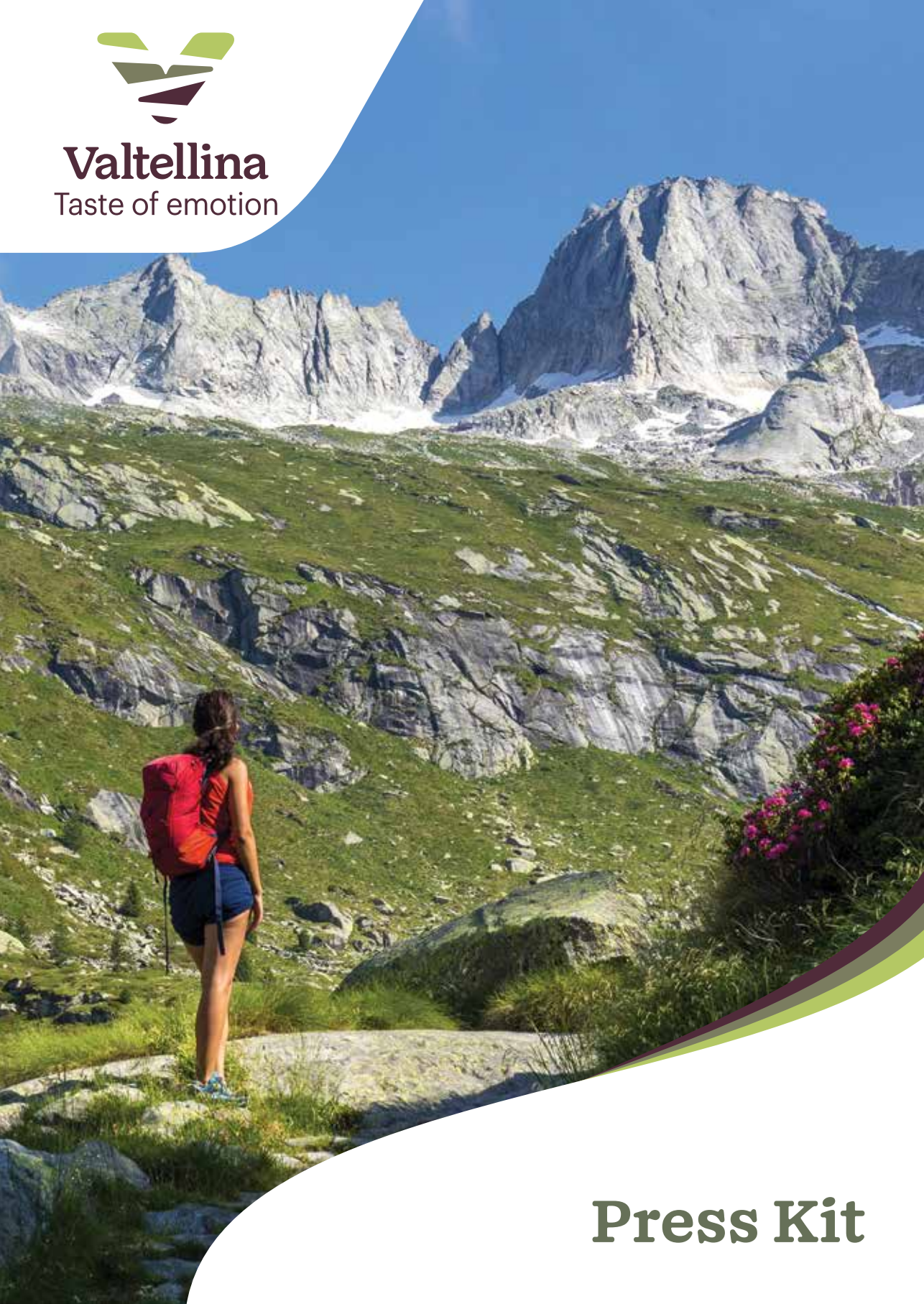
Valtellina
Taste of emotion



Press Kit

Valtellina

Taste of emotion

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Preface

Valtellina is more than just the place I come from. It's where I grew up, became who I am, and started my journey as an athlete. This valley and its mountains taught me some of my earliest lessons about hard work, sacrifice and freedom. I began my dream in Valmalenco, and spent a large part of my career developing on the ice in Bormio. But more importantly, it was here I learned a lesson that has stayed with me throughout: success never arrives overnight. It is built step by step, day after day.

There is something about Valtellina that gets under your skin – you can feel it as soon as you enter the valley. Maybe it's the mountain light, the fresh air or the pace of life, but it has a way of making you slow down while giving you renewed energy. In the space of a day, you can go from snowy peaks to vineyards, take a walk through a historic village or share a memorable meal with people who make you feel welcome almost immediately. It's a place that feels genuine. A place where tradition, sport, wellbeing and hospitality come together naturally.

For me, Valtellina is also family. It's where my roots are, and where so many of my memories began. After months on the road – training and competing across the globe – it's where I come back when I need a reset. Some places stay with you long after you've left and this is one of them.

Seeing Valtellina take centre stage during Milano Cortina 2026 Winter Olympics made me incredibly proud, and seeing that journey continue with the Dolomiti Valtellina 2028 Winter Youth Olympic Games is even more exciting. What matters most is the opportunity it creates for the next generation: a chance to discover sport, find inspiration and dream a little bigger. At the same time, it gives the world an opportunity to discover everything that makes this region special, from its mountains and culture to the people who call it home.

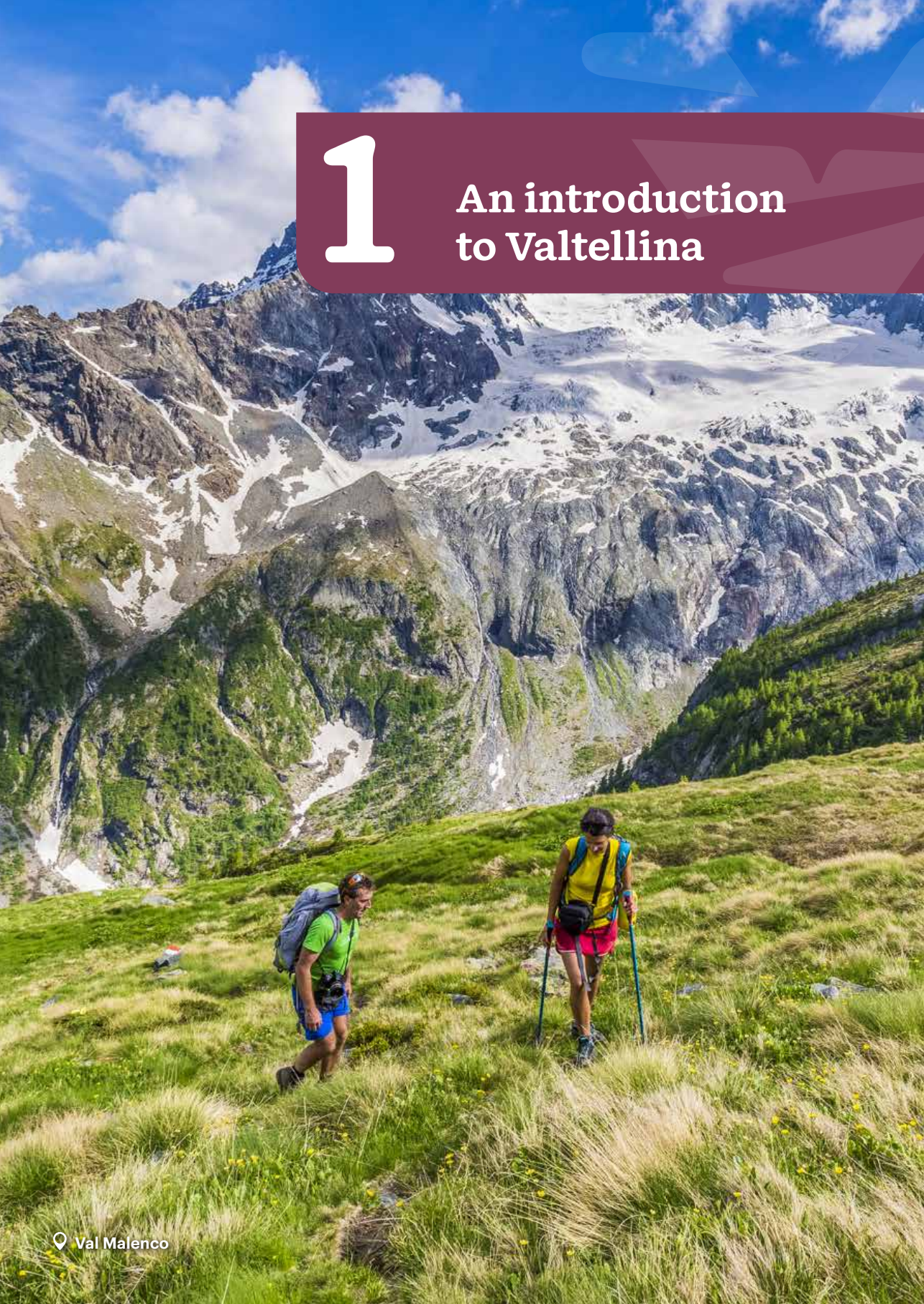
I hope these pages give you a glimpse of the connection I feel to this place. More than that, I hope they make you want to come and experience it for yourself. Because Valtellina isn't just somewhere you visit. It's somewhere you become part of, even if only for a few days.

Arianna Fontana
Valtellina Brand Ambassador



Few athletes have shaped their sport quite like Arianna Fontana. Born in Sondrio in 1990, she made her Olympic debut as a 15-year-old at Torino 2006 and went on to become Italy's most decorated Winter Olympian. Over the years, Fontana has won Olympic medals of every colour, earning a reputation as one of short track's fiercest competitors and most consistent performers, whatever the race format. Known for her speed, tactical awareness and ability to deliver when it matters most, she has remained at the top of the sport across multiple Olympic cycles. But Arianna's impact extends beyond the results – throughout her career, she has been a strong advocate for athlete wellbeing and for creating a more sustainable future for women in elite sport, helping to redefine what a long and successful sporting career can look like.

1 An introduction to Valtellina



Val Malenco

1.1 Getting here

By Car
From Milan in the south, the SS36 is the main route to Valtellina, taking you past Lecco and Colico before continuing towards Chiavenna. From Colico, the 38 dello Stelvio runs east through the entire valley all the way to Bormio and the Stelvio Pass.
Arriving from Switzerland in the north, there are several routes into the region: Reach Livigno and Alta Valtellina from the Lower Engadin (Zernez) or Upper Engadin (St. Moritz) over the Passo del Gallo and the Munt La Schera Tunnel; or take the Bernina Pass for a direct route to Tirano via Poschiavo.

Alpine Passes
From Valcamonica (Brescia):
Aprica Pass: Tirano – Edolo
Gavia Pass: Ponte di Legno – Bormio
From Switzerland:
Maloja Pass: Engadin – Chiavenna
Splügen Pass: Splügen – Chiavenna
Bernina Pass: Engadin – Tirano
Forcola Pass: Engadin – Livigno
Umbrail Pass: Val Müstair – Bormio
Seasonal Passes (primarily open during summer):
Gavia Pass: Ponte di Legno – Bormio
San Marco Pass: Bergamo – Morbegno
Stelvio Pass: Val Venosta (South Tyrol) – Bormio

By Train
Valtellina is served by the Milan–Tirano train line, operated by Trenord, which runs through the length of the valley with key stops including Colico, Morbegno, Sondrio and Tirano. The journey from Milan to Tirano takes around two and a half hours.
At Colico, there are connecting services from Chiavenna, while Tirano is also the southern terminus of the Bernina Express, the renowned railway linking Valtellina with St. Moritz.

Airports
The nearest airports are Milan Linate (approximately 140km away), Milan Malpensa (160–180km) and Bergamo Orio al Serio (120–140km).
For visitors arriving from Switzerland, Zurich Airport serves as the main international gateway, around 200–230km from the valley. Lugano-Agno Airport is closer (approximately 100–120km away), although flight connections are more limited.


