3rd International Congress of
Alpine and Arctic Botanic Gardens

12 - 15 September 2012
Viotte Alpine Botanic Garden, Trento, Italian Alps

Final programme
Final Programme

Wednesday, September 12th

Morning - Delegates arrive

Afternoon - Welcome session - Welcome and introduction to the participating gardens

2.30 - 3 pm Delegate registration
3 pm - Opening (Michele Lanzinger, director of the museum)
3.15 pm - Spotlight on the Viotte Alpine Botanic Garden, its inception, early development, recent improvements, present day layout and future outlook (Gino Tomasi, emeritus director of the museum, & Costantino Bonomi).
3.45 pm - 5 minute presentations on each participating Alpine Botanic Garden.
   1. Alpenblumengarten Kitzbüheler Horn - Austria (Eva Hofer)
   2. Alpengarten auf dem Schachen - Germany (Jenny Wainwright-Klein)
   4. Botanical Garden of the Saratov state university N.G. Shernyshevsky - Russia (Tatyana Shakina)
   5. Botanischer Garten und Alpengarten Patschkofel, University Innsbruck - Austria (Peter Schlurhauer)
   6. Botanic Gardens Conservation International - A snapshot of BGCI’s work around the world (Joachim Gratfeld)
   7. Giardino Botanico ‘Caplez’ - Italy (Massimo Cantoni & Costantino Bonomi)
   8. Giardino Botanico Alpino La Chanousia - Italy (Isabella Vanacore Falco)

4.30 pm - Visit to Viotte Alpine Garden - the Rock Garden.
5.30 pm - Welcome reception - tasting alpine biodiversity, engaging the public with alpine plants and their traditional culinary use! (being one of the events for the public regularly offered to the garden visitors during the summer)

6 pm - 5 minute presentations on each participating Alpine Botanic Garden - continued.
9. Giardino Botanico Alpino San Marco - Italy (Nicola Casarotto & Costantino Bonomi)
10. Giardino Botanico Alpino Saussurea - Italy (Isabella Vanacore Falco)
11. Giardino Botanico delle Alpi Apuane "Petro Pellegrini" - Italy (Maria Ansaldi)
12. Giardino Botanico di Oropa (Biella) - Italy (Alessio Vaccari)
13. Jardin alpin de Pont de Nant “La Thomasia” - Switzerland (François Bonnet)
14. Jardin botanique alpin du Lautaret, Univ. Grenoble - France (Serge Aubert)
15. Jardins botaniques de Nancy - France (Philippe Chauvet)
16. Juliana Alpine Botanical Garden in Trenta, Prirodoslovni muzej Slovenije (Slovenian Museum of Natural History) - Slovenia (Nada Praprotnik)
17. Kongsvoll Alpine Garden, Norwegian University of Science and Technology, Museum of Natural History - Norway (Tommy Prestò)
18. Orto Botanico delle Alpi Apuane "Pania di Corfino" - Italy (Maria Ansaldi)
19. Tallinn Botanical Garden - Estonia (Krista Kirotar)
20. Tromsø Arctic-Alpine Botanic Garden - Norway (Arve Elvebakk)

7 pm - free time in the garden

7.30 pm - dinner at Rifugio Viotte

Evening session - Alpine floras in pictures - Europe
9 pm - Costantino Bonomi - Trentino Alpine flora
9.45pm - Arve Elvebakk - Alpine flora in Scandinavia with a special focus on Gentianaceae and Primulaceae

Thursday, September 13th

Morning session - Horticultural practice and plant conservation
Collections management, horticultural practice, conservation value of the collections, special conservation activities.


9.20 am - Rolland Douzet & Christophe Perrier - Dynamic of the invasive species around the Lautaret Alpine Botanical Garden

9.40 am - Jenny Wainwright-Klein - The ups and downs of growing in the lowlands for the highlands.

