



## ***The best Trekking Paths to be done in Italy***

*Trekking allows to do exercise but also to be able to enjoy amazing landscapes, to savor the typical atmospheres of the itinerary that you are doing, to do maybe some stops to discover the typical food & beverage culture of the territory.*



### **Viel del Pan Path, Trentino Alto Adige - Veneto**

This path allows to enjoy an incredible view of Marmolada, one of the most famous mountains of Dolomites. The path starts in Canazei and the overall excursion last almost 3 hours only one way, with 430 meters of descent and 120 meters of climb, and the highest point is 240 meters high.

### **Greenway del Lario, Lombardia**

Among the several paths surrounded Como Lake there is Greenway, which is 10.5 km long, it is a well marked path between Colonno and Cadenabbia, on the west coast of the Lake, in front of Bellagio and at south with respect to Menaggio. It is wonderful also the walk between Lenno and Tremezzo, which lasts almost one hour and a half.



### **From Camogli to Portofino - Liguria**

The area included between Camogli and Portofino is amazing: you can choose between the short and the long path, based on your preparation. From Camogli to Portofino the path for one way is of 4 hours.

### **Parco Nazionale del Gran Paradiso, Piemonte – Valle D'Aosta**

Parco Nazionale del Gran Paradiso is a real Italian jewel which attracts mountain and wildlife lovers from all around the world. At the Park there are several paths, which are available both for adults and kids as well: from simple walks to do together with kids but also longer ones which last several days.





### Valcamonica - Lombardia

Valcamonica is a valley of the Lombard Alps, bounded on the south by lake d'iseo and cut by the river Oglio until Ponte di Legno. The Valcamocia is the home of one of the richest collection in the world of prehistoric petrogluphs: along he paths it is possible to admire 140.000 operas which covers 8000 years of history.

### Il Sentiero degli Dei - Campania

So called for the incredible view of the sea, The Gods Path lasts two hours and a half and starts in Bomerano to finish in Positano. It is highly suggested to deal with this path during morning hours, when the sun is at the back of the shoulders, or at the end of the day.



### Via Francigena, Toscana - Lazio

Via Francigena is a part of the path which starts in Canterbury to reach Rome, used also in the XI Century. The path crosses several towns, from the Roma fortress of Aosta to Ivrea, well known for its Carnival and Vercelli for its rice. The street which crosses the central regions goes through San Gimignano and its towers, as well as through Siena.

### Anello del Rinascimento - Tuscany

It is a path of, overall, 170 kms in length that you can do in sections, an itinerary that has its ideal center in Brunelleschi's opera, the Dome of Florence Cathedral. This path touches monasteries, castles, ancient churches and enters also in the heart of Florence, of Fiesole and other towns of the province. It is the best choice for the lovers of history and art.



## Selvaromana Valley, Abruzzo

The path is amazing and, at the same time, challenging but the view of the wide woods, the huge valleys, canyon and so much green will repay you for all the efforts. You start from Pennapedimonte, located near Avella Valley and you continue along Selvaromana, enjoying amazing landscapes.



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