Livigno
Valdidentro
Bormio
Valfurva
Valdisotto
S. Caterina Valfurva
Sondalo
Grosio
Tirano
Teglio
Aprica
Svizzera
Madesimo
Chiavenna
Valchiavenna
Chiesa in Valmalenco
Valmalenco
Valmasino
Morbegno
Sondrio
Valgerola
Val Tartano
Lago di Como


LOMBARDIA

1.2 Geography & regional overview

Valtellina, the historic and cultural name for the Province of Sondrio, includes the Adda Valley, Valchiavenna (the Liro-Mera Valley) and the Livigno basin (the Spöl Valley). Stretching **from Valchiavenna in the west to Alta Valtellina** in the east, it sits in the heart of Lombardy's Central Alps and is home to some of northern Italy's most striking mountain landscapes.

Lined by the Rhaetian Alps to the north and the Orobie Alps to the south, the region combines high peaks, alpine valleys and a remarkable richness of flora and fauna, shaped by centuries of interaction between people and the mountains.

The River Adda runs right through the centre of the valley, fed by a network of **alpine lakes, streams and waterfalls**. Alongside these natural features are extensive agricultural areas, including **the terraced vineyards** that have become one of Valtellina's defining landscapes. Built over centuries, they reflect a long-standing relationship between local communities and the mountains that surround them.

Despite its alpine setting, Valtellina is well connected. A network of **roads and mountain passes** links the region with both Italy and Switzerland, while the Milan–Tirano **train line** and the **Bernina Railway** connecting Tirano with St. Moritz remain key transport routes for residents and visitors alike.

From a tourism perspective, the region is organised into several distinct areas, each represented by its own local tourism consortium. In the west, north of Lake Como, Valchiavenna is home to the historic town of **Chiavenna**, recognised as both a Cittaslow destination and holder of the Touring Club Italiano's Orange Flag award. Nearby **Madesimo** sits along the route to the Splügen Pass. Further east, Lower ("Bas-



Costiera dei Cech

sa") Valtellina includes **Morbegno**, located at the foot of the Bitto Valleys. Named Alpine Town of the Year in 2019, it serves as an important hub for the western side of the valley. Central ("Media") Valtellina centres around **Sondrio**, the provincial capital, and includes locations such as Chiesa in Valmalenco, Teglio (home of the famous pizzoccheri), Tirano, and **Aprica** on the Orobie side of the valley. Alta Valtellina, at the upper eastern end, includes Sondalo, Santa Caterina Valfurva and the Olympic destinations of **Livigno and Bormio**, all key centres for mountain tourism and outdoor sport.

Taken as a whole, Valtellina offers an **unusually varied alpine experience**. Within a relatively short distance, the landscape shifts from terraced vineyards and historic towns to high mountain passes, glaciers and some of the highest peaks in the Italian Alps. It's a region that changes with the seasons and rewards exploring at any time of year.

Visitor infrastructure

6,000+ accommodation providers

600+ restaurants

70+ mountain huts



The famous terraced vineyards

1.3 Strategic positioning

Valtellina is positioning itself in the Italian and international tourism market as an **all-year Alpine destination.** Culture, food, traditions and an outdoor lifestyle intersect here, shaped by a slow pace and a landscape that feels directly lived in, not staged for visitors.

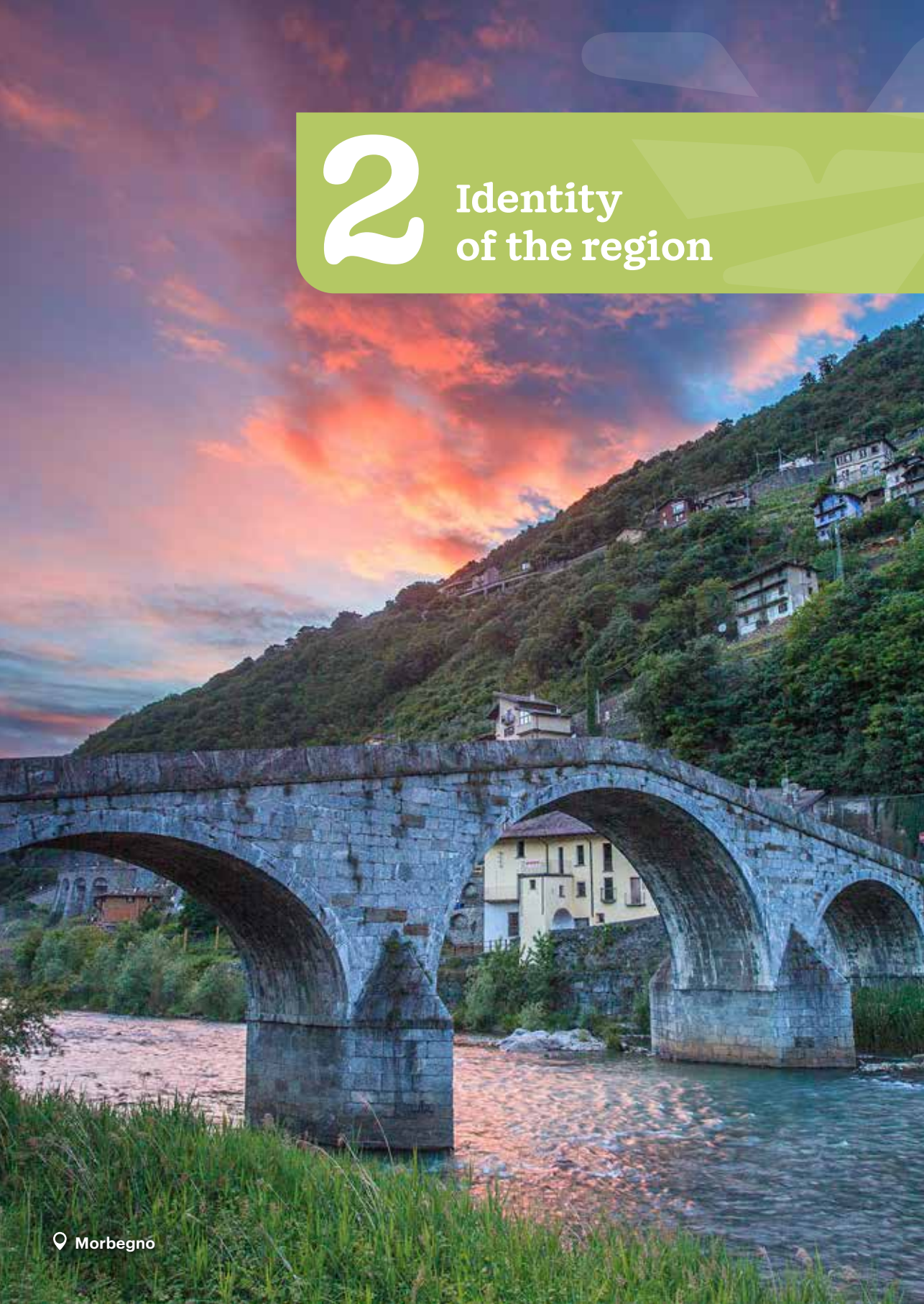
From this foundation, a more **dynamic, sport-focused identity** has developed. Building on a mountaineering tradition that dates back to the second half of the 19th century, Valtellina has become a strong outdoor destination, with an offer that spans hiking, cycling and winter sports, alongside year-round access to the natural landscape.

Within this trajectory, the **Milano Cortina 2026 Winter Olympic Games** have acted as a catalyst. They have brought investment, improved infrastructure, and expanded hospitality capacity across the valley. The result is a destination that is more equipped and more visible, while remaining firmly rooted in its Alpine setting.


Cino - Olympic trail


Sentiero Valtellina

2 Identity of the region



Morbegno

2.1 In the heart of nature: parks & biodiversity

Around 45 per cent of the Province of Sondrio is covered by parks and nature reserves, making Valtellina one of the largest protected mountain landscapes in the Italian Alps. Forests, alpine meadows, glaciers, wetlands and lakes run across the territory, following the valley from east to west.

Some of **Lombardy's highest and most recognisable peaks** frame the region. **Monte Disgrazia** (3,678m), Pizzo Badile (3,308m), **Pizzo Bernina** (4,049m), Pizzo Scalino (3,323m), Cima Piazzi (3,439m), **Gran Zebrù** (3,851m), Monte Cevedale (3,769m) and Pizzo Tre Signori (2,554m) span the Central Alps, the Orobie Alps and the Rhaetian Alps.

At the eastern edge of the province, the **Stelvio National Park** is one of the largest protected areas in the Alps. Established in 1935, it covers 130,700 hectares, almost half of which lie within Lombardy. Its landscapes range from conifer forests and alpine pastures to glaciers and high-altitude peaks. Red deer, chamois, ibex, marmots, foxes and roe deer are regularly found here, alongside golden eagles and bearded vultures.

On the Orobie Alps side of the valley, the **Valtellina Orobie Mountains Park** has an extraordinary concentration of biodiversity due to its topography with dramatic changes in altitude. Hiking routes such as the Giro dei Laghi in Valgerola offer access to this environment, where sightings of ibex and other alpine wildlife are common.

Near Postalesio, natural forces have shaped one of the valley's most unusual landscapes. **The Piramidi di Postalesio**, formed by water



Valle di Postalesio

and erosion over thousands of years, rise from the floor in a series of distinctive, rocky pillars.

In lower Valtellina, Val Masino and **Val di Mello** catch your eye for other reasons. Val di Mello, the largest nature reserve in Lombardy, is known for its granite walls, woodland and clear streams. Landmarks such as the Qualido pool and the Bidet della Contessa are among its best-known natural features, while nearby Bagni di Masino is a historic thermal site fed by mineral springs.

The **Pian di Spagna and Lago di Mezzola Nature Reserve** is characterised by canals, reed beds and wetlands that support a rich bird population. The area is an important nesting site and a key stop on migratory routes. Lake Mezzola can be reached from both the north and south, including via the bike path, and explored by canoe. From the water, it is possible to reach quieter corners of the reserve, including the Tempietto di San Fedelino, one of Lombardy's oldest Romanesque buildings. Further on, small waterfalls flow into inlets accessible only from the lake.

Val Lesina is the first valley on **the Orobie Alps** side when entering Valtellina from the Lake Como end. Dominated by Monte Legnone (2,609m), it remains one of the more secluded parts of the territory. Alongside its unspoilt nature, it preserves traces of the First World War, including sections of the Cadorna Line and well-preserved military mule tracks.

Further north, Valchiavenna is marked by steeper slopes and dramatic rock formations. The **Acquafraggia Waterfalls**, admired by Leonardo da Vinci and mentioned in the Codex Atlanticus, are among the area's best-known natural landmarks. Nearby, the Parco delle


Lago di Mezzola

Marmitte dei Giganti shows how glaciers shaped the landscape, with accessible walking trails running throughout the site.

Water runs through the entire territory. With 110 alpine lakes and more than **1,900 kilometres of waterways**, Valtellina is one of Italy's most important mountain water systems. Rivers such as the Adda and the Mera continue to shape the landscape, feeding a network of lakes, streams and waterfalls.



Among the most accessible scenic destinations are the Torena Lakes, Lake Scalis, Lake d'Emet and the waterfalls of Val Febbraro. In Alta Valtellina, the Bei Laghetti di Bormio – often referred to as the "Maldives at 3,000 metres" – and Lake Vago with the Val Nera waterfall round out a landscape defined by water, rock and biodiversity.

More Information



Val Rezzalo

2.2 History, culture, architecture & craft heritage

People have been moving through Valtellina for thousands of years. Its position along some of the Alps' most important passes made the valley a **natural route between Central Europe and the Mediterranean**, shaping its history through centuries of movement, trade and cultural exchange.

Today, that history can still be read across the valley's 77 municipalities. Villages, churches, palaces and rural landscapes reveal a long relationship between people and place, while **local traditions**, legends and customs continue to preserve memories of Valtellina's agricultural and mountain communities.

