1 5h 40' round trip **1.050 M 1.050 M** 

Drive through and past the village of Bolentina along the winding road, following signs for Plaza Marendaia (1350 m asl). The road becomes a rough track and after about 300 metres there is a large grassy widening called Plaza Longa where you can park. Continue along the rough track through the pastures of Plaza Marendaia and Malga de la Cros (1601 m asl). Leaving the *malga* on your right. come off the road onto the SAT 119 trail, which climbs the ridge to the Malga di Bolentina Alta. As the road turns left, continue to follow the SAT 119 trail through the grassy meadows to Bivacco Dino Marinelli at 2075 m asl. From here, the trail goes up through the grassy meadow and then turns right, taking you along the ridge to Cimon de Bolentina (2287 m asl) and then all the way to Piz de Montes (2399 m asl). From here, you can retrace your steps back



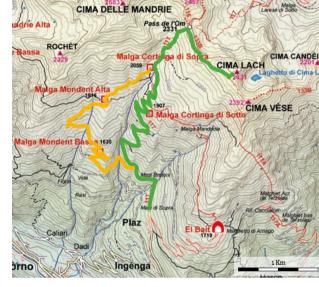


MEDIUM-DIFFICULT MEDIUM 1.030 м 🚹 520 м

From Pracorno take the tarmacked road to Ingenga and follow it until you reach the Masi de Zora (1404 m asl), where you can park your car. Continue along the rough track after the two small waterfalls on the right to Malga Cortinga Bassa and then the Malga Cortinga Alta (2057 m asl). Take the SAT 117 trail to Pass de l'Om (2331 m asl) and from here the 133B trail to Cima Lac (2431 m asl). Retrace your steps for the return journey.

From Pracorno take the tarmacked road to Ingenga and follow it until you reach Malga Mondent Alta (1913 m asl - only with suitable cars), continue on foot following signs for Malga Cortinga Alta and from here proceed as above

Food: Malga Mondent Alta



LOCATION RABBI | MOUNTAIN RANGE ORTLES-CEVEDALE



1 5h 30' round trip 2 6h round trip 1 1.088 м

From the car park in Cavallar, above the village of Piazzola, first walk along the forest road, then follow the SAT 108 trail signs leading to Malga Paludé Caldesa Bassa (1835 m asl). From the malga, continue along an easy mule track and, after crossing a small bridge, turn sharply to the right to climb the steep meadows above Malga Paludé Caldesa Alta. Follow the SAT 108 trail and you will come to the renovated Stella Alpina "Al Lago Corvo" Mountain Refuge (2426 From this mountain refuge, you can then take an easy to spot trail to

the first of the Corvo Lakes and then more steeply up to the second one. Above this, a short detour to the left leads to the last of the Corvo Lakes (2544 m asl). Go back down the same way you came up. In the summer, Malga Caldesa Bassa can also be reached using the Stelviobus, booking is required.

