

Your Eco Friendly *Holiday* guide



On Lake Maggiore

BOOK NOW

@gardenhotel_primavera

Eco friendly TRAVEL

WELCOME TO A SANCTUARY OF CONSCIOUS CHOICES

There are places where time seems to slow down, following the gentle rhythm of the waves of **Lake Maggiore**. Here in Brissago, we have chosen to create more than just a hotel; we have created an extension of your values, a space where a holiday is not just rest, but **a gesture of profound kindness toward yourself, animals, and the planet.**

Every morning, as the sun rises behind the mountains and the scent of our vegan breakfast fills the air, we want you to feel part of something pure. This guide was born from the desire to share the secret beauty of our region through an ethical and sustainable lens. From tables that celebrate the fruits of the earth to paths where nature breathes free, we have selected places that speak the language of compassion.

Travel Light & Sustainably: By staying with us, you will receive the **Ticino Ticket** for free. You can **travel at no cost** on all public transport in the Canton (buses and trains) and get special discounts on cable cars and boats. Explore Ticino slowly; it is the most beautiful gift you can give to the environment.

ECO-FRIENDLY EXPERIENCES & NATURE

- **Brissago Islands** (Botanical Park): A unique subtropical paradise. Use your Ticino Ticket for a discount on the boat ride.
- **Panoramic Walk: Brissago - Ronco s/Ascona:** A meditative path through historic villas and lush gardens with stunning lake views.
- **Verzasca Valley:** The "Maldives of Ticino." Emerald waters and smooth rocks. Take Bus 321 from Locarno (free with Ticino Ticket).
- **Borromean Islands (Stresa, Italy):** Take a boat trip to Isola Madre and Isola Bella. These islands are world-renowned for their historic gardens and white peacocks that roam freely among the flowers.
- **Monte Gambarogno Refuge:** For those who love trekking, this mountain hut offers a breathtaking view over the entire lake. A place where silence and thin air invite contemplation. You can find the full itinerary in the Lobby.
- **SUP at the Maggia River Delta:** Spend a day on a Stand Up Paddle board starting from the Maggia river mouth. Glide silently over the crystal-clear waters where the river meets the lake—the most eco-friendly way to feel the energy of the water.



Eco friendly TRAVEL

MEETING ANIMALS: SANCTUARIES AND REFUGES

- **Rifugio Animali Felici** (Brissago Valtravaglia, Italy) – A sanctuary for animals rescued from slaughter and abandonment. A place of rebirth where animals live freely. (Booking recommended).
- **Parco Animali "Piccolo Eden"** (Gnosca) – Managed by SPAB (Animal Protection Bellinzona), it provides a lifelong home for rescued animals, promoting respect and coexistence.
- **Casa Orizzonti** (Prosito): a refuge for animals that suffered but were rescued and now live in peace.



WHERE TO EAT: PLANT-BASED FLAVORS

1. **Ristorante Pizzeria Portico** (Brissago) – Via Leoncavallo 9. Perfect for an informal dinner steps away from the hotel. They offer vegan cheese to turn any pizza into a 100% plant-based delight.
2. **Ristorante Caesar** (Brissago) – Via alle Scuole. Refined atmosphere with a beautiful poolside terrace and a wide vegan selection.
3. **Ristorante Kalea** (Brissago) - Via Leoncavallo 34, 6614 Brissago: A cozy atmosphere in the heart of Brissago. While they don't have a specific vegan menu, the staff is very accommodating and creative. If you inform them at the time of booking, they will delight you with excellent plant-based dishes prepared fresh for you.
4. **Ristorante Al Fresco** - Parkhotel Brenscino (Brissago) - Via Sacro Monte 10: In addition to the spectacular terrace overlooking the lake, their menu clearly highlights several vegan choices, such as beetroot gnocchi, plant-based burgers, and fragrant curries. A perfect spot for a scenic lunch or dinner.
5. **Blu Restaurant & Lounge** (Locarno) – Via Respini 11. For a special evening. The menu features gourmet dishes created in collaboration with Chef Pietro Leemann (a pioneer of haute vegetarian cuisine).
6. **Ristorante Govinda** (Locarno) – Via della Pace 1. An oasis of peace offering Indian and Mediterranean-inspired cuisine with many fresh, spicy vegan options.
7. **Ristorante Perbacco** (Locarno) - Via Giuseppe Cattori 4. Nice vegan menu curated by a good friend and amazing Chef Elisa Lazzari.

