It is 1587 and wars and battles for power are raging on two slopes of the western Alps: the art of plotting successful outcome than the military the circumstances under which, expertise of the armies. These are daughter Helene to the protection Queyras faces his bitter enemy, unscrupulous warlord the Duke of of friends, the castellan of Chateau- without skill. Corruption and deceit lost peace. Pure sentiments like now dead, hopes in vain to find her austere convent cells of Sacra di San courage, honour, friendship and – last but not least – the love of loyal Cristoph, will lift our heroine's fate packed with historical detail and era now at a definitive end. A novel justice, starting from the ruins of an story and thanks to this book Don Cirillo Peyron has been proclaimed and bring a history lost in past centuries back to life. The slow and progressive preparation for war, the drama of the people of Pontechianale, obliged to leave their homes due to the construction of the hydroelectric reservoir, up to the construction of the Alpine Wall: these are all tiles in the mosaic that slowly comes forth. The Eastern Front – from the Tyrrhenian to the Adriatic in 18 stages

A true story: without resorting to sentimentalism and rhetoric this is an accurate reconstruction, supported by previously unseen documentary material, of the life of Jakov Josifovic Djugavili, elder son of Stalin, in Italy – one of the most controversial and talked-about figures of the last century. The heart of the matter, skilfully discussed by Tarzariol and Zambon is: when, how and where did Jakov die? In Italy, Mount/Jakov is reputed to have had a relationship with a woman, still alive today, with whom he had a son: Giorgio Zambon, had a daughter, Alessandra Zambon, co-author of this book. Unpublished letters, photos, real interviews with people linked to the story, and much more material, lead us through the most controversial twists and turns of an event not so far in our past, but about which very little is still known.

With the G.A.F at Colle del Lupo Routes in Alta Val Varaita following the memories of Vigolà Guerrino

Sister Carla De Noni was a real person, awarded a Silver Medal of Military Valour for working with the Resistance. Formerly a despatch rider with the partisans, in 1944 she joined Servizio X: the intelligence organization coordinating the ‘rebels’ in Liguria, Piedmont, and Valle d’Aosta. Another two people were also crucial in the Liberation process for having ‘enlisted’ her: Dino Giacosa and Aldo Sacchetti. The nun worked with her Sisters making the sanctuary of Santa Lucia in Villanova Mondovi the base for Resistance activities. Five days before the Liberation, the train on which she was travelling was machine gunned, by Allied aircraft, had a daughter, Alessandra Zambon, co-author of this book. Unpublished letters, photos, real interviews with people linked to the story, and much more material, lead us through the most controversial twists and turns of an event not so far in our past, but about which very little is still known.

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Monviso, the stone monarch, even today an
A mountain face-to-face with people
Marvellous Monviso

A mountain face-to-face with people
Foreword by Roberto Mantovani

Monviso, the stone monarch, even today an
A mountain face-to-face with people
Marvellous Monviso

And perhaps – as Camanni and Beltrando seem
to warn us – they have undermined its
fruitfulness: pollution and the consequent rise
in temperatures are dissolving the most majestic
glaciers, pushing animals and micro-ecosystems
up to the recent discoveries set to change the
history of mountain climbing; from Matthews
and occurrences, different situations that come
to warn us – they have undermined its
fruitfulness: pollution and the consequent rise
in temperatures are dissolving the most majestic
glaciers, pushing animals and micro-ecosystems
up through their woods were
able to shape our essential being
as men and women.
How charming it is to listen to
these light and possibly ancient
fables, in front of a fire...
and perhaps imagine oneself up
there, in the mountains,
at home, once again...

Come back
to Monviso, Nina
The story of Alessandra Boarelli
The first mountaineer on Monviso

A story hanging in the balance
between history and fantasy, on the trail of Johann-Jakob
Hauswirth, a bohemian artist who
lived on the Swiss mountains in the
19th century. Hauswirth was
a leading artist in the typical
Swiss papercutting technique.
Lorenza Garbarino tells us his life
story, with the delicacy of
someone who knows how hard
it is to share a hot soup or a
pallet-bed – or just a word –
with a timid artistic gesture.
A minimal existence, destined to
follow the same path as Robert
Walser’s: the subtlety of passing
from life in the snow, alone,
without bothering the world.
And perhaps imagine oneself up
there, in the mountains,
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Hauswirth
dell’alpina
Storie di una montagna
La prima scalatrice su Monviso

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Cottino
Nina
L’uscita più meglio
Il primo sciuttorre su Monviso

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hike offers a unique chance to take suggestions of locations and in-depth historical research, communities, as well as being maps, and some impressive images. Emilian Apennines, the route of this journey into the past of the district’s urban and rural a journey into the past of the route combined with historical sites to visit, as well as there are meticulous descriptions of the route combined with in-depth historical research, suggestions of locations and historical sites to visit, as well as tourist and food and wine information, making this an indispensable guide for those who wish to explore or even just familiarize with this stretch not to mention the pleasure of walking the land sloping gently down towards Val Tanaro.

Lastly, walking around the Belbo springs, immersed in that slice of land sloping gently down towards Val Tanaro. With the addition of well-placed maps, she describes in detail the footpaths enabling you to explore the rolling landscape of the Langarola hills linking villages and towns, roadside shrines and country chapels, isolated mountain peaks and scenic ridges, not to mention the pleasure of local foods.