**Food:** Rif. Stella Alpina "Al Lago Corvo" Tel. +39 0463 985175 - +39 393 6436629

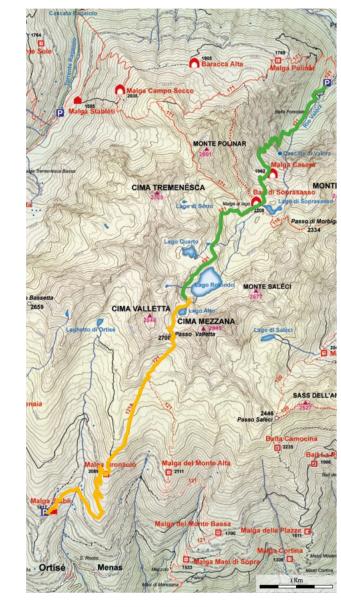


LOCATION **RABBI-ORTISÉ** | MOUNTAIN RANGE **ORTLES-CEVEDALE** AGO DI SOPRASASSO **LAGO ROTONDO E ALTO** 2.575 M

1 8h 30' round trip 2 6h round trip **1.449 M 1.449 M** 1 № 850 м

The route starts in San Bernardo di Rabbi and, after passing the village, take the road from Pralongo to the waterfall at Valorz. After a little bridge over the River Rabbies, park your car in the car park This is the start of the SAT 121 trail that leads to the ruins of Malga Casera (1961 m asl) and then continues first through the clearing in the larch copse and then over rocky outcrops to beautiful Lake Soprasasso (2179 m asl). Walk around the north-west side of the lake along the path following the cairns to bring you to the magnificent amphitheatre 'Lake Rotondo' (2424 m asl). You can get round it to the right, coming close to Lake Quarto (2496 m asl). Come down from the lake through a grassy pass and you will come to the highest of the lakes in Valle di Valorz, Lake Alto. Walk around the orographic left of the lake and after a few minutes you will come to the Valletta mountain pass (2694 m asl), which offers breathtaking views. Retrace your steps for the return journey.

Once past Ortisé, take the tarmacked road that climbs narrowly up to the car park just a short distance from Malga Stabli (1814 m asl). From here, take the rough track, which, passing through wide, green pastures, climbs gently to Malga Bronzolo (2083 m asl). Leaving the malga behind you, continue on the SAT 121A trail in the direction of Passo Valletta, joining the SAT 121 trail. When you reach Passo Valletta (2694 m asl) you will already catch a glimpse of the beautiful lakes on the Val di Rabbi side. From here the route goes steadily downhill until you come first to Lake Alto and then Lake Rotondo (2424 m asl). Retrace your steps for the return journey.



LOCATION RABBI | MOUNTAIN RANGE ORTLES-CEVEDALE



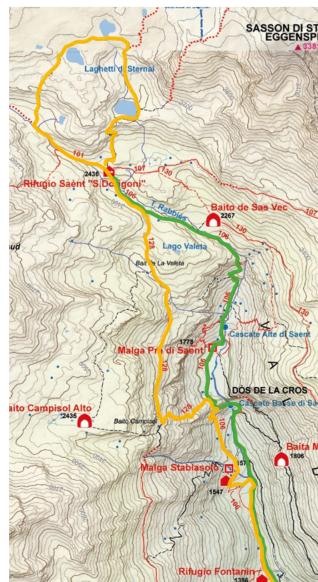
5h 30' round trip 7h 30' round trip **DIFFICULT** 1.050 м **1.325 M 1.325 M** 

From the car park in Còler, walk up to Malga Stablasolo (1543 m asl). From the *malga*, take the SAT 106 trail and, leaving the first spectacular Cascate Basse di Saént waterfall on your left, you will come to Dosso della Croce (1799 m asl). After going through Prà di Saént with the malga of the same name (1784 m asl), continue along the SAT 106 trail to the Saént "S Dorigoni Mountain Refuge" (2436 m asl). Just below the refuge, the tiny lake at 2410 m is a

From the refuge, follow the easy to spot signs along the sharply winding trail to Lake Sternai Inferiore (2595 m asl). Then go back up northwards until you come to little Lake Sternai Terzo (2862 m isl). The return journey follows the outward route to Lake Sternai Superiore (2777 m asl) and follows the path to Lake Sternai Medio (2742 m asl). From here, continue and follow the path downhill until it joins the SAT 101 trail and returns to the refuge. Return to the car park in Còler and, just below the refuge, take the SAT trail to Baito Campisòl Basso, then follow signs for the Cascate di Saént waterfalls and just before you reach them, take the SAT 106 trail to Malga Stablasolo and back to the car park.

In the summer, after 9:45, leave your car at "Plazze dei Forni" and ontinue to Còler with Stelviobus

Tel. +39 388 8639582 **Food:** Malga Stablasolo Rifugio Saént "S. Dorigoni" Tel. +39 0463 985107 - +39 335 5924166



LOCATION RABBI | MOUNTAIN RANGE ORTLES-CEVEDALE **BAIT FORBORIDA** 2.131 N

1 4h 30' round trip 2 5h round trip MEDIUM-DIFFICULT 🚹 788 м

Park your car in Còler car park (1388 m asl) and follow the road for a few metres until you reach the start of the trail (on the left) with signs for Val Maleda. This trail will bring you to Malga Stablaz Maleda Bassa (1726 m asl), where you will find the waterfall of the same name. From there you have two alternatives: the first is to follow the 'Via delle Malghe' trail which joins up with the trail leading to Bait Forborida; the second is to go up the forest road to Malga Stablaz

