

How to get to centro carpediemvitae, via tavernola 22 6949 Comano

from motorway exit A2 Lugano Nord, from Lugano city center, by car, by train or by bus

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 or 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 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, 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. 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 1st roundabout take the exit to LUGANO, at the next roundabout take the 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 trafficlight 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 another parking area

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 (local 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.

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, after LA POSTA, take the road on your left, Via al Ballo, and pass the "mythic" Gina (local 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.

Where to stay :

at walking distance from our Center

- [Hotel la Comanella](#), 6949 Comano, phone +41 91 941 6571, fax +41 91 942 6513,

down-town

- [Hotel Pestalozzi](#), Piazza Indipendenza 9, 6901 Lugano, phone +41-91-921 46 46 fax 922 20 45)
bed and breakfast CHF 120.-ca

- [Hotel Acquarello](#), Tel. +41 91 911 68 68,

Near the train station

- [Hotel Montarina](#), Lugano, luxury yousthotel +41 91 966 72 72,

- [Albergo Villa Selva](#), +41-91-923 60 17 (fax 09)