

# LIVIGNO

feel the alps

candidate  
EUROPEAN TOWN OF SPORT 2019







**LIVIGNO**  
feel the alps

# INDEX

CHAPTER 1 - <b>SUBMISSION OF THE PROPOSAL</b>	05
CHAPTER 2 - <b>LIVIGNO AND ITS REGION</b>	12
CHAPTER 3 - <b>SPORT</b>	19
CHAPTER 4 - <b>SPORTS ACTIVITIES</b>	36
CHAPTER 5 - <b>PLACES AND EVENTS</b>	54
CHAPTER 6 - <b>SPORTS DEVELOPMENT PLAN</b>	72

A scenic mountain landscape featuring a valley with a town, a lake, and rugged mountains under a clear blue sky. The foreground shows a grassy slope with a few trees and a small building. A dark blue semi-transparent banner is overlaid on the right side of the image, containing the chapter title in yellow text.

# CHAPTER 1 SUBMISSION OF THE PROPOSAL

## Damiano Bormolini

Mayor of Livigno



“Our city, nestled in the Alps at an altitude of 1816 metres, has always been focused on tourism, and over the years it has become particularly dedicated to sport.

From our early offerings of skiing and winter sports we’ve expanded to summer activities such as mountaineering, trekking, and biking. From the 1970s Livigno has become a widely-known and desirable location for tourists from all over the world. Our high-altitude location and the fact that our lifts run from autumn to May make Livigno unique, and year-round we welcome hundreds of thousands of people of every nationality. The fresh air and exceptional environmental and geographical conditions mean that Livigno is a much sought-after holiday choice or destination for altitude training.

Over the years our goal has been to develop our sports tourism offer, which has grown exponentially, as we can combine this with the appeal of the surrounding countryside, the modern services

offered by our accommodation and local facilities and the competitive advantages gained by athletes when training at an altitude of over 1800 metres. As the Local Council, we have focused on this area with the aim of improving our sports facilities and making them as competitive as possible. We are delighted to offer the Aquagranda Active You centre, which in the last two years has grown enormously, attracting champions and national teams for training camps, including for the pre-Olympics. We are proud of all these achievements, but we also know we need to stay true to our chosen direction and ensure we remain up-to-date. It is up to us and our fellow residents to look to the future and identify trends and developments which could make a significant difference. Livigno has become the capital of both mountain biking and road biking and is the training location of choice for riders of the Tour de France and Giro d’Italia.

The roads ascending over the Alpine passes and the 12-km stretch of cycle routes close to the village

are a training ground for cyclists, roller skiing enthusiasts and runners.

The football and rugby pitches are a focal point for youth and amateur teams, along with the skating rink and community gyms. In winter, visitors can enjoy our nationally and internationally recognised snowparks along with our perfectly groomed pistes, innovative freeride projects and cross-country ski trails which open in October through the use of artificial snow systems, marking the start of the ski season.

As Mayor, I represent a community which believes in and fully embraces new trends in sports and tourism. We are delighted to share our way of life with visitors who come to Livigno for their holidays.”

**Damiano Bormolini**  
Mayor of Livigno

## Luca Moretti

President of APT Livigno



*“Livigno: active and cool”* We have taken inspiration from this slogan to shape our resort for sports tourism.

Altitude training plays a key role in Livigno, and attracts athletes from a wide variety of disciplines, primarily between spring and late autumn. How can we meet their needs? We have focused on the excellence of our sports centre ‘Aquagranda Active You’, which has hosted champions like Federica Pellegrini, Gregorio Paltrinieri, Peter Fill, Dorothea Wierer and Alberto Contador in its pools and gyms. Dealing with athletes of this calibre means raising our game, ensuring that our services are of the highest quality and setting ourselves ambitious targets. The invaluable input we’ve received from these athletes means we have been able

to rise to the challenge of meeting their requirements. This has an extremely positive effect on the services we can offer to tourists, as visitors coming to train in our town know they will find the infrastructure and services which have been put to the test by super-athletes. Let me highlight two other experiences: first, the Freeride Project, which has helped position Livigno amongst the top off-piste destinations with an established international reputation.

This experience ranges from a heli-ski ride to the local avalanche bulletin and also includes ski training and a safety campaign. It’s an innovation for the Alps, and Livigno has been running it for three winter seasons. Second, I would like to mention the water sports offered in Lake Livigno, a tranquil lake at an altitude of 1816

metres in Stelvio National Park, where visitors can enjoy canoeing, stand-up paddle boarding and kayaking.

In 2014, the Lake became navigable for the first time in Livigno’s history.

This has opened up new opportunities for us and underscores the importance of innovation and adapting to new trends to stimulate future growth and development.

**Luca Moretti**  
President of APT Livigno

Sport continues to grow in importance, as a means of achieving physical well-being and as an anchor for our core values.

Sport is a crucial vehicle for social integration and teaching respect for others. This is why the basic idea of ACES Europe (European Cities and Capitals of Sports Federation) is so crucial: simple yet effective, it combines examples of best practice in sport from across Europe with the realities of daily life in many small communities which would like to become key players in the global cultural asset of sport. And in this, Lombardy has certainly not lagged behind: we've always been at the forefront in taking action. Surprisingly, our region alone represents a fifth

of the entire national sport system, and even the smallest Lombardy communities can be considered convincing examples of best practice.

Lombardy may be seen as a testing ground for new ideas and innovations, but for historical and cultural reasons, it will never give up its founding values and time-honoured traditions. Livigno is the perfect example. It's a great tourist destination but also the birthplace of a multitude of sports associations which could win an ACES award in enthusiasm. In Livigno, sport is part of our DNA: the excellent organisation of the Sgambeda, one of the most important national long-distance cross-country ski races,

is just one example. Livigno is snow and sun and offers an impressive choice 365 days a year. The people of Lombardy hold Livigno close to their hearts and stand together with our beautiful city in supporting this proposal.



## Antonio Rossi

Sport and Youth Policy Councillor  
for the Lombardy Region

**Antonio Rossi**

*Sport and Youth Policy Councillor  
for the Lombardy Region*



## Ettore Castoldi

Regional Delegate  
Italian National Olympic Committee



In Livigno, sport is part of the fabric of life. It's an ideal location for altitude training and has become a destination for athletes and sports enthusiasts from many different disciplines. Tourists often find themselves skiing, cycling, running or swimming alongside great international sports champions, since the main Italian sports federations send their own athletes here to train for major events. Livigno offers large-scale accommodation and sports facilities and has invested heavily in sport, sponsoring different athletes from a variety

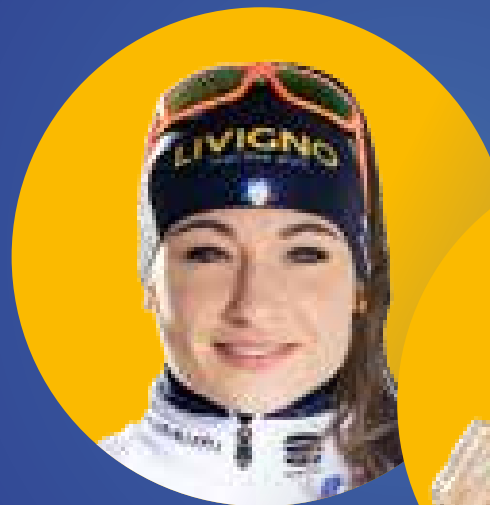
of disciplines and organising many nationally and internationally renowned sporting events. Another key to this success has been the work of local associations, which can invest in youth training on account of support from the Sporting Club and Local Council. We know that early exposure to sport is fundamental, and I am also convinced that offering a wide variety of sports allows us to educate the younger generation in the values promoted by sport.

The first lesson is that results and victories are achieved through effort, dedication and tenacity, and that as in life, we can sometimes lose sight of the most important thing, which is always to do your best. I am proud and happy that Livigno is submitting this proposal, because of the past investment we have made and the focus on sport for the future.

**Ettore Castoldi**  
*Regional Delegate  
Italian National Olympic Committee*

## Dorothea Wierer

Biathlete



## Federica Pellegrini

Swimmer



Federica Pellegrini and Dorothea Wierer are the Queens of Livigno. Federica trains in Aquagranda when she is doing altitude training for short course swimming races (25 metres), while Dorothea trains in the cross-country circuit to complete her preparation for the World Biathlon Championships. These two international sport stars have chosen Livigno because it offers them everything. For these two energetic, modern women Livigno is the perfect location - so much so that they also come here on holiday.

"I love Livigno because it allows me to train as well as relax. Two years ago I was offered this opportunity and I took it without a moment's hesitation. Starting in October the cross-country ski circuit lets me train in perfect snow conditions. I like Livigno because it's such a dynamic, active place: I can cycle, swim at the Aquagranda centre, go hiking in the mountains and shop in the town. When I have some free time from National championships, I often come to Livigno and meet other athletes like Vittorio Brumotti, Giorgio Rocca or Ivan Basso."

**Dorothea Wierer**  
Biathlete

"I first discovered Livigno when I came with the National team to do short-course pre-season training. It's the perfect place for me to train because of the high altitude, which offers huge advantages from a physical perspective. I love being in Livigno because as soon as my work in the water is finished, there are so many different ways for me to relax and such a wide variety of sports I can do. Livigno is ideal for preparing for the major sporting competitions and will be my home base for Olympic training, and beyond."

