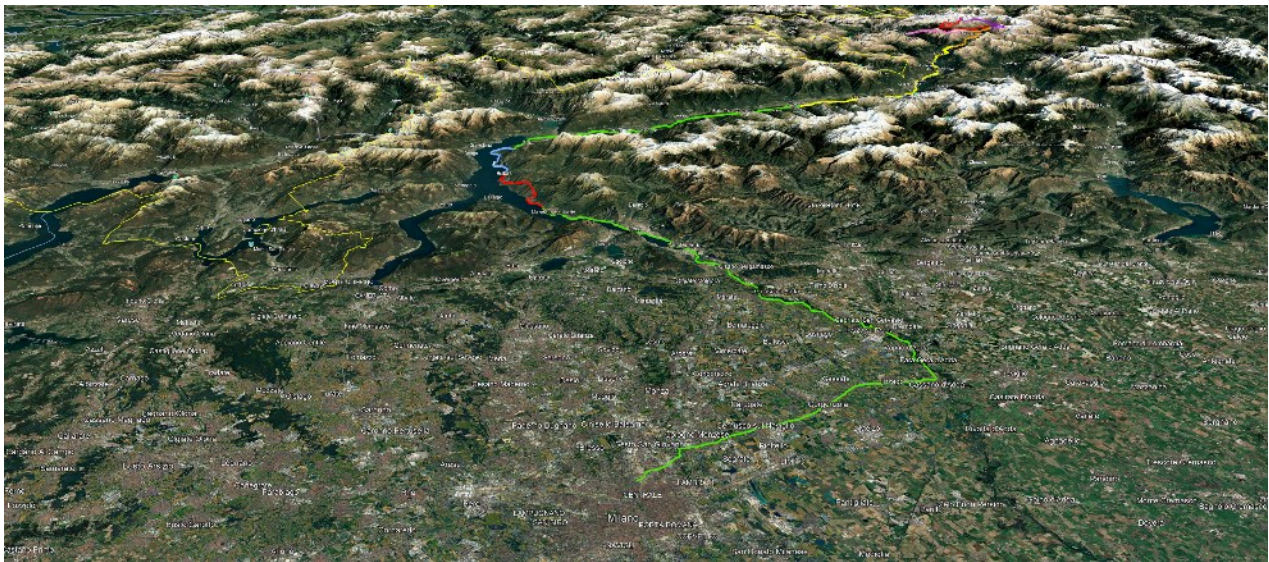




SUMMER CAMP



OLYMPIC IRON CAMP 2025



- Host Country:** Italy
- Organizers:** Rotary Club Sondrio, Rotary Club Bormio, Rotary Club Colico, Rotary Club Lecco Manzoni, Rotary Club Monza
- Period:** July 12th 2025 - July 26th 2025
- Participants:** **Queda plaza disponible para 1 chica**
- Age range:** 18-24
- Participation fee:** 450 € to be transferred to the bank account that will be provided after confirmation
- Official language:** English
- Skills:** Trekking (103,8 km), Biking (135,3 km), E-Biking (57,68 km) Canoeing (13,3 km)
- Credits:** [Iron Camp 2023 – The Documentary](#)
[Google Earth tracks \(kmz\)](#)



Dear Young Friends,

We are proud to invite you to the third edition of the Iron Camp: the *Olympic Iron Camp*, a unique and unforgettable experience organized by the Rotary Club of Sondrio. This extraordinary event is not just a youth camp but a physical, mental, and emotional journey along the symbolic path between Milan and Bormio, two cities that will host 2026 Winter Olympic Games.

What makes the Olympic Iron Camp special?

The Olympic Iron Camp is more than just an adventure:

- **10 stages, one goal:** A challenging and fascinating journey where you'll be united as a team, driven by the strength of the group rather than competition.
- **1 conference:** A moment of discussion on the ethics of the Olympic Games and their relevance today in promoting connection, tolerance, and inclusivity across nations, races, religions, and genders.
- **Sustainable mobility:** No engines, just your physical and mental effort through trekking, cycling, and canoeing—a way to experience and respect the environment.
- **A journey through beauty:** Accompanied by members of local Rotary Clubs, you'll visit places rich in history, art, and culture. You'll discover culinary treasures and breathtaking landscapes that will remain forever in your memories.
- **Olympic spirit:** The journey itself celebrates the values of the Olympics: unity, inner strength, and respect for the world around us.

