Regione Lombardia

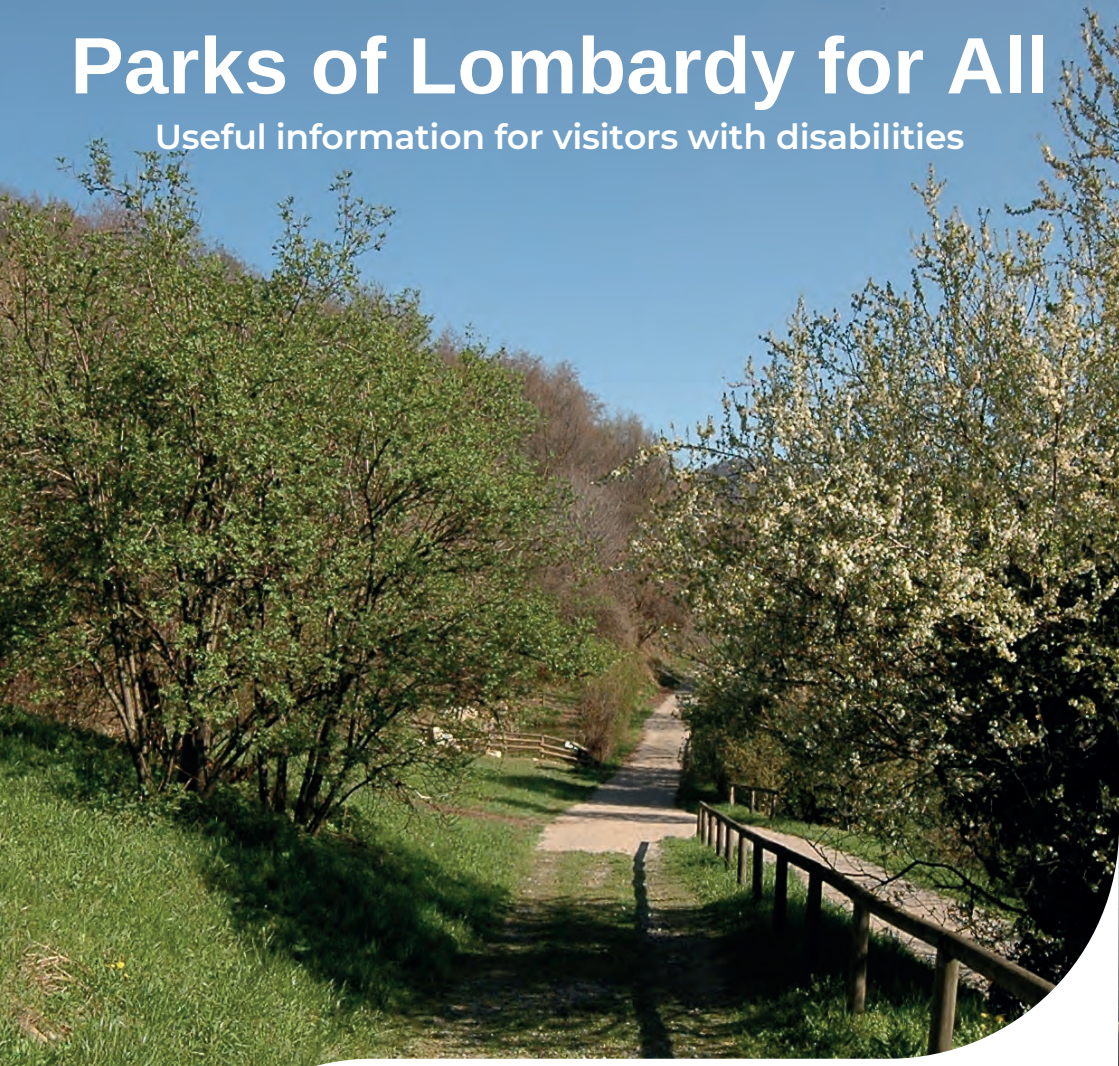
HOST REGION

MILANO CORTINA 2026

MILANO CORTINA 2026

Parks of Lombardy for All

Useful information for visitors with disabilities



In partnership with:

istituto albe&lica steiner

AIAS ETS Milano

LEDHA

PARCO NORD MILANO

SISTEMA PARCHI

REGIONE LOMBARDIA

Directorate-General for Territory and Green Systems - Roberto Laffi
Parks and Protected Areas Unit - Francesca De Cesare
Concept, coordination, texts, charting. Contributors: Lisa Sacchi, Miranda Bassi, Caterina Paparazzo, Maria Teresa Rispoli

Directorate-General for Family, Social Solidarity, Disability and Equal Opportunities: Ornella Fusè, Salvatore Favella

In collaboration with:
Parco Nord Milano - Area Parchi
coordination support, texts
Contributors: Tomaso Colombo, Alessandra Dellocca, Alice Marin

Protected area management bodies:
texts, images
Parco dell'Adamello, Parco dell'Adda Nord, Parco dell'Adda Sud, Parco dell'Alto Garda Bresciano, Parco Bosco delle Querce, Parco Campo dei Fiori, Parco dei Colli di Bergamo, Parco delle Groane, Parco del Mincio, Parco del Monte Barro, Parco di Montevecchia e della Valle del Curone, Parco Nord Milano, Parco dell'Oglio Nord, Parco dell'Oglio Sud, Parco delle Orobie Valtellinesi, Parco della Pineta di Appiano Gentile, Parco del Serio, Parco della Valle del Lambro, Parco Lombardo della Valle del Ticino, Parco Nazionale dello Stelvio, Riserva Naturale Pian di Spagna – Lago di Mezzola, Riserva Naturale Torbiere del Sebino

ITSOS Albe & Lica Steiner (Higher Institute of Graphics and Communication):
graphic design concept and implementation
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AIAS ETS Milan and LEDHA:
training, reconnaissance and specialist verification.

Contributors: Gabriele Favagrossa, Alessandro Acquaviva, Marina Sambiagio, Armando De Salvatore.

December 2025 edition



The theme of inclusion is a common thread running through various policies supported by the Regione Lombardia, which also involves the system of the protected areas. Parks, reserves and natural monuments are heritage “belonging to everyone and for everyone”, a necessary resource for supporting biodiversity, where everyone can benefit from contact with nature and its beauty.

Access to protected areas is essential to enable the general public to enjoy immersive experiences in nature, but it also represents a challenge for public institutions in meeting citizens’ needs. Protected areas are privileged places for promoting personal well-being and social inclusion, due to their intrinsic capacity to connect people with the natural world.

This brochure is one of many tools that the network of protected areas provides to promote the enjoyment and awareness of Lombardy’s natural and landscape heritage, aimed also at people with a wide range of disabilities. In addition to a brief description of the natural and cultural heritage, it also lists the facilities and services that the protected areas offer to the public.

The result of collaboration between various organisations, this project has led to the development of a working method based on sharing and training. The e-book not only provides information but has also generated value among the various partners involved: the technical

structures of the Regione Lombardia, Parco Nord Milano and other protected area management bodies, the associations AIAS ETS Milano and LEDHA, and the ITSOS Albe Steiner Technical Institute. This valuable outcome has been achieved through the exchange of knowledge about protected areas, the professional training experience of students in the field of graphics and communication, and raising awareness about how to accompany people with disabilities in nature.

The project is ongoing and will continue with the drafting of further fact sheets dedicated to other protected areas that wish to join this initiative.

Nature awaits you, enjoy your visit!

Gianluca Comazzi
Councillor for Territory and Green Systems



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REGIONAL PARKS

Parco dell'Adamello

Parco dell'Adda Nord

Parco dell'Adda Sud

Parco dell'Alto Garda Bresciano

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Parco dei Colli di Bergamo

Parco delle Groane e della Brughiera Briantea

Parco del Mincio

Parco del Monte Barro

Parco di Montevecchia e della Valle del Curone

Parco Nord Milano

Parco dell'Oglio Nord

Parco dell'Oglio Sud





Parco delle Orobie Valtellinesi

Parco della Pineta di Appiano Gentile e Tradate

Parco del Serio

Parco della Valle del Lambro

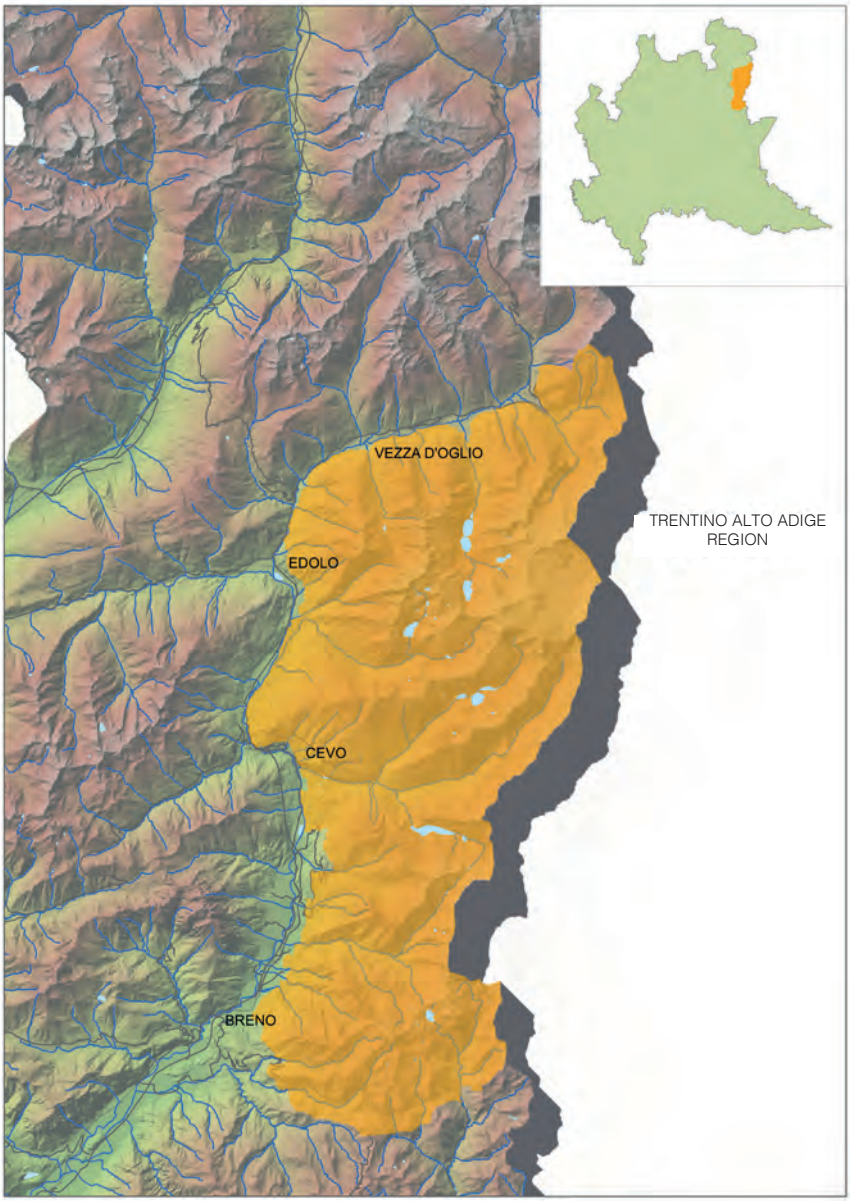
Parco Lombardo della Valle del Ticino

Parco Nazionale dello Stelvio

Riserva Naturale Pian di Spagna – Lago di Mezzola

Riserva Naturale Torbiere del Sebino

Parco dell'**Adamello**



The park in the heart of the Alps



TYPE OF PARK
Mountain and forest park

MANAGING BODY
Mountain Community of Valle Camonica

TELEPHONE NUMBER
0364 324011

WEBSITE
www.parcoadamello.it

PROVINCE INVOLVED
Brescia

PARK CENTRES AND/OR PARK ENTRANCES
Parco dell'Adamello di Vezza d'Oglio
Via Nazionale 132 - Vezza d'Oglio (BS)

Parco dell'Adamello di Cevo
Via Roma 70 - Cevo (BS)

Wildlife Centre of the
Parco dell'Adamello
Fles locality - Paspardo (BS)

GENERAL INFORMATION

The Parco dell'Adamello is located in the center of the Alpi Retiche and encompasses the entire Lombardy side of the Adamello mountain range in the province of Brescia. The park occupies a unique geographical position connecting the Parco Adamello Brenta in the east (located in Trentino) and the Parco dello Stelvio in the north, creating a large protected area of European importance. The Adamello mountain range is home to the largest glacier in Italy. The presence of mostly granite and impermeable rocks makes the area rich in springs and waterways. The park extends from an altitude of 390 meters to 3,500 meters.

NATURAL ENVIRONMENT

With over 3,000 metres of altitude difference and diverse rock compositions, the park boasts extraordinary botanical richness (1,500 species, including 30 endemic ones). All the typical mountain vegetation zones are represented: hay meadows, chestnut groves, deciduous forests, spruce forests, larch forests, shrublands, alpine meadows and finally the snow desert zone. In the southern part, there are as many as 37 species of orchids. The park is home to typical alpine animal species, including the ibex (reintroduced in 1995), the wolf and the bear. Bird species include the golden eagle, the capercaillie and the bearded vulture.





HISTORICAL AND CULTURAL HERITAGE

In the Valle Camonica there are thousands of rock carvings made by man on rocks shaped by ice, dating from prehistoric times to the medieval and modern eras. This heritage is recognised by UNESCO for its global importance. The relationship between man and nature is visible at all altitudes, from the terraces halfway up the hillside to the mountain pastures with their typical rural Alpine architecture. At the bottom of the valley, the medieval village of Niardo and the Lombard castle of Cimbergo are worth visiting. On the border with the Trentino region, on the rocky ridges, there are trenches, walkways and fortifications from the First World War.



LOCAL FLAVOURS AND TRADITIONS

The flavours and traditions of the area reflect the relationship between man and the environment. Cow's milk cheeses (Silter, Bré, Casolèt, Formaggella) and goat's milk cheeses (Cadolèt, Fatulì) testify to the biodiversity of the Alpine pastures. Excellent dishes include mutton sausage with sheep's meat, broth and various herbs, and Strinù pork salamella. Chestnut cultivation is widespread, as is the cultivation of small fruits (currants, raspberries, blackberries) and, in recent years, ancient varieties such as Coste apples and Garavello pears.
Traditional bread is made with wheat and rye flour. Typical desserts include Spongada, Bosolà and chestnut flour biscuits.



Park House of Adamello in Cevo

Address: Via Roma 70 - Cevo (BS) 25040
Website: www.casadelparcoadamello.it
Email: info@casadelparcoadamello.it
Phone: 344 0883080
For opening hours, please consult the website and contact the manager. The Park House is a place where you can spend the night, taste local products, go on excursions, take part in workshops, play sports or simply relax in the tranquillity of the Park.



Park House and Natural History Museum - Vezza d'Oglio (BS)

Address: Via Nazionale 132 - Vezza d'Oglio (BS) 25059
Website: www.alternativaambiente.com
Email: alternativaambiente@gmail.com
Phone: 0364 76165
Set amid the picturesque landscapes of the Upper Camonica Valley, at an altitude of 1,080 meters, the Park House serves as an information point, environmental education center, and hostel. Inside, there is a natural history museum.

Oglio Cycle Path - Ponte di Legno to Incudine

Website: https://www.cicloviadelloglio.it/
Email: info@parcoadamello.it
Phone: 0364/324011
In its section in the Upper Camonica Valley, the Oglio Cycle Path is a 12 km stretch with limited gradients that allows you to immerse yourself in the typical landscapes of the Alpine valleys, among mown meadows and woods.



Rest and picnic area in Rasega

Municipality of Saviore dell'Adamello (BS)

Address: Rasega, in the municipality of Saviore dell'Adamello.
Next to the Poia stream, the rest area can be reached by car via the road leading to the Malga Lincino mountain hut and the start of the trail to the Adamè Valley. There are facilities for resting and for children to play.

Rest and picnic area in Davena

Municipality of Vezza d'Oglio (BS)

Address: Along the SS42 state road in the municipality of Vezza d'Oglio. The rest area is ideal for travellers passing through Vezza d'Oglio, as it is located on the edge of the SS42 state road, offering the opportunity to park your car and enjoy the view of the surrounding mountains and woods.



Rest and picnic area in Dos – Cevo

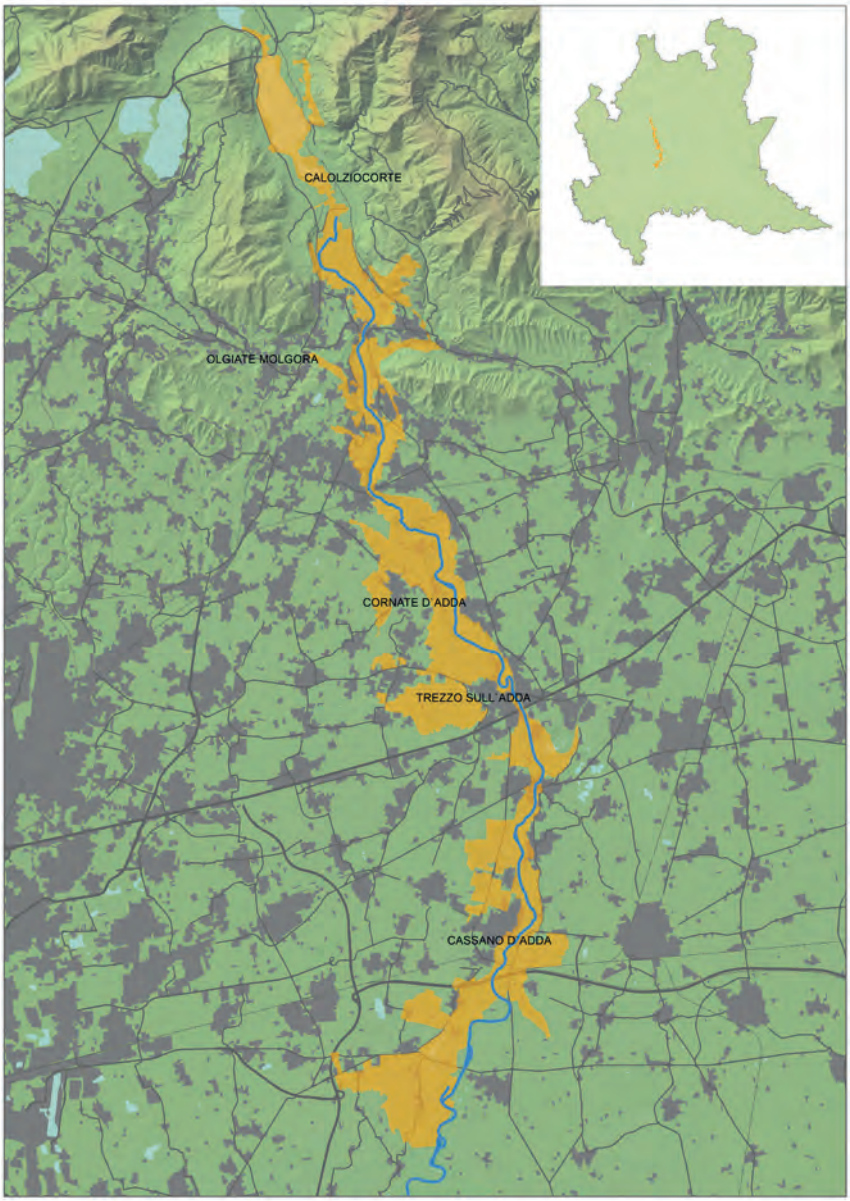
Municipality of Cevo
Address: Via Brigata Garibaldi
The area consists of two large spaces accessible from the road and connected by an internal path. It is equipped for picnics, and visitors can take walks and admire the view of the surrounding mountains.

Rest and picnic area in Val Paghera

Municipality of Vezza d'Oglio
Address: Along Via Pornina
In the heart of the Paghera Valley in Vezza d'Oglio, in the shade of spruce trees, there is a picnic area that is easily accessible by car via a paved road, offering visitors the chance to stop and enjoy the breathtaking landscape.



Parco dell'**Adda Nord**



Parco Adda Nord

The green of nature, the blue of the river. The Parco dell'Adda Nord has the colours of life



TYPE OF PARK
River and metropolitan park

MANAGING BODY
Parco dell'Adda Nord Authority

TELEPHONE
02/49445970

EMAIL
info@parcoaddanord.it

WEBSITE
www.parcoaddanord.it

PROVINCES INVOLVED
Bergamo, Lecco, Milano, Monza and Brianza

ADDRESS
Villa Gina - Via Padre Benigno Calvi, 3 - 20056 Trezzo sull'Adda (MI)

GENERAL INFORMATION

The Parco dell'Adda Nord was established in 1983 and covers the areas crossed by the Adda River, from Lake Lecco to the municipality of Truccazzano in the province of Lodi.
After forming the lakes of Garlate and Olginate, the Adda River flows through a narrow valley with steep walls where rocks called "Ceppo dell'Adda" emerge. The landscape of the Adda River valley was once described by Leonardo Da Vinci. The park includes 35 municipalities in the provinces of Bergamo, Lecco, Monza and Brianza, and the Metropolitan City of Milan.

NATURAL ENVIRONMENT

The Park is highly urbanised, but there are areas of considerable natural value with extraordinary biodiversity in terms of vegetation and animals.
The territory consists of agricultural areas and only a small part of forest, and includes natural environments recognised at European level: the Brivio Marsh, Lake Olginate, the Le Foppe di Trezzo Oasis and the Toffo area in the municipalities of Calco, Villa d'Adda, Cisano Bergamasco and Pontida.





HISTORICAL AND CULTURAL HERITAGE

The Parco dell'Adda Nord is particularly impressive from an architectural and monumental point of view: the hydraulic engineering works and hydroelectric power stations, designed in the early 1900s, are of great interest and blend into the natural environment with unique elegance.Other engineering feats are also noteworthy, including the iron bridge at Paderno, as well as examples of industrial archaeology, such as the village of Crespi d'Adda in Capriate San Gervasio, which is listed as a UNESCO World Heritage Site.



THE PARK TERRITORY

The territory is linked to two important figures in Italian culture: Leonardo da Vinci and Alessandro Manzoni. Leonardo lived in Milan and was friends with Girolamo Melzi, who had a villa in Vaprio d'Adda where Leonardo was a guest. In this villa, Leonardo da Vinci was able to study and carry out experiments, which he described in his work "Delle Acque". Leonardo da Vinci painted many landscapes of the River Adda and designed the Paderno Canal. In his book "The Betrothed", Alessandro Manzoni describes the River Adda and its beauty several times, like a naturalistic painting in which the reader is involved first-hand, as if they were on the boat with Renzo and Lucia, the protagonists of the book.



FACILITIES

Brivio Marsh Bird Observatory

Address: entry from Via Lago Vecchio is recommended in Calolziocorte (LC)
Website: www.parcoaddanord.it
Email: info@parcoaddanord.it
Telephone: 02/49445970
The bird observatory is located in the Brivio Marsh area and is ideal for bird watching. It has been designed to be accessible to people with physical disabilities. The facility is always open. The access path has a barrier, so if you are using a wheelchair, you will need to contact the park to have it opened.