Early memories

Valtellina has long acted as a corridor between the Po Valley and the regions beyond the Alps. Over time, Celtic, Ligurian and Etruscan groups passed through the valley, leaving traces that still help piece together its layered history. Glaciation and the broader formation of the Alps have also played their part, exposing and preserving evidence that makes this one of the more significant stretches of the Alpine arc for understanding both natural and human history.


Triassic Park

Stone tools, rock carvings and archaeological finds point to a presence that goes back to prehistoric times. Near the Cancano Lakes in Valdidentro, a discovery made in 2025 within the confines of the Stelvio National Park identified what is now known as the **Triassic Park** – the largest site of its kind in the Alps and among the richest in the world for fossilised dinosaur footprints. Around 210 million years old, **the tracks of herbivorous dinosaurs** stretch for kilometres across what were once tidal flats of the ancient Tethys Ocean. Today, tectonic uplift has turned these surfaces almost vertical, creating one of the most important palaeontological sites in the region.

Elsewhere in **Alta Valtellina**, some of Europe's highest-altitude rock carvings have been found at the foot of Pizzo Tresero. Dating to between 3,600 and 3,200 years ago, they were engraved on glacially shaped rock surfaces and are linked to ritual practices, symbolic expression or territorial marking.

Archaeological discoveries across the valley confirm that Valtellina, particularly in the central and lower part, was already inhabited during the early Metal Ages. The Rock Engraving Park of Grosio and Grosotto is a key site



for this period, with some carvings dating back around 5,000 years to the end of the Copper Age. It centres around the **Rupe Magna**, the largest engraved rock surface in the Alps. Shaped by glaciers and covered with more than 5,000 petroglyphs, it includes cup marks, human figures, animals and geometric signs – a dense record of prehistoric life and belief systems.

Bronze Age finds across Valtellina, together with sites in Valchiavenna such as Piuro – known as the "**Pompeii of the Alps**" after the landslide that destroyed it in 1618 – add further depth to the picture, helping reconstruct life in settlements that were lost but remain traceable through archaeology.

More Information



Castello Visconti Venosta

Castles, towers & control over the valley

Thanks to its strategic position and fertile landscape, Valtellina was a territory worth controlling for centuries. **Castles, towers and fortifications** were built along key routes through the valley, forming an extensive defensive network that can still be traced today, even though parts of it were dismantled under Grisons rule in the seventeenth century.

Around Sondrio, **Castel Masegra** reflects this changing history. Originally built as a medieval fortress, it evolved over time into a residence, military outpost and storage facility before becoming the museum it is today.

Nearby in Montagna in Valtellina, you'll find **Castel Grumello**, an Italian Environmental Fund (FAI) property with panoramic views over the valley from its clifftop position. Out of its standout attributes, it's a rare surviving example of a 'twin' castle, whereby two mirror-image buildings are united by one section of wall.

Further west, near Morbegno and the Costiera dei Cech, the remains of the twelfth-century **Castello di Domofole** still overlook the valley. A surviving tower marks the site, while local legend links it to the imprisonment of a daughter of Queen Theodelinda.

Elsewhere, castles were part of the wider system of local power, linked to noble families who controlled key stretches of the valley. **Castles such as Pedenale and Bellaguarda** are set into the landscape, reflecting a defensive logic tied to both settlement and territory.

Near Grosio, two castles sit above the Rupe Magna, bringing the valley's medieval history into direct dialogue with its prehistoric past. The older **Castello di San Faustino**, dating from the tenth and eleventh centuries, was built above two early medieval rock-cut tombs and functioned as a fortified settlement for a local lord and his community. The later **Visconti Castle**, from the fourteenth century, shows stronger military organisation, with double defensive walls and a reinforced inner keep, reflecting Milanese control of the area.

Alongside the castles, a network of towers monitored movement through the valley's key routes. These include the **Torre di Segname** in Valchiavenna, used as a signalling point between the ninth and tenth centuries, the **Torre de li Beli Miri** in Teglio, and the Fraele Towers in Valdidentro, positioned to oversee the routes towards the Engadin. Together, they formed a coordinated system of territorial control.

Today, routes such as the **Circuito dei Castelli** and those between Sondrio and Tirano allow this fortified landscape to be explored in sequence, moving through **villages, vineyards and terraced slopes** that still reflect how closely settlement patterns were shaped by defence and control.



Castello Bellaguarda

More Information

Noble residences & historic palazzi

Between the sixteenth and eighteenth centuries, Valtellina was more than just a strategic route through the Alps. Under Grisons rule, it also became a place of residence and influence, where noble families and administrators built villas, palazzi and country houses across the valley. Together, they form an architectural legacy that speaks of status, culture and a long-standing connection to the landscape.

In Morbegno, **Palazzo Malacrida** dominates the historic Contrada Scimicà neighbourhood and is the main example of Rococo architecture in Valtellina. It is often called "the most beautiful Venetian palace outside Venice". Behind a simple façade are decorated interiors, including a frescoed hall by Giuseppe Coduri. The terraced garden connects the building directly to the slope behind it. Nearby, the **Ponte di Ganda** is an eighteenth-century stone bridge over the River Adda. It functioned as a key crossing point and formed part of the main routes linking Morbegno with the rest of the valley.

In Sondrio, the palazzi around Piazza Quadrivio, especially Palazzo Sertoli, date to the seventeenth and eighteenth centuries and reflect the city's growth through courtyards, gardens and decorated rooms.

Further east, Palazzo Besta in Teglio is one of **the clearest examples of Renaissance civil architecture in the Alps**. It is now a state museum, arranged around a courtyard with loggias. Inside are fresco cycles based on the Aeneid and classical themes, along with the Antiquarium Tellinum and wood-panelled rooms. In Tirano, Palazzo



Palazzo Vertemate Franchi

Salis shows the valley's administrative past. Its **Baroque rooms** and formal garden sit in the historic centre, among other noble houses that define the town's layout. In Alta Valtellina, Palazzo De Simoni in Bormio was built between the seventeenth and eighteenth centuries on earlier structures. It includes a **medieval tower** and now houses the Civic Museum, with interiors and collections linked to local history. In Grosio, Villa Visconti Venosta preserves the history of the Visconti Venosta family, including Emi-

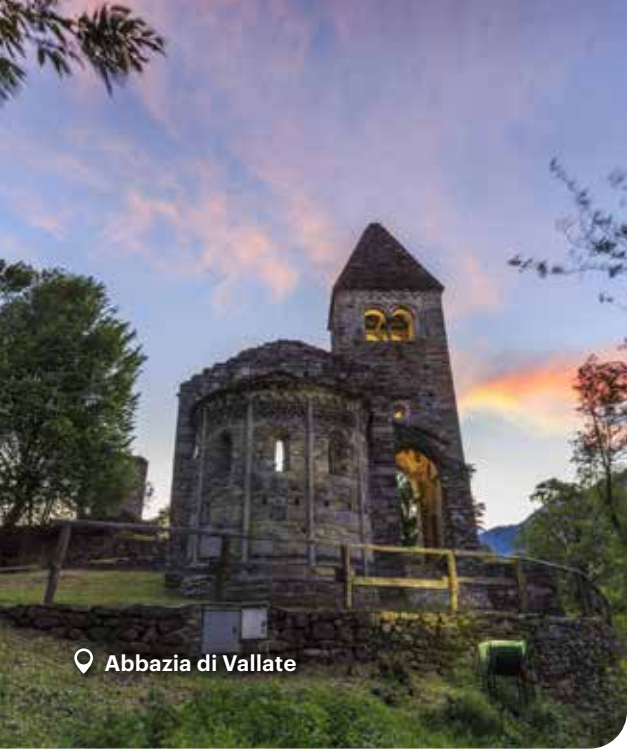

Palazzo Salis

lio Visconti Venosta, a figure of **the Italian Risorgimento.** In Valchiavenna, Palazzo Vertemate Franchi shows the connection between house and land, surrounded by vineyards, orchards and chestnut groves, with both decorated rooms and agricultural buildings.

Taken together, these residences show how Valtellina shifted from a corridor of movement and defence to a landscape of settlement and administration.


Villa Visconti Venosta

More Information


Abbazia di Vallate

Spirituality

Alongside its military and political history, Valtellina has also developed a strong spiritual tradition. More than **500 churches, sanctuaries and alpine chapels** are spread across the valley, many connected by **historic pilgrimage routes**.

One of the oldest is the Church of Santa Perpetua, built in the eleventh century on a rocky outcrop above Tirano. Its position recalls the valley's long-standing role as a route for travellers and merchants, and it once stood near facilities that offered shelter to pilgrims and wayfarers, particularly the nearby Xenodochio, a medieval guesthouse. Below it sits the Sanctuary of the Madonna di Tirano, one of the valley's most important religious sites and a notable example of Lombard Renaissance architecture. It has attracted pilgrims from across the region for more than five centuries and marks the end point of **the Marian Way of the Alps** hiking route.

Elsewhere, religious buildings remain closely tied to the surrounding landscape. In Sondrio, the Sanctuary of the Sassella and the Santa Casa di Tresivio stand among the terraced vineyards, while the Collegiate Church of Saints Gervasio and Protasio houses an important collection of religious art in the historic centre.

In Valchiavenna, architecture and nature also sit side by side. The Tempietto di San Fedelino stands on the shores of Lake Mezzola, while the Sanctuary of Gallivaggio, also known as the Sanctuary of Our Lady of Mercy, is one of the valley's main pilgrimage sites. Located at around 800 metres above sea level along the road to the Splügen Pass, it stands on the site where, according to tradition, the Virgin Mary ap-


Santuario Della Sassella

peared to two young chestnut gatherers on 10 October 1492. Nearby, the Abbey of San Pietro in Vallate sits among the woods in a quiet setting.

The religious landscape continues across the valley's towns and villages. In Morbegno, the Church of San Giovanni Battista has been a local landmark for more than two centuries, while the Sanctuary of the Madonna Assunta is linked to a fresco of the Madonna and Child believed to be miraculous.

In Valmalenco, important pilgrimage destinations include the Sanctuary of the Beata Vergine delle Grazie in Primolo and the Sanctuary of the Madonna degli Alpini. In Bormio, the Collegiate Church of Saints Gervasio and Protasio remains a focal point of local religious life, while the Romanesque Church of San Vitale is known for its medieval frescoes and restrained architecture.

The valley's religious history is also associated with figures such as Nicolò Rusca, Don Luigi Guanella and Sister Maria Laura Mainetti, whose lives are commemorated through dedicated routes and places of remembrance. Together, these churches, sanctuaries and chapels form an important part of Valtellina's cultural landscape.


Berbenno

More Information



The First World War at high altitude

The mountain passes linking Valtellina with neighbouring Alpine regions played a major strategic role during the **First World War**. The highest areas of the valley were turned into a network of military positions, defensive lines and supply routes. Today, several trails track this history. Around the Stelvio Pass, remains of positions can still be seen between Monte Scorluzzo and Filon del Mot. Similar evidence survives around the Gavia Pass and in Valle dei Forni, where **trenches and former military sites** are still visible. In Valchiavenna, the Mine Gallery at Verceia shows the importance of controlling access routes towards the north.

One of the main sites is Forte Venini, also known as Forte di Oga, in Valdisotto. Built between 1909 and 1912 at 1,750 metres above sea level, it controlled much of Alta Valtellina, including Bormio, Valfurva, Valdidentro and the Stelvio Pass. It is now one of the valley's main First World War sites.

More Information

Craftsmanship & traditions

Valtellina's rural traditions are still alive in both food and craft. Skills passed down through generations continue to be used, often adapted by younger artisans. **Soapstone** is one of the clearest examples. Quarried around Chiavenna and Valmalenco for more than 400 years, this variety of **serpentine** is easy to shape and resistant to heat. It was traditionally used for lavecc cooking pots and piode stone slabs used in kitchens and on rooftops. **Local artisans** still work with it, producing both functional and decorative objects.

Textiles tell a different story. During long Alpine winters, women worked at **handlooms** using leftover fabrics and natural fibres to make household textiles. From this practice came pezzotti: woven rugs that have become one of the most recognisable **local crafts**. Once purely practical, they are now used as design objects while still rooted in everyday mountain life.

