



# LO SPIRITO DEL PIANETA

FESTIVAL INTERNAZIONALE GRUPPI TRIBALI E INDIGENI DEL MONDO



GUIDED

# TOURS

BETWEEN BERGAMO AND BRESCIA

HISTORY - ART - NATURE - FOOD AND WINE  
RELIGION - TRADITIONS - ADVENTURE

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FROM 25<sup>TH</sup> MAY TO 10<sup>TH</sup> JUNE

Logistic by Agenzia Viaggi DESTINAZIONE SOLE - Ranica (Bergamo, Italy)

**DESTINAZIONE SOLE**



1

## Bergamo Old Town, the Venetian Walls Accademia Carrara Museum “Lo Spirito del Pianeta” Festival

**PRICE PER PERSON : € 90**

MINIMUM 40 PEOPLE

THE PRICE INCLUDES: TRANSPORTATION BY TOUR BUS. TOUR GUIDE FOR THE WHOLE VISIT. TICKET TO THE ACCADEMIA CARRARA MUSEUM FUNICULAR RIDE. TYPICAL LUNCH IN A RESTAURANT, BEVERAGES INCLUDED INSURANCE AS REQUIRED BY LAW



*ITINERARY N. 1 HISTORICAL / ARTISTIC  
3000 YEARS OF HISTORY*

FIRST  
STOP

Departure by tour bus from established meeting point.  
Arrival in Bergamo, meeting with the guide and visit of Accademia Carrara.

The **Accademia Carrara** is the only Italian museum made up of bequests from important private collectors. It was established in Bergamo in 1794, as a combined Pinacoteca and School of Painting, at the initiative of the Bergamo aristocrat Giacomo Carrara (1714-1796)



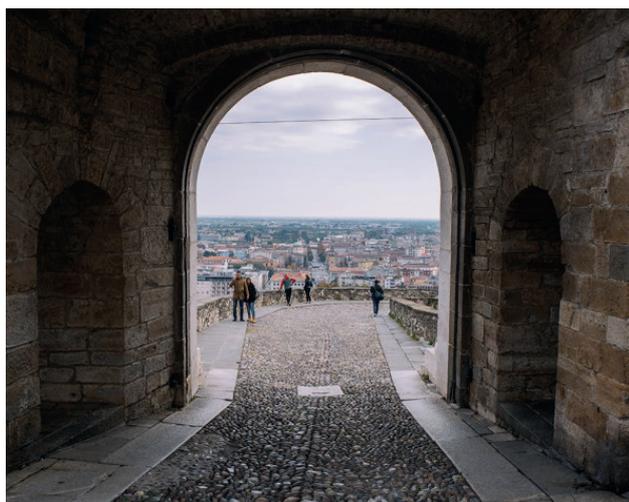
## SECOND STOP

Transfer to Bergamo Alta by funicular railway and stroll along the Venetian walls.

### **Bergamo Alta, Venetian Walls, World heritage!**

The defensive walls of Bergamo Old Town have been officially recognized as a Unesco World Heritage site!

This spectacular circuit is over 6 km and 200 meters long and was built between 1561 and 1588 by the Republic of Venice in order to face enemy attacks. The Walls protect the so-called Bergamo Alta, the hilly part of the city, and in spite of its underground structures featuring sallies, passages and tunnels, 200 embrasures for cannons and 2 armouries they have never undergone any siege. That is why they remained almost intact to the



present day. There are four gates to Bergamo Alta: Sant'Agostino, San Giacomo, Sant'Alessandro and San Lorenzo (also known as Porta Garibaldi, "Ga-

ribaldi Gate", because of a crucial historical event: in June 1859 Giuseppe Garibaldi, leading his volunteers called "the Hunters of the Alps", entered Bergamo right through this gate, setting the city free from the Austrian domination).

The stroll along the walls is one of the most loved itineraries by all visitors and the perfect place to enjoy the beauties of the Old Town together with wonderful surrounding sceneries.

### **Lunch in a restaurant.**

Continuation of the visit to the Historical centre of the town.