Maleda Alta (2060 m asl). For the first alternative, the trail to Bait Forborida is just a few metres below the malga. Once you reach Bait Forborida (2131 m asl), continue along the trail to Malga Stablasolo and return to the In the summer, after 9:45, leave your car at "Plazze dei Forni" and continue to the Coler car park or to Malga Maleda Bassa with

Food: Malga Stablaz Maleda Alta Tel. +39 346 6810762 Tel. +39 388 8639582

Stelviobus (till the malga booking is required)

Tel. +39 0463 984017



LOCATION MADONNA DI CAMPIGLIO | MOUNTAIN RANGE ADAMELLO-PRESANELLA GIRO DEI 5 LAGHI 1 6h round trip 2 4h round trip 1 360 м 1 661 м

Park in the car park at Patascoss and follow signs for Malga Ritorto near to which you will find the SAT trail 277 that goes up to the come to, in order, the Lambin, Serodoli and Gelato lakes, on an uphill and down trail featuring a variety of terrain (beaten earth, stones). To go back down into the valley, take the SAT trail 217 from Lake Serodoli towards Lake Nambino and then from here down towards Patascoss, following SAT B06 signs.

Take the 5 Laghi cable car back up and then the SAT trail 232 to Lake Ritorto. The route continues as described above. Once you reach Lake Nambino you can return to Madonna di Campiglio along the

**Food:** Rifugio Patascoss Tel. +39 0465 440122 Tel. +39 0465 442008 Rifugio Pancugolo 5 Laghi Tel. +39 0465 443270 Rifugio Lago Nambino Tel. +39 0465 441621



LOCATION COMMEZZADURA-MEZZANA | MOUNTAIN RANGE ORTLES-CEVEDALE



1 4h 40' round trip **1** 440 M

1 Drive to Menas (hamlet of Mezzana), go through the village and after passing a large barn continue with your car till the ban sign. Park here on the right and continue on foot (1575 m asl). After about 2 km, after two small valleys, the road starts to climb to a crossroad. Keep to the left, following signs for Malga Monte Alta. After 3 hairpin bends uphill and about 1.5 km, you will come to Malga del Monte Bassa (1699 m asl). After passing it on your right, you will find directions for the 'Laresi de La Tegia' trail. This bumpy path leads uphill for 1 km to a helicopter pad. This is where the 'Laresi de La Tegia' trail really begins, first with a flight of steps and then with a beautiful, scenic level path where you will encounter more than 25 centuries-old larch trees with bizarre and fascinating shapes. Continue until you reach a clearing (about 1800 m) where you can enjoy splendid views of the Brenta Dolomites and Adamello. For those wanting to continue, from the clearing a sign leads you on a short but steep stretch to "Bait del Germano" or "Bait La Plantola" bivouac, which is always open and available to hikers. Retrace your steps for the return journey.



LOCATION COMMEZZADURA | MOUNTAIN RANGE ADAMELLO-PRESANELLA



The trail starts from Alpe di Daolasa (2045 m asl). From the top station of the Daolasa cable car (open from the beginning of June until around mid-September) you walk up towards the Orso Bruno Mountain Refuge (2178 m asl), following the ski slope. From here, you come down off the road along the slope to the west until you pick up the SAT 267 trail for Lake Alto. The trail climbs steeply to the edge of the wood, arriving at Lake Alto (2166 m asl). From here, walk up to the first of the Three Lakes, the Upper Lake (2285 m asl) and shortly afterwards you will come to the other two, the Middle and Lower. A very steep path around the latter will bring you first to Lake Scuro and then a small mountain cabin. Continuing down you will come to the larch and Swiss stone pine woods and an extensive marshy meadow that stretches all the way to Lake Malghette (1880 m asl) and the

