

RABBI'S ALPINE DAIRIES



| | |
|------------------------------------|---------------------------------|
| starting point | Piazzola - loc. Cavallar |
| start/finish height | 1.480 m |
| max height | 2.054 m |
| length | 9 km |
| difficulty level | moderate |
| • sunny and panoramic | |
| • within the Stelvio National Park | |
| • wildlife sightings are common | |

**6 hours**

Loc. Cavallar (1.480 m) - Malga Artise (Torolaccia 1.890 m) - Malga Cespede (Samoceteva 1.892 m) - Malga Paludè Alta (Caldesa Alta 2.054 m) - Malga Paludè Bassa (Caldesa Bassa 1.835 m) - loc. Cavallar (1.480 m)



From the Cavallar parking area, which is located just above the hamlet called Cavallar in the town of Piazzola, the itinerary goes up along several bends with a moderate slope on the road used in the summer, taking you through a lovely larch forest until you reach the wide open meadows of the alpine dairies. Near the Malga Artise alpine dairy, the route starts to go up along the pastures just below this alpine dairy until you reach it at a height of 1.890 m - 2h 30min. From here you can enjoy a panoramic view of Val di Rabbi and the surrounding mountains. Then from here, follow the trail to Malga Cespede (1.892 m) (3h) and descend along the mountain ridges coming down from the Cima del Sas Forà peak, after the wide valley of the Lago Corvo (lake) until you reach Malga Paludè Alta (2.054 m) (4h). Here you can enjoy another panoramic view of Val di Rabbi and of the Dolomites in the distance. Then go downhill along an old mule track until you reach Malga Paludè Bassa (1.835m - 5h), from here continue downwards through the woods and wide open spaces until you reach the Cavallar parking area (6h). It is also possible to shorten the itinerary by following the trail that from the Malga Cespede alpine dairy quickly takes you to Malga Paludè bassa.

MASI DI VALORZ TRAIL



| | |
|---------------------------------------|---------------------------------|
| starting point | San Bernardo Info Office |
| start/finish height | 1.093 m |
| max height | 1.364 m |
| length | 4 km |
| difficulty level | easy |
| • nature itinerary | |
| • characteristic rural mountain homes | |
| • guaranteed snow | |


**3 hours**
50 min

San Bernardo (1.093 m) - through the Masi di Valorz rural homes - Baifo Forestale (1.364 m) - return route along the right side of the Valorz stream




From the parking area close to the San Bernardo Information Office, without your snowshoes on, follow the road that takes you down to the opposite side of the Rabbits stream. After passing two barns and an old mountain shelter, you'll reach a small bridge over the Valorz stream, near which you can finally put your snowshoes on. Follow the route up through the characteristic rural mountain homes and after passing over a small wooden bridge, continue onwards through the overwhelmingly tall facades of the Valorz valley until you reach the Baifo Forestale mountain shelter (1.364 m) located underneath the spectacular frozen waterfalls (2h). To return to the starting point, go back a short distance along the same route and near a charming mountain shelter, go over to the opposite side and go downwards through the sparse larch forest until you reach the Valorz valley (3h 30min).

SUSPENSION BRIDGE - MALGA FRATTE



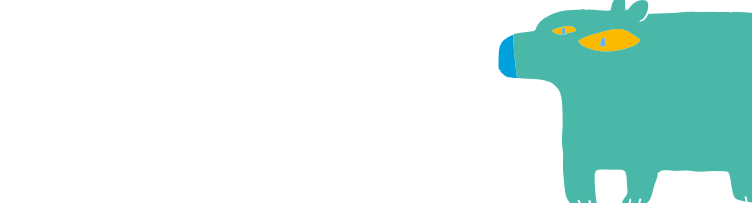
| | |
|------------------------------------|--------------------|
| starting point | Rabbi Fonti |
| start/finish height | 1.260 m |
| max height | 1.482 m |
| length | 3 km |
| difficulty level | easy |
| • striking nature surroundings | |
| • within the Stelvio National Park | |
| • thrilling suspension bridge | |

**3 hours**

Rabbi Fonti (1.260 m) - Suspension Bridge (1.366 m) - Malga Fratte Bassa (1.482 m)



