



Lariano Trekking Camp
June 23rd – July 6th 2024



Host Country/Club

D2042 ITALY/Rotary Club:

Appiano e delle Colline Comasche, Cantù, Como, Como Baradello, Erba Laghi, Saronno

D2042ITALY/Rotaract Club:

Como, Erba e Saronno

Aim of Camp

Trekking on the mountains around Lake Como

Program

Trekking on the mountains around Lake Como

During these fourteen days you will be guided to discover our region, through trekking on the beautiful mountains of Lake Como and the surrounding areas of it. Two-days excursions in the mountains of the regions, up to 2.500m in Val Biandino and to Monte San Primo (1.800m) will be the most important events during the two weeks. Preparation for them will be part of the program, as well as medium-heavy trekking days; you will also visit Milan and Como. Definite programme will be issued by the end of March. Please do not forget you will walk at least 60 km in two weeks.

WE STRONGLY DISCOURAGE APPLICATION OF STUDENTS WHO HAVE SUFFERED HEALTH PROBLEMS TO KNEES IN THE PAST YEAR

Application before

1st March 2024

Total of 12, 6 boys and 6 girls, minimum 8 participant.

Participants	Limited to one participant per country
Age	15 - 17 years
Language	English – good level
Accommodation	Details will be confirmed in the next few weeks.
Clothing	Robust trekking boots (MANDATORY , if you do not have them, you might not be allowed to take part in some excursions)



Backpack for mountain tour (28/35 lt.)
 Light wind jacket (waterproof)
 Long and short trekking pants
 Bathing costume and towel
 Underwear for mountain conditions (about 2000m height)
 Waterproof hat or hood, light mountain jacket, Sunglasses
 and sun cream
 Disposable sleeping bag sheet

Eating	We will provide all meals: at lunchtime when walking it could be just a snack, dinner in the college refectory when back at base or in mountain huts during excursions.
Guiding	Two or three experts will guide the group every day. You are asked to always stay in group, to follow your guides' suggestions and to abide by their instructions.
Payment	€240 Euro, via bank transfer, due at confirmation Bank details will follow directly to applicants
Arrival	Sunday June 23rd, 2024 (<u>in the afternoon</u>)
Departure	Saturday July 6th, 2024 Airport Milan Malpensa [MXP] (preferred); Alternative Milan Linate [LIN]; Railway Milan Central Station; Rotary Clubs will provide for welcome and escort service from/to airport/station.

Transportation

Private or public, will be provided by Rotary Clubs

Application

To apply for this camp, contact the Camps Coordinator:
Alistair Knox - email: camps@youthexchange.org.uk

Insurance

As per Rotary rules, all participants must be insured against liability for damage to properties or people and in case of need of medical care according to what Rotary Code of Policy states. This insurance is MANDATORY , **we will not accept students who cannot prove they have one.**

Please ask your Rotarian officer if outbound students are already insured by the sending district. In case they are not, we will send you all details to purchase an insurance compliant with Rotary International requirements and approved by Rotary International.