friendship, enjoyment and non-competitive challenges where the only winner will be yourselves, arriving together in friendship, friendship that will stay with you forever.

We look forward to welcoming you to the Iron Camp.

Sat. June 17th

Reception in Sondrio — Welcome dinner

Sun. June 18th

Lunch in Bormio – Visit Bormio



Mon. June 19th

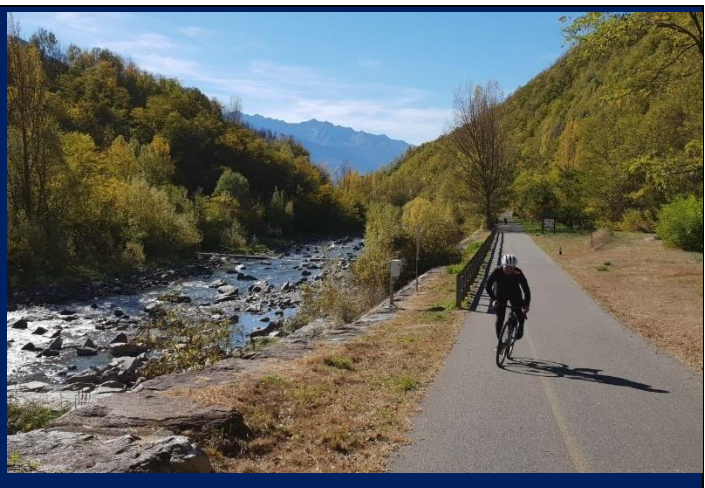
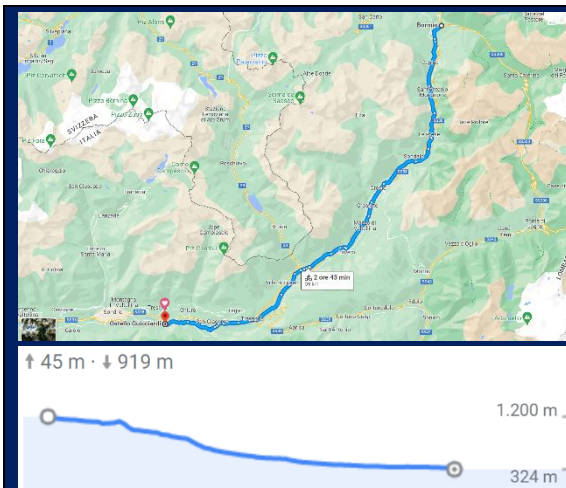
Bormio Terme – Visit the venues of the 2026 Winter Olympic Games



Tue. June 20th

Biking Along the ‘Sentiero Valtellina’ cycle path from Bormio to Ponte in Valtellina

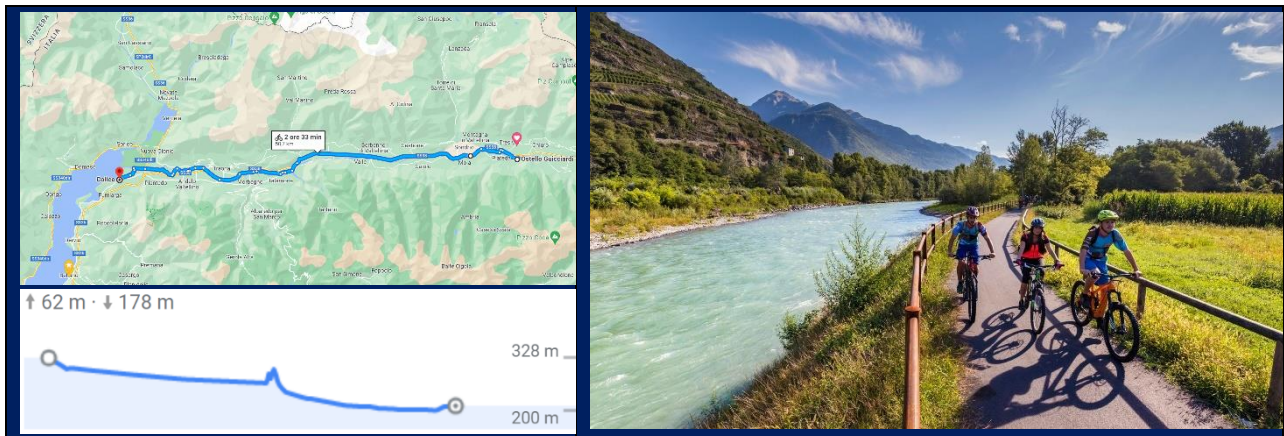
Night in Guicciardi youth hostel in Piaveda