From the parking area, located near the Rabbi Thermal Spa Centre, in the hamlet of Rabbi Fonti, follow the dirt road on the left side of the main road with the directions "Ponte Sospeso/Malga Fratte". Follow this road uphill for about 1 km, until you once again see the directions on the right for "Ponte Sospeso/Malga Fratte Bassa". Follow the trail through the lovely larch wood until you are near the deep gorge of the Rapido stream. The new suspension bridge crosses over the gorge with a length of 100 m at a height of 57 meters. The Ragaiolo waterfall beneath the bridge is quite striking. On the other side of the valley, you'll clearly see the trail that reaches an old mule track, along a slight downhill slope, that rises upwards from the area below (be careful as there may be ice along the trail). Then follow this track upwards until you reach an unpaved road that quickly takes you to Malga Fratte Bassa (alpine dairy). A panoramic area within the Stelvio National Park. In order to return to the starting point, go back along the first section of the same road that continues down below, crossing over the Ragaiolo bridge, from where you can see the Suspension Bridge above you. From here, you'll quickly return to the starting point, as you walk alongside the cross-country skiing track and the Rabbits stream. The Malga Fratte Bassa alpine dairy is also a restaurant that is open every day during the Christmas holidays and on weekends throughout the winter season (reservations are recommended). You can also return down by renting a sled at the alpine dairy. Call to book for snowmobile transportation mob. 339.2868811. Part of the itinerary leading to the suspension bridge may be closed due to ice. In that case, follow the return itinerary from Malga Fratte both ways.



MALGA MONTE SOLE



| | |
|------------------------------------|--------------------|
| starting point | Rabbi Fonti |
| start/finish height | 1.260 m |
| max height | 2.053 m |
| length | 7 km |
| difficulty level | moderate |
| • sunny and panoramic | |
| • within the Stelvio National Park | |
| • horse track with viewpoint | |

**3 hours**

Rabbi Fonti (1.260 m) - Malga Monte Sole Bassa (1.799 m) - Malga Monte Sole Alta (2.053 m)



Go to the hamlet called Rabbi Fonti, at the end of Val di Rabbi and park near the Rabbi Thermal Spa Centre. The route goes upwards, along a clearly groomed road, until you reach an area called Fontanon near the Malga Stabietei alpine dairy. Continue onward to the right, leaving the alpine dairy behind you on the left, and follow the bend in the road that after a second bend takes you to the Malga Monte Sole Bassa alpine dairy. From here, continue along the groomed road until you reach Malga Monte Sole Alta. This itinerary is regularly groomed; therefore it is also perfect for a walk or for sledding. Return back along the same itinerary.

The Malga Monte Sole, which is also a restaurant and where you can book an overnight stay, is open all winter. To make a reservation or to book call tel. 0463.636095, mob. 339.1310314.

MALGA STABLASOLO



| | |
|------------------------------------|--------------------|
| starting point | Rabbi Fonti |
| start/finish height | 1.260 m |
| max height | 1.539 m |
| length | 3.5 km |
| difficulty level | moderate |
| • nature itinerary | |
| • typical rural houses/shelters | |
| • within the Stelvio National Park | |
| • groomed track with snowcat | |


**1 hour**
30 min

Rabbi Fonti (1.260 m) - Colter (1.386 m) - Malga Stablasolo (1.539 m)




Go to the hamlet called Rabbi Fonti, at the bottom of Val di Rabbi and park in the area called Plan near the cross-country skiing track, about 800 m after the Rabbi Thermal Spa Centre. Then, continue straight through the woods along a groomed track on the left side of the Rabbits stream until you reach the area called Colter. Cross over the bridge on the Rabbits stream and go upwards on the right side of the stream until you reach the Rifugio Al Fontanin alpine hut; be very careful along this stretch due to the risk of avalanches. From here continue along the forest road until you reach the Malga Stablasolo alpine dairy. The alpine dairy is also a restaurant that is open every day during the Christmas holidays and on weekends throughout the winter season. You can also return down by renting a sled at the alpine dairy. Call to book for snowmobile transportation mob. 388.8639582. From here you can also continue to the bridge over the Rabbits stream just below the Saent waterfalls. Return back along the same itinerary.

AMONG THE BOLENTINA ALPINE DAIRIES



| | |
|-------------------------------------------------------------------------------|---------------------------|
| starting point | Loc. Bolentina |
| start/finish height | 1.248 m |
| max height | 1.600 m |
| length | 7.7 km |
| difficulty level | moderate/demanding |
| • sunny and panoramic with a view of Val di Rabbi, Val di Sole and Val di Non | |


**3 hours**

Bolentina (1.161 m) - Mas de Mez (1.317 m) - Piazza Merentia (1.510 m) - Mas de la Cros (1.601 m) - Malga Bolentina Bassa (1.510 m)




