



## EXPERIENCE

### **GREEN TABLE – “TENUTA CASTELLO DI MORCOTE” PRODUCTS TESTING**

A beautiful gem set between the lake and the mountains, offering a breathtaking view of Ceresio Lake and the surrounding peaks, Tenuta Castello di Morcote is located in a magic place. The terraced vineyards, facing south, are just like a natural amphitheater for the olive trees and orchards. An environment characterized by great biodiversity converted into organic and biodynamic farming. Gianini Family has been taking care of Nature with passion and kindness for over 50 years, offering rich and authentic wines, olive oil, honey and cheese. Let us take you on a discovery journey where a unique place rich in history meets its incredible flavours.

*Tenuta Castello di Morcote, Vico Morcote / from CHF 55.- p.p.*

### **GREEN TABLE – PICNIC DINNER AT “TENUTA CASTELLO DI MORCOTE”**

A picnic dinner in the vineyards, a unique experience in the middle of nature inside a magic wine estate. A moment to get away from the frenzy of everyday life, to discover the territory through direct contact with local producers and their certified and organic raw products. Good wine, good food, good company, background music to dance and soft lights to look at the stars. Exclusive locations to relax in a convivial and informal atmosphere and incredible memories.

*Tenuta Castello di Morcote, Vico Morcote / from CHF 65.- (1 glass of wine incl.) p.p.*

### **GREEN TABLE – VINEYARDS UNDER THE STARS AT “TENUTA CASTELLO DI MORCOTE”**

An exclusive 3-course dinner to discover unique places and people. A table set with love, an intimate and charming atmosphere, on the slopes of an ancient castle of the 15th century, surrounded by certified organic vines. Precious and authentic wines: the expression of the passionately cultivated land.

*Tenuta Castello di Morcote, Vico Morcote / from CHF 95.- p.p. (1 glass of wine incl.)*

### **GREEN TABLE – PICNIC IN THE VINEYARD**

A picnic among the vineyards, a unique experience surrounded by rows of vines, a moment to get away from the frenzy of everyday life. You'll have the opportunity to discover the territory tasting the produce of our local farms, most of which are certified organic. Exclusive locations and relaxation in a unique environment, with Nature offering great memories.

*Vigneti Vinattieri and Azienda Agricola Bianchi / from CHF 55.- p.p. (1 glass of wine incl.)*

### **GREEN TABLE – CITY ART “Lunch / dinner with...”**

Let's meet in a unique place inside a historic building opposite Villa Saroli. Breathe history and learn about art. We'll introduce you to a theme and journey experience, you'll have the opportunity to meet an artist and share a wonderful banquet. All of this in an intimate and charming garden, tasting delicious local organic produce and talking about art, its forms and expressions...

*Kromya Art Gallery, Lugano / from CHF 65.- p.p. (water and a glass of wine included)*



## EXPERIENCE

### **GREEN WELLNESS – WELLNESS TRAIL AT MONTE SAN SALVATORE**

"...in Nature I go to lose my thoughts and find my soul."

Nature is full of incredible places, wonderful views and are a source of great well-being and energy. Let's walk together, alternating a regenerating walk with breathing exercises and Pilates. From the top of Monte San Salvatore to Parco SanGrato crossing incredible sceneries: mountains, woods and a lake. We'll finish with a delicious Wellness picnic surrounded by nature with the feeling of being in a magic place. Return by Postbus or as you wish.

*Departure from San Salvatore funicular, Paradiso / Duration: 6h / Language: IT-EN-FR  
CHF 85.- (from 4 people or on request) / Green Trainer, Wellness picnic, soft drink, funicular incl.*

### **GREEN WELLNESS – PILATES AT THE PARK**

A 50-minutes Pilates lesson, time off for your well-being, surrounded by nothing but green. Nature will enhance the beneficial effects of physical exercise; it improves body composition and stimulates good mood. In the cooler months, the crisp air helps burning more fat and calories. In a splendid setting just a stone's throw from the centre of Lugano, with a great view of Ceresio Lake.

*Parco Guidino, Paradiso o Parco Tassino or Parco Ciani, Lugano / Duration: 50min / Language: IT-EN  
CHF 20.- p.p. (from 4 people or on request) / private session in a place of your choice in the Lugano Region*

### **GREEN WELLNESS – BALANCE FLOW AT THE PARK**

Balance flow develops well-being and harmony between body and mind by shaping the body in a gentle and natural way. A combination of Pilates, yoga, stretching, postural and functional gymnastics. Nature will enhance the beneficial effects of physical exercise; it improves body composition and stimulates good mood. In the cooler months, the crisp air helps burning more fat and calories. In a splendid setting just a stone's throw from the centre of Lugano, with a great view of Ceresio Lake.