10.00 am - François Bonnet - Rhodiola rosea L.: an adaptogen artic-alpine plant

10.20 am - coffee break

10.40 am - Tommy Prestò - Kongsvoll Alpine Garden and conservation of Red Listed plant species at Dovre Mountains

11.00 am - Jenny Wainwright-Klein - A practical look at pollinating by hand.

11.20 am - poster presentations relevant for this session:
Tatyana Shakina - Conservation and evaluation of hybrid varieties of gladiolus introduced in the Lower Volga region.

11.25 am - Costantino Bonomi - Horticultural practical 1: Plant data verification - Workshop on the identification of critical species of uncertain determination present in Viote Alpine Botanic Garden.
12.20 pm - Costantino Bonomi - Horticultural practical 2: Developing the collections of Viote Alpine Botanic Garden - Workshop examining the collection of Viote Alpine Garden, suggesting ideas on how to improve them, sharing and exchanging seeds and plants.

1 pm - lunch at Rifugio Viote

Afternoon session: Research on alpine plants
2 pm - Keynote speaker: Andreas Gröger - The Phenology Monitoring Programme: implementation of a long-term research project
2.20 pm - Emanuele Eccel - Phenological Gardens in Trentino
2.40 pm - Maurizia Gandini - Climate change and long-term monitoring in Italian alpine environment
3.00 pm - Andrea Mondoni - Effects of climate warming on seed germination and seedling establishment in alpine plants
3.20 pm - Filippo Prosser - Floristic mapping of Trentino
3.40 pm - Andreas Gröger - Side event for Arctic and Alpine Botanic Gardens joining the Phenology Monitoring Programme: Practical issues in the establishment and monitoring of the indicator species.

4.30 - coffee break

5 pm transfer to Trento
6 pm - visit to the new building of Trento Science Museum, designed by renowned architect Renzo Piano - a unique opportunity to visit the empty building that will house our museum from 2013 and admire its architectural quality!
7.30 - dinner in a Traditional Trento restaurant

Evening session - Alpine floras in pictures - Africa and South America
9 pm - Arthur Kwesiga - The Rwenzori mountains
9.15 pm - Nicola Casarotto - Some Aspects of the flora and vegetation of Patagonia
9.45 pm - Serge Aubert - The Ecuadorian Paramos

Friday, September 14th

Morning session 1: Education and outreach
     Raising the status of Alpine Botanic Gardens, promoting Awareness of alpine plants through education. Reaching out to the wider public.
9 am - Keynote speaker: Suzanne Kapelari: Botanic Gardens - broadening the network for educational best practice.
9.20 am - Keynote speaker: Serge Aubert - New signs for the presentation of the collections at Lautaret.
9.40 am - Martina Battistotti, Serena Dorigotti & Costantino Bonomi: 14 years of education at Viote Alpine Botanic Garden.
10 am - Costantino Bonomi - New labels and visitor interpretation at Viote Alpine Botanic Garden.
10.10 am - Isabella Vanacore Falco - Live-art in Val d’Aosta Botanic Gardens
10.15 am - Isabella Vanacore Falco - Alpine garden in the city park - children’s educational activities in Courmayeur
3.40 am - Rossana Todesco et al. - Visitors with special needs. The role of naturalistic activities to face visual impairment. The experience of Museo delle Scienze di Trento

10.40 am - coffee break

11 am - Martina Battistotti & Serena Dorigotti Education workshop 1 - Designing engaging education activities for Alpine Botanic Gardens, promoting Inquiry Based Science Education and awareness of alpine plants

11.45 am - visit to the Viotte Alpine Arboretum

1 pm - lunch at Rifugio Viotte

Afternoon session - Networking
Keeping the Alpine and Arctic Botanic Garden community alive. - How to integrate at best existing EU, Regional and National Networks of Botanic Gardens.

2.00 pm - Keynote speaker: Joachim Gratzfeld - Botanic Garden Networks - Benefits based on active participation and networking, the example of the EBGC - the European Botanic Gardens Consortium.

