



## Come visit Switzerland's beautiful region of Mendrisotto and Basso Ceresio

Full of history and nature, but also known for its excellent, well-known wine culture, the scenic region of Mendrisotto and Basso Ceresio in the canton of Ticino invites visitors on a romantic journey across stunning landscapes. Visit Switzerland's south, discover the UNESCO World Heritage Site right at your doorstep and have a cheeky glass of superb Merlot.

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The picturesque landscape of Mendrisotto, a small area nestled between Lake Lugano and Lake Como, is not only stunning but also has a history just as captivating. The UNESCO World Heritage Site of Monte San Giorgio tells the exciting story of our planet's changes. With its shape reminiscent of the pyramids, Monte San Giorgio did in fact emerge from the waters of the Tethys ocean lagoon, which covered the entire area some 240 million years ago.

Paleontologists discovered over 20,000 fossils that were well preserved in the

chalk of the mountain. These discoveries give deep insights into life so many million years ago. Fossils of fish, reptiles and crustaceans from the Triassic period have been found here and make it the most important fossil deposit worldwide.

Reaching the top of this beautiful green mountain with its centuries-old chestnut woods, is easy despite its 1,100 metres above sea level. Just hop on Switzerland's most historic cableway and you are almost there. You can then explore the mountain's historic treasures on the circular learning

trail, which covers the complex geo-paleontological history. Marble quarries and vineyards along the way are the perfect spots to take a break and enjoy the stunning view.

The other most remarkable mountain is called Monte Generoso and gives the main panoramic view of Ticino at 1,704 metres above sea level. It is the perfect setting for hiking and mountain biking.



The mountain is easily reachable thanks to a rack railway. On Monte Generoso you can also visit the old Bear Cave, which is just as exciting as the name promises.

"Another area which is interesting in terms of nature is the Gole della Breggia Geopark located in the Muggio Valley," says director of Mendrisotto tourism, Nadia Fontana-Lupi. "The canyons which have been formed by the water are simply impressive and certainly worth a visit."

Fontana-Lupi recommends the many themed hiking trails to discover Mendrisotto and its various different highlights. Learning about the landscape, culture and traditions while walking across breathtaking scenery, is an ideal way to explore the area. From exploring the canyon, the geological characteristics of the two mountains, or getting to know the local viticulture, these themed trails are a lovely way to get to know Mendrisotto inside out.

"The grottos are also very exciting. Through holes in the Monte Generoso, which you can imagine a little bit like a Swiss Emmental cheese, the mountain sends cool air down to the bottom," explains Fontana-Lupi. "Below the houses are the cellars which are solely kept cool by the mountain's system of holes and are often home to the wines."

"For many, Mendrisotto is synonymous with great wine," she continues. "Especially our Merlot is very popular, and it is wonderful to enjoy the cool air of the grottos under the old plane trees whilst having a little glass of local wine."

The region is the most important wine-growing district anywhere in Ticino, and measures around 360 hectares of vineyards across the hills. A stunning 40 per cent of all Swiss-Italian grapes come from this area. Needless to say, the list of vinoteques, cellars and vineyards seems endless and wine lovers are spoiled for choice here. You can simply stop anywhere along the path and you will not be disappointed. The diversity of the region's soil makes for a real playground for vintners and has been a remarkable address for winemaking for over a century.

A glass of Merlot together with some polenta or soft goat's cheese is an excellent way to take a break. Thanks to the various types of local produce, the traditional cuisine is as varied as the region's wines. From marinated fish, olive oil, chestnuts and honey to the soft cheese 'Formaggini' of the Muggio Valley and ham cut from the bone, it is worth trying out different things and indulging in the region's typical culinary delights.

The lakes, the mountains and canyons and their history, the wine and the food – there are plenty of reasons to visit Mendrisotto. The diverse range of activities, cultural events and museums ensure that there is the right thing for everyone, both young and old. There is so much more the region has to offer but you simply have to visit and find out for yourself.

[www.mendrisiottoturismo.ch](http://www.mendrisiottoturismo.ch)

