



# IRON CAMP 2026 PROGRAM

Rotary  
Distretto 2042 

## VALTELLINA IRON CAMP “The Original”



**Host Country:** Italy

**Organizers:** Rotary Club Sondrio, Rotary Club Colico

**Period:** July 4<sup>th</sup>- 17<sup>th</sup> 2026

**Participants:** 12 (boys and girls from different countries)

**Age range:** 18-24

**Participation fee:** 450 € to be transferred to the bank account that will be provided after confirmation

**Official language:** English

**Credits:** [Iron Camp 2023 – The Documentary](#)

[Google Earth tracks \(kmz\)](#)



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Rotary serves young people, fosters *Fellowship*, develops *Leadership*, and builds friendship and understanding among individuals and peoples.

Iron Camp embodies and pursues all these Rotary values within a single, powerful experience.

Iron Camp is a unique journey: inspiring, demanding, and at times physically challenging. It is a fully sustainable journey set in an extraordinary natural environment, where the only “competition” is to start together as young participants and arrive together as friends—true companions in an adventure without equal. An experience that will remain for a lifetime as an indelible memory and an unparalleled opportunity for personal and collective growth.

Iron Camp allows you to truly experience Valtellina, a land that is still wild and rugged, yet profoundly beautiful. You will discover its flavors and scents, share its silence and landscapes, its harshness and its gentleness, and carry all of this with you as if it were carved into the rock from which Valtellina itself is formed.

This year's journey returns to the origins of Iron Camp. Its spirit can be felt and understood by watching the documentary available at the link below, which conveys the beauty, meaning, and challenges of this extraordinary experience.

We will cross spectacular valleys, alpine passes that seem unreachable, ancient villages rich in history, rugged trails shaped by time, and lakes and rivers of striking beauty. We will do so by cycling, hiking, and paddling, on a journey that will end far too soon, but one that will leave a lasting mark on each and every one of us.

## Iron Camp 2023 – The Documentary

*Il Rotary serve i giovani, sviluppa la Fellowship, forma la Leadership e crea amicizia e condivisione tra persone e popoli.*

*L'Iron Camp rappresenta e persegue, in un'unica esperienza, tutti questi valori rotariani.*

*L'Iron Camp è un viaggio unico: appassionante, faticoso, a tratti duro. Un viaggio totalmente sostenibile, immerso in un ambiente straordinario, dove l'unica “gara” è partire insieme a ragazzi come voi e arrivare insieme da amici, veri compagni di viaggio di un'avventura senza pari. Un'esperienza che rimarrà per tutta la vita come ricordo indelebile e come momento di crescita personale e collettiva ineguagliabile.*

*L'Iron Camp ti permetterà di vivere la Valtellina, una terra ancora selvaggia e aspra, ma profondamente affascinante. Potrai assaporarne i sapori, gli odori, condividerne i silenzi e i paesaggi, la durezza e la dolcezza, e custodire tutto questo nel tuo cuore come fosse inciso nella roccia di cui la Valtellina è fatta.*

*Il viaggio di quest'anno torna alle origini dell'Iron Camp. Il suo spirito potrai intuirlo e comprenderlo guardando il documentario disponibile al link sottostante, che racconta la bellezza, il significato e anche le difficoltà di questo percorso.*

*Attraverseremo vallate spettacolari, passi alpini che sembreranno irraggiungibili, borghi antichi carichi di storia, sentieri aspri disegnati dal tempo, laghi e fiumi di straordinaria bellezza. Lo faremo pedalando, camminando e vogando, in un viaggio che finirà troppo presto, ma che vi segnerà per sempre.*



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## Saturday, July 4th

Reception in Sondrio — Welcome dinner



## Sunday July 5<sup>th</sup>

### July transfer to Valdidentro Team Building day

*Domenica 5 Luglio trasferimento Valdidentro giornata di Team Building*



## Monday July 6<sup>th</sup>

### Mountain Bike Arnoga-Val Viola-Val Verva- Val Grosina- Grosio.

*Lunedì 6 Luglio Mountain Bike Arnoga-Val Viola-Val Verva-Val Grosina-Grosio.*





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Tuesday July 7<sup>th</sup>

## Mountain Bike Grosio-Sondrio

*Martedì 7 Luglio Grosio-Sondrio mountain bike*



Wednesday July 8<sup>th</sup>

## A Study day at Le Village on Sustainable tourism in Valtellina

*Mercoledì 8 Luglio giornata di studio a Le Village sul turismo sostenibile in Valtellina*



