



Benvenuti!

TO THE BELLINZONA
AND VALLEYS REGION



THE BELLINZONA AND VALLEYS REGION

Bellinzona and Valleys is an authentic region - a varied landscape interwoven with all its distinctive natural, cultural, gastronomic, historical and traditional characteristics. It's a destination to explore and experience through all the senses.

All the regions of the area should be discovered, each with its own unique characteristics and activities. The local culture, coupled with the gastronomy, will take visitors on an authentic experiential journey to create lasting memories. There are also countless activities to do during the four seasons: every moment of the year is good to live unforgettable experiences. The Bellinzona and Valleys region offers endless activities, from the most relaxing to the most exciting for lovers of adventure and fun.



scopri!

08 - 11

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CABLE CARS AND FUNICULARS:

- 1 Camorino-Monti di Croveggia Cable Car
- 2 Monte Carasso-Mornera Cable Car
- 3 Pizzo di Claro Cable Car
- 4 Malvaglia-Dagro Cable Car
- 5 Nara Chairlift
- 6 Cari Chairlift
- 7 Tremorgio Cable Car
- 8 Ritom-Piora Funicular
- 9 Airolo-Pesciüm Cable Cars
- 10 Faido-Pianaselva Cable Car

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Leventina

Valle di Blenio

Riviera

Bellinzonese



© Ticino Turismo



© Isotta Bertinelli



© Luca Crivelli



106

POPULATION
OF BEDRETTO

(LEAST POPULATED MUNICIPALITY)

40

ALPINE
HUTS



ADULA

3'402 MASL

HIGHEST PEAK

1'600 KM
OF TRAILS



MORE THAN **1'000** KM²
OF TOTAL SURFACE AREA

4 INFOPOINTS
IN THE REGION

BELLINZONA, BIASCA, OLIVONE, AIROLO



MORE THAN **2'000**
HOURS OF SUN PER YEAR



scopri!



BELLINZONA AND ITS SURROUNDING AREA

Bellinzona has grown over the centuries around its **Forress** (the emblem of this region) developing a multicultural identity thanks to its enviable location where the roads leading to the St. Gotthard, Lukmanier and San Bernardino intersect. The medieval architecture of the fortified complex (which became a UNESCO World Heritage Site in 2000), of the town, of the forts and of the ancient monuments and monasteries dialogues with the modern constructions designed by noteworthy architects who have embellished the historical center and the surrounding area.

The traditional **Saturday market** colours the historical center with numerous stalls selling local products and handicrafts. Museums, churches, squares and also the **Teatro Sociale** enrich the cultural offerings, while chefs and grotti are inspired by the region's produce.

Within walking distance of Bellinzona is the famous "**Carasc**" **Tibetan Bridge**, one of the longest bridges in Switzerland (270 meters), or it is possible to hike to the **medieval village of Prada**.



DISCOVER
MORE ABOUT
DESTINATIONS
IN THE BELLINZONA
AREA

→ PIZZO DI CLARO REGION
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→ MOROBBIA VALLEY
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Ruins of Prada village



Castelgrande



DISCOVER
THE CITY WITH
THE AUDIOGUIDE
- DOWNLOAD
THE APP!





© Switzerland Tourism – Christian Meisner

Teatro Sociale



Bellinzona Saturday Market



© Luca Crivelli



Ponte Tibetano "Carasc"

© Luca Crivelli

City center



© Michala Locatelli - www.photolocatelli.ch



smarttravel
Art in the Palm of Your Hand

PIZZO DI CLARO REGION

Discovering the Pizzo di Claro region starts in Lumino. Thanks to the cable car, it takes only 15 minutes to get directly to the **Monti di Saurù**. From here it is possible to reach the **Capanna Brogoldone**, situated on a panoramic terrace of rare beauty, which constitutes an important starting point for excursions and traverses in this wonderful region.

This alpine area offers activities for all tastes, from mountain biking to nordic walking, and is also very popular among paragliding enthusiasts.



TOP 3

1 MONASTERY OF CLARO



2 TREKKING TO PIZZO DI CLARO REGION

3 TOUR OF THE CAVA ALP



💡 INSIDER TIP

Audrey, Trail Manager, advises:

"For those who venture into this region, I recommend including Lake Canée among your stops, by far one of my favorites!"



INSTA SPOT

The view is unparalleled from the top of Pizzo di Claro - definitely the perfect spot for some enviable photos!

Pizzo di Claro

© Michela Locatelli - www.photolocatelli.ch



MOROBIA VALLEY

The Morobbia Valley is known for its magnificent villages that climb from Giubiasco up to the San Jorio Pass from where there's a spectacular panorama over the Magadino Plain to Lake Maggiore. Get closer to the characteristic elements of this Valley while exploring its territory on foot or by mountain bike on its thematic trails.

The **Via del Ferro** (Iron Route) and the **Via dell'Acqua** (Water Route) will intrigue and fascinate hikers. The **Hungerforts** are worth a visit: architectural testimonies of life from days gone by.

Carmena Dam



💡 INSIDER TIP

Consuelo, InfoPoint Employee, advises:

"For a family day out, I recommend the Via del Ferro (Iron Route), a thematic itinerary to discover the ruins of the steel and mining sites of the Morobbia Valley!"

Via del Ferro



TOP 3

1 LA VIA DEL CENERI



HUNGERFORTS 2

3 VALLE MOROBIA BIKE



Hungerforts



Motto della Croce



📷 INSTA SPOT

From the Motto della Croce there is a wonderful view of the entire Magadino Plain, Pizzo di Claro, as far as the intersection of the Blenio Valley and Leventina!


HOTEL & SPA
INTERNAZIONALE
BELLINZONA



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**GROTTINO
TICINESE**
Bellinzona

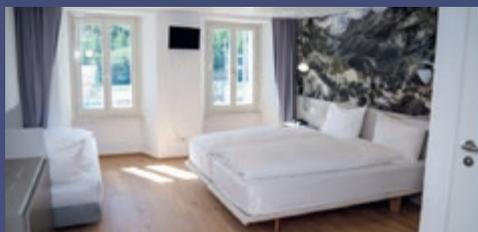
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Al momento giusto

Guardate le web serie di BancaStato e vincete fantastici premi.
Un viaggio nel Ticino che amiamo e sosteniamo.

Gioca e vinci →



 **BancaStato**

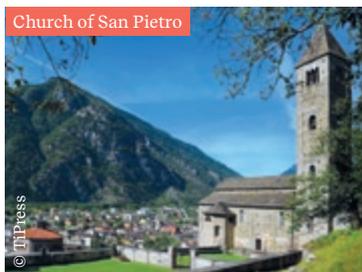
BIASCA AND RIVIERA

Perfect for outdoor enthusiasts: many trails originate from here to follow on foot, on horseback or by mountain bike to discover the small side valleys. For adventure lovers, the river Ticino is ideal for activities such as **rafting** or **canoeing**. Here lies Ticino's Eldorado of **canyoning** which attracts enthusiasts from all over the world.

