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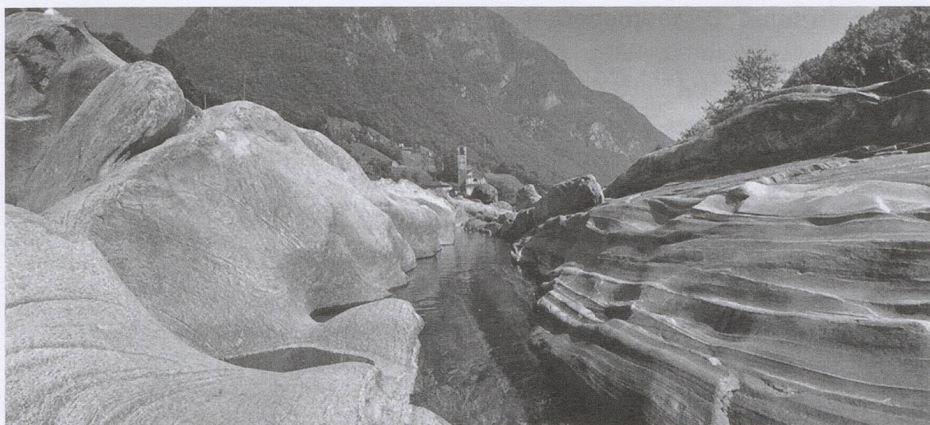
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## The Sentierone trail



*The Ticino holds many attractions but one of the most spectacular ones the nature lover can undertake is the 'Sentierone' trail in the Verzasca Valley.*

The 'long' or 'broad' path starts in Gordola or Tenero and ends in Sonogno, winding its way along the entire length of the valley, offering hikers 25 kilometres of Ticino beauty.

The Valley can be walked up on either side of the River, the Redorta Valley on the left or the Vogornesso Valley on the right. Each have their own uniquely characteristic vegetation; both paths are well worth taking. Due to its length, walkers are advised to follow the trail in stages yet advanced hiking skills are not required as the Sentierone is fairly flat and easy to follow – making it a wonderful excursion for the whole family. Those who follow this ancient mule track are inevitably struck by the beauty of the emerald green water of the Verzasca River that flows by the side of the path. Chestnut, beech and hazelnut trees on the other side of the track please the eye in equal measure.

That is not all. Along the approximately 10-hour trail, the walker can admire old rural buildings, rocks in curious formations, romantic stone bridges, chapels, waterfalls and rich pasture. Lunch breaks can be taken in wooden shelters that have been built along the way, providing hikers with benches and picnic tables. On hot summer days, it is possible to enjoy the cooling temperatures of the river and have a swim. Another popular leisure activity to engage in along the way is the building of 'stone men' whereby stones of decreasing sizes are stacked on top of each other – until no more are possible.

Additionally, the art works along the Sentiero per l'Arte (see separate article), between Lavertezzo and Ganne, can be

admired at unhurried pace. Those who look for more exciting adventures have the opportunity to leave the Sentierone and follow one of its side tracks up to mountain summits of more than 2000 metres. Whatever explorations the followers of the Sentierone ultimately choose to carry out, great flexibility is guaranteed. Numerous bus stops along the way facilitate easy access to all sections of the trail. Restaurants and hotels make a late evening or an overnight stay along the way possible. Those who make it to Sogogno are rewarded with the valley's museum (Museo della Vella) as well as the local wool centre (Casa della Lana). With this information at hand, it is not hard to understand why the Sentierone is considered one of the best excursions in Switzerland.

By Luzia Sauer

<http://www.ticinotopen.ch/en/trekking/sentierone-verzasca-valley>  
<http://www.tenero-tourism.ch/en/114/sentierone.aspx>



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