mountain refuge of the same name. From here, to the left of the

refuge, a small flight of steps goes up and, turning immediately right,

you will find signs for the "Sentiero dei Pastori" (Shepherds' Path),

1 4h 30' round trip 2 5h 30' round trip

**1** 700 M

1 600 м

which leads slightly uphill back to the starting point. From the car park at the Campo Carlo Magno cross-country ski centre (1702 m asl), take the rough track in the direction of Lake Malghette to Baita Ciocomiti - Malga Vigo. From here, take the SAT 201 trail to the lake (1880 m). Walk along the south bank of the lake, then follow an easy path uphill through old moorland, larch and stone pine woods. After a rocky patch you will soon come to a small wooden mountain cabin and, just a short distance above that, wonderful Lake Scuro. Once past the lake on your right follow the steep path down to the first of the Three Lakes, the lower one. Having walked around this first lake, you will then come to the other two, the middle and upper ones (2285 m). After following the SAT 267 trail up a ridge, you will come to Lake Alto. From here you go down a steep trail until you reach Lake Malghette again. To the left of the mountain refuge, follow signs for Malga Vigo, taking the SAT 201 trail. This will bring you back to your starting point, retracing vour steps.

Tel. +39 339 7937529

**Food:** Rifugio Solander Ristorante Alpe Daolasa Tel. +39 0463 401020 Tel. +39 0463 796160 Rifugio Orso Bruno Malga Vigo (Baita Cioccomiti) Tel. +39 320 2169737 Rifugio Lago delle Malghette Tel. +39 393 8822695



LOCATION MEZZANA-MARILLEVA 1400 | MOUNTAIN RANGE ADAMELLO-PRESANELLA

AND CROCE DELLA PACE 2.520 M

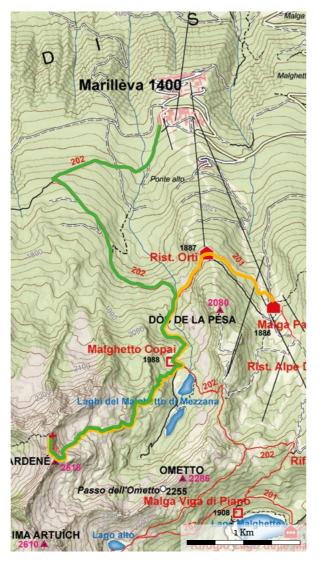
AGHI DEL MALGHET

1 6h 30' round trip 2 5h round trip 1.100 м 1 830 м

1 Park at Marilleva 1400: the route starts at Residence Artuik. Once you reach the residence, take the SAT 202 trail on the left. The trail begins as a forest road and then becomes a mule track and goes past Malghetto Copai (1986 m asl). Just a little further up you will come to the first of the two little lakes and then the upper lake after a slight uphill stretch along the trail. To reach the Croce della Pace (2520 m asl) you need to take the trail above the first lake. From here, go through the wood of stone pine and larch trees until you come to a steep slope, first grassy and then rocky, followed by rocky ridge, part of which has handrails, that leads to the summit of Monte Gardene (2520 m asl) and then to the Croce della Pace.

Start in Marilleva 1400 and reach Malga Panciana (1886 m asl) with the cable car, which it is opened during summer months, and from here the SAT 201 trail on the right that leads to the Orti mountain refuge (1900 m asl) from where you continue into Val Lores until you reach the SAT 202 trail leading to the small lakes. From here, continue along the route above to the Croce della Pace. The last part of this trail is challenging, and the final exposed

stretch has handrails. Food: Ristorante Orti 1900 Tel. +39 347 8994947



LOCATION ORTISÉ-MENAS-PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



1 5h 30' round trip 7 7h round trip 1 600 м 1 400 м

1 Leave your car in the car park at the junction between the road to Malga Pozze and the road to Malga Stabli (1814 m asl) and head in the direction of the latter one. Once past it, continue along the easy rough track to Malga Bronzolo (2085 m asl). At the last hairpin bend before the *malga*, take the rough track to the left until you reach Baito Laghetti, also known as the "Baito degli alpini". After passing it, continue along an easy trail towards Malga Valenaia (2112 m asl) from where you continue along the rough track until you cross the road for Malga Pozze, and from here to the baito (wooden shelter) of the same name, and then walk down the rough track towards Ortisé till the car park From Baito Pozze, continue along the SAT 152 trail past Malga

Monte (2160 m asl), now the Museum of Alpine Folk Epigraphy, and on to Lake Celentino (2068 m asl). Retrace your steps to Baito Pozze and then down along the rough track towards Ortisé to the car park. Tel. +39 346 6933370