From Malé, follow the directions up to the hamlet of Bolentina, pass through the town centre and follow the paved road all the way to the first bend in the road. Park your vehicle here and follow the paved road upwards, after three bends along the road you'll reach the area called Mas de Mez. Continue up to the area called Piazza Merentia (1.510 m) and then onwards as you admire the Cimon de Bolentina (peak), a fantastic backdrop, until you reach Mas de la Cros mountain shelter (1.601 m) also a sunny and panoramic spot surrounded by snow-clad slopes, perfect for climbing. The walk up to Mas de la Cros will take about 1 h and 30 min. From the Malghetto alpine dairy nearby, the trail goes downhill in the wood to reach the Malga di Bolentina Bassa (1.510 m) in about 20 min, from where it is possible to admire Val di Rabbi. Continue south and then south-east and after about 40 min you'll reach an area called "Sege" with a view on the lower part of Val di Sole. Then after about 30 min you'll reach the parking area. We recommend an entire day to enjoy this route.

VAL MELEDRIO, THE ANCIENT EMPEROR'S ROUTE



| | |
|---------------------------------------------------|-----------------|
| starting point | Dimaro |
| start/finish height | 800 m |
| max height | 1.400 m |
| length | 6.4 km |
| difficulty level | moderate |
| • nature itinerary | |
| • historically and environmentally important area | |
| • within the Adamello Brenta Nature Park | |

**3 hours**

Dimaro (800 m) - Doss S. Brigida (1.344 m) - Masi Roncola (1.289 m) - Folgarida/Belvedere (1.400 m)



From the town centre of Dimaro, follow the n. 239 state road in the direction towards Passo Campo Carlo Magno and Madonna di Campiglio until you reach the first bend in the road and the parking area. Here you'll see a narrow road that goes into the Val Meledrio valley. This itinerary takes you through the Val Meledrio Conmuseum (open during the summer). After the old "calcara", a kiln where quick lime was once produced, go upwards through the larch forest that completely covers the hillsides of the Doss di Santa Brigida, where an ancient XIV century lodging for travellers passing through the area was once located. Once you reach the junction that leads to the ancient lodging, now called Malga del Doss, continue onwards by following the narrow road to the right that cuts right through the rocky cliffs where the Meledrio stream emerges from a narrow rocky gorge, forming several lovely waterfalls. This is the most striking point along this route. Then, continue upwards towards the Masi di Roncola (mountain cabins) until you reach the n. 239 state road at an area called Belvedere. Return along the same itinerary.

MALGHET AUT CLIMB




| | |
|-------------------------------------------------------------------------------------------|---------------------------------------------------|
| starting point | Malga Dimaro parking area - state road 239 |
| start/finish height | 1.500 m |
| max height | 1.850 m |
| length | 2.8 km |
| difficulty level | easy |
| • nature itinerary | |
| • ski lifts can also be used for those that start the itinerary from the Malghet Aut area | |

**2 hours**




From Folgarida, continue along the SS 239 state road towards Madonna di Campiglio until you reach the Malga Dimaro (alpine dairy) parking area which is located on your right side if travelling towards Madonna di Campiglio. Leave your vehicle here and follow the forest road upwards, that after several turns will lead you directly to the Malga di Dimaro, a panoramic point from where you can admire the Brenta Dolomites. From here the itinerary takes you into the woods and after several turns in the road you will reach the Malghet Aut area (1.850 m) located on the slopes right at the center of the Folgarida-Marilleva ski area. Be extra careful as there are many skiers at the arrival area of this itinerary.

RIFUGIO SOLANDER



| | |
|----------------------------------------------|--------------------------------------|
| starting point | Folgarida or Belvedere Square |
| start/finish height | 1.850 m |
| max height | 2.045 m |
| length | 2.2 km |
| difficulty level | easy |
| • in the Skiarea Folgarida-Marilleva | |
| • breathtaking views of the Brenta Dolomites | |
| • ski lifts can also be used | |

**1 hour**
15 min



From Folgarida, take the Folgarida or Belvedere lift up to the Malghet Aut area. Then walk along the side of the slope until you reach the top station of the Bambi chairlift, that can also be used by non-skiers both upwards and downwards from where the trail starts. Continue along the side of the slope and you will soon reach the base station of the Brenzi chairlift. After a few meters, always continuing along the side of the slope, you will then enter into a larch and fir forest. Follow this route for about 15 mins until you reach the trail in a wooded area under the "Skigweg Malghet Aut" in order to then reach the Rifugio Solander mountain hut. Return along the same route.