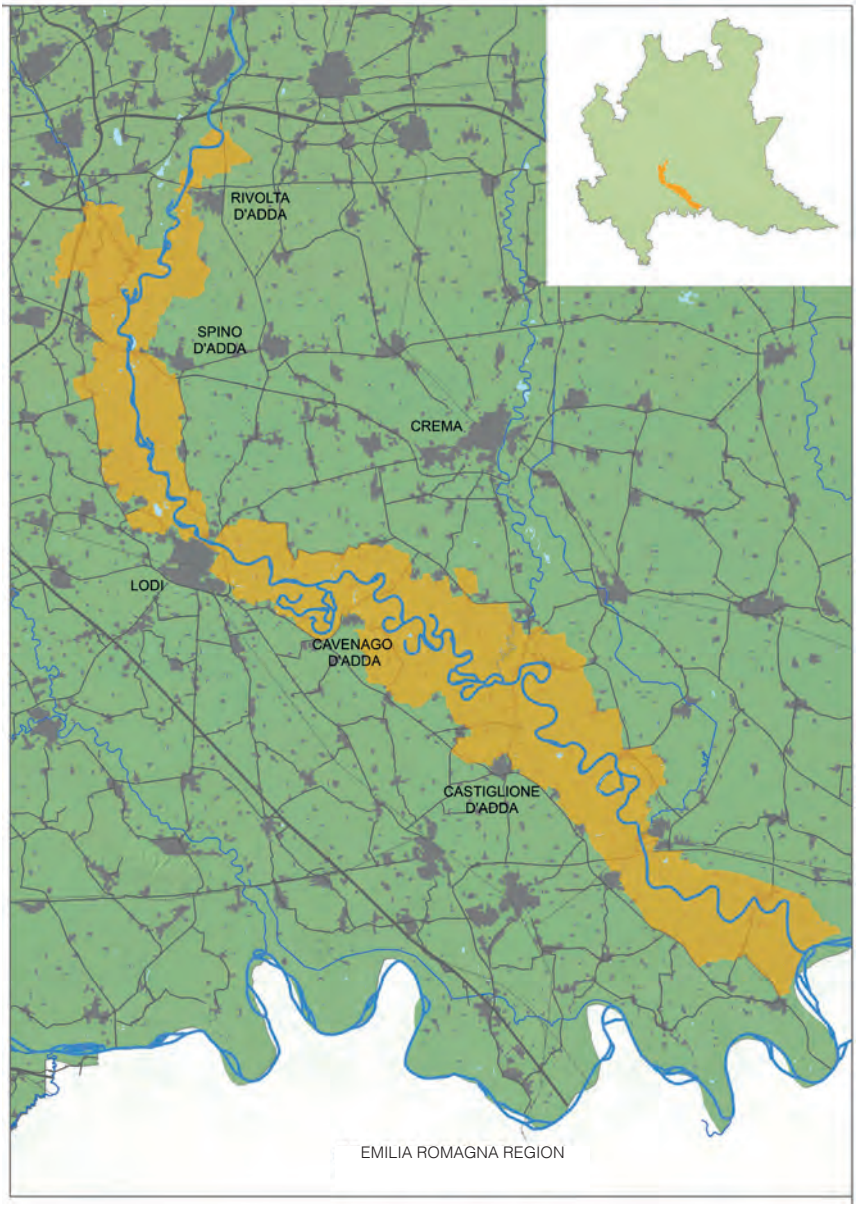
Museum of the Adda Valley

Address: Villa Gina -Via Padre Benigno Calvi, 3- frazione Concesa - 20056 Trezzo sull'Adda (MI)
Website: www.parcoaddanord.it
Email: info@parcoaddanord.it
Telephone: 02/49445970
The museum uses interactive multimedia technology to describe the park 's environment. The films shown are subtitled for the hearing impaired. The building is only partially accessible to people with physical disabilities.





Parco dell'**Adda Sud**



Long Live The Storks!!!

PARCO ADDA SUD

TYPE OF PARK
River Park

MANAGING BODY
Parco dell'Adda Sud Authority

TELEPHONE NUMBER
0371/411129

EMAIL
info@parcoaddasud.it

WEBSITE
www.parcoaddasud.it

PROVINCE INVOLVED
Lodi and Cremona

PARK CENTRES AND/OR PARK ENTRANCES
CASTIGLIONE D'ADDA Park Centre
Gerre - Castiglione d'Adda (LO)
VILLA POMPEIANA Park Centre
Villa Pompeiana - Zelo Buon Persico (LO)



GENERAL INFORMATION

The Parco dell'Adda Sud stretches along the course of the Adda River, from Rivolta d'Adda to its mouth in the Po, and flows through the large alluvial plain used for agricultural activities.
In addition to woods and numerous river beaches, the park also includes marshlands along the riverbanks.
Dominated by numerous cornfields, the park's landscape is characterised by rows of poplars and hedges that protect agricultural crops from the wind.
In the past, white mulberry trees were also planted, whose fruits fed silkworms, but today only a few trees remain, mixed with poplars, locust trees and native species such as alder, common willow and maple.



NATURAL ENVIRONMENT

The natural environment of the park is characterised by wetlands and oxbow lakes where it is easy to encounter numerous species of water birds that have found their ideal habitat in the rich and dense vegetation.
There are numerous species of ducks that choose these places for wintering. Thanks to a reintroduction project by the Park, the white stork has also returned to nest here.
Among the mammals, there are polecats, dormice and a small population of fallow deer.
The well-preserved stretches of the river are home to typical species such as eels, pike and tench, but you can also find brown trout, grayling, sturgeon and river lampreys.



HISTORICAL AND CULTURAL HERITAGE

Walking through the park, you can encounter rural settlements that preserve the centuries-old history and traditions of a farming culture in harmony with nature. The farmstead complex consisted of agricultural structures, the dwellings of the owners and farmers, and religious buildings such as small churches, parish churches and sanctuaries, built for the religious worship of the inhabitants of the farmstead and the surrounding areas. Also worth mentioning are the medieval and Renaissance castles of Camairago, Castiglione and the Rocca di Maccastorna. You can admire the remains of ancient fortresses such as the Torre del Guado in Pizzighettone.

LAKE GERUNDO AND THE MYTHICAL DRAGON TARANTASIO

Folk legends narrate the existence of Lake Gerondo or Gerundo, probably located between the towns of Cassano d'Adda and Pizzighettone, inhabited by the six-legged dragon Tarantasio. The lake may have been formed by frequent flooding of the River Adda. During floods, its waters formed marshy areas where organic matter was trapped and, over time, turned into methane. The myth of the dragon may date back to the methane fumes rising from the ground and the frequent fog that can create fantastical shapes in the air. The dragon was adopted as the symbol of the Agip company, now known as ENI.





FACILITIES

Castiglione d'Adda Park Centre

Address: State Road SS 591 Cascina Gerra - Castiglione d'Adda (LO)
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
The facility is open to the public and hosts events and activities with schools. The building has two floors and is equipped with toilets for people with disabilities. There is also a stork repopulation station.

Villa Pompeiana Park Centre

Address: Provincial Road SP16d Villa Pompeiana - district of Zelo Buon Persico (LO)
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
This small medieval country church, now deconsecrated, was dedicated to St. Michael. It is located in the village of Villa Pompeiana on top of a small hill and is now a park centre open for events and exhibitions or by appointment.

Nature Path for the Visually Impaired

Address: Boschi Belgiardino, Municipality of Montanaso Lombardo - Lodi
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
This is a fully equipped path designed primarily for blind and visually impaired people, allowing them to enjoy the natural environment safely and independently.

Pe.Dal.Adda

Address: coming from the north, from the car park of the Prehistoric Park in Rivolta D'Adda (CR). Coming from the south, from the car park in the 'Mezzanino' area of Boffalora d'Adda.
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
The Pe.Dal.Adda cycle and footpath is a route approximately 25 km long, connecting Rivolta d'Adda to Boffalora d'Adda in a straight line, parallel to the river.

Dragonfly Trail (Sentiero delle Libellule)

Address: Municipality of Abbadia Cerreto
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
In spring and autumn, numerous rare species of flora and fauna can be observed along the trail, including a considerable number of dragonfly species.

Rosa Caninca Path

Address: Castiglione D'adda (Lo) - Cascina Gerre
Website: www.parcoaddasud.it
Email: info@parcoaddasud.it
Telephone: 0371/411129
This is a well-marked trail with clear signage, leading from the Park Centre to the pier in Vinzaschina. The destination is approximately 6 km away.



Parco dell'**Alto Garda Bresciano**



Comunità Montana
Parco Alto Garda Bresciano

A great embrace between lake and mountain — this is the Parco dell'Alto Garda Bresciano



TYPE OF PARK
Mountain and forest park

MANAGING BODY
Comunità Montana
Parco dell'Alto Garda Bresciano

TELEPHONE NUMBER
0371/411129

EMAIL
info@parcoaltogarda.net

WEBSITE
www.parcoaltogarda.net

PROVINCE INVOLVED
Brescia

PARK CENTRES AND/OR PARK ENTRANCES
Via Oliva 32, Gargnano (BS)

GENERAL INFORMATION

With its “heart of rock and woods, and feet in the water”, the Parco dell’Alto Garda Brescianostretches from the municipality of Salò to the border with the Regione Veneto, covering almost the entire western shore of Lake Garda. It is a unique area due to the variety of its landscape, which includes picturesque beaches, imposing beech forests, cliffs, gorges, alpine pastures, terraces cultivated with vines and olive trees, Renaissance villas, small rural villages, lemon groves and mountain dairies. This setting is home to the tourist centres of Salò, Gardone Riviera, Toscolano Maderno, Gargnano and Limone, which have always been favourite holiday destinations for both German and Dutch tourists.

NATURAL ENVIRONMENT

The Park is home to a highly complex ecosystem with stark geomorphological and climatic contrasts that have influenced the flora and fauna. The landscape alternates between terraced hills and rocky cliffs overlooking the water, leading to a variety of natural environments. Along the coast, the mild, temperate climate favours the development of Mediterranean-type vegetation, while inland there is a mix of vegetation typical of hilly and mountainous areas. In terms of fauna, there are aquatic species and also populations of ungulates. Birds of prey, marmots and foxes have also been reported, while the lynx and capercaillie are rarer sightings.





HISTORICAL AND CULTURAL HERITAGE

The variety of landscapes is also due to human activity, which over the centuries has shaped the environment for its own purposes. Signs of rural activity can be seen in the hamlets inland and the lemon groves that characterise the coastal strip.
On the coast, 18th-century villas bear witness to aristocratic tourism. In the past, these places were a destination for travellers and romantic poets. Today's visitors appreciate the lake and mountain landscape, as well as the cultural, historical and artistic heritage.
The close link between man, territory and history is also visible in the trenches, walkways and tunnels of the First World War and in the industrial archaeological finds linked to the ancient production of paper.



THE VITTORIALE DEGLI ITALIANI

The town of Gardone Riviera is home to the Vittoriale, the house-museum commissioned by Gabriele D'Annunzio. Built between 1921 and 1938 to celebrate his life and the exploits of Italians in the First World War, it was later chosen as his home for the last years of his life. The complex includes several buildings, including the Prioria, a house-museum, the Mausoleum where D'Annunzio is buried, an open-air theatre that hosts events, and a large park with gardens and waterways, offering one of the most picturesque views of the lake. The house is in pure Art Deco style, each room has a name and a theme and contains furnishings, collections of Murano glass, silverware, precious texts, books and Chinese curiosities.



FACILITIES

Path of Valle Delle Cartiere

Address: Via Valle delle Cartiere, Toscolano Maderno
Website: www.valledellecartiere.it
Email: info@valledellecartiere.it
Telephone: +39 0365/641050
The Path of the Valle delle Cartiere (Paper Mills Valley) is located in the town of Toscolano Maderno. It is a circular path that winds through a valley rich in industrial archaeological findings connected to the production of paper.

The Paper Museum

Address: Via Valle delle Cartiere 57/59, Toscolano Maderno
Website: www.valledellecartiere.it
Email: info@valledellecartiere.it
Telephone: +39 0365/641050
The Paper Museum is located in Toscolano Maderno, in the Valle delle Cartiere. The museum was created in an old paper mill and chronicles the history of paper production and printing in Italy from the Middle Ages to the 20th century. Medioevo al Novecento.





Eco Museum of Limonaia At “Pra De La Fam”

Address: Gardesana State Road, Porto di Tignale
Website: www.ecomuseopradelafam.com
Email: info@tignale.org
Telephone: +39 0365/73354 - 0365/71449
Open daily from April to September, 10:00 a.m. to 5:00 p.m. During other periods, contact the Mountain Community for possible visits.
The Limonaie are greenhouses used for growing lemons, typical of the Lake Garda area. They are characterised by very tall pillars that supported the protective coverings for the plants during the winter.

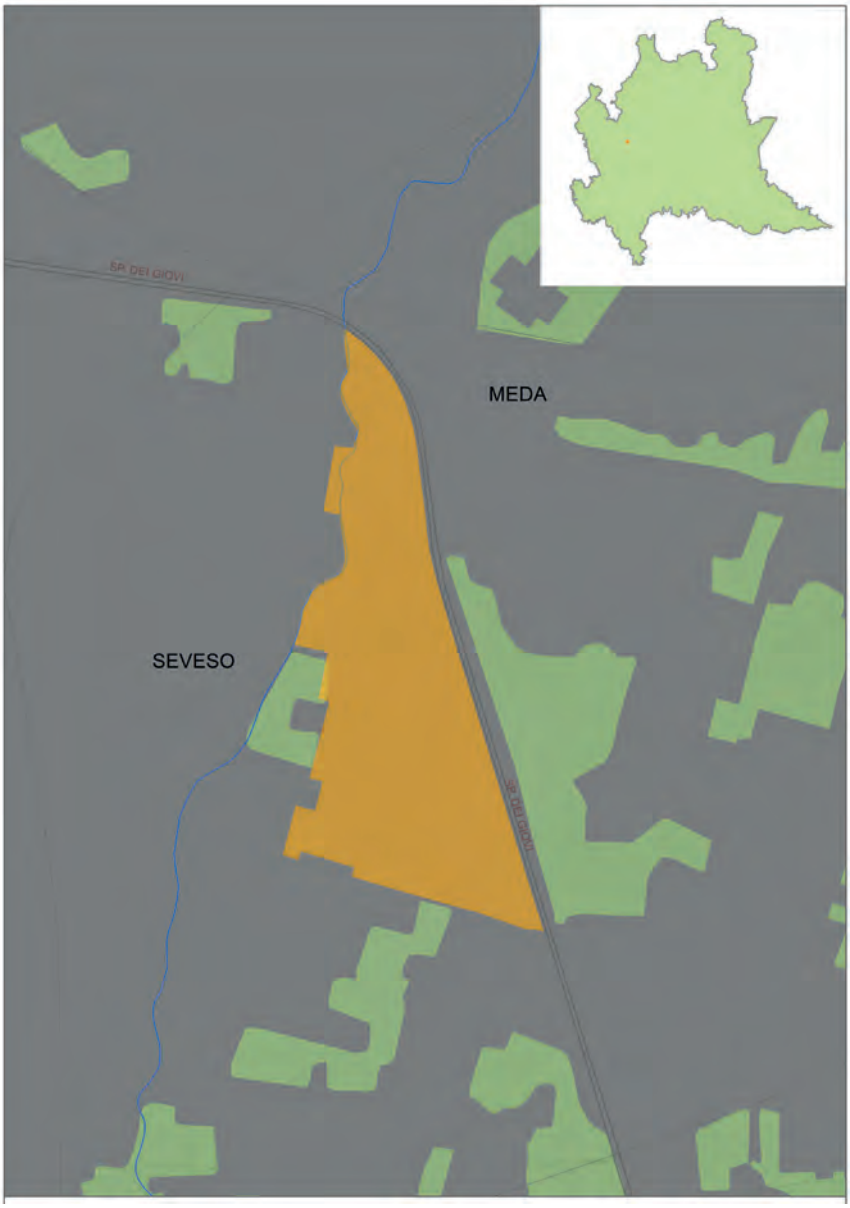
Park Museum - Visitor Centre

Address: Via Pascoli, 25080 Tignale (BS)
Website: www.museoparcoaltogarda.it
Email: centro.visitatori@cm-parcoaltogarda.bs.it
Telephone: +39 0365/76449
Open every day except Wednesday, closed from 14 December to 25 February.
The Visitor Centre is a facility equipped to provide information about the natural area. Inside,
there is a museum offering insights into the landscape and nature, history and local culture.

Flying Frogs Adventure Park

Indirizzo: Via Quader, 25080 Prabione (BS)
Sito web: www.flyingfrogstignale.com
Mail: info@tignale.org
Telefono: 0365/73354
Open every day except Wednesday, closed from 14 December to 25 February.
The Visitor Centre is a facility equipped to provide information about the natural area. Inside, there is a museum offering insights into the landscape and nature, history and local culture.

Parco **Bosco delle Querce**



Bosco delle Querce: History in the present



TYPE OF PARK
Natural park

MANAGING BODY
Municipality of Seveso

TELEPHONE NUMBER
+39 0362/517208

EMAIL
info@boscodellequerce.it

WEBSITE
www.boscodellequerce.it

PROVINCE INVOLVED
Monza and Brianza

PARK CENTRES AND/OR PARK ENTRANCES
Via Ada Negri - 20822 Seveso (MB)
Via Redipuglia - 20822 Seveso (MB)

GENERAL INFORMATION

The Bosco delle Querce is located between the municipalities of Seveso and Meda. It is a recognised regional protected area following the completion of a major reforestation project. The reforestation work focused on the areas most affected by the accident on 10 July 1976, when a toxic cloud of dioxin escaped from the ICMESA factory. Today, the forest covers 43 hectares: 35 in Seveso and 8 in Meda. To the west, the park is partly bordered by the Certesa stream, which flows into the Seveso river further downstream.

NATURAL ENVIRONMENT

The park is located in the heart of the urbanised and industrialised Brianza area, yet it is home to numerous animal species that find refuge here. There are areas within the park that serve different purposes: scenic, naturalistic and recreational. The environment is home to many types of vegetation: deciduous forests, conifers, shrubs, heaths and grasslands. The park also has ponds and small bodies of water, which enhance the habitat even further. This variety encourages the presence of many species of plants and animals, creating a lively natural environment rich in biodiversity.





HISTORICAL AND CULTURAL HERITAGE

After the Icmesa accident on 10 July 1976, a major clean-up operation was carried out in the municipalities of Seveso and Meda. Materials contaminated with dioxin were collected and confined in two underground tanks to ensure the best possible safety conditions over time. The two tanks are located within the park and are constantly monitored and checked. The park, and in particular its tanks, preserve the history of what happened, as they contain the Icmesa reactor, the rubble of houses, animal carcasses and contaminated soil.



PONTE DELLA MEMORIA PATH

To discover the park, you need to walk along its paths and explore its interior. Along the way, you will find the Ponte della Memoria (Bridge of Memory) panels. They narrate what existed before the 1976 accident, what happened, and how the area looks today. These traces help us to remember and better understand the history of the forest from a scientific, social, and environmental perspective. The paths where the panels are located are easily accessible to everyone, including pushchairs and wheelchairs, and are equipped with numerous benches.



FACILITIES

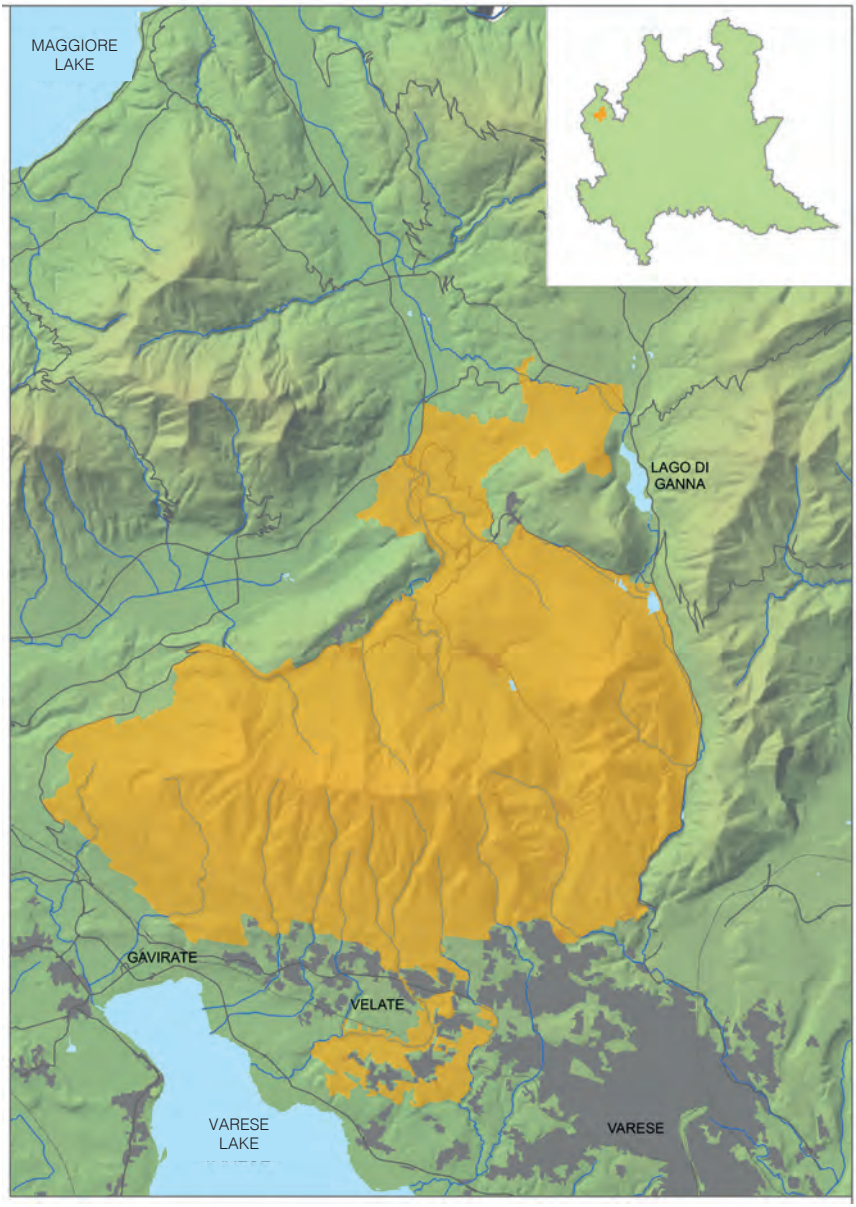
Chalet Visitor Centre

Address: via Ada Negri, Seveso
Website: boscodellequerce.it
Email: info@boscodellequerce.it
Telephone: +39 0362/517208

The park's visitor centre hosts various events and environmental education activities, and provides information materials about the park. The modern Bosco delle Querce Museum will soon be located here.