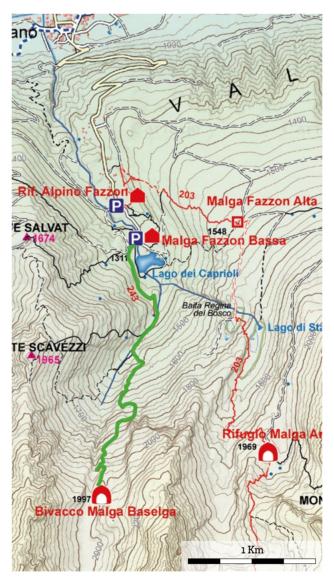


LOCATION PELLIZZANO | MOUNTAIN RANGE ADAMELLO-PRESANELLA



**↑** 775 M

Leave your car at the car park near the Malga Bassa di Fazzon (1251 m asl) and follow the tarmacked road in the direction of Lake Caprioli. Just before you reach the lake, on the right you will find a small bridge. Cross it and continue initially on an easy dirt road and then on the SAT 243 trail, which is demanding in places, for about 2 hours until you reach Val Baselga and its bivouac (2006 m asl), sorrounded by an untamed primitive nature. Retrace your steps back to the start.



MuoverSí

Walks, Nature

and Freedom

The best itineraries to discover the most picturesque places in the valley with our

Alpine or Mid-Mountain Guides looking for the beauties of Val di Sole. From the village of Ossana drive 2 Km to Valpiana and park your car. Follow for a few minutes the forest road to Malga Valpiana (mountain dairy) until you reach the SAT 216 trail. The first part of the trail winds through the thick vegetation, until a plain where you find the signs for Bon – Lago Venezia. Continue on the SAT 246 trail along Val di Bon

1 4h 30' round trip

1 824 м

the left, continue for about 1 hour until you reach the wild area called Lago Venezia. On the left you can admire the mountain peaks Corno di Valpiana, in the center Cima di Bon and on the right Cima Predazzo. Retrace your steps for the return journey.

until you reach the biyouac of the same name. Leaving the biyouac on

LOCATION OSSANA | MOUNTAIN RANGE ADAMELLO-PRESANELLA

2.045 M

LOC. LAGO VENEZIA

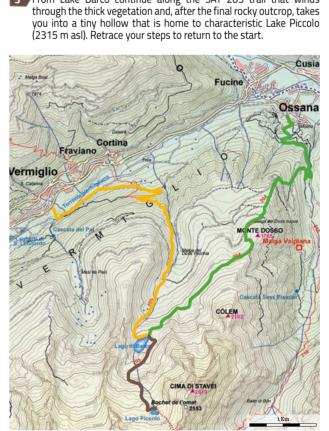




1 A 2 km drive from Ossana will bring you to the paid car park in Valpiana. Walking back along the road towards the village for about 300 m, close to the shrine to Saint Anthony you will see signs for Malga del Dosso on the right. After a very short stretch on a forest road, take the SAT 204 trail to the Malga del Dosso pastures (1682 m asl). Continue to the left to the turn off with signs for Lake Barco. Now the route winds along the crest of the mountain, initially on the flat and then slightly downhill to a marshy hollow. Cross this and follow signs back into the wood of larch and alder trees where the uphill trail will take you to the small *baito* or wooden shelter on the banks of picturesque Lake Barco (1907 m asl). Retrace your steps for the return journey.

From San Leonardo Lakes /Bar Centro Fondo di Vermiglio cross the river and walk along the forest road to Ossana until you come to the SAT 205 trail that leads steeply up to Lake Barco (1903 m asl). Retrace your steps for the return journey.

From Lake Barco continue along the SAT 205 trail that winds hrough the thick vegetation and, after the final rocky outcrop, takes you into a tiny hollow that is home to characteristic Lake Piccolo (2315 m asl). Retrace your steps to return to the start.



