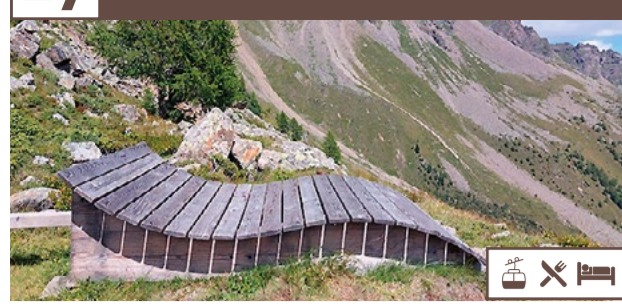


17 SENTIERO DEI TEDESCHI

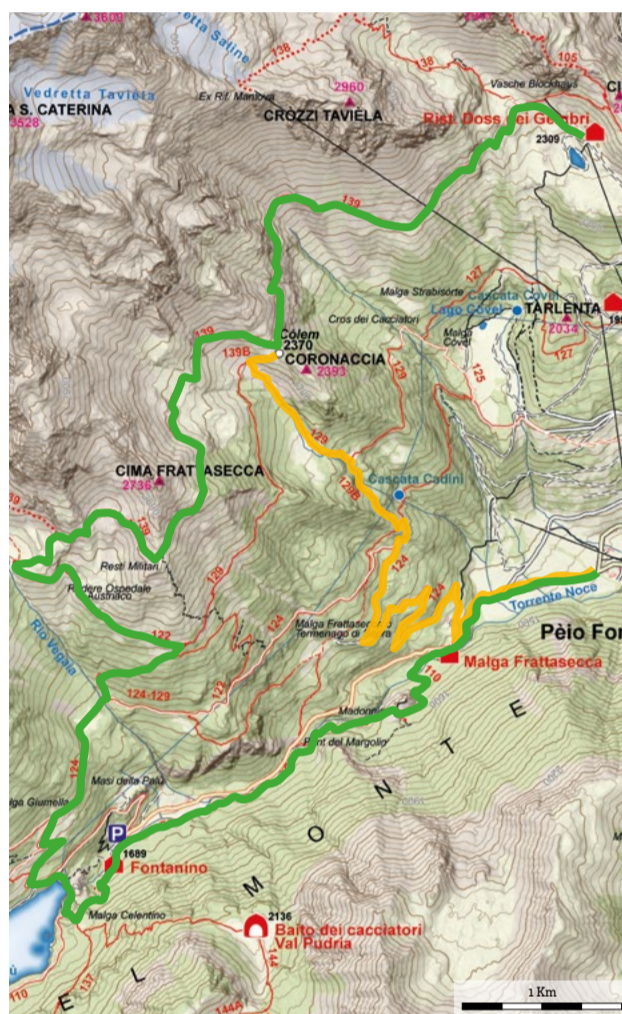


- 1** 6h round trip
MEDIUM-EASY
↑ 250 M
- 2** 4h round trip
MEDIUM-EASY
↑ 250 M

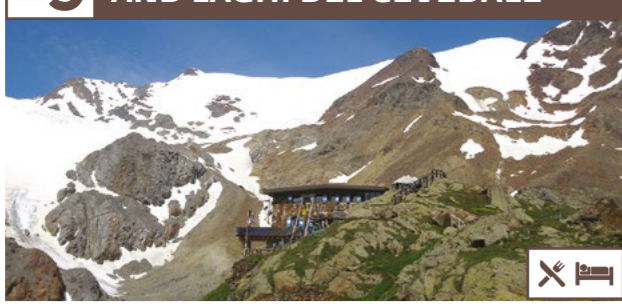
1 From Peio Fonti you take first the cable car and then the chairlift to the Doss dei Cembi Mountain Refuge (2316 m asl). From the refuge, walk along the SAT 138 trail towards Val de la Mite, and shortly afterwards take the SAT 139 trail on the left, called "dei Tedeschi" (Germans' trail) due to the fact that it was built by the Austro-Hungarian army during the First World War. The path develops at a high altitude, remaining at around 2300 m asl and goes uphill and down. You walk in sight of the Taviela peaks (crossing a footbridge over the stream of the same name), reach an altitude of 2369 m at La Coleman and finally come to Colle Cadinì. Then continue uphill to go round Cima Frattasacca, still on the SAT 139 trail, which continues at high altitude to Valle degli Orsi, where it joins trail no. 122, which you follow downward until it crosses the military road (SAT 124). Finally reach Malga Giunella and Lake Pian Palù. Once you arrive at Fontanino, in the summer you can take the Steilbois shuttle service to Peio Fonti, or cross the small wooden bridge and follow the SAT 110 trail, which goes past Forte Barba di Fior and takes you to the road near Malga Frattasacca. Continue along the road and after just over a kilometre you will come to Peio Fonti.