A journey that will transform you

The Olympic Iron Camp is not a race to see who finishes first. It's a collective challenge to arrive together, stronger and united, through the difficulties and beauties of the journey. Each stage will be an opportunity to learn, grow, and form deep bonds with your fellow travellers and the communities you'll meet along the way.

When and where

The Olympic Iron Camp will take place along the Milan-Bormio route, starting in Milan and ending in Bormio, from July 12th to 26th.

Who can participate

If you're between 18 and 24 years old and are looking for an experience that combines sports, culture, adventure, and friendship, the Olympic Iron Camp is for you.

How to participate

Watch the documentary of the first edition, "*IRON Camp – The Documentary*", <https://youtu.be/hAcu1E0yF4s?feature=shared>, to immerse yourself in the spirit of this unique adventure. Then, apply immediately by filling out the attached form. Be precise and honest in describing your skills. We will then ask you to meet with us online to talk about yourself and the experience we want to offer you before accepting your registration.

Don't miss this opportunity to embark on a transformative journey that blends sports, nature, and culture, carrying with you the Rotary values of leadership, friendship, and community service.

We look forward to writing the next chapter of the Olympic Iron Camp together with you!

With enthusiasm and passion

Raniero Spaterna e Pietro Maspes



PROGRAM 2025



Sat. July 12th

Reception in Milan — Welcome dinner

Sun. July 13th

Team Building in Milan



Mon. July 14th

Biking along the 'Martesana' cycle path from Milan to Cassano d'Adda and then along the Adda cycle path to Mandello del Lario

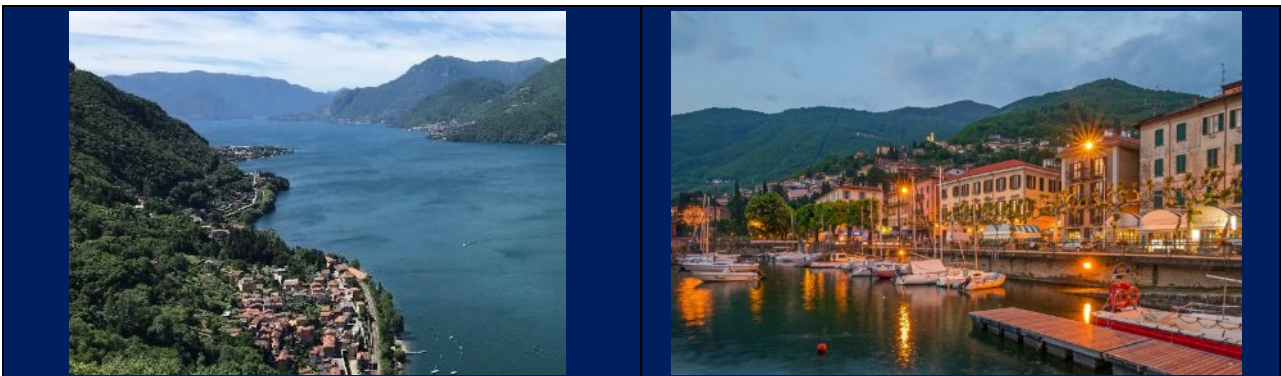
84,8 km, starting altitude 124 m asl and destination altitude 211 m asl



Tue. July 15th

Trekking from Mandello del Lario to Bellano along 'Viandante footpath – Lake Como'

18,30 km, altitude gain: 1409 m altitude loss - 1412 m



Wed. July 16th

Canoeing from Bellano to Green Village Camping in Piona - Lake Como'