Unfortunately in Ticino it is difficult to find a 100%vegan restaurant; but we are happy that many restaurants have included great vegan options in their offer.

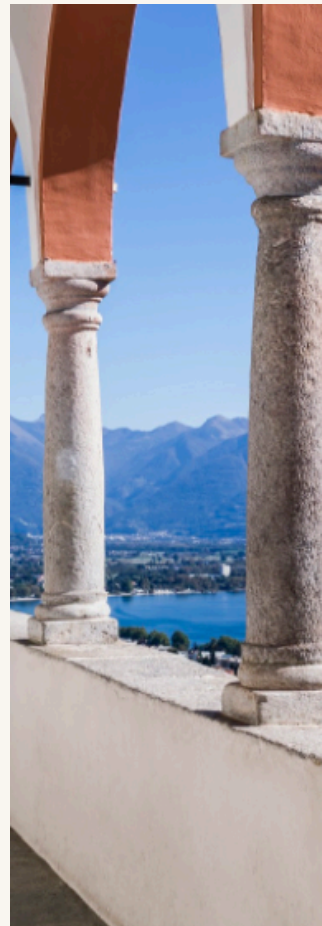


Eco friendly TRAVEL

ENERGY POINTS & PLACES OF POWER

There are spots where the Earth radiates a special force, capable of rebalancing mind and body. The Sopraceneri region is full of these "light zones."

- **Monte Verità (Ascona):** The "Hill of Utopia." Since the early 1900s, this site has attracted truth-seekers and artists due to its unique geomantic anomaly. Don't miss the Valletta del Silenzio (Valley of Silence), a natural cathedral of peace. **Special Experience:** You can take part in a traditional tea ceremony at the Tea House (Casa del Tè), a ritual that celebrates mindfulness and harmony.
- **Madonna del Sasso Sanctuary (Orselina):** Beyond its religious value, the cliff upon which the sanctuary stands is considered a place of power that invites meditation and inner elevation. You can reach Madonna del Sasso from Locarno (travel for free by bus to Locarno Train station, than walk back to the Madonna del Sasso Funicular).
- **The Sacred Sites of Arcegno:** A village wrapped in a magical atmosphere, with the prehistoric "Grotta dei Pagani": A protected natural area near Ascona filled with prehistoric "cup-and-ring" stones. This "Pagans' Cave" is an ancestral site of worship that invites quiet contemplation and a journey back to the ancient roots of the land.
- **The Yoga Trail** (Vairano, Gambarogno): A unique experience in Switzerland. This circular path winds through an ancient forest near Sass da Grüm. It is designed as a Vinyasa (a flowing sequence) and features 9 thematic stations where you can stop to meditate or practice Asanas (poses) guided by instructional signs. It is a 3 km restorative walk that combines physical exercise with deep spiritual connection, offering a breathtaking view of the Maggia Delta.
- **The Salto Waterfall** (Maggia): Waterfalls are natural centers of energetic purification. The Cascata del Salto is a powerful site where the force of the falling water and the pure mountain air help to clear the mind and revitalize the body.



Eco friendly TRAVEL

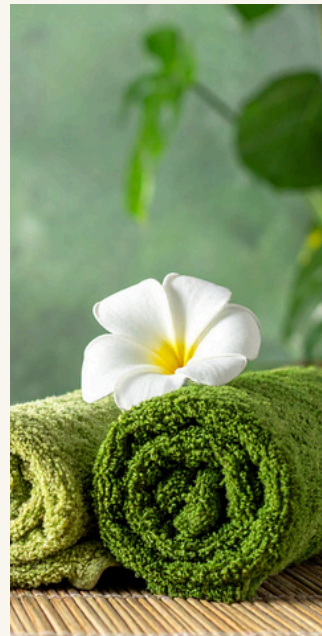
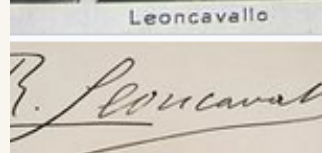
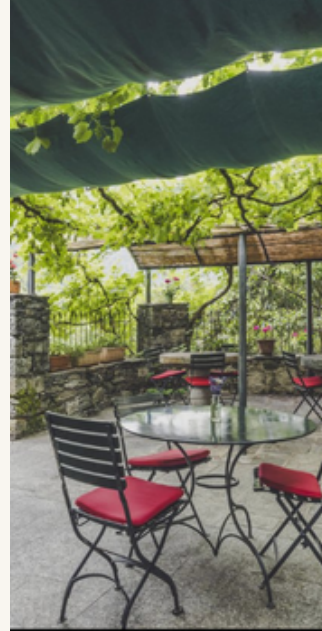
THE HIDDEN GEM OF PLANT-BASED CULINARY EXCELLENCE

Would you like to live a very special experience? Here in Ticino you have the opportunity to taste the amazing cuisine of a Michelin Star Chef Pietro Leemann, at Osteria Giardino.