2 From Coleman (2369 m asl), you leave the Sentiero dei Tedeschi and go down into Val Cadinì along the SAT 139B trail. Then take the SAT 129 trail two hundred metres further down. Continuing, after a pretty little waterfall you will come to the fork for Malga Frattasacca - Cascata Cadinì, the SAT 129B trail. At this point you enter in the wood on the right and at the next fork you turn left for the Cadinì Waterfall. Having admired the waterfall, now turn back keeping to the left and head towards Malga Frattasacca and 200 m further on you will come to the SAT 124 military road. Go down and around several hairpin bends until you reach the tarmacked road. Follow this to the left back to Peio Fonti.

Food: Malga Frattasacca
Il Fontanino Tel. +39 320 1578322
Tel. +39 347 2386546



19 RIF. "G. LARCHER" AND LAGHI DEL CEVEDALE



- 1** 5h 30' round trip
MEDIUM-DIFFICULT
↑ 733 M
- 2** 7h round trip
DIFFICULT
↑ 1.064 M

1 From Cogolto drive to Lac. Prabon (during summer paid car park) and from here walk at least 30/40 minutes to Malga Mare. Then take the SAT 102 trail to Pian Venezia and continue on the left bank to the refuge at 2607 m asl, in sight of the Vedretta de la Mare, the Cevedale Peaks, Zufal, Palon de la Mare and Vioz. To complete the loop back to the start, from the refuge follow the SAT 104 trail that climbs in an easterly direction and then a very brief detour of about 15 minutes will bring you to enchanting Lake Marmotte. From here continue along trail 104 and then take the SAT 123 trail that passes above Lake Lungo to reach the shores of little Lake Nero just before the Caeser reservoir. If open, you can cross the dam, otherwise the path first goes down and then up to the service buildings. Continue along trail 123, which winds down rapidly through broken boulders and hairpins. From here, continue through a beautiful pinewood to reach the little Lago delle Lame (15 minutes). Back on the trail after the rocky section you will come to your starting point and the well-marked trail.

2 From the hut, you can reach the Forcella (3035 m asl) on the SAT 103 trail, which continues, bypassing the rocky ridge on the left, through a wide gully to the rocky pass, known as the easiest and most popular route between the two refuges to the north, in the province of Bolzano and Val di Peio to the south, in the province of Trento. Retrace your steps for the return journey.