2.20 pm - Keynote speaker: Andreas Gröger - 1 - Special Collections: a proposal to increase collections' diversity in Arctic and Alpine Botanic Gardens.

2.40 pm - Costantino Bonomi & Joachim Gratzfeld - Networking practical 1 - Workshop on data upload into BGCI Garden Search and Plant Search - All participating gardens will be provided with login and password and are requested to bring along a working list of species in cultivation in their garden and possibly a laptop (a few will be available).

3.40 pm - Andreas Gröger & Serge Aubert - The AABG website.

3.50 pm - poster presentations relevant for this session:
Maria Ansaldi, D. Gervasoni & F. Malfanti - Botanic gardens network of NW-Tuscany. Isabella Vanacore Falco & Maria Ansaldi - AIGBA - the association linking alpine gardens.

4 pm - coffee break

4.20 am - Costantino Bonomi - Networking practical 2. World café workshop: Promoting and developing the Alpine and Arctic Botanic Garden network - promoting discussion and ideas (if you want to know more about the world café discussion format check it out at www.theworldcafe.com/pdfs/cafetogo.pdf)

5 pm - final discussion, conclusions, action points and future outlook

5.30 pm - Congress resolutions

5.50 pm - Dates, venue and congress focus for AABG 4th 2015.

6 pm - free time to enjoy the garden

8 pm - dinner in Hotel Montana - Vason

Evening session - Alpine floras in pictures - Caucasus

9.00 pm Andreas Gröger - Subalpine and alpine flora of the Western Caucasus (Georgia)

9.45 pm Costantino Bonomi - The 2005 IBC excursion in the lesser Caucasus and on Mt. Kazbek (Georgia)

10 pm Costantino Bonomi - Itinerary of the next day field trip in the Brenta Dolomites.
Saturday, September 15th

Field trip in the Brenta Dolomites (Madonna di Campiglio Val Rendena, Adamello Brenta Natural Park), recently designated world heritage site, with the opportunity to observe the narrow endemics Gentiana brentae, recently described as a species new to science, Callianthemenium coriandrifolium, Daba dolomitica, Ranunculus seguieri.

7.30 am - transfer to Madonna di Campiglio, distance approx 80km. travelling time 2 hours. Reach Passo Grostè via chair lift, take route towards Rifugio Tuckett, Vallesinella, 2500 m asl. A day botanising in one of the best scenery in the Alps.

8pm Dinner en-route back to the hotel with a botanical treat: in a typical slow food restaurant, decorated with local native herbs and preparing all meals (and spirits!) with local herbs.

11pm - late arrival back in Hotel Montana.

Sunday, September 16th

Delegates depart

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ITALIAN ALPS

SKETCHES IN THE MOUNTAINS OF TICINO, LOMBARDY, THE TRENTINO, AND VENETIA

By DOUGLAS W. FRESHFIELD

THE BRENTA GROUP. 1

We here quitted the main valley and entered the mouth of Val di Brenta, a deep short glen clothed in beech and pine-woods. Our track led us through forest glades and over grassy banks covered in profusion with the wild fruits of the Alps. Bilberries carpeted the ground, strawberries fit for Titania’s own table dangled temptingly on the banks. While we lingered a morning mist swept off and a myriad wild pinnacles peered down on us, one gigantic tower looming above them all.

The scenery we were entering was at once strange and exciting. The common features of Alpine landscapes were changed; as if by some sudden enchantment we found ourselves amongst richer forests, purer streams, more fantastic crags.

Full opposite to us rose a colossal rock, one of the most prodigious monuments of Nature’s force.

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1. The Brenta Group
Scientific committee
Costantino Bonomi - Giardino Botanico Alpino delle Viotte di Monte Bondone, c/o Museo delle Scienze, Trento, Italy.
Serge Aubert - Jardin botanique alpin du Lautaret, Station Alpine Joseph Fourier, c/o Université Joseph Fourier, Grenoble, France.
Andreas Gröger - Alpengarten auf dem Schachen, c/o Botanischer Garten München - Nymphenburg, München, Germany.
Arve Elvebakk - Arktisk-alpin Botanisk Hage, c/o Universitetet i Tromsø, Tromsø, Norway.

