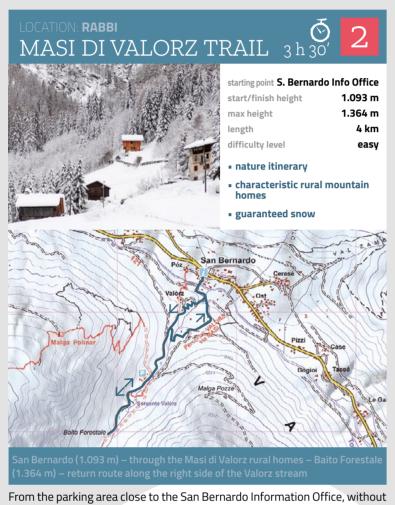


Cavallar in the town of Piazzola, the itinerary goes up along several bends with a moderate slope on the road used in the summer, taking you through a lovely larch forest until you reach the wide open meadows of the alpine dairies. Near the Malga Artisè alpine dairy, the route starts to go up along the pastures just below his 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 Cespedè (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 Cespedè alpine dairy quickly takes you to Malga Paludè bassa.

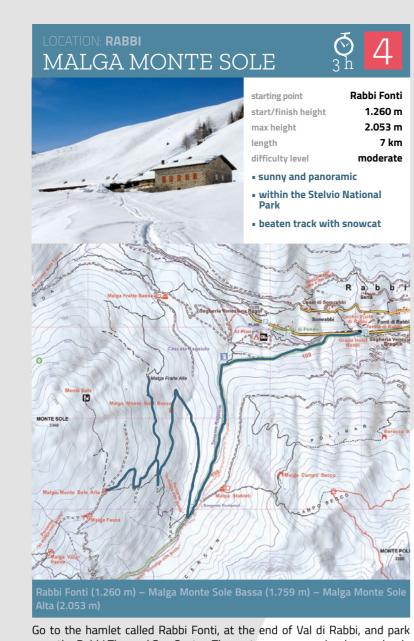


your snowshoes on, follow the road that takes you down to the opposite side of the Rabbies stream. After passing two barns and an old mountain shelter, you'll reach a small bridge over the Valorz stream, near which you can finally put your snowshoes on. Follow the route up through the characteristic 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 Baito 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).



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 Ragaiolo 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 Rabbies 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.



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 Stableti 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

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 Rabbies stream

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

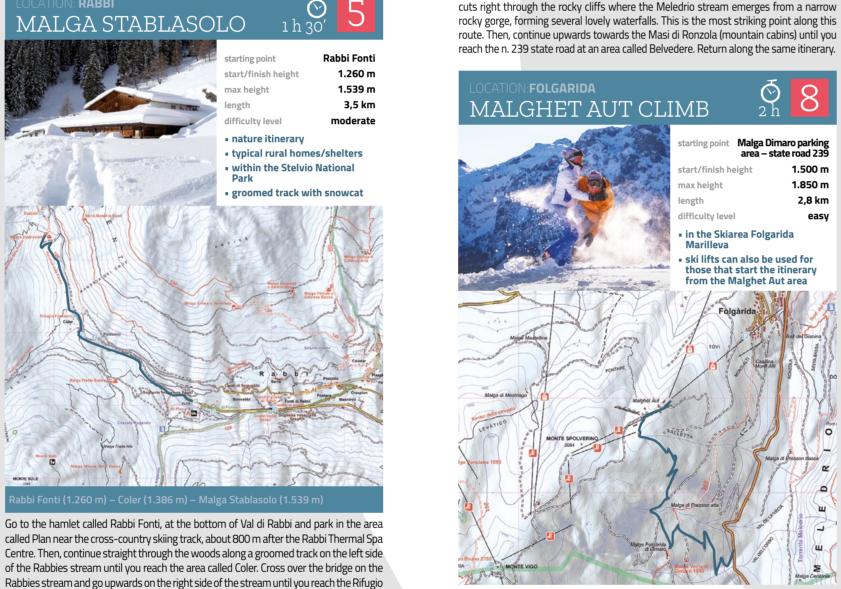
south and then south-east and after about 40 min you'll reach an area called

"Seghe" 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.

just below the Saent waterfalls. Return back along the same itinerary.

an overnight stay, is open all winter. To make a reservation or to book call tel. 0463.636095, mob. 339.1310314.