*Parco Guidino, Paradiso or Parco Tassino or Parco Ciani, Lugano / Duration: 50min / Language IT-EN  
CHF 20.- p.p. (from 4 people or on request) / private session in a place of your choice in the Lugano Region*

### **GREEN WELLNESS – THE ENERGY BOOST**

A functional training, where the main focus is the development of endurance and total well-being. Discover the pleasure of hours spent outdoors, in the shade of majestic trees that give us oxygen and allow us to burn more calories, making the body reactive, toned and fit... a real energy boost!

*Parco Guidino, Paradiso or Parco Tassino or Parco Ciani, Lugano / Duration: 50min / Language IT-EN  
CHF 20.- p.p. (from 4 people or on request) / private session in a place of your choice in the Lugano Region*

### **GREEN WELLNESS – PLANTAR REFLEXOLOGY**

Nature enhances the beneficial effects of wellness treatments. We're offering you a foot reflexology session surrounded by nothing but green. Feet are a delicate and precious body part, subject to inevitable daily overload. This particular massage takes care of your feet whilst restoring a deep sense well-being.

*Parco Guidino, Paradiso or Parco Tassino or Parco Ciani, Lugano / Duration: 50min / Language IT-EN  
CHF 100.- (by appointment only) / possibility to choose an alternative location in the Lugano Region*



## EXPERIENCE

### **GREEN WELLNESS – ACUPUNCTURE**

Nature enhances the beneficial effects of wellness treatments. We're offering you a balancing or anti-aging acupuncture session surrounded by nothing but green. Useful to prevent and to cure various pathologies, coming from Traditional Chinese Medicine and its complex and precious system.

*Parco Guidino, Paradiso or Parco Tassino or Parco Ciani, Lugano / Duration: 50min / Language IT-EN  
From CHF 130.- (by appointment only) / possibility of choosing an alternative location in the Lugano Region*

### **GREEN TRAILS – CHAT & HIKE**

To learn foreign language, one should get out of the comfort zone and explore. Our "Chat & Hike" days out will take you to the discovery of our wonderful territory, whilst also giving you the opportunity to learn or improve a foreign language with our Green Guides.

Language: IT-FR-EN-ES

*Route and duration to be agreed / From CHF 60.- p.p. (max. 4-6 people)*

### **GREEN TRAILS – CITY ART**

Let's have breakfast in a unique place: inside a historic building opposite Villa Saroli, where you can breathe history and learn about art. With a good cup of coffee or tea, we'll introduce you to this experience. You'll have the opportunity to visit exhibitions in public spaces, museums, foundations and OFF-Space and most of all... outdoors! Enjoy art, its forms and expressions. Lugano and beyond.

*Kromya Art Gallery, Lugano / Duration: 3h / Language: IT-EN*

*CHF 45.- p.p. (from 4 people or on request): Green Guide and breakfast incl.*

### **GREEN TRAILS – GREEN DIGITAL ART LUGANO**

You will discover the historic streets of a city centre experiencing urban transformation, accompanied by those who daily live this transformation. An unexpected city of Lugano, beating with energy, eco-friendly art installations and urban art. A journey through tradition and innovation starting from a historic building, where you will be catapulted into a fascinating world that links nature, digital and art in all its forms. An experience that comes from the collaboration with Kromya Art Gallery.

*Kromya Art Gallery / Duration: 2h / Language: IT-EN (we speak also FR and DE)*

*CHF 35.- p.p. (from 4 people or on request): Green Guide and snack incl.*

### **GREEN TRAILS – ARTinBOSCO**

A real open-air museum, artistic works created by Swiss and international artists leaning on the ground or suspended in the air and created exclusively with natural materials that appear along the path of S.Clemente in Capriasca between the whistling of birds, the smell of wood and the lush vegetation that envelops the soul, it seems to be in a fairytale forest. Sheltered by majestic beeches and chestnut trees, this hike gives adults and children the surprise to get excited again and live a new and ever-changing experience.

*Vaglio / Duration: 2h / Language: IT-EN (we speak also FR and DE)*

*CHF 35.- p.p. (from 4 people or on request): Green Guide and snack incl.*



## EXPERIENCE

### **GREEN TRAILS – PICNIC AT MONTE ROVERACCIO**

In the splendid scenery of Denti della Vecchia, somehow resembling the Dolomites, we start our tour from Chiesa di San Giovanni Battista in Sonvico. Along the way you'll have the opportunity to immerse ourselves and admire various types of woods: from chestnut to beech and birch trees. Then on towards incredible panoramic viewpoints and historical sites. We'll stop for a picnic, tasting organic local produce overlooking the region.