Registration, abstract submission and proceedings
Everyone is invited to contribute to the congress submitting an abstract for an oral or poster presentation in any of the sessions of the congress. Please submit your abstracts using the form provided in the file attached to this announcement. The official language of the congress is English; however to facilitate maximum participation, presentations can be accepted also in the other major alpine languages, provided that abstracts and slides are prepared in English.

The registration fee has been set at 60 euros and includes all reference material and coffee breaks. All meals and hotel accommodation are not included.

As a consolidated tradition we plan to publish the proceedings of the conference by the end of the year. You will receive further instruction on how to prepare your contribution for publication in due course.

Accommodation
The recommended hotel accommodation is in:

Hotel Montana and Chalet Caminetto, Vason, Monte Bondone - Trento (Italy) tel: +39 0461 948200, e-mail: info@hotelmontana.it, web: www.hotelmontana.it, www.chaletcaminetto.it. B&B rate for twin/double room €45 per night per person, single occupancy €60.

Hotel Montana and Chalet Caminetto are comfortable, reasonably priced hotels, located 3,6 km east of the botanic garden. It takes approx 30 minutes to walk form the hotels to the botanic garden. A scheduled bus service runs from Vason to Viotte departing from Vason at the following times 8.36(arriving at viotte 8.40), 13.26 (13.30), 14.16 (14.20), 18.51 (18.55). Return coach to Vason leaves viotte at 8.45(arriving at 8.49), 13.35 (13.39), 16.40 (16.44), 19.00(19.04). Viotte is the final destination of the coach service. The hotel also runs a complementary bus service to the garden on request. Depending on the number of participants arriving with their car we will consider car pooling or providing an official transport.

At the Rifugio Viotte a limited number of budget accommodation is also available (max 14 people can sleep there at the budget rate of 15€ B&B. The are 5 twin rooms with bunk beds and 2 double rooms, both with wash hand basin in the room, all rooms share 4 large bathrooms. This accommodation is basic but clean and new as the Rifugio was totally renovated in 2005 and has been scarcely used ever since. These will be reserved to delegates with a limited budget, if you are interested please apply for the Rifugio accommodation in the registration form.
Travelling tips

To get to Trento by car you need to get on the A22 Brenner Motorway and exit either at Trento nord (if you come from the Brenner Pass, Austria) or Trento sud (if you come from Verona and the A4 Milan-Venice motorway). Then follow initially the signs for Riva del Garda / Monte Bondone while on the Trento Junction roads, when the road start ascending, after the first tunnel that you encounter turn right for Cadine and then follow the brown tourist signs for Viote, Monte Bondone, Giardino Botanico Viote.

If you are travelling by plane your choice airport is VERONA (IATA code VRN). Unfortunately Verona is a minor airport, so if you are not be able to find a flight into Verona, we recommend Venice (both VCE and TSF); other options might be Innsbruck (INN), Bologna (BLQ) and Milan (BGY, LIN, MPX). The approx. distance and transfer time to congress site is the following:

<table>
<thead>
<tr>
<th>From</th>
<th>To</th>
<th>Trento</th>
<th>Viote</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verona VRN</td>
<td></td>
<td>130 km 1h 30’</td>
<td>165 km 2h 30’</td>
</tr>
<tr>
<td>Venice VCE or TSF</td>
<td></td>
<td>230 km 3h 30’</td>
<td>265 km 4h 30’</td>
</tr>
<tr>
<td>Innsbruck INN</td>
<td></td>
<td>180 km 3h 30’</td>
<td>225 km 4h 30’</td>
</tr>
<tr>
<td>Bologna BLQ</td>
<td></td>
<td>250 km 4h</td>
<td>285km 5h</td>
</tr>
<tr>
<td>Milan BGY, LIN, MPX</td>
<td></td>
<td>280 km 4h</td>
<td>325km 5h</td>
</tr>
</tbody>
</table>

All transfer times are average times based on public transport assuming all necessary connections are respected and trains and coaches run on time.