The majestic **Santa Petronilla** waterfall is perfect for cooling off during hot summers. For culture lovers, the **Romanesque** style dominates with monuments, churches and enchanting frescoes all bearing witness to the historical and artistic importance of the Via delle Genti, a crossroads of the Leventina and Blenio alpine valleys.



Church of San Pietro



© purelements®

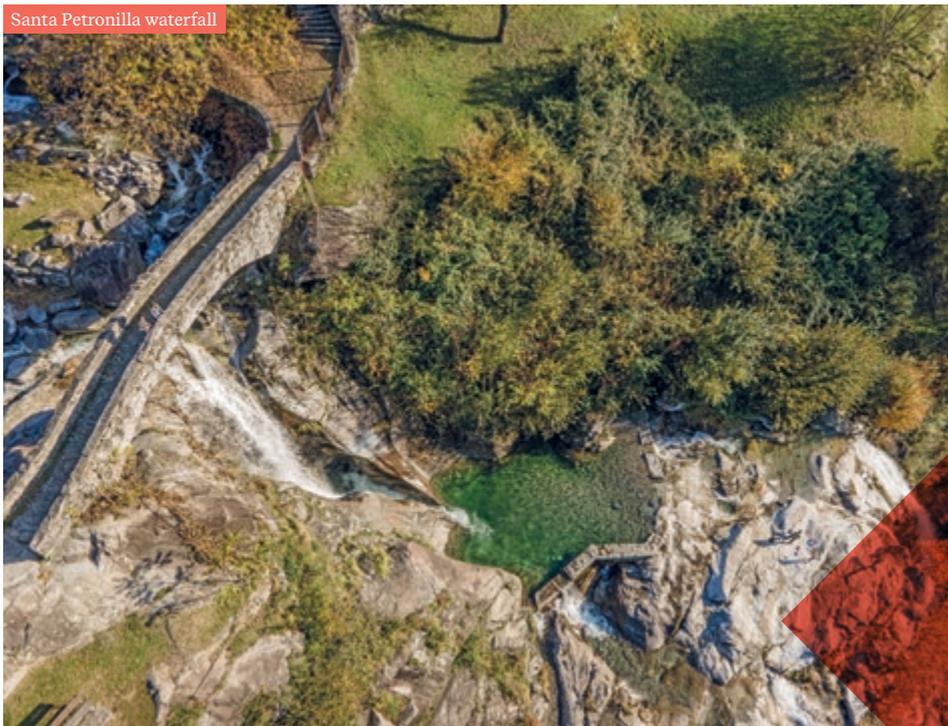


Canoeing on the river Ticino



© Switzerland Tourism – Christian Meixner

Santa Petronilla waterfall



Canyoning

Santa Petronilla



BLENIO VALLEY

The Blenio Valley is also called the **Valley of the Sun** thanks to its geographical position that guarantees year-round sunshine. During the warmer months this valley is ideal for nature lovers to enjoy hiking, mountain biking and cycling. In winter it is possible to **ski along slopes** that seem geared specifically for families or venture on **snowy trails** for beautiful excursions through forests and alongside streams.

The sun influences a truly exceptional climate that guarantees year-round tourism in the Blenio Valley. With the **Lukmanier Pass** opening to the north, the sublime natural setting frames a series of diversified cultural, sporting and recreational initiatives making it a paradise for visitors.

The rich history of the Valley lives on in the **Napoleonic militia parades**, in the rooms of small and austere museums, and in the ruins of the characteristic **Castle of Serravalle**. It's a territory rich in products ranging from cheese to wine, but also in hundreds of small rustic **cottages** where guests can spend their holidays in a characteristic and authentic way. Falling in love with the Blenio Valley is easy because of the sunny hospitality!



Rustici

Valle di Blenio

BOOK YOUR
COTTAGE IN THE
BLENIO VALLEY



Castle of Serravalle



© Switzerland Tourism - Giglio Pasqua

© Mfio Zanecchia



Corzono

Dagro, Valle Malvaglia



DISCOVER MORE ABOUT DESTINATIONS IN THE BLENIO VALLEY

↳ LUKMANIER REGION

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↳ GREINA REGION

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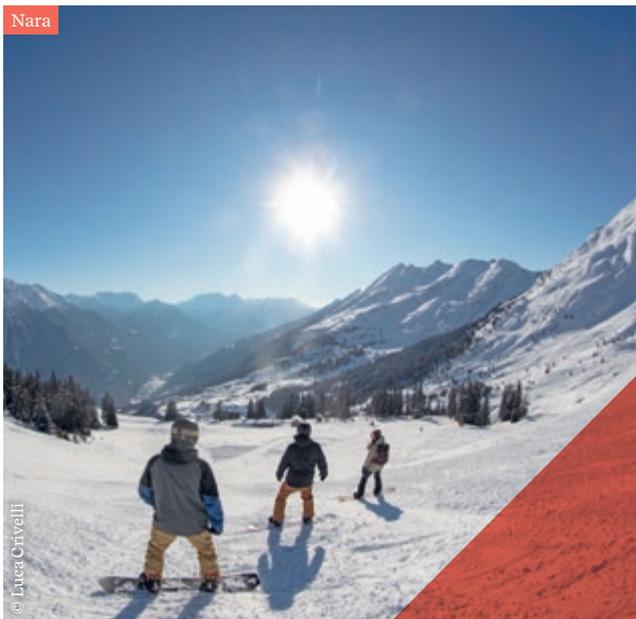
↳ NARA REGION

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↳ MALVAGLIA VALLEY

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Nara



© Luca Crivelli



© Christian Guerra

Napoleonic Militia



© Roberto Pellegriani

Lukmanier nature trails

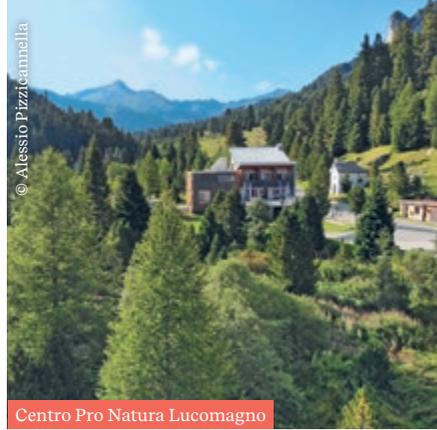


© Alessio Pizzicannella

LUKMANIER REGION

The territory of the Lukmanier region is of extraordinary importance for the particular biological, geomorphological and historical-cultural content present. More than that, Lukmanier is considered a real paradise for hikers, as well as the starting point for walks in the most pristine of natural surroundings.

