

## Discover the Land with Nordic Walking

Here below are ten possible Nordic Walking and Nordic Trail routes for an alternative day experience between Lake Maggiore and the Ticino Park.

1 - Forcora Ring	10 km
2 - Ring of Mount San Quirico	10 km
3 - Path of Hidden Marvels	12 km
4 - along the canals of the river Ticino	13 km
5 - Along the Cadorna Line at Forte di Orino	14 km
6 - Ring of Santa Caterina del Sasso	15 km
7 - Ring of the Castagne	15 km
8 - Along the mill path	16 km
9 - From Lake Comabbio to Lake Maggiore	20 km
10 - Ring of the Alpine foothills	24 km

*Nordic Walking is a new sporting discipline from Finland. It consists of walking in a natural and easy way, with the support of specially designed sticks, a highly effective technique in the improvement of physical condition. Through a combination of teaching and sport, participants shall gain a better understanding of themselves and natural surroundings.*

### Price includes:

- Assistance from CONI accredited Nordic Walking instructors
- Nordic Walking stick hire
- Third party
- Liability insurance in compliance with law

### Price does not include:

*Transport, lunch, beverages, extras, all that is not explicitly mentioned.*

**Period:** all year  
**Activities:** sport activities, medium physical performance required  
**Duration:** 1 day

### Price per person:

**€ 45,00** minimum 2 participants  
**€ 30,00** minimum 5 participants