If you are travelling by Train get off at Trento railway station. You can check train times below and on-line @ www.trenitalia.it. From Trento you can get a coach to Viote from the coach station that is located 100 meters south of the railway station, when getting out of the train station turn right and go ahead for 100m.

The coach service to Viote is operated by Trentino Trasporti and takes approx. 55’. It leaves at 7.45(arriving at 8.40), 12.35 (13.30), 13.25 (14.20), 18.00 (18.55) Pleas note this last service is not running on the 10th and the 11th of September. Return coach to Trento leaves viote at 8.45(arriving at 9.40), 13.35 (14.30), 16.40 (17.35), 19.00(19.55). Viote is the final destination of the coach service.

Train times

VERONA (VRN & VBS www.aeroportoverona.it) catch the bus bound for Verona Verona Porta Nuova railway station. It leaves the airport every 20’, takes 15’ and costs € 6.00 one way. From Verona Porta Nuova trains depart for Trento at the following times (arrival time in brackets): 7.09(8.28), 7.48(8.51), 8.09(9.28), 8.42(9.48), 9.02(9.58), 11.02(11.58), 11.09(12.30), 11.50(12.52), 12.09(13.28), 12.32(13.58), 13.09(14.28), 13.50(14.52), 14.09(15.28), 15.02(15.58), 15.09(16.28), 15.48(16.51), 16.09(17.28), 16.32(17.58), 17.09(18.28), 17.48(18.51), 18.09(19.29), 19.09(20.29), 19.17(20.13), 19.50(20.52), 20.09(21.29), 21.09(22.29), 21.50(22.52), 22.49(23.55).


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19.10(20.14), 20.04(20.58), 20.33(21.52), 21.10(22.17), 22.16(23.16). From Verona to get to the airport you will need to catch the coach again as specified for your outbound flight.

VENICE (VCE www.veniceairport.it & TSF www.trevisoairport.it) catch the bus bound for Mestre railway station. It leaves the airport every 25', takes 20' and costs € 5 one way (VCE), € 7 (TSF). From Mestre trains directed to Trento connect in Verona Porta Nuova (if not otherwise stated) and depart at the following times (arrival time in brackets): 5.27(8.28), 6.32(8.51), 7.10(9.28), 7.41(11.28-direct), 9.02(12.12), 11.02(13.28), 11.16(14.28), 12.02(14.28), 13.47(15.58-direct), 14.32(16.51) 15.02(17.28), 15.32(18.28), 16.32(18.55), 17.04(20.29), 18.10(20.13), 18.32(20.52), 19.02(21.29), 19.48(23.05-direct), 20.53(23.55).

For your return journey trains (on Sunday) depart from Trento to Mestre railway station (trains connect in Verona if not otherwise stated) at the following times: 5.40(8.58), 7.33(9.58), 8.05(11.08-direct), 8.33(11.28), 9.05(13.32), 11.10(13.58), 11.52(13.46-direct), 13.10(15.28), 16.04(17.58-direct), 17.32(19.58), 19.10(21.28), 20.33(23.39), 21.10(23.56). From Mestre to get to the airport you will need to catch the coach again as specified for your outbound flight.