Thursday July 9<sup>th</sup>

## Bike along the “Sentiero Valtellina” Sondrio-Piona

*Giovedì 9 Luglio Bicicletta lungo il Sentiero Valtellina Sondrio-Piona*





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Friday July 10 23th

## Canoeing on Como Lake and Mezzola Lake Piona-Verceia

Venerdì 10 Luglio Canoa sula Lago di Como e Lago di Novate Mezzola Piona-Verceia



Saturday July 11<sup>th</sup>

## Trekking from Novate Mezzola to Rifugio Brasca – Valcodera

Sabato 11 Luglio Trekking Novate Mezzola-Valcodera-Rifugio Brasca



Sunday July 12

## Trekking on Sentiero Roma Rifugio Brasca Rifugio Gianetti

Domenica 12 Luglio Trekking sul sentiero Roma Rifugio Brasca-Rifugio Gianetti





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Monday July 13th

## Trekking on Sentiero Roma Rifugio Gianetti Rifugio Allievi Bonacossa

Lunedì 13 Luglio Trekking sul Sentiero Roma Rifugio Gianetti-Rifugio Allievi Bonacossa



Tuesday July 14th

## Trekking on Sentiero Roma Rifugio Allievi Bonacossa -Rifugio Ponti

Martedì 14 Luglio Trekking sul Sentiero Roma Rifugio Allievi Bonacossa- Rifugio Ponti



Wednesday July 15th

## Trekking on Sentiero Roma Rifugio Ponti-Rifugio Bosio

Mercoledì 15 Luglio Trekking sul sentiero Roma Rifugio Ponti-Rifugio Bosio





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Thursday July 16<sup>th</sup>

## Trekking on Sentiero Rusca Rifugio Bosio-Sondrio

*Giovedì 16 Luglio Trekking sul Sentiero Rusca Rifugio Bosio-Sondrio*



Friday July 17<sup>th</sup>

## **Discovering Sondrio - Visit to the cellars - Greetings at the RC Sondrio convivial gathering**

*Venerdì 17 Luglio alla scoperta di Sondrio-Visita alle cantine- saluti alla conviviale del RC Sondrio*