From Piazza Mercato delle Scarpe (where Celtic discoveries have been made) we'll walk through medieval streets that have maintained their ancient charm, up to the Rocca castle, once a defensive structure but now a spot where an unexpected view on the Lower Town and the neighbouring valleys will surprise you. From there we will continue to Piazza Vecchia, the heart of the Old Town, surrounded by ancient communal palaces and the imposing civic tower. The Piazza Duomo welcomes us with the majestic and unique Basilica of Santa Maria Maggiore, a jewel of Romanesque art, the Cathedral, the Baptistery and the Colleoni Chapel, an outstanding Renaissance building. Later on, we'll stroll along the Corsarola, the main street of the Old Town, flanked by old and modern shops, restaurants and coffee-houses. At its end we will arrive at the Cittadella, built by the Visconti family, with its timeless charm, today the seat of important museums, and finally at Colle Aperto.

Logistic by Agenzia Viaggi DESTINAZIONE SOLE - Ranica (Bergamo, Italy)

**DESTINAZIONE SOLE**



## THIRD STOP

Arrival at 6.30pm at the venue of "Lo Spirito del Pianeta" Festival, dinner (at your charge) in one of the restaurants and return to the hotel at 11pm

2

## San Tomè and Crespi D'Adda "Lo Spirito del Pianeta" Festival

**PRICE PER PERSON : € 80**

MINIMUM 40 PEOPLE  
THE PRICE INCLUDES: TRANSPORTATION BY TOUR BUS.  
TOUR GUIDE FOR THE WHOLE VISIT. TYPICAL LUNCH IN  
A FARMHOUSE, BEVERAGES INCLUDED. INSURANCE AS  
REQUIRED BY LAW



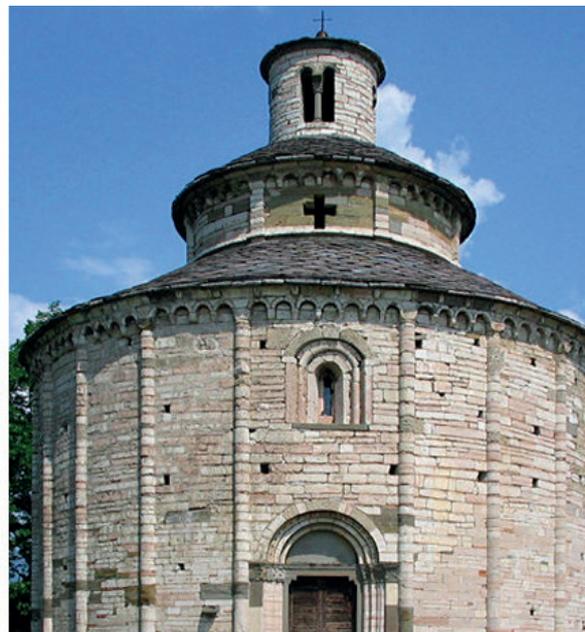
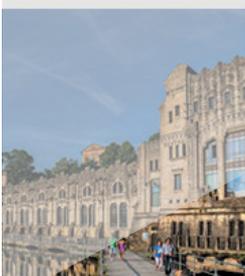
*ITINERARY N. 2 HISTORICAL / RELIGIOUS*

Departure by coach from a previously agreed place

FIRST  
STOP

### **Morning**

This tour aims to discover the most ancient and fascinating religious buildings in the area of Almenno San Bartolomeo and Almenno San Salvatore. It is a can't-miss opportunity to discover sensational artworks, rich in history and representatives of the Romanesque



style, of which Lombardy was the first promoter region in Italy at the end of the 11th century.

Our first stop is the temple of San Tomè, a church dedicated to St. Thomas which was built in the 12th century on the ruins of pre-existing Roman and Medieval sacred buildings.

Our second stop leads us to the nearby Church of St. George, the biggest Romanesque basilica in the diocese of Bergamo after Santa Maria Maggiore.

Afterwards, we will reach the unique complex of the Church Madonna del Castello, whose name comes from the ancient castle which used to stand in this place.