Parco
Campo dei Fiori



PARCO REGIONALE
CAMPO DEI FIORI

We are Campo dei Fiori



TYPE OF PARK
Forest and Mountain park

MANAGING BODY
Parco Campo dei Fiori Authority

TELEPHONE NUMBER
+39 0332/435386

EMAIL
info@parcocampodeifiori.it

WEBSITE
www.parcocampodeifiori.it

PROVINCE INVOLVED
Varese

PARK CENTRES AND/OR
PARK ENTRANCES
Villaggio Cagnola Park Center, SP62,
21100 Varese (VA)

GENERAL INFORMATION

The Parco Regionale Campo dei Fiori, established in 1984, is part of the Varese Pre-Alps and is bordered by Valcuvia, Valganna, and the city of Varese. The territory includes the Province of Varese, the Mountain Community of Valli del Verbano, the Mountain Community of Piambello, and 17 municipalities. The park contains six nature reserves, eight natural monuments, five Special Areas of Conservation (SACs), and one Special Protection Area (SPA).
The territory is characterised by an enormous wealth of biodiversity, as evidenced by the variety of habitats present.

NATURAL ENVIRONMENT

The environment of the Park is distinctive for its interesting fauna and flora. There are beech woods, sparse grasslands, rocky cliffs, chestnut woods and wetlands, including lakes, ponds, marshes and peat bogs.
The chestnut woods, in particular, are valuable both from a naturalistic point of view and because they have been and still are a source of food as well as a place of refuge for species. The chestnut tree, around which peasant civilisation was formed, was the cornerstone of a complex economic system that allowed rural communities in the pre-Alpine and mountain areas to survive.





HISTORICAL AND CULTURAL HERITAGE

The Parco Regionale Campo dei Fiori boasts a rich cultural, historical and artistic heritage and offers numerous places of interest to visit.
The park area features examples of Art Nouveau architecture such as the Angelo Poretti Brewery and the Grand Hotel Campo dei Fiori, as well as places linked to art and the region such as the Sacro Monte di Varese, the Pogliaghi House Museum and the Baroffio Museum.
Finally, there are characteristic villages such as Brinzio, Castello Cabiaglio, the Abbey of Ganna, the Rocca di Orino and the tower of Velate. Science enthusiasts should not miss the Citadel of Natural Sciences and the Insubric Civic Museum of Natural History.



THE CAVES OF THE PARK

The Campo dei Fiori mountain range, which is limestone in nature, is home to an extensive underground karst system, which includes over 180 caves, although its exact extent is still unknown. The natural cavities of greatest scientific and speleological interest are the Marelli, Frassino, Bus del Remeron and Bus della Scondurava caves.
For safety reasons and to protect them, the caves can only be visited for scientific and speleological purposes with prior authorisation from the Park. The caves are home to specific fauna, in particular 16 species of bats, some of which are listed in the Habitats Directive.



FACILITIES

“G. V. Schiaparelli” Observatory

Address: Campo dei Fiori, 21020 Varese
Website: www.astrogeo.va.it
Email: astrogeo@astrogeo.va.it
Telephone: +39 0332/235491
At the top of the Campo dei Fiori stands the ‘Salvatore Furia’ Citadel of Natural Sciences, a popular natural science centre for scientific education that includes the Schiaparelli Observatory.

Wild Land

Address: Via Dante Alighieri, 21030 Brinzio (VA)
Website: www.parcocampodeifiori.it
Email: info@parcacampodeifiori.it
Telephone: +39 0332/435386
The facility was created to carry out outdoor environmental education activities and is located in an area surrounded by large meadows, woods and a stream, near the village of Brinzio, where the Museum of Pre-Alpine Rural Culture is also located.



Villaggio Cagnola Park Centre

Address: Provincial Road SP62, 21100 Varese
Website: www.parcocampodeifiori.it
Email: info@parcacampodeifiori.it

Once home to an important and innovative boarding school in the last century, it is now a multi-purpose centre dedicated to environmental education, leisure and recreational activities, and is also the headquarters of the Voluntary Ecological Guards.



Available Park Guides:

Donatella Reggiori: Environmental Excursion Guide
Telephone: +39 366 972 7605
Email: donatellareggiori@gmail.com
Available and experienced in accompanying people with motor, cognitive, visual and hearing disabilities, working alongside qualified personnel.

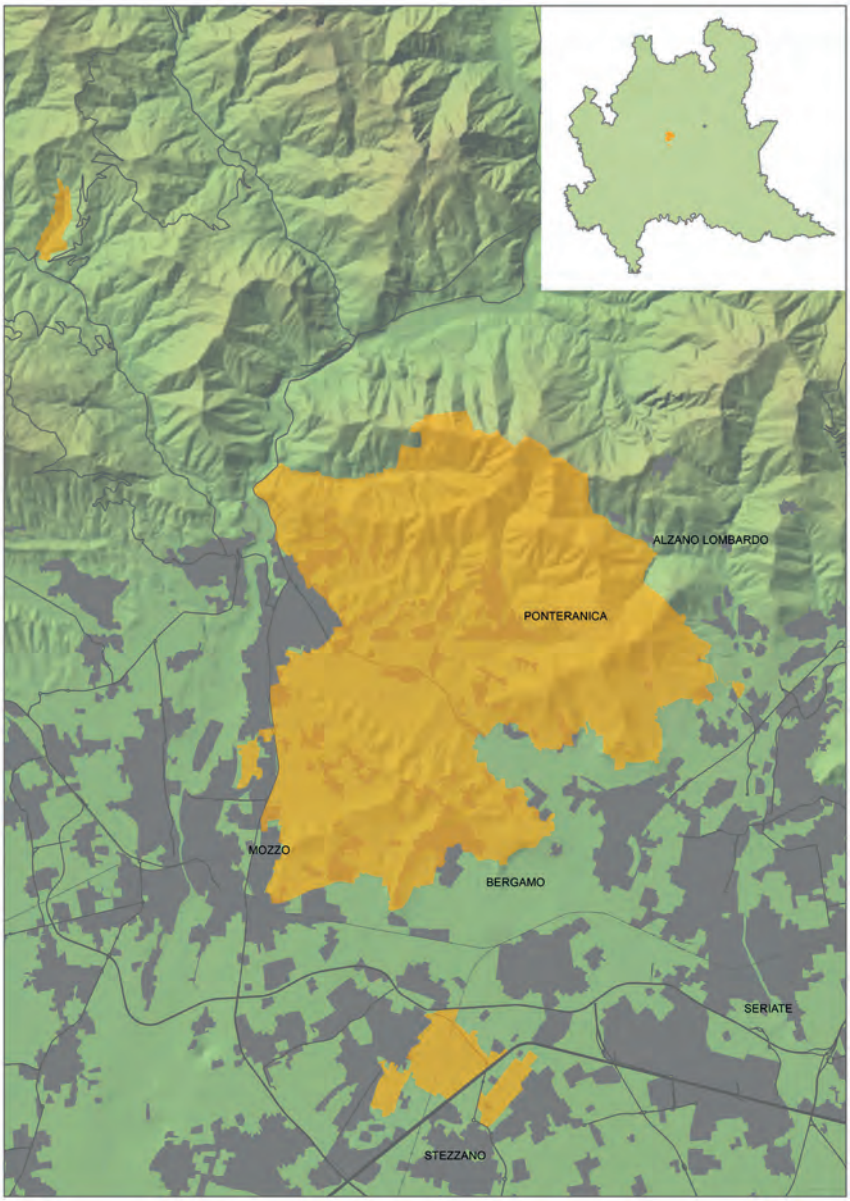
Marco Emanuele Tosi: OOS Team Leader Alpine Guides
Telephone: +39 335 813 28 04
Email: marcoema.tosi1964@gmail.com
Available and trained for joelette accompaniment on request (joelette must be organised), he has already carried out accompaniments 'For All' as part of the project 'Le Vie Storiche di montagna, dalle valli dell'Ossola al lago Maggiore' (Historic Mountain Routes, from the Ossola Valleys to Lake Maggiore).

Andrea Felotti: Environmental Excursion Guide
Telephone: +39 340 2809478
Email: felotti.a@gmail.com
Available and experienced in accompanying deaf or hearing-impaired people alongside qualified professionals.





Parco dei
Colli di Bergamo



Parco dei Colli di Bergamo

Parco dei Colli di Bergamo: an area rich in biodiversity, culture and nature for one and all.



TYPE OF PARK
Agricultural and forest park

MANAGING BODY
Parco dei Colli di Bergamo Authority

TELEPHONE
035/4530400

PARK HEADQUARTERS
Via Valmarina n. 25, Bergamo.
Opening hours: Monday to Thursday during office hours, closed on Fridays.

CA' MATTA PARK CENTRE
Via Maresana SN, Ponteranica (Bergamo).
Opening hours: open during the week for environmental education activities for schools and groups.

GENERAL INFORMATION

North of the town of Bergamo, between the Brembana and Seriana Valleys, lies the Parco dei Colli di Bergamo. It was established in 1977 to protect the historical and monumental heritage of the Upper Town and the natural environment and landscape of the surrounding hills. The park, characterised by its proximity to a highly anthropised and urbanised city such as Bergamo, offers visitors a variety of landscapes including plains, hills and mountains.

The Upper Town of Bergamo,



NATURAL ENVIRONMENT

The natural environment of the park is very diverse. In the south, it is flat and has the characteristics of a metropolitan park with a high concentration of residential buildings.
The hilly area in the first section is cultivated, while the mountainous region features pastures and grazing lands.
The areas of greatest natural interest are on the slopes of the Canto Alto, in the Giongo Valley, and in the woods of Astino and Allegrezza. In Valmarina, there are pine forests and some areas of Monte Lumbrich have been reforested. The park's fauna consists of rare species, especially birds and amphibians. There are also roe deer, European squirrels and buck.



HISTORICAL AND CULTURAL HERITAGE

with its four entrance gates, Piazza Vecchia, Piazza Cittadella, the Cathedral, the Baptistery, the Colleoni Chapel, the Church of Santa Maria Maggiore and the Municipality Tower, houses some of the works that form the cultural heritage of the park. From the gate of San Alessandro in the Upper Town, the route leads to Colle di San Vigilio, where you can visit the Benedictine monastery in the Astino Valley.
Also worth mentioning are the former Benedictine nunnery, now home to the Park Management Consortium, the ruins of the Allegrezza castle and the Pesenti-Agliardi villa with its English park in the town of Sombreno.



THE ROCCOLI BIRD SNARES

The work of man and the local economy is also evidenced by the 35 roccoli (bird snares) located in open, panoramic areas, silent witnesses to a time when bird hunting was a widespread practice in the area. These particularly curious structures are made of wood and designed to conceal the nets used to capture migrating birds.
Among the most beautiful is the Fontanone bird snare, which looks almost like a castle, located near the top of Canto Alto.



FACILITIES

Headquarters of the Parco dei Colli di Bergamo

Address: Via Valmarina n. 25, 24123 Bergamo
Website: www.parcocollibergamo.it
Email: segreteria@parcocollibergamo.it
Telephone: 035/4530400
The headquarters, which are located in an old monastery, are situated in the small valley known as Valmarina, characterised by a picturesque landscape consisting of terraced meadows and cultivated fields. The building houses the administrative offices and is also open to visitors.

Ca' Matta Park Centre

Address: via Maresana 140- Ponteranica (BG)
Website: www.parcocollibergamo.it
Email: segreteria@parcocollibergamo.it
Telephone: 035/4530400
Ca' Matta hosts environmental education activities aimed at protecting nature and raising eco-sustainable awareness. The Park's environmental education activities are primarily planned in the Park Centre area.

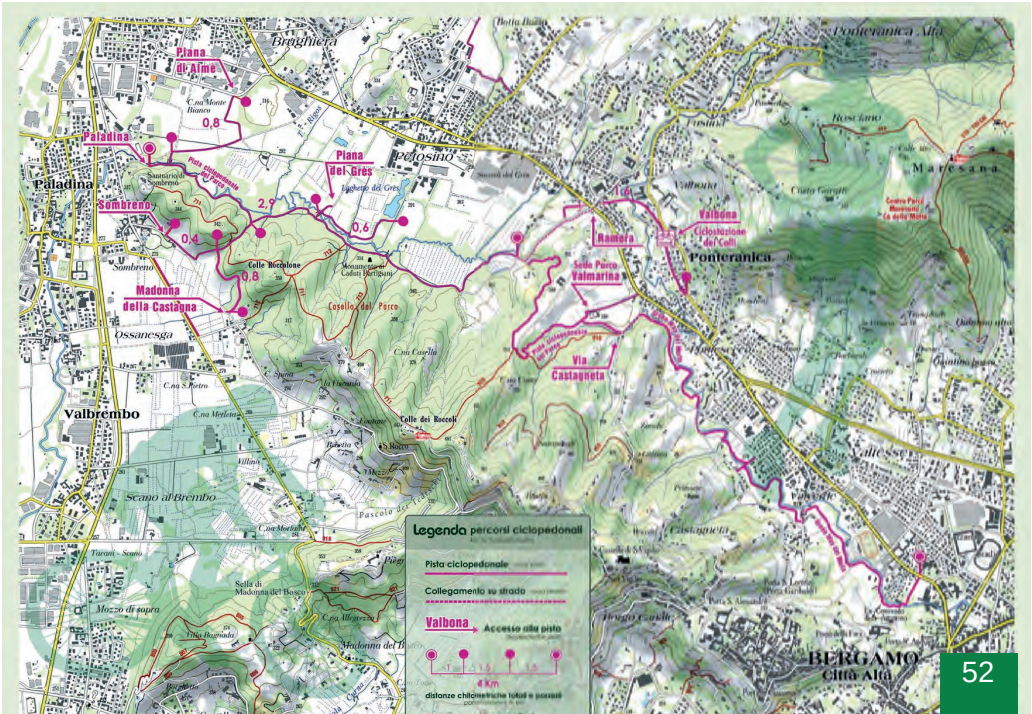


Bicycle and Pedestrian Network

Various starting points:

- Car park in Sombreno, in the municipality of Paladina
- Car park at the swimming pool, in the municipality of Almè
- Car park at Villa Agliardi, in the municipality of Paladina.

The park area includes a number of linear paths that intertwine to create a network of cycle and footpaths, connecting the towns of Valesse, Ponteranica, Almè, Villa d'Almè, Sorisole and Ranica.



SERVICE

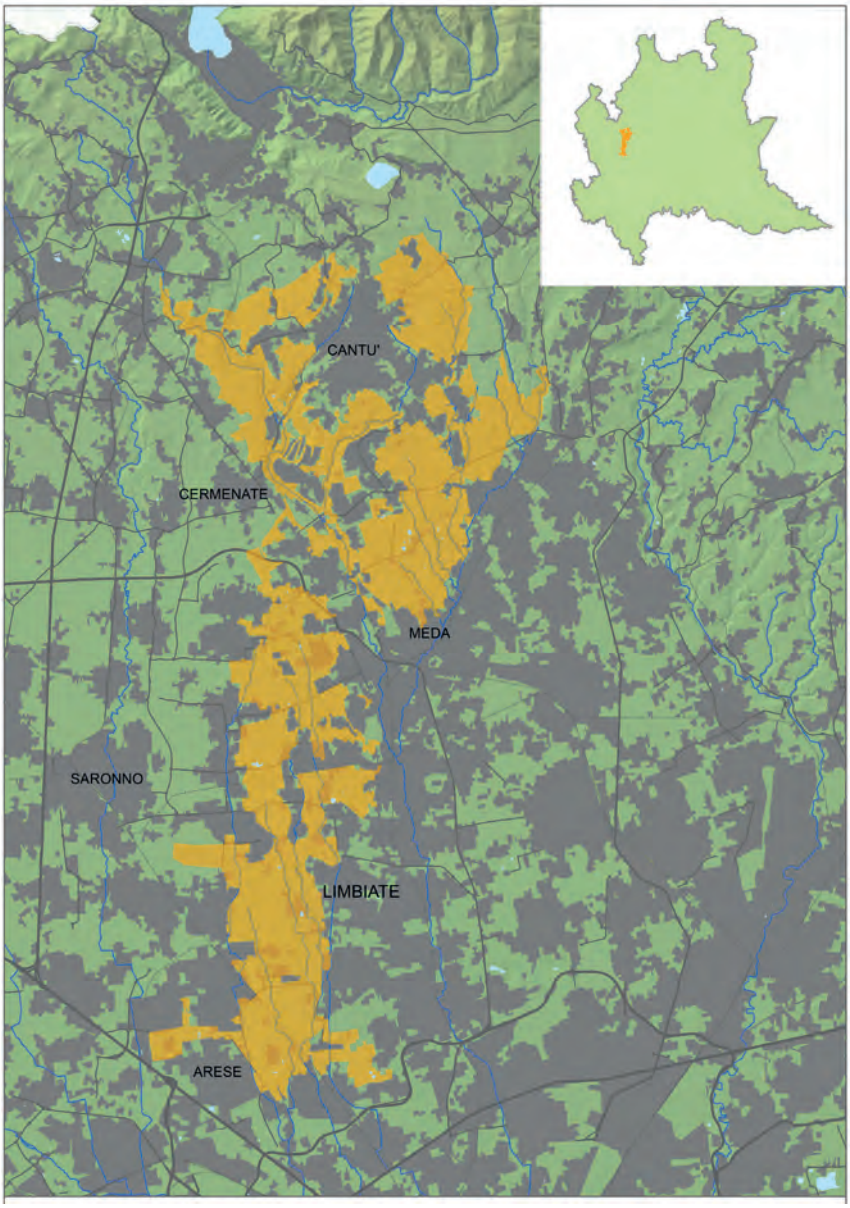
Porta del Parco

Address: Via Privata Masnada
24030 Mozzo (BG)
Website: https://coopalchimia.it
Email: laportadelparco@coopalchimia.it
Telephone: 328/0140208
The Alchimia Cooperative manages social activities including vegetable gardens, a vineyard, children's play areas, and a refreshment area with a bar and pizzeria. The Cooperative works in the field of social inclusion and involves people with disabilities in the activities it promotes.





Parco delle **Groane** e della **Brughiera Briantea**



PARCO GROANE

An endless expanse of greenery in northern Lombardy, guardian of scents, colours and stories carved out over time.



TYPE OF PARK
Forest and metropolitan belt park

MANAGING BODY
Parco delle Groane Authority

TELEPHONE NUMBER
+39 02/9698141

EMAIL
protocolloparcogroane@promopec.it

WEBSITE
www.parcogroane.it

PROVINCE INVOLVED
Milano, Monza and Brianza, Como

PARK CENTRES AND/OR PARK ENTRANCES
Headquarters: Polveriera Park Centre - Via della Polveriera, 2 - 20033 Solaro (MI)
Branch office (forestry counter): Via Molinetto - 22073 Fino Mornasco (CO)

GENERAL INFORMATION

The Parco delle Groane is a regional protected area established in 1976. Thanks to the recent merger with the Brughiera Briantea PLIS (Local Protected Landscape Area), which doubled its size, the Park now covers the territories of 29 municipalities in three different provinces, for a total of approximately 7,700 hectares. It contains three Sites of Community Interest (SCI): the Boschi delle Groane woods, the Pineta di Cesate pine forest and the Fontana del Guercio nature reserve. It has a dense network (approximately 50 km) of cycle paths, footpaths and trails. Throughout the year, there are numerous environmental education activities and initiatives aimed at the general public.

NATURAL ENVIRONMENT

The soil of the Parco delle Groane is characterised by a thick layer of clay, which has a significant influence on the vegetation. Here you will find the southernmost heathlands in Europe: vast grasslands characterised by a small shrub, the heather, which bursts into lush pink blooms at the end of August. Surrounding the heathlands are forests of Scots pine, oak and hornbeam. There are also numerous wetlands. The park's woods are populated by numerous mammals and birds, such as squirrels and foxes, buzzards and kestrels, tawny owls and civets. The pools of water are home to numerous valuable amphibians, such as Lataste's frog and the crested newt.





HISTORICAL AND CULTURAL HERITAGE

The Parco delle Groane has a remarkable artistic and architectural heritage. An element of great importance that characterises its territory is its industrial archaeology, represented mainly by ancient kilns for the production of bricks and other building materials. Another example of the cultural heritage present in the Park is the historic villas that dot its territory, such as Villa Arconati and the Castellazzo complex. There are also some notable examples of religious architecture, such as the Oratory of St. Stephen, and important works of hydraulic engineering, such as the Roggia Borromeo canal.



THE MACULINEA ALCON, A SMALL BLUE BUTTERFLY

The moorlands in the Parco delle Groane are home to a rich biodiversity. Among all the species that inhabit these environments, the Maculinea Alcon, a small blue butterfly with a very particular life cycle, deserves special mention.
In the early stages of life, its caterpillars feed on gentian plants. After the third moult, the caterpillars are collected by ants of the genus Myrmica, which raise them together with their own larvae, receiving in return the secretion of sugary substances by the caterpillar. After overwintering in the anthill, the caterpillars pupate and the adults emerge between July and August.



FACILITIES

Centro Parco Polveriera

Address: via della Polveriera, 2 - Solaro
Website: www.parcogroane.it
Email: educazioneambientale@parcogroane.it
Telephone: +39 0296981429 – 0296981441
The headquarters of the Parco delle Groane are located in the buildings of the former guard post of the Polveriera (old weapons depot and ammunition storage facility) of Ceriano Laghetto and Solaro. Information and reception activities are carried out for visitors participating in the park's projects.

Info Point

Address: Access from the Centro Parco Polveriera
Website: www.parcogroane.it
Email: educazioneambientale@parcogroane.it
Telephone: +39 0296981429 – 0296981441
The park headquarters has an information point that welcomes visitors with numerous publications and gadgets. It is open during scheduled events and on request.



Environmental Education Facility

Address: Access from the Polveriera Park Centre
Website: www.parcogroane.it/natura/educazione-ambientale
Telephone: +39 0296981429 – 0296981441
The park complex includes a facility used to raise awareness of the importance of biodiversity, ecosystems and natural resources among schools and interested groups.

Ex Polveriera Path

Address: Access from the Polveriera Park Centre
Website: www.parcogroane.it/visita-il-parco/cosa-vedere/polveriera
Email: educazioneambientale@parcogroane.it
Telephone: 029698141
The route, approximately 1,500 metres long, passes through the old weapons depot, now surrounded by woods. There is a path approximately 100 metres long, with a gravel surface that is not suitable for wheelchair users, equipped with panels illustrating the nature of the area.