More Information



Pezzotti



Pietra Ollare

2.3 Food & wine: the flavours of the mountains

Valtellina's food is shaped by its landscape, from the pastures and mountain farms to **vineyards** and orchards. Ingredients are simple, local and closely tied to the seasons.
Many of the valley's best-known dishes started as everyday mountain food. Today they are part of the wider regional identity, but they still carry the same logic: practical cooking shaped by place.

Valtellina's PDO & PGI products

Valtellina produces a range of protected food products tied to its landscape and production methods.

Bresaola della Valtellina IGP is the best known – and most loved. This low-fat, high-protein meat is made from salted, air-dried beef. The valley's dry Alpine air and temperature variation support a slow curing process that defines its texture and flavour. Since 1996 it has been protected by the IGP designation and is produced only by certified producers in the province of Sondrio under strict rules.

Pizzoccheri is the valley's signature dish. It's a **pasta made with buckwheat flour**, cut into short ribbons, cooked with cabbage and potatoes, and served with melted alpine butter and local cheese. With written records dating back to 1750, this dish is now protected by a production specification overseen by the Accademia del Pizzocchero di Teglio and a local consortium. The key ingredient Buckwheat was once widely cultivated in the valley but declined from the nineteenth century onwards. Small-scale production (around 20 hectares) still exists today.

Like many mountain regions, Valtellina has a long dairy tradition. Its alpine pastures are



Prodotti tipici



Bitto


Pizzoccheri

home to several **PDO cheeses**, an EU-wide designation reserved for products whose characteristics are closely linked to the place where they are made. Bitto is a raw-milk cheese produced above 1,500 metres and only during the summer grazing season on the high alpine pastures. Its production methods are often traced back to **Celtic traditions**. Valtellina Casera, by contrast, is made from partially skimmed cow's milk and aged for at least 70 days in traditional caserе. Its origins date to around the sixteenth century, when milk from several farmers was processed collectively in local dairies. In both cases, the alpine grasses that feed the cattle play a central role in shaping the flavour of the cheese.

The same combination of terrain and climate supports the production of Valtellina Mele IGP. Grown between 200 and 900 metres above sea level, these **apples** benefit from permeable soils, good sun exposure, regular rainfall and significant day-to-night

More Information

temperature variation. Production remains relatively small-scale, with a strong focus on quality and environmental sustainability. Three varieties account for most production: Stark Delicious, known for its bright red colour and crisp texture; Golden Delicious, with a sweeter, more aromatic profile; and Gala, a particularly juicy summer apple harvested around mid-August. Alongside these varieties is the newer Mela Bernina, developed through a research and breeding programme created specifically for Valtellina.

Valtellina wines & wine trails

Wine has been part of life on the Rhaetian side of the valley since Roman times. Today, **Valtellina's vineyards stretch** across around 750 hectares of steep terraces supported by more than 2,500 kilometres of dry-stone walls, making it the largest terraced wine-growing area in Italy. The craft of dry-stone wall building was recognised by UNESCO in 2018 as part of the Intangible Cultural Heritage of Humanity.

The valley's best-known wines are made primarily from **Nebbiolo grapes**. Among the two DOCG denominations, **Sforzato di Valtellina**, or Sfursat, is produced from selected grapes left to dry over winter in specially ventilated lofts before vinification. Valtellina Superiore comes from vineyards between Berbenno di Valtellina and Tirano and may carry the name of one of five subzones: Maroggia, Sassella, Grumello, Inferno and Valgella.

Other denominations include Rosso di Valtellina DOC, typically enjoyed young, and Alpi Retiche IGT, which covers a broad range of styles, from reds and rosés to sparkling, late-harvest and dessert wines.

Most of the valley's so-called "**heroic vineyards**" are concentrated on the south-facing, sun-blessed slopes around the central part of the valley. Fittingly, Sondrio is now recognised as a Città del Vino. In every direction, hiking trails wiggle through the terraced vineyards, linking villages and historic wineries.



Vini di Valtellina

Traditional recipes & local specialities

The local food scene goes beyond the certified PDO and PGI products to include many ingredients and specialities found across the valley that have been part of everyday life for generations.

Rye bread is a good example. Rye is thought to have been cultivated in the area since the Copper and Bronze Ages. Today, the Segale 100% Valtellina project brings together bakeries across the province of Sondrio to produce bread using rye grown locally and cultivated without synthetic pesticides.

Local grains and high-altitude spring water also provide the foundations for a growing craft beer scene. Microbreweries and farm breweries are scattered across the valley, from Dubino to Aprica and even Livigno, where Europe's highest-altitude brewery has been producing beer since 2001.

Alongside this newer tradition sits a much older one: **grappa**. From the mid-nineteenth century, changing trade routes encouraged many valley families to expand an activity that had already existed since the late eighteenth century. Distillation usually took place during the winter months, fitting around agricultural work. Over time, specialist distillers known as grapat carried their skills far beyond the valley, working throughout Lombardy and northern Italy. Only fragments of that tradition remain today, but it still forms part of the region's cultural history.

Beekeeping remains widespread across the valley. The area's meadows support a range of **honeys** recognised under a geographical collective mark, including mountain



Violino di capra



Pesteda



Bisciola

wildflower honey, acacia, lime and chestnut honeys from the lower valley, as well as high-altitude wildflower and rhododendron honeys produced above 1,000 metres.

Wild herbs and berries still feature in many local recipes. One of the best-known examples is pesteda, a seasoning from Valgrosina made with garlic, salt, pepper, dwarf yarrow and wild thyme. The recipe is still closely guarded in Grosio, where it has traditionally been passed down within families. It is commonly used to flavour soups, stews and other traditional dishes, with each family often adding its own variation using ingredients such as wine, grappa, brandy or juniper berries.

Milk from Valtellina is also recognised under a geographical collective mark. Alongside Bitto and Valtellina Casera, local milk is used to produce **butter, yoghurt and a number of lesser-known cheeses**, including Scimudin.
Produced around Bormio, this soft, lightly aged cheese received Coldiretti's Bandiera del Gusto recognition in 2014 and is known for its delicate texture and fresh dairy flavour.

Cured meats remain another staple of local food culture. Alongside fiocco della Valtellina and slinzega, an intensely flavoured air-dried beef speciality, Valchiavenna has its own traditions. These include brisaola (distinct from bresaola in its artisanal production methods, cut and smoking process) and violino di capra, a Slow Food-preserved cured goat meat made from semi-free-range animals raised in the Valle Spluga, whose name comes from the way it is sliced, which resembles the movements of a violinist.

Crotti, mountain huts, wine cellars & historic delis

Valtellina is one of the most food-rich Alpine regions in Italy, where food, landscape and daily life overlap. Across the province of Sondrio, a dense network of places – from **crotti** and mountain huts to **wineries, farms and small historic shops** – offers a direct way into the valley's food culture.

This system is rooted in how the land was shaped over time. Steep slopes had to be made workable, so terraces, dry-stone walls, irrigation channels and mule tracks were built across the valley. Farming moved seasonally between valley floor and high pa-



Sciatt

stures, creating a landscape made of fields, alpine huts and small stone buildings. Over time, this became a working landscape where architecture and production sit side by side.

In Valchiavenna, this relationship takes one of its most distinctive forms: **the crotti**. Built near natural fissures in the rock ("sorèi"), they benefit from a constant airflow at around 8°C year-round. This natural refrigeration made them ideal for storing and ageing wine, cured meats and cheese, including local brisaola. Many crotti now operate as **simple restaurants and wine bars**, serving dishes such as Valchiavenna-style pizzoccheri, Biscottini di Prosto and Torta Fioretto. In September, the Sagra dei Crotti opens them up across villages and private courtyards.

Mountain huts (rifugi) are another key part of the experience. Found between roughly 800 and 3,000 metres, they are dotted along hiking routes and ski areas, providing opportunities to rest and refuel. The food is typically centred around local cuisine, and the experience is as much about place as it is about the menu, whether you're hiking in summer or on skis in the winter.



Rifugio Caricc

More Information

Summer also brings life back to **the alpine pastures**. Across the maggenghi and alpeggi, dairy production still follows seasonal rhythms. In the Valli del Bitto, cheese is still traditionally made in calecc, temporary huts set directly on the pasture.
In Valmalenco, along the **Via del Latte**, and in areas around Livigno and Bormio, visitors can see how milk is transformed into cheese and butter. Some dairies, such as the Latteria di Livigno, are open to the public.

Wine production adds another layer to explore. The **Strada del Vino della Valtellina** runs for about 67 km between Ardenno and Tirano, while the **Via dei Terrazzamenti** hiking route links Morbegno to Tirano through one almost continuous stretch of terraced vineyards. Wineries across central Valtellina and around Teglio and Morbegno offer tastings and visits, especially during harvest season, when when the connection between production and landscape is even more intense.

Local food culture continues inside **the valley's historic shops**. From Morbegno to Sondrio, Tirano and Livigno, traditional botteghe still work as neighbourhood food stores, or delicatessens. They sell cured meats, Bitto and Valtellina Casera cheese, rye flour, wine and baked goods, but also function as everyday points of contact where products come with advice, context and conversation. Some have been run by the same families for generations.


Malga



Crotti

Michelin-starred cooking: Tradition & sustainable gastronomy

A parallel fine-dining scene has also taken shape. The most recent guide counted Valtellina as home to **three Michelin-starred restaurants**, all also awarded the Green Star for sustainability, waste reduction and supply-chain transparency. Their cooking builds on local tradition but is shaped by contemporary techniques and sourcing.

Chef Roberto Tonola, at Lanterna Verde in Villa di Chiavenna, works closely with local producers and seasonal ingredients, with a clear focus on the mountain environment. Gianni Tarabini, at La Présef inside La Fiorida in Mantello, connects fine dining with the farm itself, **combining technique with a direct agricultural supply chain**. In Madesimo, Stefano Masanti at Cantinone and Sport Hotel Alpina moves between tradition and experimentation, keeping Valtellina's identity at the centre while pushing the kitchen forward.


Roberto Tonola


Gianni Tarabini


Stefano Masanti

3 Valtellina all year round



Valmalenco

3.1 Being outdoors

During the warmer months, the mountains become a vast outdoor playground. **Hiking trails, cycling routes** and slower experiences all offer different ways to explore and interact with the landscape, whether that's through high alpine terrain, vineyard-covered slopes or lesser-known side valleys. The result is a more flexible way of discovering Valtellina, shaped by personal interests rather than a fixed itinerary.

Human-powered mobility: walking & cycling routes

The **Valchiavenna bike path** runs for around 40 km from Colico to Chiavenna and towards the Bregaglia Valley on the Swiss border, linking lakes, nature reserves, historic towns and some of Valchiavenna's best-known landmarks along the way.

From Chiavenna, the Via dei Carden connects Val San Giacomo with Bregaglia and Mesolcina, following historic rural paths and stone-built terrain. The Via Spluga begins here too, climbing through Campodolcino, the Cardinello Gorge, over the **Splügen Pass and into Switzerland**.

In lower Valtellina, the **Passeggiata Olimpica** links Morbegno to Cino, the first village of the Costiera dei Cech on the **Rhaetian slope**. Along the way, Olympic totems and illuminated rings create a contemporary landmark at the entrance to the valley.

From here, the **Sentiero Valtellina** continues through the valley. Following the River Adda for more than 110 km, this cycling and walking route links Colico with Bormio, connecting towns, villages and agricultural landscapes along the way. Largely flat and easy to follow, it can be tackled in short sections or over several days. Railway connections, bike hire services and rest areas along the route make it one of the valley's most accessible ways to explore under your own power.



Cammino Mariano

Part of the same network, the Sentiero Rusca follows sections of the historic Strada Cavallera, the route that once linked Sondrio with the Muretto Pass (2,562 m), an important crossing between **Valtellina and the Engadin**. Starting in Sondrio, the route climbs through Valmalenco. Cyclists can comfortably reach Chiesa in Valmalenco via dedicated cycle paths, while the higher sections continue along gravel roads, mule tracks and mountain trails through San Giuseppe and Chiareggio before reaching the pass. Today, the route is used by both hikers and mountain bikers, combining local history with a truly alpine setting.