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## Altimetries

*Profilo Altimetrico*

Arnoga-Grosio



Grosio-Sondrio

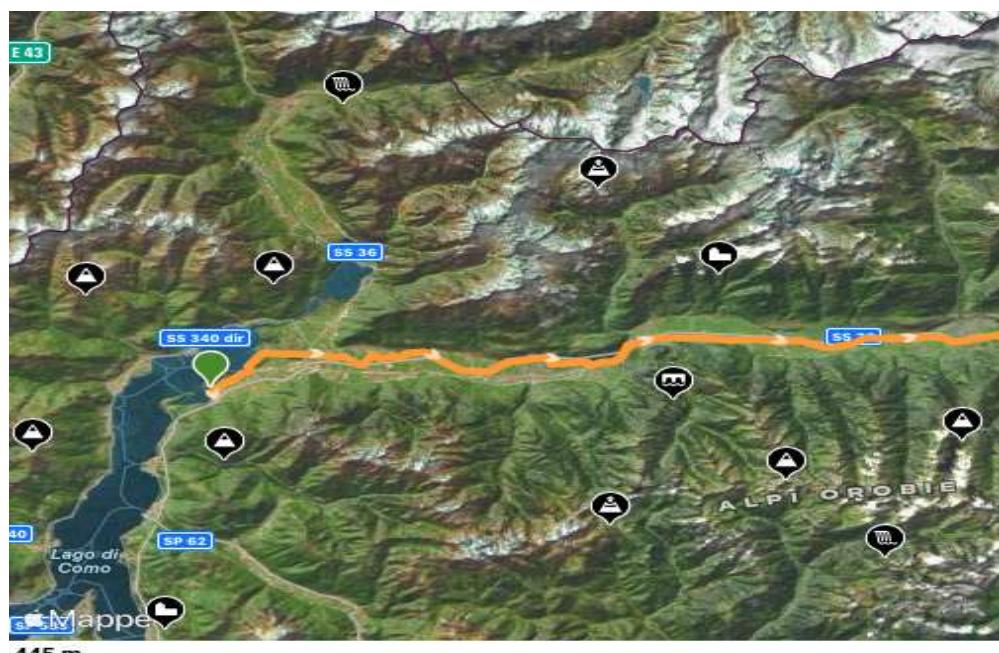




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Sondrio-Piona

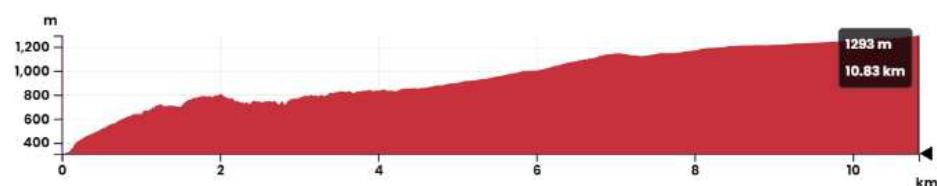


Piona-Verceia

197,37 mt above sea level

197,37 m s.l.m.

Novate-Rifugio Brasca

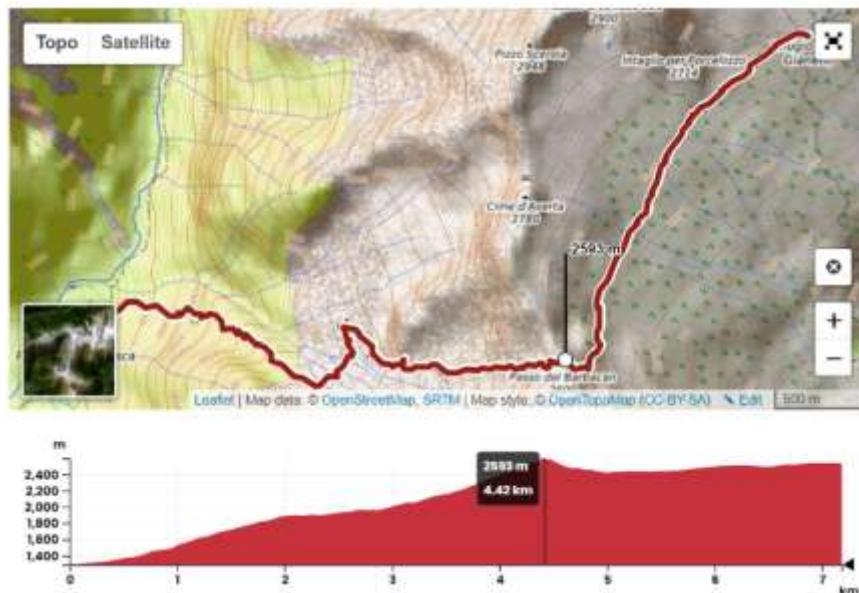




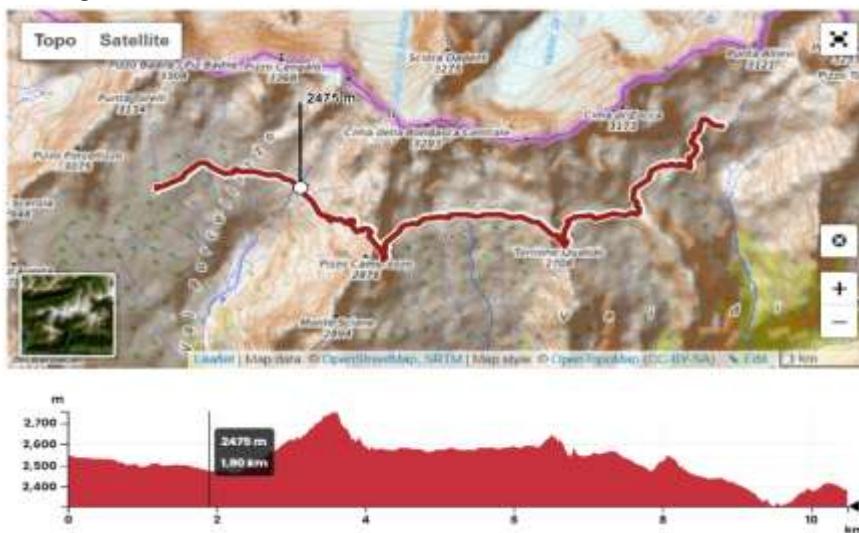
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Rifugio Brasca-Rifugio Gianetti



