

USEFUL INFORMATION

COGNE:

Cogne is a town in Aosta Valley, in the northern Italy with 1469 inhabitants, as of 2005.

Cogne is located in the valley with the same name, leading to the Gran Paradiso massif. Ibex, wild goat, marmots, royal eagles are easy to see. Many walks and hikes of different level, to lakes, waterfalls and other natural attractions.

In winter Cogne offers 70 km of cross country skiing, 9 km down hill, many walks on the snow and more than 140 icefalls.

Main sights:

- Giardino Alpino Paradisia, an alpine botanical garden;
- Pont d'Aël, a Roman bridge nearby crossing the Cogne Valley over 60 m above the bottom.

ACCOMMODATION IN COGNE:

Available and recommended hotels in Cogne and related prices (single room b&b):

Hotel Name	Hotel Link	Price by night (21 st April)	Special price for 2 nights (20 th and 21 st April)
Miramonti ****	http://www.miramonticogne.com/home.php?la=en	90 €	165€ (instead of 180€)
De la Tor ***	http://www.hoteldelator.info/index-gb.htm	80€	140€(instead of 160€)
Du Soleil ***	http://www.meubledusoleil.it/ita/esterni.html	40€	80€

The hotel reservation should be done by participants as soon as possible.

TRAVELLING TO COGNE:



Flights

Turin Caselle is the most convenient airport for Cogne, and many airlines fly there.

Train

The closest train station to Cogne is Aosta, from where there is an onward bus service to Cogne.

The Italian train web site <http://www.trenitalia.com/> is very comprehensive and has an English language option.

Bus

There is a limited bus service from Turin airport to Aosta and a service to Cogne, with the Svap bus company <http://www.svap.it/>. The frequency of the bus from Aosta to Cogne is, on average, one every hour, the travel time is approximately 45 minutes.

Private Transfer

There is also a private transfer service from all the European airports to Cogne:

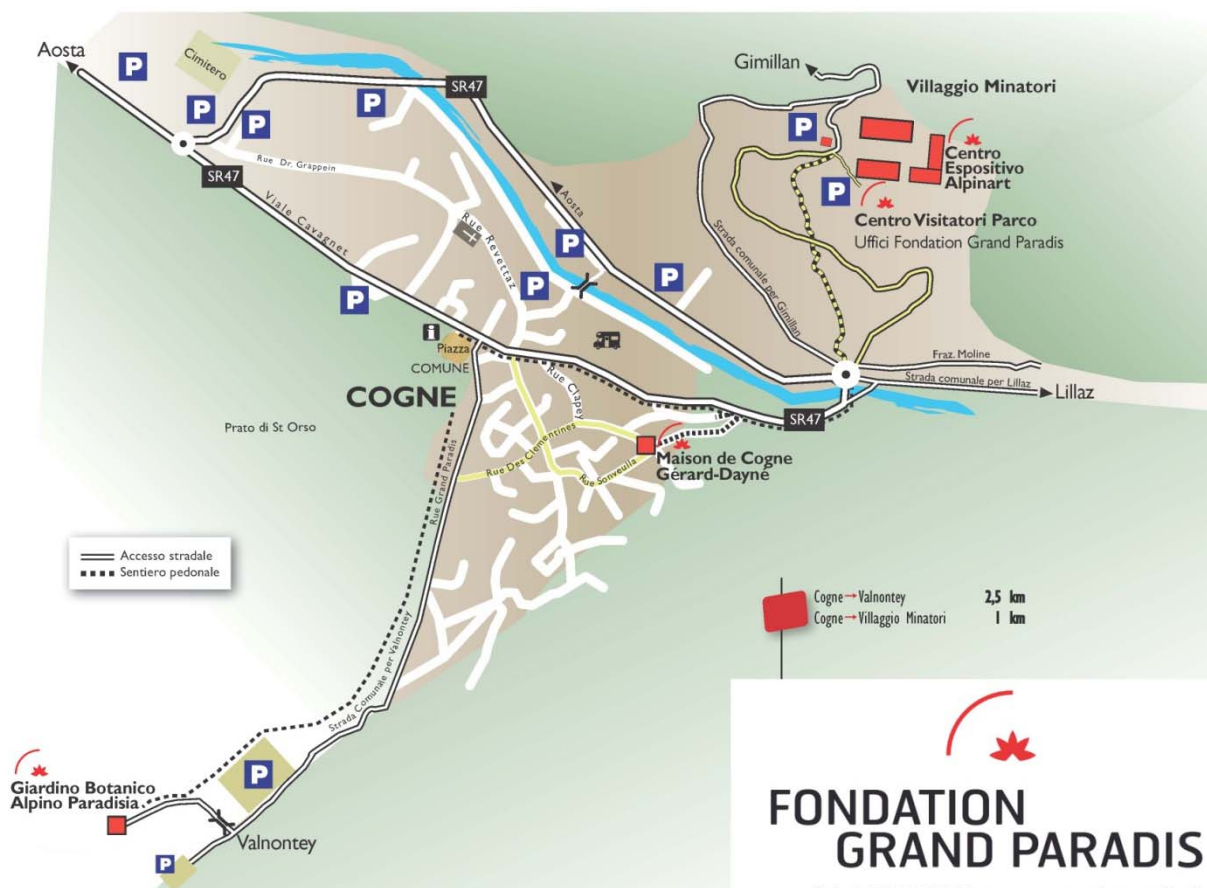
<http://www.transfervalleee.eu/>

Self Drive

On the A5 motorway, (Turin-Aosta-Courmayeur), exit at AOSTA WEST gate and follow the road S.S. 26 reaching a roundabout for Aymavilles and take the road Sr47 direction Cogne.

You can also get to Aosta from Switzerland through the "Gran San Bernardo Tunnel" or from France through the "Mont Blanc Tunnel".

MAP OF COGNE CENTRE:




FONDATION
GRAND PARADIS
Tel. 0165 749264 - www.grand-paradis.it