1.600 m

AL MELEDRIO

800 m

1.400 m

6,4 km

moderate

within the Adamello Brenta

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

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

Meledrio valley. This itinerary takes you through the Val Meledrio Ecomuseum (open

during the summer). After the old "calcara", a kiln where quick lime was once produced,

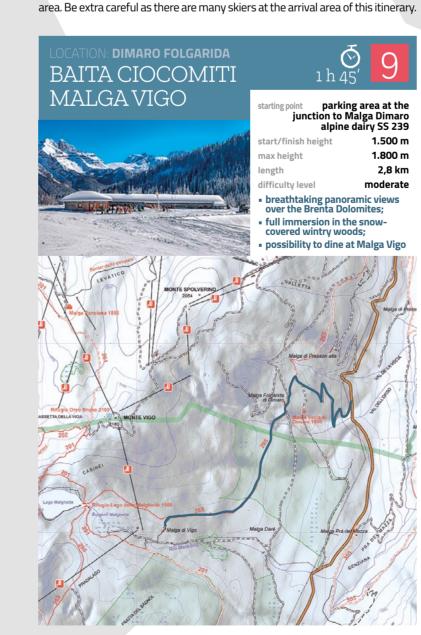
go upwards through the larch forest that completely covers the hillsides of the Doss di

Santa Brigida, where an ancient XIV century lodging for travellers passing through the

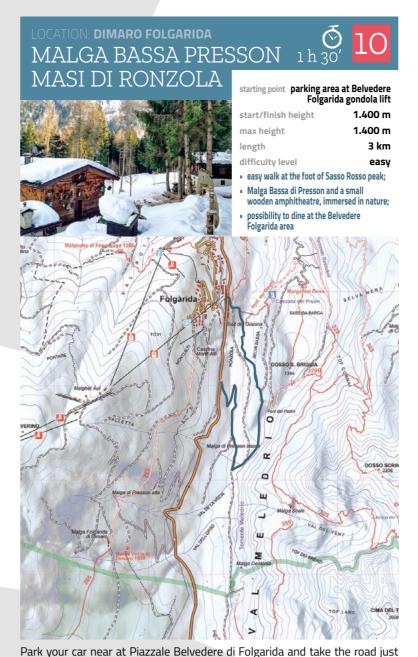
area was once located. Once you reach the junction that leads to the ancient lodging, now

called Malga del Doss, continue onwards by following the narrow road to the right that

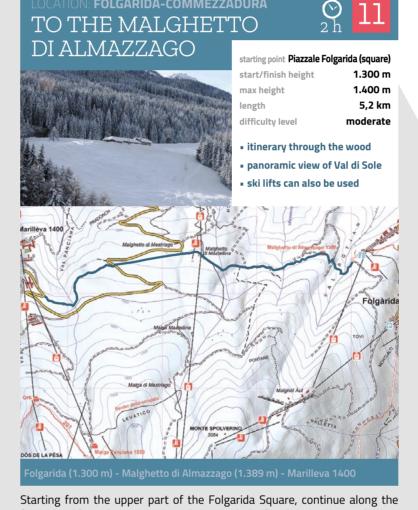
in the road and the parking area. Here you'll see a narrow road that goes into the Val



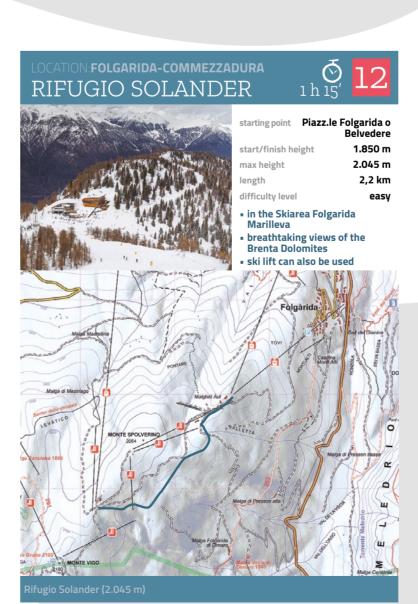
Taking the state road, S.S. 239, continue towards Madonna di Campiglio and once past the towns of Dimaro and Folgarida, the car park at the junction for Malga Dimaro will be on the right-hand side of the road. After about 45 minutes' walk, you will come to Malga Dimaro, the panoramic viewpoint out over the Brenta Dolomites. Keep the Malga on your right side and follow the directions to Malga Vigo. You will then take a trail (SAT trail no. 265), which gently climbs among the conifers, where the bright snow-covered meadow of the malga makes way for the shadows and silence of the wood. Continue along the trail for about 1 hour, until you come to Baita Ciocomiti -Malga Vigo, where yet another breathtaking view awaits you. The renovated malga, set right inside the Skiarea Campiglio Dolomiti di Brenta , now serves



below of the Hotel Belvedere, situated on the left side of the state road 239, before climbing in the direction of Madonna di Campiglio. Follow a path that heads slightly downhill, keeping to the right and following the signs to "Ronzola." Once you reach several mountain cabins, continue your descent in the direction of Malga Bassa di Presson. One of the first things to see here is a small wooden amphitheatre on the right, symbolising the close link between man and nature. Continue the walk – uphill this time - still keeping to the right, towards the recently renovated Malga Bassa di Presson. Once at the malga, you can choose to continue along the trail, going up towards the state road, or you can return to the starting point, following the same itinerary.



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 Almazzago 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).

