

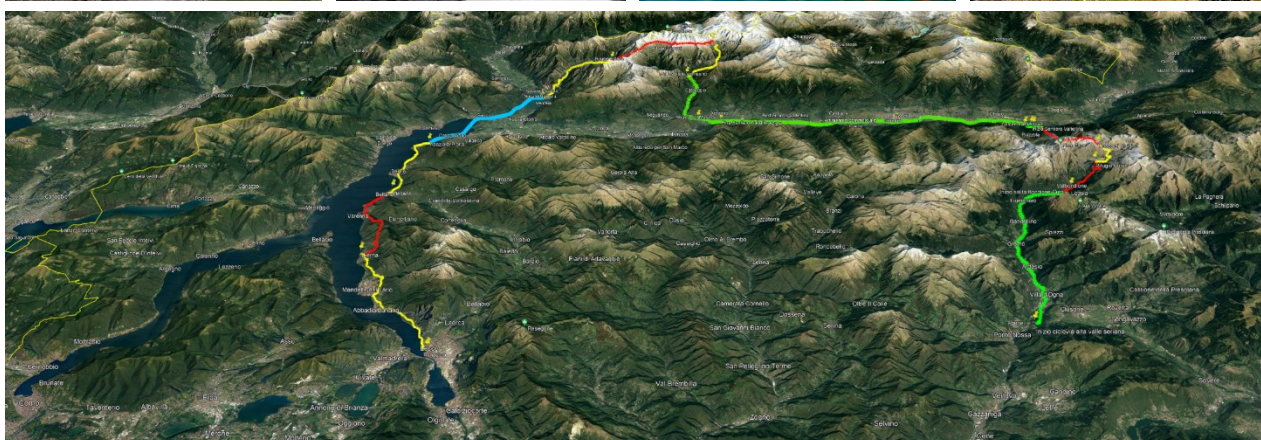


SUMMER CAMP

Rotary
Distretto 2042



OROBIE IRON CAMP 2024



Host Country:

Italy

Organizers:

Rotary Club Sondrio, Rotary Club Bormio, Rotary Club Clusone, Rotary Club Colico, Rotary Club Lecco Manzoni

Period:

July 6th 2024 - July 20th 2024

Participants:

12 (boys and girls from different countries)

Age range:

18-24

Participation fee:

€450 to be transferred to the bank account that will be provided after confirmation

Official language:

English

Skills:

Trekking (100 km), Biking (80 km), Canoeing (15 km)

Application:

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



Just imagine yourself facing an adventure like no other; a journey in which every turn opens up pages of history interwoven with breathtaking scenery and exciting challenges. This is where our epic Orobic Iron Camp begins - a journey that will not only test your body and mind but will launch you into the discovery of ancient traditions, unyielding faith and commercial trading that have given form to this land stretching from the green lowlands, the majesty of Venice and on to Switzerland-the gateway to northern Europe. We will guide you through the Orobic Pre-Alps and the Rhaetian Alps tracing the outline of a valley that crosses Lombardy from the dizzy heights of the Stelvio Pass to the picturesque Lake Como. Each step is tinged by history and religious beliefs as you wind your way through medieval villages nestling amongst soaring mountains that narrate accounts of apparitions of the Virgin Mary. Leaving Clusone behind you, you will push yourself to the limit as you cycle along the Valseriana up to the Curò mountain hut before going through the Malgina Pass on foot beneath the shadow of Pizzo del Diavolo discovering secret valleys, tumbling waterfalls and crystal clear mountain streams until you reach Piazzola in Valtellina. You will get back on your bike and cycle along the 'Sentiero Valtellina', an impressive foot and cycle path as you climb towards the Val di Mello- a rock climber's heaven. From here your trekking starts along the famous 'Sentiero Roma' passing mountain huts lost in time descending to the peaceful shores of Lake Novate Mezzola. Here your adventure continues as you take to the water in your canoe, following the River Mera till it flows into the wonderful blue waters of Lake Como which will be your guide until you reach the ancient abbey of Piona. A final challenge awaits you along the 'Sentiero del Viandante', a magnificent footpath overlooking Lake Como until you drop down into Lecco where our journey ends, a journey of lasting unity and friendship.

Yet this is not merely a journey: it is the personification of Rotary Values: friendship, support and sustainability which reminds us constantly of the need to live in harmony with our planet and those we meet along our way. It will be an experience that will change you, unite you and inspire you in the knowledge that together we can overcome each and any obstacle and leave a positive footprint in the world.

Welcome to the Orobic Iron Camp where every step is an adventure, every glance a tale to tell and each friendship something to treasure.



PROGRAM 2024



Sat. July 6th

Reception in Clusone — Welcome dinner

Sun. July 7th

Visit Clusone – Clusone Rotary meeting



Mon. July 8th

E-biking along the 'Alta Val Seriana' cycle path from Clusone to Bondone

23,8 km, altitude gain: 953m altitude loss - 602 m

Trekking from Bondone to Rifugio Curò

8,53 km, altitude gain: 1,308 m altitude loss - 285 m



Tue. July 9th

Trekking from Rifugio Curò to Malgina Pass and then to Piazzola

5,08 km, altitude gain: 581 m altitude loss - 136 m (morning)

8,75 km, altitude gain: 688 m altitude loss - 1870 m (afternoon)



Wed. July 10th

E-Biking from Piazzola to Piano and then, along the 'Sentiero Valtellina' cycle path, to Masino.