Social Integration Programmes for People with Disabilities and Frailties

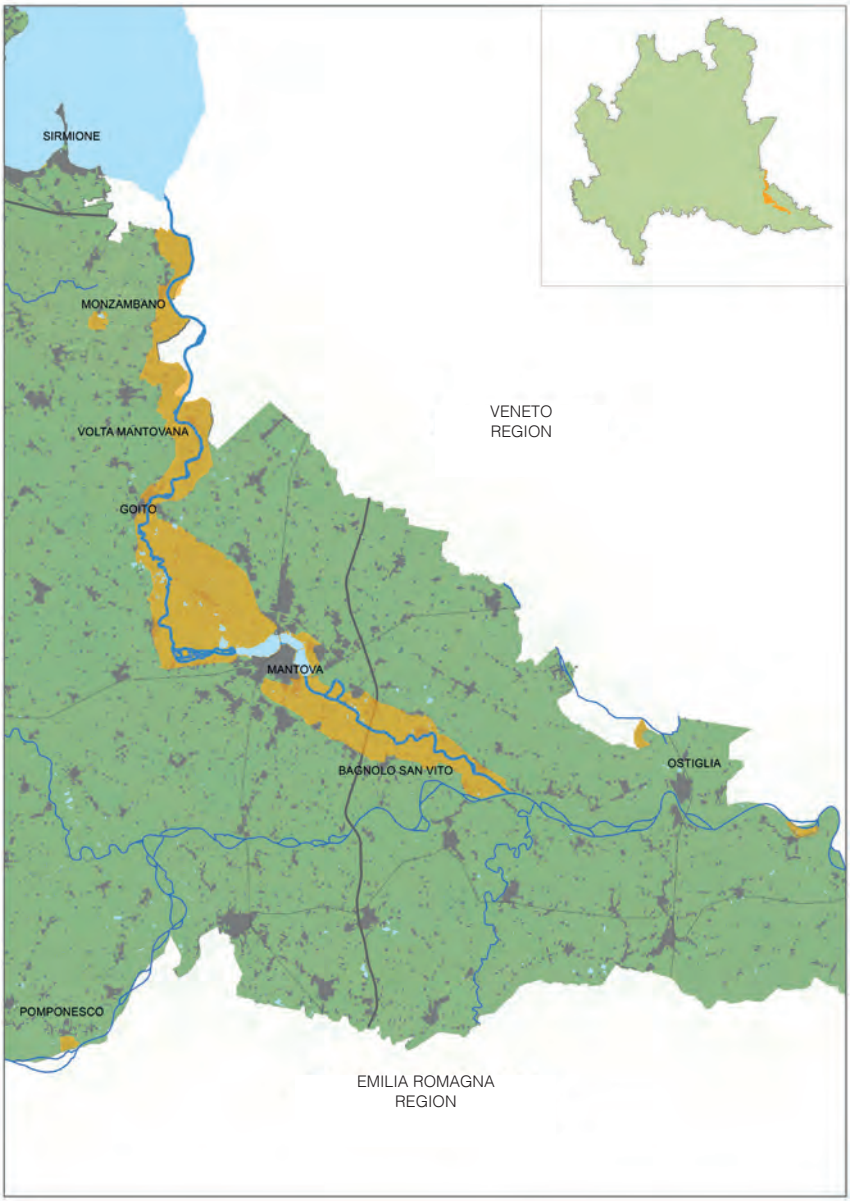
Address: Via della Polveriera, 2
Telephone: 0376/432432
Email: comunicazione@parcogroane.it
Website: www.parcogroane.it - www.vogliolaluna.org

The Polveriera Park Centre runs social integration programmes for people with disabilities and frailty in collaboration with the “Voglio la luna” Association in Limbiate.





Parco del **Mincio**



Parco del Mincio

Nature, culture and emotions,
from Lake Garda to the Po River



TYPE OF PARK
River and agricultural park

MANAGING BODY
Parco del Mincio Authority

TELEPHONE
0376/391550

EMAIL
segreteria@parcodelmincio.it

PROVINCES INVOLVED
Mantova and Brescia

PARK CENTRES
AND/OR PARK ENTRANCE
Rivalta sul Mincio Park Centre,
Via Porto 33, Corte Mincio, 46040
Rivalta sul Mincio (MN);
Bertone Park Centre,
Strada Colarina, Str. Bertone,
46044 Goito (MN).

GENERAL INFORMATION

The Parco del Mincio is a river and agricultural park established in 1984 and is one of the first of its kind to be recognised in the Regione Lombardia. The park covers eighteen municipalities, seventeen of which are in the province of Mantova and one in the province of Brescia. The park is located in the eastern part of Lombardia and covers almost the entire course of the Mincio River. The river flows for 73 kilometresfrom Lake Garda, from which it originates, to the River Po, into which it flows near the hamlet of Governolo. Few rivers in Lombardia offer such a variety of landscapes: morainic hills, lakes, forests, cultivated plains and marshes.



NATURAL ENVIRONMENT

The territory of the Park includes numerous nature reserves - the Mincio Valleys, Vallazza, the Castellaro Lagusello morainic complex, Garzaia di Pomponesco, Palude di Ostiglia, Isola Boscone - and the natural monument of San Francesco. The wetlands in the park are habitats of primary importance from an environmental point of view. They are home to numerous species of nesting birds and a rich variety of flowers and plants, many of which are protected species.



HISTORICAL AND CULTURAL HERITAGE

Carved out by glaciers during the last ice age, the morainic amphitheatre of the Mincio River is a harmonious succession of gentle hills, flat surfaces and wetlands, cultivated fields, vineyards and woods.
Continuing its course towards the Po, the Mincio River has shaped the Mantua plain, providing the backdrop for crucial historical events: a territory dotted with fortified villages, ancient palaces and stately villas, traces of ancient splendour perfectly integrated into a landscape that has yielded extraordinary archaeological finds.



PRODUCTS OF THE MANTUAN CUISINE

Mantuan cuisine is defined as ‘the cuisine of princes and commoners’, a successful synthesis between the sumptuous banquets of the Gonzagas, lords of Mantua, and the authentic flavours of rural tradition.
Typical dishes of the Mincio cuisine are the first courses served in inns: capunsei, agnolini, fuiàde with game ragù, pumpkin tortelli, rice pilota or risot menà.
Other characteristic dishes of the river cuisine are pike in sauce and fried catfish. Pork products such as gras pistà, cicciole, salami and cotechino are also a staple on the tables of the Mincio area.



FACILITIES

Parco Periurbano di Mantova

Address: Gonzaga lakeside promenade, Mincio lakeside promenade, Superiore lakeside promenade - Mantova
Website: www.parcodelmincio.it
The suburban park of the city of Mantova is a green space that stretches along the shores of the three lakes formed by the Mincio River around the provincial capital. The park is traversed by a system of cycle paths and footpaths with compact or asphalt surfaces and a path dedicated to science.

Parco delle Bertone

Address: Strada Colarina, Str. Bertone, 46044 Goito (MN)
Website: www.parcodelmincio.it
Telephone: 0376/391550
The Parco delle Bertone Visitor Centre hosts the White Stork Reintroduction Centre. Open on Sundays and public holidays.



Centro Parco e Museo Etnografico dei Mestieri del Fiume

Address: via Porto, Rivalta sul Mincio
Website: www.comune.rodigo.mn.it
Telephone: 0376/653924
The Rivalta sul Mincio Park Centre and Ethnographic Museum of Crafts details the geomorphology of the area and the history of human presence from ancient times to the present day. The museum displays objects from rural life, as well as hunting and fishing. There is an exhibition space dedicated to the local flora and fauna. The view of the Mincio Valleys from the building is truly breathtaking.

Mantova - Peschiera cycle path

Website: www.provincia.mantova.it
Telephone: 0376/204338
The Mantova-Peschiera cycle path is the Mincio greenway, which winds for 43.5 km along the towpaths of the river between Peschiera del Garda and Mantua. It is a two-way path with a slight incline and is entirely paved.

Sacca-Goito cycle path

Website: www.provincia.mantova.it
Telephone: 0376/204338
The cycle path connects the hamlet of Sacca in the municipality of Goito with the municipality itself, via a route that covers a total length of 2,200 metres.



Mantova - Angeli - Grazie path Rivalta sul Mincio

Website: www.provincia.mantova.it
Telephone: 0376/204338
The path allows full cycling and walking enjoyment of the area surrounding the Mincio Valleys Nature Reserve, facilitating access to places of high environmental, scenic and cultural value.

Prati Stabili cycle and pedestrian path: Bosco Fontana-Marmirolo section

Website: www.provincia.mantova.it
Telephone: 0376/204338
The cycle and footpath winds through the landscape of the meadows of the Mincio Valley, a habitat of community interest protected by the Mincio Park.

Pietole Nuova - San Biagio Bagnolo San Vito path

Website: www.provincia.mantova.it
Telephone: 0376/204338



SERVICES

Navigation/boat services:

City of Mantova Infopoint, Piazza Mantegna, 6 – Mantova
Telephone: 0376/432432: moorings at the suburban park

“I Barcaioli del Mincio” Consortium
Website: http://www.fiumemincio.it/home.htm: at the small harbour in the town of Grazie di Curtatone.
In the Parco periurbano di Mantova area, there are river docks where you can board boats to navigate within the perimeter of the three city lakes or down the river.



Parco del **Monte Barro**



A green oasis among the lakes, rich in nature and historical, artistic and cultural heritage



TYPE OF PARK
Mountain park

MANAGING BODY
Parco del Monte Barro Authority

TELEPHONE
0341/542266

EMAIL
info@parcobarro.it

WEBSITE
www.parcobarro.lombardia.it

PROVINCE INVOLVED
Lecco

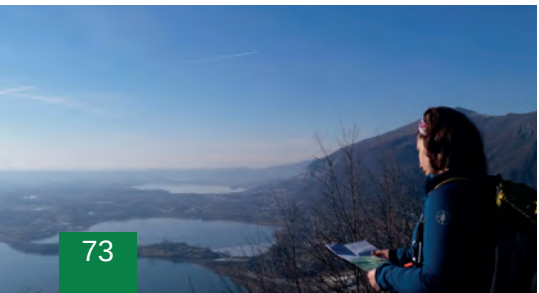
INFO POINT
Tourist and cultural centre of Eremo - Eremo Monte Barro in Galbiate (LC), at the end of Via Balassi. Educational room at La Baita Pescate, in San Michele, Galbiate.

GENERAL INFORMATION

The Parco del Monte Barro is one of the areas in Europe considered to be of greatest importance for nature conservation and has been included in the Natura 2000 network for this reason. Its rich natural heritage is combined with historical and cultural elements. Due to the variety of environments and the numerous archaeological and historical sites, the Park is undoubtedly a suitable destination for tourists, even for stays of several days, taking advantage of its Hostel.

NATURAL ENVIRONMENT

Like an island in the green Brianza countryside, the Park is a true outpost of the Lombardy Pre-Alps towards the Po Valley. The park, whose main feature is the Monte Barro mountain of the same name, is distinguished by the high biodiversity of its natural environments and is also the protected area in Lombardy with the greatest number of plant species. Its priceless natural heritage also includes grasslands, which are important from a wildlife perspective. This unique feature is also present in aquatic environments, but that's not all. The Parco del Monte Barro is located along one of the main bird migration routes, making it very important for the study of birdlife.





HISTORICAL AND CULTURAL HERITAGE

In addition to its prestigious natural heritage, the Parco del Monte Barro is scattered with numerous cultural and archaeological sites that reflect the local traditions. It is possible to observe historical settlements, churches, and archaeological sites of fundamental significance. The past blends with the present, as artefacts documenting the historical relationship between local communities and their territory can be found throughout the park. In this regard, special mention should be made of the Eremo Visitor Centre, the Upper Brianza Ethnographic Museum, Monte Castelletto and Villa Bertarelli in Galbiate. The latter is the headquarters of the park, where visitors can admire the 18th-century Italian gardens, a green terrace overlooking the Brianza area.



A PARK FOR EVERYONE

A few years ago, the Park launched a programme to reorganise the accessibility of its sites in order to facilitate access for people with mobility and sensory difficulties. In addition to the installation of new lifts and a new path providing easier access to the Piani di Barra Archaeological Area, the technological facilities of the two museums have been expanded.
The aim is to extend the cultural offering to a diverse target audience, with a strong and ongoing commitment to creating areas that are accessible to people with mobility and visual impairments.



FACILITIES

Barro Archaeological Museum

Address: Eremo Monte Barro - Galbiate (LC)
Website: https://mabparcobarro.weebly.com
Email: info@parcobarro.it
Telephone: 0341/542266
The Museum exhibits more than 400 objects found in the archaeological area of Piani di Barra, where the remains of a dozen buildings have been unearthed, documenting the presence of an important settlement from the Gothic period (5th-6th century). Among the objects on display, the Barro crown is certainly worthy of attention, as it is the only object of its kind found in Italy during an archaeological excavation.

Ethnographic Museum of the Upper Brianza area

Address: Camporeso - Galbiate (LC)
Website: https://meab.parcobarro.it
Email: meab@parcobarro.it
Telephone: 0341/240193
The Park manages the Upper Brianza Ethnographic Museum (MEAB), which documents the life of farmers in Brianza and the Lecco area in the 19th and 20th centuries. Objects, songs, music, films and stories narrate to visitors about silkworm breeding, agriculture, livestock farming, food and wine production, Pan's flute, transport and forms of socialisation.



Parco del Monte Barro Hostel

Address: Eremo Monte Barro
Website: http://www.ostelloparcobarro.it
Email: info@ostellopartcobarro.it
Telehone: 0341/540512
The hostel is located at an altitude of 750 metres, almost suspended 'between water and sky', and is managed by Legambiente Lecco. Educational tours for groups and school classes are organised at the hostel.

Centro Parco Villa Bertarelli

Address: Via Bertarelli, 11 - 23851 Galbiate (LC)
Website: http://parcobarro.lombardia.it
Email: info@parcobarro.it
Telehone: 0341/542266
Villa Bertarelli is located in Galbiate and is an 18th-century villa embellished with relief friezes, granite columns and wrought iron balustrades. The villa overlooks the splendid panorama of Lakes Annone and Pusiano. The gardens are particularly noteworthy, covering approximately 7,000 square metres on three different levels, with a wide variety of tree species. Looking at the gardens, one has the impression of admiring a painting framed by trees. The villa can be visited free of charge every Saturday (except public holidays) from 9:00 am to 11:30 am.

Parco Archeologico dei Piani di Barra

Address: Piani di Barra
Website: https://mabparcobarro.weebly.com
Email: info@parcobarro.it
Telehone: 0341/542266
The Parco archeologico dei Piani di Barra is located on flat terraces at around 600 metres above sea level. It offers a unique example in Italy of a settlement dating back to the Gothic period (5th-6th century AD). Following a circular route, you will encounter the remains of numerous buildings and sites where the artefacts on display in the nearby Barro Archaeological Museum were found.

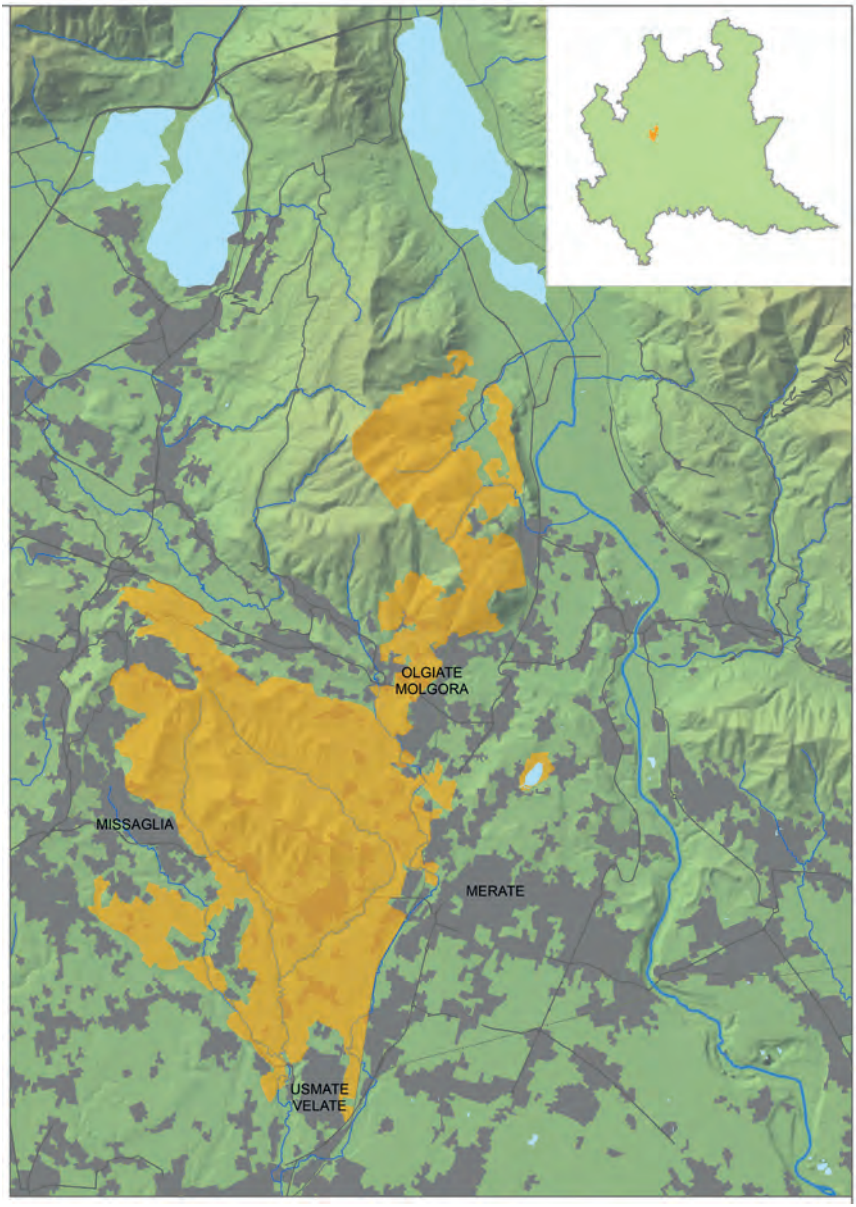
Summer camps

Address: Località Eremo Monte Barro - Galbiate (LC)
Website: www.parcomontebarro.it
Email: educazione@eliante.it
Telephone: 366/2380659
Excursions, workshops, games and lots of discoveries, different every day, are the ingredients of the Summer Camps organised every year at the Parco del Monte Barro. Special attention is paid to people with disabilities, who are assisted by qualified staff.





Parco di **Montevecchia e della Valle del Curone**



Nature and memory.



TYPE OF PARK
Forest and agricultural park

MANAGING BODY
Parco di Montevecchia e della Valle del Curone Authority

TELEPHONE NUMBER
+39 039/9930384

EMAIL
info@parcocurone.it

WEBSITE
www.parcocurone.it

PROVINCE INVOLVED
Lecco

PARK CENTRES AND/OR PARK ENTRANCES
Ca' del Soldato Park Centre - Via Bagaggera - Montevecchia (LC)
Sundays and public holidays, winter hours (standard time): 9:30 a.m. to 12:00 p.m. and 2:00 p.m. to 4:30 p.m.
Summer hours (daylight saving time): 9:00 a.m. to 12:30 p.m. and 2:00 p.m. to 5:30 p.m.
Cascina Butto Visitor Centre - Butto locality, 1 - Montevecchia (LC)
Sundays: occasional openings from 2:30 pm to 5:30 pm and on request for specific initiatives.

GENERAL INFORMATION

The Parco di Montevecchia e della Valle del Curone is located in the south-eastern part of the Brianza area.
It is an evocative territory where the natural aspects of the landscape are perfectly integrated with traditional human settlements. The landscape consists of rows of vines and grassy terraced slopes that compete for space with the woods, natural features mixed with farmhouses dotted around the clearings. To the north, the landscape is more rugged, with sandstone and limestone hills and steep-sided valleys. At its centre, the park consists of the valleys of the Molgoretta stream and its tributaries.
To the south, the area consists of alluvial soils and some moraines.



NATURAL ENVIRONMENT

The park includes three natural environments, protected under the provisions of the Habitats Directive as they represent delicate ecosystems that are home to endangered animal and plant species.
1) The petrifying springs in the Santa Croce valley and Riunione area, consisting of travertine deposits;
2) The meagre grasslands in the municipality of La Valletta Brianza, semi-natural grassland environments of high naturalistic value due to the presence of valuable thermophilic plant and animal species;
3) The hygrophilous black alder woods found in the narrow strip along the streams.
Although the woods are largely privately owned, they are under the control and management of the Park.



HISTORICAL AND CULTURAL HERITAGE

There are numerous historical and architectural remains in the area, including traces of Neolithic villages and the ruins of stone fortifications that may date back to Roman times.
At the top of the hill stands the Santuario della Beata Vergine del Carmelo, dating back to 1600, which houses a gilded wooden statue of the Virgin and Child from 1600, a 16th-century carved and gilded wooden canopy, and frescoes from 1700. There are numerous rural settlements dating back to the 1500s. The most common type of building is a simple two-storey farmhouse with a stable on the ground floor and a barn on the upper floor.



FLAVOURS AND TRADITIONS

Wine, honey, aromatic herbs and cheese are the flavours most closely associated with the park.
The vineyards produce mainly vintage white wines and red wines that are also best drunk young. There is also an ancient tradition of growing aromatic and medicinal herbs, including sage and rosemary, but also coriander, tarragon, chives, St. John's wort, lemon balm, mint, savory and thyme. The most common honey is acacia, followed by lime, chestnut and wildflower.
Finally, the famous cheeses of Montevecchia, cylindrical or more elongated in shape, similar to the French Saint-Maure, are also worthy of mention.



Cascina Butto Visitor Centre

Address: Butto, 1- 23874 Montevecchia (LC)
Email: info@parcocurone.it
Website: www.parcocurone.it
Telephone: 039/9930384
Opening hours: open on request

Cascina Butto is the park's visitor centre and administrative headquarters. Events and environmental education programmes for schools are held here, and visitors can obtain information about the park and how to enjoy it.

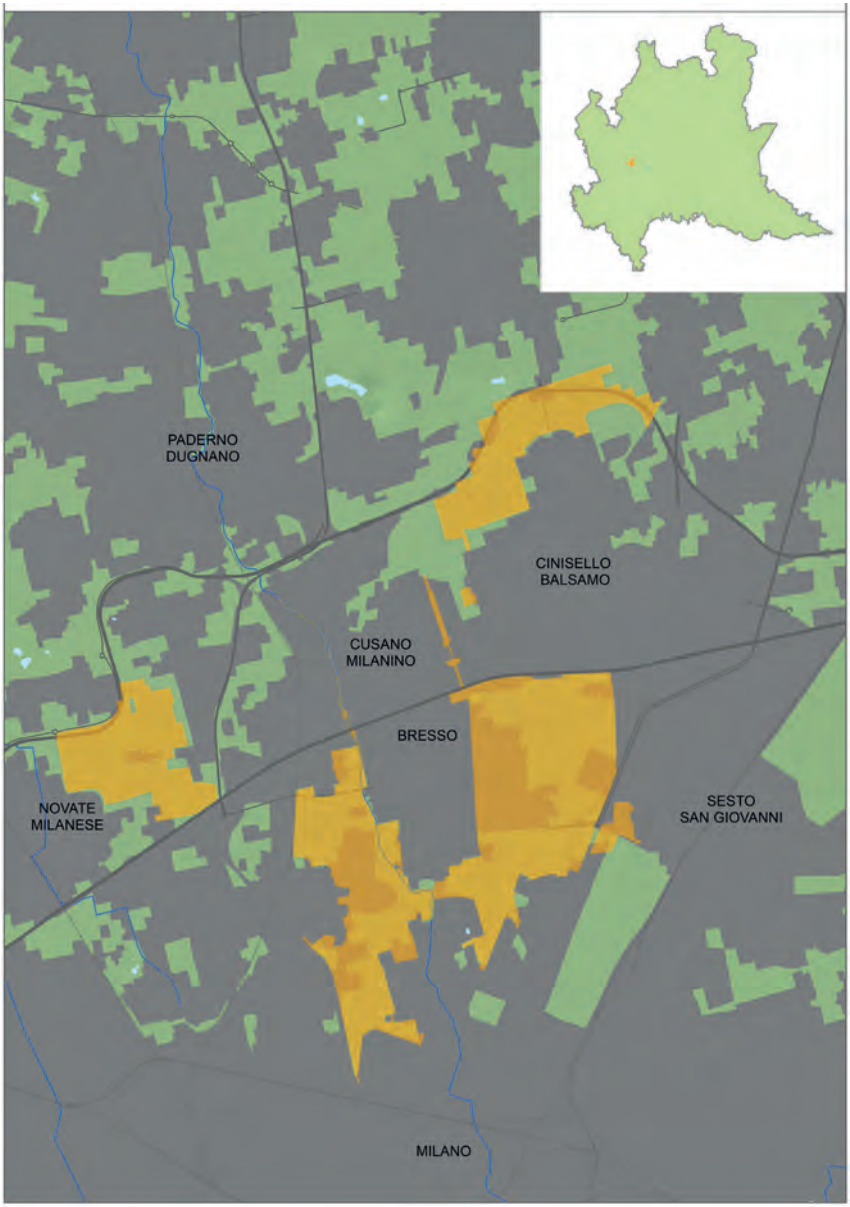


Cà del Soldato Park Centre

Address: Via Bagaggera - Montevecchia (LC)
Website: www.parcocurone.it
Telephone: 039/9930384
Opening hours: open to the public at weekends (please verify)
Cà Soldato is an environmental education centre with a small museum dedicated to wildlife and different natural environments. The outdoor area is equipped with tables and benches, a lawn and restrooms that are always open.