In central Valtellina, the **Sentiero dei Castelli** links villages, towers and fortified sites across eight municipalities in the Tirano area, including Sernio, Lovero, Vervio, Tovo di Sant'Agata, Mazzo, Grosotto and Grosio. It is primarily a hiking route, with sections suitable for gravel or mountain bike.

Running along the Rhaetian side of the valley, the **Via dei Terrazzamenti** is a hiking trail that stretches across than 70 km of vineyard terraces between Morbegno and Tirano. Dry-stone walls hold this landscape in place as the trail weaves through the vineyards.

The **Cammino Mariano delle Alpi** is a hiking trail that connects sanctuaries across the valley. With two main branches both leading to Tirano from opposite ends, it traverses entire valley from Piantedo and Bormio, with regular stops at churches, chapels and viewpoints.

Near Tirano, **the Raetica Classica** is a road cycling loop that circles through Valtellina, into Switzerland, and back into the valley. As

Where will you ride?

12 alpine passes

3,000 km of trails

200–250 km of bike paths



Ponte in Valtellina

far as rides go, it is a fairly demanding route, noted for its climbs, altitude changes and mountain passes.

The **Strada del Vino e dei Sapori della Valtellina** runs between Ardenno and Tirano, cutting across vineyards and hillside roads. It can be followed by car, bike or on foot, with short detours into the terraced vineyards.

Further east, the **Giro dei Laghi** is a walking or gravel/MTB route around the Cancano Lakes in a high-alpine setting. In Livigno, the Giro delle Tee links small rural settlements, alpine huts and forest tracks, focusing on the valley's more dispersed landscape.

Valtellina is one of those rare places where a gravel bike feels like the obvious choice. Vineyard roads, dirt tracks, old military routes and alpine trails create a network that invites exploration far beyond the main roads.

What visitors quickly discover is the extent of Valtellina's variety: how you can spend one day cruising through vineyards and historic villages, the next heading for the Cancano Lakes, exploring the expansive alpine landscapes of Val Viola or taking on the legendary 21 switchbacks of the **Passo dello Stelvio**. Road, gravel, touring or mountain biking — few Alpine destinations pack so many different riding experiences into a single valley.



Cammino Via Spluga

More Information



Hiking, high mountains & climbing

Mountains are part of everyday life in Valtellina. Beyond the valley floor, a world of trails, ridgelines and rocky summits draws hikers and climbers into some of the most dramatic landscapes in the Italian Alps, whether for a few hours on the trail or a full day at altitude.

You get the most direct access on foot. Routes range from easy valley walks to long-distance trails, often weaving together landscapes, local history and centuries-old connections across the Alps. In Valchiavenna, the Via Bregaglia passes through the same mountain scenery that inspired artists such as Giovanni Segantini and Varlin. Nearby, the **Vie del Viandante** retrace historic trading and travel routes once used to move between northern and southern Europe.

Near Sondrio, the Sentiero Rusca links the valley floor to the Passo del Muretto, progressing from paved sections to high-altitude paths. The Alta Via della Valmalenco stretches over 100 km into the central Rhaetian Alps, connecting mountain huts between roughly 2,000 and 3,000 metres, ready to be completed either as a multi-day traverse or in individual stages.

For longer alpine excursions, the Sentiero Roma runs through Codera, Masino and Valmalenco over approximately 54 kilometres at high altitude. The Gran Via delle Orobie covers about 130 kilometres along the southern side of the valley, from Delebio to Aprica, across the Orobie range. **The Via Alpina** and the **Sentiero Italia** both cross the territory as part of wider trans-Alpine networks.

The Sentiero Valtellina and the **Via dei Terrazzamenti** stretch through the valley, keeping to the riverside or going higher through the vineyards and low mountainside villages. Higher up, itineraries such as the Giro del Confinale (Val Zebrù, Cedec and Forni valleys) and the Alta Via dell'Ortles extend into glacier terrain, crossing passes above 3,000 metres.

Trail running and skyrunning are well established. Trofeo Kima in Val Masino and the Pizzo Stella SkyRace near Campodolcino–Madesimo are two globally recognised races, both set in steep alpine terrain. The Ortles Haute Route Trail ultra-distance race connects high passes and former military roads in Alta Valtellina, starting and finishing in Bormio.


Val Masino

When it comes to climbing, Val Masino is a global reference point. The Masino–Bregaglia group is made up of large granite walls, popular for sport climbing, traditional routes and bouldering.

The Sasso Remenno, the largest glacial erratic in Europe, is one of the best-known **natural climbing** areas in the Alps, with more than 200 established routes. It also hosts **Melloblocco**, an annual international bouldering gathering that brings climbers from across Europe.

Val di Mello is known for its smooth granite slabs and long, low-angled walls shaped by glacial erosion. The terrain here has long supported a climbing style based on balance and precision rather than power.

Across Valmalenco, additional sectors extend the **climbing network**, including the crags of Campo Moro and the Rifugio Zoia area, where around a dozen sport routes and a small climbing wall at Pradasc add further options for training and progression. Further east, Val Poschiavo and Valgerola offer additional bouldering and sport climbing areas, often quieter and more dispersed. Valchiavenna also has a long-established climbing scene. Cimaganda is particularly known within the bouldering community as a concentrated natural sector with a wide range of problems in a compact area.

Road cycling

Valtellina is closely linked to road cycling. The valley is home to some of Italy's most iconic

climbs, regularly used in the **Giro d'Italia** for decisive stages and mountaintop finishes. For reference, the **Stelvio** has featured 13 times in the race, the **Mortirolo** more than 10. Together with the **Gavia**, they form the core trio of the valley's cycling identity.

The Stelvio (2,758 m), the highest paved pass in Italy, is tied to Fausto Coppi's 1953 Giro win, but it wasn't until 1988 when the Gavia entered the history books, providing the backdrop for a snow-hit stage of the Giro that is still considered one of the most extreme days in road cycling ever. The Mortirolo, linking Valtellina and Val Camonica, is arguably one of the hardest climbs in professional cycling, with gradients above 20%. It became part of Marco Pantani's legacy after his 1994 Giro performance, cementing its reputation in modern cycling.

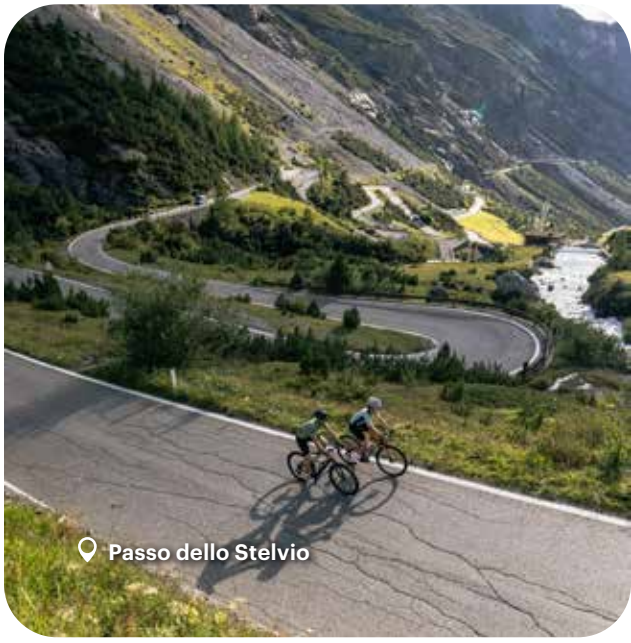
In 2025, the non-competitive **Stelvio Epic Rides** was launched in Alta Valtellina, running from June to October and encouraging riders to take on a number of climbs. Not just the Stelvio, Gavia and Mortirolo, this initiative includes a wider set of quieter routes, designed to highlight the area beyond its most famous roads.

Other key climbs for road cyclists include the Passo del Foscagno (2,291 m), Splügen Pass (2,227 m), Passo San Marco, Campo Moro in Valmalenco and Passo dell'Aprica. In summer, the "**Enjoy Stelvio Valtellina**" initiative closes selected mountain roads to motorised traffic on specific days, creating car-free riding conditions on major passes.

Mountain biking, downhill & bike parks

Mountain bikers looking for substantial climbing should head to Val Belviso near


Passo del Gavia


Passo dello Stelvio

More Information

Aprica, where you can make the most of the diverse trails in the Orobie Alps. In Livigno, the Giro delle Tee combines riding with a chance to discover the area's traditional wooden huts. Above Madesimo, the beginner-friendly Anello dell'Alpe Groppera winds through forests on the eastern side of the valley. Along the way, riders can stop at Lago Azzurro, surrounded by pine trees, or take in views of the Andossi plateau and the peaks of the upper Valle Spluga, including Pizzo Quadro, Pizzo Ferrè and Pizzo Tambò.

Come summer, mountain bikers of all levels make the most of lift-assisted days out as bike parks open up across the region. Livigno is a major draw with Mottolino Bike Park (14 trails) and Carosello 3000 (over 50 km of dedicated trails), connected to the Mountain Area Sitas. In Bormio, the Vallecetta Bike Park caters for downhill, freeride and cross-country, while the Stelvio Natural Trails and the Bormio 360 Adventure Trail, a long route suitable for experienced riders on high-altitude hiking trails, open the landscape up for more cross-country style mountain biking.

Valmalenco's Palù Bike Park sits between 1,400 and 2,400 metres, with runs for different levels. It also includes a skills area and a pump track in Caspoggio. Another pump track can be found between Poggiridenti and Piateda along the **Sentiero Valtellina**.

Madesimo's Made Bike Park (open since 2012) ranges from beginner flow trails to technical descents. The Valle delle Streghe is its most demanding downhill, shaped by natural terrain and steep gradients.

Further popular riding routes can be found in Val Grosina and towards the **Swiss border and Valposchiavo**, where ancient tracks and high-alpine terrain means you get some to technical descents.


Livigno


Costiera dei Cech

Golf in Valtellina

Mountain scenery, open landscapes and a variety of courses make golf in Valtellina anything but repetitive. Across the valley, players can choose from five facilities of different sizes and levels of difficulty.

Just outside Sondrio, the **Valtellina Golf & Country Club** in Caiolo is an 18-hole, 6km-plus course that sits immersed in greenery with 360° views of the vineyards on the Rhaetian Alps and the rich forests of the Orobie Alps. And if the views aren't enough, the layout is made more challenging by a series of ponds and water channels.

Golf can also be played in Madesimo throughout the summer months (June to the end of September), with the six-hole **Golf Club Madesimo**, approved by the Italian Golf Federation, offering lessons with professional instructors, including evening sessions. A full programme of competitions and events is open to visitors as well as members.

The Bormio Golf Club offers a nine-hole course in an alpine setting just above the town. Natural changes in elevation, water hazards and views of the surrounding peaks create a course that appeals to both beginners and experienced players. Open from spring to autumn, it combines a technical layout with a relaxed mountain setting.

Elsewhere in Valtellina, there's the renovated **Golf Training Area in Aprica** and the **Golf Training Area in Livigno**. The latter is the highest golf training facility in Europe, covering 10,000 square metres and including a pitch-and-putt area, a 250-metre driving range and three practice greens with varying levels of difficulty.


Bormio

Sport fishing

With its **rivers, torrents, alpine lakes and waterfalls**, Valtellina is a natural playground for sport fishing. A single regional permit (available online or through authorised vendors in the province of Sondrio) gives access to around 1,250 km of fishable waters, including 74 km dedicated to fly fishing and lure fishing, along with tourist-friendly stretches and areas designed for younger or less experienced anglers.

The most common **fish species** are those typical of alpine river systems: grayling, brown trout, brook trout and marble trout. In Media Valtellina, the experience takes on a leisurely, relaxed pace, with sport fishing opportunities in the small lakes of Grosotto and Somassa near Teglio – two peaceful settings immersed in alpine nature.