60,5 km, altitude gain: 502 m altitude loss - 1.246 m

Wed. June 21st

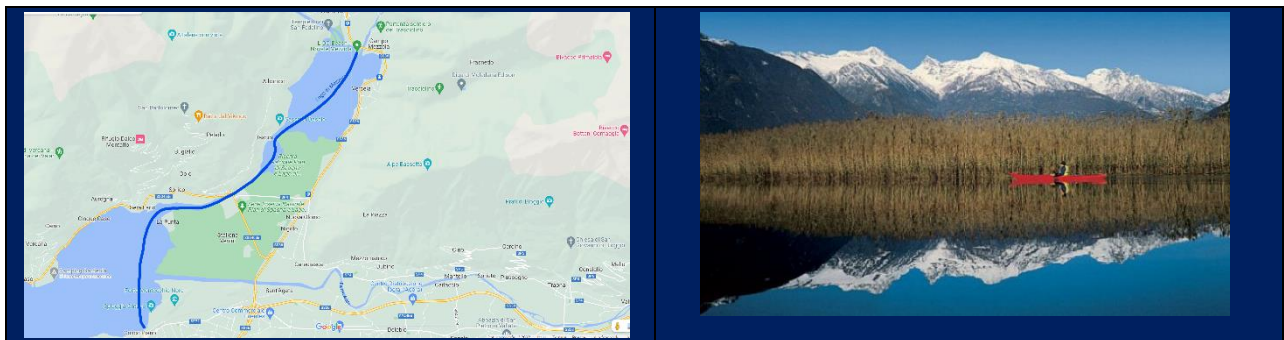
Biking Along the 'Sentiero Valtellina' cycle path from Ponte in Valtellina to Colico



53,4 km, altitude gain : 514 m altitude loss: 666 m

Thu. June 22nd

Canoeing from Lake Como and Lake Mezzola to Novate Mezzola



11,3 km approx

Fri. June 23rd

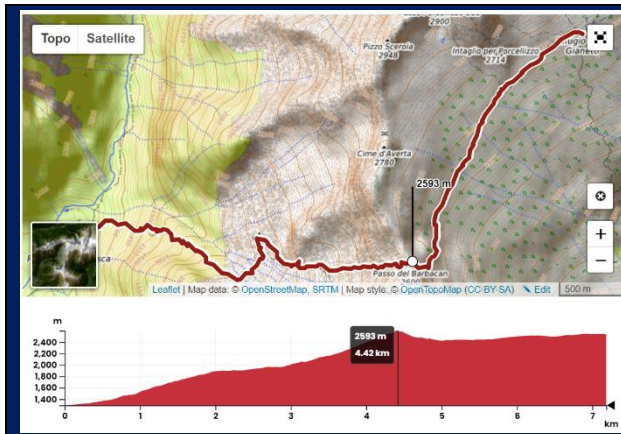
Trekking from Novate Mezzola to Rifugio Brasca - Valcodera