13,3 km Approximately



Thu. July 17th

Biking along the 'Sentiero Valtellina' cycle path from Piona to Sondrio

50,5 km, altitude gain: 597 m altitude loss - 512 m



Fri. July 18th

Conference Day in Sondrio



Sat. July 19th

e-bikeing from Sondrio to Fumero - Val di Rezzalo

57,6 km, altitude gain: 1952 m altitude loss - 763 m



Sun. July 20th

Trekking from Fumero to Rifugio Forni

27,8 km, altitude gain: 1953 m altitude loss - 1258 m



Mon. July 21th

Trekking from Rifugio Forni to Rifugio V Alpini along Costantini path

21,7 km, altitude gain: 2228 m altitude loss - 1337 m



Tue July 22th

Trekking from Rifugio V Alpini to Rifugio Forni along glaciological path

14,7 km, altitude gain: 813 m altitude loss - 1420 m



Wed. July 23th

Trekking from Rifugio Forni to Bormio

21,3 km, altitude gain: 888 m altitude loss - 1840 m



Thu. July 24th

Visit Bormio and the Milano Cortina 2026 Olympic Venues - Bormio thermal baths



Fri. July 25th

Transfer from Bormio to Sondrio – Visit Wineries



Sat. July 26th

Transfer to the airport

INSURANCE

The insurance Policy required for the camp and activities must be stipulated with the following company as the policy includes all the necessary cover requirement for this type of Camp.

Please follow the link www.cisi-bolduc.com and enrol for PLAN B — ONE MONTH


USEFUL INFORMATION



You must be fit and enjoy the outdoor life (all applicants must complete the questionnaire below)

All costs are included except travelling expenses to Milan

HOW TO GET TO MILAN

There will be NO pick-up or drop-off at Airport. Participants will have to make their own way to Milan and from Sondrio.

Milano Orio al Serio Airport  Bus to Milano Centrale Railway Station

Milano Malpensa Airport  Bus Malpensa - Milano  Milano Centrale Railway Station

Milano Linate Airport  M4 and M3 to Milano Centrale

QUESTIONNAIRE PART ONE

All applicants must complete this questionnaire

- Which sports do you practice?
- Do you participate competitively in these sports?
- What's the furthest you've ever cycled?
- Have you ever done any canoeing? If so, what's the furthest distance travelled?
- Have you ever done any trekking? If so, what's the furthest distance travelled?
- Do you think a system of individual points for performance in the camp is a good idea?

QUESTIONNAIRE PART TWO- ANSWER 'YES' or 'No'

- Have you ever done any mountain trekking?
- Do you feel comfortable hiking in the mountains?
- Have you ever done any mountaineering?
- Do you like challenge?
- Do you react well under physical stress?
- Are you an adaptable person?
- Do you like camping?
- Do you suffer from cold weather?
- Could you survive without your smartphone and internet connection for days on end?
- Do you enjoy being with others?
- Could you work in a team for days?
- Would you be comfortable sleeping in a dormitory with others?
- Do you agree to being filmed and photographed?

If you have answered 'NO' to more than 3 of these questions- this camp is **not** for you!

All applicants will have an interview with the camp organizers

CLOTHES / EQUIPMENT

Italiano	Inglese	Picture	Biking	Canoing	Trekking
Costume da bagno	swimming suit		X	X	
Telo microfibra	Microfibre towel		X	X	X
Occhiali da sole	Sunglasses		X	X	X
Crema solare ad alta protezione	High protection sunscreen		X	X	X
Cappellino	hat		X	X	X
3 T-shirt tecniche	3 technical t-shirts		X	X	X
Pantaloncini per bicicletta	bicycle shorts		X		
Calze sportive	sports socks		X		
Scarpe da ginnastica	sneakers		X		
Sacco a pelo (o saccoletto)	sleeping bag			X	X
Berretta	Snow Beanie				X
Pile	Fleece		X		X
Giacca a vento	Windbreaker				X
K way	Kagoul		X		X
Guanti	gloves				X
Pantaloni da alpinismo	climbing pants				X
Calzettoni	winter socks				X
Scarponi da trekking	Hiking boots				X
Zaino da 25 fino 40 litri	25-40-litre backpack		X	X	X