**Federica Pellegrini**  
Swimmer

## Livigno stands for sport, at all levels

# AN ACTIVE LIFESTYLE

Cycling, running, golf, water sports, trekking, altitude training: in Livigno, we never stop.

Sport is the common theme for summer in the mountains, and tourism trends demonstrate this, as sports tourism is the sector attracting the largest number of visitors.

Italy is one of the most popular destinations for people looking for a long or short break focused on sport.

The types of activities which attract sports-focused visitors are varied and include golf, trekking, bike touring, horse-riding, water sports, skiing and other winter sports.

One out of four Italians selects a holiday destination based on the sports offered, and in this, Livigno certainly does not disappoint. For years, this location in the Alta Valtellina area has focused on active options which combine the beauty and unique nature of the surrounding region with a multitude of different opportunities for indoor or outdoor sports. Livigno is a cosmopolitan village at an altitude of 1816 metres with a population of around six thousand, which swells to twenty thousand a week during the peak tourist seasons.

With the arrival of the snow, Livigno becomes the winter sports capital, while in summer it offers a myriad of activities to enjoy under the hot Livigno sun - an appropriate choice for the local emblem! There is something for everyone: mountain biking, trekking, road biking, rock climbing, fishing, golf, canoeing, windsurfing, stand-up paddle boarding, swimming, horse-riding rollerblading, paragliding and trail running. In Livigno, it's hard to sit still. It makes you want to get moving and explore your surroundings, no matter what your age or whether you are a professional or amateur athlete. Livigno is the ideal location for altitude training, mountain biking, and discovering paths leading to Alpine lodges. Play golf a stone's throw from the woods, go canoeing in turquoise waters, fish in sparkling rivers. Enjoy duty-free shopping and Livigno's nightlife, considered to be the most vibrant in the Alps. What's more, when you practise sport at altitude, it improves your athletic performance by changing the way oxygen is transported through the body. Altitude training is recommended particularly for sports requiring an intense, constant aerobic effort.



CHAPTER 2  
**LIVIGNO AND  
ITS REGION**

# OVERVIEW DEMOGRAPHICS

Livigno is a small town of 6,483 inhabitants located in the Sondrio province at an altitude of 1816 metres. - It is the second highest town in Italy after Sestriere. The most northerly town in Lombardy, Livigno is also the most populated of the 27 Italian

towns located at 1500 metres above sea level. The hamlet of Trepalle is situated in its surrounding area and rises to 2250 metres above sea level, making it the highest permanently inhabited village in Europe, which in some winters records extremely

low temperatures. On 31 December 2011, Livigno had the highest proportion of residents aged under 35 (51.4%) of any town in Northern Italy; it has one of the highest birth rates in Italy.

# THE AREA

14

Livigno is a jewel set between Stelvio National Park in Italy and the Swiss National Park in the Engadin region. Situated National Parks, at 1816 metres above sea level, Livigno is in a breathtaking, picturesque valley which extends for 23 kilometres between two mountain ranges, reaching an altitude of 3000 metres. The village of Livigno, which is comprised of a long row of wooden and stone houses, has been able to preserve the environmental, natural, cultural and architectural characteristics typical of Alpine life have been preserved, due to its unique geographical position: it is over 30 kilometres from any urban centres. The river Spöl runs through the valley, before joining the Inn, and from there the Danube and finally the Black Sea. Because of this, Italy was able to join the International Conference on navigation of the

Danube, since the Spöl is a tributary of this great European river. Geographically, Livigno lies north of the Alps, in an area “cushioned” between Switzerland and Italy, a position which has permitted it to have economic and legal autonomy since the 1600s, when the Valtellina area was ruled by the Swiss Grey League. This autonomous standing has since changed, but Livigno still benefits from a duty free status granted by the EEC in 1960. The area is characterised by a perfect winter climate, and its geographic position ensures that there is plenty of snow for the entire season, creating impeccable white pistes for skiing from November to May. The average temperature is very agreeable and easy to tolerate due to the crisp, clean air and practically no humidity! The secluded nature of the village, which in the past had hindered its development, has

now become a strong point for tourism, helping Livigno protect its surroundings and atmosphere.

Livigno and Trepalle can be reached from the rest of Italy via the Foscagno pass, which is open 24/7 all year long, by taking National Highway 38 in the province of Sondrio and then National Highway 301 for Foscagno.

The villages can be reached from Switzerland through the Forcola pass, which is only open in summer, by going from Tirano towards Switzerland and the Poschiavo Valley, or by crossing the Bernina pass from the Engadin region. Livigno can also be reached from northern Europe and the northeast of Italy from the Engadin, by travelling through the 3.5-km Munt la Schera Tunnel, which can only be used in one direction at a time, by paying a toll to the EKW (local Engadin tunnel owners).

# THE DISTRICTS

In 1980, to celebrate the first “TROFEO DELLE CONTRADE” or “District Cup”, the characteristic Nordic ski competition held at night along the 8 main streets, the “Cross-Country Ski Lovers Group” subdivided the village and its surrounding areas into districts. Up to then, the only ‘districts’ were hamlets associated with the main churches of S. Maria (Spazzon district), S. Rocco (Trùzz district) and S. Anna (Trepál district). However Livigno now boasts eight districts: Centro, Comunin-Pemont, Forcola, Ostaria, Plan da Sora, Saroch, Teola and Trepalle.

## › CENTRO

The current Centro district covers the historical area of ‘i Plan’, the plain at the valley floor of this region, and includes the most northerly part of the pedestrian zone. The town square (Plaza dal Comun) is at the head of the via Plan and also the location of the town hall (Bait dal Comun) and its offices. The Plaza dal Comun is also home to the Monument to the Fallen war memorial, created by local artist Lydia Silvestri in 1968.

## › FORCOLA

The Forcola district takes its name from the Alpine pass which marks the border between Livigno and Switzerland. The name ‘Forcola’ refers to the ridge of the neighbouring mountain, which resembles a fork. Here we find Plaza Placheda, the multipurpose centre which opened in 2005. The facility boasts a 900-seat auditorium and a conference room which can accommodate 150; it is also the main site of the Livigno Tourist Promotion and Development Agency.

## › OSTARIA

The Osc’aria district was originally a group of houses on the northern outskirts of Livigno. The origin of the name probably comes from the inns (“osterie”) once present in this area. At the end of this district lies Val Fedaria, a unique and unspoiled valley. Of particular note is the church of the Blessed Virgin of Caravaggio, which dates to 1720.

## › PEMONT

This district was created by uniting the areas of Comunin, a name meaning ‘common land’, and Pemont, an inhabited area at the foot of the mountains in the northeast of the country. This is the site of the Parrocchiale church, dedicated to the Nativity of the Virgin Mary. The local dairy is an interesting tourist attraction. The milk produced here comes exclusively from local farms and Alpine pastures and is made into butter, yoghurt, cheese and other products.

## › PLAN DA SORA

The name of the Plan dasor district is a recent introduction and does not correspond to the actual historical zone which included the meadows of the valley floor, situated between the main road and the AquaGranda centre ‘Aqua Granda’ was the ancient name for the river Spöl. Today, the most southern part of the pedestrian zone starts from via S. Antonio. The church of S. Antonio, the origins of which date to the 1500s, is worth a visit. The church is home to some valuable paintings: the Madonna with Child and S. Antonio Abate and S. Antonio of Padua.

## › SAROCH

The district of Sa’ Ròch was originally separate from the town centre of Livigno. It is the site of the church of S. Rocco, the second largest sacred building in Livigno, the construction of which began in 1591. Inside the church is the “santèla”, a shrine with a depiction of the Madonna. Local legend has it that it was built after a horse reared up at the site, stopping a passing procession.

## › TEOLA

The name Teola originally referred to a single dwelling (la téa da Teola), but this is now one of the most developed areas at the foot of the mountain. Teola is also home to Larix Park, an aerial adventure park, the name of which comes from the Italian word “larice” because the many larch trees found in these woods. A “téa” in local dialect is a wooden hut used during transhumance, the seasonal migration of livestock from lowland grazing grounds in winter to highland pastures in summer.

## › TREPALLE

The district of Trepal holds the record for the highest permanently inhabited village in the Alps. According to legend, the village acquired its name because the first house was built with three poles like a wigwam, by shepherds from Pedenosso; however, there is no specific evidence for this. The church of S. Anna is the highest parish church in Europe. Dating to the 1600s, it was rebuilt in 1924. The distinctive bas-reliefs of the Way of the Cross were made in bronze by sculptor Paolo Quattrini.

# HISTORY AND CULTURE

Today, Livigno is a mountain destination, known for its tourism, sport, shopping and entertainment, but behind this outer appearance beats the heart of a quiet, reserved ancient village anchored to long-held traditions. This is the quintessential contradiction of Livigno: while open to change and transformation, it is still intimately linked, without any nostalgia, to its own history and past. The name 'Livigno' appears for the first time in a document from 1187 as Vinee and Vineole, from which Livignolo can be traced - a name which fell out of use and which refers to the southern part of the Livigno valley. Over the next few centuries, Livigno's development was dominated by the growth of the neighbouring village of Bormio, which at the beginning of the 14th century positioned itself as an independent town. Livigno, in the opinion of some historians, was also beginning to establish itself as a town but was dependent on Bormio and subject to its legal rulings without being represented in the bodies in charge of government and administration. Historians suggest that the reason for Bormio's

interest in Livigno was economic: the vast availability of grazing lands, the presence of iron ore deposits and the large wooded areas able to provide carbon-based fuels for extracting metals. The relationship between Livigno and Bormio was never easy and was often characterised by intense conflict. In 1480 the Duke of Milan granted Livigno limited powers of civil jurisdiction. This had a significant impact, as it reinstated ancient customs and gave the valley greater autonomy. After this, in 1538, the Swiss Grey League (which had become the rulers of Bormio and Valtellina) were asked to arbitrate for the numerous conflicts. Although some historians may have interpreted this as being the first concessions in favour of Livigno's autonomy, freedom and dispensations, current thinking is that the conflict ended unfavourably for the valley, as Livigno residents accepted the fact that they would lose control of the pastures, the only real source of wealth they possessed. From 1376 until 1797, the fate of Livigno was linked to that of Bormio, under the control of the Duke of Milan.

