

How to get to us

BY CAR

From motorway exit "Lugano Sud"

follow the signs to "Stazione", which is the train station of Lugano, pass the roundabout and go straight at the traffic light, driving up in Via Gottardo. Take a right turn at "Parco Maraini" onto Via Tesserete (signs show "Ospedale Civico / Tesserete") and follow the road until the next traffic light where you stay on the left lane (you are right in front of the hospital). Stay on Via Tesserete, drive after the roundabout and after ca. 3 km. you arrive to another roundabout, Canobbio, here take 3rd exit, Via San Bernardo, direction "Porza/Comano".

After 1 km driving uphill, after a right curb, you will see a football field on your left and the Bar Rosi on your right. Turn to the left if you want to park near the football field. The paying parking are in front of it on the side of the road; those marked in blue, at the side of the football field, are free but you can park for maximum 90 minutes.

If you want to go the FREE of charge parking with NO TIME limit, you have to drive further uphill, till the roundabout of Comano, then take the 3rd exit, direction "Porza/Savosa" and after 300 mt., on the curb to the right, just after the sign Porza, turn to the left into Via alle Scuole and drive for 200 mts. as you were driving back toward the football field, you will find the parking lots on your left side.

From the city following direction "STADIO"

You can drive to Comano also without going through the traffic of the Hospital area. From the "Stadio" (Stadium) take the road that goes uphill direction "Trevano/Canobbio/Tesserete", drive straight till the roundabout of Canobbio, take 2nd exit, Via San Bernardo, direction "Porza/Comano". From here follow the instructions given at point nr. 1 above.

No matter if you arrive from Lugano Sud or Lugano City, once you have parked the car in the parking lots near the football fields (paying parking or blue area or free parking), you cross the street and walk into Via Nasora (it is the road at the right side of Bar Rosi) walk up this road for ca 150 mts, than walk into Via Tavernola, it is on your right hand side (there is a vignard on the corner) and the Center carpediemvitae is located at nr. 22 (second last white house on the right). From the parking to our center there are ca. 400 mts, 6 minutes walk. Please be aware that there are no parking lots at the Center itself. The few ones we have are for our employees and people with handicap.

From the motorway exit "Lugano Nord"

(4 km. to our Center , ca. 4-5 minutes) on the roundabout take 3rd exit, direction "Ponte Tresa/Bioggio/Rivera/Vezia". Drive for 200 mts, at the traffic light turn to the right direction "Rivera/Autostrada/Massagno/Vezia". After 200 mts at the trafficligh turn to the left direction "Rivera/Savosa" at the roundabout take 1st exit direction "Bellinzona/Vezia". Drive for another 1.5 km (attention there is a speed limit radar), drive after the Manor (superstore) on your left, at the roundabout take the 1st exit direction "Comano/Origlio/Cureglia". When you arrive at the roundabout "Cureglia" take 1st exit direction "Comano/Canobbio" . Drive after the RTSI (Swiss TV center) on your left and at the Comano roundabout take :

a) 2nd exit "Lugano/Canobbio/Tesserete" if you want to go to the parking of the football field Comano-Porza (see above for description)

b) 1st exit direction "Porza/Savosa" for the parking free of charge and no time limits (see above description)

c) 3rd exit direction "Comano" for more parking lots: drive up direction Comano, drive after the "LA POSTA" (Post Office) and before the Church, on the left there is another parking area (900mt from our center). From this parking, walk down along the main street, the one you drove up and after LA POSTA, take the road on your left, Via al Ballo, and pass the "mythic" Gina (food shop) and the Hotel La Comanella. The street goes downhill (Via Nasora) and after 200 mts on the curb to the right, walk into the street on your left, Via Tavernola.

How to get to us BY TRAIN and /or by BUS LA POSTA

You can find all information at the webpage www.ffs.ch; insert as destination Comano, the information include the schedule of the bus LA POSTA from the station. From the bus stop to our Center there are ca. 6 minutes walk (see above for details)

Where to stay :

at walking distance from our Center

- Hotel la Comanella, 6949 Comano, phone +41 91 941 6571, fax +41 91 942 6513,
www.hotel-la-comanella.ch

down-town

- Hotel Pestolazzi, Piazza Indipendenza 9, 6901 Lugano, phone +41-91-921 46 46 fax 922 20 45)
- Hotel Acquarello, Piazza Cioccaro 9, Lugano, around CHF 60.-, cheap, great if you want to be close to town, Tel. +41 91 911 68 68, www.acquarello.ch

near the train station

- Hotel Montarina, Lugano, luxury yousthotel, with 2-bed room: +41 91 966 72 72, Pensione Selva, Via Tesserete 36, 6900 Massagno phone +41-91-923 60 17 (fax 09)