Sonvico / Duration : 4h / Language: IT-FR-EN-DE

**CHF 45.- p.p. (from 4 people or on request): Green Guide and Pic-Nic incl. (drinks not incl. or on request)**

### **GREEN TRAILS – MONTE LEMA "THE BLUEBERRY TRAIL"**

Reach the top of Monte Lema by cable car from Miglieglia. That's where a beautiful 360-degree panoramic path starts: a mountain chain nestled between Lugano and Maggiore lakes as well as the surrounding valleys. In the summer, lots of wild blueberry grow in this area, allowing us to stop for a healthy and delicious snack. Back to Ostello Vetta, we can have a cooking class to learn how to prepare a tasty recipe with these delicious berries too. Possibility to return on foot or by cable car. Lunch options and picnic on request.

Monte Lema cableway, Miglieglia / Duration: 7h / Languages IT-EN (we speak also FR-DE)

**CHF 85.- p.p. (from 4 people or on request): Green Guide, cableway and cooking class incl.**

### **GREEN TRAILS – E-MTB TOUR / MTE BAR E ALPE ROMPIAGO**

Discover Val Capriasca by e-bike!

E-bikes will allow even non-professional bikers to reach places and mountain tops. It's incredible fun and above all, safe. Start with coffee and croissants for everyone, E-MTB delivery, a short intro to the e-bikes briefing and head to Tesserete by van. From here it's all green meadows, Dutch cows and breathtaking views until Alpe Rompiago. "A great way to spend your time off with nature", say the owners of the farmhouse, Maurizio and Sylvia, on their flyer and we're here to find out. After a small tasting and possible purchases of local produce, we stop for a picnic in a meadow below Monte Bar hut (restaurant service available too). Let's enjoy the view...

**Difficulty:** medium. The route takes place partly on asphalt road and partly on dirt track.

**Suggested equipment:** sportswear, padded bike shorts, k-way, sunglasses and sun sunscreen.

**Languages:** IT-EN-ES

**Meeting point:** GODSPEED, Pambio Noranco

**Duration:** from 9.30am until about 5.00pm

**CHF 120.- p.p. (from 4 people or on request) / includes breakfast, rental E-Bike, transport to and from Tesserete, Green Guide and picnic / \* with own E-MTB bike: chf 85.-**



## EXPERIENCE

### **GREEN TRAILS - "LUGANO BIKE 66" E-MTB OFFLINE TOUR**

*Brè - Alpe Bolla - Pairolo Hut - Bocchetta San Bernardo - San Lucio - Monte Bar - Alpe Rompiago - Tesserete - Origgio - Agno - Gentilino*

A 3-dayS-and-2-nights excursion to fully immerse ourselves in Nature and follow one of most fascinating routes of Ticino. MTB enthusiasts will love this experience: an exciting adventure full of breathtaking views, good food discoveries and local huts hospitality. The tour is "OFFLINE". This means you will not be able to use your mobile phone for 3 days. The guide will have a telephone to be used for emergencies only. Let's DETOX together and enjoy everything Nature has to offer us.

**Difficulty:** high

**Suggested equipment:** technical sportswear

**Languages:** IT-EN-ES

**Meeting point:** GODSPEED, Pambio Noranco

**Duration:** June 27-28-29 (other dates on request)

**The cost will be defined as soon as we have all the information from the local huts, currently closed because of COVID-19 emergency**

### **GREEN KIDS CLUB- GREEN CAMP**

Day camp dedicated to children from 3 years old, in collaboration with Popcorn English. We drive the our little guests to become more aware of their impact on the environment by inspiring them and teaching them what a multilingual, multicultural and respectful attitude and world are.

#### OBJECTIVES

- Raise children's awareness of respect for others and the environment
- Teach them about nature, its seasons and cycles
- Develop creative qualities, communication and sense of collaboration
- Increase confidence in themselves and their abilities
- Direct them towards a sustainable lifestyle and being a role model
- Allow them to experience exciting adventures as well as open air sports
- Discover the territory, do gardening, workshops, creative and Green educational activities

Languages: our Green Camps are bilingual IT-EN, but French and German are also spoken

WHERE: Roccolo di Castell - Collina d'Oro / FROM 8.30 TO 17.00 / **from CHF 65.- per Kid /per Day**

Babysitting service available: CHF 30 / h



EXPERIENCE

### **TAILOR MADE GREEN EXPERIENCES**

Do you have a wish you would like to realize? To celebrate, to surprise those you love, to discover our wonderful Region or to enrich your lifestyle with experiences that contribute to building and maintaining an eco-sustainable and eco-solid Green World?

We offer guided tours, excursions, cooking classes and gastronomic experiences in unusual places, activities for children and much more.

Contact us!  
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