Valtellina and the districts of Bormio and Chiavenna had a strategic position on the main route to the Alps and were at the centre of an international dispute which saw France and its allies on one side, which included the Swiss Grey League, in opposition to Spain and Austria, both under the Habsburg Dynasty.

This was the background for the uprising of the Valtellina residents, which started in Tirano on 19 July 1620.

The district of Bormio was reluctant to take the side of the uprising, and Livigno declared itself in support of the Swiss Grey League. Nonetheless, Bormio found itself at the heart of this military contest owing to its strategic mountain passes.

Livigno was also the stage for battles, which led to the creation of a few legends that are still preserved and handed down in the village today. This turbulent period ended in 1639, when an agreement was signed between the Duke of Milan and the Swiss Grey League, and as a result, Valtellina and the two districts again came under the rule of the Three Leagues of the



# HISTORY AND CULTURE

Swiss Confederation, with certain limits placed on their sovereignty.

The rule of the Grey League ended in 1797 with the annexation to the Cisalpine Republic. This transition also put an end to the district of Bormio, which was subsequently divided into five autonomous administrative areas, and Livigno and Trepalle were united and finally freed from Bormio. During this same period, in 1801, the town of Livigno was granted a customs exemption, and the excise line was moved in terms of its border, laying the foundations for the current duty-free area. Once Napoleonic rule ended, the current areas of Sondrio province did not return to the control of the Grey League, which in the meantime had become part of the Swiss Confederation, but were annexed to the Lombardy-Veneto region. Over time and following further historical developments and events, they were annexed to the Kingdom of Italy. In the 20th century, a series of events occurred which were decisive factors regarding the development of the village and its sustainability and led to significant improvements in over-

coming the isolation which had previously hindered the village. In October 1914 the Foscagno Pass was opened to vehicles. However, it took until the winter of 1952 for the pass to be usable all year round. This project was finally concluded owing to the perseverance and tenacity of a few people, who had to battle against the opinion of the ANAS (Italian Highway Agency) and the Genio Civile (National Civil Engineering Agency). Livigno became “officially open” to northern Europe in 1969, when the service tunnel created by the construction company for the artificial snow system in the most northerly side of the valley was opened to private vehicles, which was a key factor in boosting the area’s tourist development.

The duty-free concessions granted to Livigno were regulated after the Congress of Vienna when the entire province of Sondrio ended up under Austrian control. In 1819 an agreement was concluded by which Austria would recognise advantages comparable to those obtained during the Napoleonic period, but with the introduction of some significant new elements

which exempted the acquisition of state-controlled goods (salt, tobacco, gunpowder). The treaty was renewed in 1825, 1829 and 1840 following the introduction of changes, and in 1857 after broader concessions were applied.

Following the annexation to the Kingdom of Italy the Government ratified the agreement with a three-year extension period, which was actually renewed several times, creating a paradoxical situation: Livigno benefited from privileges guaranteed by Austria for which the Italian government had not legislated. As a result, the government did not comply with this legislation until 1910, only then granting tax exemptions for the Livigno area. Other amendments were carried out in 1934 and 1940, to arrive at the current legislation which dates to 1972 and which establishes the duty-free status enjoyed by Livigno today.

# TOURISM AND HOSPITALITY

MORE THAN  
**100**  
HOTELS

MORE THAN  
**1.000**  
APARTMENTS

**32**  
SKI LIFTS

**115**<sup>KM</sup>  
OF SLOPES

**30**<sup>KM</sup>  
OF CROSS-COUNTRY SKI TRAILS

**3.200**<sup>KM</sup>  
OF MAPPED PATHS

Until the 1950s, Livigno only offered summer tourism, since winter access was possible just for the most enthusiastic and dedicated winter sports aficionados, who often came from Germany to Livigno by sledge to take advantage of the still pristine snow fields. In 1952, albeit after many ups and downs, the Bormio road started to open in winter. The first two ski lifts were built in 1953.

In 1969 Livigno officially opened to tourism with the completion of the Munt la Schera Tunnel, which linked Livigno to Switzerland and opened the Spöl valley to new summer and winter markets: northern Europe, via the Engadin region,

and the south and northeast Italy via the Brennero motorway. From its long and often turbulent beginnings, Livigno's tourist industry has grown to make the town one of the most renowned tourist resorts in the Alps and a key location of the Valtellina region situated between the Stelvio National Park and the Swiss National Park. Over the course of decades, the town has been able to maintain its environmental, natural and architectural characteristics, developing these along the lines of its local traditions and culture without sacrificing investment in modernity, and doing so while respecting the surrounding area and environment.

This makes Livigno a paradise for visitors who want to relax and reconnect with nature and enjoy the clean air and sun at high altitude.

For an awe-inspiring view, just cast your eyes over the mountains surrounding the valley and the majestic panorama with peaks which gently descend from 3000 to 1800 metres.

Livigno conveys a sense of peace and serenity and is the perfect location for a summer or winter holiday spent hiking, enjoying the shared cycle and walking paths, the mountain bike trails or trekking, or on the Alpine ski slopes skiing, snowboarding, telemarking or going cross-country skiing.



CHAPTER 3  
**SPORT**

# THE VILLAGE AND SPORT CLUBS WORKING TOGETHER

Sport is a complex social phenomenon which forges strong bonds between people and groups. It plays an important role for the individual as well as the community and creates a sense of belonging and social identity, playing by the rules, and competing and getting along with others. It can also provoke strong emotions and passion. Like other current social phenomena, it is affected by increasingly complex and often contradictory dynamics, as different aspects and workstreams must be managed simultaneously, from the technical to the provision of services, the social and educational aspects and activities related to local area promotion and enhancement.

This is the starting point for the need to introduce a psychosocial element into the “sport” phenomenon. These complex issues need to be taken into account, and a clearly-articulated plan must be created, integrating the opinions and requirements of individuals and sports users (athletes, trainers, managers, parents etc.) as well as taking a broader look at the organisational and social processes involved. The sports clubs and associations which initiate and spread the practice of sport have essentially taken on the role of educational bodies. Those working for these groups at any level must ensure they provide the highest degree of professionalism and educational competency to be able to meet training

needs. Technical and educational abilities and competencies need to deliver not just sporting performance but also psychological and educational development for athletes of different disciplines. Only very few of our athletes will become champions, but they all must grow into adults. The priority is to find the right balance between competition alone and simply enjoying sport. This is the background to the idea of giving every sports club or association in Livigno its own Sports Education Project, which outlines the objectives, goals, methodology and strategies, - which are not only sport-related but also focus on education and training. It is a type of public identity card for each sports association which is prepared, shared and approved by all management and technical staff. It represents the purpose of the sports association, the educational values it wants to convey, the objectives by which it will achieve its goals and the methodology it will use to do so. The main objectives of the educational-sports project are:

- › **REDUCE DISAFFECTION AMONG YOUNG PEOPLE**
- › **PROMOTE THE LONG-TERM ADOPTION OF SPORT (A SPORTS CULTURE)**

- › **PROVIDE ALL YOUNG PEOPLE WHO TAKE UP A SPORT WITH THE TOOLS TO DEVELOP ABILITY LEVELS PHYSICALLY AND EMOTIONALLY**
- › **ENCOURAGE COMPREHENSIVE GROWTH PLANS FOR YOUNG PEOPLE AND INDIVIDUALS, ENABLING HIGH LEVELS OF SPORTS PERFORMANCE TO BE REACHED**

Based on this, in addition to taking care of crucial aspects such as logistics (e.g. equipment and timetables), maintaining relationships with other key educational providers (such as parents, school, church and groups) and checking the quality of the work carried out by trainers, each sports association will draw up its own programme of activities. Sports operators who work with young people have an educational responsibility from the role they have taken on to train these young people. These individuals must therefore undergo full and ongoing training in relationship and psychoeducational areas, in addition to their technical fields.

# THE SPORT TRADITION

Since the 1950s, Livigno has undergone enormous change, from a quiet rural valley to the capital of Alpine tourism. Its history has been intertwined with the development of winter sports and a multitude of outdoor activities which can be enjoyed in the mountains at any time of year. The characteristics of this location have had a major impact on the behaviour and attitudes of its inhabitants, making sport a part of everyday life.

For example, skiing or cycling are both used as a means of transport. This allows sport to be seen as a fundamental part of everyday life, as something which can be useful as well as helping to maintain a sense of personal well-being. Generations of skiers, cross-country skiers, mountaineers, bikers and snowboarders have followed in succession and formed a huge part of Livigno's history, contributing to the creation and

popularity of sporting events like the Sgambeda (a cross-country ski competition) and the Stralivigno (a mountain half marathon). Livigno's sporting DNA is an integral part of the community and is handed down to the younger generations, promoting sport as a way of growing, training and education.

