Italy: Luino

Description

Information package

Arrival & Departure

The nearest major airport is Milano Malpensa Airport (MXP), which has international and domestic flights from Milan and is 68 km from Luino. You can get to Luino by train, bus or private car. Train trip takes around 2.5 hours, with 1 or 2 changes. Timetables and other information can be found in the apps: iOS & Android.

You can also take the train to and from Luino either to Milan city or to near Locarno in Switzerland and from there connect to centres around Europe. Either the Swiss or Italian train websites are good resources. Another good general travel website is Rome2Rio.

Documents

You will need a valid passport or travel documents for this trip. No visas are required for Canadian, American, Australian, and New Zealand citizens, as well as the citizens of the EU. We suggest that you carry your passport with you at all times, except when on the water. It is also a good idea to make a photocopy of the pages of your passport that contain your personal information and photograph, and carry it separately from your passport.

It is your responsibility to purchase get Travel Medical / Evacuation Insurance. CARRY YOUR MEDICAL INSURANCE DOCUMENTS ON YOUR PERSON. Be sure you know how your particular health insurance system works.

Transportation

On our independent tours, **guests must provide their own transportation.** Depending on where you stay, you may need to have access to a vehicle or other transportation during the trip. If you stay in Luino or Cannero, a vehicle is not needed. Staying in Colmegna or other locations would require a vehicle to get to the rowing club in Luino. A car may be handy for

excursions and activities that you choose to do when not rowing.

About Italy
Emergency

In case of emergency in Italy, dial 112 for police (Caribinieri), 113 forlocal police, 116 for roadside assistance, and 118 for ambulance.

Electricity

The Voltage in Italy is 220-240 volts AC. Plug adapters are necessary for dual-voltage appliances from NorthAmerica and the British Isles.

Money

The euro is the unit of currency in Italy. There are numerous ATMs in Luino. VISA and MasterCard credit cards are widely accepted, although usually only if they have a chip with a PIN. Small businesses like cafes often prefer cash. Donâ□□ t allow yourself to run out of cash.

Accommodation

Luino does not have a lot of traditional hotels (making up for that with plenty of private villas and b&bs though), but we still have a few suggestions.

Our top pick is Camin Hotel Luino**.** Formerly a private villa built in the 19th century, now a character hotel overlooking the lake that offers 13 charming suites. To make things better it is pet-friendly (for small pets) and only 10 min walk to your hosting club â□□ Canottieri Luino.

Hotel Internazionale Luino is a more classic & simple option. Hotel was renovated in 2017 and offers clean minimalist rooms with all necessary amenities. It is pet-friendly as well, and is roughly the same walking distance from the club as Camin Hotel. But Hotel Internazionale is also very close to Luino train station which is great if you are arriving/departing by train.

Consider staying in Cannero Riveira. It is directly across the lake from Luino, and a short ferry ride, with frequent crossings available. If you stay on this side of the lake, it may be possible to leave the rowing shells at that local clubâ□□ s dock â□□ this will be determined by your

guides. We absolutely love Hotel Cannero, having stayed there many years in a row. It is a charming warren of buildings and gorgeous rooms along with an excellent restaurant or a bar for lighter meals. Their sister hotel is the more upscale Park Hotel Italia, also with an excellent restaurant. Cannero Riviera is an excellent base for walks, ferry trips to different sights. While access to ferries is a bonus, this is also a great location if you arrive by car.

If you are planning on renting a car and donâ t mind a 10 min commute to the rowing club, you might consider staying in another of our personal favourites â Relais Villa Porta. It is a lakeside historic villa that served as an inn and guesthouse since 19th century. It offers a spectacular setting, a variety of beautiful rooms and one of the best restaurants in Luino area.

Here are a few eco-friendly alternatives in Luino and the surrounding area:

Agriturismo Al Marnich is a family-run organic farm located in nearby Schignano, about a 40-minute drive from Luino. The farm offers eco-friendly accommodation in cozy rooms and apartments, and serves organic and locally sourced meals.

Residence Casa e Vela is a group of eco-friendly apartments located in nearby Oggebbio, about a 20-minute drive from Luino. The apartments are equipped with energy-efficient appliances and feature sustainable design elements.

Hotel Belvedere is a family-run hotel located in the nearby town of Cannobio, about a 25-minute drive from Luino. The hotel has implemented several eco-friendly practices, including the use of energy-efficient lighting and the installation of solar panels to heat the water.

Restaurants

Architecture, art and history are all good and fine, but lets be honest, food is one of the main reasons we love Italy so much. Luino has plenty or restaurants and cafes to satisfy any taste. Check review sites to see which ones might suit your taste.

But we have a few picks of our own in addition to the restaurants associated with our accommodation recommendations, especially at Relais Villa Porta and Hotel Cannero.

There are many choices in Luino. One pick is Ristorante Pizzeria Dai Monelli**.** Traditional Italian restaurant located on the lakeside promenade. It has a patio so you can continue

taking in the views of the lake while enjoying your meal.

