

03 ACTIVITIES

JEON JUNGKOOK

Besides its artistic and architectural wonders, Italy is also renowned for its breathtaking views and the diverse nature of its landscapes, offering a wide array of opportunities to whoever enjoys the time spent outdoor. From snowy mountain peaks, to crystal clear sea water -not to mention the softness of its hillsides- our Country manages to meet any personal preference. In this file we will talk about Italian nature, going through numerous places where is possible to carry out different activities, ranging from skiing to hiking, to snorkeling and many more.

We decided to dedicate this file to Jungkook because of his passion for any kind of sport and his adventurous spirit. We believe that when it comes to travelling, he'd be more interested in what to do rather than what to see and that he might appreciate this slightly more peculiar vision of Italy, compared to the more classic touristic routes.

SKIING



DOLOMITI SUPERSKI

The name “Dolomiti Superski” indicates the biggest ski area in Italy. It’s located between Trentino, Alto Adige and the venetian province of Belluno. Dolomiti Superski features almost 1200km of tracks and more than half of them are connected with each other. 97% of the tracks is predisposed for artificial snow, thus granting the possibility of skiing from December to April. The ski area includes 12 different places. Ski tours are available throughout the different towns for those who want to visit places of interest without having to give up on skiing.



LOMBARDIA



LIVIGNO AND BORMIO

Right next to the Swiss border we can find the famous destination of Livigno. The town has been given the nickname of “Small Tibet” given its altitude. Livigno offers a wide array of tracks with different difficulty levels and also the possibility of practicing snowboard in its snowpark.

Only 30km away from Livigno, we can find Bormio. Bormio is another staple of the Italian ski zones, with 18 tracks, a snowpark, an obstacle course in the snow and the possibility of night skiing. Bormio is the right place also for spa lovers, with its famous roman baths that have been there for centuries.

SKIING

PIEMONTE



SESTRIERE

Sestriere is the town built at the highest altitude in Italy. During winter time it becomes a real heaven on earth for ski lovers. It offers the chance of skiing, snowboarding, alpine skiing, cross-country skiing, ice skating, heliskiing, going on a snowmobile or on a dog sled and snowshoeing. All of that is possible thanks to Sestriere's 400km of tracks with 80 ski resort that make entertainment possible from the beginners to the more skilled skiers.

VAL D'AOSTA



COURMAYEUR

Courmayeur - one of the most renown ski areas in the world - is located on the slopes of Mont Blanc, Europe's highest mountain. Courmayeur's fame is well deserved, considering the vast amount of activities that it offers to those who love winter sports. Besides skiing, it's possible to enjoy cross-country skiing, alpine skiing, snowboarding, freeriding, ice climbing, snowshoeing, heliskiing and snow biking with snow or fatbikes. For the more daring, it's also possible to engage in jumps and stunts - either with the skis or the snowboard - in the snowpark.



SNORKELING & DIVING

FRIULI VENEZIA GIULIA



PROTECTED MARINE RESEVER OF MIRAMARE

This reserve can be found in the gulf of Trieste and it offers 30 hectares of total protection zone, surrounded by 90 hectares of partial protection zone where one can admire local marine wildlife (that consists of molluscs, crustaceans and fishes). Even if the reserve is quite small it managed to develop a great biodiversity in its water thanks to the presence of three different areas. Each one of those areas hosts various species allowing the divers to admire a vast marine wildlife.

LIGURIA



PROTECTED AREA OF PORTOFINO

This protected area is located between the towns of Camogli, Santa Margherita Ligure and Portofino. The area it's divided in 3 different zones: total protection, general protection and partial protection, with different levels of accessibility. Particularly worth to mention are the dills that can be found in this area, which host a marvellous marine flora that can be hardly found in the Mediterranean.



SNORKELING & DIVING

TOSCANA



TUSCAN ARCHIPELAGO NATIONAL'S PARK

This park comprises seven different islands: Giannutri, Giglio, Montecristo, Capraia, Elba, Pianosa and Gorgona. It's famous because -besides a wide array of marine flora and fauna- on its seabed it's possible to admire infamous wreckage, like the merchant ship Elviscot. Among the islands, Giannutri is a Protected Natural Reserve and it's possible to dive in its crystal clear water and observe the different fishes and corals that populate its seabed.



TALAMONE DI ORBETELLO

This district of Orbetello offers a more diversified seascape. Talamone is located in the middle of a lagoon and its connected to the mainland by tiny strips of sand. Its water have a characteristic deep blue colour and in the more rocky part of the seabed it's possible to admire a wildly diversified flora and fauna.