# SPORTS AND YOUNG PEOPLE

The Livigno Sporting Club was created in 1996, at the request of the local council to bring together the various sports associations which are part of the area.

Over the years it has broadened in scope and changed its official mandate many times, until taking on its current configuration as a second-tier multisports organisation representing many associations. The purpose is to coordi-

nate the sports activities of the Livigno town council, promoting the athletic and personal growth of young people. The different disciplines concerned are varied and range from athletics and swimming to football, rugby and winter sports. There is a strong focus on the youngest age bracket (ages 3 to 8 years) when it is crucially important to stimulate and encourage coordination abilities.

From pre- to early adolescence it is possible to develop coordination along with an increasing focus on speed (particularly speed of action and reaction) and strength, in addition to developing joint mobility. In adolescence general strength and quick-reaction strength are the focus. In addition, significant work can be done on organic and targeted resistance training.

## DISCIPLINES and NUMBERS of activities in the SCHOOL setting

DISCIPLINE	COMPETITION	COMRADESHIP
Cross-country skiing	50 young people – 5 youth courses per year	250 young people – 10 youth courses per year
Alpine skiing	50 young people – 5 youth courses per year	250 young people – 10 youth courses per year
Football	120 young people	Summer Football School + Tournaments
Aerobic Gymnastics	40 girls annually	
Gymnastics classes		50 girls – 2 courses per year
Freestyle	25 young people – 4 courses per year	
Snowboarding	60 young people – 3 courses per year	
Tennis	25 young people – 3 courses per year	
Multisports		400 young people – summer/winter
Skating / Hockey	60 young people – 3 courses	
Volleyball	20 young people – 2 courses	
Swimming		350 young people – 8 courses
Telemark	25 young people – 2 courses	80 young people – 1 course
MTB	45 young people – 4 courses	
Disability Sports		20 young people
Basketball	65 young people – 3 courses	
Karate	40 young people – 2 courses	

# CLUBS AND ASSOCIATIONS

## SPORTS SOCIETY

FEDERATION	SPORTS SOCIETY NUMBER	SPORTS DISCIPLINE	MEMBERS
FCI	SPORTING CLUB LIVIGNO (02Q3866)	Cycling	17 members
FIDAL	MARATHON CLUB LIVIGNO (SO455)	Athletics	126 members
FIG	GOLF CLUB LIVIGNO (748)	Golf	50 members
FIGC	SPORTING CLUB LIVIGNO	Football	163 members
FIR	RUGBY LIVIGNO (399947)	Rugby	30 members
FISI	SPORTING CLUB LIVIGNO (SO51)	Winter sports	254 members
FITri	VALTELLINA TRIATHLON (1890)	Triathlon	30 members
AICS	SHOOTING TEAM LIVIGNO (104437)	Multisports	-
CSI	SPORTING CLUB LIVIGNO (02300132) HANDYSPORT LIVIGNO (02300054)	Multisports	22 members

# LOCAL CHAMPIONS

The ambassadors for Livigno are local athletes from various sports disciplines: Alpine skiing, cross-country skiing, snowboarding, biathlon, freeskiing and mountain biking. Their mission is to spread Livigno's name worldwide through the competitions and circuits they participate in. They are all young people from Livigno who have stood out for their technical and physical

abilities, which are the result of years of sports training with the local sports clubs and associations. Of these, the most famous is Roberto Nani, who for several seasons has dominated the World Championships in Alpine skiing. Along with him are the skier Jole Galli, snowboarder Maurizio Bormolini, cross-country skiers Saverio Zini and Thomas and Nicolas Bormo-

lini, biathlete Thomas Bormolini, cyclists Mattia Longa and Jessica Bormolini and the freeride team made up of Jan Rocca, Yuri Silvestri, Tobia Silvestri and Luca Minigher. But it doesn't end there... in the last few decades, Livigno has given rise to many exceptional athletes who have been able to reach prestigious levels of awards, including the winning of an Olympic medal.

ATHLETE	DISCIPLINE	PALMARES
Roberto Nani	Alpine skiing	5 podium places in the European Cup 3 medals in the Italian Championships
Maurizio Bormolini	Snowboard	1 podium place in the World Cup 3 podium places in the European Cup
Jole Galli	Alpine skiing	3 podium places in the European Athletics Junior Championships
Thomas Bormolini	Biathlon	Biathlon National
Saverio Zini	Biathlon	Italian National
Paolo Rodigari	Biathlon	1 podium place in the Junior Sprint Italian Championships
Rudy Zini	Biathlon	1 podium place in the Italian Relay Championships 1 medal in the Italian Junior Athletics Championships 2 medals in the Italian Junior Championships
Emil Bormetti	Biathlon	
Luca Ferioli	Freestyle	3 podium places in the European Cup
Simone Urbani	Cross-country skiing	National Cross-Country Ski Competition



# LOCAL CHAMPIONS

ATHLETE	DISCIPLINE	PALMARES
Vittoria Zini	Cross-country skiing	Juniore National
Katia Zini	Cross-country skiing	Bronze medal in the 2006 Turin Olympic Games
Thomas Bormolini	Cross-country skiing	
Nicolas Bormolini	Freestyle	
Yuri Silvestri	Freestyle	4 podium places in the European Cup
Ian Rocca	MTB	
Mattia Longa	Alpine skiing	MTB National - Marathon
Giorgio Rocca	Cross-country skiing	3 bronze medals in the World Championships 1 specialised world cup 22 podium places in the World Cup with 11 victories
Marianna Longa	Snowboard	2 podium places in the World Championships 10 podium places in the World Cup with 2 victories
Vanessa Cusini	Short Track	Snowboarding National Championships 2008/2011
Mara Zini	Short Track	Bronze medal in the 2006 Turin Olympic Games
Katia Zini	Freestyle	Bronze medal in the 2006 Turin Olympic Games
Mariangela Parravicini	Freestyle	Freestyle National Championships Freestyle 2003/2006 - TOROC (Torino Organising Committee)
Simone Galli	Freestyle	Freestyle National Championships Freestyle 2003/2006 - TOROC (Torino Organising Committee)
Walter Bormolini	Freestyle	Freestyle National Championships Freestyle 2005/2009 - TOROC (Torino Organising Committee)
Mattia Pegorari	Freestyle	Freestyle 1 podium place in the Italian Championships - TOROC (Torino Organising Committee)

# SPORTS AT EVERY AGE

Sport is a passion which can unite people of every generation. When you live in an open-air gym like Livigno at an altitude of 1816 metres, you can't help but be encouraged and inspired to take part in physical activity and ways to keep fit. The sport and wellness centre Aquagrande Active You has highlighted sports activities for senior citizens, with specifically-adapted courses designed for the pool and gym, in collaboration with the Livigno Retirement Home. Livigno's varied outdoor activities are well served by the many cross-country ski trails and cycle routes, which are also excellent areas for hiking and gentle mountain bike excursions.

# SPORTS AND DISABILITY

Livigno's support to disabled sports enthusiasts goes back a long way and has been demonstrated by a series of initiatives carried out over the years in the Valtellina area. As a brief summary:

## › SPECIAL OLYMPICS

In 2017 the Winter Olympics for over 500 disabled athletes from all over Italy will take place for the 28th time. Each year, these athletes compete on skis over a week organised entirely by the Handy Sport Livigno association.

## › CANDIDO JUNIOR CAMP

This project, which originated from the collaboration between Briantea84 and the Candido Cannavò Foundation, organises camp hubs all over Italy, including one in Livigno. The project has one simple core idea: promoting sport for all.

## › BRIANTEA84

For years, the wheelchair basketball society has chosen Livigno for its pre-championship gathering, and this partnership with Livigno has been translated into activities to make the local population and

tourists aware of and involved with the society. Two such activities are the Candido Junior Camp and meeting students from the Livigno schools.

## › PROJECT "UNBEATABLE"

This is a Corporate Social Responsibility project aimed at spreading sports culture amongst people with disabilities and promoting paralympic sports as a tool for growth and social sustainability. Project Unbeatable is focused on promoting and enhancing paralympic sports from the marketing stage to competition, allowing them to be enjoyed as an inclusive experience shared by people with and without disabilities. The project is specifically targeted at financing the preparation of the paralympic athletes for Tokyo 2020 and organising an awareness course in educational settings. From 2017, Livigno will be one of the 5 project locations in conjunction with the event.

The relationship between Livigno and disability is also strengthened by the presence of Handy Sport Livigno, an association Non - profit built in 1992 to promote sporting activities to the integration of handicapped people and with the purpose of contributing to the diffusion, knowledge and practice of sports for the disabled by favoring their participation in proposed events also by other entities

# SPORTS AND MEDICINE

28

Owing to the sport and wellness centre Aquagranda Active You, Livigno has created a centre of excellence for high-altitude preparation, rehabilitation and sports medicine. Its height above sea level - 1816 metres - is an invaluable addition for athletes seeking to carry out high-altitude training, and Aquagranda has fully delivered the task

of becoming a centre not only of training but also of rehabilitation, medicine and physiotherapy. The centre has a range of professionals specialised in sports medicine, sports nutrition and physiotherapy as well as osteopaths, psychologists and psychiatrists who can support athletes with their every requirement. This pool of experts can be consulted

to aid recovery following an injury, prepare for a competitive season, and find the right balance between technical and mental preparation - in summary, to ensure that all elements work together in harmony.