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE

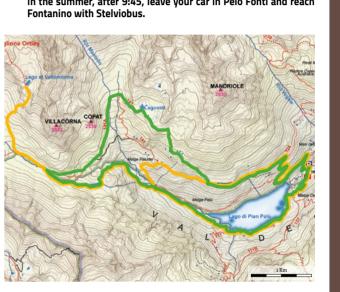


1 6h round trip 2 9h round trip 1 567 м **↑** 775 M

From Peio Fonti drive to Loc. Fontanino (1670 m asl) where you can park your car. (Note: during the summer you can use the Stelvio Bus service from Peio Fonti). Walk up the SAT 110 trail to the edge of Lake Pian Palù and then follow its entire length. When you reach Malga Palù (1800 m asl), keep to the right bank to avoid the small wooden bridge over the River Noce. From here on in, the trail becomes more winding and in an hour or so will bring you to a small lake at 2237 m asl, known as 'Laghetti'. You can complete a loop for the return journey by continuing along the path to the footbridge over the River Noce (\*from here you have the option of walking up to the small Vallumbrina lakes, see alternative route) then, following the SAT 141A trail, you will come out near the ruins of the Baiti di Villacorna, at the footbridge over River Valpiana. After a short stretch, you will come across signs either to continue towards Lagostièl (2455 m asl) and the "Sentiero della Fauna" (the SAT 141 trail), or downhill towards Malga Paludei at 2107 m asl (a detour recommended suggested if you feel tired). Both itineraries go as far as Malga Giumella from where you return to the Fontanino via a rough track.

For more experienced hikers, once you reach the footbridge over the River Noce, continue on the left bank into Vallumbrina. At the end of the plain, the right-hand path leads to the Vallumbrina glacial lake. Retrace your steps as far as the footbridge, then continue following signs for Malga Paludei, followed by Malga Giumela and finally

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



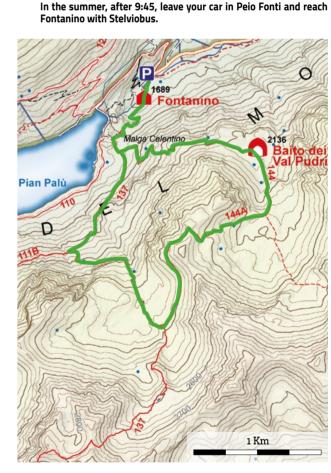
LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



1 The trail from Fontanino will bring you to Lake Pian Palù in less than half an hour. From Malga Celentino, take the narrow SAT 144 trail, which winds its way uphill. It widens in the final stretch and becomes easier before opening out into beautiful untamed Val Pudria. This is an alpine pasture area, so you might even meet the grazing cows. From Baito Val Pudria (2147 m asl) continue in the direction of Valle Alta (2278 m asl) along the short but rather steep trail that takes about 30 to 40 minutes. Once in Valle Alta, follow the trail marked with wooden stakes on the right towards Val Comiciolo and you will come to a splendid panoramic terrace overlooking Val del Monte and Lake Pian Palù. At this point, from the ridge, cut through the boulders and across the steep challenging grassy slope of Val Comiciolo and you will soon come to Baito Val Comiciolo. The route snakes it way down until it meets the SAT 137 trail, which you follow downhill back to Malga di Celentino.













Before you set out on an excursion in the mountains, get ready for your trip by checking the weather forecast,

the route you will follow and the times for cable cars and ski or chairlifts, if you will be using them. If you have any doubts, contact our information offices; follow the directions you will find along the route, do not leave the path, which is usually marked with Stelvio

Backpack on and off we go!

wear suitable clothing and footwear;

always put the following into your backpack: waterproof jacket, cap or hat and gloves for high-altitude excursions, sun cream, sunglasses; water and dried fruit or chocolate to munch on when you need to;

Park or Adamello Brenta signs, red and white SAT signs and brushstrokes of red and white paint on stones or

the times given are indicative and may vary from person to person. They all however refer to the round trip, out

don't hurry, look around you to absorb all the wellbeing that nature has to give.

• •



that make the difference!