SNORKELING & DIVING

MARCHE



MOUNT CONERO

The beaches of Mount Conero are famous for being particularly hard to reach. The only accessible way is through steep pathways, known as “stradelli”. Furthermore they are all divided by areas where the coastlines dives directly into the sea. This conformation makes Mount conero the ideal place for those who love snorkeling and diving in little known places

BASILICATA



MARATEA

Maratea is the only town of this region that has an opening on the sea and its coastline is characterised by its deep waters. The sea in Maratea is crystal clear and its seabeds are house to different varieties of fishes and a well diversificated flora. Furthermore in some areas of the coastline it’s possible to dive also during the night hours.

SNORKELING & DIVING

PUGLIA



STATAL RESERVE OF TORRE GUACETO

Situated in the northern part of the Salento area, this reserve boasts 20km of beaches among the most beautiful in Italy and 8000m of sea front. The reserve is divided into three zones. In the total protection one only scientific research is allowed. In the remaining two it's possible to admire the local flora and fauna, known for their exceptional beauty.

MANFREDONIA

Manfredonia is located on the homonymous gulf and its already renowned for being a loved destination by tourists during the summertime. In its water it's also possible to admire some of the most suggestive sea views of the Nation and it's the perfect spot for both snorkeling and diving.



CAPE VATICAN

Cape Vatican is another famous destination for those who like to spend their sunny days on the Italian shore. However in the depths of its water there are a lot of secrets that deserve to be unveiled. Besides a vast fish fauna, its seabeds are rich in elements typical of the tropical islands, such as sea shells, corals and shark teeth.

TROPEA

Tropea is famous for its white beaches and crystal clear waters, but it's also a favourite destination for the lovers of diving and

CALABRIA



snorkeling. Especially famous are its grottos along the coastline and among them the most famous is for sure the Blue Grotto.

SNORKELING & DIVING

SICILY



PANAREA ISLAND

Panarea is part of the sicilian archipelago of the Eolie. As all of the islands that are part of this archipelago, its coastline is mostly pristine. The majority of its beaches can be reached only by boat, making this island the ideal place for those who want to enjoy a dive without having to deal with plenty of tourists.

PROTECTED MARINE AREA USTICA ISLAND

Ustica is a favourite of those who like snorkeling, considering the amount of different kinds of wildlife that can be found in this island. As most of the protected marine areas, Ustica is divided in three areas as well and one of them is accessible only for research purposes. In the other two it's possible to find 13 different itineraries, both for snorkeling and diving.



SARDINIA



RED ISLAND

This island owes its name to the colour of the rocks that make its coastline. The coastline itself has numerous inlets where fishes seek repair making them the perfect spot for snorkeling. Due to its conformation the water remains clear also during the days rough see, allowing the view of its seabed always.

MADDALENA ARCHIPELAGO

This park comprises more than 15000 hectares with 180km of coastline and its characterised by its crystal clear water that allow a perfect vision of the seabed. In this natural paradise it's possible to do snorkeling, dolphin watching and diving. Moreover in the archipelago it's possible to do Whale Watching.

TREKING

VAL D'AOSTA



CANYON OF PRÉ-SAINT-DIDIER

The trek of the canyon allows visitors to plunge into nature and into contact with the wildlife and flora typical of the Italian mountains. It's an easy trek that can be done by everyone.

The most spectacular part of the trek it's on top of the pathway, where it is possible to find a panoramic platform suspended 160m over the gorge. From the platform one can enjoy an amazing view over the Mont Blanc, the gorge of Pré-Saint-Didier and a breathtaking landscape made by the canyon's waterfall and the grotto over the thermal spring.

TRENTINO ALTO-ADIGE



BUSATTE-TEMPESTA TREK

The Busatte-Tempesta trek is a naturalistic hike also known as "The Balcony over Lake Garda". Even if it follows the slopes of Mount Baldo -almost 120m over the lake level- the difference in altitude is not much, making the hike suitable even for beginners. The trek is of almost 5km and there is the possibility to take a bus to go back once one reaches Tempesta. It takes almost 1.5 hours to do the hike one way, with an average of 3 hours if one chooses to walk also on the return route. The difference in altitude of the hike is 300m. The hike involves 3 panoramic stairways, with a total of 400 steps.

The whole hike requires half a day.

TREKKING

PIEMONTE



LAKE OF THE WITCHES

This lake is part of the beautiful Natural Park Alpe Veglia Alpe Devero. During the winter is possible to do cross-country skiing and snowshoeing along the lake's shores and during the summer there are different climbing or hiking routes. Of particular interest is the path that goes to the dam and from there proceeds around Lake Devero. Even if it's long -and sometimes steep- it offers suggestive landscapes, similar to North America's natural reserves.

The Lake of the Witches is famous for the water's emerald color and it's particularly beautiful to admire during fall. In this season the leaves are reflected on the surface, creating a kaleidoscope of colors.

STREET OF THE GODS

The Street of the Gods crosses the Appennines, connecting Bologna to Florence. The streets consist of a path very similar to the one used in the Middle Ages -and even before in Ancient Rome- to connect the two cities.