### Typical lunch in a farmhouse



### Afternoon in Crespi d'Adda

Crespi d'Adda is a factory town which was founded by Cristoforo Benigno Crespi in 1877 and completed in the late 30s of the 20th century. It is located in the province of Bergamo and is part of the municipality of Capriate San Gervasio. It is 17 km away from Bergamo and 35 km away

from Milan.

The village is closed-end and has one single road to both come in and go out. Thanks to its quietness and its urban structure we recommend visiting it on foot. If you take your time, your visit can last about four hours.

Crespi d'Adda is the best well-preserved example of factory town in Europe. It has an inviolate soul of its own, capable of taking you back to an ancient time and place. From the 30s onwards it has barely changed: its houses, its urban structure and its borders are still the same. It is peaceful haven to be discovered slowly. In fact, despite being designed to be an industrial outpost, its natural surroundings make it a place where time slows down: a niche of calm in a high-productivity area.



Logistic by Agenzia Viaggi DESTINAZIONE SOLE - Ranica (Bergamo, Italy)

**DESTINAZIONE SOLE**



Arrival at 6.30pm at the venue of "Lo Spirito del Pianeta" Festival, dinner (at your charge) in one of the restaurants and return to the hotel at 11pm

# 3

## Franciacorta – Cruise on Lake Iseo Lo Spirito del Pianeta Festival

**PRICE PER PERSON : € 90**

MINIMUM 40 PEOPLE

THE PRICE INCLUDES: TRANSPORTATION BY TOUR BUS. TOUR GUIDE FOR THE WHOLE VISIT. WINE TASTING WITH A VISIT TO ONE OF THE CELLARS OF THE FRANCIACORTA CONSORTIUM. TYPICAL LUNCH, BEVERAGES INCLUDED. INSURANCE AS REQUIRED BY LAW

### ITINERARY N. 3 NATURE / FOOD AND WINE

*La Franciacorta: perfetta sintesi della natura, luogo unico al mondo*

**Franciacorta:** a perfect synthesis of nature, a unique place in the world.

Placed between the banks of Lake Iseo and the river Oglio, surrounded by the Raethian Alps and Mount Orfano, it's a unique spot in the world, which combines vineyards and medieval villages, and still keeps all the charm of ancient times.

The excellence of these places is represented by the synthesis of its soil conformation, Lake

Iseo temperate streams, and temperature variations from day to night, brought by the breeze that blows from the Camonica valley.

Every wine cellar tells the story of the Franciacorta families who have been determined to pass on their traditions by keeping producing Franciacorta, nowadays a wine with a DOCG label (guaranteed and controlled appellation of origin), famous all over the world.



## FIRST STOP

### MORNING

Departure by tour bus from established meeting point.

Arrival in Franciacorta (Rovato, Brescia) in the morning and meeting with the guide.

Guided tour, panoramic tour of the territory of Franciacorta followed by a visit to a cellar with wine tasting.

Lunch in a local "agriturismo" (typical farm with restaurant) with a menu consisting of: Franciacorta aperitif, appetizer, first course, main course with side dish, dessert, 1 bottle of red or white Cortefranca DOC wine for 2 people and 1 bottle of mineral water every 2 people.



## SECOND STOP

### AFTERNOON

Boat trip on Lake Iseo (round-trip ticket valid for scheduled boats faring from Iseo to

Montisola-Peschiera Maraglio).

Walk into the bogs of Lake Iseo (nature reserve) in Provaglio.

Visit of the Castle of Bornato and the Church of Madonna della Neve in Adro

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**DESTINAZIONE SOLE**



## THIRD STOP

Arrival at 6.30pm at the venue of "Lo Spirito del Pianeta" Festival, dinner (at your charge) in one of the restaurants and return to the hotel at 11pm