The **Centro Pro Natura Lucomagno**, located in Acquacalda, is a unique place for the study and contemplation of the surrounding alpine natural environment. It offers food and accommodations varying from a traditional room to a nice bungalow or a classic camping site. And not only that, but there are guided excursions for adults and children and a full program of events.



TOP 3

1 LUKMANIER
CHEESE
ROUTE



2 LUKMANIER
NATURE
TRAILS

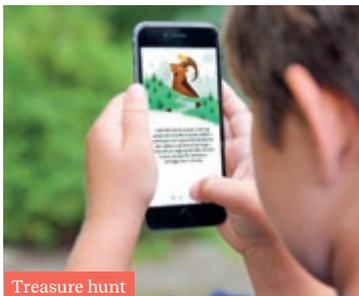
3 LUKMANIER
ALPS



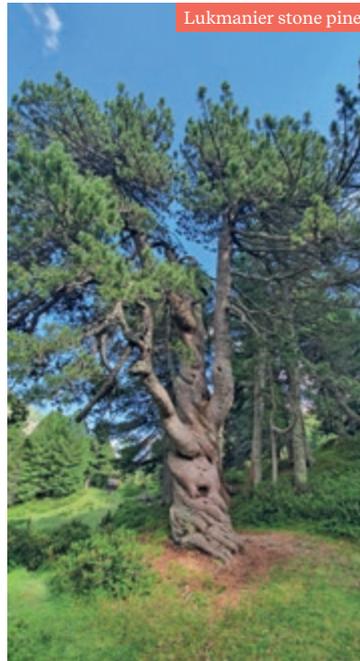
💡 INSIDER TIP

Barbara, Administrative Assistant, advises:

"A fun way to explore this beautiful region with the whole family is with the new interactive treasure hunt! The little ones will love it!"



Lukmanier stone pine

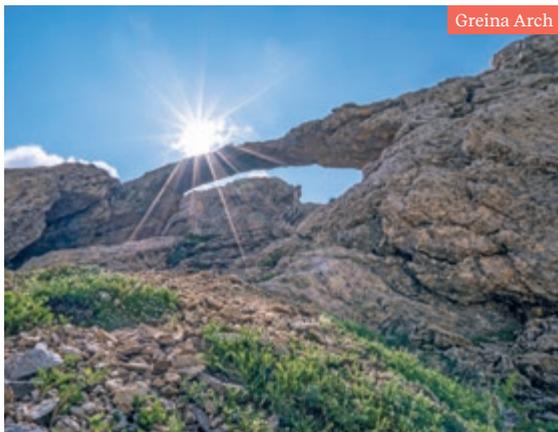


📷 **INSTA SPOT**
Near the Centro Pro Natura Lucomagno is a towering, twisted stone pine tree, ideal for capturing some truly impressive shots!

GREINA REGION

The Greina Plateau is located at an altitude of 2,300 meters and extends for 6 kilometers in length between the Upper Blenio Valley and the Canton of Grisons. Enjoying the enormous wealth of nature in this region is possible thanks to the hiking trails that lead to the discovery of stony ground, snowfields and meadows covered with delicate and colorful mountain flowers.

While hiking, discover the **alpine tundra** and enchanting landscape where streams flow undisturbed to create peat bogs and ponds. A stop at the famous **Greina Arch** is a must — truly spectacular!



Greina Arch

TOP 3

1 THE GREINA PLATEAU AND ITS ARCH



CAPANNA SCALETTA

2

3 SUSTAINABLE MANAGEMENT OF ALPINE HUTS



Capanna Scaletta



Bus Alpin



💡 INSIDER TIP

Carolina, Blenio Valley InfoPoint Manager, advises:

"To visit Greina, I recommend using the Bus Alpin which will return you comfortably to the starting point!"



Greina Plateau



INSTA SPOT
Near the famous Greina Arch, you'll feel like you're in a U.S. national park!

LUZZONE REGION

In the Upper Blenio Valley, the Luzzone region is particularly interesting for sporting and adventurous activities. In fact, the 160-meter-high **Luzzone Dam** is the longest artificial climbing route in the world, so it's the ideal place to test one's limits!

From leisurely walks along the valley floor to high mountain paths, the region is also rich in trails to appreciate on foot or on two wheels.



TOP 3

1 SPORT
CLIMBING
LUZZONE
DAM



2 CAMPO
BLENIO

3 BOVARINA
BIKE



💡 INSIDER TIP

Patrizia, Biasca and Riviera InfoPoint Manager, recommends:
"I go to Pineta Saracino regularly with my children who have loads of fun at the beautiful playground! It's also a great place to stop for a cool drink after a nice hike!"



📷 **INSTA SPOT**
Near Lake Luzzone, there's a great view of its lush nature and the surrounding mountains!

NARA REGION

At the heart of the Blenio Valley, the Nara region is situated in a wide sunny basin at the foot of **Pizzo Molare**. Visitors can experience many year-round outdoor activities, some relaxing and some adventurous. In summer take advantage of the many hiking and **mountain biking** trails. In winter the region becomes a **ski resort** for the whole family thanks to slopes suitable for everyone, the most fun toboggan run in Ticino and walks in the snow.

With its historical architectural structures, the Nara region is just as good from a cultural point of view. Of particular interest is its most famous Romanesque masterpiece: **the Church of San Carlo in Negrentino**.



Church of San Carlo

© Ticino Turismo - R. Steinegger

💡 INSIDER TIP

Manuela, Marketing Assistant, advises:

"From Capanna Gorda it's easy to reach Punta di Larescia, also known as the Eagle's Nest, to enjoy an unparalleled view of the entire valley!"

Punta di Larescia



TOP 3

1

GAIA: FOR A NIGHT UNDER THE STARS



THE NEGRENTINO SAN CARLO ROMANESQUE CHURCH

2

3

CANCORÌ BIKE



Nara ski lifts



© Luca Crivelli

Swing The World, Nara



INSTA SPOT

Experience an exquisite panorama of the valley and surrounding mountains from the two "Swing the World" swings positioned in the Nara region. A perfect spot to take a picture for framing!

MALVAGLIA VALLEY

Located at the mouth of the Blenio Valley, the Malvaglia Valley welcomes visitors with an incredible variety of natural settings: from the chestnut woods of the lower valley, passing through meadows, peat bogs, larch woods, firs and alpine pastures up to the icy peak of the Adula.

Also characteristic of this Valley are the ancient housing clusters of the old settlements with rural houses typical of the past. In only eight minutes, **the cable car**, which runs year-round, reaches the sunny terrace of Dagro at an altitude of 1,400 meters, from where to enjoy a splendid panorama of the valley floor.