Rifugio Gianetti- Rifugio Allievi



Rifugio Allievi-Rifugio Ponti





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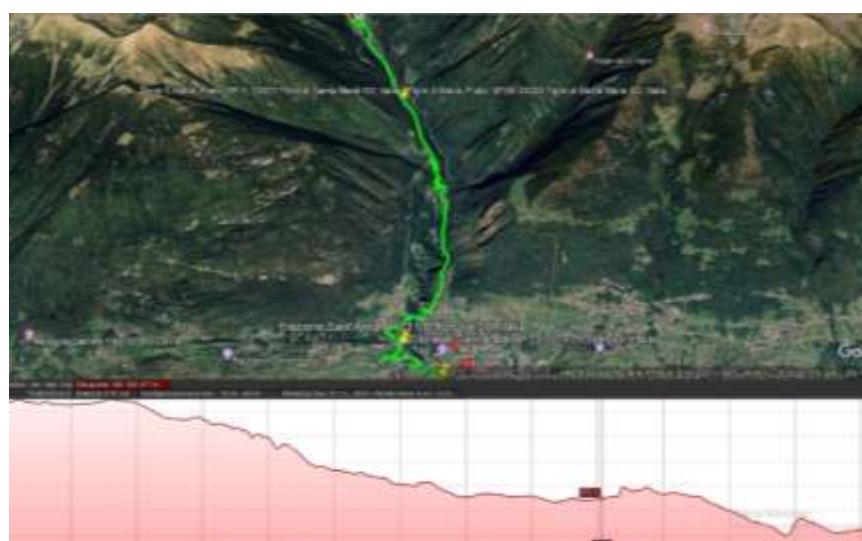
## Rifugio Ponti-Rifugio Bosio