Food: Rif. Cevedale "G.Larcher" Tel. +39 0463 751770 + 39 328 6529615



20 RIFUGIO "BOZZI" AND LAGHI D'ALBIOLO



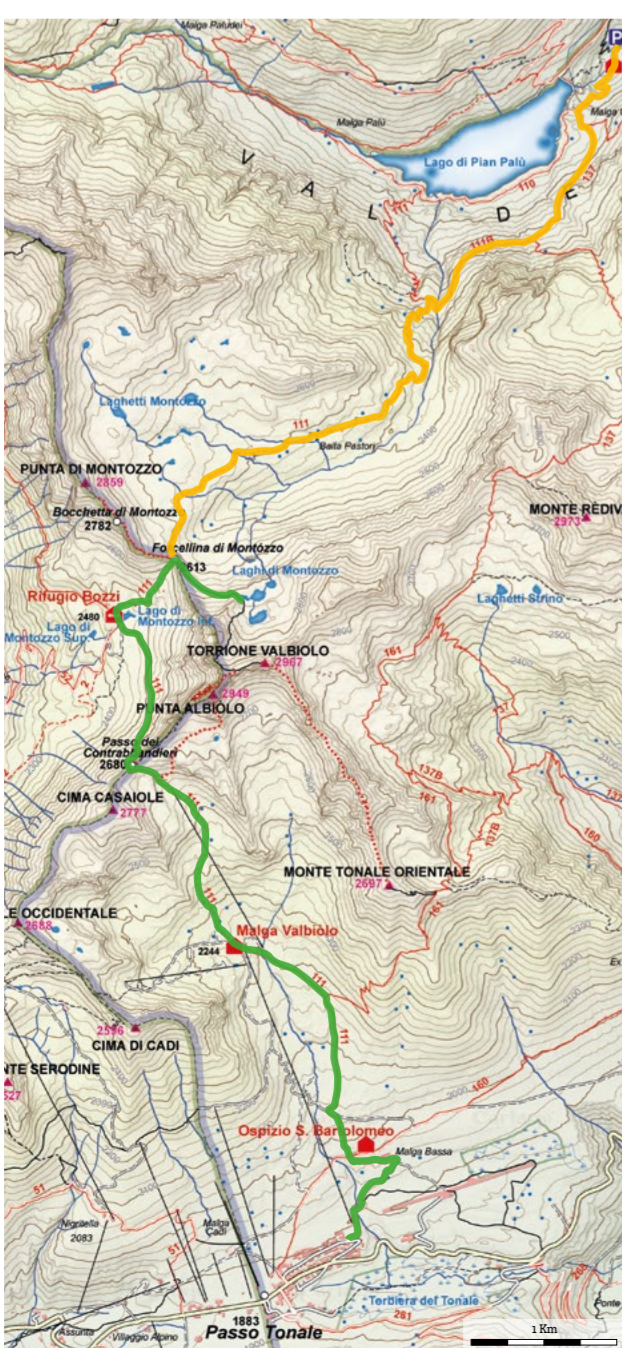
- 1** 7h round trip
DIFFICULT
↑ 1.435 M
- 2** 6h round trip
MEDIUM-DIFFICULT
↑ 1.070 M

1 Leave your car in the car park at the Valbiolo chairlift and take the tarmacked road to Hotel La Mirandola. From here take the SAT 111 trail to the left of the hotel and walk through the wide expanse of Tonale meadows, home to friendly groundhogs and high mountain vegetation, to the Contrabbandieri Pass (2679 m asl). From the pass, go down the Bozzi Mountain Refuge (2480 m asl), taking care over the first exposed section and if there is any residual snow that could make it slippery underfoot. At the Contrabbandieri Pass and the Bozzi Mountain Refuge you can admire remains from the Great War, left by both the Austro-Hungarian and Italian armies. From the Bozzi Refuge, go up to the Forcella di Montozzo (2613 m asl) and from here take the small unmarked trail to the right (not to be confused with the Sentiero degli Alpini), along which you can enjoy enchanting views of Val di Peio. Continuing through the boulders, in half an hour you will come to first one of the small lakes, then the other (2740 m asl). Retrace your steps along the trail back to the start. You can also return along the Sentiero degli Alpini. This is a trail with handrails that goes from the Forcellina directly to the Contrabbandieri Pass (variant not shown on the map).

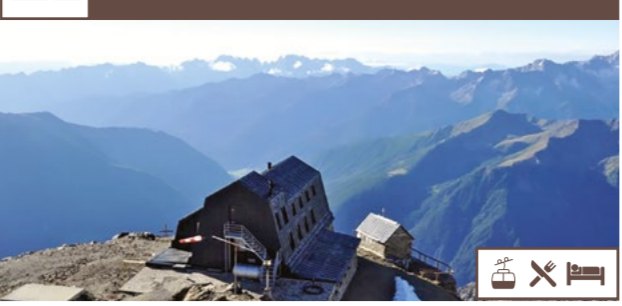
2 From the car park in Fontanino (1676 m asl), take the SAT 110 trail to Malga di Celestino, where you pick up the SAT 137 trail, which climbs pleasantly along the ridge to intersect with the SAT 118 trail that leads to the Forcellina di Montozzo (2613 m asl). From here, to reach the Laghetti, follow the directions above. The passage to the Bozzi Mountain Refuge is not foreseen. You can retrace your steps back to the start or follow the Sentiero Italia trail, leaving trail 111B to reach the trail that runs alongside Lake Pian Palù (110).