TO THE MALGHETTO DI ALMAZZAGO



| | |
|---------------------------------|------------------------------------|
| starting point | Piazzale Folgarida (square) |
| start/finish height | 1.300 m |
| max height | 1.400 m |
| length | 5.2 km |
| difficulty level | moderate |
| • nature itinerary | |
| • itinerary through the wood | |
| • panoramic view of Val di Sole | |
| • ski lifts can also be used | |

**2 hours**

Folgarida (1.300 m) - Malghetto di Almazago (1.389 m) - Marilleva 1400



Starting from the upper part of the Folgarida Square, continue along the forest road for a short section until you reach the first bend in the road. Here, to the right of the road, take the trail that crosses through Val Rotian and then reaches the pastures surrounding the Malghetto di Almazago alpine dairy from where you can enjoy a lovely view of Val di Sole. Then continue through the fir forest until you reach the middle station of the "Daolasa-Val Mastellina" gondola lift located near the Malghetto di Mastellina alpine dairy at 1.364 m (you can also reach this point by taking the gondola lift in Daolasa, then from here follow the above itinerary to Folgarida, an easy 2 km route, 1h 15min). Go onwards past the gondola lift station and after about 100 m, you'll find directions on the left for the trail going towards Marilleva; continue onwards and cross the provincial road, then continue to follow the forest road, about 300 m long, that turns into a narrow trail further ahead. Then cross through a small valley and after a few meters you will reach the Marilleva 1400 tourist resort. The same itinerary can also be followed the other way around starting from Marilleva 1400 (which can also be reached by taking the "Copai-Malga Panciana" gondola lift).

MADONNA DELLE CIME - LAGHI DEL MALGHET



| | |
|-------------------------------------------------------------|---------------------------------|
| starting point | Residence Artuik parking |
| start/finish height | 1.400 m |
| max height | 2001 m |
| length | 2 km/3 km |
| difficulty level | easy/demanding |
| • short and easy itinerary to the Madonna delle Cime shrine | |
| • challenging hike up to the Malghetto Lakes | |
| • ski lifts can also be used | |

**1 hour/2 hours**

Marilleva 1400 - Madonna delle Cime shrine (1.400 m) - junction to Rifugio Orti (1.820 m) - Malga Copai (1.986 m) - Laghetti di Malghetto lakes (2.001 m)



A simple and easy walk that starts from Marilleva 1400, near Residence Artuik where you can follow the trail up to the area called "Ponte Alto". From here go down about 400 m following the directions to "Madonna delle Cime" along a flat trail. Turn right and in about 20 minutes you will reach a small shrine at the end of the trail that is dedicated to the "Madonna delle Cime". Return along the same itinerary (1 hour one way). There is also another itinerary starting from "Ponte Alto". Go upwards following the directions to the lakes (Laghetti di Malghetto); you'll then reach a second junction along the trail; if you follow this steep trail you will reach the lakes (SAT n. 202 trail); if you turn left you will go towards Marilleva 1400, following the trail along a slight downwards slope you'll reach Residence Artuik (2 hours one way). You can also reach Marilleva 1400 by taking the "Contrè-Copai" gondola lift.

ALPE POZZE



| | |
|-------------------------------------------------------------------------------------------------------|------------------------------|
| starting point | church square parking |
| start/finish height | 1.477 m |
| max height | 2.084 m |
| length | 8 km |
| difficulty level | moderate |
| • a sunny and panoramic itinerary with a view of the Brenta Dolomites, Val di Sole and the Presanella | |
| • characteristic mountain hamlets | |
| • in contact with nature | |

**4 hours**


Ortisé (1.477 m) - Malga Stalbi (1.814 m) - Malga Bronzolo (2.084 m) - Menas (1.517 m)




This loop itinerary starts in the town of Ortisé (1.477 m). From the parking area next to the small church, follow the road that goes up just above the town going towards Alpe Pozze. After the town of Ortisé, go up on the right side of a characteristic mountain shelter located on the right side of the first bend in the road. The route then takes you into the wood, steeply going up alongside a stream in the top section, then turn left on the forest road that goes through a thick fir forest. A bit higher up, the wood opens up giving you a view of the upper part of Val di Sole and the snow-clad peaks of the Presanella. Here, next to the road, you'll go past several lovely mountain cabins that have recently been renovated and that are located close to the Malga Stalbi alpine dairy (1.911 m) which is also a restaurant open during the winter season for lunch and dinner (reservations are recommended at the following mob. 346.6933370). The itinerary then continues towards Malga Bronzolo: after passing Val del Molinac, you'll enter into a fir and larch wood, then after a short and winding yet panoramic section, you'll reach the open pastures next to the alpine dairy. The view from here is worth a short break at Malga Bronzolo (2.084 m).

