

# Welcome to Ticino - Switzerland



**We Fit Your Life**

# Sports in Ticino and surroundings

## Skiing in Ticino

Airolo - 87 km from Lugano - [www.airolo.ch/funivie/](http://www.airolo.ch/funivie/)

*30 km ski-slopes for all level of skiers and snowboarders, Alpine Skiing, Snowshoe trails*

Bosco Gurin - 83 km from Lugano - [www.bosco-gurin.ch/it/impianti-di-risalita](http://www.bosco-gurin.ch/it/impianti-di-risalita)

*30 km ski-slopes, 2 modern chair-lifts, 3 skilift, 4 km sled-run, Snowpark.*

Campo Blenio - 77 km from Lugano - [www.campoblenio.ch](http://www.campoblenio.ch)

*Ideal ski resort especially for families, having a new infrastructure and a playground for children. The runs are particularly suitable for learning to ski and snowboard.*

Campra - 83 km from Lugano - [www.campra.ch](http://www.campra.ch)

*3 trails for cross-country ski for professional and beginners*

Cari - 80 km from Lugano - [www.cari.ch](http://www.cari.ch)

*2 chair-lifts, 3 ski-slopes for beginners and intermediate, 3 km sled-run suitable for kids*

Nara - 66 km from Lugano - [www.nara.ch](http://www.nara.ch)

*30 km ski-slopes for all level of skiers and snowboarders, 10 km sled-run*

San Bernardino (GR) - 77 km from Lugano - [www.visit-moeasano.ch](http://www.visit-moeasano.ch)

*Ski resort for kids, 1 skilift, 1 babylift, 2 tapis-roulant.*

## Skiing in Switzerland

Splügen (Grisons)

[www.splugen.ch](http://www.splugen.ch)

St. Moritz (Grisons)

[www.stmoritz.ch](http://www.stmoritz.ch)

Disentis (Grisons)

[www.en.disentis-sedrun.ch](http://www.en.disentis-sedrun.ch)

Davos (Grisons)

[www.davos.ch/en](http://www.davos.ch/en)

Savognin (Grisons)

[www.savognin.ch](http://www.savognin.ch)

Lenzerheide-Arosa (Grisons)

[www.lenzerheide.com/en](http://www.lenzerheide.com/en)

Flims-Laax Falera (Grisons)

[www.laax.com/en/home](http://www.laax.com/en/home)

Sedrun-Andermatt (Uri)

[www.anderlatt.ch](http://www.anderlatt.ch)

Engelberg-Titlis (Lucerne)

[www.engelberg.ch/en](http://www.engelberg.ch/en)

Zermatt-Matterhorn (Valais)

[www.zermatt.ch](http://www.zermatt.ch)

Crans-Montana (Valais)

[www.crans-montana.ch](http://www.crans-montana.ch)

Saas-Fee (Valais)

[www.saas-fee.ch](http://www.saas-fee.ch)

## Tobogganing in Switzerland

Nara	Ticino
Cari	Ticino
Bosco Gurin	Ticino
Splügen	Grisons
Bergün	Grisons
Klosters	Grisons
Sarn	Grisons
Lenzeheide	Grisons
Sedrun	Grisons
Saas-Grund	Valais
Engelberg	Lucerne
Rigi	Lucerne
Grindelwald	Berne
Eiger Run (Jungfrau)	Berne

For a more exhaustive list have a look at this website: <http://www.myswitzerland.com/en-ch/meetings/meeting-schedule/activities-mice/winter/tobogganing.html>

## Adventure Parks in Ticino and surroundings

Monte Tamaro - 15 km from Lugano

[http://www.montetamaro.ch/tamaro/avventura-e-svago/parco\\_avventura/?lang=en](http://www.montetamaro.ch/tamaro/avventura-e-svago/parco_avventura/?lang=en)

Gordola - 38 km from Lugano

<http://www.parcoavventura.ch/>

San Bernardino - 77 km from Lugano

<http://www.visit-moesano.ch/sport-e-tempo-libero/attivita/parco-avventura.html?S=2>

## Climbing & Bouldering

Evolution Center (Indoor, Taverne) - [www.evolutioncenter.ch](http://www.evolutioncenter.ch)

Airolo (Indoor) - <http://airolo.ch/it/turismo/estate/attivita/indoor/palestra-di-arrampicata.html>

Outdoor routes ideas

[www.rockclimbing.com/routes/Europe/Switzerland/Ticino/](http://www.rockclimbing.com/routes/Europe/Switzerland/Ticino/)

[www.luganoturismo.ch/it/584/climbing.aspx](http://www.luganoturismo.ch/it/584/climbing.aspx)

[www.ticinoboulder.ch](http://www.ticinoboulder.ch)

[www.27crag.com/areas/ticino](http://www.27crag.com/areas/ticino)

## Paragliding

[www.mountaingliders.com](http://www.mountaingliders.com)

## Skydiving

[www.paracentro.ch/english/e\\_home.htm](http://www.paracentro.ch/english/e_home.htm)

## Golf

[www.ticino.ch/en/commons/details/Golf-in-Ticino](http://www.ticino.ch/en/commons/details/Golf-in-Ticino)

## Tennis & Squash

[www.tennis-ticino.ch](http://www.tennis-ticino.ch)

## Running

<https://www.zurichpercorsovita.ch/finder-percorsovita/dove-cerca-uno-zurich-percorsovita/>

## Trekking & Hiking

Detailed information about trekking and hiking can be found on [hikeTicino](http://www.ticino.ch/en/apps.html) app for smartphones <http://www.ticino.ch/en/apps.html>

Best excursions in Ticino

<http://www.ticinotopten.ch/en/trekking>

Consult the official network of hiking paths in Canton Ticino and organize your hike with this tool:

<http://www.ti-sentieri.ch/hikePlaning/>

Hiking on the Ticinese Alps

<http://www.montagneticinesi.ch/trekking/?lang=en>

Hiking ideas Mendrisiotto

<http://www.mendrisiottoturismo.ch/en/free-time/outings/hiking.html>

Hiking trails in Switzerland

<http://www.wanderland.ch/en/routes/regional-routes.html>

Family, cultural & panoramic trails

<http://www.ticino.ch/en/explore/excursions/itinerary.html>

<http://www.ticinoperbambini.ch/Database/Gite-in-Ticino-e-fuori-porta-d49ff100?>

## MTB & Road bike trail ideas

<http://www.ticino.ch/en/explore/excursions/mountain-bike.html>

<http://luganotourism.ch/en/205/mountain-bike.aspx>

<http://www.mendrisiottoturismo.ch/en/free-time/outings/escursioni-in-mtb.html>

<http://it.wikiloc.com/percorsi/mountain-bike/svizzera/ticino>

<http://www.extrememtb.ch/en/itinerari.php>

<http://itinerari.mtb-forum.it/countries/view/36>

<http://web.ticino.com/rupabiker/tour.htm>

<http://www.gpsvarese.it/cartina.asp?tipo=MTB>

<http://www.mountainbikeland.ch/en/local-routes.html>

<http://www.montetamaro.ch/tamaro/mountain-bike/mountain-bike/itinerari-classici/?lang=it>