💡 INSIDER TIP

Beatrice, InfoPoint Employee, advises:

"Dagro is easy to reach thanks to the Malvaglia-Dagro cable car. In just a few minutes you'll find yourself in this corner of paradise!"



TOP 3

1 VALLE MALVAGLIA BIKE



2 CELTIC TRAIL IN MALVAGLIA VALLEY

3 THE DANDRIO MILL



INSTA SPOT

In front of Ristoro Sass Malt in Dagro, where you can enjoy a good meal, there is a heart-shaped frame perfect for your souvenir photo!



La via più breve per scoprire la Valle Malvaglia

Da Malvaglia in pochi minuti di filovia si raggiunge il panoramico **Ristoro Sass Malt** a Dagro, punto di partenza per la **Capanna Quarnei** e per l'**Adula**.



Von **Malvaglia** aus erreicht man in wenigen Minuten mit der Seilbahn das panoramische **Restaurant Sass Malt** in Dagro, Ausgangspunkt für die **Quarnei-Hütte** und **das Rheinwaldhorn** (3'402 m.ü.M.).

-20%

sul biglietto della
filovia per chi pernotta
in capanna!
Rabatt auf
das Seilbahnticket
für die Gäste
der Quarnei-Hütte.



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LEVENTINA

Nature lovers can follow over 650 kilometers of trails through the Leventina landscape, take the **Ritom funicular**, one of the steepest in the world, to reach the enchanting Piora Valley, or choose modern cable cars to reach long ski slopes, welcoming mountain huts and beautiful **alpine lakes**. All the while admiring breathtaking views and following the traces of an ancient culture and centuries-old traditions preserved in small museums or entrusted to splendid Romanesque masterpieces. In winter Leventina turns into a perfect destination for **winter sports enthusiasts**.

Known for the longest railway tunnel in the world, the Gotthard region is also characterized by the longest historical road in Switzerland, the legendary Tremola, whose ascent from **Airolo** along the south side of the Pass offers splendid views of alpine landscapes.



DISCOVER MORE ABOUT DESTINATIONS IN LEVENTINA

→ **RITOM-PIORA REGION**

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→ **BEDRETTO VALLEY**

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→ **GOTTHARD REGION**

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© Switzerland Tourism - Andre Meier

Bedretto Valley



© Remy Steinegger

Airolo - Pesciüm



© Mario Curti

Lakes of Chièra



© Milo Zanecchia



Tremola Road

Piora Valley



© Switzerland Tourism – Olivier Walther

Rossura



© Christian Guerra

Giornico



© Switzerland Tourism – Ivo Scholz

Swing the World, Predèl



RITOM-PIORA REGION

The **Ritom funicular**, one of the steepest in the world, quickly transports visitors to one of the most enchanting and uncontaminated landscapes in all of Ticino. The Ritom-Piora region is a mountainous area incredibly rich in plants, flowers and animals.

Hikers will discover a landscape of rare beauty characterized by magnificent forests, unique ecosystems and picturesque alpine lakes. It's easy to understand why it's called "the paradise of lakes". This is a perfect place for lovers of outdoor activities, like hikers, bikers and fishermen, to have fun and relax. And, the exquisite cheese produced on **Alpe Piora** is a must.



Marmot of Piora Valley

© Switzerland Tourism - Olivier Walther

Ritom Funicular



© Switzerland Tourism - Olivier Walther

Lake Cadagno



© Switzerland Tourism - Olivier Walther

TOP 3

1 LAKE RITOM
EDUCATIONAL
PATH



PIORA ALP 2

3 ALPINE
BIOLOGY
CENTER
PIORA



💡 INSIDER TIP

Vania, InfoPoint Leventina
Manager, advises:

*"Take a peek through the window
of the cellar where the delicious
Piora ham is aged. For those
who are interested, it's possible
to organize a tasting!"*

Refining cellar of Prosciutto Crudo Piora



© Rapelli SA



INSTA SPOT

From Pizzo
Taneda there's
an incredible
view of the
alpine lakes!

Pizzo Taneda



© Ticino Turismo - Andrea Padlina

BEDRETTO VALLEY

The Bedretto Valley is characterized by wild nature, bright colours and relaxing silence which reaches all the way up to the **Nufenen Pass**. It's full of opportunities for both winter and summer recreation! The winter season is ideal for ski touring and snowshoeing, while in summer hiking and biking are king. Everything is surrounded by stunning alpine views. Include a visit to the unique **Grotta dei Minerali** (Mineral Cave) and the popular **Cioss Prato playground** for the children.



TOP 3

1 MINERAL CAVE



PASTEFROLLE OF BEDRETTO VALLEY

2

3 ALPI BEDRETTO BIKE



Alpi Bedretto Bike



Cioss Prato



💡 INSIDER TIP

Fabrizio, Events Manager, advises:

"During the winter season, beautiful snowshoe hikes depart directly from Cioss Prato!"



📍 **INSTA SPOT**
 Pass by the Capanna Piansecco to reach Lago delle Pigne, set in an impressive alpine landscape.

GOTTHARD REGION

The **Tremola** is the longest road monument in Switzerland: a nostalgic cobblestone serpentine road that, with its 24-hairpin bends, joins Airolo to the Gotthard Pass. Offering unique alpine scenery, this tourist region is simply perfect for hikers and cyclists, but also for lovers of history and culture for whom we recommend a visit to the **National Museum of the St. Gotthard** or the historic Gotthard Fortress at the **Sasso San Gottardo Museum** with its many kilometers of tunnels.



Sasso San Gottardo

© Jürg Hunziker

TOP 3

1 TREMOLA ROAD



2 LAKES ORSINO, ORSIRORA, VALLETTA

3 NATIONAL MUSEUM ST. GOTTHARD



Tremola Road

© Switzerland Tourism - Nico Schaefer

INSIDER TIP

Adriana, InfoPoint Employee, advises:

"If you're looking for an enjoyable family outing, I recommend the Energy Trail which takes you through the Gotthard wind park - it's really impressive!"

Gotthard wind park

© AET - Diego Gomez



INSTA SPOT

There is an official Grand Tour of Switzerland Photo Spot along the Tremola Road for a great souvenir shot!

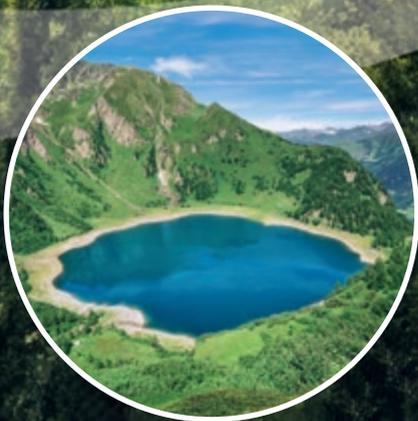
Photo Spot Tremola





aet Teleferica
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HISTORY AND CULTURE

The Bellinzona and Valleys region is the ideal place for **museum and architecture** lovers because here the passion for culture reigns supreme. The possibilities range from art and history to ethnography and science.