In the summer, after 9:45, leave your car in Peio Fonti and reach Fontanino with Steilbois.

Food: Rifugio Bozzi
Malga Valbiolo Tel. +39 0364 900152
Tel. +39 0463 896079



21 RIF. VIOZ "MANTOVA"



- 1** 7h round trip
DIFFICULT
↑ 1.217 M
- 2** 5h round trip
MEDIUM-DIFFICULT
↑ 750 M

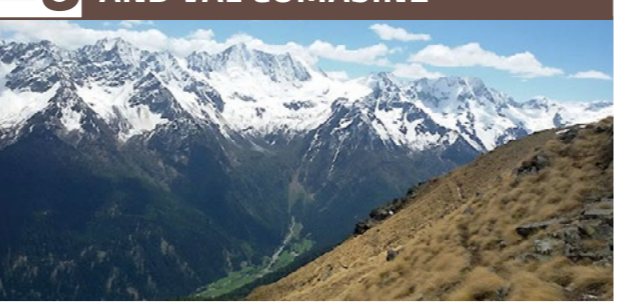
1 From Peio Fonti take the Peio Fonti-Tarletta cable car to the Sciocotolo Mountain Refuge and then chairlift Doss dei Cembi to the refuge of the same name at 2315 m asl. From here, walk along the trail towards Val della Mite for about 70 m, following signs for the start of the trail towards the Vioz 'Mantova' Mountain Refuge. After a couple of hairpin bends, you will cross the SAT 105 trail from Malga Saline, a military path dating back to the 1915-1918 war that leads to the Vioz 'Mantova' Mountain Refuge (3535 m asl). Alternatively you can reach the Vioz 'Mantova' Mountain Refuge by taking trail 105 directly from Peio Paese, via San Rocco and Malga Saline (2088 m asl - 9 and a half hours round trip).

2 From Peio Fonti, take the Peio Fonti-Tarletta cable car to the Sciocotolo Mountain Refuge and then the modern Pejo3000 cable car up to 3000 m asl. From here, follow the SAT 138 trail down and over the footbridge on the Rio Vioz, then take the SAT 105A trail, which, a short distance after the "Bric" (a brief stretch of about 50 m with handrails) meets up with the SAT 105 trail from Malga Saline and will take you to the refuge.

Food: Ristorante Sciocotolo
Ristorante Doss dei Cembi
Rifugio Vioz 'Mantova' Tel. +39 0463 753220
Tel. +39 0463 753227
Tel. +39 0463 751386 + 39 339 2798826



23 CIMA BOAI AND VAL COMASINE



- 1** 9h round trip
DIFFICULT
↑ 1.488 M

1 From Vermiglio, take the SAT 126 trail near the town hall, which climbs steeply to the *Saviana mosi* and then continues to the *malga* of the same name. Behind the *malga*, pick up trail 126 into the heart of wild Val Saviana through flower-filled meadows and larch woods until you come to a crossroads with signs for Cima Boai - Val Comasine. Follow these along the easy to spot SAT 126 trail to Cima Boai (2685 m asl), from where the view sweeps over the entire Val di Sole, Tonale, Brenta and the chain from San Matteo to Cevedale. From the Cima Boai, retrace your steps to the junction with the SAT 126 trail and walk in the direction of Val di Peio, then, continuing through the moraine basin of La Valletta, you will come first to Malga Mason and then Malga Val Comasine. Between Malga Comasine and Malga Mason, take the time to visit the majestic centuries-old larch trees. From Malga Comasine, turn off along the easy to spot rough track, down around a few hairpin bends until you come to a signpost for the 'Sentiero dei Minatori' (Miners' Path), in the direction of Comasine. After reaching the Mines of Val Comasine, return along the recently restored 'Sentiero dei Minatori' (Miners' Path), which will bring you past Malga Gaggio di Sopra, across the slopes of the Monte Boai massif, to La Coleman, an interesting scenic viewpoint overlooking upper Val di Sole and Val di Peio. From here, Vermiglio is about a 40 minutes walk. Before reaching the village you will go through Basari.