Caiolo

Further west, Val Belviso stands out as one of the most rewarding areas for anglers, with clear waters and a strong presence of wild trout.

Around Madesimo, the variety increases. The Scalcoggia stream offers different fishing zones along its course: a first stretch dedicated to **catch-and-release fly fishing**, followed by more freely accessible sections running through the village. Nearby, the artificial basin adds another dimension, regularly stocked with adult trout. The surrounding alpine lakes complete the picture: Montespluga and Isola are known for high-quality trout and grayling, while Lake Emet, Lake Nero, Lake delle Anatre and Lake Baldiscio offer quieter, higher-altitude fishing in more remote terrain.


Madesimo

3.2 Winter sports across Valtellina's ski areas

When winter arrives, Valtellina shifts into ski mode. Across the valley, major **ski resorts** and smaller mountain areas offer different ways to experience the season, from high-performance **skiing and snowboarding** to quieter routes through snow-covered landscapes.

Livigno ski area

At 1,816 metres, Livigno is one of the best-known winter destinations in the Italian Alps and was a host venue for freestyle skiing and snowboarding at the **Milano Cortina 2026 Winter Olympics**. Its ski area stretches across both sides of the valley and includes the Carosello 3000, Mottolino and Sitas sectors. Wide, sunny slopes are linked by a single lift pass plus efficient bus network ("MyLivignoPass" covers it all), making it easy to move around the location. Many hotels and apartments offer direct access to the slopes, allowing skiers to start and end the day on skis.

The ski area combines skiing and snowboarding with a mix of groomed **pistes and freeride** terrain. Covering around 100 km², it offers 115 km of pistes, including 12 black, 37 red and 29 blue runs. The different sectors are linked by a modern lift system of six gondolas, 14 chairlifts and 12 ski lifts.

Cross-country skiing is another long-established part of winter in Livigno. Once used as a practical way of moving around the valley, it is now one of the area's most popular winter activities. Around 30 km of trails run across the Livigno plain, beginning near Forcola and Alpe Vago and following largely sun-exposed routes. Thanks to innovative snow farming methods keeping it from the previous winter,



part of the network usually opens as early as mid-October, attracting professional athletes training at altitude.

Among the best-known routes is **the Marianna Longa trail**, a technical circuit of almost five kilometres. Facilities at the **cross-country stadium** include changing rooms and lessons with qualified instructors.

Livigno is also a major destination for ski touring and ski mountaineering. The wide valley surrounding the town provides access to a large network of routes suited to all levels of experience, from managed and regularly monitored itineraries to more wild and raw backcountry terrain. Avalanche transceiver checkpoints are installed at key access points, while local mountain guides are available for those exploring beyond the marked routes.

The resort's freeride terrain is among the most extensive in Italy, with around 100 km² of backcountry and extensive areas of natural snow beyond the marked pistes. Quite unique within Italy, Livigno has dedicated safety services and information systems to support responsible access to its freeride areas.

Livigno's winter activities extend beyond skiing. **Fat bikes** with their oversized tyres can be used on snow-covered routes, while electric-assist models make the experience accessible to a wider range of visitors. Family-friendly options, including sled transport systems for young children, add to the variety of ways to enjoy the snow. What's more, marked **snowshoe** trails run throughout the valley, including routes in Val Federia and the Valle delle Mine. These trails are regularly maintained and monitored, making them suitable for hikers to set off without necessarily requiring a guide.

Valtellina Ski Area

9 ski resorts

110 ski lifts

340 km of alpine ski slopes

20 cross-country ski tracks

200 km of cross-country ski tracks



Ski area Bormio, Santa Caterina Valfurva, Stelvio Pass & Cima Piazzi–San Colombano

The Bormio ski system brings together three winter ski areas: **Bormio, Santa Caterina Valfurva and Cima Piazzi–San Colombano**. Together with the summer skiing area on the **Stelvio glacier**, there's year-round access to the mountains and landscapes of the Stelvio National Park.

The "3 ski areas – 1 unique pass" formula allows skiers to move across all three resorts with a single multi-day lift pass, giving access to 30 lifts and 110 km of pistes. Each area has its own character. Set within the national park, **Santa Caterina Valfurva** is known for its natural beauty with high-alpine scenery, while **Bormio** boasts one of the largest vertical drops in the Alps – more than 1,800 metres of downhill skiing is possible from Cima Bianca at 3,000 metres. **Cima Piazzi–San Colombano** focuses on easier and intermediate runs, making it particularly popular with families, with additional attractions including a family-friendly alpine coaster.



The area is also home to some of Italy's best-known ski runs. In Bormio, the Stelvio piste is considered one of the most demanding courses on the World Cup circuit and hosted events during the **Milano Cortina 2026 Winter Olympics**. In Santa Caterina Valfurva, **the Deborah Compagnoni piste** – named after the local Olympic champion – was built for the 2005 Alpine World Ski Championships.

Skiing continues well beyond the winter season. **The Stelvio glacier**, typically open from May to November, offers more than 20 km of pistes on the Stelvio Pass and Monte Cristallo, making it one of the largest **summer ski areas** in the Alps. The glacier is widely used for training in alpine skiing, cross-country skiing and snowboarding.

Cross-country skiing is another major draw for the area. Between Bormio, Santa Caterina Valfurva and Valdidentro, around 30 km of trails cater for both recreational skiers and competitive athletes. Santa Caterina features more technical tracks set within the Stelvio National Park, while Valdidentro offers gentler routes through its signature alpine scenery. In Bormio, shorter



loops are designed for beginners and families. Cross-country skiing is also possible on the Stelvio glacier during the summer months, making the discipline accessible throughout much of the year. Since 2025, a snowfarming project in Santa Caterina has also allowed part of the track network to open as early as October for registered athletes.

The area is equally well known for **ski touring, ski mountaineering, or backcountry skiing**. More than 350 routes cross valleys, forests and high-altitude terrain, ranging from accessible outings to demanding tours in the Gran Zebrù mountain range. As a sport, ski mountaineering made its **Olympic debut at Milano Cortina 2026 Winter Olympics**, with sprint discipline races taking place on the bottom of the Stelvio run in Bormio. Throughout winter and especially in spring, ski tourers head to areas such as the Forni glacial valley in Valfurva and the mountains around Valdidentro, both set within the protected landscapes of the Stelvio National Park. As conditions improve towards the end of winter, routes such as Pizzo Dosdè, Cima Viola, Cima di Lago



Spalmo and the Valle dei Forni extend the season well into spring. For those looking for a more approachable introduction to the sport, the **Stelvio Natural SkiMo Trails** provide dedicated and managed routes for ski mountaineering enthusiasts.

Winter hiking offers a slower way to experience the mountains. Snowshoe trails and walking routes with microspikes range from easy waymarked paths to guided excursions with Alpine guides, including evening outings on snow. Popular routes include the Oga–Tadè loop, the Sentiero delle Sorgenti in Santa Caterina Valfurva and the Val di Rezzalo trail, where mountain huts and refreshment stops punctuate the route.
Alongside skiing and hiking, the area also offers fat biking, wildlife safaris within the national park, ice-based activities at the Bormio ice arena, and outdoor ice-skating rinks in Santa Caterina Valfurva, Valdidentro and Sondalo.

Ski area Aprica – Corteno

The Aprica–Corteno ski area combines the sectors of Palabione, Magnolta, Baradello and Campetti, with 16 lifts and around **50 km of pistes**. Extensive snowmaking helps maintain reliable conditions throughout the season, while the variety of terrain makes the area accessible to everyone from first-time skiers to more experienced riders.

Families tend to gravitate towards the Campetti area, where gentle slopes provide a re-

laxed introduction to skiing. Higher up, red and black runs reach elevations of around 2,300 metres. Among the best-known descents is the Magnolta run, a two-kilometre piste with a vertical drop of around 500 metres that descends directly into the town. The Benedetti run on Palabione is a favourite among stronger skiers, while the **Superpanoramica del Baradello** – the longest floodlit ski run in Europe – combines evening skiing with wide views across Valtellina and the Rhaetian Alps.

Ski area Valmalenco

The Valmalenco Bernina Ski Resort is one of Valtellina's most versatile winter destinations, with around 50 km of pistes spread across the Alpe Palù area. Access is via the **Snow Eagle**, one of the largest cable cars in the Alps, whose panoramic cabins carry visitors straight to the ski area.



Among the standout runs is the **Thoeni piste**, regarded as one of the most demanding in the resort, with gradients reaching 55%. For snowboarders and freestyle skiers, Palù Park is one of the largest snowparks in the region, featuring an 11-metre jump followed by a 9-metre funbox, and a rail line that ends with a 7-metre funbox. In short: Everything needed for really good airtime. In recent years the resort has hosted World Cup events and international freestyle competitions, reinforcing its reputation within the discipline.

Valmalenco is also well known for **ski touring/ski mountaineering**. One of the valley's classic routes leads to Pizzo Scalino, starting from Campo Moro at 1,940 metres and climbing more than 1,300 vertical metres to the summit. The route requires experience and careful assessment of snow conditions, but rewards the effort with some of the finest views in the valley.

More Information



Madesimo


Ski area Valchiavenna

Madesimo & the Valchiavenna ski area

From November through until spring, the Valchiavenna ski area around Madesimo offers around **40 km of piste**s, including 20 blue runs, 16 red runs and three black runs, one of which is approved for FIS competitions. Modern lift infrastructure connects the entire resort, and most slopes can be reached directly from the village without relying on ski buses. Beginners can start on the Arlecchino and Palù slopes, while more experienced skiers have access to steeper terrain and dedicated training runs such as Italo Pedroncelli and Piani. Looking ahead, the resort plans to expand access towards the 3,000-metre slopes of Pizzo Groppera and Val di Lei through a new cable car and chairlift system. The Motta sector is fully integrated into the wider ski area and can also be reached from Campodolcino via the Sky Express funicular, a modern mountain railway built almost entirely inside the mountain itself.

Cross-country skiers can use a five-kilometre circuit at Motta, accessible from both Campodolcino and Madesimo. Heated changing facilities are available, and access to the trails is free of charge.

Just beyond the main resort, the small village of Montespluga has become a reference point for ski touring, splitboarding and freeride through the **Homeland Explore project**. Training camps, guided outings and overnight experiences introduce visitors to the backcountry environment, while Skialp Valchiavenna organises routes and events throughout the season, including weekly evening ski-touring sessions on a dedicated route.

Snowshoeing has also grown in popularity across the valley, with routes through the Andossi plateau, Isola Pian dei Cavalli and the Fraciscio–Gualdera–Bondeno area offering a quieter way to experience the winter landscape.

For those looking beyond the slopes, indoor ice arenas in Madesimo and Chiavenna provide facilities for public skating, hockey

and figure skating. The rink in Madesimo, located in the centre of the village, also hosts lessons, hockey matches, courses and international skating events throughout the season.

Ski area Valgerola–Pescegallo

Smaller than the valley's headline ski resorts, Valgerola–Pescegallo offers a more low-key experience, with around 12 km of pistes descending from 1,950 metres. The terrain ranges from beginner-friendly slopes to more technical runs, while modern lifts provide quick access across the ski area to higher altitudes. The Gallopark adds a family-focused dimension, with dedicated areas for sledging, snow play and ski lessons. A carpet lift helps younger children and first-time skiers build confidence before progressing onto the main pistes. Set against the backdrop of the Orobie mountains, it appeals to those looking for quieter slopes.

Beyond the lifts, Lower Valtellina is well suited to snowshoeing. Routes range from straightforward excursions, such as a trail through woodland and alpine pastures to Rifugio Alpe Piazza (1,835 m), to longer routes including one from from Val Tartano to the Porcile lakes. Valgerola is also a recognised destination for ski touring, with classic ascents including Cima Rosetta, Monte Salmurano and Pizzo dei Tre Signori.


Valgerola

3.3 Experiences

Bernina Express

Not every alpine journey starts on a trail or a ski slope. From Tirano, **the Bernina Express** climbs over the mountains on one of Europe's most remarkable railway routes, linking Valtellina with **St. Moritz** in neighbouring Switzerland.