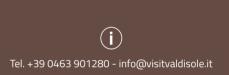
It is possible to enjoy the mountains in a sustainable way, preserving the fragile equilibrium of their ecosystems and interacting in a positive way to safeguard the landscape and beautiful natural sights. How? AVOID PLASTIC: Where possible, avoid using plastic bottles and take a water bottle with you to fill at the

many drinking fountains on the way; make food to take with you in recyclable containers and/or paper bags; PREFER ALTERNATIVE MEANS OF TRANSPORT: If possible, reach your excursion starting point using public transport. If you have a Guest Card, you can use Trentino Trasporti free of charge. Check times in the "Find your Way" brochure or at www.trentinotrasporti.it/en/:

BUY LOCAL PRODUCTS: For your picnics, buy local products: healthy, tasty and as genuine as mountain RESPECT THE ENVIRONMENT AROUND YOU: Respect

the woods and their inhabitants; flowers and plants are often protected species, do not pick them; take your rubbish home with you and throw it in the right bin; shouting and noise disturbs the environment and annoys those nearby. Do you smoke? Take your cigarette ends and throw them into the residual waste bin (under normal conditions, a cigarette filter takes from 5 to 12 years to break down); TRUST THE EXPERTS: If you want to know more about

the area you have decided to visit, ask our expert guides. They can give you that "extra something" that will make your holiday unique. Please contact local information offices for the programme.







summer 🔘 2023

Val di **S**ile







www.visitvaldisole.it/en/muoversi

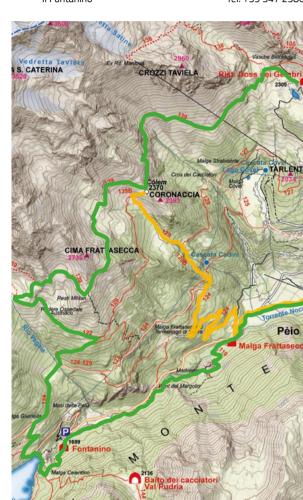
6h round trip

2 4h round trip **1** 250 M

1 From Peio Fonti you take first the cable car and then the chairlift to the Doss dei Cembri 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 Todeschi" (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 Colem and finally come to Colle Cadini. Then continue slightly uphill to go round Cima Frattasecca, still on the SAT 139 trail, which continues at high altitude to Valle degli Orsi, where it joins trail no. 122, which you follow downhill until it crosses the military road (SAT 124). Finally reach Malga Giumela and Lake Pian Palù. Once you arrive at Fontanino, in the summer you can take the Stelviobus 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 Frattasecca. Continue along the road and after just over a kilometre you will come to Peio Fonti.

From Colem (2369 m asl), you leave the Sentiero dei Tedeschi and go down into Val Cadini 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 Frattasecca - Cascata Cadini, 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 Cadini Waterfall. Having admired the waterfall, now turn back keeping to the left and head towards Malga Frattasecca 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 Frattasecca Tel. +39 320 1578322 Tel. +39 347 2386546



LOCATION **CELENTINO** | MOUNTAIN RANGE **ORTLES-CEVEDALE** 

PASSO CADINEL

1 4h 30' round trip 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.

Start in the car park near the capital dedicated to St. Anthony (1810 m asl) in Celentino and follow either the rough track or the SAT 132 trail that cuts out the hairpin bends to Nestalp 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.

From here you can return down towards Val di Rabbi\*, continuing along the SAT 132 trail through Val Cercena and picking up the SAT 109 trail just before Malga Cercen Alta, which goes first up towards the Cercen 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 Rabbi. 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,



LOCATION COGOLO | MOUNTAIN RANGE ORTLES-CEVEDALE

RIF. "G. LARCHER" 2.607 N AND LAGHI DEL CEVEDALE

1 5h 30' round trip 2 7h round trip DIFFICULT **1** 733 м 1.064 M

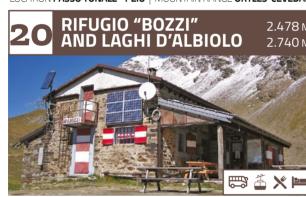
From Cogolo drive to Loc. Prabon (during summer paid car park) and from here walk at least 30/40 minutes to Malga Mare. Then take the SAT 102 trail to Pian Venezia and continue on the left bank to the refuge at 2607 m asl, in sight of the Vedretta de la Mare, the Cevedale Peaks, Zufall, Palon de la Mare and Viòz. To complete the loop back to the start, from the refuge follow the SAT 104 trail that climbs in an easterly direction and a 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 Careser 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-

From the hut, you can reach the Forcola (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 Val Martello 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



LOCATION PASSO TONALE - PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



1 7h round trip 2 6h round trip **DIFFICULT** 1.435 M 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).

