

Alpine Adventures

Guide to the wonders of Vallecamonica

A project by European **Parkinson Therapy** Centre
Consorzio Terme e Sci

**DEMO VERSION
ONLY**

And Lake Iseo
Staying in: Darfo Boario Terme

Guide to the Wonders of the Camonica Valley and Lake Iseo.

Starting point: Darfo Boario Terme

INTRODUCTION

Darfo Boario Terme is a splendid destination offering numerous reasons for an unforgettable stay. Nestled in the picturesque Camonica Valley, it is renowned for its thermal waters and wellness centers, offering the perfect retreat for relaxation. The area is surrounded by picturesque mountains and is just a short distance from lakes, making it ideal for peaceful walks and moments of contemplation in nature.

Thanks to the efficient train and bus network, you can easily explore nearby treasures without stress. From the romantic shores of Lake Iseo to Verona, each destination will enrich your experience. This guide is designed to offer you convenient, accessible, and culturally rich itineraries.

Take back your life and dreams, take control

PART 1: HALF-DAY TRIPS (4-5 HOURS)

Nearby destinations, ideal for relaxing mornings or afternoons. *Destinations listed in order found in book*

Boario Terme

Biunno

Breno

Lovere

Pisogne

Lake Moro

Iseo Town

PART 2: FULL-DAY TRIPS

Further-distant destinations that require more time to travel and explore.

Bergamo

Brescia

Capo di Ponte

Edolo

Milan

Monte Isola

Stelvio e Adamello Parks

Verona

With useful information, how to get there **T**
 history **H**, population **P**, places to visit **GO**,
 difficulty (for people with Parkinson's or
 walking difficulty.) Acknowledgements **A**

BRENO

Half Day

The Castle is only the starting point



DIFFICULTY (Accesability, climbs, walking)

EASY

DIFFICULT



T Transport: Train - Direct from Boario to Breno (Trenord Brescia-Edolo Line) website <https://www.trenord.it/linee-e-orari>

H History This town, which may take its name from the Celtic Brig (mountain), preserves some of the most important traces of the Valley's rich and long history. Evidence of culture, art, and Christian tradition can be admired in the town's various churches, including the Church of San Valentino, the Church of Santa Maria Assunta, and the Church of Santa Maria Ausiliatrice.

P Population and Attractions: 4,700 inhabitants. The Castle dominates from the rock.

A Acknowledgements: Cultural heart of the Middle Valley

GO : SANCTUARY OF MINERVA

The Sanctuary of Minerva is an ancient Roman place of worship, discovered in 1986 and open to the public since 2007.

This temple was dedicated to the goddess of the same name and was built on an older sanctuary in honor of the presence of river water and springs. The original statue is preserved in the Archaeological Museum of Cividate Camuno, but in Breno, you can still admire the remains of the temple with its elegant mosaic floors.

BRENO CASTLE

A visit to Breno Castle is a must, an authentic fortress built during the reign of Frederick I Barbarossa. Today, it stands on a large hill, proving to be a key archaeological site for understanding the prehistory of the Camonica Valley.



It can be reached in just a few minutes from the center of Breno (uphill), and here you can literally experience the many milestones in the history of the Camuni people. The castle has undergone continuous development over its long history: from an early medieval fortification to an elegant complex of tower houses and walled palaces in the late Middle Ages, and finally to a military stronghold in the modern era.

VILLA GHEZA

Villa Gheza, built between 1930 and 1935, stands in the center of Breno, between the Town Hall and the Palazzo degli Uffici. Its architect is Maffeo Gheza, a lawyer from Pian di Borno who, after studying in Turin, decided to return to his beloved Valle Camonica, where he held numerous positions. From its charm, this villa seems to hail from an ancient era. Its exterior is characterized by various elements: the triple-lancet windows, the bow windows (reminiscent of 19th-century buildings), the terraces, the turret, and, perhaps most distinctive of all, the drawbridge. This goes

unnoticed by those walking around the building, while the turret nevertheless stands tall and dominates the entire Breno landscape. Villa Gheza is easily accessible from the main road that runs through Breno: shortly after the Town Hall, at the intersection with the traffic lights, its exterior can be seen.

Unfortunately, the villa is currently closed to the public, except for one weekend in May, when, during "Classica," an event organized by the Nostalgia Club, it is possible to admire vintage cars inside the town's villas, including Villa Gheza.

*Let's **DO** this!*

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