Travelling along the whole street one will encounter a multitude of breathtaking landscapes and places of artistic interest. To make it even more fascinating, some of the paths composing the Street of the Gods consist of the old roman streets, built more than 2000 of years ago.



CANYONS OF URIEZZO

Also known as "The Grand Canyon of Piemonte", these gorges were carved by the streams that originated from glacier Toce. The narrow valleys, tortuous tunnels and the canyons that we now admire were formed once that the glacier disappeared. The drainage of the streams left behind a beautiful canyon that is now possible to visit. There are 3 canyons that can currently be visited: the southern one -which many consider the most beautiful-, the north-western and the western.

EMILIA ROMAGNA



TREKKING

TUSCANY



CRETE SENESI

The Crete Senesi are a huge expanse of clay, molded by nature in soft hills and valleys, which extends in the south-easter part of the Siena province, in between the areas of Chianti and Val d'Orcia. Is one of the most evocative landscapes of the whole region, both for their unmistakable color and for the sensations that they evoke. The Crete are a one of a kind landscape in Italy, a natural movie set where in fact many movies were shot. They are part of UNESCO's world heritage and they contributed to let Siena win the title of "World's most beautiful province". Among the hills it's possible to take numerous hiking routes, from the more challenging to the ones more suggestive and apt for photoshoots.



a really unique view. The tour ends inside the "Robber's grotto", where armed with helmets and torches you will learn how this grotto was formed from a lava flow.

For the most adventurous there are also tours on horseback ore by quad available!

MARCHE



CORINALDO

Corinaldo is an ancient medieval town in the province of Ancona that in 2007 was elected "The most beautiful town in Italy." Still encircled by its medieval wall -built in the XIV century- the towns is a real gem from the artistic and architectural point of view and it's worthy to wander among its alleys. Moreover, from Corinaldo is possible to take part in numerous hikes along the wonderful hillside of Marche.

SICILY

ETNA

For those who love nature, breathtaking views and adventures -with some typical food included- the hike along the slopes of Etna -Europe's highest volcano- is a must. The hike takes almost 7 hours and it's doable even for beginners. To get to the top of the volcano you will use the Mareneve road, a road that even National Geographic recognised for its suggestive landscapes. It is possible to walk in a forest of pines and birches and to observe lava flows and lateral craters of the volcano, a

ADVENTURE

VAL D'AOSTA



MONT BLANC ADVENTURE PLAYGROUND

Mont Blanc Adventure Playground is located on the street leading to Piccolo San Bernardo. It's a park for leisure and sport, built in a forest of pines, with an amazing view on the Mont Blanc. Inside the park there are different activities, with varying levels of difficulty. Each course consists of suspended platforms placed at different heights that use the natural resources of the wood as a holder. The

platforms are connected among each other by suspension bridges, floating stairs, unstable trunks, nets, vines and so on.

The most beautiful part of the park is the platform over the canyon.

EMILIA ROMAGNA



CERWOOD

Located in Cervarezza, in the province of Reggio Emilia, Cerwood with its 27 adventure routes, 10.000 square meter of surface and 220 different activities, it's the biggest adventure playground in Italy. Among the activities there are ziplines, suspension bridges and passages through the trees. The most adventurous routes reaches 25 meters in

height with a final descent from over 60m with a pulley. There are also 2 different kinds of free falling, walls for climbing, an archery spot and minigolf.

ADVENTURE

BASILICATA



PONTE DELLA LUNA

Ponte alla Luna is a suspension bridge in Sasso di Castalda. The bridge is suspended at 120m and it is 300m long. It's viable with the use of a safety harness. At the end of the bridge there is a sky walk made of glass that leans out on the bridge, allowing visitors to see the road they just made. Also, on the other side of the bridge, is possible to admire the ruins of an ancient castle.

FLIGHT OF THE ANGEL

Ponte alla Luna is a suspension bridge in Sasso di Castalda. The bridge is suspended at 120m and it is 300m long. It's viable with the use of a safety harness. At the end of the bridge there is a sky walk made of glass that leans out on the bridge, allowing visitors to see the road they just made. Also, on the other side of the bridge, is possible to admire the ruins of an ancient castle.

PUGLIA



TORREMATTONI

Located in Marina di Ginosa, Torremattoni is the biggest adventure playground of southern Italy. The playground is though to be entertaining at every age, with routes suitable for children from 2 years old to the ones more challenging even for adults. The playgrounds offer 13 different routes with more than 100 games, all suspended in the air!

ADVENTURE

SICILY



ALCANTRA GORGES

Alcantara Gorges are an essential destination for all the lovers of nature and nature trails. The gorges are a canyon formed by the cooling of very ancient lava flows and in the middle runs the Alcantara river. The gorges are in the province of Messina, closeby to Francavilla di Sicilia. Inside the park its possible to take part in various sports that have no environmental impact, allowing the visitor to fully experience the park. Among the numerous activities there are: canyoning, quad tours, body rafting and hidrospeed.