From here, follow the forest road and go past the pastures, then go back into the wood and take the narrow path on the left that gradually goes down through the thick fir forest. When you reach Val Molinac, just before the town of Ortisé, you'll once again reach the trail that you followed on your way up. You'll then quickly reach the starting point.

THE GNOME TRAIL



| | |
|------------------------|----------------------------------|
| starting point | road to Lago dei Caprioli |
| start/finish height | 980 m |
| max height | 1.267 m |
| length | 2.5 km |
| difficulty level | moderate/demanding |
| • natural surroundings | |
| • learning trail | |

**2 hours**

Pellizzano (920 m) - Malga Bassa (1.250 m)



Starting from the second bend along the road that goes to Fazzon-Lago dei Caprioli lake, follow the learning trail called "Senter della Falù" that goes to the Malga Bassa alpine dairy/Visitors Center. Then continue along the main road that goes to the Lago dei Caprioli lake. Return along the same itinerary. Alternative route: to the right of the Caprioli Lake parking area, follow the flat road that after 3 km takes you to the area called Valpiana, from here you can then follow itinerary n. 14 or return along the same route.

IN VALPIANA



| | |
|--------------------------------------------------------------------------------------|--------------------------|
| starting point | S. Vigilio Church |
| start/finish height | 1.011 m |
| max height | 1.260 m |
| length | 2.5 km |
| difficiltà | moderate |
| • sunny and panoramic surroundings by the peaks of the Brenta Cavallo and Presanella | |

**2 hours**



Park near the ancient medieval church of S. Vigilio, in the town of Ossana. From the church's parking area follow the steep road. After the first bend in the road, the slope gradually decreases and after about 2 km you'll reach the Valpiana valley; the Face stream passes right through this valley. From here, there's a striking view behind you of the peaks of the Ortles-Cevedale mountain group (Vioz peak at 3.645 m) and in front of you, the Cornò di Valpiana, Cima di Bon and Monte Giner peaks (2.955 m) that continues the Presanella mountain group. Return along the same itinerary. Alternative route: continue along a short, flat section therefore turn left and follow the forest road that takes you back to the parking area at the Malga Bassa di Fazzon alpine dairy/Lago dei Caprioli lake; from here go back to return to the starting point.

S. LUCIA



| | |
|---------------------------------------------------|--------------------------------|
| starting point | Loc. Le Piazze (Cogolo) |
| start/finish height | 1.160 m |
| max height | 1.278 m |
| length | 4.40 km |
| difficulty level | easy |
| • characteristic mountain town | |
| • historically and environmentally important area | |

**3 hours**

Cogolo (1.150 m) - Comasine - S. Lucia (1.278 m)



Start from the area called "Le Piazze" in the town of Cogolo, on the right side of the Noce River, and follow the country road through the meadows at the edge of the wood. When you see the Santa Lucia Church, located above, continue by following the snowshoes directional signs and the SAT trail signs located along the itinerary. From the Santa Lucia Church, you can return to the starting point by following the same route back for about 800 m. Then start to go downwards along a trail located beside the cycling path close to the Noce River. After approximately 1 km, you will once again reach the area called "Le Piazze".



ANIMALS OFF PISTE... those who respect protect!

Information on how winter sports in the snow can respect wildlife. Winter is a very difficult season for animals and many of our actions may disturb them, jeopardizing their survival. Food is scarce in winter time with a low energy content. There are less daylight hours therefore fewer possibilities to find food and abundant snowfalls make it difficult for them to move around. The temperature (-10°C) is the average temperature at 2000 m and forces animals to save their energy in the most efficient way. Each species has developed different strategies to survive, but the most important is common to all: finding places where food is available while using the least amount of energy, therefore where they are not disturbed and protected from possible dangers and predators.

Deer, roe deer, steinbock and chamois have developed:

- a dark, heavier winter coat;
- fat reserves which can reach up to a fifth of their weight for chamois and ibex;
- reduction of their daily energy consumption, the capacity to ruminate and therefore a reduced food intake.

Wood grouse, black grouse, hazel grouse and ptarmigan have the following features:

- a double insulating layer of feathers that extend all the way to their feet;
- the ability to dig deep holes in powdery snow, they spend more than 20 hours a day at temperatures of around 0°C;
- they are not able to accumulate fat reserves and in the winter the capacity of their crop is barely sufficient to provide enough energy to reach their next feeding.

WHAT HAPPENS WHEN AN ANIMAL IS DISTURBED DURING WINTER?