12,1 km altitude gain: 1.566 m altitude loss :440 m

Sat. June 24th

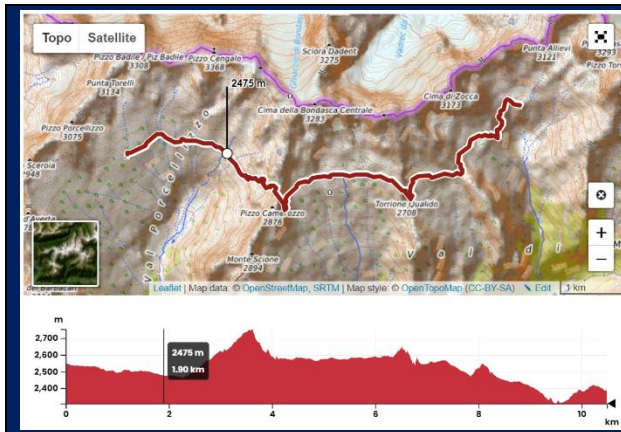
Trekking from Rifugio Brasca – Valcodera to Rifugio Gianetti



6,17 km, altitude gain: 1.438 m altitude loss : 237 m

Sun June 25th

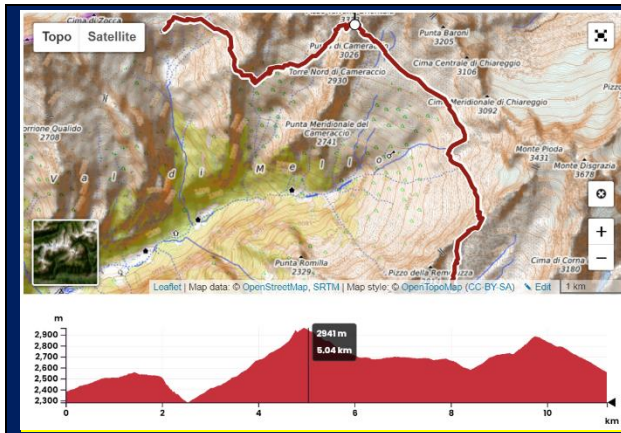
Trekking from Rifugio Gianetti to Rifugio Allievi Bonacossa - Valmasino



9,94 km, altitude gain: 965 m altitude loss: 1.111 m

Mon. June 26th

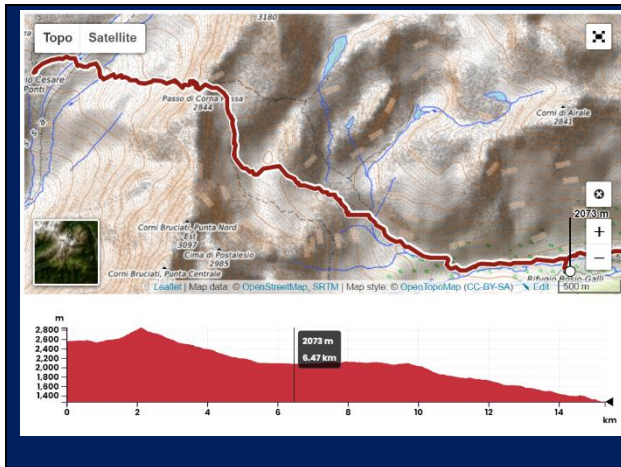
Trekking from Rifugio Allievi to Rifugio Ponti - Valmasino



10,4 km, altitude gain: 1.246 m altitude loss: 1061 m

Tue. June 27th

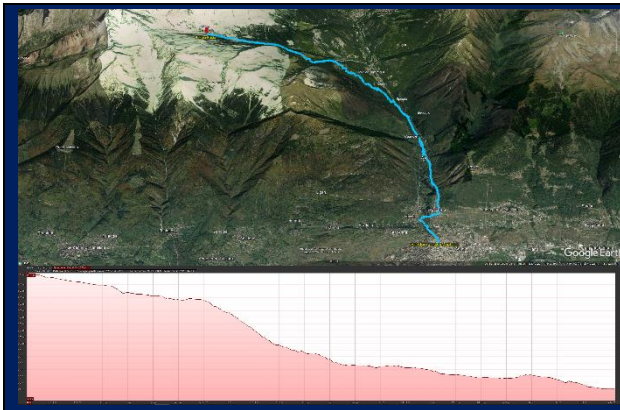
Trekking from Rifugio Ponti to Rifugio Bosio - Valmalenco