Together with the **Albula line**, the Bernina railway is recognised as a **UNESCO World Heritage Site**, celebrated as much for its engineering as for the landscapes it passes through. Without having to rely on long tunnels through the mountains, the line instead gains altitude through a sequence of viaducts, spiral curves and high passes. The route passes some of the area's best-known landmarks, including the spiral viaduct at Brusio, the historic centre of Poschiavo, the Glacier Garden at Cavaglia and Alp Grüm, with views across to the Palü Glacier. Higher still, Lago Bianco and Lago Nero mark the approach to Ospizio Bernina, at 2,253 metres, the highest point on the line.

Whether travelling on a regional train or aboard **the panoramic Bernina Express**, the experience changes dramatically with the seasons, from snow-covered landscapes in winter to glistening alpine lakes, the rich hues of the forest and high pastures in the summer.

Tickets and travel information are available from the **RhB station in Tirano**. As the route crosses into Switzerland, passengers should carry a valid passport or national identity card.

Disconnect to reconnect

At the western edge of the valley, one of the most **natural places to switch off** is the tiny village of Savogno, near the Acquafraggia waterfalls in Valchiavenna. Reached only on



Trenino Rosso

foot via a historic set of stone steps through the forest, this small village feels suspended in another era. The soundtrack is simple: rushing water, birdsong and mountain silence. For **full immersion**, you can stay overnight at Rifugio Savogno, open year-round, where **traditional cooking** and a slower pace of life come as standard.

Further east, the theme continues in the Val di Mello Nature Reserve, one of Lombardy's most celebrated landscapes set in Val Masino. Here, a mellow trail meanders through meadows, passing granite walls and clear streams, to create the kind of setting where screens quickly become irrelevant and the landscape takes over.

In Val Tartano, the experience is just as immersive. The circular route through Val Corta follows the sound of the river through **woodland, alpine pastures and geological landmarks** such as the Marmitta dei Giganti, before eventually winding its way to the Orobie Botanical Garden.

Towards the centre of Valtellina, the Pian di Gembro Nature Reserve offers another change of pace. Boardwalks cross peat bogs and **protected habitats**, while the surrounding mountains create an atmosphere of rare stillness. Further east, the small mountain village of Baruffini above Tirano overlooks the Adda Valley and the Orobie Alps. From the Giant Bench to the Sentiero del Pane, the landscape is made for slowing down, combining wide-open views with stories, traditions and a strong sense of place. Nearby in Val Grosina, hikers and bike riders can explore one of Valtellina's most unspoilt side valleys, where forests, alpine pastures and long stretches of silence define the experience.

In many of these places, mobile reception can be limited. That's part of the appeal: fewer distractions, more time to immerse yourself in the landscape.

Thermal baths & wellness

Wellbeing in Valtellina often begins with water. The **thermal springs of Bormio**, flowing at temperatures between 37°C and 41°C, have been valued since Roman times and were later praised by **Leonardo da Vinci**. Today they remain one of the valley's defining experiences – a fitting way to relax **after a day spent hiking, skiing or cycling**.


Valchiavenna



Catering to all, **Bormio** has three complementary destinations. In the town centre, Bormio Terme pairs wellness and family-friendliness with **thermal pools**, the recently added Stelvio pool, a 25-metre pool, a 60-metre waterslide, saunas (including a wood-lined biosauna), steam baths and a therapeutic centre accredited by the Italian National Health Service.

The QC Bagni di Bormio complex offers a more atmospheric experience through its two historic properties. QC Bagni Vecchi occupies a spectacular position above the town, where Roman baths, ancient thermal caves and panoramic outdoor pools overlook Bormio. QC Bagni Nuovi is defined by its elegant **Art Nouveau atmosphere**, combining historic charm with modern wellness experiences. Among its highlights is a beautifully preserved Swiss stone pine sauna dating from the early 1800s.

In **Madesimo**, relaxation takes a different form at **ICE Well**. Located in the centre of the village, the wellness centre aligns spa facilities with the restorative atmosphere of the surrounding alpine landscape, creating a natural complement to outdoor activities throughout the year.

In **Livigno, Aquagranda** brings together wellness, fitness and sport on an altogether larger scale. Spanning more than 10,000 square metres, it is one of Europe's largest high-altitude wellness and sports centres, with facilities dedicated to **relaxation, training and recovery**. Recognised as an Olympic Preparation Centre, it is regularly used by elite athletes and national teams, while remaining equally accessible to visitors looking to unwind after a day in the mountains.

Autumn colours across the valley

From mid-September through to late November, Valtellina gradually shifts into **autumn mode**. Week by week, the landscape changes colour, creating a constantly evolving backdrop that stretches from the valley floor to the high alpine slopes. Vineyards, forests, mountain pastures and lakes all take on different shades as **the season progresses**, turning the entire valley into a journey through nature, local culture and some of its most distinctive landscapes.

A natural starting point is the Via dei Terrazzamenti cycling and hiking route, which runs between Morbegno and Tirano through the largest terraced mountain **wine-growing area** in Italy. In autumn, the steep vineyards take on rich shades of amber and red, while historic villages, wineries and agricultural estates add a cultural dimension to the landscape.


Valmasino

On the Orobie side of the valley, Val Tartano offers a different perspective. From the Ponte nel Cielo, one of Europe's highest pedestrian suspension bridges, the season unfolds across steep mountainsides and deep valleys, with forests glowing in **autumnal colours** below.

Towards Valchiavenna in the west, the landscape becomes wilder and more dramatic. The Cascate dell'Acquafraggia are particularly striking at this time of year, framed by **woodland and autumnal light**. Higher up towards Madesimo, mountain lakes such as Lago Azzurro reflect the surrounding forests, while trails lead towards alpine plateaus and mountain huts.

In Val Masino, autumn arrives against a backdrop of granite peaks, glacial valleys and protected landscapes. One of the most memorable settings is Preda Rossa, where golden forests meet the first snow-dusted summits of the season beneath the towering Monte Disgrazia.

To the east, Valmalenco offers one of the valley's richest mixes of vegetation and altitude. Around alpine lakes such as Lagazzuolo, hiking trails pass through forests that become a patchwork of **yellow, orange and deep green** as the season progresses. Nearby, Aprica and the Orobie valleys combine peat bogs, birch woods and conifer forests, creating some of the most varied autumn scenery in the region.

In Alta Valtellina, the landscape becomes increasingly open and alpine. Val Zebrù, set


Val Viola

within Stelvio National Park, **is particularly atmospheric during autumn**, with traditional mountain huts, broad meadows and abundant wildlife. **Between mid-September and mid-October**, visitors may hear the red deer rut, when stags call across the valley in one of the season's most distinctive natural spectacles.

Nearby, Val Viola and the Cancano Lakes provide more mellow terrain, with wide valleys, accessible trails and cycling routes suited to all ages. Here, the contrast between the still water, open grasslands and autumnal woodland creates some of the valley's most photogenic landscapes.

This seasonal experience extends as far as Livigno, where Val Alpisella captures autumn at its most understated. Golden larch forests, clear mountain lakes and the source of the Adda River define a landscape that feels both remote and accessible. It's a fitting final stop for a season that reveals a different side of Valtellina – quieter, gentler and, for many, at its most beautiful.

Stargazing & dark skies

When night falls, Valtellina reveals another side of itself. Away from the larger towns, the combination of altitude, clear air and **limited light pollution** creates excellent conditions for stargazing, whether through a telescope or simply with the naked eye. A natural starting point is Ponte in Valtellina, which is home to the **Giuseppe Piazzi Astronomical Observatory**. Located in San Bernardo at 1,283 metres above sea level, it is the highest observatory in Lombardy and enjoys particularly clear skies thanks to its elevated position above the valley floor.

Further east, the small alpine plateau of Trivigno set between Tirano and Aprica is one

of the area's best **spots for observing the night sky**. Autumn is particularly rewarding, when cooler temperatures and exceptionally clear air bring sharp visibility. Sunset hikes, night photography sessions and evenings under the stars all find a natural setting here.

At the entrance to Valmalenco, the mountains provide **a dramatic backdrop for astronomical observation**. Known as the gateway to the Bernina massif, the valley combines high-altitude landscapes with dark skies and excellent visibility. During autumn, golden larch forests and crisp evenings create ideal conditions for spending time outdoors after sunset.

To the west, Valchiavenna offers a more remote experience. The tiny village of Codera, reached only on foot and inhabited by fewer than a dozen residents, feels almost entirely disconnected from the modern world. An overnight stay at Rifugio Osteria Alpina allows visitors to experience some of **the darkest skies in the region**, far from urban light sources.

In Alta Valtellina, Val di Rezzalo is another favourite among stargazers. A gentle walk from Fumero leads to Rifugio La Baita, where you can have dinner before strolling home under **remarkably clear night skies**. During winter, snow-covered landscapes make the experience even more atmospheric.

Nearby, Val Viola combines easy access with a strong sense of wilderness. Reached from Arnoga, the valley opens into broad alpine landscapes where **stars, constellations and seasonal celestial events** can


Val Tartano

be observed in near-total darkness. Trails towards Sattarona pass through forests and alpine meadows before opening onto wide, unobstructed views of the night sky.

Head to Livigno at 1,816 metres above sea level for exceptionally clear air and expansive skies. Once beyond the lights of the town, locations such as Passo d'Eira, Alpe Vago, the Forcola lakes and Lago del Monte offer some of the most rewarding stargazing opportunities in the valley, surrounded by the silence of the high Alps.

Adrenaline with a view

For those who prefer their mountain experiences with a little more adrenaline, Valtellina offers plenty of ways to gain a different perspective on the landscape.

In Val Tartano, the Ponte nel Cielo is the **highest Tibetan bridge** in Europe without lateral stabilising cables. Suspended 140 metres above the valley floor and stretching 234 metres between Campo Tartano and Frasnino, it delivers sweeping views across the Orobie mountains and the valleys below.

Closer to Sondrio, the Cassandre del Mallero **pedestrian suspension bridge** offers a similarly dramatic experience. Positioned almost 100 metres above the Mallero gorge, the 145-metre bridge links the villages of Mossini and Ponchiera while crossing one of the area's most striking natural landscapes.

The valley is also well suited to paragliding. Launch sites around Bianzone, Teglio and Alta Valtellina provide **panoramic flights above vineyards**, alpine terrain and mountain villages, offering a bird's-eye view of the territory's distinctive geography.

Winter brings all different kinds of adventure. In Madesimo, more than 70 kilometres of marked snowmobile routes criss-cross the Andossi plateau.
Guided excursions reach destinations such as Lago Nero, Montespluga and the Swiss border on the Splügen Pass, opening up parts of the winter landscape that are otherwise difficult to access.



Val Ventina



Val Tartano

Slower, more leisurely experiences are equally part of the picture. **Horse riding centres** across the province offer guided rides through rural landscapes and across the mountains, while several farms and outdoor centres organise **donkey trekking experiences** designed for families and those looking to explore at a gentler pace.

In Valdidentro, the Husky Village near Arnoga offers yet another way to engage with the alpine environment. Here, visitors can spend time with **sled dogs and experience** the mountains through activities inspired by northern traditions, all set against the backdrop of the Stelvio National Park.

Botanical gardens & wildlife parks

Valtellina offers plenty of opportunities to get closer to the region's wildlife and alpine ecosystems. The **Alpine Eco-Faunistic Observatory** in Aprica spans around 25 hectares of woodland and features a nature trail designed to introduce visitors to some of the area's characteristic habitats and animal species. Chamois, ibex and roe deer can be observed in environments that closely reflect their natural habitat, alongside a small number of brown bears. Access is by guided tour only, available on summer mornings with advance booking.

Valmalenco's **Casa di Bambi** wildlife oasis, managed by the Valmalenco Eco-Faunistic Association, focuses on environmental education and the protection of alpine fauna. Guided visits and organised excursions for schools, families and groups offer a chance to learn more about local wildlife and the ecosystems that shape life in the mountains.