- fleeing uses up energy;
- stress burns stored energy and prevents them from feeding regularly;
- fleeing causes animals to move into inappropriate feeding areas;
- lost energy cannot be replaced because they cannot digest more food than their usual basic requirements;
- all of the above factors cause problems linked to reproduction, enfeeblement and death due to exhaustion or caused by predators.

By following some simple rules it is possible to respect local fauna while also taking part in winter sports:

- walk only along marked routes, animals will get used to avoiding these areas;
- do not enter into areas that animals use as winter shelters and respect areas where it is prohibited to enter;
- do not follow animal tracks in the snow;
- never follow wild animals, especially when there is high snow coverage;
- keep dogs on a leash;
- be the first to set a good example.

Dr. Fabio Angeli
Director of the Male District Forestry Office



COGOLO
PEIO
VERMIGLIO
PASSO TONALE
MEZZANA MARILLEVA
DIMARO FOLGARIDA

UFFICI INFORMAZIONI ED ACCOGLIENZA TURISTICA

INFO@VALDISOLE.NET
TEL. 0463.901280
VIA MARCONI, 7
VAL DI SOLE
AZIENDA PER IL TURISMO



**USE CAUTION
MOVE ABOUT
CAREFULLY**

**WHILE THE WOOD REGROWS PLEASE
FOLLOW SIGNS AND DIRECTIONS**

In October 2018 Trentino was hit by extreme weather conditions that damaged some of our trails, subsequently these have been temporarily closed.

All updates and possible routes


Aktuelle Infos und mögliche Routen | Info aggiornate e itinerari percorribili

www.visittrentino.info/mca

Val di Sole Tourism Board
Tourismusverband Val di Sole
Azienda per il Turismo Val di Sole

Tel. +39 0463 901280



The Val di Sole Tourism Board, which promotes this project and also edits the **WINTRY WALKS Winter 2019-2020** brochure, the Scuola Alpinismo e Sci Alpinismo Val di Sole and the Evolution Ski School Tonale will in no way be held responsible or liable for any accidents that may occur, causing damage to people or objects, along the itineraries that are described within this brochure.

An excursion with snowshoes is a unique experience, which takes one back to the distant past, when snowshoes were the only way for people living in the mountains to move about during the winter months when snowfalls were abundant.

All itineraries are possible in both directions, uphill or downhill.

Before starting off on an excursion, it is important to have complete information on the weather conditions (www.meteorotrentino.it), the conditions of the route itself and if snowshoes are required (contact the valley's Tourist Information Offices). If the weather conditions are particularly intense and/or persistent, access to the routes will be guaranteed only after conditions have returned to an adequate safety level. Each

person must select which itineraries to try according to their physical conditions and level of expertise, in addition to the equipment that is available. The walking time of each itinerary is an average and approximate indication that refers to the total walking time if it is a loop itinerary, if not, it will refer only to the walking time in one direction if the return itinerary follows the same route back. If there is no snow or a lack of snow along the track, you can usually try these itineraries without the use of snowshoes but there may still be ice along the route so it is important to always be careful.

All the trails are signposted with directional arrows and signs with the snowshoe logo, which should not be confused with local signs pertaining to the various ASUC associations (Separate Administrations for Civic Use); (see pictures below).



LOCATION: COGOLO 16

THE "MASI" ROUTE



starting point **Cogolo - loc. Biancave**
start/finish height **1.194 m**
max height **1.375 m**
length **4,6 km**
difficulty level **easy**

entirely in the Dolomites National Park
historically and environmentally important area
original and unique trail types and features

 **2 hours**

Cogolo (1.194 m) - Masi Le Lame (1.307 m) - Masi Fratta Piana (1.375 m)



From the town of Cogolo, go towards the area called Malga Mare and park near the small church in the Pegaia area. From here, follow the narrow road on the right until you reach the Agritur (agritourism). Here, take the narrow forest road on the right and continue along the route that alternates between wooded areas and fields where you can admire several traditional rural homes called "masi". As you cross through the most densely wooded part of the forest, you'll catch a glimpse of a spectacular frozen waterfall on your right. You'll then quickly reach an area called "Polveriera", from here continue on the right, first along a road that takes you alongside other rural homes and then a short section along a trail, until you reach the area called Fratta Piana. In order to return to the starting point, follow the road that goes down on the other side of the stream all the way to the bridge in the area called "Polveriera", then cross over the bridge in order to follow the trail that you took at the start of the itinerary.