## Rifugio Bosio-Torra di Santa Maria



## Torre di Santa Maria Sondrio





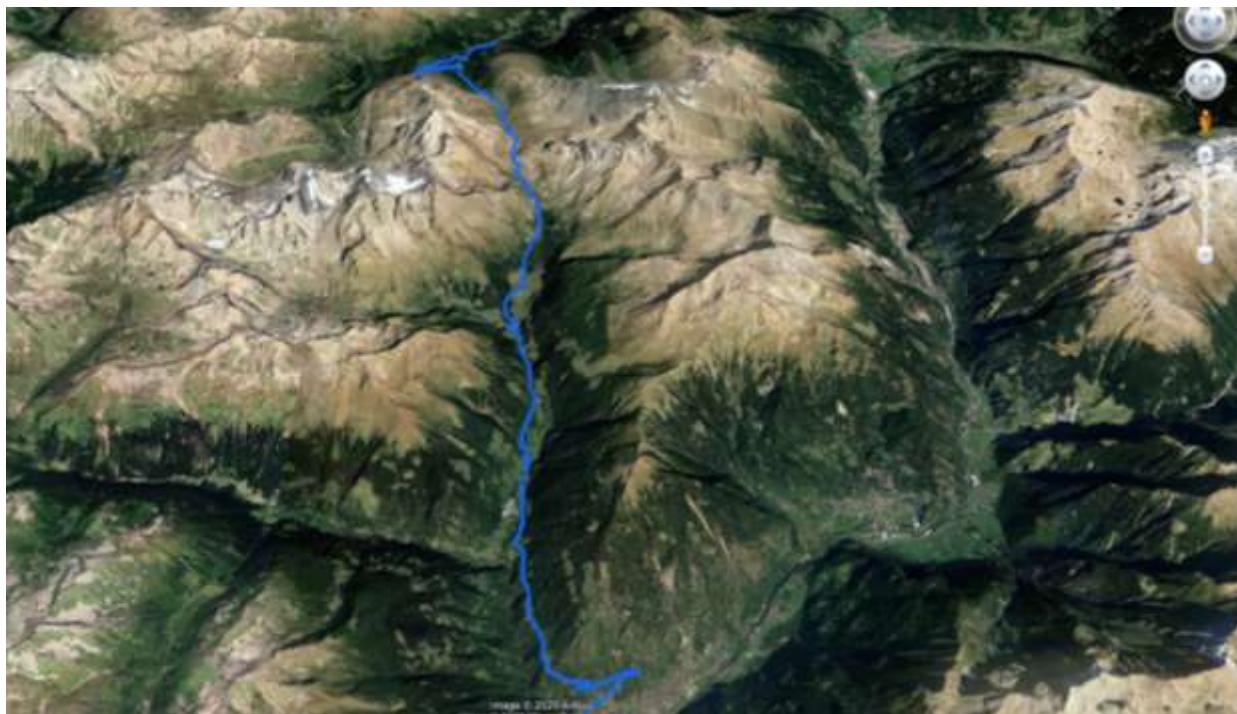
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## Focuses

*Focalizzazioni*

### Mountain Bike Route Arnoga-Val Verva-Val Grosina-Grosio



### Trekking Path on Sentiero Roma





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**All applicants must complete this questionnaire**

## QUESTIONNAIRE PART ONE

- ✓ Which sports do you practice?
- ✓ Do you participate competitively in these sports?
- ✓ What's the furthest you've ever cycled?
- ✓ Have you ever done any canoeing? If so, what's the furthest distance travelled?
- ✓ Have you ever done any trekking? If so, what's the furthest distance travelled?
- ✓ Do you think a system of individual points for performance in the camp is a good idea?

## QUESTIONNAIRE PART TWO- ANSWER 'YES' or 'No'

- ✓ Have you ever done any mountain trekking?
- ✓ Do you feel comfortable hiking in the mountains?
- ✓ Have you ever done any mountaineering?
- ✓ Do you like challenge?
- ✓ Do you react well under physical stress?
- ✓ Are you an adaptable person?
- ✓ Do you like camping?
- ✓ Do you suffer from cold weather?
- ✓ Could you survive without your smartphone and internet connection for days on end?
- ✓ Do you enjoy being with others?
- ✓ Could you work in a team for days?
- ✓ Would you be comfortable sleeping in a dormitory with others?
- ✓ Do you agree to being filmed and photographed?

### Very Important note:

**If you have answered 'NO' to more than 3 of these questions- this camp is not for you!**

**All applicants will have an interview with the camp organizers to check your aptitude for this camp!**



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## IMPORTANT – PLEASE READ CAREFULLY

The Valtellina Iron Camp 2026 – “The Original” will be the fourth edition of the Iron Camp. Based on feedback and evaluations from previous editions, we want to clearly clarify some key points that have occasionally proven to be challenging.

These guidelines are an essential part of the Camp experience and are intended to ensure safety, respect, and a positive environment for everyone.

## Food and Eating Habits

Italy is famous for the quality of its food, but eating habits here may differ significantly from those in your home country.

Living a country also means accepting and experiencing its culture—including the way people eat.

Please note in particular that:

- In Italy, breakfast is rarely based on eggs or meat.
- This is especially true in the alpine huts where you will be staying.
- If you consider a high-protein breakfast essential to start your day, you may not find the food you are used to.

For this reason, we ask you to **adapt to Italian meal times and food traditions** in order to fully enjoy and live your Iron Camp experience.

## Dietary Requirements and Restrictions

Managing specific dietary needs can be challenging in a mountain environment.