24 CITTÀ MORTA AND LAGHETTI DI STRINO



- 1** 6h round trip
MEDIUM-DIFFICULT
↑ 990 M

1 Leave your car in the car park at the Valbiolo chairlift and take the tarmacked road to Hotel La Mirandola. From here, take the SAT 111 trail on the left of the hotel and follow it until you reach the junction with the SAT 161 trail, signposted 'Città Morta'. Then walk up through grassy flower-filled pastures along the ridge of Monte Tonale Orientale until you reach the pass (2600 m asl). DETOUR: from here, the more daring can venture up to Mount Tonale Orientale (2698 m asl), an exceptional scenic viewpoint over the Adamello and Presanella groups. (60 minutes round trip). Once back at the pass, go down 100 m to the famous 'Città Morta' (2500 m asl), an Austro-Hungarian military settlement from the First World War, then follow signs for the little Strino Lakes along trail 161, a 1.5 hour walk through Val Castello that will bring you to the Lower Lake Strino (2578 m asl), and then the upper lake below Monte Redival. Return along the SAT 137 trail until you reach the turn off with the SAT 160 trail and follow the Bazzeral trail, an old gutter channel used to supply water to Forte Zaccarana. You will then arrive at Fort Zaccarana (2098 m asl) and return to the pass following the SAT 160 trail.



25 RIF. "F. DENZA" VEDRETTA PRESANELLA

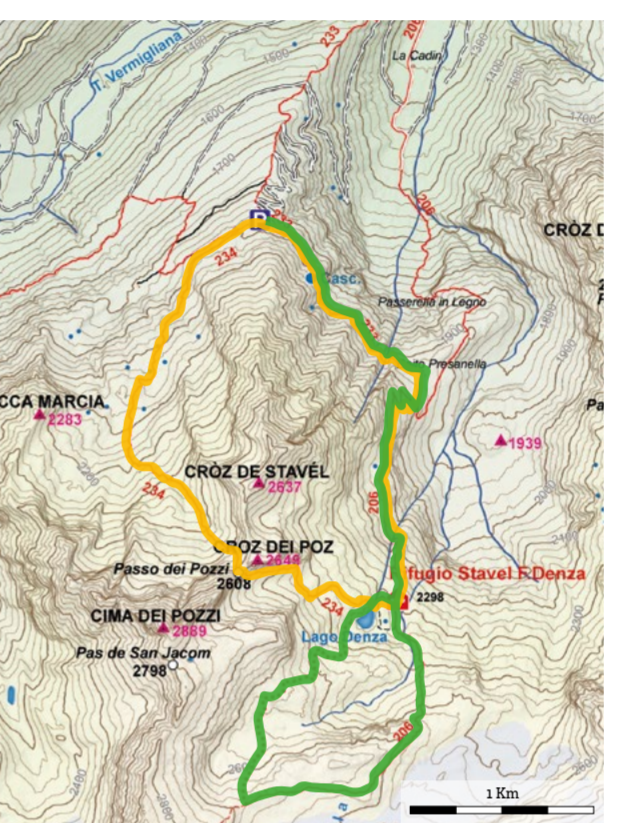


- 1** 6h round trip
MEDIUM-DIFFICULT
↑ 790 M
- 2** 5h round trip
MEDIUM-DIFFICULT
↑ 720 M

1 From the Velon-Stavel SP9a, provincial road, take the junction signposted Rifugio Stavel Francesco Denza. The rough military road leads to the car park near Fort Pozzi Alti (1877 m asl) and park your car. Set off along the SAT 233 trail, which immediately enters the broadleaf wood through a tunnel carved in the granite. At the junction with the SAT 206 trail, the route continues along a mule track that dates back to the First World War, and then climbs to the refuge at 2298 m asl. From Denza, near the small lake of the same name (2313 m asl), take the SAT 206 trail, which runs between rocks and boulders to the foot of the Presanella glacier, the highest peak in Trentino. You complete the loop known as the 'Sentiero dei Tedeschi' by returning to the refuge along a trail that will take you through a fairy-tale valley. Retrace your steps back to the start.