Parco **Nord Milano**



PARCO NORD MILANO

A green lung in the Milan metropolitan area



TYPE OF PARK
Metropolitan belt park

MANAGING BODY
Parco Nord Milano Authority

TELEPHONE
02 2410161
Cellphone (WhatsApp only): 345 439545

EMAIL
amministrazione@cert.parconord.milano.it

WEBSITE
parconord.milano.it

PROVINCE INVOLVED
Milano

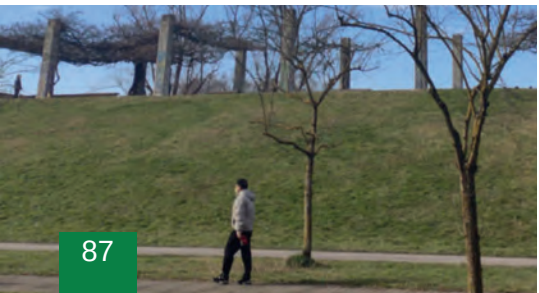
PARK CENTRES AND/OR PARK ENTRANCE
Cascina Centro Parco: Via Gian Carlo Clerici, 150 - Sesto San Giovanni (MI)
Infopoint reception open to the public:
Monday to Thursday from 9:00 a.m. to 12:00 p.m. and from 2:00 p.m. to 4:00 p.m.
Friday from 9:00 a.m. to 12:00 p.m.
On Sundays from the beginning of spring to the end of June and in September, a reception and welcome service is provided by the park's orange-dressed volunteers.

GENERAL INFORMATION

The Parco Nord Milano is located north of the city of Milan and is the result of the environmental redevelopment of degraded areas. The terrain is flat and rich in meadows, woods and hedges. There are thousands of trees arranged in rows according to an orderly geometry in the shape of a circle or along straight lines. The park is a great place to enjoy sports in nature, but also for recreation, walking, and relaxing outdoors. There are numerous cycle paths and footpaths, equipped for both sports and leisure, which wind their way through hedges, shrubbery, and small lakes.

NATURAL ENVIRONMENT

The Park is the green lung of the Milan metropolitan area. Over time, the plants introduced in 1983 began to reproduce through natural dissemination, and the entire area regained its natural state, thanks in part to the creation of lakes, ponds and other pools of water. This has led to an increase in biodiversity, encouraging the spontaneous return of numerous wildlife species, including birds, mammals, insects, amphibians and reptiles. Today, native forest species and wild shrubs are prevalent and coexist with exotic species from the first plantings or those that have arrived due to climate change.





HISTORICAL AND CULTURAL HERITAGE

The Park not only has environmental value, but also cultural value, as it redevelops and preserves locations that predate the park's creation. There are several sites where nature and culture coexist in close relationship: Villa Torretta and Villa del Manzoni, the rural centres of the Cascine, industrial artefacts linked to the historic Breda factory, World War II relics such as the Breda Bunkers and the Palazzina Volo, and the warehouses in the Balossa area, once used as tobacco drying rooms.



THE JEWEL OF BIODIVERSITY: THE EMERALD TOAD

The redevelopment of the park areas has transformed the ecosystems, rendering them favourable to the life and reproduction of the emerald toad, an amphibian with a round, grey-brown body and emerald green spots. This rare and demanding species, which arrived spontaneously in the park area, has become a symbol of biodiversity conservation and the renaturalisation process. Since 2001, thanks to the conservation work of the GEV, the park has been recognised as a Site of National Herpetological Importance.



“Ercole Ferrario” Park Centre Farmhouse

Address: via Clerici 150, Sesto San Giovanni
Website: www.parconord.milano.it
E-mail: amministrazione@cert.parconord.milano.it
Telehone: 02.241016.1

The Park Centre Farmhouse, home to the Park Offices, consists of diverse buildings, some of which are used to welcome visitors. People with special needs can request permission to drive their cars up to the farmhouse.



Park House - Multimedia Museum

Address: access from the Park Centre Farmhouse
Website: www.parconord.milano.it
E-mail: amministrazione@cert.parconord.milano.it
Telehone: 02.241016.1

The Park Centre Farmhouse hosts an interactive museum with an adjoining historical photographic archive of the Parco Nord Milano. Based on an advanced video projection system, it takes visitors on a journey through history, nature and the landscape.

Microlab

Address: access from the Park Centre Farmhouse
Website: www.parconord.milano.it
E-mail: amministrazione@cert.parconord.milano.it
Telehone: 02.241016.1

Located within the Park Centre Farmhouse, the MicroLab is open all year round and offers scientific outreach activities and events, including workshops, interactive exhibitions, and guided tours for schools on weekdays and families at weekends.



Nature Education Area

Address: access from the Park Centre Farmhouse
Website: www.parconord.milano.it
E-mail: amministrazione@cert.parconord.milano.it
Telehone: 02.241016.1
The Nature Education Area is an open-air museum, a confined environment that reconstructs all the habitats that make up the Park on a smaller scale and is suitable for visitors of all ages.

OXY.GEN

Address: Via Campestre angolo via Meucci - 20091 Bresso (MI)
Website: www.oxygen.milano.it
E-mail: eventi e attività - eventi@oxygen.milano.it
Education: education@oxygen.milano.it
Affitto dello spazio: info@openzone.it
Telehone: 02 665241
This multimedia facility is shaped like an air bubble and surrounded by a small lake in the heart of the Science Gardens. OXY.GEN is used for various initiatives, including scientific awareness campaigns.



OrtoComune Niguarda vegetable garden

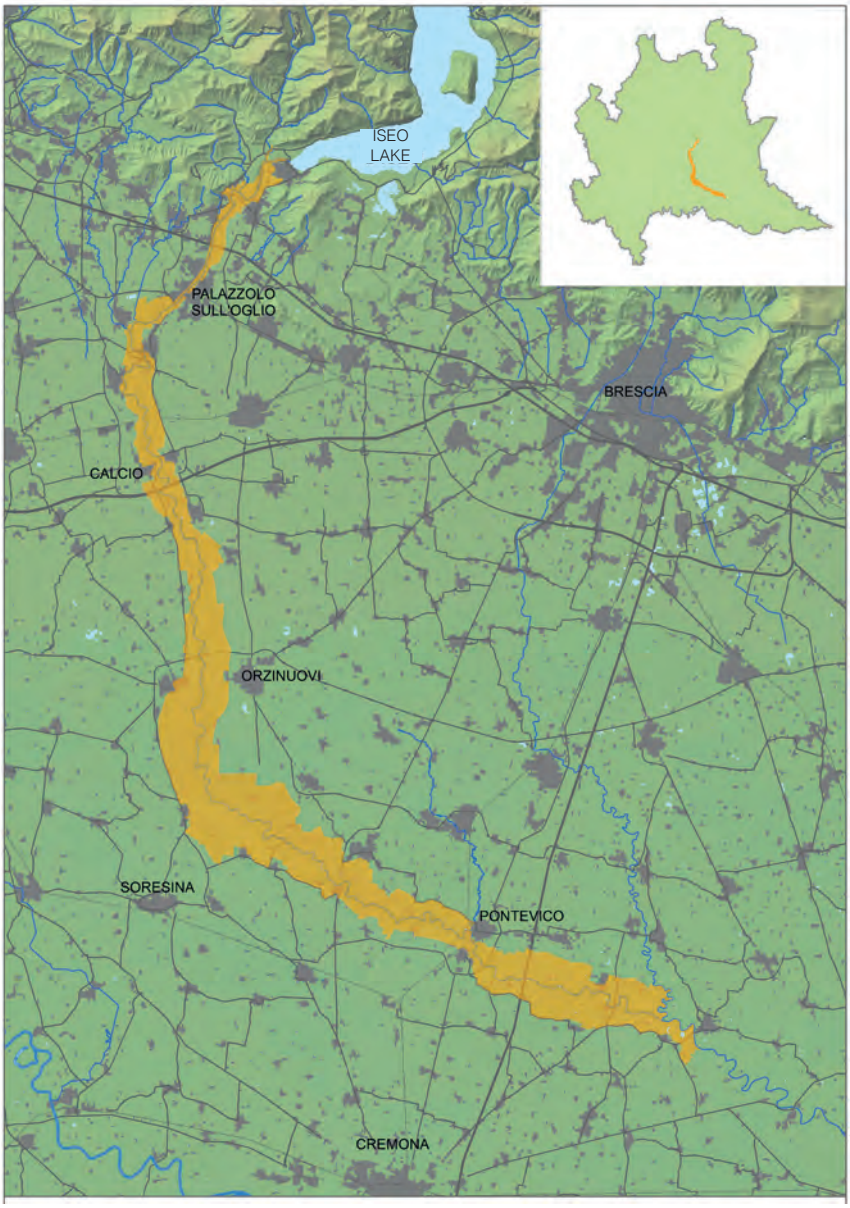
Address: Via Tremiti, ang. Via Privata Cherso, 20162 Milano
Website: www.ortocomuneniguarda.org
E-mail: ortocomune@gmail.com
The OrtoComune Niguarda Association voluntarily manages an urban and sustainable horticulture activity to create social cohesion and produce high-quality local food.

Orti cà

Address: Via F. Baracca - 20091 Bresso (MI)
Website: www.facebook.com/ortica.apigiulive
E-mail: hello.fermenta@gmail.com
Orticà is an environmental and social redevelopment project, managed in collaboration with the Fermenta Association. The gardens are available for urban agriculture and social inclusion activities.

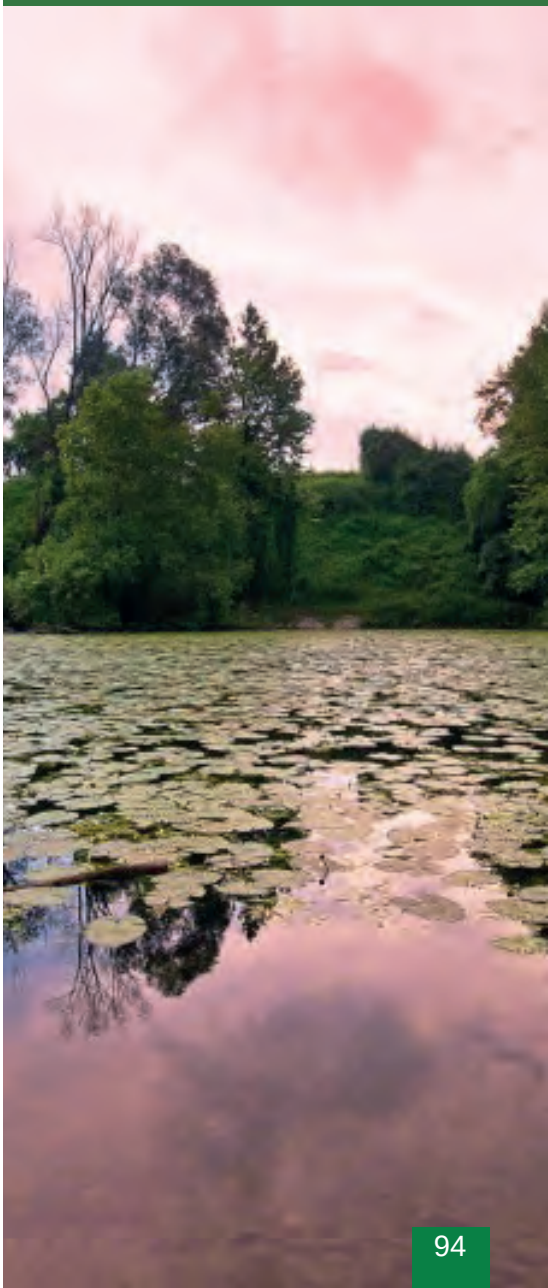


Parco dell'**Oglio Nord**



PARCO OGLIO NORD

Knowledge, respect, inclusion:
Nature belongs to everyone



TYPE OF PARK
River and agricultural park

ADMINISTRATIVE HEADQUARTERS
Piazza Garibaldi, 15 - 25034 Orzinuovi (BS). Telephone +39 030 9942033 - Fax +39 030 9946564
info@parcooglionord.it

CULTURAL CENTRE
Via Cattaneo, 1 - 26029 Soncino (CR)
Telephone +39 0374 837067 - Fax +39 0374 838630
cultura@parcooglionord.it

ECOLOGICAL SURVEILLANCE HEADQUARTERS – ENVIRONMENTAL EDUCATION CENTRE
Via Madonna di Loreto, Molino di Basso
24050 Torre Pallavicina (BG)
Telephone 0363 996556 - Fax 0363 996063
educazione@parcooglionord.it

WEBSITE
www.parcooglionord.it

PROVINCE INVOLVED
Brescia, Bergamo and Cremona

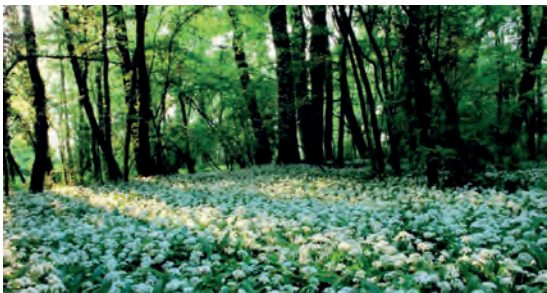
GENERAL INFORMATION

The Parco dell'Oglio Nord is a protected natural area that stretches along the Oglio River, between Lake Iseo and the confluence of the Mella River, crossing the plains of Brescia, Bergamo and Cremona.
It is a river agricultural park established in 1988 and comprises 34 municipalities. The park also includes seven nature reserves, concentrated in the central-southern area of the river, which are part of the Natura 2000 Network Sites.



NATURAL ENVIRONMENT

The park's environment is very diverse. Alongside the river there are woods, agricultural areas, cultivated fields and uncultivated areas where edible wild plants can be found. The wetlands, known as lanche (oxbow lakes) and bodri (floodplains), are a refuge for resident and migratory birds, including ducks and waders, which are considered the main colonisers of these areas. The high landscape and environmental value of the area, due to the botanical and faunal species present, has led to the recognition of eight Sites of Community Importance within the park, four of which are Special Protection Areas.



HISTORICAL AND CULTURAL HERITAGE

The park preserves a valuable historical heritage, thanks to the presence of castles, fortresses, walled villages and manor houses that form the agricultural landscape along the banks of the River Oglio. In the past, the River Oglio was the border between territories that were often in conflict with each other. The historical and architectural heritage of the Parco dell'Oglio Nord includes several castles, such as Castello Barbò in Pumenengo and Rocca Sforzesca in Soncino, as well as churches, villas and towers scattered throughout the provinces of Bergamo, Brescia and Cremona. Noble residences, whether fortified or used as holiday homes, are evidence of a strong feudal presence or city ownership, often flanked by smaller rural settlements.



THE LANCA DI ACQUALUNGA

The Acqualunga lanca (oxbow lake) is one of the jewels in the crown of the Parco dell'Oglio Nord. It is home to more than 100 rare or sporadic native botanical species and boasts an extremely high level of animal and plant biodiversity. Until 2003, the oxbow lake looked like a ploughed field. In the following years, with the transfer of management to the municipality of Borgo S. Giacomo, a considerable number of trees were planted to recreate a forest. In 2006, the area was annexed to the "Lanche di Azzanello" Site of Community Importance, and in 2010, an environmental restoration project was carried out to revive the marshes and ponds formed by the ancient riverbed.



FACILITIES

Environmental Education Centre

Address: Torre Pallavicina, Via Madonna di Loreto (BG)
Website: www.parcooglionord.it
Email: educazione@parcooglionord.it
Telephone: +39 0363 996556
The Environmental Education Centre is located in the old mill building next to the Molinara irrigation canal. It is open to the public for initiatives and events, and is used for environmental education for school groups.

Educational Forest

Address: near the park headquarters - Torre Pallavicina
Website: www.parcooglionord.it
Email: educazione@parcooglionord.it
Telephone: +39 0363 996556
The Educational Forest is used as an outdoor classroom for activities and events, lessons on orientation practices and to explore the river ecosystem and the relationship between humans and rivers.



Educational Trail

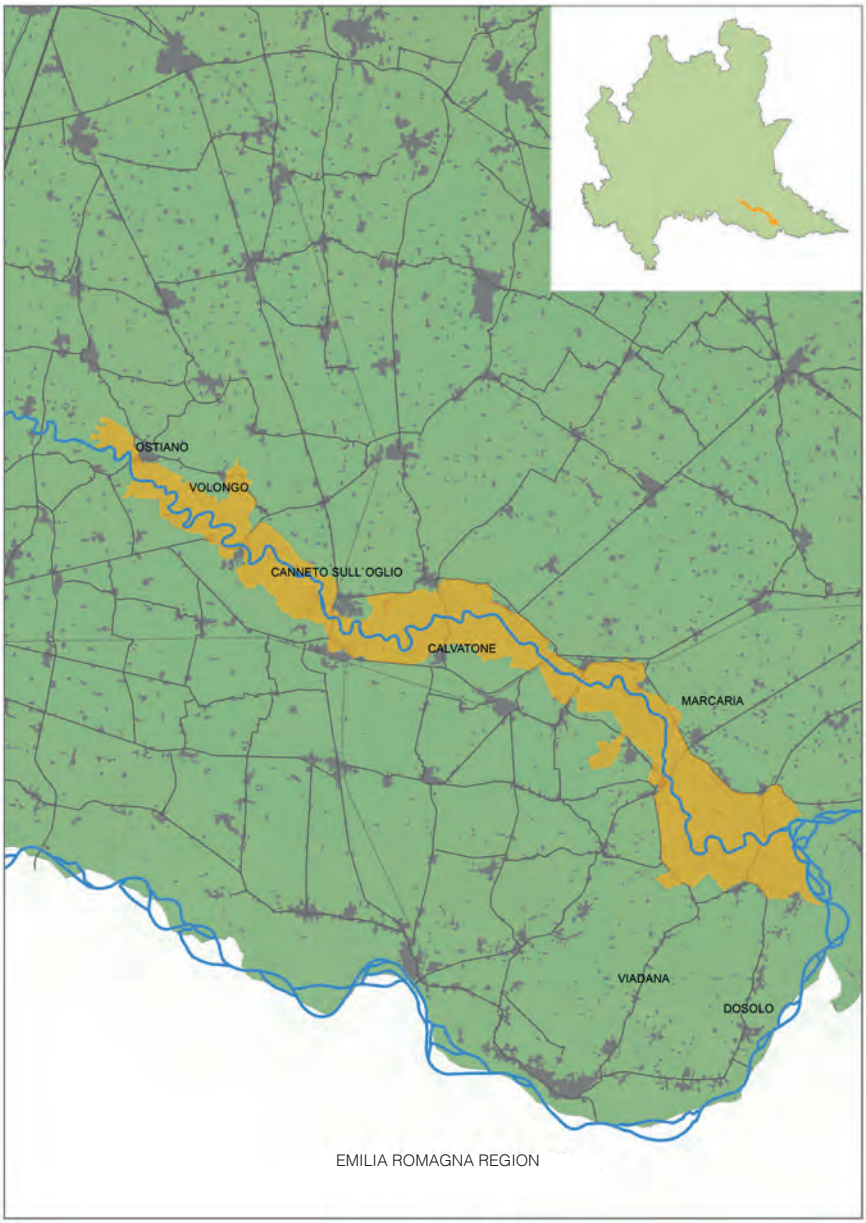
Address: near the park headquarters - Torre Pallavicina
Website: www.parcooglionord.it
Email: educazione@parcooglionord.it
Telephone: +39 0363 996556
This trail runs through the Educational Forest and is equipped so that visually impaired people can enjoy a walk in nature in complete autonomy.

Hostel of the Mulino di Basso

Address: via Madonna di Loreto 1, località Molino di Basso, 24050 Roccafranca (BS)
Website: www.ostellomolinodibasso.it
Email: molinodibasso@gmail.com
Telephone: +39 0363 1740663 - 350 5751271
The Mulino di Basso Hostel is a great starting point for visiting the park's attractions and sampling typical local specialities. The hostel offers 42 beds and one room designed for people with disabilities.



Parco dell'**Oglio Sud**



Parco Oglio Sud

Visiting our territory is like taking a trip back in time: picturesque villages, farmhouses and small woodlands along the riverbanks



TYPE OF PARK
River and agricultural park

MANAGING BODY
Parco dell'Oglio Sud

TELEPHONE NUMBER
+39 0375 97254 | +39 0375 97507

EMAIL
info@ogliosud.it
educazione.ambientale@ogliosud.it

WEBSITE
www.ogliosud.it

PROVINCE INVOLVED
Cremona and Mantova

PARK CENTRES AND/OR PARK ENTRANCES
Park headquarters: Piazza Donatore del Sangue, 2 - Calvatone (CR)
Open to the public Monday to Friday from 8.30am to 12.30pm - Monday and Thursday from 3pm to 5pm

GENERAL INFORMATION

The Parco dell'Oglio Sud extends across the south-eastern part of the Regione Lombardia, between the provinces of Mantova and Cremona, protecting the final stretch of the Oglio River from Ostiano to its confluence with the Po River near Torre dell'Oglio. In a landscape heavily marked by human intervention, dominated by monotonous expanses of cornfields and poplar groves, the river flows sinuously in a single channel between high, rigid embankments at the foot of which, in summer, extensive sandy beaches emerge.

NATURAL ENVIRONMENT

The landscape of the Park is strongly characterised by agriculture. The dense network of irrigation canals, often marked by strips of shrubs and rows of trees, separates the various cultivated fields. The floodplain areas, between the river banks and its artificial embankments, are occupied by rows of poplars and white willows that grow along the banks, sometimes forming thicket. The bed of the River Oglio is characterised by a sinuous (curvilinear) single channel with clearly visible meanders and often steep banks, at the foot of which extensive sandy beaches emerge in summer.





HISTORICAL AND CULTURAL HERITAGE

Human presence in the Park dates back to ancient times. Archaeological research has uncovered Neolithic tools (8000–3500 B.C.) and Bronze Age artifacts (c. 3400–1100 B.C.). In the areas of Isola Dovarese, Piadena Drizzona, Acquanegra sul Chiese, and Ostiano, intact dugout canoes have been preserved in the riverbed. Near Calvatone, archaeologists discovered a Roman settlement (69 A.D.), identified as Bedriacum, while in Isola Dovarese and other nearby towns, the remains of late Roman villas (4th century A.D.) can still be seen.



