

Alpine Power – step by step together

In 50 days through the countries of the Alpine Convention

From Poschiavo to Salecina in 5 days

8.9.-12.9.2012



Helpful Information:

General Information (Tourdates, Contact Persons, Events, etc.)

<http://www.cipra.org/en/60-years/alpine-power>

Fotos and current News of the hikers

<https://www.facebook.com/CIPRA.org>

Overview of routes at Googlemaps:

<http://tinyurl.com/c2e99f4>



Settimana Alpina
Le Alpi Rinnovabili
5.-8. settembre 2012 | Valposchiavo, Svizzera

AlpenWoche
Erneuerbare Alpen
5.-8. September 2012 | Valposchiavo, Schweiz

Semaine Alpine
Les Alpes Renouvelables
5.-8. septembre 2012 | Valposchiavo, Suisse

Alpski Teden
Obnovljive Alpe
5.-8. september 2012 | Valposchiavo, Svica

AlpWeek
Renewable Alps
5.-8 September 2012 | Valposchiavo, Switzerland

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Organisation:

- Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
- Alparc
- CAA
- CIPRA
LIVING IN THE ALPS
- Valposchiavo

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*****AlpWeek in Poschiavo from 4. – 8. September 2012*****

www.alpweek.org



5. Fifth Stage from Poschiavo to Salecina (5 days)

The core-part of the Alpine Power Hiking tour starts right after the AlpWeek in Poschiavo through Val Malenco to Chiareggio and over the Passo del Muretto into the sophisticated Oberengadin. Our pearl is Salecina, a quite special holiday- and study-location.

Day 21 (8.9.): From Poschiavo to Selva

We leave Poschiavo on Saturday afternoon and ascent in a short walk up to Selva.

Overnightstay :

Pensione/Ristorante

Selva

+41 81 844 07 46

<http://www.selva-pensione-ristorante.ch/>

Duration: 1.45 h

Distance: 4 km

Total Ascent: 430 m

Total Descent: 40 m

Lowest Point: 1006 m.ü.M



Highest Point: 1449 m.ü.M

Getting There: Poschiavo is accesible by public transport. It is situated along the Rhaetian Railway.

Maps: 269 Berninapass (1:50'000)

Contact Person/Responsible Person: Dominik Siegrist (President CIPRA International), cipra.alpinepower@gmail.com

For information in your language feel free to contact us. The responsible guides speak English, French, Italian and German.

Attention: Insurance is to be effected by the participant. CIPRA assumes no liability in any respect.



Day 22 (9.9.): From Selva to Val Malenco

Today we leave Switzerland for some days: From Selva we hike through Val d'Ursé to Pass da Canfinal, where we cross the border to Italy. Via Gembré we continue along the reservoir lakes Lago di Gera and Lago di Campo Moro towards the days destination Alpe Foppa, we might continue to Franscia.

Overnightstay :

To be defined

Duration: 7 h

Distance: 14 km

Total Ascent: 1170 m

Total Descent: 1050 m

Lowest Point: 1458 m.ü.M

Highest Point: 2628 m.ü.M



Today we pass along the foot of Bernina-Mountains with a view of Piz Argient and Zupò

© <http://www.panoramio.com> Alberto Rossattini

Getting There: Franscia is not accessible by public transport. From Sondrio there is a Bus to Chiesa in Val Malenco from where there are call taxis to Franscia.

Maps: 269 Berninapass (1:50'000)

Contact Person/Responsible Person: Dominik Siegrist (President CIPRA International), cipra.alpinepower@gmail.com

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Day 23 (10.9.): Through Val Malenco to Franscia and on to Chiareggio

From Alpe di Foppa / Franscia we ascent (passing Alpe Campascasio) to Bocchel de Torno from where we cross the basin of Lago Palü. We then descend to Prati della Costa and hike along the Altitude Route to Chiareggio.

Overnightstay :

To be defined (in Chiareggio)

Duration: 7 h

Distance: 14 km

Total Ascent: 1000 m

Total Descent: 1700 m

Lowest Point: 1500 m.ü.M

Highest Point: 2203 m.ü.M



River Mällero accompanies us on today's hike

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Getting There: Chiareggio is not accessible by public transport. From Sondrio there is a bus to Chiesa in Val Malenco and a call taxi to Chiareggio.

Contact Person/Responsible Person: Dominik Siegrist (President CIPRA International), cipra.alpinepower@gmail.com

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Day 24 (11.9.): From Chiarregio into the Engadin and to Salecina

From Chiarregio we hike via Alpe dell'Oro to Passo del Muretto. From here we reach via Val Muretto the Valley Forno and finally get to the Malojapass.

Overnightstay :

Salecina

+41 81 824 32 39

<http://www.salecina.ch/>



From Passo del Muretto we descend to Oberengadin

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Duration: 7 h

Distance: 12 km

Total Ascent: 950 m

Total Descent: 700 m

Lowest Point: 1612 m.ü.M

Highest Point: 2562 m.ü.M

Getting There: Chiareggio is accessible by public transport and is situated along the Rhaetian Railway. From Sondrio there is a bus to Chiesa in Val Malenco and a call taxi to Chiarregio. For the onward journey from Salecina there are bus connections to St.Moritz or Chiavenna.

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cipra.alpinepower@gmail.com

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Day 25 (12.9.): A day for a moment's pause in Salecina

Salecina offers space for coziness and just being. We stay for a retrospective of the first part of Alpine Power, up to now and take time for exchange.

Details will follow.

Overnightstay :

Salecina

+41 81 824 32 39

<http://www.salecina.ch/>



The unique and quite special holiday location is an ideal place for relaxing.

Quelle: Salecina

Getting There: From St. Moritz or Chiavenna by bus to Salecina.

Contact Person/Responsible Person: Dominik Siegrist (President CIPRA International),
cipra.alpinepower@gmail.com

For information in your language feel free to contact us. The responsible guides speak English, French, Italian and German.

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The information on the website and tour descriptions will be updated periodically. It is worth to check them every now and then, especially before you start on a trip.

Participation in the hiking and biking tours is at your own risk. The cost of meals and accommodation have to be paid for individually.

Die Informationen der Webseite und die Tourenbeschreibung werden fortlaufend aktualisiert. Es lohnt sich diese ab und an zu überprüfen, insbesondere bevor es los geht.

Die Teilnahme an den Wanderungen erfolgt auf eigene Gefahr. Die Kosten für Verpflegung und Unterkunft müssen selbst getragen werden.

Les informations sur le site Internet et la description des randonnées sont mises à jour régulièrement. Nous vous recommandons de vérifier ces informations sur le site avant le départ de la randonnée.

La participation aux randonnées est aux risques et périls des participants. Les frais d'hébergement et de restauration sont également à la charge des participants.

Le informazioni del sito e la descrizione degli itinerari sono costantemente aggiornate. È quindi opportuno verificare gli aggiornamenti, in particolare prima dei singoli appuntamenti.

La partecipazione alle escursioni è a proprio rischio. I costi di vitto e alloggio sono a carico dei partecipanti. Sleeping accommodation and meals costs are supported by the participants

Informacije na spletni strani z opisi izletov se bodo redno osveževale. Svetujemo vam, da spletno stran spremljate, še posebej pred načrtovanim izletom.

Udeležba na gorniških in kolesarskih izletih je na lastno odgovornost. Stroški prehrane in nastanitve krijejo udeleženci sami.