# 4

## Val Seriana: The Valley of the Three Basilicas Festival “Lo Spirito del Pianeta”

**PRICE PER PERSON : € 80**

**MINIMUM 40 PEOPLE**

THE PRICE INCLUDES: TRANSPORTATION BY TOUR BUS. TOUR GUIDE FOR THE WHOLE VISIT. TICKET TO THE MUSEUM OF THE SACRISTY IN ALZANO LOMBARDO. TICKET TO THE MUSEUM OF THE BASILICA IN GANDINO. TYPICAL LUNCH IN AN “AGRITURISMO” (FARM AND RESTAURANT), BEVERAGES INCLUDED INSURANCE AS REQUIRED BY LAW

### *ITINERARY N. 4 RELIGION / TRADITIONS / NATURE*

The province of Bergamo has a great natural heritage that show itself at its best in the Northern, mostly mountainous area, delimited by the Bergamasque Alps. As its name suggests, the Val Seriana is the valley of the river Serio, which crosses it for about 50 km. The valley can be divided into three parts: the lower valley, whose heart is Alzano Lombardo; the middle area dominated by the Gandino valley, whose main centre is the town of the same name,

and finally the upper valley in the Northern area, whose main town is Clusone.

This is a journey to discover one of the most beautiful Bergamasque valleys through its main towns: a perfect mix of nature, art and spirituality is what makes this experience unforgettable.

These are the places where we will stop:



## FIRST STOP

Our first stop is in **Alzano Lombardo**, where the Basilica of St. Martin stands out. This church contains many precious artworks, masterpieces painted on canvas by artists like Cavagna, Cignaroli, Diotti and Capella, just to mention a few. However, what really has made this church famous is Andrea Fantoni's great work. Born in the town of Rovetta, in the province of Bergamo, he showed his outstanding skills by realising plenty of wooden artworks for the basilica

interior, as well as the beautiful marble pulpit in the main nave representing the different phases of men's life. Our visit then leads us to the nearby St. Martin Museum of Sacred Art. From here you can have access to the basilica sacristy, where the Fantonis, who created wooden sculptures and furniture, and the Canianas, expert carvers, worked side by side. In the second sacristy, Andrea Fantoni sculpted more than 800 subjects illustrating martyrs or stories from the Old and New Testament, giving life to an extraordinary artwork that takes visitors' breath away.

## SECOND STOP

Our second stop is in **Gandino**, a town that between the 15th and 16th century became famous thanks to wool manufacturing, an activity which brought wealth and prestige to its inhabitants. The centre of this small town is dominated by the Basilica of Santa Maria Assunta. This church too has an ancient origin, but has

undergone several changes throughout the 17th century. When looking at it from the outside, besides its huge octagonal dome, what catches people's attention is its dark coloured walls, a characteristic due to the type of local black limestone used to build it. Its interior, on the other hand, is rich in artworks by painters like Giacomo Ceruti, also known as Pitocchetto, and by sculptors like the Fantonis and the Canianas.

## THIRD STOP

After tasting one of the best and most representative dishes of the Seriana valley, the third and last stop of our journey leads us to **Clusone**. Walking into its old town, you can feel the charm of a place where past and present merge. It's especially worth stopping in Piazza Orologio ("the Clock Square"), where you can admire the Medieval municipal building and, right next to it, the 16th-century clock tower. Thanks to a simple, yet ingenious mechanism, this extraordinary artwork by Pietro Fanzago is able to show the hour, the months, the days, the hours of daylight and darkness, zodiac signs, the phases of the moon and its duration with just one hand. From this spot, a steep, narrow street

leads us to the very heart of Clusone, that is its marvellous Basilica dedicated to Santa Maria Assunta and San Giovanni Battista (St. John Baptist). It was built in the 17th century following the design of G.B. Quadrio, a famous architect who also contributed to the construction of Milan Cathedral. Its structure is majestic and impressive and contains some precious artworks. Moreover, you can't but pay a visit to the "Oratorio dei Disciplini", next to the basilica, built in the 14th century by a brotherhood. On its external walls you have the chance to admire one of the rarest and most beautiful examples of Danse Macabre ever frescoed. Thanks to its various sections, this masterpiece is a unique synthesis of the typical representations of Death which were common in Europe at the end of the Middle Ages.

