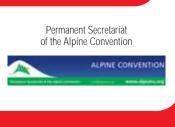
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For historical, geographical and environmental reasons, the Alps are a territory of particular importance, located in the heart of Europe. They have always been at the crossroad of cultures. Today they are the living space for about 14 million people, but also the destination for more than 100 million tourists every year. Global challenges impact on the Alps more strongly than in many other European regions.

Many are the challenges we have to face together: how to manage water and forests for our common interest, how to stop the depopulation of some valleys, how to promote alpine culture, safeguard biodiversity, act together to mitigate the effects of climate change, support the development of a territory that can exalt its specificities.

In order to find coordinated solutions to common problems and to better exploit common opportunities, the **Alpine Convention**, an international Treaty between eight States and the European Community, was sig-

For the fouth year **SuperAlp!** crosses the Alps linking different territories, issues and cultures aiming at improving the knowledge of the Alpine Convention, a Treaty that recognizes the Alps as a whole and unique territory.

Crossing the Alps by using sustainable means of transport (bike, train, bus, without forgetting the most eco-friendly and natural way, walking) the **2010 edition** lets participants discover **the culture of gastronomy** in the Alps at several level and intends to make this crossing an occasion to communicate the **Alpine Convention and its Protocols** as tools for the sustainable development of the Alpine region, easily transferable also to other mountain regions of the world.

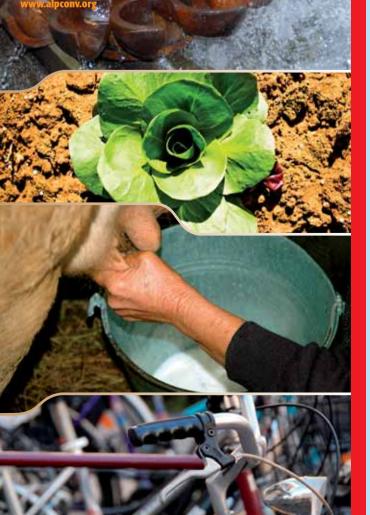












MONACO/MC > PEILLON/F

be organized in collaboration with the Region PACA.

Trekking starts from Monaco

Arrival in Peillon and accommodation

representatives and associations

Dinner with local and regional products



From the Palais square of Monaco, where the 2010 edition of SuperAlp! starts, the first stage

of the Via Alpina Red Trail crosses the Principality of Monaco and leads us to the hamlet of

Peillon, peculiar for its Mediterranean hinterland. Here, after a short break for freshen up, a

meeting on transport and ecomobility with local elected representatives and associations will

Walking time 3h15 / Distance 11.2km / $\nearrow 570 m$ / $\searrow 233 m$

Meeting on transport and ecomobility with local elected















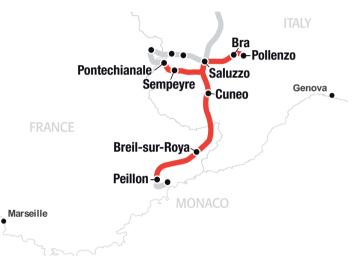
PEILLON/F > PONTECHIANALE/I

Early in the morning, the "Train des Merveilles" takes us from France to Italy, crossing the Col di Tenda and then reaching Cuneo.

Location	Means of transport	Departure	Arrival
Peillon-Ste-Thècle > Breil-sur-Roya	TRAIN	07:46	08:28
Breil-sur-Roya > Cuneo	TRAIN	08:42	10:11

From Cuneo transfer by bus to Pollenzo and Bra, where a meeting with Slow Food representatives and local producers will take place and we will have the possibility to taste their local products in the "taste laboratory" of the University of Gastronomic Sciences. In the evening, return to Cuneo by bus and transfer to Pontechianale (Varaita Valley).

Cuneo > Saluzzo	BUS	17:05	18:00
Saluzzo > Sempeyre	BUS	18:15	19:15
Sempeyre > Pontechianale	MINIBUS	19:15	19:40

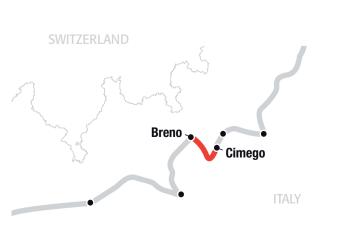


BRENO/I > ADAMELLO > CIMEGO/I

The sixth day offers a hike in the Adamello-Presanella group, which gives us the chance to discover First World War's traces, but also geology and glaciology, local culture, traditions, flora and fauna and, last but not the least, breathtaking sceneries. In the afternoon transfer to Trentino through the Passo di Croce Domini.

Bus transfer to Valle del Chiese reaching Cimego and accommodation 17:00 - 18:30 Meeting with local authorities and presentation of the territory and the agricultural activities. Visit of the Marascalchi house (traditional house).

Meeting with producers and presentation of regional products - tasting and



(2.460 m)

The third and the fourth day are dedicated to a trekking along the Via Alpina. The path starts from Pontechianale and along Lake Castello enters the long Vallanta valley; it then continues to the Vallanta pass (2.811 m) at the border with France along a detritus-covered trail -situ-



CIMEGO/I > INNSBRUCK/A

> BERCHTESGADEN/D

agriculture, mountain and preservation of nature.