2 Park your car near Fort Pozzi Alti, walk past the fortress itself and take the SAT 234 trail, which, after a short level stretch through the wood, gives way completely to rocky terrain. From here a steep uphill stretch, the last gully with handrails, leads to the Passo dei Pozzi at 2600 m asl, which offers spectacular views of Bernina and the peaks of the Adamello - Presanella group. The descent to the magical glacial lake goes through an immense variety of high-altitude flowers. From little Lake Denza, it takes less than 5 minutes to reach the refuge of the same name, dedicated to Father Francesco Denza. To complete the loop, return along trail 206 + 233, which leads back to the Fort Pozzi Alti car park.

Food: Rifugio Denza Tel. +39 0463 758187 - +39 339 6233902



26 RIFUGIO MANDRONNE "CITTÀ DI TRENTO"



- 1** 3h 30' round trip
MEDIUM
↑ 541 M
- 2** 5h round trip
MEDIUM-DIFFICULT
↑ 868 M

1 Take the ski lift up from the Tonale Pass to the Presena Pass (2990 m asl). From here go down along the beautiful rocky path towards Lake Scuro and then to the Mandrone refuge, from where you can admire the imposing Lobbia glacier nearby. Retrace your steps along the trail back to the start.

2 From Carisolo, Val Rendena, to the car park at Malga Bedole (1581 m asl) by car or Val di Genova Express bus (Info: www.gpb.it/en/). From here take the SAT 212 trail to the refuge.

Food: Rifugio Mandrone
Presena Glacier 3000 - Rif. Capanna Presena Tel. +39 0461 493724
Tel. +39 0463 908001



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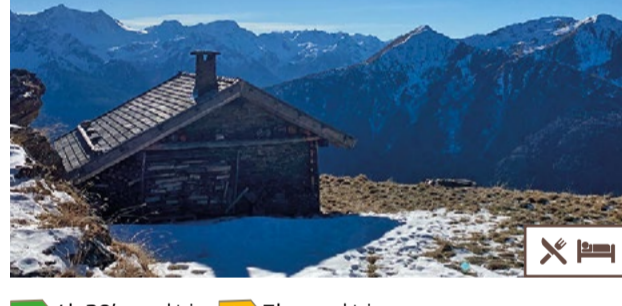
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18 PASSO CADINEL



- 1** 4h 30' round trip
MEDIUM-DIFFICULT
↑ 920 M
- 2** 7h round trip
DIFFICULT
↑ 1.020 M

An itinerary offers splendid views of Cima Boai, Monte Vioz and Cevedale that takes you into a little-visited wild area.

1 Start in the car park near the capital dedicated to St. Anthony (1810 m asl) in Celestino and follow either the rough track or the SAT 132 trail that cuts out the hairpin bends to Nestip Malga Campo (1979 m asl). Follow signs for Malga Sassa on a slightly uphill path and then turn right just before the *malga*. From here the path, which is easy to spot, becomes narrow and winds uphill around numerous hairpin bends leading to the high altitude pastures near Baito del Cadinel (2419 m asl). The trail continues almost on the level over long grassy slopes to the basin that until early summer is filled by Lake Cadinel (2521 m asl). The last stretch is a steep ascent along a scree slope to Cadinel Pass (2730 m asl). From the pass, we recommend walking up the trail tracks to Cima Cadinel (2866 m asl), a splendid viewpoint over Val di Peio and the Cevedale group.

2 From here you can return down towards Val di Rabbì, continuing along the SAT 132 trail through Val Cerenca and picking up the SAT 109 trail just before Malga Cerenca Alta, which goes first up towards the Ceren Pass (2620 m asl) and then down again into Val di Peio towards Malga Levi (2015 m asl) and Malga Borche (1807 m asl) then you take the panoramic high altitude path that leads will bring you close to the S. Antonio car park.