LOCATION: PEIO 17

DISCOVERING THE PARK



starting point **Peio Paese/Loc. Tarienta**
start/finish height **1.585 m**
max height **1.834 m**
length **11 km**
difficulty level **moderate/easy**

entirely in the Dolomites National Park
historically and environmentally important area
original and unique trail types and features
ski lifts can also be used

 **4 hours**

Peio Paese (1.585 m) - Masi Marassina - Rifugio Scalettino (2.000 m) - Piana Covel (1.610 m)



This loop itinerary starts in the town of Peio Paese (1.585 m), precisely from the bus parking area in the furthest eastern part of this town, where you will find a panoramic unpaved road near a bend in the road that goes upwards on a moderate slope towards Malga Mare. Since many agricultural vehicles pass through the first part of this road up to the area called "Croce dei Bagni" and since it also receives direct sunlight, there might not be sufficient snow cover here. Then enter into the fir forest going towards Malga Tale until you reach the junction where you take the road on the left up towards "Masi Marassina". After crossing through the wide open pastures that surround the "masi" rural mountain homes, you will reach the "Strada del Gaggio" road that turns into a trail further ahead (SAT trail n. 127) and after crossing the dense fir forest, you'll reach the Rifugio Scalettino mountain hut located in the Tarienta area (1.996 m). Go around the departure station of the Peio 3000 lift and follow the SAT trail n.127 alongside the mountain ridge until you reach "Via dei Monti" (an old mule track that goes down to Peio Paese). Pass through this track and follow the directions to the Malga Covel alpine dairy, descend along the deep valley until you are near Malga Covel, an environmentally important nature area. The small lake here is completely frozen, therefore difficult to see, but you can admire the waterfalls. After passing through several characteristic "masi", follow an easy route down to Peio Paese: be careful when crossing the ski slope, giving right of way to skiers. As an alternative, it is also possible to take the gondola lift up to the Tarienta area, in order to then start the loop itinerary from there and to return to Peio Fonti by taking the local bus service - ski bus C every 30 minutes from the Caselleto (dairy).

LOCATION: PASSO TONALE 18

ALTIPTORT-BIOTOPE



starting point **Valbiolo chairlift parking area, or the Tonale summer playground**
start/finish height **1.850 m**
max height **1.960 m**
length **4 km**
difficulty level **easy**

historically and environmentally important area
guaranteed snow

 **2 hours**

Passo Tonale (1.860 m)



An easy, breathtaking 4 km route that can be completed in just a couple of hours starting from either the Tonale summer playground, under the two red towers, or from the Valbiolo parking area in an eastern direction by following the paved road just before the first turn in the road. Cross through the woods and the protected Biotopo area. This route gives you the possibility to leave the busy part of Passo Tonale behind you and to fully enjoy the stunning snow covered peaks and the silence of these surroundings. To complete this route you must remove your skis or snowshoes in order to cross the state road.



LOCATION: PASSO TONALE 19

FARINEL



starting point **Valbiolo chairlift parking area, Hotel La Mirandola**
start/finish height **approx. 2.000 m**
max height **approx. 2.300 m**
length **3,5 km**
difficulty level **easy**

easy and panoramic area
ski lifts can also be used
historically important area

 **2 hours**


Passo Tonale (1.897 m) - Malga Valbiolo (2.244 m)



Near the ancient hospice in Passo Tonale, which has now been turned into a hotel, you will find the starting point of the Farinel route on the left. The route goes upwards towards the artificial basin and then alongside it on the right. Then go upwards along the moraine that divides the ski slopes on the left from Monte Tonale Orientale on the right. A safe and exciting itinerary, without having to cross through any ski slopes, that will take you all the way to the area surrounding Malga Valbiolo and the Valbiolo chairlift, the lift can then be taken back down to reach the parking area.


LOCATION: Daolasa - Marilleva 1400 20

RIFUGIO SOLANDER - MALGA PANCIANA



starting point **Top station of the Daolasa or Panciana gondola lift**
start/finish height **1.886 / 2.040 m**
max height **2.040 m**
length **1,6 km**
difficulty level **easy**

itinerary within the woods
in the Olcese Faggeta via Marilleva

 **1 hour**


Rifugio Solander (2.045 m) - Malga Panciana (1.883 m)



From the top station of the Daolasa gondola lift, cross the Mastellina ski slope towards the Daolasa Kids learning area and enter into the sparse larch and pine forest until you reach the panoramic Levatico crest. Follow the crest downhill along a gentle slope through the wood that gradually becomes thicker until you are about 50 m above the base station of the Sghirlat chairlift (cross the Sghirlat slope) and from here you will quickly reach Malga Panciana, already visible from this point. It is also possible to start this itinerary in the opposite direction starting from the top station of the Panciana gondola lift in Marilleva 1400.