A BALANCE BETWEEN RURAL TRADITION AND THE NATURAL ENVIRONMENT

In the heart of the Po Valley, between Mantova and Cremona, the Oglio Sud Park has preserved the hard work, practicality, and keen observational spirit of the traditional rural communities. From river landscapes to peat bogs, from historic farmsteads to woodlands and heronries, the park offers a rich tapestry of habitats that are vital for wildlife and for the conservation of biological diversity in a landscape that has been shaped by human agriculture for over a thousand years. There are many opportunities to explore its natural environments and charming villages, which hide little treasures and delightful surprises around every corner.



Path in the “Le Bine” Nature Reserve (Between Acquanegra and Calvatone – CR)

Address: the path starts after the bridge over the Oglio River, leading to the farmhouse “Le Bine”, home of the Visitor Center and Environmental Education Center, located at Strada Bine n. 1424, 46011 Acquanegra sul Chiese (MN), Italy.
Website: www.lebine.it
Email: francesco.cicciocecere@gmail.com
Telephone: +39 3483850901
This path runs through the Le Bine Nature Reserve, one of the first WWF Italy oases recognized in the 1970s to protect the wetland area that formed in the 18th century.

Path of “Gerra Gavazzi” e “Runate” islets - Canneto sull’Oglio

Address: Runate – district of Canneto sull’Oglio
Website: www.ogliosud.it
Email: info@ogliosud.it
Telefono: +39 0375 97254
The Gerra Gavazzi and Runate islets are located on the left bank of the Oglio River. They are two small, highly natural areas set within an agricultural landscape that has been extensively shaped by human activity.

Canal Bogina Routes - Commessaggio (MN)

Indirizzo: Palazzo Gonzaga - Commessaggio
Website: www.ogliosud.it
Email: info@ogliosud.it
Telefono: +39 0375 97254
The route begins and ends near the Torrazzo Gonzaghesco and the charming Ponte della Barca located on the Navarolo Canal in Commessaggio.

Cycle and Pedestrian Route “Il Ponte della Barca”Ostiano

Address: Piazza Castello - Ostiano
Website: www.ogliosud.it
Email: info@ogliosud.it
Telephone: +39 0375 97254
The route starts from the town of Ostiano and leads to the Ponte della Barca (the Bridge of the Boat), which connects the provinces of Cremona and Brescia and was historically heavily used. The path crosses the countryside and is surrounded by agricultural fields.

“Torbiere di Marcaria”Path - Marcaria (MN)

Address: Piazza Umberto I, Marcaria (MN)
Website: www.ogliosud.it
Email: info@ogliosud.it
Telephone: +39 0375 97254
The Torbiere di Marcaria Nature Reserve is a popular destination for wildlife photographers, thanks to the large number of bird species present. Recently, roe deer and red squirrels have also been spotted and photographed in the area.

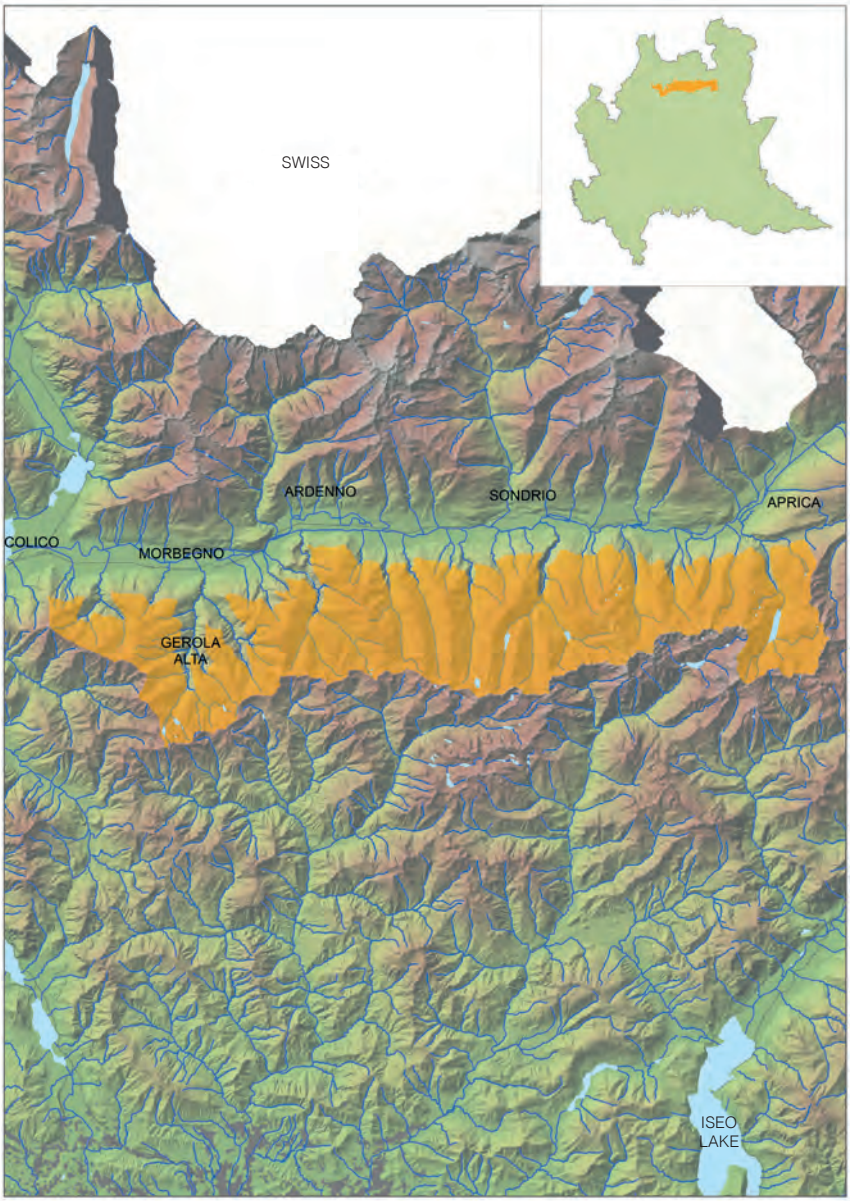
“Le Margonare” Path: Equipped Area San Martino dall’Argine

Address: Oasi Margonare, municipality of San Martino dall’argine
Sito web: www.ogliosud.it
Email: civa1981@gmail.com
Telephone: +39 338 5482811
Le Margonare is an ecological oasis managed by a volunteer association. The area was once used as a peat quarry.

Paths along the Gambara River in Volongo

Address: Via Garibaldi – left side of the bridge over the Gambara River
Website: www.ogliosud.it
Email: info@ogliosud.it
Telephone: +39 0375 97254
This area features three trails of varying lengths to suit different needs and abilities. The routes run along the Gambara River within the section that falls under the municipality of Volongo (CR).

Parco delle **Orobie Valtellinesi**



Parco delle Orobie Valtellinesi: a mosaic of cultures, traditions and untouched nature

PARK TYPE
Mountain park

MANAGING BODY
Parco delle Orobie Valtellinesi Authority

TELEPHONE
0342 211236

WEBSITE
www.parcorobievalt.com

EMAIL
info@parcorobievalt.com

PROVINCE INVOLVED
Sondrio

PARK CENTERS AND/OR PARK ENTRANCE
Administrative headquarters of the Park:
Valgerola Ecomuseum Park Center
Via Nazionale, 5 - Gerola Alta
Ecomuseum of the Bitto Valley and Park Gate of Albaredo
Via Brasa, 14 - Albaredo per S. Marco
Gallery of Emotions in Nature - Aprica Park center



GENERAL INFORMATION

The park includes the stretch of the Orobic Alps that runs along the southern side of the Valtellina valley. Crossed by 12 valleys running perpendicular to the main valley, the park's territory is extraordinary for the diversity and variety of its ecosystems, consisting of cliffs, scree slopes, snow-filled valleys, alpine meadows at the highest altitudes, and lower down, coniferous and deciduous forests, streams, lakes, and peat bogs. The upper border of the park coincides with that of the province of Sondrio, along the watershed between Monte Legnone to the west and the Aprica Pass to the east. The lower border lies at an altitude of about 1000 meters.

NATURAL ENVIRONMENT

Most of the Orobic mountain range is made up of metamorphic rocks, while the highest peaks are composed of sedimentary rocks. The territory has been shaped by the effects of glaciers and water, which have created different environments characterised by particular plant and animal species. The park is home to lush deciduous forests at lower altitudes and coniferous forests at higher altitudes. The transition from forest to alpine meadow is evidenced by rhododendrons, alders and junipers. Among the animal species, the capercaillie, symbol of the park, is noteworthy. You may also encounter roe deer, chamois, ibex, black woodpeckers, owls, golden eagles and groundhogs.





HISTORICAL AND CULTURAL HERITAGE

The Valtellina Orobic Alps were the preferred route for trade between the two sides, vital for a modest economy based on agriculture, and for farming and pastoral activities. Even today, the ancient Via Priula, which has been in use since 1593, preserves traces of history and traditions. During the First World War, an imposing defensive system known as the Cadorna Line was built in these mountains. The Homo Selvadego, the protagonist of popular legends, is also part of local history, and his image is depicted on the interior walls of the museum of the same name located in the village of Sacco.



THE KING OF VALTELLINA'S TRADITIONAL CHEESES

Over the centuries, local farmers have developed their skills in the art of cheese-making. The typical product, the pride of the Valtellina Orobic Alps, particularly the Albaredo and Gerola valleys, is Bitto cheese, which has been awarded protected designation of origin status. The production of Bitto dates back to the Celts. The cheese is produced in the mountain pastures only during the summer months using milk from Alpine brown cows.
A diverse variant of ricotta cheese called maschèrpa and matusc, a soft "poor man's" cheese, are also popular. In addition, high mountain flower and rhododendron honey and the traditional bisciola biscuit are produced.



FACILITIES

“La Casa del Tempo” Visitor Centre

Address: Piazza della Chiesa, Gerola Alta
Website: www.ecomuseovalgerola.it/ecomuseo/musei
Email: info@ecomuseovalgerola.it
Telphone: 393 8644223
The “La Casa del Tempo” visitor centre illustrates the history of the Orobic Alps and Gerola Valley through a journey spanning 4.6 billion years, from prehistoric times to the present day. It is managed by the Gerola Valley Ecomuseum Association.

Visitor Centre for the Bitto Valley Ecomuseum in Albaredo

Address: via Brasa, 1 - 23010 Albaredo per San Marco
Website: www.ecomuseoalbaredo.it
Email: info@ecomuseoalbaredo.it
Telphone: 339 8314467
The visitor centre is located in the municipality of Albaredo per San Marco. Inside, there are interactive installations to learn about the area and spaces dedicated to workshops.



“Ecomusensi” Paths

Website: www.ecomuseovalgerola.it/ecomuseo/itinerari-culturali
Email: info@ecomuseovalgerola.it
Telphone: 393 8644223
The path is playful and multisensory, designed for families and children but also suitable for a more general audience, with permanent sensory installations, information panels and educational stations along the entire route. The managing body – the Gerola Valley Ecomuseum Association – organises recreational and educational activities on request.

Gallery of Emotions in Nature

Address: Aprica
Website: www.apricaonline.com
Email: info@apricaonline.com
Telphone: 0342 746113
The Gallery of Emotions in Aprica is a visitor centre featuring reproductions of specific locations (dioramas), some with live animals, which are very impressive for visitors. The typical landscapes of Alpine valleys, with mown meadows and woods, are recreated here.



Dappertutto ODV Association

Address: Via Gerone 2 23010 Albosaggia (So)
Website: www.dappertutto.org
e-mail: info.dappertutto.org
Telphone:
Walter (technical consultancy) 339-3401179
Francesca (general information) 335-5870790
Dario (general information) 348-9897868

Dappertutto ODV is an association of volunteer technical professionals whose aim is to improve the conditions of vulnerable people. Among its various activities, it accompanies people with motor disabilities along mountain trails using special wheelchairs (joelettes) provided by the Park.



Park Guides

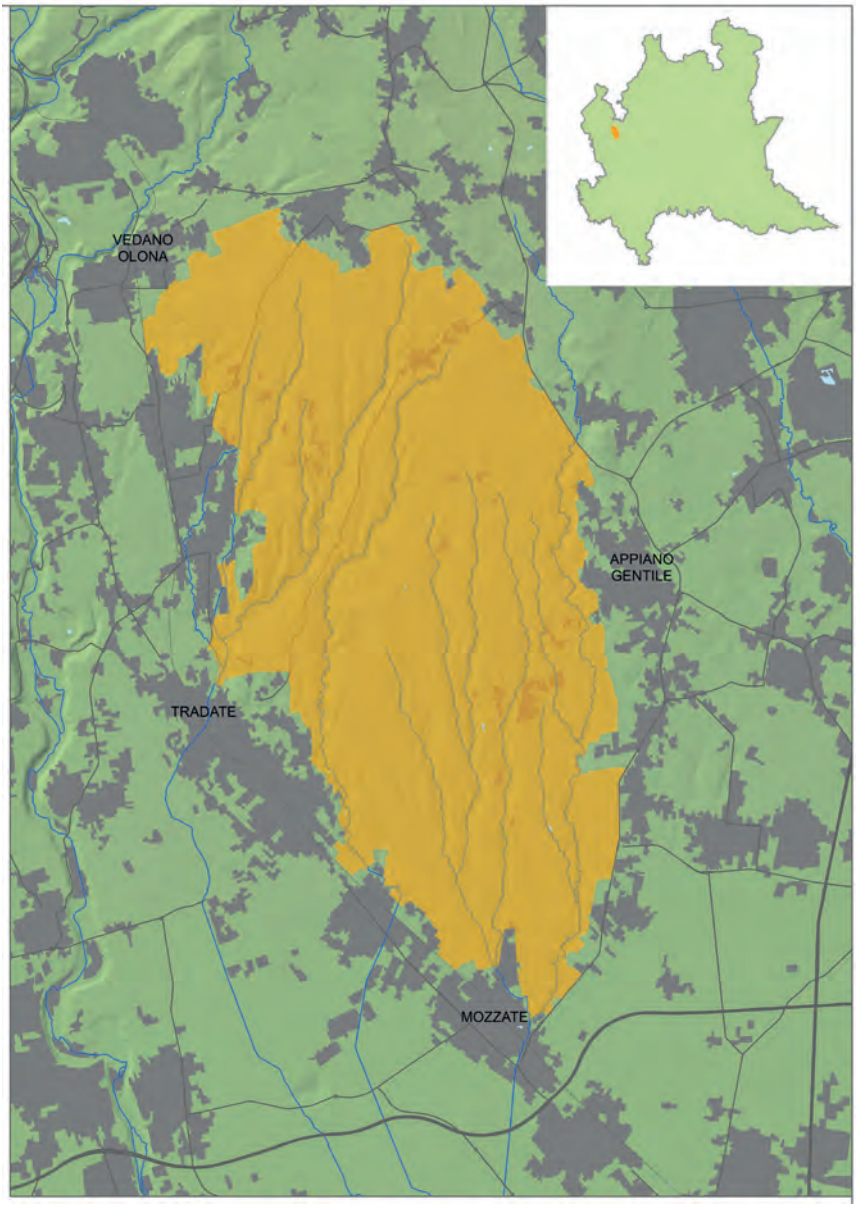
Address: Via Moia, 4 - 23010 Albosaggia (SO)
Website: www.parcorobievalt.com/index.php/visita-il-parco/le-guide-del-parco-delle-orobie-valtellinesi
E-mail: guideparcorobievalt@gmail.com
Telphone: 0342 211236
The Park Guides are mountain professionals registered with the Lombardy Association of Alpine Guides who accompany visitors on their discovery of the Park. Some of them are specially trained to accompany people with specific needs.

Mountain Guides Association

Address: Mese (SO)
Website: https://guidedimontagna.eu/
E-mail: info@guidedimontagna.eu
Telphone: (+39) 392-6280959
The Mountain Guides Association consists of a group of mountain professionals (International Mountain Leaders, Mid-Mountain Guides, Alpine Guides) united by a common vision of offering experiences that foster relationships between people and the land.



Parco della **Pineta di Appiano Gentile** e **Tradate**



Parco Pineta
di Appiano Gentile e di Tradate

TYPE OF PARK
Forest park

MANAGING BODY
Parco della Pineta di Appiano Gentile e Tradate

TELEPHONE NUMBER
+39 031988430

EMAIL
info@parcopineta.it

WEBSITE
www.ateinsubriaolona.it

PROVINCE INVOLVED
Como and Varese

PARK CENTRES AND/OR PARK ENTRANCES
Address: Scientific Education Centre with Astronomical Observatory and Ecoplanetarium in Tradate (VA), Via ai Ronchi

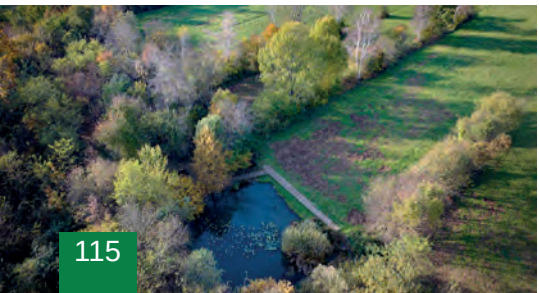


GENERAL INFORMATION

The park is located between the provinces of Como and Varese, in an area of the upper Lombardia plain formed by terraces created by the erosive action of streams. The northern part of the territory is hilly, while the terrain becomes gentler towards the south. The park consists mainly of Scots pine, chestnut and English oak forests, surrounded by agricultural land and urban centres. The forests are a green lung that acts as a first refuge for many animal and plant species, which then begin to colonise the surrounding areas.

NATURAL ENVIRONMENT

The park's woods cover about 72% of its surface area. Most of them consist of Scots pine and chestnut trees. There are also forests of English oak, which are substituted by black locust woods at the edges of cultivated areas. The park is home to animals typical of woodland environments, such as deer, roe deer and woodpeckers, as well as wetlands, which are numerous in the area.
In particular, there is a small wetland recognised as a natural monument, "Laghetto del Rosum" in the municipality of Appiano Gentile, which is home to one of the rare populations of Pelobates fuscus, a toad protected at European level.





HISTORICAL AND CULTURAL HERITAGE

In the park area, the development of the woods dates back to the period of Austrian rule at the end of the 1700s, when there was a moorland with streams that made the land unstable. To consolidate the land, municipal lands were privatised by the edicts of 1779, with the obligation to plant Scots pine. Thus began the reforestation and formation of the pine forest, which also became an economic resource with the exploitation of timber. Among the buildings, it is worth mentioning the Archiepiscopal Seminary of Venegono Inferiore, built in neoclassical style, visible from afar due to its size and 64-metre-high tower.



THE INSUBRIC PELOBATES FUSCUS

The Pelobates fuscus is a small toad (6-8 cm in size) at risk of extinction. It is white-grey or brown in colour, with brown or reddish spots. It lives near wetlands to reproduce and likes sandy soil to hide in. It has been spotted in a pond near Pineta Park. It is also called the spadefoot toad because of the thickening of its hind legs, which it uses to burrow into the ground to escape danger and spend the winter. When it burrows, it takes on a spherical shape. The Pelobate has very large, round eyes to spot danger. Due to its rarity, it needs to be protected and therefore the Park has participated in initiatives funded at European level.



FACILITIES

Scientific Education Centre

Address: via ai Ronchi, 75 - Tradate
Website: www.centrodidatticoscientifico.it/Centro
Email: info@centrodidatticoscientifico.it
Telephone: +39 0331841900
The visitor centre includes various facilities and themed paths. It welcomes school groups on weekdays and is open to the public on Sunday afternoons and during scheduled events.

Eco-Planetarium

Address: access from the Scientific Education Centre
Website: www.centrodidatticoscientifico.it/Didattica/Scheda/54-ecoplanetario
Email: info@centrodidatticoscientifico.it
Telephone: +39 0331841900
Entering the Eco-Planetarium is like taking a journey through space and time, among stars and planets, but also through nature, art and culture, thanks to a digital tool that projects images onto a hemispherical screen.



Nature Trail

Address: access from the Scientific Education Centre
Website: www.ateinsubriaolona.it/sentieri/sentiero-fata
Email: info@centrodidatticoscientifico.it
Telephone: +39 0331841900
The Nature Path is a short, easy trail that winds through the area inside the Scientific Education Centre, along which the various environments of the park are represented: woods, meadows, cultivated fields and wetlands.

FAIRY Trail

Address: access from the Scientific Education Centre
Website: www.ateinsubriaolona.it/sentieri/sentiero-fata
Email: info@centrodidatticoscientifico.it
Telephone: +39 0331841900
The FATA path that surrounds the Scientific Educational Centre offers four installations focusing on the elements of fire, air, water and earth, a scale model of the Solar System with celestial bodies, and an evocative woodland setting.



Magic of the Forest Trail

Indirizzo: Access from the Scientific Education Centre
Website: www.ateinsubriaolona.it/sentieri/sentiero-della-magia-del-bosco
Email: info@centrodidatticoscientifico.it
Telephone: +39 0331841900
A fascinating trail, created by sculptor Giancarlo Volontè, populated by gnomes, guardians and spirits that evoke the enchantment of the woodland setting.

Cycle and Pedestrian Network

Website: www.ateinsubriaolona.it/sentieri-pineta
Email: info@parcopineta.it
Telephone: +39 031988430
The park offers over 140 km of marked paths, including several themed trails, allowing visitors to explore the park's surroundings.



