



## Viaggio didattico Sistemi Montani - Val Maira Mountain Systems Study Trip - Val Maira

---

**Data / Dates:**

07/07/2025 - 10/07/2025

**A.A / A.Y:**

2024/2025

**Tutor:**

Beschorner Sanderson

---

### Monday, July 7, 2025

08:30

Departure by bus from Bra Movicentro

10:00

Visit to Agriturismo Lo Puy <https://lopuyvallemaira.it/> and lunch with the producer

13:15

Departure by bus to Agriturismo Al Chersogno (1560m) - <https://www.percorsioccitani.com/posti-tappa/agriturismo-al-chersogno/>

[https://www.facebook.com/alchersogno/?locale=it\\_IT](https://www.facebook.com/alchersogno/?locale=it_IT)

14:00

Arrival and check-in at Agriturismo Al Chersogno

14:30

Walk to Alquimio D'ÒC

15:00

Visit to Alquimio D'ÒC - liquor producer - [www.alquimiodoc.com/](http://www.alquimiodoc.com/)

18:00

Walk back to Agriturismo Al Chersogno

Free time

20:00

Dinner and overnight stay at the Rifugio

(Bring towels and a sleeping bag. If you don't have a sleeping bag, you can bring sheets and bed linen.)

End of activities

### Tuesday, July 8, 2025

Breakfast

09:00

Visit and learn about High Mountain Alpine Honey - [www.chersogno.it](http://www.chersogno.it)

11:30

Check-out and transfer in bus to Agriturismo La Meja

12:15

Check-in at Agriturismo La Meja - <https://agriturismolameja.it/>

12:30

Trekking to the Gardetta area with Davide, our local guide. We'll explore alpine pastures and geological insights into the Gardetta, the only plateau in the Western Alps.

Lunch: Picnic-style lunch during the trek (we'll organize the supplies and everyone will help carry them)

18:00

Return around 6:00 p.m.

19:00

Workshop: Traditional gnocchi making, using Francesca's mother-in-law's recipe

20:00

Free time

21:00

Dinner at Agriturismo La Meja

(Bring towels and a sleeping bag. If you don't have a sleeping bag, you can bring sheets and bed linen.)

End of activities

### **Wednesday, July 9, 2025**

Breakfast

Visit the production of Nostrale d'Alpe cheese with Francesca's father-in-law at La Meja (2086 m)

10:00

Check-out and begin our trekking day to Refuge Fauniera

We'll be guided by Davide, our local guide, and start a scenic trek through alpine pastures in a wide, open landscape. The route offers stunning views of the Maritime Alps, alpine meadows, wildflowers, Rocca la Meja, Lake Meja, historic military mountain roads, and panoramic viewpoints where the three valleys meet, with a stop at a mountain refuge.

13:30 (approx. – T.B.C.)

Lunch: Picnic-style lunch during the trek (we'll organize the supplies and everyone will help carry them)

18:30

Arrival and check-in at Refuge Fauniera (2305 m) - [rifugiofauniera.it](http://rifugiofauniera.it)

### **Thursday, July 10, 2025**

Breakfast

07:00

Check-out

Informative session with Marco from Refuge Fauniera, who will explain what a mountain refuge is, its purpose, and the essential rules. Learn about the vital role refuges play in providing shelter, safety, and support for hikers and mountaineers, as well as their importance in protecting the environment and ensuring the safety of those enjoying the mountains.

10:00

Departure to Cooperativa La Poiana - [cooperativalapoiana.it](http://cooperativalapoiana.it)

Learn about the SFP Castelmagno - [fondazioneSlowFood.com](http://fondazioneSlowFood.com) – Castelmagno d'Alpeggio

Focus on the Castelmagno D.O.P. ageing process

12:45

Lunch at La Poiana

14:15

Transfer to Ostal Organic Farm, specializing in the cultivation, processing, and sale of fruit products, with a particular focus on apples. We will explore the entire apple supply chain, including its transformation into juices, syrups, and cider. [www.lostal.it](http://www.lostal.it)

17:00

Departure to Bra

18:30

Arrival in Bra – End of study trip