

## PLACES OF INTEREST ON THE 11 KM WALKING/NORDIC WALKING ROUTE

### La Corsa più Medievale della Terra!

- Piazza del Sole (Sun Square) with its ancient walls and its imposing and majestic rocky peak of Castel Grande Castle, where during the Neolithic era (5250 BC) the life of what would later be destined to be the actual city of Bellinzona began
- the large and welcoming Piazza Collegiata (Collegiata Square) with its homonymous Renaissance church, the massive staircase and the imposing facade in Castione marble: the most majestic religious building in the Canton of Ticino
- the distinguished and recently modernized lower part of Viale Stazione (Railway Station Avenue)
- Montebello Castle, which, characterized by drawbridges and moats, is perhaps the manor to which the people of Bellinzona are most sentimentally linked
- the idyllic landscape characterizing the sinuous climb that leads to Sasso Corbaro Castle, offering breathtaking views over Piano di Magadino, Lake Maggiore and Riviera Valley (with its profiled Monte Visagno/Pizzo di Claro and the Benedictine Monastery of Santa Maria Assunta in Claro)
- the village of Artore, a quarter of Bellinzona included in the list of settlements of local importance which completes the Federal Inventory of the Swiss Protected Settlements of national importance-ISOS
- Sasso Corbaro Castle - the smallest and highest of the Bellinzona Fortress
- the countryside inhabited by friendly farm animals and the lush, silent and uncontaminated woods located behind the same castle of Sasso Corbaro
- the elegant residential areas of the hills of Artore and Daro quarters
- the old cobbled nucleus of Daro quarter with its characteristic houses, its fountains, its former Teatro del Chiodo and Casa d'Italia (House of Italy)
- the picturesque residential quarter of Vela, characterized, like San Giovanni quarter, by the presence of splendid old villas surrounded by orderly gardens and beautiful ornamental frescoes perfectly preserved, as well as Grottino Ticinese - legacy of the historical 42<sup>nd</sup> edition of the Federal Shooting Festival in 1929 - and the buildings protected at national level such as the former gymnasium designed by the architect Alberto Camenzind and the public bath designed by Galfetti, Ruchat and Trümpy
- the futuristic urban sector of the university campus where excellence such as the Biomedical Research Institute and the Oncology Research Institute are located, as well as part of the laboratories of the Neurocenter of Southern Switzerland
- the imposing and unique in the world Murata di Castel Grande Castle (Wall of Castel Grande Castle); the route includes both its fascinating and mysterious underpass and its open part



## The Most Medieval Run on Earth!

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- Castel Grande Castle, the most impressive and ancient of the three city castles, whose first fortification dates back into 15<sup>th</sup> century BC
- the panoramic descent which leads from Castel Grande Castle to the Salita San Michele and allows a perfect “reading”, from above, of the peculiar alleys, roofs and terraced gardens of the most medieval Bellinzona