For example, the characteristic museums of the Valleys preserve small gems for enthusiasts. The region also preserves **rural Romanesque masterpieces**: bell towers, churches, frescoes, bridges and historical buildings — artistic and architectural testimonies that will certainly impress visitors.

Inside the Fortress of Bellinzona's walls lies the Castelgrande Museum, the new "**Archeologia Montebello**" exhibition as well as temporary exhibitions designed to satisfy the curiosity of young and old alike.

WHY NOT VISIT THE REGION WITH AN EXPERIENCED GUIDE?



Castelgrande



© Switzerland Tourism – Christian Meixner

TOP CULTURAL ACTIVITIES

1

BLenio
VALLEY
HISTORICAL
PATHS



TEATRO
SOCIALE OF
BELLINZONA

2

3

ON THE
TRAIL OF
ROMANESQUE
ARCHITECTURE



Museo di Leventina



© Switzerland Tourism – davydandkathrin



Cima Norma

Ethnographic Historical
Museum Of The Blenio Valley



TOP MUSEUMS

- VILLA DEI CEDRI MUSEUM
- ETHNOGRAPHIC HISTORICAL MUSEUM OF THE BLENIO VALLEY
- MUSEO DI LEVENTINA
- NATIONAL MUSEUM OF THE ST. GOTTHARD
- SASSO SAN GOTTARDO

DISCOVER ALL THE MUSEUMS



Cà da Rivöi

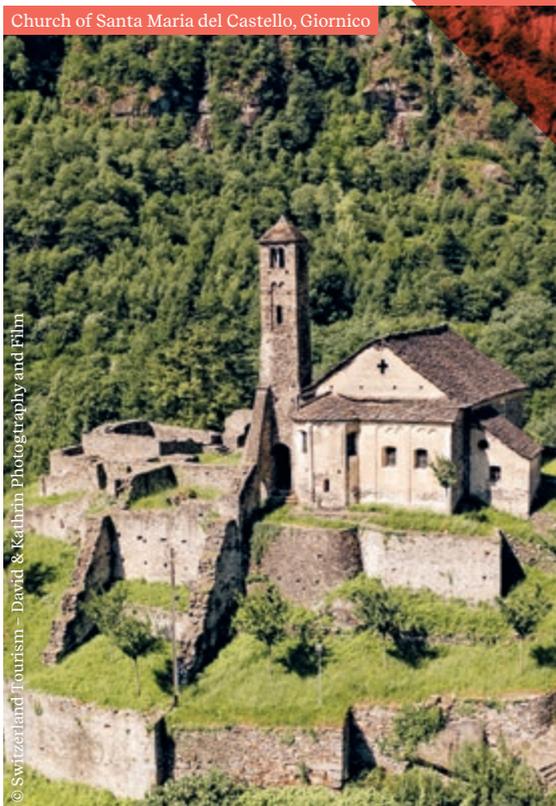


Archeologia Montebello



© Daniela Rogantini-Temperli

Church of Santa Maria del Castello, Giornico



© Switzerland Tourism – David & Kathrin Photography and Film

Fantastic Bellinzona Youth Hostel



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Fax +41 91 835 42 85

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ostellomontebello.ch



**Swiss Youth
Hostels**

Situated in the heart of Ticino, the Ostello Montebello – Bellinzona Youth Hostel lays directly at the base of the Castello Montebello, part of the UNESCO World Heritage. The Hostel is located near Bellinzona city centre, just 10 minutes walking distance from the train station.



MUSEO
VILLA
DEI CEDRI

A VILLA A PARK A MUSEUM

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exhibitions and events
www.villacedri.ch



MUSEI
Città di Bellinzona



THE FORTRESS OF BELLINZONA

Consisting of three castles, a city wall and a defensive wall blocking off the entire valley floor, the **Fortress of Bellinzona** controlled a key strategic point of the alpine passes. It's the only example of medieval military architecture of its kind in Europe.

Walking along the walls, it's not difficult to imagine the exploits of the soldiers and to imagine life in those days. Today, the three castles are home to **historical museums** and **temporary thematic exhibitions** that enrich the City's cultural offerings.

TOP 3

1 ARCHEOLOGIA
MONTEBELLO



ESCAPE ROOM
CASTELGRANDE 2

3 ARTÙ, THE TRAIN
OF THE CASTLES



Castelgrande



© Switzerland Tourism - Christian Meixner

Sasso Corbaro Castle



INSTA SPOT

The panorama from the Sasso Corbaro Tower is incomparable: from Lake Maggiore to Pizzo di Claro and up to the Matro that divides the Blenio Valley from Leventina. A spectacle for the eyes!



© Switzerland Tourism - Christian Meisner

Montebello Castle

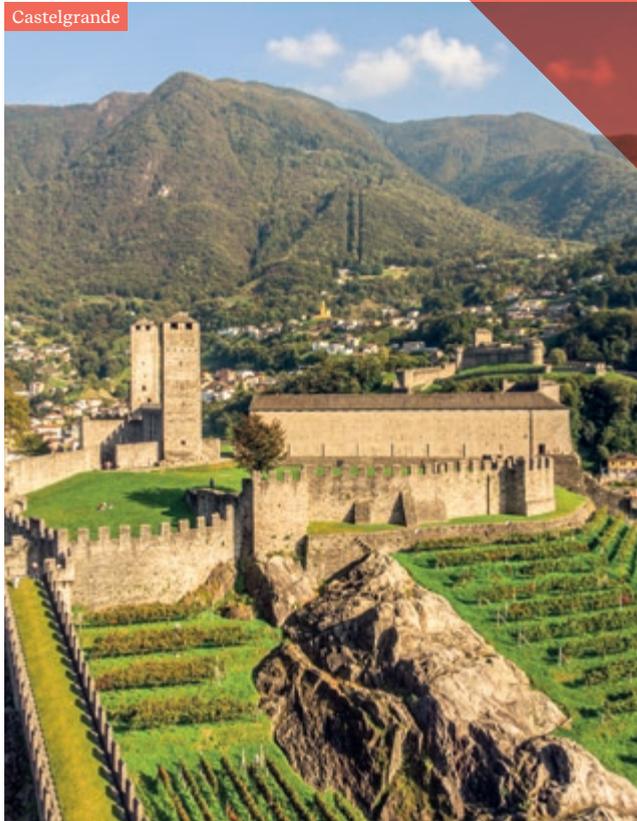


FIND OUT MORE ABOUT
THE FORTRESS OF BELLINZONA
AND ITS CASTLES

Artù Train



Castelgrande



 INSIDER TIP

Barbara, Exhibition Coordinator,
advises:

*"The Castles routinely host
interesting temporary exhibitions!
Visit www.fortezzaBellinzona.ch
for more details about the current
program!"*

EVENTS

When thinking of events in the Bellinzona and Valleys region, the first that comes to mind is certainly the famous **Rabadan**, one of the most popular carnivals in Switzerland that every year attracts thousands of visitors.