# SPORTS AND EMPLOYMENT

Sports and various outdoor activities are a driving force for the local economy, where many businesses can offer employment related to the services needed to run infrastructure and facilities. With over 30 lifts and a ski area of

115 km, the companies who run the ski lifts guarantee a high level of employment, as they are also responsible for maintaining the pistes used by hundreds of thousands of skiers each year for all types of skiing. The wide variety

of sports available in Livigno also means many business opportunities for a wide range of professionals. Some examples of these include:

**SKI  
SNOWBOARD  
TELEMARK**  
INSTRUCTOR

**NORDIC  
WALKING**  
INSTRUCTOR

**SWIMMING  
TEACHERS  
AND  
LIFEGUARDS**

**PHYSIOTHERAPISTS  
MASSAGE THERAPISTS  
TECHNICAL TRAINERS**

**ALPINE  
GUIDES**

**MOUNTAIN  
BIKING  
GUIDES**

**ISEF**  
THE HIGHER  
INSTITUTE OF PHYSICAL  
EDUCATION.  
QUALIFIED INSTRUCTORS  
FOR DIFFERENT  
DISCIPLINES.

# SPORTS AND EVENTS IN THE PAST

Large-scale events are a long-standing tradition in Livigno, particularly for mountain biking. In 1991 Livigno hosted one of the first Italian Mountain Biking Championships; the Dual European Downhill Championships were held in 2001. Between 2004 and 2005 the highlight was to host the World Cup Finals for various specialities and then the UCI Mountain Bike World Championship and Trials the following year.

Many other events have taken place here, including among others the Giro d'Italia, the Burton European Open, the FIS World Cup Finals and the River Jump. For all these, the main objective has always been to unite people around a common interest.

The Mountain Bike World Championships were an outstanding example of this, as they

marked the completion of an enhancement project to benefit bikers. The event ensured that Livigno gained international exposure, making its mountain bike tourism offer more widely-known and boosting its reputation for active tourism. Since 2005, Livigno has further developed its mountain biking accommodation and services to become one of the world capitals for this sport.

These events are of critical importance for Livigno, as they help generate awareness and foster communication, which are sometimes the primary objectives themselves.

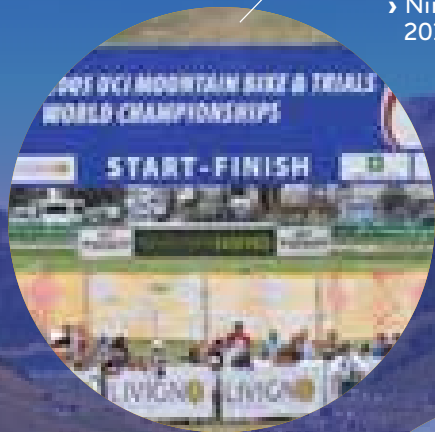
But they are also a way to increase the range and quality of Livigno's services by improving and expanding them.

Another example is the 'Trofeo delle Contrade' ('Town Districts Cup'), a traditional Livigno

event linked to the competition between districts which for the first time in 2015 took place in summer on the streets of the town using real snow which had been stored since winter. This led to an 'event within an event' with the addition of the 1KSHOT show, which was just for biathletes and cross-country skiers using a 1-km circuit.

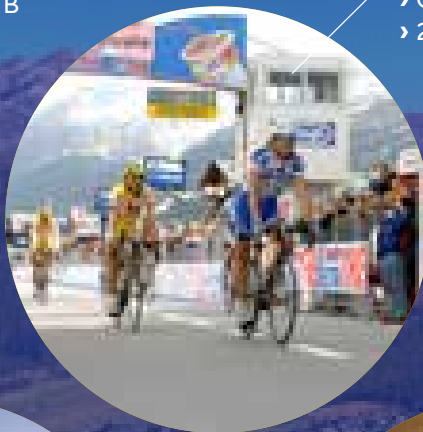
## MTB

- › European Championships 2004
- › World Championships 2005
- › Nine Knights MTB 2014-2015-2016



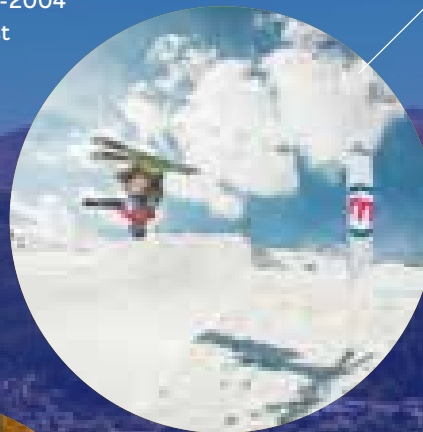
## CYCLING

- › Giro Italia 1972-2004
- › 2005 stage host



## FREESTYLE SKI

- › Nine Knights 2012-2013-2014
- › Europa Cup 2017
- › FIS World Cup 2000



## SNOWBOARDING

- › Burton European Open 2002-2003-2004
- › River Jump 2007-2008-2009-2010-2011-2012
- › FIS World Cup 2000



## CROSS COUNTRY SKIING

- › Trofeo Contrade 1980



## DISABILITY SPORT

- › Special Olympics Italia 2007



# SPORTS AND EVENTS TODAY

Livigno's long sports tradition comes to life every year in the international and national summer and winter events organised by the village: skiing, mountain biking, running, skyrunning, triathlons – there is a specific sporting event for every type of active holiday.

One of the most widely known and long-standing of these is La Sgambeda, an international cross-country ski competition which is part of the prestigious Visma Ski Classics annual calendar, bringing together some of the world's most spectacular long-distance circuits. This competition attracts thousands of competitors, inclu-

ding professional athletes, amateurs and even children and teens. Another meeting which has uncovered new snowboarding talent is the World Rookie Tour, an international snowboarding competition just for young people which takes place in January.

In the summer months, running and cycling take the lead, with unmissable events like La Stralivigno (a mountain half marathon, part of the FIDAL calendar) and the Livigno Skymarathon, a skyrunning competition with routes which cover summits reaching 4000 metres. Last year the Icon Extreme Triathlon - which includes running,

swimming in Lake Livigno and mountain biking - became part of the Livigno sports events calendar and won considerable acclaim due to the technical aspects of the course and the impressive and evocative landscapes that acted as a backdrop. At the end of August, you can participate in a cross-country ski/biathlon with a difference: this one takes place on real snow, preserved since winter using snow farming techniques. Along a 1-km circuit which runs through the centre of Livigno, passing shops and restaurants, World Cup athletes like Federico Pellegrino and Dorothea Wierer compete under the stars.



# 2017/2018 SPORTING EVENTS CALENDAR

**01-04 JUNE**

## **XXXV TROFEO INTERBANCARIO NATIONAL TROUT FISHING CHAMPIONSHIP**

A four-day event for bank employees to compete in a trout-fishing championship in Livigno.

**17-18 JUNE**

## **LIVIGNO MINI SKYRACE**

A weekend spent high in the sky with the “mini” 19-km race on Saturday set in the magnificent mountains of ‘Little Tibet’, with a subsequent competition on the Sunday for the best skyrunners along a route of 34 km and 2600 metres of elevation gain.

**28-29 JUNE**

## **TOUR TRANSALP**

The Alpine road bike tour is now in its 15th year and has an impressive route of over 850 km through mountain passes and stunning scenery.

**22-23 JULY**

## **STRALIVIGNO**

Saturday 22 is the start of the Stralivigno: a 21-km running competition on a route through Livigno’s countryside. For the keenest, there is also the option to sign up for the partnered relay. On Sunday, it’s over to the younger generation with the MiniStralivigno: a race for children and teens, followed by a huge party with games, inflatables and entertainment.

# 2017/2018 SPORTING EVENTS CALENDAR

25 AUGUST

## TROFEO DELLE CONTRADE & 1K SHOT

This atmospheric cross-country ski race takes place at night, through the snow-covered main village streets, and is one of the most eagerly-awaited traditions in Livigno: the local inhabitants battle to defend their home District with old-fashioned sports equipment. For the second year running, this will also include the 1KShot race, where leading athletes from the Biathlon and Cross-Country Ski World Cup will compete for the podium.

26 AUGUST

## NATIONALPARK BIKE-MARATHON

A mountain bike race with an impressive route through the Swiss National Park, with four different routes, including a stage at Livigno.

29 AUGUST – 03 SEPTEMBER

## ICON LIVIGNO XTREME TRIATHLON

A 3.8-km swim in Lake Livigno, a 195-km cycle over the most atmospheric Alpine passes and a 42.4-km run along trails in Little Tibet. ICON Livigno Xtreme Triathlon includes swimming, running and reaching the highest, most Xtreme finishing line in the world. Be An ICON!

› 29-30-31 August - **TEST EVENTS**

› 02 September - **CROSS TRIATHLON**

› 01 September - **ICON XTREME TRIATHLON**

› 03 September - **HALF ICON**

# 2017/2018 SPORTING EVENTS CALENDAR

**02 – 03 DECEMBER**

## **SGAMBEDA**

Saturday 2 December: a long-distance Nordic skiing race using the classic technique which is part of the Visma Ski Classics circuit. There are three categories: Elite Women, Elite Men and Amateurs, with a Pasta Party and award ceremony to follow. On Sunday it's the Minisgambeda, which takes place on a 1- to 5-km circuit depending on the category: Baby, Kids, Teens and Junior Athletes. The race is open to all children and teens born between 2000 and 2009.