Logistic by Agenzia Viaggi DESTINAZIONE SOLE - Ranica (Bergamo, Italy)

**DESTINAZIONE SOLE**



## FOURTH STOP

Arrival at 6.30pm at the venue of "Lo Spirito del Pianeta" Festival, dinner (at your charge) in one of the restaurants and return to the hotel at 11pm

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## Stone Carvings of Val Camonica Bienno “Lo Spirito del Pianeta” Festival

PRICE PER PERSON : € 80

MINIMUM 40 PEOPLE

THE PRICE INCLUDES: TRANSPORTATION BY TOUR BUS. TOUR GUIDE FOR THE WHOLE VISIT. TYPICAL LUNCH IN A FARMHOUSE, BEVERAGES INCLUDED. INSURANCE AS REQUIRED BY LAW



*ITINERARY N. 5 CULTURE AND TRADITIONS*

FIRST  
STOP

**Capo di Ponte** – Meeting with our guide to visit the World Park of Stone Carvings – **First UNESCO site in Italy. Visit of one of the most beautiful villages in Italy (Bienno)**

Breakfast at the hotel. Afterwards, departure for Capo di Ponte, arrival at 9.30am Guided tour of the Stone Carving National Park located in Capo di Ponte. **History carved in stone.** Over 300,000 stone carvings are showcased in Val Camonica as an incredible example of ancient rock art, so much so that in 1979 it was shortlisted as one of UNESCO World Heritage sites. Naquane



hill in Capo di Ponte is at the heart of this sanctuary. Surrounded by lush wilderness, typical of the Alpine foothills, more than 100 stones, some of which majestic, arise from the hillside. Shady, meandering paths through woods of birches, ash trees, firs, chestnut trees and larches will lead you to these ancient signs, immersed in the quietness of this inviolate place. In 1955 the Italian Government established here **Capo di Ponte's National Park of Stone Carvings**: an open-air museum of 30 hectares. Formed about 180-225 million years ago with large stockpiles of sand, the stones of the park were polished by

the glaciations that took place over the last two million years. Over centuries and millennia, prehistoric men carved ritual symbols in these smooth stones. More than a thousand symbols dot Naquane, **the Great Rock**, a majestic altar of ancient faith and an archive of news for contemporary men. The stone carvings in Val Camonica cover a very long time span, from the Mesolithic (circa 10.000 BC) till the arrival of the Romans at the end of the 1st century BC.



12.30pm We will move to **BIENNO** for a typical lunch at **AL MULI** restaurant.

Bienno ("Bién" in the local dialect) is an ancient village located in the Province of Brescia, in the middle of Val Camonica. It has been nicknamed "one of the most beautiful villages in Italy" thanks to its many beauties, its shady streets, its picturesque courtyards, its frescoed churches, the green mountains and the lush hills that frame it.

Walking down its narrow streets, tourists can experience Bienno's ancient and solid culture based on the "ferrarezza" (artifacts or tools made of iron of different kinds, including weapons). In fact, if you enter one

of the historical forges today, you can still watch iron being processed. The secrets of blacksmithing have been handed down generation after generation by the "Fraer", thus becoming part of Bienno's permanent heritage. However, Bienno is not simply "the village where time stands still". It is also a place where past and present merge, where the permanent traces of a historical and artistic tradition are intertwined with the new art forms carried on by the artists participating in the "Bienno Borgo degli Artisti" project.

The village has become a rich and bewitching "open-air museum". A place to discover, impossible to forget.

"Give those you love wings to fly, roots to come back and reasons to stay" (Dalai Lama)

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**DESTINAZIONE SOLE**



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## Visit of Lake Iseo by Vespa “Lo Spirito del Pianeta” Festival

**PRICE PER PERSON :**  
**€ 169 PER PERSON - € 219 PER COUPLE**

**THE PRICE INCLUDES: VESPA 125cc MOTORBIKE RENTAL, TOUR GUIDE, FUEL  
THE PRICE DOESN'T INCLUDE WHAT IS NOT EXPLICITLY STATED ABOVE**

*\*The tour will take place when reaching at least five subscriptions*

*\*\*The tour program may be modified depending on the members' preferences*

**Vespa**

**ADVENTURE/TRADITIONS/NATURE**

Lake Iseo, in Northern Lombardy, is one of the most beautiful bodies of water of the region, with its shores and the “Montisola” island. With MemberMax you can discover it in a motorbike itinerary.

