

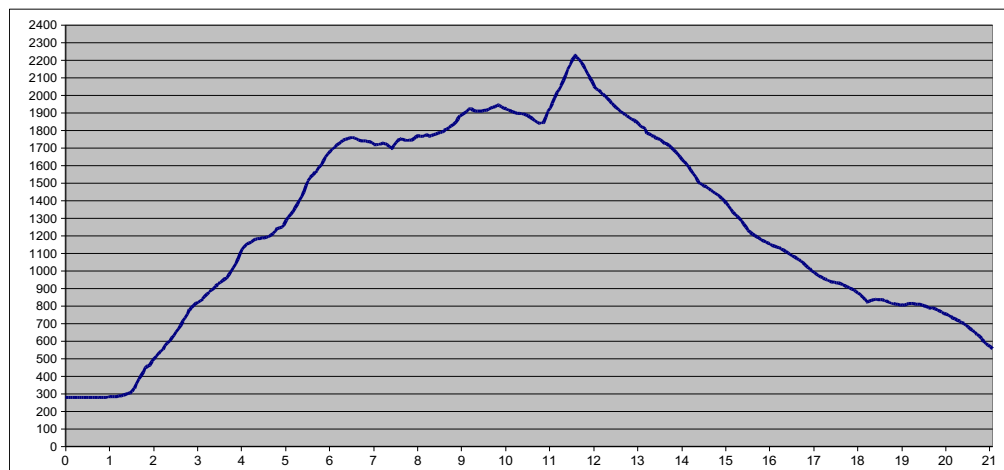
Saturday 25 May

14. LODRINO-LAVERTEZZO SKYRACE

The 14.edition of the Lodrino-Lavertezzo Skyrace will start at **8.00 a.m. from the schools of Lodrino (scuole medie)** at 262 meter of altitude and finish at the Piazza of Lavertezzo at 536 m.

The course consist of a steep ascent in the Lodrino valley and an easier descent in the Verzasca valley. Its 21 km long with an difference in elevation of 2190 m uphill and 1860 m downhill.

After the first kilometer through the village of Lodrino the path is steep for about 5 km until reaching the Alpe di Alva (1570 m). A varied route of about 3km ups and downs lead then to the Alpe Negheisc (1880) Then again a very steep trail gets you to the panoramic stop-over - the Forcarella di Lodrino (2236 m). The descent starts with a steep, stony precipice and leads to the Alpe Corte di mezzo at 1627 m. After another steep kilometer in the Pincascia Valley the path gets smooth and takes you downhill in direction of Alpe Pincascia-Forno-Cugnera until you get to the finish at the Piazza of Lavertezzo.



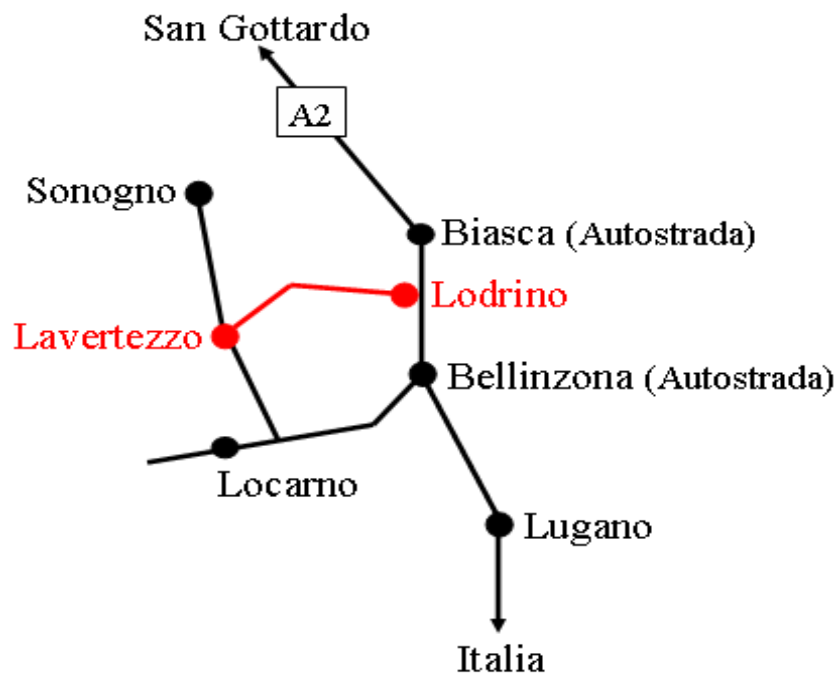
7.LODRINO-Alpe Alva mountain race

For the 7 time we offer as an option to perform the race only to the alpe Alva 1570 m.of altitude. Once arrived, you can enjoy the spectacular panaorama and hike down unhurried to Lodrino. Personal items can be handed on the start and will be taken to the Alpe Alva 1570m by the organisation.

Fun Hike (Traversata Popolare)

Fot those who want to take it more easily, we organise a popular hike from Lodrino to Lavertezzo. The course is the same but we **start** at **5.45 a.m.** . There will be food and refreshments on the way. The numbers can be collected either saturday at the schools . The participants of the fun hike will also get a starting present.

Where are we ?



Registration :

Online Registration: www.lodrino-lavertezzo.ch

Start number, Starting present, lunch and organised return journey from Laverizzo to Lodrino are included in the fee.

There is a limited number of 200 participants. The athletes must be equipped with Trail-Running or Mountain Hike Shoes and a long-sleeves windprotecting shirt. The use of hikig sticks is allowed as long as they are taken to the Finish.

On the way there are about 80 assistants and security people provided with funk to see to your safety. Nevertheless we ask each participant to act with responsibility.

The organisation denies any liability in case of an accident.

Refreshments:

| | | |
|-----------------------|--------|-------------|
| Legri | 562 m | ca. 2.2 km |
| Lagua | 890 m | ca. 3.3 km |
| Alva | 1560 m | ca. 5.7 km |
| Stüel | 1910 m | ca. 9.5 km |
| Negeish | 1881 m | ca.10.5 km |
| Forcarella di Lodrino | 2233 m | ca. 11.5 km |
| Corte di mezzo | 1627 m | ca. 14 km |
| Pincascia | 1137 m | ca. 16.2 km |

Time limits:

2 hours to Monte Alva, 1560 m ca 5.7 km
7 hours to bis Lavertezzo

Friday 24 May:

16:00-17.30 Lodrino (Schools): distribution of the numbers and starting presents

Saturday 25.May 2024:

05.45 **Lodrino Start of the Popular Hike (Traversata Popolare)**
06:00-07:00 Lodrino (Schools): last distribution of the numbers and starting presents.
material check.
07:00 Hand-over of the personal items for the transport to Lavertezzo/Alva
08:00 **Lodrino (Schools), Start of the Race**
10:30-11:00 Lavertezzo: estimated arrival of the first athlete
12:00-14:30 Lavertezzo: Entertainment at the Piazza
lunch for athletes and visitors
14.00 **Lavertezzo: awards show**
ab 15:00 Return to Lodrino (Bus)

Information

E-Mail: skyrace@lodrino-lavertezzo.ch

Information about accomodation

Tourist Office
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