**JANUARY 2018**

## **WORLD ROOKIE FEST**

More than 150 riders from 20 countries come every year to Livigno for the World Rookie Fest slopestyle contest which over time has become the biggest and most important youth freestyle event in the history of snowboarding. All winners of podium places at the World Rookie Fest will automatically qualify for the World Rookie Finals, and the event guarantees a classifying score for the TTR World Snowboard Tour and World Rookie Rank.

**MARCH – APRIL 2018**

## **LA SKIEDA**

International Festival of Telemark - A fully-packed week which runs day and night in Livigno with competitions, races, exhibitions with old-fashioned ski clothes, chances to meet professional telemarkers and mountain experts, but also parties in the pubs and local bars for a week of non-stop fun.

**APRIL 2018**

## **WINTER OLYMPICS – SPECIAL OLYMPICS**

The XXIX Winter Olympics promoted and organised by Handy Sport Livigno. This huge event promotes sport as a tool for the integration of children with mental and physical disabilities.

These events always take place in cooperation with external partners, such as the summer camps run with FC Barcelona aimed at children between 6 and 16 years of age. In 2016, Livigno was the only location in Northern Italy to host the FCBEscuela Soccer Camp, organised by Macy Srl and officially licenced by FCBEscuela. Another option is the Tinkoff Sport Academy, which brings together professionals and amateurs to train in Livigno, with the additional support of the local trainers of Alberto Contador's team.



# ALPINE SKIING

Livigno is one of the most highly-renowned and visited Alpine ski resorts. In winter, there is a wide network of state-of-the-art ski lifts serving over 100 kilometres of pistes for all requirements, from skiing to snowboarding and telemarking. What's more, you can ski better and for longer in Livigno as the season runs from the end of November to the beginning of May. The ski resort includes:

**7.828<sup>M</sup>**  
TOTAL VERTICAL  
METRES

**37**  
RED RUNS  
(57%)

**6**  
CHAIRLIFTS

**12**  
SKI LIFTS

**115<sup>KM</sup>**  
OF PISTES BETWEEN  
**1800 AND 3000**  
METRES  
IN ALTITUDE

**12**  
BLACK RUNS  
(17%)

**27**  
BLUE RUNS  
(26%)

**13**  
GONDOLAS

**54.800**  
DAILY  
USERS

# NORDIC SKIING

With the arrival of the first snowfall, the pistes are constantly maintained. This open valley, bathed in sunshine offers long, easy runs as well as more technically challenging pistes. Livigno has invested in cross-country skiing with the installation of artificial snowmaking systems on the competitive stretch of the circuit

(around 8 of the total 30 km) and by using snowfarming, a way to store real snow from the winter which allows it to be used when needed during the summer. From November, National Teams from almost everywhere choose Livigno for their initial training on snow rather than ice, staying here until the La Sgambeda com-

petition. Since 2014, this long-distance race in Little Tibet has been part of the prestigious international Visma Ski Classics circuit, joining the 10 classic locations from around the world including Vasaloppet and Marcialonga.

**30**KM

OF NORDIC SKI  
PISTES

**8**KM

OF TECHNICAL  
PISTES

# HELISKI & FREERIDE

Imagine flying by helicopter to reach the finest virgin slopes, far from the typical freeride areas. The Livigno and Alta Valtellina regions offer a multitude of choices to satisfy every freeride ski lover. The Freeride Project started in 2013, and consists of a series of initiatives to promote safe off-piste skiing. The location has since been awarded the title of “Best Freeride Resort”. The Freeride Project, which is unique in Italy and now takes place in different seasons in Livigno, is based on a daily local in-

formation service on the stability of the snow covering, which includes the avalanche bulletin from the Environmental Protection Agency (ARPA) in Bormio and information from the Swiss Avalanche Centre SLF. This innovation updates freeriders every morning about local conditions through the official Livigno website ([www.livigno.eu](http://www.livigno.eu)), via noticeboards and videos near each ski lift, by information totems in the town, by a newsletter service sent to all operators, and in the dedicated MYLivigno

app. For the coming winter season, the service will be improved and made even more specific to individual zones within the local area. The aim is that every morning freeriders can have the most accurate information so that they can select the area with the most ideal skiing conditions. There is also a weekly meeting led by Alpine Guides to train skiers in how to use safety equipment, such as avalanche transceivers (beacons), shovels and probes.

OVER  
**150** SQUARE  
KM  
OF AREA AVAILABLE  
FOR FREERIDING

# SNOWBOARDING

Owing to its huge range of pistes, offering over 100 square km of skiable area with exceptionally long, fresh snow-covered slopes, Livigno has become a dream destination for snowboarders. Livigno's ability to innovate and respond to the latest market trends has kept it at the forefront of developments in high-quality facilities and equipment.

Snowboard lovers can perform spectacular tricks on half pipes, jumps and in the border cross trails in dedicated areas with kickers of various sizes, funboxes, rails and other features in a safe, unrestricted environment. The Mottolino snowpark has been the backdrop to competitions such as the Burton European Open, photo shoots for the main snowboard

publications, the River Jump, World Rookie Fest, Nine Knights and the Europa Cup freestyle competition.

## MOTTOLINO FUN MOUNTAIN

**SNOWPARK**  
with 4 different lines  
from S to XLL

**1 JIBBING AREA**

**1 NATURAL PIPE**

**1 BOARDER FUN**

**1 KIDS SNOWPARK**

## CAROSSELLO MOUNTAIN PARK

### THE BEACH

An area to have fun, enjoy the sun, relax at beach parties and snowboard in a chilled environment.

### THE CAVE

Fast, fluid kicker lines, broad curves, the challenge of huge snow bumps and foam rubber obstacles to enjoy.

### THE FOREST

is a 100% natural freestyle area with snow-covered wooden features, located in woodland.



# MTB – ROAD BIKE

After having hosted the European Cup in 2004 and the World Championships in 2005, Livigno now attracts significant numbers of tourists and is considered the European mountain biking capital, - nicknamed the “Whistler of Europe” after the Canadian cyclist paradise.

**3.200** KM

OF MAPPED  
ROUTES

**1**

BIKE SKILL  
CENTER

**1**

BIKE PARK WITH  
**13** DIFFERENT  
TRAILS

**1**

JUMP AREA

**17** KM

OF CYCLING  
IMMERSED  
IN A GREEN  
LANDSCAPE

**1**

PUMP  
TRUCK  
AREA

**25** KM

OF NEW  
FLOW-TRAILS

**1**

AREA  
NORTH SHORE

In addition to mountain biking, Livigno is the perfect location to go road biking, with many professional teams crowding the streets of Italy's ‘Little Tibet’ for their summer training. Livigno is the ideal starting and finishing point for unforgettable tours, which include the most famous and legendary Alpine passes of the Giro d'Italia: Stelvio, Bernina, Gavia, Mottirolo, Foscagno and Maloja. As far back as 1972, and more recently in 2004 and 2005, Livigno was also a stage in the Giro d'Italia.

# SNOWSHOEING AND SKI TOURING

Snowshoeing and ski touring are two classic ways to explore nature in winter. The snowshoes, or “drezola” in local dialect, are used by mountaineers in winter to access the woods and valleys, which seem to fall into a deep

slumber in winter, and to allow them to catch a glimpse of the many animals which spend the winter here. The wide range of trails and excursions available means there is something everyone, from climbs lasting a couple of hours on open slopes to

trips of a few days on glaciers. In Livigno we've created a full range of activities with some great tips from our guides for everyone who wants to try out snowshoeing or ski-touring.

MORE THAN  
**100** SQUARE  
KM  
AVAILABLE  
FOR SKI-TOURING

# WINTER RUNNING TRAIL

There are countless varied options to experience mountain running, from flat trails along shared bike and walking routes to dirt tracks at altitudes of over 2000 metres. Running doesn't stop in winter: the carefully maintained 20-km walking path means you can continue to get your running fix all year round.

**3.200**KM

OF MAPPED  
PATHS

**75**KM

OF NEW TRAIL  
COMPOSED BY **6**  
DIFFERENT  
PATHWAYS

**20**KM

WALKING PATH,  
MAINTAINED  
IN WINTER

# FUN PARK

In Livigno there are many different areas equipped with inflatable games and toys, magic carpets (travelators), slides, and different types of play areas where children of all ages can have fun on and off the snow. The Fun Parks offer a great alternative for non-skiers and anyone not using the ski facilities and are another great reason for young and old alike to visit Livigno for a few hours of relaxation and fun.

**2**  
BIG JUMPS

**6**  
PLAY PARKS  
ON THE SNOW

**2**  
CHILDREN'S PLAY  
AREAS WITH  
INFLATABLE TOYS,  
SNOW TUBING,  
RUBBER EQUIPMENT,  
TRAVELATORS

**6**  
MINI  
SNOWPARKS

**1**  
NIGHT  
SLEDDING

# FAT BIKE

Fat Bikes take you where mountain bikes can't. Their unique ultra-wide tyres, which can be used with very low pressures, have a strong grip and mean you can pedal on "soft" surfaces like snow. Be free and soar on your own two wheels, in summer or winter!

