

Gastronomic Triathlon

DEPARTURE

7 · June · 2026 · Sunday · 07:00 — 14:45

FINISH

Pontile di Cressogno · 14:45

MEETING POINT

Campo Sportivo, Menaggio · 46.0264° N · 9.0119° E

EMERGENCY

+41 79 000 00 00 · WhatsApp

TOTAL DISTANCE

23.7 km

BIKE

13.7 km

BOAT

~5 km

TREK

10 km

ASCENT +

410 m

DESCENT -

395 m

STATIONS

08

AT THE TABLE

06

GROUP SIZE

60 people

GUIDES

IT · EN · DE

ITINERARY

01	07:00	Menaggio Check-in · coffee
02	08:15	Bene Lario Bike · 4.5 km
03	09:30	Porlezza Bike · 9.2 km
04	09:45	Porlezza pier Boarding · Light meeting point
05	10:00	Lake crossing Boat · 30 min
06	10:30	Oria Villa Fogazzaro Roi · aperitif
07	12:15	Castello Trek · first course
08	13:30	Loggio Trek · main course
09	14:45	Cressogno pier dessert & coffee

WHAT'S INCLUDED

- Two guides (IT · EN · DE)
- Boat crossing Porlezza → Oria (30 min)
- Six food & drink stops (coffee, aperitif, three courses, dessert)
- Accident insurance and day medical cover

WHAT TO BRING

- Trekking shoes or stiff-soled trainers
- Layered clothing (cool mornings, warm ridge)
- Sun hat, sunscreen, sunglasses
- Refillable water bottle (provided)
- Personal medication
- Swimsuit + towel (optional lake swim at the end)
- Phone with WhatsApp installed
- Small cash for tips

PRACTICAL NOTES

- Bikes are dropped at Porlezza by 10:00 and returned to Menaggio by support
- Boat boards at Porto Letizia — 30 min private crossing
- Pace is moderate; one real climb of 350 m up to Castello
- Allergies noted at registration are passed on to producers
- Event runs rain or shine; severe weather moves the day to the backup date



Visit the website for more information
triathlongastronomico.it

PRODUCERS

Osteria La Lanterna

Between lake and mountain, at the crossroads of tradition and elegance, Pamela Paredi opened Osteria La Lanterna in 2012 with the aspiration to tell her story through cooking — dishes as good as they are beautiful, welcoming guests and making them feel at home. La Lanterna is an experience inspired by the traditional simplicity of osterie, expanded into a moment of sophisticated culinary pleasure that surprises the palate, the eyes, and the soul.

TRIATHLON GASTRONOMICO VALSOLDA
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