AstroNatura Sociale Cooperative

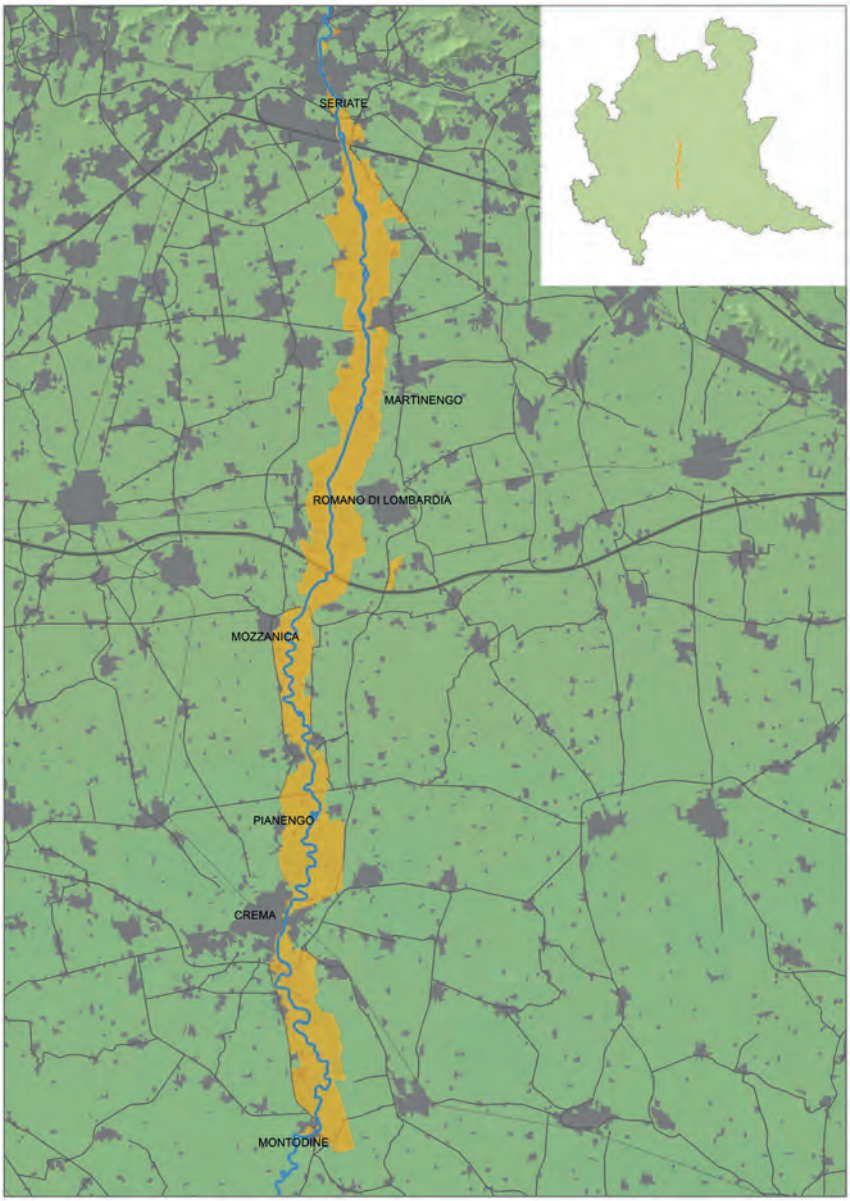
Address: Via A.Cadolini 4, Gallarate (VA)
Website: www.astronatura.it
Email: info@astronatura.it
Telephone: +39 0331841900
The AstroNatura cooperative manages the Scientific Education Centre, where it designs and develops educational and training activities in the fields of astronomy, natural history and zooanthropology.

Archeologistics srl Social Enterprise

Address: Via Italia 21, Carnago (VA)
Website: www.archeologistics.it
Email: info@archeologistics.it
Telephone: +39 3288377206
Archeologistics offers a programme of cultural excursions through the network of trails, monuments and libraries. Particular attention is paid to visitors with disabilities.



Parco del **Serio**



The last steppes of the plain, the intertwining branches of the Serio river, places associated with Colleoni, residences and places of worship in the Cremasco area



PARK TYPE
River park

MANAGING BODY
Parco del Serio Authority

TELEPHONE
0363/901455 - 0363/903767

EMAIL
info@parcodelserio.it

PROVINCES INVOLVED
Bergamo and Cremona

PARK CENTRES
AND/OR PARK ENTRANCE
G. Longhi Botanical Garden Park Centre at Cascina Pascolo, Romano di Lombardia.

Water Museum Park Centre,
Via Depuratore, Casale Cremasco.

Casa di Camperia Park Centre,
Via Santa Maria della Croce, Crema.

GENERAL INFORMATION

The Parco del Serio stretches along the Serio River for about 54 kilometres, from the municipality of Seriate to where it meets the Adda River, near the municipality of Montodine. The park's territory is mainly flat, with large agricultural areas characterising the landscape around the river. The Serio River has created diverse environments along its course. In the northernmost part, in the Bergamo area, the river flows in a curvilinear pattern, forming a series of channels with grassy banks rich in flowers. Further south, near Mozzanica, the riverbed narrows, following a single path. South of Crema, the banks of the river become high, and the area is known as "Ripalte".

NATURAL ENVIRONMENT

The Serio River in the Bergamo area is characterised by a wide bed with piles of rocks and banks with arid grasslands made up of crushed stone, sand and a thin layer of soil. There are scattered bushes, a few trees and herbaceous species, including some rare orchids: the goat lily and the cimicina orchid. Between the municipalities of Seriate and Ghisalba, during periods of low water, the little water present in the river seeps into the subsoil. Further south, starting from the municipality of Cologno al Serio, there are springs, places where groundwater emerges to the surface due to the presence of layers of clay in the subsoil. The river in the Crema area has rare groves and wetlands, such as ponds and small lakes created by mining activities, which have now ceased.





HISTORICAL AND CULTURAL HERITAGE

The Colleoni Castle in Malpaga is a valuable heritage site and houses a rich collection of frescoes. There are also numerous rural buildings, churches, sanctuaries and shrines, the latter also known as votive chapels. Among these are the sanctuary of Basella, the castle of Cavernago, the Rotonda di Ghisalba, and the rural complex of Muratella. There are many villas where noble families spent their summers: Griffoni in Castel Gabbiano and the Renaissance Tadini in Vidolasco. Among the historic centres, those of Martinengo, Romano, Cologno al Serio, and Crema stand out. Last but not least, there is the Sanctuary of Marzale in Madignano and Palazzo Benvenuti in Montodine.



THE LAPWING BIRD: SYMBOL OF THE PARK

Recognisable by its characteristic crest, which reaches 10 cm in length in males, the lapwing bird has been chosen as the emblem of the Park and is featured in its logo. It is a migratory bird that nests throughout most of Europe and passes through Italy from mid- October to November and from February to mid-April. Belonging to the Charadriidae family, it has iridescent black-green plumage on its upper parts and white on its lower parts, with a long black breast band and chestnut undertail. It is an excellent flyer, reaching speeds of between 50 and 60 km/h and capable of covering very long distances. It feeds on invertebrates such as insects, small molluscs and earthworms, which it searches for in open grassy areas in the riverbed.



FACILITES

Pianengo Oxbow Lake Path

Address: parking near Oratorio di Pianengo (CR), Via Papa Giovanni XXIII, where there are about 30 free parking spaces. The path runs alongside the Serio River and crosses wide meadows, a natural willow forest and the cultivated field typical of the Crema countryside.

Lake of Reflections Path

Address: Castello locality in the municipality of Ricengo (CR)
We recommend parking at the small church in Castello di Ricengo. The trail connects Castello, near the village of Ricengo, with the picturesque Lago and crosses wide cultivated fields surrounded by rows of trees.



Palata Menasciutto path

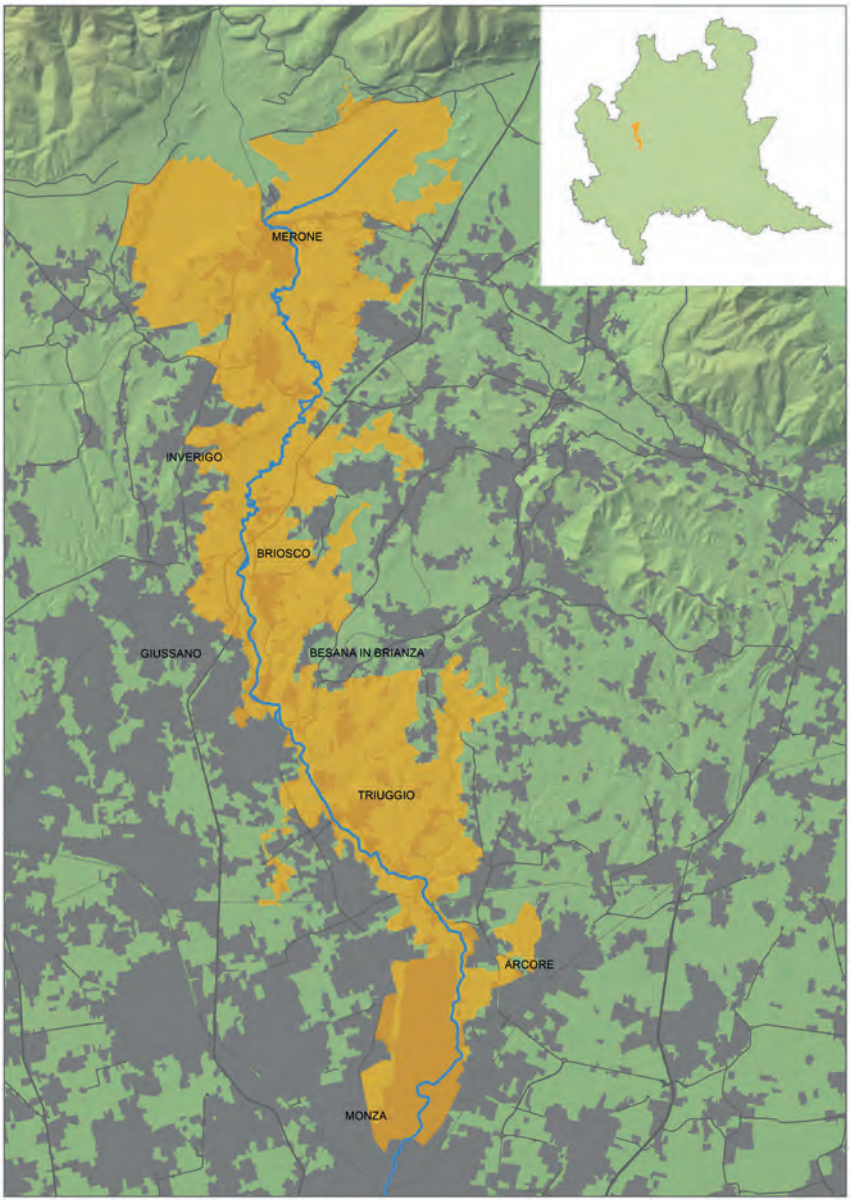
Address: Castello locality in the municipality of Ricengo (CR)
We recommend parking at the small church in the Castello locality of Ricengo.
The route connects Castello, near the village of Ricengo, to Palata Menasciutto, a dry branch of the Serio River.

“A Park for Everyone” Path

Address: the route starts at Piazzale Martiri di Nassiriya – path along the River Serio – end of the route at Via Viviani - 26013 Crema
Website: www.parcodelserio.it
Email: info@parcodelserio.it
Telephone: 0363/901455
It is a path approximately 1.5 km long and 2.5 m wide, along the Serio river in the city section of Crema, without changes in height, with a wooden guide kerb and sections of tactile paving.



Parco della **Valle del Lambro**



Parco Regionale
Valle del Lambro
il tuo parco

Stories of beauty just a stone's throw away from home



PARK TYPE
River and metropolitan belt park

MANAGING BODY
Parco della Valle del Lambro Authority

TELEPHONE
0362/970961

EMAIL
info@parcovallelambro.it

WEBSITE
www.parcovallelambro.it

PROVINCES INVOLVED
Monza and Brianza, Lecco, Como

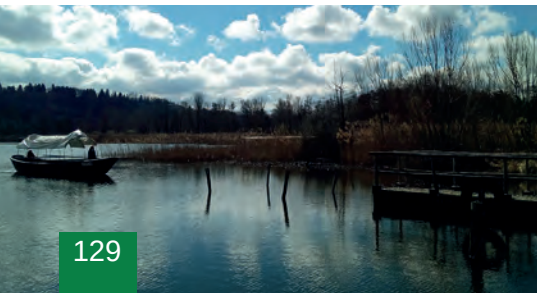
PARK CENTRES
AND/OR PARK ENTRANCE
Via Vittorio Veneto, 19
20844 Triuggio (MB)

GENERAL INFORMATION

The Parco della Valle del Lambro stretches along the Lambro River from the Alserio and Pusiano lakes to the Parco della Villa Reale di Monza.
To the north, the area consists of a valley surrounded by morainic hills criss-crossed by streams. To the south, the landscape is more urbanised and includes small irrigation ditches and streams, large expanses of meadows and modest wooded areas.
Alongside the natural heritage, there is also historical and architectural heritage with numerous churches and precious historical monuments.
The establishment of the Park has made it possible to restore this stretch of river from the degradation and pollution present at the end of the 1970s.

NATURAL ENVIRONMENT

The northern part of the park is hilly, with meadows, woods and marshlands around Lakes Alserio and Pusiano.
The main tree species are English oak, hornbeam and ash. The southern part of the park is flat, with foot and cycle paths and the historic Monza Park.
From a landscape point of view, the park consists of plateaus, small valleys carved out by watercourses, meadows and wooded areas.
There are urbanised areas within the park, but this has not prevented the presence of a considerable variety of fauna.





HISTORICAL AND CULTURAL HERITAGE

The territory of the Parco della Valle del Lambro is a living memory of all the historical periods that have influenced the Brianza area. The landscape is rich in
evidence of human activity, starting from the Ice Age and continuing through to the gradual introduction of manmade structures.
The Park is not just a green area, but a legacy of those who have lived, worked and prayed there over time.
Visiting the park, it is possible to trace the history of the Brianza area and its inhabitants, from the splendour of the villas, to the tradition of ancient farmhouses and water mills, to the grandeur of places of worship.



THE ALSERIO LAKE: AN EDUCATIONAL LABORATORY

Lake Alserio is an ecosystem that encompasses a considerable amount of biodiversity and is a reference point for the implementation of educational projects aimed at schools and community initiatives. Activities take place in the natural environments surrounding the lake, at the Environmental Education Centre, and on the electric boat “Amicizia”. To the south of the lake, at the foot of the Buerga hill, you can walk along the nature trail known as “Della Buerga” to admire both the beauty of the lake and the forest, with its many varieties of trees. This is a mule route that can be accessed from Alserio or Merone, from which you can reach the Environmental Education Centre.



FACILITIES

Oasi di Baggero Park Centre

Address: pedestrian access from Via Cava Marna and from the car park in Via Cesare Battisti in the municipality of Merone.
Email: info@parcovallelambro.it
Telephone: 0362/970961
Inaugurated in 2015, the Oasi di Baggero Park Centre is located in an area of remarkable scenic interest. It has a picnic area, an astronomical observation point called Oasi Stellare (Star Oasis) and a trail called Sentiero dalla Cascata (Waterfall Trail).

Environmental Education Centre “Bambini di Beslan” - at CASIN DEL LAGO

Address: Bosco della Buerga locality, municipality of Monguzzo
Email: info@parcovallelambro.it
Telephone: 0362/970961
This Centre is located on the southern shore of Lake Alserio, in the area of Casin del Lago in the municipality of Monguzzo. It is used for school activities and for initiatives organised by the park.



Parco di Monza e Giardini della Villa Reale

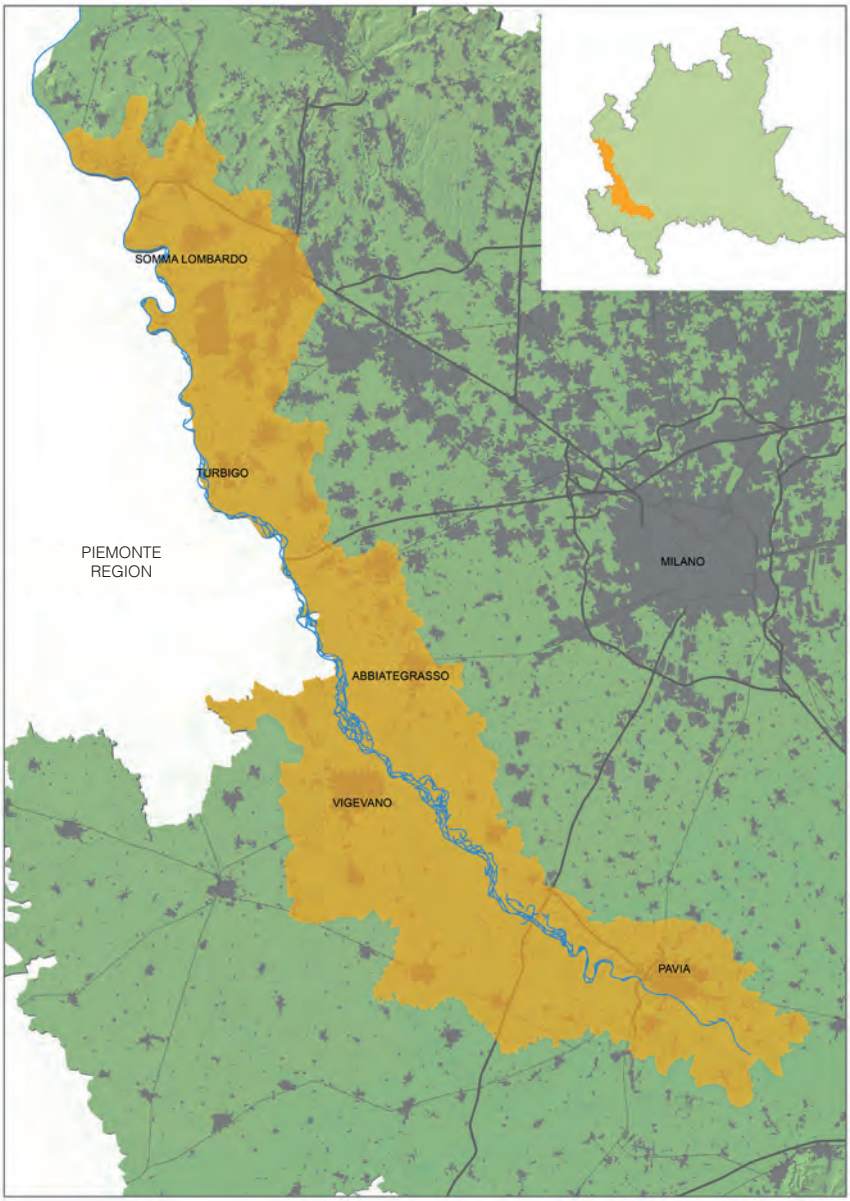
Website: https://reggiadimonza.it/
Email: comunicazione@reggiadimonza.it
Telephone: 039/384113
The majestic Parco di Monza, famous for its ties to the renowned Royal Villa, stretches across the cities of Monza, Villasanta, Biassono and Vedano al Lambro, in a heavily urbanised area.

Cycle and pedestrian paths

Website: www.parcovallelambro.it
Email: info@parcovallelambro.it
Telephone: 0362/970961
The Parco della Valle del Lambro area offers many cycle routes, some of which are owned directly by the Park Authority. These can be explored independently or as part of guided tours organised by the Park.



Parco Lombardo della **Valle del Ticino**



Parco Ticino

unesco Biosphere Reserve

Ticino Val Grande Verbano BIOSPHERE

The Park of the ‘Blue River’ where the harmony between man and the environment has enabled sustainable development and the protection of biodiversity.

PARK TYPE
River, forest, agricultural and metropolitan belt

MANAGING BODY
Parco Lombardo della Valle del Ticino

TELEPHONE
02-972101

EMAIL
info@parcoticino.it
turismo@parcoticino.it

WEBSITE
www.parcoticino.it

PROVINCES INVOLVED
Milano, Pavia and Varese

PARK CENTRES AND/OR PARK ENTRANCE
Front office
Via Galliano, 7
Pontevecchio di Magenta (MI)

Turismo@parcoticino.it



GENERAL INFORMATION

The Parco Lombardo della Valle del Ticino lies between the regions of Lombardia and Piemonte, and is crossed by the River Ticino. The park stretches from Sesto Calende in the province of Varese to the River Po in the province of Pavia. The natural environment is formed by wetlands known as oxbow lakes, marshes, woods, heathland and cultivated fields. This park is important because it has protected nature from pollution, construction, quarrying and hunting, and has created the conditions for the natural environment to coexist with human activities based on the principles of sustainable development. The park has been recognised internationally as a Biosphere Reserve.

NATURAL ENVIRONMENT

The natural environment is diverse and consists of pine forests, moors, meadows and the river valley with the Ticino River.
The flora consists of English oak, elm, horsetail, royal fern and typical moorland plants. Among the animal species, you can encounter grey herons, mallards, moorhens, roe deer, foxes, martens, rabbits and hares. The waters of the Ticino River are home to chub, minnow, goby, eel, marble trout and diverse amphibians such as frogs.
More than half of the park's territory is used for agricultural purposes, with rice fields, cornfields, poplar groves and irrigated meadows called "marcite".





HISTORICAL AND CULTURAL HERITAGE

The Park offers many cultural attractions with a vast historical and architectural heritage, including the Madonna della Ghianda in the town of Somma Lombardo, the Golasecca civilisation artefacts, the land reclamation works of Leonardo da Vinci and the Cistercian monks who built the Morimondo Abbey.
It is is dotted with castles and fortifications: those of Somma Lombardo, Vigevano and Bereguardo. Last but not least, in Pavia you can visit the Duomo, the Lombard-era basilicas of S. Michele and S. Pietro, the Visconti Castle and the Certosa di Pavia, which houses Lombard Renaissance artworks and the Madonna delle Grazie of Garlasco.



PRODUCTS OF THE PARK

Visitors can purchase products bearing the Parco Lombardo della Valle del Ticino label “Produzione Controllata” (Controlled Production). By doing this, they contribute to preserving and respecting the environment by supporting farmers who have chosen to cultivate and care for their products with complete respect for the soil and landscape.
The uniqueness and authenticity of the products can be enjoyed not only in taverns and inns, but also through special “agri-environmental itineraries” organised by the numerous farms in the area, which are increasingly dedicating themselves to organic farming.



FACILITIES

“La Fagiana” Park Centre

Address: Via Valle, Pontevecchio di Magenta (MI)
Website: ente.parcoticino.it
Email: turismo@parcoticino.it
Telephone: 02/972101
The Centre is surrounded by greenery in one of the most beautiful natural areas of the Park and offers interesting walking and cycling excursions.

“Ex Dogana Austroungarica” Park Centre

Address: Via De Amicis, Lonate Pozzolo, district of Tornavento (VA)
Website: ente.parcoticino.it
Email: turismo@parcoticino.it
Telephone: 02/972101
Located in a panoramic position overlooking the Ticino Valley, the Centre offers visitors a range of services: information, educational activities, excursions and a gastronomy point where you can taste and purchase products bearing the Park’s “Produzione Controllata” (Controlled Production) label.



Via del Gaggio path from the “Ex Dogana Austroungarica” Park Centre

Address: Lonate Pozzolo, district of Tornavento (VA)
The path is 3 km long and approximately 2 metres wide, with no gradients. It is shaded and has a compact clay and gravel surface.

Panoramic viewpoint

Address: Lonate Pozzolo, district of Tornavento (VA)
From the square in Tornavento, you can enjoy a picturesque view of the valley of the Ticino River.

Cascina Monte Diviso Park Centre

Address: Via Brennero n. 40 - Cajello di Gallarate (VA)
Website: ente.parcoticino.it
Email: turismo@parcoticino.it
Telephone: 02/972101
The Park Centre is located on the first morainic hill at the foot of the Pre-Alps and overlooks the town of Gallarate. The facility has a hostel as well as a bar and restaurant with a covered outdoor area.

Cycle and Pedestrian Network

Website: natura.parcoticino.it/
Le Vie Verdi del Ticino (the Green Paths of the Ticino) offers numerous itineraries in different areas of the protected zone, which can be enjoyed in any season of the year.



SERVICES

AqQua Canoa & Rafting

Website:: https://aqqua.eu/
Email: info@aqqua.eu
Telephone: 0381/386255
AqQua Canoa & Rafting is a sports company that has been offering excursions in the Parco Lombardo della Valle del Ticino and on the Ticino River since 2003.

Natural Wellness

Website:: www.danieleturchi.it
Email: info@danieleturchi.it
Telephone: Daniele 393/2819640
Sport activities that are accessible and inclusive in the natural areas of the Parco Lombardo della Valle del Ticino.