There are many events related to food and wine such as gastronomic walks and festivals, autumn events such as **PerBacco!** and the **Autumn Festival** with its **cheese market**. There are also popular events such as the **Leventina Agricultural Day** or those of a historical nature related to the **Fortress of Bellinzona's UNESCO World heritage!**

Finally, there is no shortage of amateur and professional sporting events ranging from uphill running races to bicycle races and winter sports events dedicated to alpine and cross-country skiing.

DISCOVER THE
PROGRAM OF EVENTS!



Rabadan parade



Street Food Festival Bellinzona



Sun Valley Festival



© Massimo Pedrazzini - pedrazzini.ch



© Andrea Cavazzoni

Leventina Agricultural Day



© Samuel Fotografia

FIS Europa Cup Freestyle



© Studio Daulte - Loreta Daulte

Galà dei Castelli



© Michela Locatelli - www.photolocatelli.ch

TraMonteBello



bellinzona

21.-24.9.20²³



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 Città di Bellinzona





Ticino Ticket

Travel within Ticino for free

Guests will be able to get around for free in the whole region by using public transport during their stay. The Ticino Ticket offers additional advantages such as discounts on mountain railways, boat trips on the Swiss part of the lakes and on the main tourist attractions.

The offer is proposed to guests who stay in hotels, youth hostels and camping sites only. Everyone will receive the Ticino Ticket at the arrival upon check-in and it can be used until midnight of the departure day. Lakes, rivers and mountains – everything at hand with Ticino Ticket!

ticino.ch/ticket





vivi!



OUTDOOR ACTIVITIES

The Bellinzona and Valleys region offers endless possibilities for outdoor enthusiasts! In addition to the many itineraries for **hiking** and **mountain biking**, this area is home to many other lesser-known but equally exciting activities!

For anyone who is looking for an adrenaline rush, this is a **canyoning** paradise, while for rock lovers there are many **boulder areas** famous among fans throughout Europe. In addition, there are also outdoor gyms such as the **Fit & Fun Arena of Faido!**



Bouldering



DISCOVER ALL THE
OUTDOOR ACTIVITIES

Cycling



Canyoning





LEARN MORE ABOUT THE MAIN OUTDOOR ACTIVITIES

→ **HIKING**
p.46



MOUNTAIN BIKING ←
p.48

→ **ROAD CYCLING**
p.49



BOULDERING ←
p.50

→ **CANYONING**
p.51

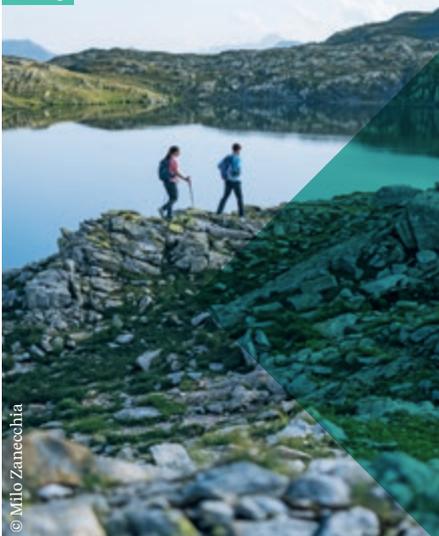


Fit & Fun Arena, Faido



© Milo Zanecchia

Hiking



© Milo Zanecchia

Mountain biking



HIKING

The Bellinzona and Valleys region is best known for its hiking trails. In fact, there are **1,600 kilometers** of trails included in the official network offering a wide choice ranging from relaxing walks in the plains to **trekking** over several days up to high mountain trails.

Thanks to the mild climate, ideal excursions can take place 365 days a year, in addition to the **thematic paths** offering rich insights to discover the territory in a unique way.

BARRIER-FREE TRAILS IN THE BELLINZONA AND VALLEYS REGION

→ ROUTE
DONGIO-MOTTO



→ ROUTE
DONGIO-SATRO



© M. Volken



Capanna Campo Tencia

TOP 4

1 TIBETAN
BRIDGE
TOUR



2 HIKING TO
TREMORGIO
AND MORGHI-
ROLO LAKES



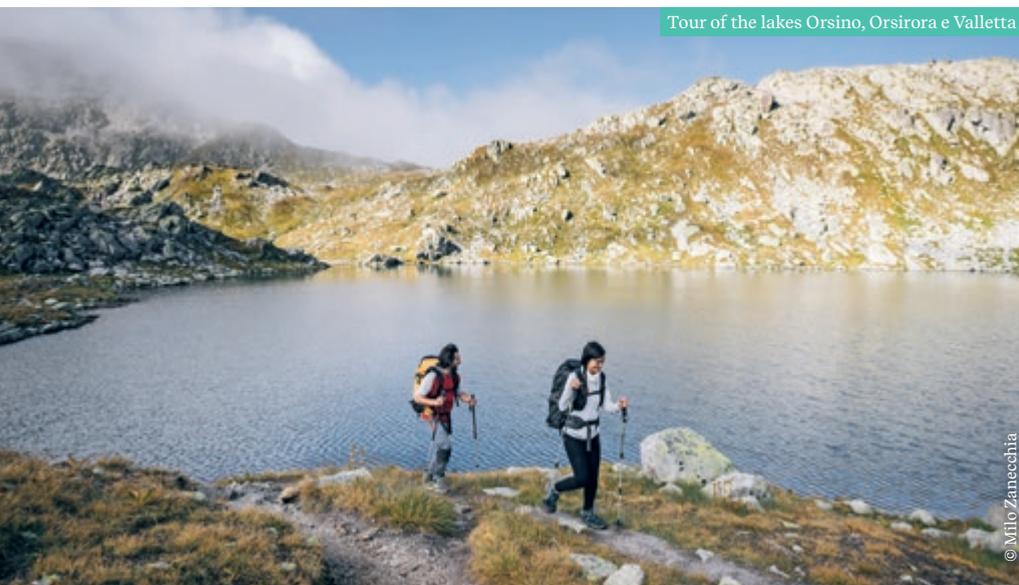
3 TREKKING
OF THE SUN



4 LA VIA
DELLA PIETRA



Tour of the lakes Orsino, Orsirora e Valletta



© Milo Zanecchia

THERE ARE NUMEROUS CABLECARS TO REACH THE PEAKS QUICKLY:

- ➔ AIROLO-PESCIÜM CABLE CARS
- ➔ MALVAGLIA-DAGRO CABLE CAR
- ➔ RITOM-PIORA FUNICULAR
- ➔ NARA CHAIRLIFT
- ➔ MONTE CARASSO-MORNERA CABLE CAR
- ➔ TREMORGIO CABLE CAR
- ➔ PIZZO DI CLARO CABLE CAR
- ➔ CARÌ CHAIRLIFT
- ➔ CAMORINO-MONTI DI CROVEGGIA CABLE CAR
- ➔ FAIDO-PIANASELVA CABLE CAR

Pizzo Cristallina



© Sven Stoppani



DISCOVER ALL THE CABLECARS AND FUNICULARS

Lake Retico



© Milo Zanecchia

Monte Carasso – Mornera Cable Car



© Pierre-Alexandre Metral, @pametral

MOUNTAIN BIKING

Mountain biking enthusiasts will find this region the ideal place thanks to the mild climate that prevails throughout the year and the lush natural beauty that invites even the laziest to get outdoors. An abundance of trails with **Bike Friendly** facilities will meet the needs and test the skills of even the most experienced bikers.

The **SwitzerlandMobility** platform includes numerous **official routes**, an offer that will continue to increase in the coming years.

Depending on the route chosen, mountain bikers will come upon numerous historical and cultural sites, grassy pastures and winding paths, forests, alpine landscapes and, above all, incredible views.



Brüscacü Bike

DISCOVER MORE

→ MOUNTAIN BIKE ITINERARIES



BIKE FRIENDLY FACILITIES



→ E-BIKE CHARGING POINTS



Airolo Bike



Gottardo Bike



ROAD CYCLING

With its alpine passes bordering other Swiss cantons, this region is perfect for cycling enthusiasts. An absolute must for visiting cyclists is certainly the legendary climb up the **Tremola Road** that leads directly to the historic **Gotthard Pass**. Also, the ascent through the Bedretto Valley to reach the **Nufenen Pass** results in an awe-inspiring view.

For a journey in total safety, it's advisable to rely on local operators: the expert guides in the area will not only accompany guests along the cycling routes but will also help uncover the natural beauty and local delicacies for a truly unforgettable holiday on two wheels.

There are numerous bike rental centers and tours to discover the region comfortably on two wheels. There are also two **bike sharing** networks to visit the area in a sustainable way: there's a network that extends from the Blenio Valley to Biasca and a network for the Bellinzona area.



DISCOVER THE CYCLING ROUTES



Tremola Road



Nufenen Pass



DISCOVER THE ALPINE PASSES

→ NUFENEN PASS



ST. GOTTHARD PASS ←

→ LUKMANIER PASS



BOULDERING

Bouldering is still a little-known sport but one which has found ample space in this region's valleys. The quantity and the quality of the rock and the splendid natural surroundings attract climbers from all over. In fact, **Cresciano**, **Chironico** and the **Gotthard Pass** are frequented by thousands of bouldering enthusiasts from all over Europe. In addition, the **Alphaboulder indoor gym** in Giubiasco and the **Audan gym** in Ambri are excellent alternatives to practice this sport indoors.



DISCOVER THE
WELL-KNOWN
BOULDER AREAS



☀ INSIDER TIP

Ronnie, Blenio Valley Trails Team Leader, advises:
"In our region we practice Bouldering all year round: Cresciano in winter, Chironico in spring and autumn, and on the Gotthard in summer!"

Boulder Area Chironico



CANYONING

Jumps, slides, and steep gorges: these thrills are the essence of canyoning, a sporting discipline that involves descending stretches of mountain waterways on foot. The obstacles along the way are natural slides, pools or waterfalls which are overcome with the aid of dives, slides or rope descents.

The Bellinzona and Valleys region, considered by enthusiasts as the **Eldorado of Canyoning**, is a very popular destination to practice this sport in groups but also solo. Canyoning is an activity that requires quality equipment. In fact, the dangers cannot be underestimated and for this reason it's recommended to always turn to specialized companies.

Lodrino



© Luca e Anna Nizzola

Cresciano



© Switzerland Tourism - Christian Meibner

SPECIALIZED COMPANIES

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TICINO ↔
ADVENTURES

→ TICINO
OUTDOOR



SWISS RIVER ↔
ADVENTURES



CAUTION AND COMMON SENSE ARE THE WATCHWORDS! LEARN MORE ABOUT THE RULES OF CONDUCT FOR SAFE FUN.

NATURE AND THE ALPINE LAKES

The Bellinzona and Valleys region is characterized by landscapes surrounded by unspoiled nature. The mountains with their endless **alpine lakes** dominate but there are also amazing **waterfalls** and numerous **natural pools** for taking a dip on hot days.

Noteworthy are the two best-known waterfalls in the area: the **Piumogna waterfall** in Faido and the **Santa Petronilla waterfall** in Biasca, which are accessible almost year-round for a moment of relaxation.

Thanks to the numerous cableways it's possible to reach the main summits in a short time, from where there is plenty of choice between numerous hikes, outdoor activities and even a good meal at the nearest hut or restaurant!

TOP 3 ALPINE LAKES

1 LAKE RETICO



LAKES TREMORGIO AND LEIT

2

3 PATH OF THE PIORA VALLEY LAKES



Lakes of Chièra



Lake Leït



Piumogna waterfall



© Ticino Turismo - Loreta Daulte

© Jon Gulter



© Milo Zancchia

Lake Tremorgio



© Milo Zancchia

Santa Petronilla waterfall



© www.steingergerpix.ch

TOP 3 BREATHTAKING VIEWS

1 PUNTA DI
LARESCIA



MOTTO
DELLA CROCE

2

3 FÖISC PEAK,
PIORA VALLEY



Lake Retico



© Milo Zancchia

WINTER

The Bellinzona and Valleys region offers many exciting activities to enjoy outdoors during the winter. It's a magical season for snow sports enthusiasts with numerous ski resorts, including the main ones of **Airolo-Pesciù**, **Cari** and **Nara**, equipped with slopes for everyone's ability. Nature and snow-covered landscapes frame the setting for **winter walks** and **snowshoeing** to discover the area's most beautiful facets.

There are different levels of trails ready to be explored for cross-country skiing enthusiasts. Among these, the **Nordic Ski Center of Campra** stands out, defined as the Lapland of Ticino thanks to the typically beautiful Nordic landscape. Snow is also synonymous with fun and the slopes of Nara and Cari welcome adults and children for unforgettable sledding!