Innsbruck: visit of the Permanent Secretariat of the Alpine Convention

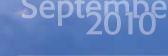
Visit of flood control measures

tasting of regional products

Innsbruck

Cimego > Tione di Trento

Trento > Innsbruck





Transfer from Italy to Germany with a stop in Innsbruck (Austria), seat of the Permanent

Secretariat of the Alpine Convention. From there, transfer to Salzburg with the Alpine Con-

vention's train and then to Berchtesgaden. Tasting of the local products and a meeting with

Meeting with local authorities and representatives of the National Park

Berchtesgaden

local experts and authorities on themes such as National Park, water management, tourism,





07.46 08.49

10:04 12.32

BERCHTESGADEN/D > LUNZ AM SEE/A

PONTECHIANALE/I > REFUGE DU VISO/F

ated below an imposing rock face and takes us to the Viso hut (Refuge du Viso).

Walking time 5h25 / Distance 15.3km / \nearrow 1220 m / \searrow 503 m

From Berchtesgaden - seat of the National Park Berchtesgaden established in 1978 - to Lunz am See (lower Austria) by train, following the Ybbs river on the main branch of the historical Ybbstalbahn railway

Location	Means of transport	Departure	Arrival
Berchtesgaden > Freilassing	TRAIN	09:20	10:12
Freilassing > Salzburg Hbf	TRAIN	10:34	10:42
Salzburg Hbf > Amstetten	TRAIN	11.10	13.03
Amstetten > Waidhofen a. d. Ybbs	TRAIN	13.59	14.27
Waidhofen a. d. Ybbs > Gstadt b. Weidhofen	TRAIN	14:32	14:44
Gstadt b. Weidhofen > Lunz am See	BUS	14:48	15:48

Meeting with local authorities. Presentation of the region (with special regard to soft mobility issues), of the Alps-Carpathians corridor and of the Alpine

Buffet

Berchtesgaden • Waidhofen Lunz am See

Ostana > Paesana

Paesana > Saluzzo

Saluzzo > Torino

16:00

20:30

17:00 - 18.30

19:00 - 20:00

REFUGE DU VISO/F (2.460 m) >

ously down to Pian del Re and the source of the river Po.

Walking time 3h10 / Distance 7.9km / \nearrow 487 m / \searrow 927 m

port to Turin and visit of the Mountain Museum of the Italian Alpine Club.



PIAN DEL RE/I > OSTANA/I > TORINO/I

Leaving from the Viso hut, the Via Alpina takes the Tour du Mont Viso trail in order to reach the

Traversette pass and its old "Pertuis du Viso", the oldest transalpine tunnel. Once at the Italian

side of the border, the trail offers magnificent views of Monte Viso, from where it winds tortu-

In Ostana short break to freshen up. From here, in the early afternoon, transfer by public trans-

Arrival to Turin and accommodation

with local authorities and presentation

Aperitif / tasting of regional products

Meeting in the Cisterna Palais (seat of the Province of Turin)

of policies on the promotion of mountain territories

Visit of the Mountain Museum







13:15 13:30

13:45 14:20

14:35 15:55







TORINO/I > BRENO/I

A quite long transfer by train takes the group to Val Camonica, one of the largest valleys of the central Alps, also famous for its rock drawings, first World Heritage recognized by Unesco

Location	Means of transport	Departure	Arrival
Torino P Nuova > Milano Centrale	TRAIN	08.50	10.45
Milano Centrale > Brescia	TRAIN	11.35	12.21
Brescia > Breno-Capo di Ponte	TRAIN	13.07	14.42

Meeting with local authorities 15:30 - 18:30 Visit of the Naguane and Capo di Ponte Parks and of the Via Crucis of Cerveno

20:30





LUNZ AM SEE/A > MARIBOR/SLO

A bike ride takes us to Styria. From here a few bus and train changes take us to Maribor in Slovenia, which holds the Presidency of the Alpine Convention until 2011.

Location	Means of transport	Departure	Arrival
Lunz am See > Palfau	BIKE (27 km)	08:00	12:00
Palfau Zur Wacht > Großreifling Bahnhst	BUS	14:31	14:45
Großreifling Bahnhst > Admont	BUS	14:59	15:46
Admont > Liezen	BUS	15:48	16:19
Liezen > Graz	TRAIN	16:33	18:22
Croz Maribar	TDAIN	10.20	10.20

Farewell dinner with local authorities in a traditional farm





The SuperAlp!



4th MONACO/MC > PEILLON/F

5th PEILLON/F > PONTECHIANALE/I

6th PONTECHIANALE/I > REFUGE DU VISO/F (2.460 m)

7th REFUGE DU VISO/F (2.460 m) > PIAN DEL RE/I > OSTANA/I > TORINO/I

8th TORINO/I > BRENO/I

9th BRENO/I > ADAMELLO > CIMEGO/I

10th CIMEGO/I > INNSBRUCK/A > BERCHTESGADEN/D

11th BERCHTESGADEN/D > LUNZ AM SEE/A 12th LUNZ AM SEE/A > MARIBOR/SLO