No trip to Italy should go without gelato. We recommend you check out Gelatiamo**.** It is again on the lakeside promenade and very close to Camin Hotel Luino.

Exploring Luino & beyond

Definitely take a stroll down the grandiose lakeside promenade, enjoying the tree shade and the harmonious architecture of the buildings of the old harbour. Stroll through the historic centre, with its ascending streets, palaces, loggias on the inner courtyards, crafts shops and stores.

If you happen to visit Luino in the middle of a week, you are in luck. There is a fantastic market in Luino every Wednesday and it takes over the whole town. This weekly fair usually features over 350 stalls arranged along the streets in the town centre and along the lakeside, where visitors arrive in coaches from everywhere â□□ including Switzerland and Germany.

Area around Luino is full of mountain bike trails. If you are a keen biker, you might enjoy at least some of them.

If you fancy to see another lake (other than Lago Maggiore), you should definitely take a trip to Lago dâ□□ Orta. It is the little sister of Lake Maggiore, and some travelers even claim it to be the most charming of all Italian lakes. Wander through pretty streets in Orta San Giulio, stop at quaint cafes along the way.

Take a boat to Isola San Giulio located in the middle of the lake.

Cultural attractions

There are so many things to see around Lago Maggiore! But our top picks are:

- The Church or Sanctuary of the Madonna del Carmine in Luino â□□ is a 15th century church (oldest in town) facing Lago Maggiore. Featuring original frescoes, a must stop during your stroll through town.
- Palazzo Verbania â□□ built in early 20th century, this modern palace was a hotel, exhibition center and much more. Definitely a landmark of Luino worth seeing.
- Villa Della Porta Bozzolo â□□ is a perfect day trip destination. 16th century palace surrounded by spectacular gardens. Stroll in the park, visit the interiors of the mansion

and enjoying a meal at the local restaurant â La cucina di casaâ .

Sustainability

Italy is home to some of the most iconic destinations in the world, such as Rome, Florence, and Venice, and it is also a country with a rich natural heritage, from the stunning Dolomite Mountains to the pristine coastline of Sardinia. Sustainable travel in Italy involves making responsible choices such as using public transport, staying in eco-friendly accommodation, and choosing local and organic food options. It also involves respecting the culture and heritage of the country, and minimizing waste and pollution wherever possible. By embracing sustainable travel practices, visitors can enjoy all that Italy has to offer while preserving its beauty and heritage for future generations.

Here are some sustainable travel tips for visiting Luino and Lago Maggiore:

- Use public transportation: The region is well-connected by train and bus, making it easy to explore without a car. This reduces your carbon footprint and supports the local public transportation system.
- Stay in eco-friendly accommodation: Look for hotels, B&Bs, and guesthouses that have eco-friendly practices, such as using renewable energy sources, reducing water usage, and recycling waste. We provided some suggestions in our accommodation section.
- Support local businesses: Opt for local restaurants, markets, and shops to support the local economy and reduce the carbon footprint of importing goods from far away.
- Practice responsible water use: Water is a precious resource, especially in the dry summer months. Be mindful of your water usage, take short showers, and avoid leaving taps running unnecessarily.
- Respect nature: Lago Maggiore is a beautiful natural area with a delicate ecosystem. Take care to avoid littering, stay on marked trails, and avoid disturbing wildlife.
- Choose sustainable activities: Look for eco-friendly activities, such as hiking, cycling, or rowing(!), that allow you to enjoy the natural beauty of the area while minimizing your impact on the environment.
- Take a bike tour: Rent a bicycle and explore the area on two wheels. This is a great way to enjoy the natural beauty of the region while reducing your carbon footprint.
- Visit local farms: The area around Lago Maggiore is known for its agriculture. Visit local farms and learn about sustainable farming practices, and purchase locally grown produce to support the local economy.

- Learn about the local culture: Take a cooking class or visit a local museum to learn about the history and culture of the region. By understanding and respecting the local culture, you can make a more positive impact on the community.

Books

Guidebooks

Milan and the Lakes. Eyewitness Travel Guide.

Italian Lakes Travel Guide. Lonely Planet. 2018.

The Rough Guide to The Italian Lakes. 2022.

Culture and history

David Gilmour. The Pursuit of Italy. 2011. A very readable history of the Italian state that tackles the question of whether Italy would have been better off if it had not unified into one country.

Ernest Hemmingway. A Farewell to Arms. A classic, set in the Lake District.

Alice Powers (ed.) Italy in Mind. 1997. Comprised of short stories, novel excerpts, essays, poetry journals, and letters. A wide sweeping tour of Italy through literature.

Beppe Severgnini. La Bella Figura, A Field Guide to the Italian Mind (2007). Apparently Italians love this synopsis of their â□□ never-ending passion for beauty, disorder and high emotionâ□□ .

Edith Wharton. Italian Backgrounds. Although written almost a hundred years ago, this book, which begins in Switzerland close to the border, uses art as a means to discuss travel. A classic.