**Route:** 70/80 kilometres

**Major crossed destinations:** Grumello del Monte, Gandosso, Sarnico, Montisola.

A short but varied and interesting itinerary between Lake Iseo and the Valcalepio valley.

### ITINERARY

- Departure at 9.30 am from the Exhibition Centre in Chiuduno.
- First stop for a panoramic breakfast near Clusane.
- Tour along the lake with a break.
- Tour of Franciacorta.
- Lunch break in one of the locations, typical wine tasting.
- Afternoon visit of Montisola, break for an aperitif in a wine cellar.
- Arrival at starting point at about 6pm



Besides the 1-day tours,  
you can visit the Museum of  
“LO SPIRITO DEL PIANETA”  
Festival in Chiuduno (Bergamo)  
throughout the whole year

### “Lo Spirito del Pianeta”

**Museum:** linked to “Lo Spirito del Pianeta”  
Festival in Chiuduno (Bergamo), this  
museum is a virtually unique example of  
cultural exchange between Bergamo and its  
surroundings, and the indigenous peoples  
that still live on Mother Earth.

The artworks have been realized over the  
past years by artists of different indigenous  
tribes who were hosted during the festival.  
One of the most important art pieces at the  
museum is the biggest Moai ever built outside  
Easter Island. Carved in 2015 by 16 Rapa  
Nui, it is a monolith that weighs 30 tons and  
made of local sandstone. Several workshops  
with local elders and indigenous people from  
far-off countries are also organised there.



Our offer consists of many more itineraries  
across our territory

**BED & BREAKFAST IN DOUBLE ROOM:  
THREE-STAR HOTEL IN BERGAMO OR THE  
SURROUNDINGS: € 35  
FOUR-STAR HOTEL IN BERGAMO OR THE SU-  
RROUNDINGS: € 40**

**DESTINAZIONE SOLE**

#### Hiking in the Bergamasque Alps

The "Orobian Path" (il Sentiero delle Orobie), which runs along the mountains of the province of Bergamo, enables the visitors to reach the heart of these Alps and offers very suggestive glimpses on the surroundings as well as unforgettable occasions to admire the local flora and fauna (marmots, chamois, eagles and numerous herds of stainbocks).

#### Food and wine itineraries

In Bergamo food is really tasty. Some typical dishes are "Scarpinòcc" (cheese ravioli) and "Capù" (stuffing wrapped in a cabbage leaf) coming from the town of Parre, "Spalla Cotta" (special cured pork) from Schilpario, "Mais Spinato" from Gandino and "Mais Rostrato Rosso" from Rovetta (two ancient varieties of corn), the typical Ravioli from Covo, the "Bertù" from San Lorenzo (another type of Ravioli), the local salami, "il Botto" raw ham and a huge number of fresh and aged cheeses (9 of them with a PDO - Protected Designation of Origin): Taleggio, Stracchino...

#### Art itineraries

From the wooden sculptures by Fantoni to the portraits by Moroni, moving on to Cima da Conegliano, Palma il Vecchio, Cavagna, Cifrondi, Baschenis, Carnovali... There are a lot of Bergamasque artists who made their mark on art. This mark is often particularly visible here, in the land where they were born and raised: museums, birthplaces, workshops, art galleries but also churches.

#### Music in Bergamo

The most famous composers brought up in our city have been Gaetano Donizetti and Simone Mayr, but also the famous cellist Alfredo Piatti and tenor Giovan Battista Rubini, true legends of classical music and opera in the 19th century, and the famous conductor Gianandrea Gavazzeni, passed away just a few years ago.