LOCATION: Marilleva 1400 - Pellizzano 21

MARILLEVA 1400 - LAGO DEI CAPRIOLI



starting point **Residence Artuik parking area**
start/finish height **1.400 m**
max height **1.675 m**
length **4,6 km**
difficulty level **moderate/demanding**

itinerary within the woods

 **4 hours 30 min**

Marilleva (1.400 m) - Lago dei Caprioli (1.280 m) - Pellizzano (925 m)



Near the Residence Artuik complex, follow the trail uphill until you reach the area called Ponte Alto, then continue uphill until you reach a turn in the road, then leave the main route behind you on your left that goes towards the "Laghetti di Mezzana" (lakes) and continue straight ahead through a spruce forest, which is quite dense in certain sections, until you reach the Malga Alta di Fazzon (alpine dairy) then from here go down to the Lago dei Caprioli lake. From the lake, it is also possible to go down to the town of Pellizzano along the "Gnomi" n. 13 trail. It is also possible to start this itinerary in the opposite direction starting from the Lago dei Caprioli lake or from Pellizzano.



GUARANTEED ROUTES

With the collaboration of the Mountain Guides of the "Val di Sole Scuola Italiana di Alpinismo e Sci Alpinismo" and the Evolution Ski School Tonale, the itineraries in this brochure have been selected and mapped out to provide guests with routes that take them through some of the top natural surroundings of the area with a wide range of difficulty levels. If there are heavy or frequent snowfalls it may be possible that not all the routes will be immediately accessible. Even though all of the itineraries are monitored, daily climate changes and/or weather conditions may suddenly modify the conditions of the itinerary or the terrain, therefore it is always important to use common sense and to always follow general safety guidelines. Before starting off on an excursion, you should always ask the local Mountain Guides or Information Offices for further information on trail conditions. We are in no way liable for any accidents that may occur on any of these itineraries.

EQUIPMENT...

Snowshoes with ice crampons, poles, comfortable and warm winter clothing, gloves, hat, hiking boots, sunglasses and sun cream. A backpack with snacks, thermos with a warm beverage, small first-aid kit and a thermal blanket.

We also recommend the use of rescue devices: digital avalanche transceiver, shovel, probe and to always stay on the signposted path, avoiding alternative routes that are not signposted.

TIPS FROM THE MOUNTAIN GUIDES

Even though all of the itineraries are mapped and signposted, it is always necessary to be aware of the possible risks that exist during the winter season: frozen terrain, ice near all sources of water, reduced amount of daily sunlight, facilities that may be closed during the winter (alpine huts and dairies etc.), low or freezing temperatures and the risk of avalanches in certain areas. It is therefore extremely important to consider all of these factors before starting off on an excursion. These are some suggestions on how to prepare yourself for this type of experience:

- Choose an itinerary based on your own personal skills: during your first outings we recommend you try easy routes through the woods with an elevation gain and length that is suited to one's own abilities with precise reference points along the route. Walking with snowshoes requires a lot more energy.
- Always check current and future weather conditions including snow conditions by consulting the conditions of each itinerary: www.valdisole.net/EN/Wintery-Walks/ or on the following facebook page "[Con le racchette da neve in Val di Sole](https://www.facebook.com/Con.le.racchette.da.neve.in.Val.di.Sole/)".
- You can also consult the various internet pages on our website concerning the conditions of each itinerary: www.valdisole.net/EN/Wintery-Walks/ or on the following facebook page "[Con le racchette da neve in Val di Sole](https://www.facebook.com/Con.le.racchette.da.neve.in.Val.di.Sole/)".

However, potentially dangerous situations can never be completely excluded even if all of these recommendations are followed. Determining avalanche risk requires a great deal of experience therefore it is recommended that you rely on the Mountain Guides due to their extensive knowledge concerning these magnificent surroundings but also the risks involved with all excursions.

Scuola Italiana di Alpinismo e Sci Alpinismo "Val di Sole"
Piazza Regina Elena, 17 - 38022 Palazzo Municipale - 38022 Male (TN)
Tel & Fax 0463.901151 - Cell. 3477.457338
info@guidavaldisole.it - www.guidavaldisole.it

Evolution Ski School Tonale
Via Circonvallazione, 5 - 38029 Vermiglio Passo del Tonale (TN)
Cell. 348.9129723 - tonalefreeride@gmail.com