- **Location:** Bordei (near Palagnedra, Centovalli).
- **Philosophy:** Part of the Ecovillage & Sanctuary project, this osteria combines gourmet cuisine with nature and spirituality. Michelin-starred chef Pietro Leemann returned to his roots to create a non-profit sanctuary for the senses.
- **The Food:** A 100% organic and vegetarian mountain cuisine. Most ingredients are grown in the village's own gardens. Expect refined, seasonal dishes that tell a story of harmony and respect for the earth.
- **Note:** A perfect destination for those seeking a high-vibe, peaceful dining experience in a restored 16th-century village. **Reservations are highly recommended.**

RAINY DAY ACTIVITIES

- **Ruggero Leoncavallo Museum** (Brissago): Located in the stunning Palazzo Branca-Baccalà, this museum is dedicated to the famous composer who made Brissago his home. Experience the "Belle Époque" atmosphere through original scores and personal artifacts.
- **Termali Salini & Spa** (Locarno): A modern lakeside wellness oasis featuring indoor saltwater pools and a sauna area inspired by the Ticino valleys.
- **Il Mare ad Ascona:** A salt cave for halotherapy treatments, allowing you to breathe purified air in a meditative setting.
- **Ghisla Art Collection Foundation** (Locarno): A must-visit for modern and contemporary art lovers, housed in an iconic red cubic building.
- **Bali Ayu Studio** (Brissago) Experience the authentic Balinese Massage. Note: The studio is open from Monday to Friday. Please book in advance to check availability. A corner of the Orient in Brissago to rejuvenate both body and spirit.
- **Mistery Escape Room Brissago:** Each mission is staged inside genuine banking spaces—vaults, armored doors, and concrete-walled corridors—repurposed as puzzle settings. Teams of two to ten players have 60 minutes to solve clues, uncover codes, and complete a shared objective before time runs out. Book your escape at:
<https://www.misteryescaperoom.com/escape-room-locarno/hostages>



Eco friendly TRAVEL

THANK YOU FOR BEING HERE!

We are here for you We hope this guide inspires you to discover the most authentic treasures of our region. Please remember that our staff is always at your complete disposal. Whether you need a reservation, directions, or simply some personalized advice, do not hesitate to ask.

We wish you a restorative stay, filled with beauty and conscious choices. Enjoy your stay!

USEFUL LINKS AND PRACTICAL RESOURCES

Transport & Navigation

- Lake Maggiore Navigation (Boat Timetables): www.lakelocarno.ch (For the Brissago Islands and lake tours).
- Bus Line 316 (Locarno – Ascona – Brissago): [FART Timetables](#) (The main bus connecting the hotel to major centers).
- Bus Line 8 (Brissago – Ronco s/Ascona – Locarno): [FART Timetables](#) (The scenic route along the upper coast).
- SBB Journey Planner: www.sbb.ch (Perfect for planning all train and bus trips using your Ticino Ticket).

Wellness & Leisure

- Lido di Brissago: www.lido-brissago.ch (Pools, slides, and direct lake access).
- Termali Salini & Spa Locarno: www.termali-salini.ch (Lakeside relaxation, even on rainy days).

Tourist Information

- Brissago Tourist Office (Info Desk):
 - Address: Via Leoncavallo 25, 6614 Brissago.
 - Website: www.ascona-locarno.com

💡 Tip for our Guests

Many of these services are free or discounted thanks to your Ticino Ticket. We recommend downloading the SBB Mobile app to have all Swiss transport schedules updated in real-time right on your smartphone

Book your Eco Friendly stay now at Garden Hotel Primavera Brissago!

<https://gardenhotelprimavera.com/>

Via Costa di Dentro 19 - 6614 Brissago - Ticino (Switzerland)

gardenhotelprimavera@gmail.com