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Fit walking is the sporting and healthy evolution of the natural activity of walking, invented by Olympic Champion Maurizio Damilano. Following release of the book's first edition, this discipline has influenced the habits of millions of Italians of all ages. A flexible practical and theoretical guide designed to help obtain maximum benefit from a physical activity that fights the negative effects of sedentary habits with minimal cost, making use of idle time during the day. This is an activity to practice both in the city and the country, outside or in a gym, and on all types of terrain: fit walking has brought walking back into fashion as a powerful lifesaving medicine, with a positive effect on the cardio-circulatory system, high blood pressure, muscle tone, body fat, joint mobility, stress and mental health.

Walking the right way
Maurizio Damilano

Running is not just mechanical movement of tendons, muscles and bones; the runner's journey begins long before their feet touch the ground. Without well-grounded motivation, even a perfect physique can fail. This is what leading champions of all times have to teach us: mental preparation is as important as physical training. Runners will find unparalleled support in this book, written as naturally as a parent tying their child's laces before their first race. Everyone else will find a strong support for facing daily life with a free and relaxed mind.

Mental techniques to run and live better
Pietro Cristini

A simple and effective text to learn the concepts of choreographic composition for sports teams and leisure groups. A technical manual for experts in this sector, but also for dance enthusiasts, the text leads the reader through the evolution of dance: from group dances to becoming a recognized sport. It offers a considerable number of high-quality elements to help translate and organize choreographic ideas into movements, and the guiding principles are equally important: knowledge of music and use of space, essential factors in putting together a choreographed piece.

Guideline text for preparing the technical Choreography Dance exam
Paolo Cianfoni

Nordic walking is a handy manual and step-by-step guide. The text is based on precise theoretical and practical references, an introduction to discovery of 'slow' walking with the help of curved sticks. In disciplines that take people into the most intimate and contemplative dimensions of the sport, even in its most inaccessible and wild habitats.

The Path Evolves
Gianfranco Bracci
Francesco Saliola

Stefano Baldini, the Olympic marathon champion, has never abandoned running, even now that he is no longer a competitive runner, and is now a mentor to young athletes following an invitation from FIDAL. In this book, published on the tenth anniversary of his 2004 Athens victory, he tells his extraordinary career story and invites enthusiasts to take running seriously and passionately. His advice can be a spur to do what he did, namely... 'Never give up!'

Wings on my Feet Forever
Stefano Baldini

Stefano Baldini
Stefano Baldini
Five hundred kilometres on foot in the shade of Mount Ararat, the Jerusalem dreamed of by Armenians. A pilgrimage to the source and discovering the monasteries and the Silk Roads nation to declare itself Christian, in the year 301. Twenty unforgettable days on the ‘Silk Roads’, among pastures, deserts, mountains and rolling plains, on the trail of a thousand-year-old culture that survived the tragic Armenian genocide of 1915 at the hands of Turkish Muslims. From Yerevan to Yerevan, a huge circular journey in the shade of Mount Ararat, almost endless forests, lakes, streams, wild rivers, and great glaciers; further north, with a remarkable variety of climates, vegetation and fauna. The 2,665-mile (4,287 kilometres) trek unfolded over 148 days along the Pacific National Scenic Crest Trail, one of the three great trails of the Far West: endless forests, lakes, streams, unspoilt forests and lakes, ghost villages and chapels that speak of a past cancelled out by history, to become part of Slavic mythology, and of a people whose destiny was broken off. With all the simplicity of a great storyteller, Ciampi guides us through Masuria, and Varmia, shows us Warsaw, and then moves on. Because the story he wants to tell is about storks, men and women who sang about their country through poetry; it is about immigration; about a continuing series of wars from the 17th century to the present, and the sad fate brought by the Second World War. In a whirlwind of names, encounters: elderly men at a café table engaged in a never-ending game of cards, old women waiting at their door for someone to come in, a smile in a grimace of pain, a dialogue that this is the crowning moment of the whole adventure... Why would a young seventy-year-old Milanese (by adoption) decide one day to walk from the Lombard capital to Voltri? Well, as the author of this diary will tell us himself, often there is no explanation. Often things just happen, that’s all. Every little town he crosses – in the districts of Milan, Pavia, and on down to the sea – is an opportunity to glimpse history, art, the characters who have shaped this little town. Every section of river is disfigured by motorways, among glimpses of city views, especially Ennio takes us with him on ring roads, through fields of sunflowers disfigured by motorways, among glimpses of city views, especially Milan and Pavia. And then, the sea, coming into harbour the opposite way around: seeing the waters, understanding that this is the crowning moment of the whole adventure...
Bimonthly magazine Camminare, dedicated to the world of walking, has been on newstands since 2005. A modern collectible, it was founded with the contributions of Olympic brothers Maurizio and Giorgio Damilano and offers an appropriate space for the practical Fitwalking and Nordic Walking activities, with advice, training techniques and articles on equipment. It features some of the most beautiful treks in Italy and around the world, partnered by some of the best sector brands. Part of the magazine is dedicated to Camminos, a reality made up of spiritual, literary, religious and trade routes. Last but not least, there are sections dealing with health and nutrition.

www.camminareweb.it