



Monte Penna



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## The High Ceno Vally

Where nature is yet untouched , the  
space enormous and the silence tangible!



### The High Ceno valley

The river the Ceno, just as the Taro, wells on the Monte Penna. (1741 m). Bedonia is situated on average of 510 meters and the territory between the mountains after Bedonia on 1000mtrs. It is pure and untouched territory.

Small hamlets where yet a few farmers live with some horses, cows and whatever grows on the land. In the fall they hunt on wild boar hog In the winter the farmers eat polenta and home made salami, in the spring the people are busy with their vegetable gardens and they bring their cattle to higher grounds where they spend there time during the warm summer months in the beautiful woods and graze freely. Meanwhile the farmers collect the hay. Slowly but certainly this life will disappear as the farmers grow older and die. Some houses become holiday houses or are sold to tourists others become ruins . The life changes, time goes by.

Nature remains and is of an unprecedented beauty.



Costa - Romezzano

The people are proud of their paradisiacal surroundings and are eager to share it with others who can value this way of life. The surrounding mountains provide you with hiking routes and the old farmer paths are now also clearly marked

The farmer paths lead you through a life of the past and show you a life as God meant it to be.

### Walking, resting, eating, drinking and enjoying!

These are the simple but valuable ingredients for a holiday in this area. Apart from the numerous cultural events and celebrations that especially in the summer season take place in this area is pre-eminently suitable to experience the silence and the pure nature, with your friends or with yourself. For your condition you can start with the farmer trails to get used to the mountain air. On the way you