Please be aware that:

- Conditions such as **celiac disease** or strict diets (e.g. **veganism**) are difficult for us to manage.
- In some cases, we may be able to provide limited food support, mainly **dry or packaged food**, which you will need to carry with you.
- This support will **not be sufficient to fully cover your nutritional needs**.
- Alpine huts may not be able to accommodate special dietary requirements.

We strongly encourage you to **carefully consider these aspects before applying**. If you have specific needs, contact us in advance so we can discuss whether a feasible solution exists.

## Alcohol Consumption

As you may already know, **Rotary rules are very strict regarding alcohol consumption during organized activities**.

Please note that:

- Alcohol consumption during Camp activities is **not tolerated**.
- This applies especially to **spirits and strong alcoholic drinks**.
- The activities you will take part in require **full physical fitness and constant mental focus**, which are not compatible with alcohol use.

There may be limited and clearly defined moments to share a **moderate glass of wine** together in a friendly and relaxed atmosphere. Outside of these moments, alcohol use is not permitted.

## Personal Responsibility

By joining the **Valtellina Iron Camp 2026**, you acknowledge and accept these guidelines and agree to respect them.

Each participant is expected to take **personal responsibility** for their behavior, choices, and adaptation to the Camp environment.

Respect for the rules, for others, and for the spirit of the Camp is essential to ensuring a safe, meaningful, and unforgettable experience for everyone.

**Participants must bring their own Pocket**



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## CLOTHES / EQUIPMENT

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sun glasses		X	X	X
Crema solare ad alta protezione	High protection sunscreen		X	X	X
Cappellino	hat		X	X	X
3 T-shirt tecniche	3 technical t-shirts		X	X	X
Pantaloni per bicicletta	bicycle shorts		X		
Calze sportive	sports socks		X		
Scarpe da ginnastica	sneakers		X		
Sacco a pelo (o saccoletto)	sleeping bag			X	X
Berretta	Snow Beanie				X
Pile	Fleece		X		X
Giacca a vento	Windbreaker				X
K way	Kagoul		X		X
Guanti	gloves				X
Pantaloni da alpinismo	climbing pants				X
Calzettoni	winter socks				X
Scarponi da trekking	Hiking boots				X
Zaino da 25 fino 40 litri	25-40-litre backpack		X	X	X



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## HOW TO ARRIVE TO SONDARIO

### From Bergamo to Sondrio (Main options):

Option 1: Train via Milan (the most common);

Take a train from Bergamo to Milano Centrale (about 50 minutes - 1 hour).

From Milano Centrale, take a train (Trenord/Trenitalia) to Sondrio (about 1.5 hours - 2 hours).

Option 2: Train via Lecco (alternative, sometimes slower);

From Bergamo, take a train to Lecco.

### From Malpensa to Sondrio

From Malpensa to Milano Centrale:

From the airport (Terminal 1 or Terminal 2), take the Malpensa Express train to Milano Centrale.

Frequency: Approximately every 30 minutes.

Duration: 51-54 minutes.

Note: Shuttle buses (Malpensa Shuttle or Autostradale) also connect the airport to Milano Centrale in about 60 minutes, depending on traffic.

From Milan Central Station to Sondrio:

From Milano Centrale station, take the RE8 regional train to Tirano.

Frequency: Usually one train every hour.

Stop: Get off at Sondrio station.

Duration: Approximately 2 hours.

### From Linate Airport to Milan Central Station

You have several options for getting to Milan Central Station from the airport:

Shuttle Bus (most direct option): Services such as Linate Shuttle, Starfly, Autostradale, or Terravision offer direct bus connections between Linate and Milan Central Station. The journey takes about 25-30 minutes, depending on traffic.

Subway + Train/Bus (alternative option): You can take the M4 subway line from Linate Airport to Dateo, then change to bus 92 to Milan Central Station, or continue to San Babila and take the M1 or M3 lines to the station.

From Milan Central Station to Sondrio:

From Milan Central Station, you can take a direct train to Sondrio:

Regional Train (RE8): Regional trains (Tirano-Sondrio-Lecco-Milan line) connect Milan Central Station to Sondrio.