

## SWITZERLAND - ITALY

9 days

4 days **Martigny+Chamonix**(*Mon Blan*) ; **Milan** –3 days

2 compet./ 4-8 matches + trainings with local teams

*Reach cultural program*

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! The daily program is flexible and can be changed after discussions with your coaches

1<sup>ST</sup> Day – Fly to Geneve

2<sup>st</sup> Day – *Martigny*

arrival at the airport in Geneve

departure for Martigny

accomodation in Hotel

**training**

dinner

3<sup>rd</sup> Day – *Matigny*

09.00 – Breakfast

10.00 – **Training**

13.00 – Lunch

17.00 - **competition**

20.00 Dinner

#### 4<sup>th</sup> Day – Martigny

8.00 Breakfast

10.00 – Training

13.00 - Lunch

17.00 – competition

20.00 Dinner

#### 5<sup>th</sup> Day – Martigny-Chamonix (Mon Blan – the Swiss Alps)

7.00 – Breakfast

8.00 – departure for a one-day excursion to Chamonix -Mon Blan (Swiss Alps)

11.00 – Mon Blan – The Swiss Alps

13.00 – lunch and enjoying magnificent mountain views

17.00 – back to Martigny

18.00 - training

20.00 - dinner

#### 6<sup>th</sup> Day – Milan

7.00 – Breakfast

8.00 – departure for Milan

11.00 – check-in at the hotel

12.00 - lunch

13.00 – getting to know Milan

**17.00 – Training /**

21.00 – Dinner

### **7<sup>th</sup> Day – Milan**

09.00 – breakfast

10.00 – sightseeing in Milan

13.00 – lunch

14.00 – free time and shopping

17.00 – **Competition**

21.00 – dinner

### **8<sup>th</sup> Day – Milan**

08.00 – breakfast

09.00 – sightseeing in Milan

13.00 – lunch

14.00 – free time and shopping

17.00 – **training**

21.00 – dinner

9<sup>th</sup> day - Departure



### INFORMATION FOR MARTIGNY



MON BLAN



## ***ATTRACTIONS IN MILAN***



**Duomo**

Duomo which traditionally symbolizes the city of Milan, is the most extraordinary example of Italian late Gothic art. The construction of Duomo began 1386 promoted by Gian Galeazzo Visconti, lord of Milan, and continued for centuries. In its rooms are displayed sculptures, statues and gargoyles belonging to the Duomo and works of art to be preserved and subsequently restored.



**Palazzo Reale**

Palazzo Reale, a large Neoclassical building which is a result of the radical re-elaboration made by architect Piermarini between 1772 and 1778 of a pre-existing palace, was the seat of Spanish governors in the sixteenth and seventeenth centuries. Palazzo Reale is the most important exhibiting space in the city hosting internationally renowned exhibitions of works by outstanding artists such as Monet, Kandinsky, Picasso and exhibitions on artistic movements which have marked the history of art.



**Castello Sforzesco**

Built for purely defensive reasons by Galeazzo II Visconti around 1368, the Castello Sforzesco, lost its initial destination as a fortress to assume that of a princely dwelling but only to resume its original role of efficient fortress in 1450 under Francesco Sforza, the new Lord of Milan. His successor, Ludovico il Moro, turned the Castello into one of the most sumptuous courts of Renaissance Italy and a point of attraction of the



**“The Last Supper”**

most talented artists of the time. With the sixteenth century began the slow and fatal decline of this massive building. In the eighteenth century the Castello was taken over by the Austrians who, with the exception of the French rule by Napoleon between 1796- 1814, kept it until the liberation of Lombardy by Vittorio Emanuele II.



**The Church Santa Maria delle Grazie**

Santa Maria delle Grazie Church and the Last Supper famous painting, commenced by Leonardo Da Vinci in 1495 and completed in 1497, is considered one of the most significant art creations worldwide and attracts numberless visitors from even the remotest corners of the earth.

The painting shows Jesus announcing to his twelve Apostles that one of them was going to betray him.



## [Here is what others think after visiting our camps:](#)



**Zeke Jones**, World gold medalist and Olympic Vice

Champion in wrestling, US Olympic & World Team Coach

“Bulgaria is the country where my star shined for the first time. But only with the George Cup Tour I discovered the beauty of this country and I admired the hospitality of the people and the strength of the Bulgarian wrestlers.”



## **Brandon Slay Olympic Champion –**

**2000, 2 times in George Sport Tours**

A team of 8 wrestlers from the US and myself are currently on a tour in Milan, Italy. George has done a fabulous job of organizing the trip for us. The food, hotel, training, and experience has been great for these young men. We have seen the Duomo and the Last Supper. These young men are realizing how fortunate they are to be in a trip of this quality. We are leaving for Switzerland in the morning. I look forward to my next tour with George



**Wade Genova** , USA Wrestling - one of the biggest organizer of wrestling tours, participant in many alike tours all around the world

“George Cup Tours are the best tours I've ever been on before !!!”



**Bob Scelton** - Head Coach Division III-USA for several times; he is in charge this sport-cultural exchange; participant in George Sport Tour for 5 years in a row .

"The most valuable thing about George Cup Tours is the way these camps succeed to combine the sport and cultural program. This makes the tour incredibly interesting and pleasant, as well as very efficient for the young wrestlers. Till now hundreds of American wrestlers had visited Bulgaria and Europe with the programs of George Sport Tour and now keep their precious memories from there..."