Nature Guide - Walter Girardi
VIA GAGGIO FOR EVERYONE

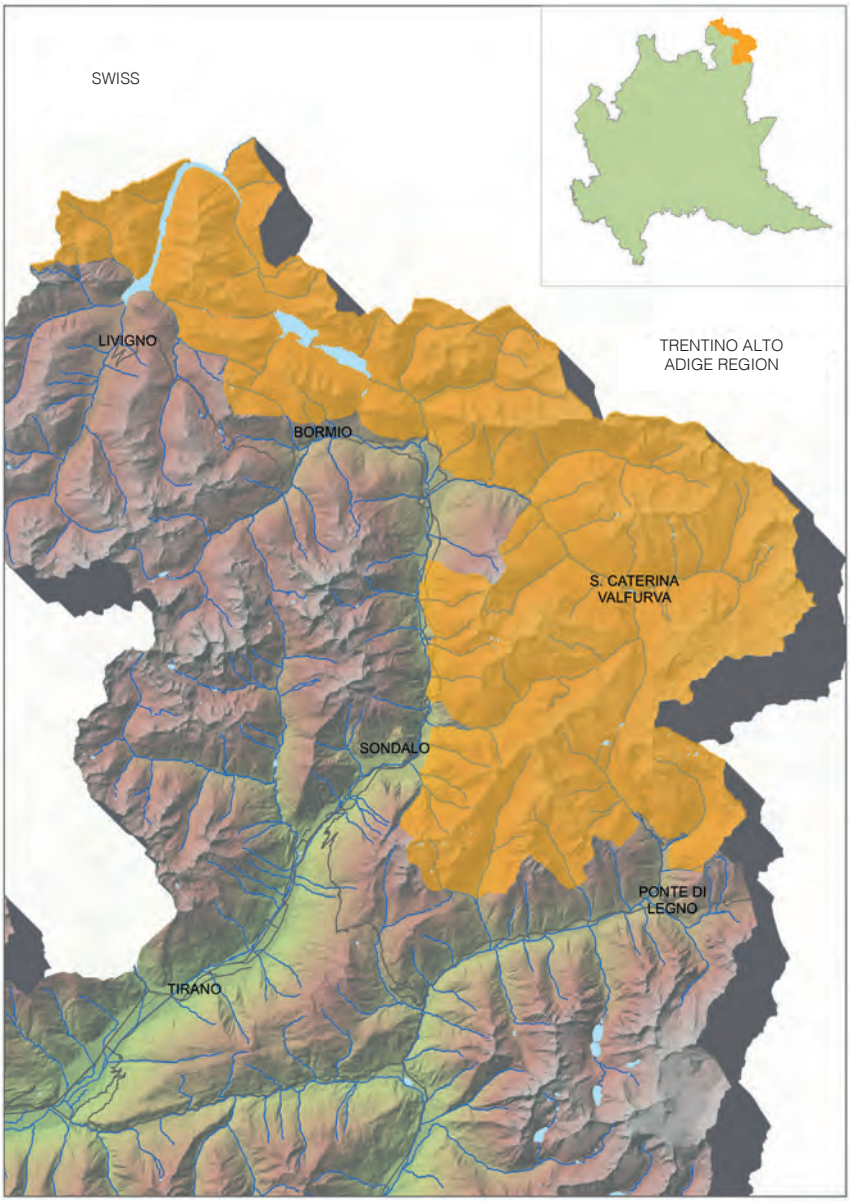
Email: walter.dottorambiente@gmail.com
Telephone: Walter - 339/2904469
Guided excursion along the Via del Gaggio path, where you will travel through woods and moors on a journey through the history and nature of this section of the Park.

Codibugnolo Naturalistic Association APS

Website: associazionecodibugnolo.it
Email: codibugnolo@hotmail.it
Telephone:
Office: 0131/857448
Daniela: 333/2648723
Roberta: 347/8823023
Experiential excursions for blind and/or visually impaired visitors aged 6 and above.



Parco Nazionale dello **Stelvio**



PARCO NAZIONALE DELLO STELVIO

NATIONAL PARK STILFSER JOCH

PARK TYPE
Mountain park

MANAGING BODY
ERSAF – Regional Agency for Agricultural and Forestry Services

TELEPHONE
0342 900811

EMAIL
info@stelviopark.it

WEBSITE
https://lombardia.stelviopark.it/

PROVINCES INVOLVED
Sondrio and Brescia

PARK CENTRES AND/OR PARK ENTRANCE
“Torre Alberti” Info Point
Via Roma 24 - 23032 Bormio (SO)
Tel. 0342 901654
Email info.torrealberti@stelviopark.it
“Rezia” Alpine Botanical Garden
Vai Sertorelli - 23032 Bormio (SO)
Pezzo Wildlife Area
Pezzo district of Case di Pirli
Via Viso - 25056 Ponte di Legno (BS)

A park combining nature and history!



GENERAL INFORMATION

The Parco Nazionale dello Stelvio is located between the Lombardia and Trentino-Alto Adige. It borders the Swiss Engadine National Park to the north and the Parco dell'Adamello to the south. It is one of the largest protected areas in Europe.
The Stelvio was one of the first Italian National Parks, established in 1935. Today, the park covers a total area of approximately 1,300 square kilometres, divided between the Regione Lombardia (the largest portion with 600 square kilometres) and the autonomous provinces of Bolzano and Trento. The Lombardia part of the Parco Nazionale dello Stelvio falls within the provinces of Sondrio and Brescia, in ten different municipalities.



NATURAL ENVIRONMENT

The Park is characterised by its typical mountain landscape, with approximately three quarters of its territory located above 2,000 metres in altitude. Overall, the park features a wide variety of natural environments: high rocky peaks, extensive alpine meadows, vast woodlands, large glaciers, alpine lakes (including approximately 90 natural lakes) and deep valleys. The considerable differences in altitude, exposure and rocky terrain allow for a high diversity of plant species. The fauna is also very rich: among vertebrates alone, there are over 260 species, including more than 60 mammals and just under 180 species of birds.



HISTORICAL AND CULTURAL HERITAGE

The presence of humans in the park area dates back to prehistoric times, as evidenced by numerous findings. The historic centres of the villages, with their charming hamlets and numerous mountain pastures, bear witness to a territory that has been “lived in” since ancient times and is strongly associated with rural activities. The valleys of the park preserve traces of the ancient communication routes that, as early as the Middle Ages, were used by traders, travellers and armies and led to the villages beyond the Alps. The remains of the First World War are of great interest: military roads and paths, barracks and defensive works still today create a genuine open-air museum.



A PARK STEEPED IN HISTORY

During the First World War, the park’s territory was a scene of war up to the highest altitudes. The legacy of memory and emotivity was one of the reasons that led to the proposal to create the park. The evolution of the landscape itself has a historical component. Over the centuries, the park’s environment has been modified by human activity. With the establishment of the park, thanks to renaturalisation measures and the natural evolution of the area, the environment has once again become rich in biodiversity. essere ricchi di biodiversità.



FACILITIES

Picnic area and panoramic viewpoint

Address: Case di Viso - Località Pra Del Rum (BS)
The village of Case di Viso is located at an altitude of 1,763 metres, about 7 kilometres from Ponte di Legno, and is a starting point for reaching the “Pra del Rum” picnic area.

“Val Migiondo” nature trail

Address: Sondalo (SO) - Piazzola locality
Picnic area and path starting point from Via Ugo Foscolo, corner of Via Parini - Sondalo (SO)
This path winds through a picturesque mountain landscape with meadows and woods and views of the “Villaggio Morelli” in Sondalo. There are two rest areas equipped with facilities at the beginning and end of the path.

“High-altitude landscapes, landscapes of war” path and picnic areas - Braulio Valley

Address: State Road SS 38 of the Stelvio Pass, Sondalo (SO) - Piazzola locality
This is a 24 km driving route in the Braulio Valley, which winds its way through one of the most scenic and historically rich valleys in the Parco Nazionale dello Stelvio. It is equipped with rest areas and parking lots where you can fully appreciate the surrounding environment.

A park for everyone

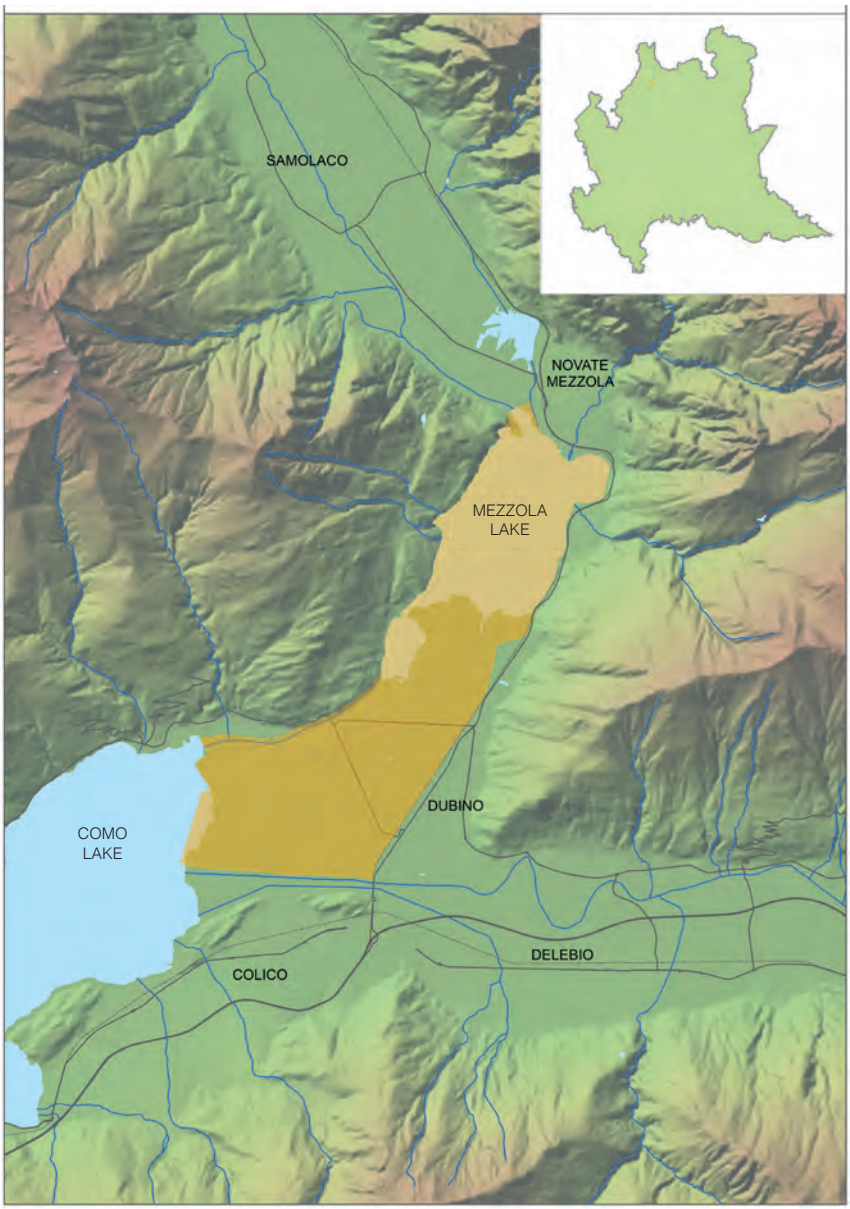
«Torre Alberti» Info Point
Via Roma 24 - 23032 Bormio (SO)
e-mail: info.torrealberti@stelviopark.it
Telephone: 0342 901654

Unione Sportiva Bormiese (Bormiese Sports Union)
at the Sports Center, Via Manzoni - 23032 Bormio (SO)
e-mail: info@usbormiese.com
Telephone: 0342 901482

The service provides mobility aids for roads and trails and a team of volunteers who, upon request and free of charge, will facilitate the logistics involved in using the aids and accompanying visitors.



Riserva Naturale **Pian di Spagna-Lago di Mezzola**



Where the breath of nature
meets the flight of migratory birds



PARK TYPE
Riserva naturale regionale orientata

MANAGING BODY
Riserva Naturale Pian di Spagna –
Lago di Mezzola Authority

TELEPHONE
0344-84251

EMAIL
info@piandispagna.it

WEBSITE
www.piandispagna.it

PROVINCES INVOLVED
Como and Sondrio

PARK CENTRES
AND/OR PARK ENTRANCE
Via Della Torre 1/A - 22010 Sorico

GENERAL INFORMATION

“The Pian di Spagna - Lago di Mezzola Nature Reserve was created to provide a safe place for migratory birds to rest and nest. The Reserve also serves to protect the landscape and natural features of the wetland. Furthermore, in order to respect the environment, it regulates the use of the area for educational and recreational activities and controls economic activities. The Reserve is located in a unique territory, in between land and water. It is a place rich in observation opportunities, encompassing nature, history, and culture.”

NATURAL ENVIRONMENT

The landscape of the Reserve is the result of a long development process created by both nature and man. The flooding of the River Adda and Lake Como has caused the vegetation of the marshes to grow. At the same time, man has carried out land reclamation work to enable people to live and work there. Alongside the marsh vegetation, there are hay meadows, cultivated fields and rows of poplar trees alternating with areas of hygrophilous meadows hosting marsh plants. Hygrophilous meadows are herbaceous environments that are important for biodiversity because they provide a habitat for a variety of animal species, including birds, amphibians, butterflies and insects.





HISTORICAL AND CULTURAL HERITAGE

The Romanesque church of San Fedelino is located on the western shore of Lake Mezzola. It stands near the final stretch of the ancient Strada Regina, the road that since Roman times connected the city of Milan with the regions beyond the Alps, passing through the Spluga, Settimo and Maloja passes.
The church can be reached on foot from the village of Dascio, via the path that starts from Casenda (Municipality of Samolaco), or by boat.
The origins of the building date back to the 10th century and its history is closely linked to the martyrdom of San Fedele, whose relics were miraculously found in 964 and then transported to Como.



THE MARSILEA QUADRIFOLIA

The Marsilea Quadrifolia, known as water clover, is a perennial aquatic fern that grows in humid environments. It is an endangered species that grows only in certain parts of the Nature Reserve. This fern is protected at European level by a directive that guarantees its conservation.
In the past, this species was threatened by herbicides. Today, however, projects are underway for its conservation and dissemination.



FACILITIES

Institutional Headquarters Riserva naturale Pian di Spagna - Lago di Mezzola

Address: Via Della Torre 1/a, Sorico
Website: www.piandispagna.it
Email: info@piandispagna.it
Telephone: 0344.84251
The building houses the Reserve's institutional headquarters, where visitors can obtain information on environmental aspects, including flora and fauna. Workshops, environmental education activities and events are organised here.

Cascina Poncetta Environmental Education Centre

Address: Località Baletrone, Sorico (Co)
Website: www.piandispagna.it
Email: info@piandispagna.it
Telephone: 0344.84251
The Centre offers specific educational courses for schools of all levels, focused on environmental protection. The setting makes it possible to carry out scientific and recreational activities, promoting social integration.



South and North Nature Paths

Address: South Path - Ponte del Passo, Sorico; North Path - Dubino railway station, or vehicle parking areas near Ponte del Passo
Website: www.piandispagna.it
Email: info@piandispagna.it
Telephone: 0344.84251
These are two paths that run north and south of the Nature Reserve. They cross agricultural areas and reach the southern shores of Lake Mezzola and the small Lake Dascio in the north, and the shores of Lake Como in the south.

Sasso di Dascio Panoramic Point

Address: Dascio (Sorico)
Website: www.piandispagna.it
Email: info@piandispagna.it
Telephone: 0344.84251
This is a panoramic viewpoint overlooking the entire Reserve. It can be reached via a footpath that allows visitors to admire the protected area and observe many of the water birds that inhabit it up close.



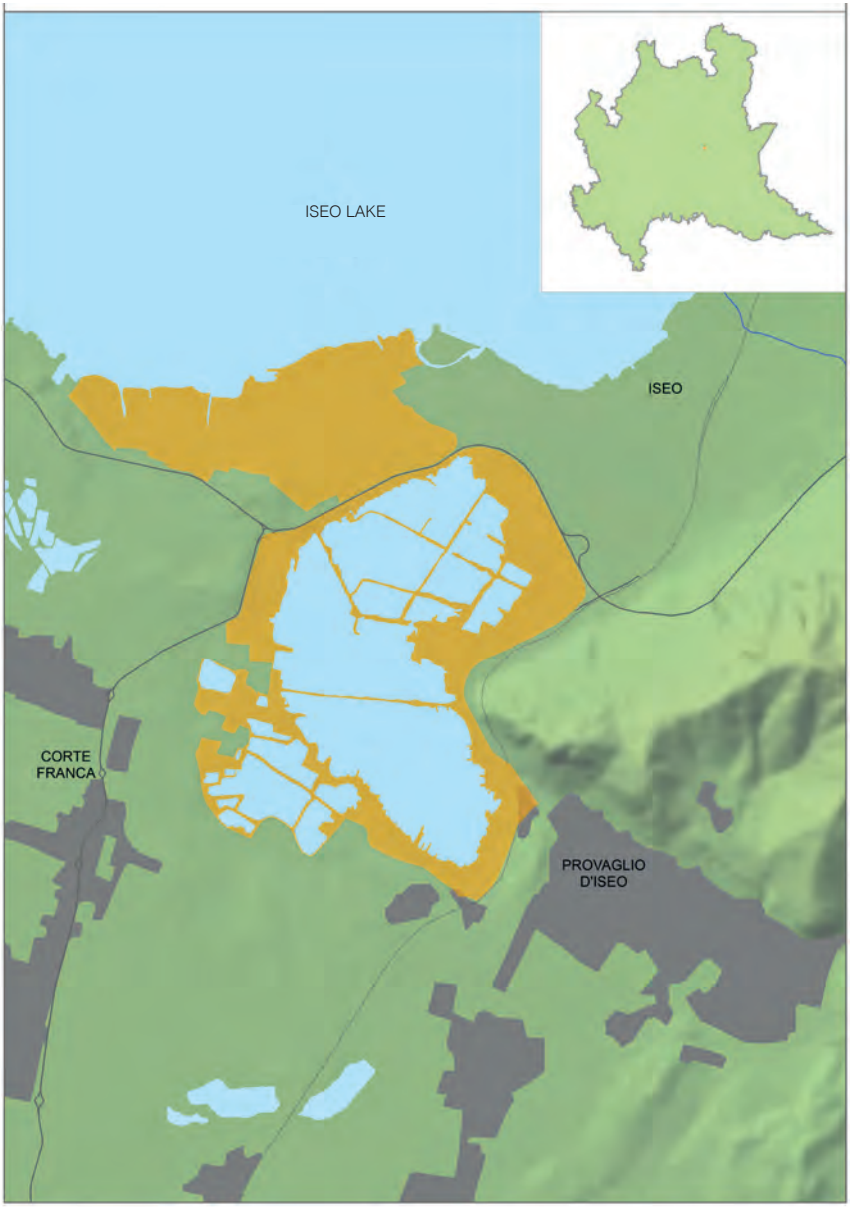
From Trivio Fuentes to the Mouth of the Adda River Path

Address: from the State Road SS 36 near the bridge over the Adda River (district of Gera Lario)
Website: www.piandispagna.it
Email: info@piandispagna.it
Telephone: 0344.84251
This is a nature path leading to the mouth of the Adda River where it flows into Lake Como. It can be explored on foot or by bicycle to admire the beaches and reed beds.





Riserva Naturale
Torbiere del Sebino



RISERVA NATURALE **TORBIERE DEL SEBINO**

A delicate balance between history and nature.



PARK TYPE
Regional Nature Reserve

MANAGING BODY
Riserva Naturale Torbiere del Sebino Authority

TELEPHONE
030 9823141 - 3385730257

EMAIL
info@torbiere.it

WEBSITE
www.torbieresebino.it

PROVINCES INVOLVED
Brescia

PARK CENTRES AND/OR PARK ENTRANCE
Address: Iseo entrance: Visitor Centre - Via Tangenziale Sud 1, Iseo (BS); Provaglio d'Iseo entrance: San Pietro in Lamosa Monastery; Corte Franca entrance: Via Segaboli

GENERAL INFORMATION

The Riserva Naturale Torbiere del Sebino is located south of Lake Iseo and is a wetland formed after the retreat of the Val Camonica glacier. Established by the Regione Lombardia in 1984, it is part of the European Natura 2000 network, which protects rare habitats and species. Among its characteristic features are the “briglie”, narrow strips of land once used for peat extraction. Today, they provide shelter and nesting places for numerous birds that stop here during migration. Some of the “briglie” have been transformed into paths that can be walked along and visited by the public, allowing them to get a closer look at this unique place.

NATURAL ENVIRONMENT

The Reserve is home to a surprising variety of environments: woods, meadows, reed beds and pools of water arranged in basins. The basins were created between the mid-19th and mid-20th centuries to extract peat, which was used as combustible fuel. Today, that ancient excavation area has become an oasis of biodiversity covering approximately 360 hectares. The Reserve is divided into three areas: the “Lame” (blades), with ponds and walkways among the reed beds; the “Lametta” (small blade), which borders Lake Iseo and is dedicated to scientific research; and the “Buche” (holes), large ponds dug in the 1970s for clay extraction.





HISTORICAL AND CULTURAL HERITAGE

The Reserve provides insight into the history of human labour and the regenerative power of nature. Until the mid-20th century, the Torbiere was an industrial area where peat was extracted, a valuable resource for local communities. The industry, which began in the second half of the 19th century, used the “wet” method: workers, equipped with a sharp tool about 90 cm long attached to a long handle, extracted large blocks of peat, which were then cut into smaller pieces and transported to drying areas. The teams, made up of four or five men, carried out the hard work that sustained the economy and life of the area.



A LARGE INTERNATIONAL AIRPORT OF NATURE

Today, the area once dedicated to peat extraction, has become an oasis for migratory birds. The Reserve is a sort of “island” compared to the surrounding territory, as it provides shelter, rest and food to over two hundred species that change with each season. The annual cycle of arrivals and departures of birds establishes a natural calendar: between August and November thousands of birds pass through, such as ospreys, in December-January the wintering species arrive, from February to May the spring migration northwards can be observed, and between March and July during the nesting period the reed beds become natural nurseries.



FACILITIES

Visitator Centre

Address: Via Tangenziale Sud, 1 Iseo
Website: www.torbieresebino.it
Email: info@torbiere.it
Telephone: 030 9823141/ 3385730257
The Visitor Centre is the ideal starting point for exploring the reserve. It welcomes visitors in a unique natural setting. It hosts initiatives, events and workshops for children.

Birdwatching Tower

Address: Accessible from the North Path
Website: www.torbieresebino.it
Email: info@torbiere.it
Telephone: 030 9823141
The observation tower is accessible from the North Path and offers a panoramic view of the reserve from a prime position.



Path Network

Address: accessible from one of the three official entrances to the Reserve - Iseo, Corte Franca and Provaglio d'Iseo
Website: www.torbieresebino.it
Email: info@torbiere.it
Telephone: 030 9823141
The Riserva Naturale Torbiere del Sebino offers visitors the chance to choose between three circular paths of varying lengths, allowing them to discover the extraordinary biodiversity of this unique environment.



Regione Lombardia

www.regione.lombardia.it

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