

## **MENS SANA IN CORPORE SANO? *Third Edition***

**Trekking, moving and thinking in Gressoney, Val D'Aosta, Italian Alp**

**6, 7 and 8 July, 2018**

### **Friday 6<sup>th</sup> July**

4 p.m.

**Arrival at Gressoney, Hotel Dufour**

4.30 – 6 p.m.

**- Marco De Coppi (Italy), Paula López (Uruguay), Davide Rosso (Italy), Isabel Ugarte da Silveira (Brasil):**

- Program of "Mens sana in corpore sano?" Edition 2018 (trekking excursion, scientific program, social activities);
- IPSO's presentation

**- Clinical Discussion on 1 selected paper**

8.30 p.m.

**Dinner a typical Val D'Aosta meal in the hotel**

### **Saturday 7<sup>th</sup> July**

9 -12 a.m.

**- Trekking at Val D'Aosta Alp** (basic level suitable for all people in good health)

12 a.m. 2 p.m.

**- Lunch at chalet**

4 - 6 p.m.

**- Clinical Discussion on 2 selected papers**

8 p.m.

**Dinner at Hotel**

10 p.m.

**IPSO Party**

### **Sunday 8<sup>th</sup> July**

9.30 -12.30 a.m.

**- Trekking at Val D'Aosta Alp** (basic level suitable for all people in good health)

12.30 a.m. 2 p.m.

**- Lunch at chalet**

***Conversations and conclusions about the experience to be published on the IPSO website***

### **Accommodation:**

HOTEL DUFOUR

Località Edelboden Superiore, n. 34; 11020 - Gressoney-La-Trinité - Aosta - Valle d'Aosta – Italia

<http://www.hoteldufour.it/>

### **For hotel reservation:**

Price: 55 Euro/night (*per person in half board and free Spa*) in double room.

Supplement for a double room, occupied by just one person: +50%

Please send an e-mail to Isabel Silveira ([bel.ugarte@yahoo.com.br](mailto:bel.ugarte@yahoo.com.br)) with your general information (name, nationality, date of birth).

**Deadline for reservation: 15th june 2018** (We had already booked 21 beds)

### **How to reach the venue:**

#### ***By car:***

- from Genevre (Monte Bianco tunnel)
- from Turin (autoroute A5)
- from Milan (autoroute A4 and A5)

#### ***By plane:***

Milan or Turin airport (Turin is the nearest)

#### ***By train:***

from Milan or Turin is the Point Saint Martin train station

<https://it.m.wikipedia.org/wiki/Gressoney-Saint-Jean>

We will try to arrange some pickup

### **Trekking and social activities:**

Alpine guide: 50 Euro (including 2 days trekking)

Lunch at chalet: about 25 Euro (for each of Saturday and Sunday lunches)

IPSO Party: about 20 Euro

### **Weather and clothing:**

During summer Gressoney's weather is with a nice average temperature. The warmest month is July (average temperature = 13,5 °C; minimum temperature = 9,3 °C; maximum temperature = 17,8°C; rainfall = 105 mm).

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