INNSBRUCK (INN www.innsbruck-airport.com - Austria) - catch the bus bound for Innsbruck Hbf railway station. It leaves the airport every 15’ and takes 20’. From Innsbruck Hbf trains directed to Trento connect in Brenner (trains connect in Verona) if not otherwise stated and depart at the following times (arrival time in brackets): 5.22(8.08), 6.22(9.08), 7.00(9.55), 9.27(12.02-direct), 9.52(12.55), 11.27(14.02-direct), 11.52(15.08), 13.27(16.02-direct), 13.52(17.08), 15.27(18.02-direct), 15.52(19.08), 17.27(20.02-direct), 18.01(21.08), 19.52(23.50), 23.05(1.40). For your return journey trains (on Sunday) depart from Trento to Innsbruck railway station (trains connect in Verona if not otherwise stated) at the following times: 8.53(12.08), 10.00(12.32-direct), 12.00(14.32-direct), 14.00(16.32-direct), 16.00(18.32-direct), 18.00(20.32-direct), 18.53(22.08), 20.54(23.44). From Innsbruck to get to the airport you will need to catch the coach again as specified for your outbound flight.

BOLOGNA (BLO www.bologna-airport.it) - catch the bus bound for Bologna Centrale railway station. It leaves the airport every 15’, takes 20’ and costs € 5.00 one way. From Bologna trains directed to Trento connect in Verona (if not otherwise stated) and depart at the following times (arrival time in brackets): 5.05(8.28), 6.10(9.28), 7.10(9.48), 10.15(12.12-direct), 11.46(13.58-direct), 12.10(15.52-direct), 12.40(15.58), 14.10(16.51-direct), 16.10(18.51-direct), 18.10(20.52-direct), 18.15(20.13), 20.10(22.52-direct), 21.10(23.55).

For your return journey trains (on Sunday) depart from Trento to Bologna railway station (trains connect in Verona if not otherwise stated) at the following times: at 5.40(8.22-direct), 5.40(7.45), 7.33(9.45-direct), 8.33(11.51), 11.10(13.51), 13.10(15.51-direct), 14.04(16.26-direct), 15.10(17.54-direct), 16.04(18.45), 17.10(19.54-direct), 17.32(19.45-direct), 19.10(22.55-direct), 1.42(4.20-direct). From Bologna to get to the airport you will need to catch the coach again as specified for your outbound flight.

MILAN (BGY www.sasco.it, LIN & MXP www.sea-aeroporthimilano.it) - catch the coach bound to Milano Centrale railway station. It leaves the airport every 20’. It takes 30’ from LIN and costs € 5 one way; it takes approx 1h’ from MXP and BGY and cost approx € 7 one way. From MXP there in now a new train service to Milan centrale railway station, as a valid alternative to the coach service. It departs every 40’ and takes 45’. From Milano C.I.e. trains directed to Trento connect in Verona and depart at the following times (arrival time in brackets): 6.35(9.28), 7.05(9.48), 9.35(12.12), 11.35(14.28), 12.05(14.52), 12.35(15.28), 13.05(15.85), 14.05(16.51), 15.05(18.28), 16.05(18.51), 16.36(19.29), 17.35(20.13), 18.05(20.52), 18.35(21.29), 19.05(22.29), 20.05(22.52), 21.05(23.55).

For your return journey trains (on Sunday) depart from Trento to Milan centrale railway station connecting in Verona at the following times: 5.40(8.55), 8.10(10.55), 8.33(11.25), 11.10(13.55), 12.33(15.25), 13.10(16.25), 15.10(17.55), 16.04(18.55), 16.33(19.25), 17.10(19.55), 17.32(20.25), 18.33(21.25), 19.10(22.25), 21.10(00.30). From Milan to get to the airport you will need to catch the coach again as specified for your outbound flight.
Housekeeping details - please read carefully!