42,61 km, altitude gain: 694,3 m altitude loss - 1.612 m

E-Biking climbing from Masino to San Martino Valmasino

12,0 km, altitude gain: 839 m altitude loss - 206 m



Thu. July 11th

Trekking from San Martino Valmasino to Rifugio Allievi along Val di Mello

10,2 km, altitude gain: **1,687** m altitude loss - 233 m



Fri. July 12th

Trekking from Rifugio Allievi to Rifugio Gianetti along 'Sentiero Roma'

9,94 km, altitude gain: 965 m altitude loss - 1,111 m



Sat. July 13th

Trekking from Rifugio Gianetti to Rifugio Brasca along 'Sentiero Roma'

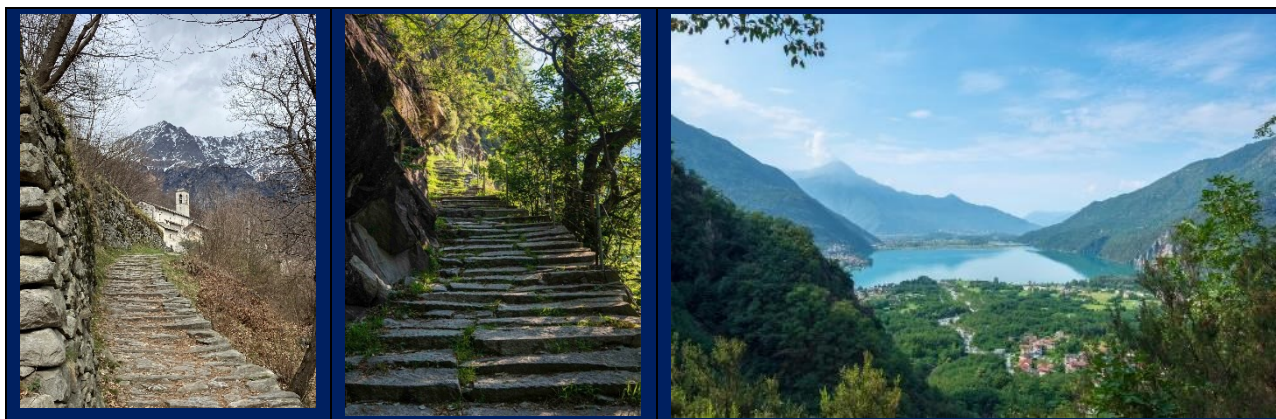
6,17 km, altitude gain: 237 m altitude loss - 1.438 m



Sun. July 14th

Trekking from Rifugio Brasca to Novate Mezzola

12,9 km, altitude gain: 440 m altitude loss - 1,556 m



Mon. July 15th

Canoeing from Novate Mezzola to Lake Como - Piona Abbey across Pian di Spagna Natural Reserve

14,8 km Approximately



Tue July 16th

Trekking from Piona Abbey to Bellano along 'Viandante footpath Path – Lake Como'

12,42 km, altitude gain: 963 m altitude loss - 936 m



Wed. July 17th

Trekking from Bellano to Varenna along 'Viandante footpath Path – Lake Como'

4,86 km, altitude gain: 442 m altitude loss - 335 m

Trekking from Varenna to Lierna along 'Viandante footpath Path – Lake Como'

9,80 km, altitude gain: 858 m altitude loss - 977 m

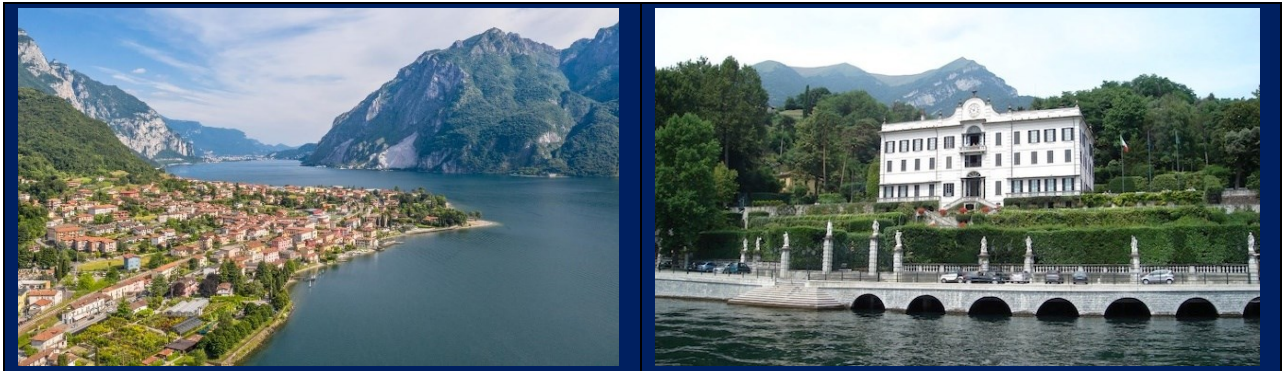


Thu. July 18th

Trekking from Lierna to Abbadia Lariana along 'Viandante footpath Path – Lake Como'

10,5 km, altitude gain: 572m altitude loss - 580 m

Boat from Abbadia Lariana to Lecco on Lake Como



Fri. July 19th

Visit Lecco – Lecco Manzoni Rotary meeting



Sat. July 20th

Transfer to the airport

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 Clusone (BG)

HOW TO GET TO CLUSONE

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

✈ Milano Orio al Serio Airport 🚌 Bus 1 to Bergamo Porta Nuova 🚌 Bus to Clusone

✈ Milano Malpensa Airport 🚌 Bus Milano-Malpensa 🚆 Milano Centrale Railway Station – Bergamo 🚌 Bus from Bergamo Porta Nuova to Clusone

✈ Milano Linate Airport 🚆 M4 and M3 to Milano Centrale 🚆 Milano Centrale Railway Station – Bergamo 🚌 Bus from Bergamo Porta Nuova to Clusone

QUESTIONNAIRE PART ONE

All applicants must complete this questionnaire

- 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?
- 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 / EQUIPMENT

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sunglasses		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