Packing suggestions

FOOTWEAR In general plan on wearing shoes in the boats. The foot stretchers are like those on ergometers. Long socks can be helpful in preventing irritation from seat rails in narrow boats.

YOUR HANDS Consider bike or rowing gloves just for variation. Bring lots of bandaids and blister packs. These are also useful if the seat rails are hurting your calves.

SEAT COVER If you have one, bring it.

JACKET The most important feature of your jacket is that it be visible. Have at least one lightweight jacket in a bright, preferably neon colour. Also be prepared for rain. Bring a jacket that is waterproof, not just water-repellent. The best are both waterproof and breathable (e.g. Entrant, Gore-Tex).

SUNGLASSES Wear ones that block UV rays 100%.

ROWING CLOTHES Bring loose-fitting, comfortable clothes that you would row in at home. Also bring at least one bright coloured top for visibility.

EXTRA LAYERS Temperatures can vary greatly, especially on morning rows. We highly recommend â□□ transport layerâ□□ underwear, which wicks away moisture and is worn as a top layer.

TRAVEL TOWEL A small towel will be very useful, to dry your feet after a wet launch or if there is a drive to the accommodation after rowing.

DRY SACK AND DAYPACK Be prepared that your things will get wet with coastal rowing, and that you might not have a lot of storage space. Bring a dry sack. A day pack that is waterproof can be used in the boat and for other activities.

WATER BOTTLE Whatever you get, make sure itâ□□ s BIG!

CAP Can be cool in so many ways.

PFD/LIFE JACKET The rowing club provides the large, orange life jackets on every boat. They can be used in an emergency, but it is not possible to row while wearing them. If you are concerned, bring your own. We recommend the waist type, often used by SUP boarders (stand-up paddle board). Generally it appears that airlines will allow you to bring a self-inflating (with CO2 cartridge) in your carry-on or checked luggage, but check with the carrier that you are flying with.

CELL PHONE Everyone, whether European or North American or from elsewhere, has to pay roaming charges outside of your own country. Much depends on your service provider and how much you might wish to use it to talk, text and for data functions. There are virtually no pay phones. If you are planning to travel in Europe before or after your trip, an occasional short call to resolve logistics may make carrying the phone worthwhile.

PLUG ADAPTERS Many, if not most, electronics are designed to work on multiple voltages. But double-check before you plug your favourite device into the socket. All that may be needed is a plug adapter â□□ these are hard to acquire in the tour area, so bring what you need.

MONEY BELT OR FANNY PACK This is a practical way to keep your passport, airline tickets, health insurance information, money, and credit cards with you at all times.

LAUNDRY SOAP Carry soap in a zip-lock bag, so that you can do laundry in the sink.

SUN BLOCK Sunscreen (SPF 50+) is recommended.

FAQs

What are the rowing shells like?

Coastal boats are rowed on Lago Maggiore. The type of boat (solo, double or quad) will depend on the size and experience of your group. On the row on Lago Lugano from Ponte Teresa, flatwater boats are rowed.

What will the experience be like?

We have proposed an itinerary based on three longer touring days. There is ample flexibility to adjust the schedule to suit you, including options for lunch breaks and longer or shorter rows. Insert a day of touring on Lago di Lugano if you would really like variety. The views are stunning, whichever lake you row and whichever direction you go.

What are the meeting arrangements?

Your guide will be in touch with you, and final meeting details can be made together.

What kind of shape do I have to be in?

A good level of rowing fitness is needed. The fitter you are, the more you will enjoy your trip.You should be able to row for at least two hours at a rate of 18 strokes per minute, with only brief breaks.

We strongly recommend that you train and prepare for your trip. We have found that guests who assume that their usual rowing routine is adequate, may be surprised by how tired they are. On a rowing trip, distances rowed are usually longer than normal distances rowed at a home club. In addition, rowers may not be used to rowing these distances multiple days in a row. Training for a trip can be part of the fun.

What can I do if I find the rowing too tiring?

To reduce difficulty during the trip, we encourage you to rest frequently, drink water, and have a snack.

What can I do to prepare for the trip?

Your training preparation should be in two areas: cardiovascular fitness and endurance.The rowing will typically be at a steady but slow rate, so intense cardiovascular preparation is less important but always helpful. More important is being able to sustain physical activity for a long period in both the morning and afternoon. Practice rowing longer distances and if possible increase the frequency of your rowing in advance of the trip. Sometimes it is also a matter of getting used to sitting on the rowing seat that long!

Although the best way to get into shape for a rowing trip is to row, you can build fitness and endurance through other physical activity as well. And there is always the ergometer.

Your Guide

Your lead guide on this adventure is Luigi Manzo, supported by a full team. Luigi is the president of Canottieri Luino rowing club and a Council member of the Lombardy Regional Committee of the Italian Rowing Federation.

Guide contact information

Luigi can be reached at +39 333 386 5416. He is on Whatsapp as well.

If you have any questions, contact us at row@rowingtheworld.com

Have a great trip!