

**Lariano Trekking Camp**  
**June 22nd – July 5th 2025**



<b>Host Country/Club</b>	<b>D2042 ITALY/Rotary Club:</b> Appiano e delle Colline Comasche, Como, Como Baradello, Erba Laghi, Saronno
<b>Aim of Camp</b>	<b>Trekking on the mountains around Lake Como</b>
<b>Program</b>	<b>Trekking on the mountains around Lake Como</b> During these fourteen days you will be guided to discover our region, through trekking on the beautiful mountains of Lake Como and the surrounding areas of it. Two-days excursions in the mountains of the regions, up to 2.500 mt in Val Biandino and to Monte San Primo (1.800 mt) will be the most important events during the two weeks. Preparation to them will be part of the program as well as medium-heavy trekking days; you will also visit Milan and Como. Definite programme will be issued by the end of March. Please do not forget you will walk at least 60 km in two weeks.
	<b>WE STRONGLY DISCOURAGE APPLICATION OF STUDENTS WHO HAVE SUFFERED HEALTH PROBLEMS TO KNEES IN THE PAST YEAR</b>
<b>Application before</b>	<b>1st April 2025</b>
<b>Participants</b>	<b>Total of 12</b> , 6 boys and 6 girls, minimum 8 participant. Limited to one participant per country
<b>Age</b>	<b>15 - 17 years</b>

<b>Language</b>	<b>English</b> – good level
<b>Accommodation</b>	Details will be confirmed in the next few weeks.
<b>Clothing</b>	<p>Robust trekking boots (<b>MANDATORY</b>, if you do not have them, you might not be allowed to take part in some excursions)</p>  <p>Backpack for mountain tour (28/35 lt.)            Light wind jacket (waterproof)            Long and short trekking pants            Bathing costume and towel            Underwear for mountain conditions (about 2000 mt height)            Waterproof hat or hood, light mountain mantle            Sunglasses and sun cream            Disposable sleeping bag sheet</p>
<b>Eating</b>	We will provide all meals: at lunchtime when walking it could be just a snack, dinner in the college refectory when at home or in mountain huts during excursions.
<b>Guiding</b>	<p>Two or three experts will guide the group every day.</p> <p>You are asked to always stay in group, to follow your guides' suggestions and to abide by their instructions.</p>
<b>Payment</b>	<p><b>280 Euro, via bank transfer, due at confirmation</b></p> <p><b>Bank details will follow directly to applicants</b></p>
<b>Arrival</b>	<b>Sunday June 22nd, 2025</b> ( <u>in the afternoon</u> )
<b>Departure</b>	<p><b>Saturday July 5th, 2025</b></p> <p>Airport      Milan Malpensa (preferred);            Alternative   Milan Linate;            Railway      Milan Central Station;            Rotary Clubs will provide for welcome and escort service from/to airport/station.</p>

**Transportation**

Private or public, will be provided by Rotary Clubs

**Contact**

**Insurance**

As per Rotary rules, all participants must be insured against liability for damage to properties or people and in case of need of medical care according to what Rotary Code of Policy states. This insurance is MANDATORY , **we will not accept students who cannot prove they have one.**  
Please ask your Rotarian officer if outbound students are already insured by the sending district. In case they are not, we will send you all details to purchase an insurance compliant with Rotary International requirements and approved by Rotary International. For information, please contact us