5,98 km, altitude gain: 253 m altitude loss: 845 m

Wed. June 28th

Trekking from Rifugio Bosio to Sondrio along the 'Rusca Trek'



17,5 km, altitude gain: 375 m altitude loss : 2.143 m

Thu. June 29th

Morning: Visit to Palazzo Pretorio - Sondrio

Afternoon: Rafting on the river Adda



Fri June 30th

day: Sailing on Lake Como

Evening: Rotary meeting



INSURANCE

The insurance Policy required for the camp and activities must be stipulated with the following company as the policy includes all the necessary cover requirement for this type of Camp.

Please follow the link www.cisi-bolduc.com and enrol for PLAN B — ONE MONTH

USEFUL INFORMATION

You must be fit and enjoy the outdoor life (all applicants must complete the questionnaire below)

All costs are included except travelling expenses to and from Sondrio

HOW TO GET TO SONDRIO

There will be NO pick-up or drop-off at Airport. Participants will have to make their own way to and from Sondrio.

- ✕ Milano Malpensa Airport 🚌 Bus Milano-Malpensa 🚆 Milano Centrale Railway Station – Sondrio
- ✕ Milano Linate Airport 🚆 M4 and M3 to Milano Centrale 🚆 Milano Centrale – Sondrio
- ✕ Milano Orio al Serio Airport 🚌 Bus 1 to Bergamo Railway Station 🚆 Bergamo - Lecco - Sondrio
- 🚆 Bernina Express UNESCO heritage to Tirano 🚆 Tirano - Sondrio

Participants must bring their own Pocket Money

To apply for this camp, contact the Camps Coordinator:

Alistair Knox - email: camps@youthexchange.org.uk

QUESTIONNAIRE PART ONE

Questionario cui devono obbligatoriamente sottoporsi i partecipanti

- Which sports do you practice?
- Do you participate competitively in these sports?
- What's the furthest you've ever cycled?
- Have you ever done any canoeing? If so, what's the furthest distance travelled?
- Have you ever done any trekking? If so, what's the furthest distance travelled?
- Do you think a system of individual points for performance in the camp is a good idea?

QUESTIONNAIRE PART TWO- ANSWER 'YES' or 'No'

- Have you ever done any mountain trekking?
- Do you feel comfortable hiking in the mountains?
- Have you ever done any mountaineering?
- Do you like challenge?
- Do you react well under physical stress?
- Are you an adaptable person?
- Do you like camping?
- Do you suffer from cold weather?
- Could you survive without your smartphone and internet connection for days on end?
- Would it bother you not to have a shower for five days?
- Do you enjoy being with others?
- Could you work in a team for days?
- Would you be comfortable sleeping in a dormitory with others?
- Do you agree to being filmed and photographed?

If you have answered 'NO' to more than 3 of these questions- this camp is **not** for you!
All applicants will have an interview with the camp organizers

CLOTHES / EQUIPMEN1

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sun glasses		X	X	X
Crema solare ad alta protezione	High protection sunscreen		X	X	X
Cappellino	hat		X	X	X
3 T-shirt tecniche	3 technical t-shirts		X	X	X
Pantaloncini per bicicletta	bicycle shorts		X		
Calze sportive	sports socks		X		
Scarpe da ginnastica	sneakers		X		
Sacco a pelo (o saccoletto)	sleeping bag			X	X
Berretta	Snow Beanie				X
Pile	Fleece		X		X
Giacca a vento	Windbreaker				X
K way	Kagoul		X		X
Guanti	gloves				X
Pantaloni da alpinismo	climbing pants				X
Calzettoni	winter socks				X
Scarponi da trekking	Hiking boots				X
Zaino da 25 fino 40 litri	25-40-litre backpack		X	X	X