

# ≡ Summer in Cognac ≡

## activities in nature

From 1<sup>st</sup> July to 1<sup>st</sup> September 2019

Weekly programme (\*) to discover nature, culture, traditions, secret magical places in Cognac Alpine Pearl.

Activities will be confirmed with a minimum of 4 participants (minimum 10 participants for the mine visit).

(\*) The reservation has to be done by the day before the activity at the Tourism Consortium Office on Chanoux square (every day 9h – 13h and 15h – 19h)

*NB some activities might not be available in English*

## PROGRAMME

### Monday



On the miners' trail ⊗

Guided hike on the slope of Mount Creya, to reach Colonna mining complex, important centre for the life of the miners until the second half of the 20<sup>th</sup> century. On the way back it will be possible to admire the other proofs of the mining activity in Cognac, Liconi and Costa del Pino.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 8.00 a.m.
- ✓ Difficulty: medium
- ✓ Notes: packed lunch not included
- ✓ **Price: € 20 | children under 12: € 15**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cognac Card: € 15



Valnontey – Romantic Path ⊙ + dinner

Magical evening walk in the Park, to enjoy the sunset and the scents of a mysterious forest. The dinner in a farm will allow tasting the regional dishes. After the restoring meal, little headlamps will indicate the way back from a romantic evening.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 5.30 p.m.
- ✓ Difficulty: medium-easy
- ✓ **Price (dinner included): € 30 | children under 12: € 20**
  - **PROMO:** E-state in natura hotels' guests: € 20  
With Friend of Cogne Card: € 25

## Tuesday

### E-Bike experience ☉

Cogne Alpine Pearl is a territory to discover! Enjoy an experience on two wheels without much effort to join the wonderful villages on an electric MTB together with an instructor.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 9.30 a.m.
- ✓ Difficulty: easy
- ✓ **Price (guided service included): € 45**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cogne Card: € 40

### Bike family ☉

Learn how to pedal on mountain tracks: a tour in the bottom of the valley on a MTB for a pleasant afternoon with the whole family.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 3.00 p.m.
- ✓ Difficulty: medium-easy
- ✓ Notes: bike rental not included
- ✓ **Price: € 20 | children under 12: € 15**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cogne Card: € 15

## Wednesday

### Discovering rocks: climbing boulders and not only ☉ + ☉

(N.B.: it is possible to join both half-day activities, according to availability. Price upon request. Lunch not included)

Morning: climbing activity for beginners or expert climbers, aiming to train the balance between body and mind. Technical equipment included.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 9.00 a.m.

- ✓ Difficulty: medium-easy
- ✓ Price (equipment included): € 50
  - *PROMO: E-state in natura hotels' guests: free*
  - With Friend of Cogne Card: € 40*

Afternoon: exploring the paleo-landslide in Lillaz, among caves and rock walls with speleological passages. Technical equipment included.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 2.00 p.m.
- ✓ Difficulty: medium-easy
- ✓ Price (equipment included): € 50
  - *PROMO: E-state in natura hotels' guests: free*
  - With Friend of Cogne Card: € 40*



### Gimillan: a 360° view ☹

Photographic itinerary aiming to discover Gimillan hamlet and its most panoramic paths. At sunset, an aperitif out on the terrace will restore the eyes and the palate, before starting to climb down.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 4.00 p.m.
- ✓ Difficulty: easy
- ✓ Notes: accessible with your four-legged friends
- ✓ Price: € 20
  - *PROMO: E-state in natura hotels' guests: free*
  - With Friend of Cogne Card: € 15*

## Thursday



### The miner's bike ride ☹

A tour on a MTB will bring you to Costa del Pino, where the charm of the mine and a breath-taking panorama from Mont Blanc to Gran Paradiso blend together. At the arrival, guided visit of the mining site.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 8.45 a.m.
- ✓ Difficulty: medium
- ✓ Price: € 65 | children under 14: € 60
  - *PROMO: E-state in natura hotels' guests: € 30*
  - With Friend of Cogne Card: € 60*



### A journey into Cogne mines ☹

Through a panoramic walk from Cogne you reach Costa del Pino. There, a magical atmosphere surrounds you: the old buildings, the view, the utensils, the unaltered rooms from the closure of the mine and the clang of the train that brings into the galleries. Thanks to all that, the visit is a unique experience to travel back in time.

- ✓ Meeting point: Costa del Pino
- ✓ Start: 1.30 p.m.
- ✓ Difficulty: medium-easy
- ✓ **Price: € 20 | children under 14: € 15**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cogne Card: € 18

## Saturday



### Morning gym with the Nordic Walking ☹

Regain your strength in the mind and the body through the Nordic Walking, a booming healthy discipline. Thanks to specific trekking poles, a licensed instructor will show you how to acquire a correct, fluid and harmonic walk.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 9.30 a.m.
- ✓ Difficulty: easy
- ✓ **Price: € 25 (technical equipment included)**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cogne Card: € 20



### The clearing of legends ☹

A way of tales among woods and clearings around Tarambel castle and its disappeared ancient villages. Discover the places where some of the many old legends of Cogne valley have been set.

- ✓ Meeting point: Cretaz (next to the roadside shrine)
- ✓ Start: 2.30 p.m.
- ✓ **Price: € 8**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cogne Card: € 5

## Sunday



### Photographing nature ☹

With the company of a professional photographer to catch the beauties of an immaculate environment, often filed by the speed of everyday modern rhythm. Suggestions for quality photos, even with your smartphones.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 8.00 a.m.
- ✓ Difficulty: easy
- ✓ Notes: equipment not included
- ✓ **Price: € 20**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cognac Card: € 15



### Discovering origins and curious facts of Cognac and its villages ☹

You can't leave Cognac without having looked round Cognac among tales and secrets of the valley. Every week, a different itinerary will show you the emblematic spots of the old town and its hamlets.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 3.00 p.m.
- ✓ **Price: € 8**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cognac Card: € 5



### Getting to know the sky ☹

Easy moonlight stroll and observation of the starry sky. The evening will end with a tasting of herbal teas.

- ✓ Meeting point: Tourism Office – Chanoux square
- ✓ Start: 9.00 p.m.
- ✓ Difficulty: easy
- ✓ Notes: the activity will be confirmed according to the weather
- ✓ **Price: € 18 | children under 12: € 15**
  - **PROMO:** E-state in natura hotels' guests: free  
With Friend of Cognac Card: € 15