**3.200**KM  
MAPPED ROUTES  
IN SUMMER

**20**KM  
WALKING  
PATH

DEDICATED  
LIFT ACCESS  
AVAILABLE

# LAKE EXPERIENCE

Lake Livigno was made navigable in 2014 and offers one of the most popular destinations for people on holiday in Little Tibet in the Valtellina region. It is partly situated inside the Stelvio National Park and has been developed so that athletes, amateurs and tourists can enjoy water sports at an altitude of 1816 metres. The innovation of summer 2016 was the installation of floating rafts in the centre of the Lake, where you can sunbathe or just take photos.

**KAYAK**

**STAND UP  
PADDLE  
BOARDS**

**WINDSURFING**

**SAILING**

**PEDALO**

# GOLF

The Livigno golf course aims to introduce golf to lovers of different sports and to become a significant training asset. The Golf Training Area lets golfers practice in a scenic Alpine course of 10,000 square metres and comprises a pitch and putt, a 250-metre driving range and three greens of varying skill levels, each one reached by three different starting tees.

**10.000**

SQUARE METRE  
AREA

**1**

1 DRIVING RANGE  
OF **250 MT**

**3**

GREENS OF VARYING  
SKILL LEVELS,  
EACH REACHED BY  
DIFFERENT TEES

**PITCH  
AND PUTT  
AREA**

# NORDIC WALKING

Being outdoors, helping your heart and circulation, strengthening your arms and shoulders, improving your spinal posture and toning up your abdominal and gluteal muscles: it might sound like a miracle cure, but Nordic Walking is a growing trend worldwide. It can be enjoyed by anyone, all year round, and gives fitness fanatics an easy, inexpensive, and fun way to live a healthy, active lifestyle.



# RECREATIONAL FISHING

The Livigno valley is a favourite destination of keen fishermen. It is intersected by the Spöl river which feeds the artificial lake north of the town. Few people know that Aquagranda is in fact the old name of this river, which flows into the Inn and then on to the Danube, ending in the Black Sea. There are many different Alpine lakes which can be reached on foot, or alternatively, some of the small lakes situated near the valley floor are easily accessible from the cycle-pedestrian track.

**1**

ARTIFICIAL  
LAKE

**1**

RIVER

**2**

LAKES  
ALONG THE  
CYCLE PATH

**7**

ALPINE  
LAKES

# HORSE RIDING

A great opportunity to saddle up and enjoy riding horses in the open air. There are many daily outings organised according to ability, which take riders along the river or on atmospheric paths winding through unspoilt forests.

50

2  
STABLES

# TREKKING

There are many ways to fully enjoy the natural environment of the mountains and get fit in the fresh air: from the cycle-pedestrian track which runs through the valley, to quiet walks along old mule or dirt tracks to get a really close look at Alpine flora and fauna, to long excursions where you can explore the highest peaks and even spend the night in some of the many mountain huts.

OVER  
**60**  
MAPPED  
ROUTES

**10**  
PEAKS ABOVE  
**3000** METRES

# PARAGLIDING

Get a bird's-eye view of Livigno! Paragliding offers a different way of taking off from the ski slopes - skis still on your feet - while you enjoy the stunning views. Tandem paragliding is also available.

# ROCK CLIMBING

Climbing is for everyone, from children to adults, as visitors can practise this sport on both natural and artificial climbing walls. There are many options for enjoying the artificial wall of the Climbing Tower, which offers routes for climbing grades between 4a and 7c. This helps users build skill and confidence before getting to grips with real rock surfaces amid the breath-taking surroundings.

**1**

**17-METRE  
EXTERNAL  
CLIMBING TOWER**

**1**

**INTERNAL  
CLIMBING WALL  
IN THE GYM**

**3**

**NATURAL  
ROCK  
CLIMBING  
WALLS**



CHAPTER 5  
**PLACES  
AND EVENT**

# ACCESS TO THE FACILITIES AND SPORTS ACTIVITIES

The sports facilities are predominantly owned by the local council, which outsources their management and maintenance to appropriate third parties such as private companies, or more often sports associations which can thus benefit from the spaces, promote the sports activity and maintain the facilities in optimum condition.

Such arrangements are defined in accordance with current legislation to ensure maximum transparency and so that citizens receive the best service possible.

For public properties, particular attention is paid to:

- › **THE ABSENCE OF ARCHITECTURAL BARRIERS**  
to allow access for disabled individuals
- › **REDUCED RATES FOR SPECIAL GROUP**  
particularly children and the elderly
- › **ORGANISATION OF OUTREACH INITIATIVES**  
(such as Sport Days) to introduce more people to sports

# INDOOR AND OUTDOOR SPORTS FACILITIES

On foot, on bike, on skis... or even in a canoe! The beauty of the natural landscape encourages both local residents and tourists to take advantage of doing sports outdoors in the fresh air, allowing them to discover the area while getting fit. However, we need to ensure that we go beyond what nature has provided and create indoor facilities to provide a comprehensive offer with the best services possible for residents, tourist, athletes and amateur sportspeople.



# AQUAGRANDA ACTIVE YOU

This is one of the largest centres in Europe where people come to have fun, enjoy sports, relax and live well. Livigno is at an altitude of 1816 metres, and its geographical position means it's the highest plateau in Europe and the second-highest in the world after Mexico City. This is what makes it such a perfect location for altitude training at any time of year. This open-air gym attracts athletes and national teams from all disciplines coming to focus on their athletic preparation and improve their aerobic capacity. Livigno isn't all about sport though... there is also everything you could want in terms of entertainment, relaxation, great service and good food. This is what we wanted to showcase in the 10,000 square metres of the Aquagranda Active You centre, which is divided into the following areas:

## › SLIDE&FUN

A fun area for the whole family, with paddling pool for the under 3s, a water slide castle, 3 high-adrenaline flumes which take you on a journey outside and back into the pool, 1 adult pool with several water jets, 4 whirlpool baths, 1 sauna, 1 steam room and relaxation rooms.

## › WELLNESS&RELAX

A peaceful, tranquil area dedicated to mental and physical health and well-being, with a variety of saunas and steam baths at different temperatures. The massage area, various treatment pools and relaxation rooms mean you can restore and rebalance, both physically and mentally.

## › FITNESS&POOL

This includes a 350-square metre gym with the latest "Technogym" equipment, fitness training rooms and a 25-metre pool.

## › HEALTH&BEAUTY

Here, you can look after your body with the help of our team of medical professionals, physiotherapists, osteopaths, massage therapists, beauticians and hairdressers.

You could also try a special treatment such as halotherapy or inhalation therapy with thermal water, which are also beneficial for physical and mental well-being.

# AQUAGRANDA ACTIVE YOU FITNESS & POOL AREA

In addition to the altitude, Livigno offers services which are essential for the teams and individual athletes who train here. These include modern and constantly evolving sports facilities and accommodation which is always ready and able to meet their requirements. The Aquagranda Active You centre has been a key ingredient in this approach, as witnessed by the list of athletes and various national teams which trained here in 2016.

## ALPINE SKIING

Lara Gut

Peter Fill

Christof Hinnerhofer

Dominik Paris

Italian National Team Men's

## CANOEING & KAYAK

Italian National Team Men's

Polish National Team Men's & Women's

Czech National Team Men's

Norwegian Italian National Team Men's

Slovakian National Team Men's

## CROSS-COUNTRY SKIING

Petter Northug

Ristomatti Hakola

Aino-Kaisa Saarinen

Finnish National Team Men's & Women's

Norwegian Italian National Team Men's & Women's

Swedish Italian National Team Men's & Women's

Czech National Team Men's & Women's

German National Team Men's & Women's

Spanish National Team Men's

Slovakian National Team Women's

Swiss National Team Men's

French National Team Men's

Austrian National Team Combined

Great Britain National Team Men's

Estonian National Team Men's & Women's

## SWIMMING

Federica Pellegrini

Filippo Magnini

Gregorio Paltrinieri

Gabriele Detti

Luca Pizzini

Simone Sabbioni

Italian National Team Men's & Women's

Israeli National Team

Italian National Team Triathlon paralympic

## BIATHLON

Gabriela Soukalova

Dorothea Wierer

# AQUAGRANDA ACTIVE YOU FITNESS & POOL AREA

## CYCLING

Matteo Tosatto

Ivan Basso

Michele Scarponi

Elena Cecchini

Marta Bastianelli

Beatrice Bartelloni

Elia Viviani

Yegor Dementyev

Maximiliano Richeze

Barbara Benkó

Australian National Team Men's & Women's

Danish National Team Men's

## MTB

Helena Grobert

Marco Aurelio Fontana

Henrique Avancini Brasile

Australian National Team Men's & Women's

## MARATHON

Rasa Drazdauskait

Remigijus Kancys

Anna Incerti

Eva Nývltová

Diana Lobačevskė

## VOLLEYBALL

Team Montichiari

## MOUNTAIN RUNNING

Great Britain National Team

## WALKING

Matej Toth

## XTERRA

Lesley Patterson

## MOTORING

Ferrari Drive Accademy

# AQUAGRANDA ACTIVE YOU FITNESS&POOL AREA

The medal standings of athletes who trained at Aquagranda and won medals during the Rio 2016 Olympic Games.