These experiences are complemented by a range of animal-focused activities across Valtellina. **Alpaca walks** can be found in several destinations from Sondrio to Bormio, Valmalenco to Livigno, while educational farms and mountain dairies offer a closer look at rural life in the Alps. Visitors can meet



Stelle alpine



Aprica

farm animals, discover traditional agricultural practices and take part in activities linked to local food production and the sustainable management of mountain landscapes.

A network of smaller **botanical gardens** also showcases the diversity of **alpine flora.** The Alpine Botanical Garden Rezia in Alta Valtellina highlights the plant life of the Ortles-Cevedale area through conservation and educational projects. On the Andossi plateau above Madesimo between 1,800 and 1,900 metres, the Valcava Alpine Garden brings together a wide variety of alpine species across different natural environments, including gentian, arnica, rhododendron and saxifraga. Chiavenna's Parco Botanico del Paradiso combines botanical interest with local history and includes a small archaeological museum connected to the heritage of Valchiavenna.

Nature can also be explored in more accessible settings. Parco Adda Mallero Bartesaghi in Sondrio follows the river through a **network of walking and cycling paths** lined with willows, alders, poplars and other species typical of valley-floor environments. The Parco Naturalistico dei Bagni di Bormio offers trails through alpine woodland characterised by larch, spruce, mountain pine and a rich understorey of native plants.

Together, these **gardens, parks and wildlife areas** provide different ways to get acquainted with Valtellina's natural heritage, from wildlife observation and alpine flora to the landscapes that continue to shape life in the mountains.

Museums & ecomuseums

If you were to work through the valley from west to east, you'd begin at the **Archaeological Museum** in Chiavenna, which recounts the valley's earliest history through rock engravings, ancient routes and finds that trace movement through the Alps. A short walk away, the Museum of the Treasury holds standout pieces of medieval sacred art, including the celebrated Pace di Chiavenna. Further up in Campodolcino, Mu.Vi.S. shifts the focus to travel and exchange, following the Via Spluga as a historic Alpine crossing point.

In Lower Valtellina, around Morbegno, the narrative turns more local and grounded. The Civic Museum of Natural History maps **the region's ecosystems and wildlife**, while Valgerola's Homo Salvadego Museum brings Alpine folklore to life through one of its most enduring symbolic figures. At the entrance to Val Masino, the Museo Vallivo di San Martino blends mountaineering heritage with landscape and local storytelling.


Valgerola

Sondrio is home to several of the valley's most important museums. The MVSA – Valtellina Museum of History and Art combines **archaeology** with works ranging from the **Renaissance** to the twentieth century. The MuMiVV – Museum of Minerals of Valtellina and Valchiavenna displays an extensive **collection of local minerals**, including notable examples of demantoid garnet. Housed within Castel Masegra, CAST – the Castle of Mountain Stories – explores the relationship between people and the mountains through interactive exhibitions and historical collections. Just outside the city, the Angelo Vaninetti Museum in Piateda offers a contemporary interpretation of the alpine landscape through the work of one of **the region's best-known painters.**

In Bormio and Alta Valtellina, the museum network is closely connected to the mountain environment. The Mineralogical and Natural History Museum explores **the geology and biodiversity of the Stelvio National Park**, while the Civic Museum of Bormio focuses on everyday life, crafts and local tradition. In Valfurva, the Mario Testorelli Museum preserves fragments of rural mountain culture, and at the Stelvio Pass the Carlo Donegani Museum tells the story of the engineering behind the great Alpine roads. Having exhausted Valtellina's other museums, Livigno's MUS! is the ideal final stop, an immersive space dedicated to traditional mountain life.



Alongside these institutions, **a network of ecomuseums** offers a broader way of understanding the region by connecting landscapes, communities and local traditions. These include the Ecomuseum of Valle Spluga, which explores the cultural heritage of the generations who shaped the valley; the Ecomuseum of Valgerola, closely linked to local traditions and the symbolic figure of the Homo Salvadego; the Ecomuseum of the Bitto Valley in Albaredo per San Marco, dedicated to rural landscapes and historic routes between Valtellina and Val Brembana; the Ecomuseum of Valmalenco, which preserves the memory of the valley's mining past; and the Ecomuseum of the Rhaetian Terraces in Bianzone, focused on the relationship between people and the terraced vineyard landscape.

Together, these museums and ecomuseums reveal a region shaped by a long-standing relationship between **communities, nature and the Alpine environment**.

More Information

4 Key events



Major happenings across Valtellina

	Location	Event Name	Category	Short description
January				
	Various locations	Valtellina Ski Mountaineering Circuit	Sport	*Multiple rounds of ski mountaineering races*
February				
	Teglio	Gusta e Vai	Food & drink	*Gourmet hiking event*
	Bormio	Carneval de Mat	Folklore	*Traditional carnival*
March/April				
	Bormio	I Pasquali	Folklore	*Procession of artisan floats and traditional costumes*
April				
	Livigno	Snow Food Mattias	Food & drink	*Gourmet experience on the snow*
	Sondrio	AGRIvaltellina	Food & drink	*Local agricultural event*
May				
	Val Masino	Melloblocco	Sport	*International bouldering festival*
	Chiavenna	Valchiavenna Gravel Escape	Sport	*Non-competitive gravel cycling event*
	Morbegno	Morborock	Musica / Entertainment	*Live music festival*
June				
	Tirano	Doppia W Ultra	Sport	*Ultra-distance trail race*
	Bormio	La Stelvio Santini	Sport	*Gran fondo cycling event on the Stelvio*
	Aprica	Granfondo Gavia Mortirolo	Sport	*Gran fondo cycling event with multiple alpine passes*
	Livigno	Granfondo Alè Livigno	Sport	*High-altitude gran fondo cycling event*

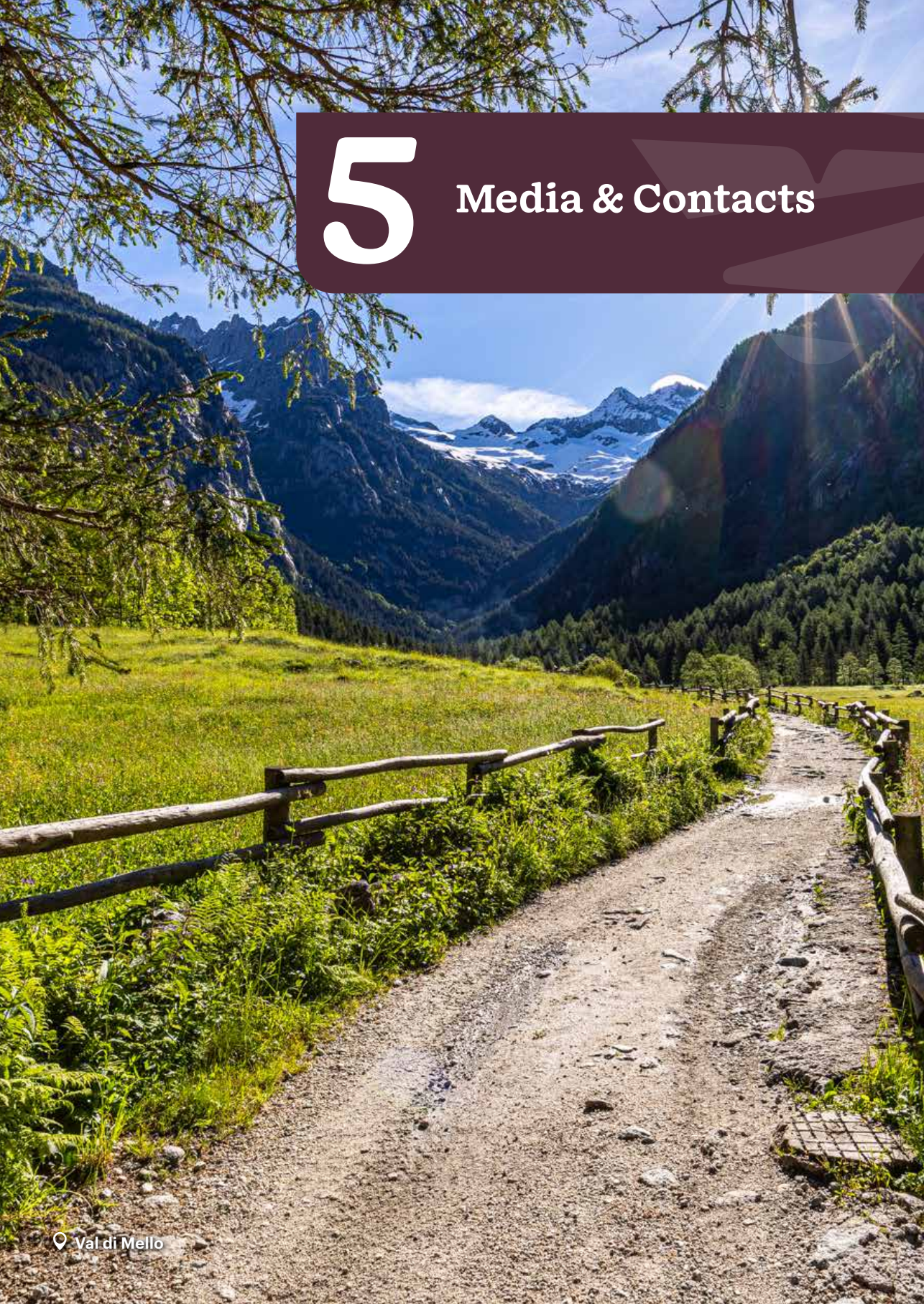


Location	Event Name	Category	Short description
July			
Chiavenna / Madesimo	Pizzo Stella Skyrunning	Sport	*Technical trail running race*
Valmalenco	Sagra di Vetto	Folklore / Food & drink	*Traditional festival with local cuisine*
Valmalenco	VUT (Valmalenco Ultra Trail)	Sport	*Technical trail running race*
August			
Livigno	Notte Nera	Folklore	*Festival with candlelit show*
Sondrio	Calici Valtellina	Food & drink	*Food stops around the old town*
Val Masino	Trofeo Kima	Sport	*Technical trail running race (biennial)*
September			
Livigno	Alpenfest	Folklore	*Festival celebrating local traditions*
Sondrio	ViVa Vini Valtellina	Food & drink	*Festival of local wine*
Chiavenna	Sagra dei Crotti	Food & drink	*Local cuisine festival in ancient crotti*
Livigno	Icon Xtreme Triathlon	Sport	*Extreme alpine triathlon*
Bormio	Ortles Haute Route Trail	Sport	*Ultra trail running race*
Chiuro	Grappolo d'oro	Food & drink	*Wine tasting tour*
Teglio	Pizzocchero d'Oro e Sapori d'Autunno	Food & drink	*Seasonal dishes and local food event*
Bormio	The longest pizzoccherata in Italy	Food & drink	*Social event with local food*
Bassa Valtellina	Gustosando	Food & drink	*Local cuisine festival in multiple spots*
Morbegno	Morbegno in Cantina	Food & drink	*Explore local wine cellars (runs through ottobre)*

	Location	Event Name	Category	Short description
October				
	Chiavenna	Dì de la Brisaola	Food & drink	*Festival of local produce*
	Villa di Tirano	Sagra della Mela e dell'Uva	Food & drink	*Seasonal food festival (apples & grapes)*
	Chiavenna	Val Bregaglia Trail + Km Verticale	Sport	*Mountain running race*
	Morbegno	Mostra del Bitto	Food & drink	*Cheese festival*
	Tirano	Eroico Rosso	Food & drink	*Festival dedicated to Sforzato di Valtellina D.O.C.G. wine*
November				
	Sondrio	Valtellina Wine Trail	Sport	*Trail running through vineyards and wine cellars*
	Sondrio	Mostra Internazionale dei Documentari sui Parchi	Culture	*Documentary film festival*
December				
	Madesimo	Cronoscalata Alpe Motta	Sport	*Uphill ski mountaineering race*
	Bormio	World Cup Alpine Ski	Sport	*Alpine & Super G competitions*



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Valtellina

Taste of emotion