#### Industrial archeology

Bergamo has been a land of silk, cotton, linen and wool factories, especially between the 19th and 20th century, as well as the birthplace of Italcementi Group. It is still possible to imagine what that lost world looked like thanks to the upgrading of many of these enormous industrial complexes in which entire villages or valleys used to find a job: Alzano, Ponte Nossa, Martinengo, Ghisalba, Caprino Bergamasco, just to mention a few.

#### The Art Nouveau style in the valleys

The most prominent example of this style is in the town of San Pellegrino, with its

downtown and its casino, recently brought to its former glory, but also the thermal baths and the ancient magnificence of the abandoned Grand Hotel. Let's not forget Passo della Presolana, a mountain pass where in the early 1900s the industrialists from Milan and Switzerland invented, with their fancy houses, the modern concept of vacation house.

#### The Tassos and the first postal service

The town of Cornello dei Tasso in the Brembana valley keeps some traces of the famous family who invented and managed the postal service of half Europe for decades. Apparently, the word "taxi" comes from their surname.

#### The big, old commercial routes in the Brembana valley

Echos of a world that is now gone, but that then as now relied on the big communication and commercial routes. The Western Bergamasque Alps are a little less arduous than the Eastern ones: in Val Brembana (a valley that led to the Western part) people used to travel along the Mercatorum route, the Taverna one, up to the 17th-century Priùla route, which connected Bergamo to the San Marco pass and to the Valtellina. Following these routes today can surprise you in unexpected ways.

#### Lost arts and crafts

These include the manufacturing of the renowned sharpening stones of the towns of Pradalunga and Nembro, the roofs made of stone ("i piöde" in the local dialect) in the Imagna valley or those made of slate from the upper part of Valseriana, the glorious forges along the Goglio stream, where Milanese swords were forged, the trip hammers and the art of "ciödàroì" (nails forger), the zinc mines of Valle del Riso and Val Serina, the iron ones in Val di Scalve, all the way to the true European centre of the textile sector in the 20th century: the Valgandino valley.

#### Ancient manors

Even today you can still admire a lot of castles in Bergamo in all their splendid grandeur: Pagazzano, Marne, Malpaga, Bizzanico, Urganò, Solza, Costa di Mezzate... a historical journey full of creepy crimes and mysteries. One name often recurs in local folk stories and legends, the name of the most famous Bergamasque character: Bartolomeo Colleoni.

#### On the trail of the ancient Orobians

Our ancient mountain caves have sometimes preserved the signs of the passage of the proto-Celtic civilizations who settle down here before the Romans: from the ancient Parra (now the town of Parre) to the wall of Ca' Marta (currently called Brembilla), from the mysterious glacial erratic of the Sedornia valley (in the town of Gandellino) to the petroglyphs of the Carona mountains.

#### Water: the richness of the Bergamasque valleys

It was the richness of water what attracted the Swiss entrepreneurs at the end of 19th century. Today, however, the water in Bergamo is mostly use for drinking. San Pellegrino water is for sure one of the most famous Italian brands, but there are at least ten more brands on the market. The water from Nossana spring, instead, is not bottled, it goes straight to Bergamo where citizens can drink it directly from the tap.

#### Wellness and Spas

The most famous ones, recently reopened, are in San Pellegrino, but they are not the only ones in the area of Bergamo: you can relax in Trescore Balneario, Sant'Omobono, or Gaverina as well.

#### Religious itineraries and faith journeys

Bergamo has always been a land of fervent catholic worship. There are almost thirty sanctuaries devoted to Virgin Mary in the mountainous valleys, three basilicas just in the Seriana valley, all places where faith and art merge (the "Danse Macabre" in the town of Clusone, for example). Moving to the South, there are many other wonders to visit: from the sanctuary of "Santa Maria del Fonte" in the town of Caravaggio, to the "Rotonda of San Tomè" in Alménno San Bartolomeo.

#### The dark mysteries of the caves

Just a few people know about that, but the valleys in Bergamo are full of spectacular caves. Some of them are arduous and dangerous, but some others can be visited: from the Imagna valley to the Brembana valley, as well as in Fonteno and the upper Seriana valley, there are lots of opportunities to found ourselves with bated breath while we stick our nose into the untouched bowels of the Earth.