



## **Walk, talk and eat in Lago Maggiore**

A weekend by the lake including hiking, yoga and lots of good Italian food.

### **Wednesday.**

You arrive in Cannobio on the Italian side of Lago Maggiore. A beautiful little town by the lake surrounded by mountains. You share double rooms at Park hotel Belvedere where we are going to stay during the weekend.

<http://www.villabelvederehotel.it/en>

The weekend start with a Yoga class and introduction of the weekend in the beautiful gardens of the hotel.

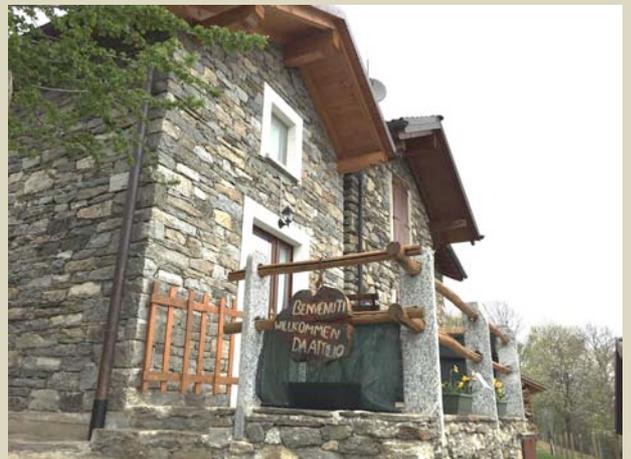
We walk in to the Old town of Cannobio to have dinner in the evening.



## Thursday

We start the day at 08.00 with a short yoga session outdoors before breakfast is served in the hotel.

After breakfast at 9.30 we head out for a walk of 4-5 hours that starts with a short taxi transport in to the valley behind Cannobio to the village of Cavaglio. We will be walking up towards Monte Giove and on our way down to Cannobio we stop at a beautiful hamlet, agricultura where we have a late lunch.



Back at the Hotel in the afternoon there will be a Yoga session of an hour for those who are interested. In the evening we have dinner in one of the restaurants in Cannobio.



## Friday

We start the day with a short Yoga session in the garden before breakfast. At 9.30 the walk of the day is taking us along the lake towards the south, climbing up to the village of Viggiona with scenic views along the way and walking in green lush forests. Coming back to Cannobio we go for a nice Italian ice cream at the lake in Cannobio and there will also be a one hour Yoga session in the garden of the hotel.





## **Saturday**

After the short morning Yoga practice and breakfast we leave Cannobio to go by car to Locarno (20 minutes). We are taking the funicular, cable car and chair lift of Cardada up the mountain to Cimetta at 1670 m of altitude. From here the view of Lago Maggiore is stunning! From the top of the lifts we do a walk of 4-5 hours that includes 1 or 2 summits and picnic lunch. When we get back down to Locarno we will stop in Ascona on the way back to Cannobio. The old town of Ascona with the beautiful quay by the lake is a good spot to enjoy a Italian coffee, ice cream or Sambuca..



## **Sunday**

We start with a short Yoga session followed by breakfast. Before departure you have a chance to see the classical Italian Sunday market in Cannobio by the lake. Lots of local goodies are offered here.

**Price per person in a group of 6 persons      855 CHF**

### **Included in the price:**

Accommodation in double room with breakfast Wednesday-Sunday.

2 picnic lunches

Trekking guide

Outdoor Yoga practice every day.





**Cecilia Swensson** lives in Verbier and work as a professional ski instructor at the Swiss National Ski School and she is also a fully educated massage therapist, licensed yoga teacher and integrative nutrition health coach. She is a trained Trekking guide and worked in the Scandinavian mountain range for 10 years, while also doing various treks/climbs in the Alps, Nepal, Pakistan and China. Cecilia has been offering trekking trips with yoga and massage in Verbier, Italy, Norway, Spain and India since 2006.