WINTER ACTIVITIES

- ➔ SKIING AND SNOWBOARDING
- ➔ WINTER EXCURSIONS
- ➔ SLEDDING RUNS
- ➔ CROSS-COUNTRY SKIING
- ➔ ICE SKATING



DISCOVER ALL
THE WINTER
ACTIVITIES

Airolo-Pesciù



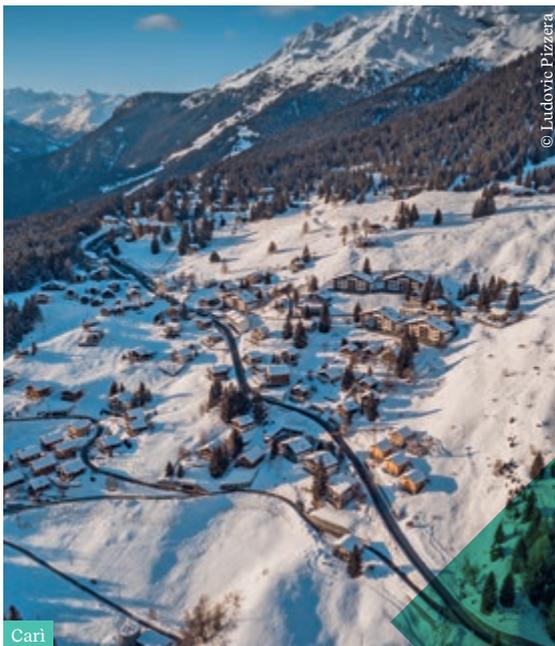
© Massimo Pedrazzini





© Ticino Turismo

Cioss Prato



© Ludovic Pizzera

Carì



Nordic Ski Center of Campra

© Ticino Turismo - Mfio Zanecchia



Nara

© Luca Crivelli

IT'S TIME TO... SKI!

What is TISKi? TISKi is the ski federation of Italian-speaking Switzerland and brings together around 50 ski clubs active in the area under one roof. It promotes snow sports, competition and youth sporting activities.

Are you interested in snow sports?

Go to tiski.ch/sci-club or write to info@tiski.ch to find out which ski club is closest to you.

TISKI

Would you like to try freestyle skiing?

Then EYFA is the right choice! Go to tiski.ch/eyfa or write to info@tiski.ch and find out what winter and summer activities are on offer.

powered by **TISKI**
eyfa
european youth freestyle community

Are you a young freestyler with a passion for snowboarding?

The Shred! Fun Days offered by White Pillow in winter and summer are designed to enjoy snowboarding: go to whitepillow.ch or write to info@whitepillow.ch to find out more.

EST. 2014
White Pillow
SNOWBOARD TEAM



TICINO A TE

La bottega
nostrana e genuina

infoPoint
Bellinzona

shop

Piazza Collegiata 12

Visit our shop
with local products!



SUSTAINABLE HOLIDAYS

Sustainability is a theme that is at the heart of the entire Bellinzona and Valleys region: it's best to choose a holiday based on environmental, economic and social respect. For starters, it is important to choose the most appropriate method of transportation such as our comfortable trains that are always on time! The new railway convoy **Treno Gottardo** is an absolute must, thanks to which the tourist experience will start right from the journey.

Then, accommodations with special regard for the environment are available throughout the region, from traditional hotels to alpine huts. And finally, the choice of activities: from gastronomy to outdoor, there is a wide range of sustainable activities for all interests.



QUINTOUR



MORE INFORMATION FOR YOUR SUSTAINABLE HOLIDAYS



💡 INSIDER TIP

Isotta, InfoPoint Employee, recommends:
"In Malvaglia, the celebrated organic chef Meret Bissegger regularly organizes cooking classes on wild edible plants to teach participants how to create a delicious menu!"

TOP GREEN ACTIVITIES

1 TREKKING WITH ANIMALS IN THE BLENIO VALLEY



2 FARM SHOPPING ON THE MAGADINO PLAIN



3 GASTRONOMIC TOUR ON TWO WHEELS



4 COOKING WITH MERET BISSEGGER



Shopping at the farm



Meret Bissegger



Treno Gottardo

© Thomas Kessler Visuals - thomaskessler.ch



Somarelli Trekking

© Luca Crivelli



gusta!





FOOD, WINE AND TRADITIONS

The Bellinzona and Valleys region offers the opportunity to enjoy a journey of taste through a gastronomy rich in flavours and traditions: local sausages, cheeses and dairy products, craft beer, local wines and typical desserts such as **Spampezia** or the famous **Pastefrolle of the Bedretto Valley** (Slow Food Presidium). Good food lovers can choose from typical dishes in the taverns but also in refined restaurants where the chefs reinterpret traditional recipes. In summer it's customary to savour authentic dishes at a **typical grotto**, sitting at a granite table in the cool shade.

An activity for enthusiasts to experience is definitely a guided tour with a **tasting** at one of the small local wine makers.



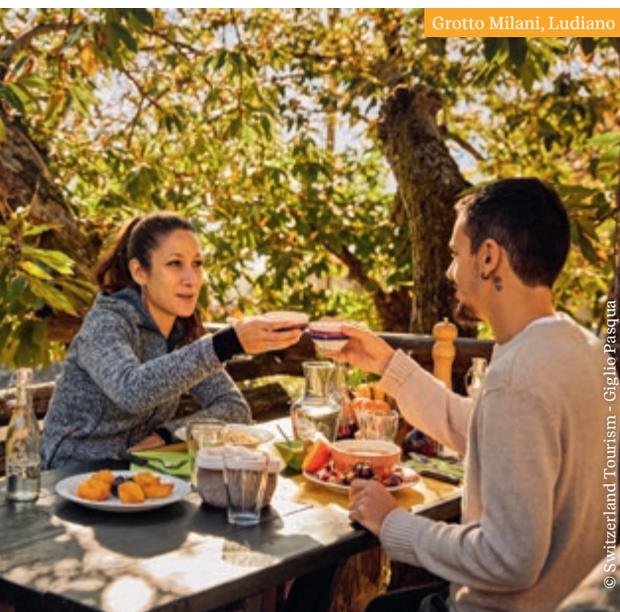
TOP 3

1 MAKING CHEESE AT THE DAIRY



2 FOOD AND WINE TOUR ON TWO WHEELS

3 WINE TASTING AT THE WINERIES



💡 INSIDER TIP

Monica, InfoPoint Employee, advises: "Did you know that at Grotto Milani in the Blenio Valley you can eat in a tree? It's truly a one-of-a-kind experience!"



© Ticino Turismo - Mito Zamecchia

Local gastronomy



© Switzerland Tourism - Giglio Pasqua



© Switzerland Tourism - Daniel Loosli

Wine tasting in Giornico



FIND OUT MORE ABOUT
FOOD AND WINE



Print

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Bellinzona

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