*You could also continue into Val di Rabbì. In this case, consider staying overnight and perhaps using public transport for your return journey or completing a loop via Lake Rotondo, the Valletta Pass, Malga Vioiana, Baita Pozze, and Malga Campo back to the car park. Route not marked on the map.

Food: Nestip Malga Campo Tel. +39 0463 636099

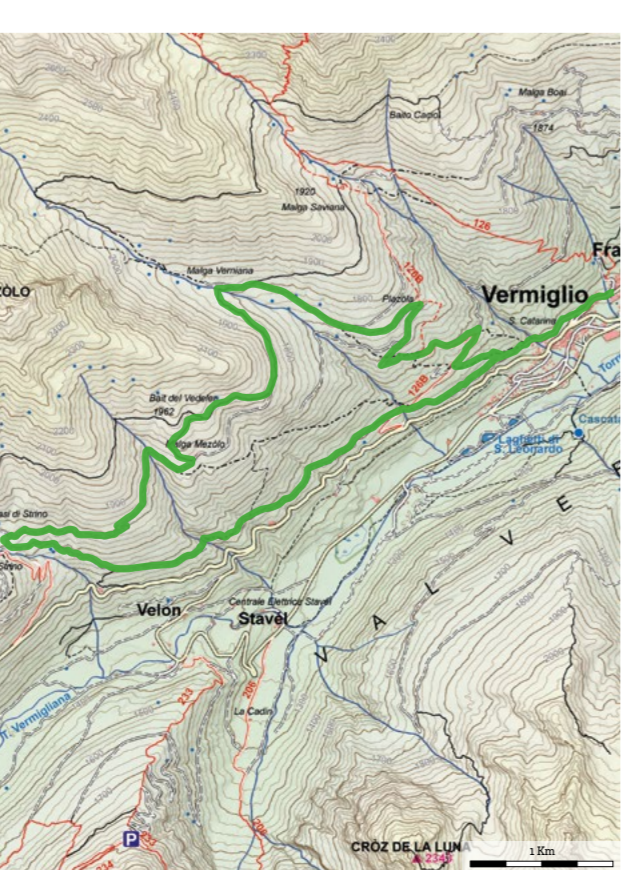


22 MASI VERNIANA BAIT DEL MEZOL



- 1** 5h round trip
MEDIUM-DIFFICULT
↑ 740 M

1 Park your car near the parish church of Santo Stefano, walk down Via Sen. Bruno Kessler and take the little road on the right that leads first to the little church of Santa Caterina and then to Lac. Dozi. where you follow the road for about 50 m until you get to the steep trail on the right leading to Masi di Verniana. Hidden in the wood, this steep trail brings you to the forest vehicle road that goes to the Masi di Verniana at 1716 m asl, which enjoys a breath-taking view of the Presanella peak opposite. Leaving the *masi* (farmhouses) behind you, continue along the rough track through the green pastures that will bring you to Malga Verniana (1838 m asl). Just before the *malga*, you go over Rio San Leonardo on a little bridge and skirt Val Verniana, entering into the thick wood and walking through it until you come to the forest road. Here you pick up the trail on the right that leads to Bait de Mezol or Bait del Vedeler at 2000 m asl, a typical Alpine hut used as a shelter by shepherds or hunters. From here you walk down about 200 m and rejoin rough track 704 (MTB trail number) which continues gently down to the Masi di Strino (1758 m asl). Just beyond these buildings, continue to the junction with the vehicle road, which in the past was the main link with nearby Tonale Pass. Following this route towards the valley, in the direction of Vermiglio, skirting Alpine pastures through groundhog burrows, scented flowers and fir woods, you will come back to the car park near the church, walking down the rough track parallel to the state road.



INSIDE A TREASURE TROVE OF BIODIVERSITY
What to know and do to protect this magnificent environment



	DIFFICULTY OF UPHILL	DIFFERENCE IN ALTITUDE
Food	EASY	<100 m
Accommodation	MEDIUM-EASY	100-300 m
Drinking fountain	MEDIUM	300-600 m
Shuttle bus	MEDIUM-DIFFICULT	600-1100 m
Trail can be reached using lifts (free of charge with Val di Sole Guest Card)	DIFFICULT	>1100 m

1 Km
1 cm = 250 m

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