During the summer you can use the chairlifts: the Valbiolo chairlift, which takes you to 2250 m asl and the Contrabbandieri chairlift up to 2577 m asl and from here the Contrabbandieri Pass is 30

From the car park in Fontanino (1676 m asl), take the SAT 110 trail to Malga di Celentino, where you pick up the SAT 137 trail, which climbs pleasantly along the ridge to intersect with the SAT 111B 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 Stelviobus. Tel. +39 0364 900152 Food: Rifugio Bozzi



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



7h round trip 2 5h round trip ↑ 1.217 M 1 750 м

From Peio Fonti take the Peio Fonti-Tarlenta cable car to the Scoiattolo Mountain Refuge and then chairlift Doss dei Cembri 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). From Peio Fonti, take the Peio Fonti-Tarlenta cable car to the

Scoiattolo Mountain Refuge and then the modern Pejo3000 cable car up to 3,000 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 "Brick" (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. Tel. +39 0463 753220 Ristorante Scoiattolo

Ristorante Doss dei Cembri Tel. +39 0463 753227 Rifugio Vioz "Mantova" Tel. +39 0463 751386 - +39 339 2798826

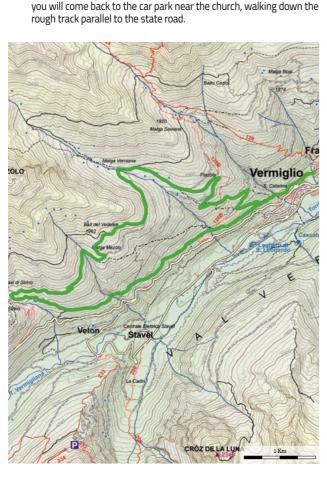


LOCATION VERMIGLIO | MOUNTAIN RANGE ORTLES-CEVEDALE



1 5h round trip **1** 740 м

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 Loc. Dazi 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 Mezòl 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,



LOCATION PASSO TONALE | MOUNTAIN RANGE ORTLES-CEVEDALE

LOCATION **VERMIGLIO-COMASINE** | MOUNTAIN RANGE **ORTLES-CEVEDALE** 

From Vermiglio, take the SAT 126 trail near the town hall, which

climbs steeply to the Saviana masi 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

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 Colem, 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 Dasarè.

di Sole, Tonale, Brenta and the chain from San Matteo to Cevedale.

AND VAL COMASINE

1 9h round trip

1.488 м

DIFFICULT



6h round trip 1 990 м

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. (50 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 Bozerlait 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



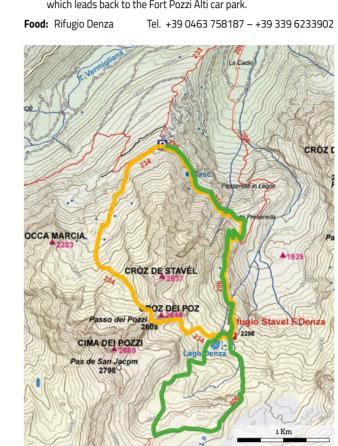
RIF. "F. DENZA" VEDRETTA PRESANELLA

LOCATION PASSO TONALE | MOUNTAIN RANGE ADAMELLO-PRESANELLA

1 6h round trip 2 5h round trip **↑** 720 M ₹ 790 м

From the Velon-Stavel SP94 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 Todeschi' by returning to the refuge along a trail that will take you through a fairy-tale valley. Retrace your steps back to the start.

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.



LOCATION PASSO TONALE - CARISOLO | MOUNTAIN RANGE ADAMELLO-PRESANELLA "CITTÀ DI TRENTO"

1 3h 30' round trip 2 5h round trip 541 м 1 868 м

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 Lobbie glacier nearby. Retrace your steps along the trail back to the start. From Carisolo, Val Rendena, to the car park at Malga Bedole (1581

m asl) by car or Val di Genova Express bus (Info: www.pnab.it/en/).

From here take the SAT 212 trail to the refuge. Food: Rifugio Mandrone Tel. +39 0461 493724 Presena Glacier 3000 - Rif. Capanna Presena Tel. +39 0463 908001



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