GOLD – 50K FOOT RACE - SLOVAKIA	Matej Tóth
GOLD – OMNIUM CYCLING - ITALY	Elia Viviani
GOLD – SWIMMING 1500SL - ITALY	Gregorio Paltrinieri
SILVER – CANOEING K1 1000M - CZECH REPUBLIC	Josef Dostál
SILVER – CANOEING K1 200M - POLAND	Marta Walczykiewicz
BRONZE – ROWING - NORWAY	Kjetil Borch - Olaf Tufte
BRONZE – CANOEING K4 1000M - CZECH REPUBLIC	Daniel Havel - Luká Trefil - Josef Dostál - Jan Sterba
BRONZE – CANOEING K2 500M - POLAND	Beata Miko ajczyk - Karolina Naja
BRONZE – OMNIUM CYCLING - ITALY	Lasse Norman Hansen
BRONZE – SWIMMING 1500SL - ITALY	Gabriele Detti
BRONZE – SWIMMING 400SL - ITALY	Gabriele Detti
BRONZE – ROAD BIKE - ITALY	Elisa Longo Borghini

# MOTTOLINO BIKE PARK

**13**

13 TRAILS FOR  
DOWNHILL AND  
FREERIDE

**3**

LEVELS  
RANGING  
FROM  
BEGINNER

**1**

AREA  
JUMP

**1**

NORTH  
SHORE AREA  
WITH WOODEN  
FEATURES

# CAROSELLO 3000 MOUNTAIN PARK

**25KM**

OF NEW FAST  
FLOW TRAILS FOR  
EXPERTS  
AND GENTLE ONES  
FOR BEGINNERS

**25KM**

OF PRE-EXISTING  
WALKING TRAILS

**3.500M**

ELEVATION  
GAIN

**FAMILY  
FRIENDLY  
ROUTES**

# OUTDOOR SPORTS FACILITIES

**1**

FOOTBALL  
PITCH

**1**

TENNIS  
COURT

**1**

NATURAL  
ICE SKATING  
RINK

**1**

RUGBY  
PITCH

**1**

SKATE  
PARK

# INDOOR SPORTS FACILITIES

**1**

**2.000**  
SQUARE METRE  
MULTIPURPOSE CENTRE  
WITH A **900**-SEAT  
AUDITORIUM  
AND A CONFERENCE  
ROOM WHICH CAN  
ACCOMMODATE  
**150**

**4**

GYMS

**VOLLEYBALL  
BASKETBALL  
CLIMBING  
TENNIS  
GYMNASTICS**



# GOLF TRAINING AREA

**10.000**

SQUARE M  
AREA

**1**

PITCH AND  
PUTT  
AREA

**1**

250-M  
DRIVING  
RANGE

**3**

GREENS OF  
VARYING SKILL  
LEVELS, EACH  
REACHED BY  
DIFFERENT TEES

# BIKE SKILL CENTER

The bike centre is the information and meeting point for every cyclist who comes to Livigno. This is where you can find qualified instructors who can answer any questions and meet any requirement. The guides are happy to give advice and make suggestions on the right trail for your requirements - or just have a chat about the world of bikes!

## › BIKE SKILL CENTER

For children of every age, the Bike Skill Centre is the perfect place to develop MTB riding techniques and boost confidence levels. In addition to the qualified instructors who

know how to teach even the youngest users how to ride bikes safely, there is also:

### • 1 BABY AREA

For the youngest visitors who can get around on balance bikes

### • 1 EASY EASY

For everyone, where you can learn how to cope with uneven surfaces and obstacles

### • 1 PRO AREA

Have fun on the pump track and practice jumps using two jumps alongside.

# BOWLING

The bowling alley is located near the Plaza Placheda in the San Rocco area and has two illuminated lanes. It's an indoor facility so you can enjoy bowling in summer or winter.

# GHIACCIODROMO ICE DRIVING SCHOOL

In 1992 Oliviero Bormolini turned his love for cars and engines into an “Ice Driving School”.

From December to March, you can take courses on safe driving, sport driving and competitive driving on snow and ice, using cars like the Subaru Impreza and Mitsubishi Lancer Evo VIII, Evo IX and Evo X.

The track is also available for car and tyre tests and televised events. This “track university” offers you a 1200-metre circuit of 8 to 12 metres in

width with curves, countercurves and straight stretches, snow kerbs with a surface of snow or ice, plus a large open area to practice basic exercises such as braking, slalom course with obstacles, donuts, figures of eight and many other techniques.



# LAKE

**STAND UP  
PADDLE  
BOARDS**

**SAILING**

**BOATS**

**KAYAK**

**WINDSURFING**

**PEDALO**

# LIVIGNO SNOWFARM

In the technique of snowfarming snow is stored in the central zone of the town, after first being covered with layers of sawdust and geothermal towels, which protect it from the air temperature and reflects the sun's rays. This allows Livigno to organise a unique event at the end of August: the Trofeo delle Contrade, a Nordic skiing competition through the town's main streets. With snowfarming, Livigno can also start its winter ski season as early as the middle of October.



Fuel-efficient  
snow clearing



Energy-saving  
measures to  
offer snow in  
October



Guaranteed snow from  
mid-October  
to get the ski season  
underway



Snow in August  
for unique events

# DEVELOPMENT PLAN FOR SPORT FACILITIES



## ATHLETICS TRACK

Over the next few years, significant additional investment in infrastructure will make Livigno and its surrounding area even better equipped for sports.

Some projects to be launched in the next two years include an international standard athletics track for all disciplines and an international standard football pitch.

The objective is to be able to offer the many athletes who come to Livigno the opportuni-



## BIATHLON

ty to carry out specific training work close to the other large sports centre of Aquagranda. For the biathlon, there will be a shooting range with 12 firing points, included within the Nordic ski area, which will be completed before the start of the 2017/2018 winter season.

These developments should help meet the ever-increasing requirements of the teams who choose Livigno for their altitude training, as well as benefit local athletes who are already



## TENNIS COURT

making their presence felt in national teams.

In Aquagranda, there will be a new 50-metre Olympic-size pool to complement the existing 25-metre pool. Again, this has the dual purpose of increasing the benefits of training here for competitive teams as well as encouraging local Livigno residents to take up the sport. Finally, another project in development is a covered tennis court so that visitors and locals can play tennis during the winter.



## 50-M POOL



CHAPTER 6  
**SPORTS  
DEVELOPMENT PLAN**



# PROFILE AND POSSIBLE ACTIVITIES AS EUROPEAN TOWN OF SPORT

As a tourist destination focused on an active, sports-loving target, Livigno is in a particularly appealing position for top athletes, sports federations and professional teams as well as a huge array of amateurs, attracted by the service-related offerings as well as the appeal of coming here on holiday.

Being awarded the European Town of Sport would give Livigno an official title to support and help develop our sports activities pro-

gramme at every level and across every discipline. For the local community it will also be a well-earned moment of pride which will encourage residents to keep improving the services the town offers.

For the Aquagranda Active You centre, where most athletes spend a lot of time, this European award will have a highly significant impact on the facility as a clear sign of recognition and seal of approval of what has

already been achieved and as a means of driving awareness in Europe, which will be essential for its growth and development.

# ACES OBJECTIVES WITHIN THE APPLICATION

As a community, Livigno stands for sport as a lifestyle. We have long been accustomed to the typical activities of a mountain resort, for work as well as pleasure, and our residents place a great deal of importance on physical activity.

This is why the five ACES objectives which set out physical exercise as a fun, enjoyable activity which gives a sense of being part of a big-

ger group, teaches respect and fairness, and improves health fully reflect the feeling of the whole Livigno community.

The local council and tourism agency, along with local sports associations, are fully committed to sharing the values of sport with a young audience, through dedicated events for children, both in summer and winter.

There is a continuous dialogue with schools

regarding sport, and the theme of an open-air, outdoor lifestyle is regularly addressed through initiatives, meetings and activities.

# COMMUNICATIONS CAMPAIGN FOR THE PROPOSAL

The communications campaign for the submission of the proposal will take a 360-degree marketing approach, with online support, print, social media and TV through the official channels managed by APT Livigno, including:

- › **ONLINE AND OFFLINE COMMUNICATION** through a dedicated press office
- › **HAVING REFERENCES TO THE LIVIGNO.EU WEBSITE** with a section on the general website dedicated to
- › **SPORTS AND CULTURAL EVENTS** which will give visibility to the campaign and launch the promotional material. Amongst the different tourism activities which APT carries out for Livigno, there is the opportunity to create a high-profile exhibition/event due to the cultur-

al and social-educational value represented by “the history of the Olympic torch in the modern age”, which would have significant cultural and social-educational appeal. Currently, there are three collections worldwide (one of which is at the IOC headquarters in Lausanne; the second is in the USA). Each collects the 39 Olympic torches of the modern era, from Athens in 1896 (with a gap until 1936) until today, including the torch from the recent Rio 2016 Olympic Games. The exhibition would take a “step-by-step” approach to tell the history of sport, describing the principal values, uses, customs and socio-political events which have marked our era. This is also shown in the evolution of the style and design of the torch itself. Livigno will host the largest private collection of Olympic Torches in the world, which is of huge symbolic and intrinsic value and

supports Livigno’s ambition to always be at the forefront of tourism activities and services as well as focusing on sport in all its forms. It also supports Livigno as a versatile, welcoming destination because of its magnificent scenery, warm hospitality and shopping possibilities.

- › **PARTNERSHIP** with the main local newspapers and television programmes

# LIVIGNO

feel the alps



[livigno.eu](http://livigno.eu)



COMUNE DI LIVIGNO