- Registration can be paid cash on site in September or forwarded via bank transfer. If you prefer to pay via bank transfer the details are the following:
  - Bank Name: Unicredit Banca
  - Account holder: Museo delle Scienze, Via Calepina 14 - CP 393, 38122 Trento, Italy. VAT Reg. N. IT00653950220 Tax Registration N. 80012510220
  - Bank Branch identification: Trento sede, Via Galilei 1, 38100 Trento. Italy.
  - Bank Account Number: 5423762
  - IBAN: IT08I 02008 01820 00000 5423762
  - SWIFT/BIC: UNCRIT2B
  - Reference code: AABG (your name)

- The final deadline for registration is **30 May 2012**. The registration fee has been set at **60 euros** and includes all reference material and coffee breaks. All meals and hotel accommodation are not included (lunches at rifugio €15; dinner at rifugio and Hotel Montana € 20, dinner in Trento at cost; dinner at Mezzo Soldo, € 32). Depending on the number of participants arriving by car we will either share cars for local transport or hire a minibus or coach, further details will follow in due course. Should we need to hire a minibus or coach for local transport a surcharge might apply.

- If you have any special dietary requirement (e.g. vegetarian etc.) please advise us in advance and we will help you to sort out meals accordingly.
  - Internet connection will be available most of the time in the congress site. In the hotels wifi internet connection for laptops will be available at cost.
  - You are kindly requested to wear your ID badge at all times: this will let staff know you belong to our party.

- We will book hotel rooms in your name according to your registration but you will be directly liable for their cost, payable on site at the hotel reception.

- On arrival at the hotel you will be asked to leave your passport at the reception desk for guest registration procedures.

- Please do not hesitate to ask the local staff for anything you might require. If you get lost or are in need of assistance do not hesitate to phone us. Our telephones are: museum switchboard +39 0461 270311, Botanic Garden +39 0461 948050, Costa mob +39 34830 44940. If you need assistance please do not hesitate to phone or text us.
Survival guide - please read carefully!

Weather: in the southern Alps in early September skies are still blue and the weather may still be sunny and hot, though thunderstorms and spells of heavy rain are not unusual. In Trento it could be VERY hot and temperatures can easily reach +35°C (95°F) so bring very light clothing.

In the mountains however the situation is much different: the weather is unpredictable and can vary from extremely hot to extremely cold, with thunderstorms and sleet (possibly even freezing with a remote chance of snow!!). At night it will always be cool. You will need both light and warm clothes to use at need. During the filed excursion day, it is essential that you bring with you a waterproof coat, a pair of sturdy mountain boots and a backpack with a water flask. You will definitely need a hat and good sun protection lotion: at high altitude the UV radiation is much stronger and the chances of getting sunburnt are much higher. It is not advisable to wear trainers as the paths might be stony and uneven.

Basic Italian: thank you grazie; you are welcome prego; sorry/excuse me mi scusi; please per favore; sparkling water acqua gassata; still water acqua naturale; bread pane; help aiuto; hospital ospedale; chemist farmacia; where is...? dov'è ....?;

Most Italian people do NOT speak English currently, not even in bars and restaurants, let alone shops or coaches, however we will stay in tourist areas for most of the time, so it should not be too bad. Hotel receptionists usually do know some English. Younger people are more likely to know English. So if you need assistance when you are not with the main group, if you address younger people you are more likely to get some feedback.

Vegetarians: vegetarian dishes are not regularly marked on menus in restaurants, so you will need to ask the waiter “piatti vegetariani!”.

Currency: The currency is the Euro, all major credit cards are accepted in most places.

Mobile phone operators: in Italy there are 4 mobile network operators: Wind, Tim, Vodafone, 3 (H3G). They usually charge outrageous fares to foreigners using their mobile abroad. Text messages are a cheap and effective alternative. Please refer to our contact numbers given above.

Emergency free phone calls: police 112 or 113; first aid/ambulance 118; fire brigade 115.

Coffee: Italian coffee is incredibly concentrated and served in tiny amounts. To get the coffee you are used to, you need to ask for a caffè lungo or caffè americano.

Smoking: Please note that from Jan 2004 all bars, restaurants, hotel, hospital, universities, museums and all others indoors public areas have been declared smoke free zones. You are reminded that it is an offence to smoke in any of these places. The only areas where you are permitted to smoke is outdoors.
The Brenta Dolomites

giardino botanico alpino viotte

Enyngium bourgattii