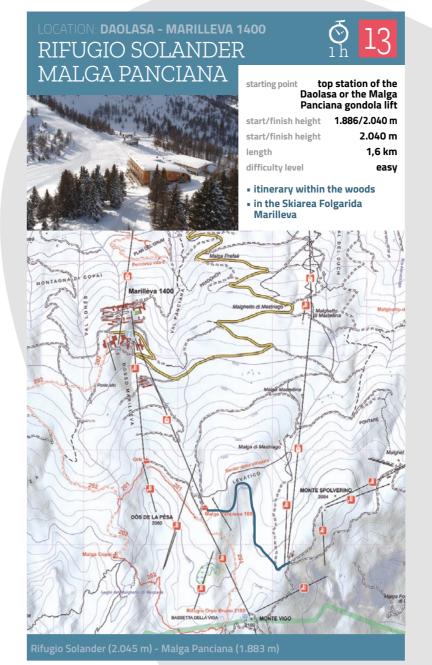


From Folgarida, take the Folgarida or Belvedere lift up to the Malghet Aut area. Then walk along the side of the slope until you reach the top station of the Bamby chairlift, that can also be used by non-skiers both upwards and downwards from where the trail starts. Continue along the side of the slope 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 "Skiweg Malghet Aut"

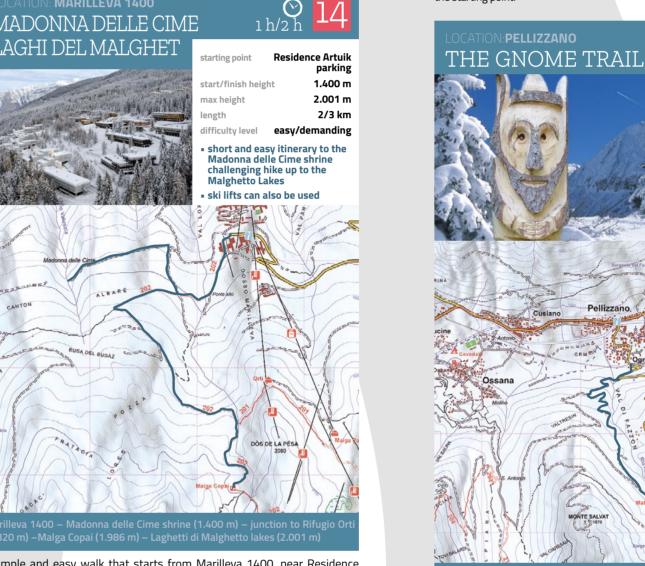
in order to then reach the Rifugio Solander mountain hut. Return along the

same route.



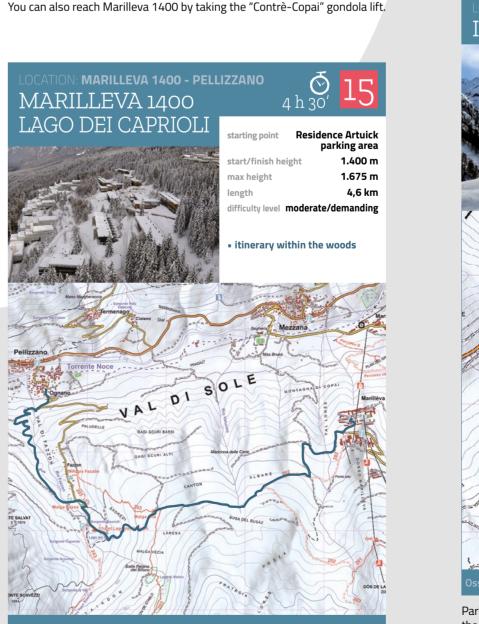
From the top station of the Daolasa gondola lift, cross the Mastellina ski slope towards the Daolasa Kids learning area and enter into the sparse larch and pine forest until you reach the panoramic Levatico crest. Follow the crest downhill along a gentle slope through the wood that gradually becomes 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.

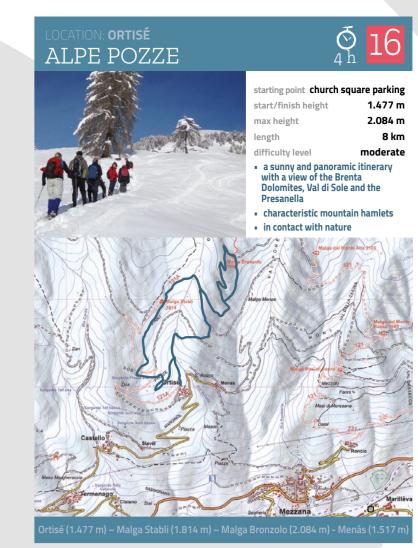


A simple and easy walk that starts from Marilleva 1400, near Residence Artuik where you can follow the trail up to the area called "Ponte Alto". From here go down about 400 m following the directions to "Madonna delle Cime" along a flat trail. Turn right and in about 20 minutes you will reach a small 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 di-rections 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).



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.



This loop itinerary starts in the town of Ortisé (1.477 m). From the parking area next

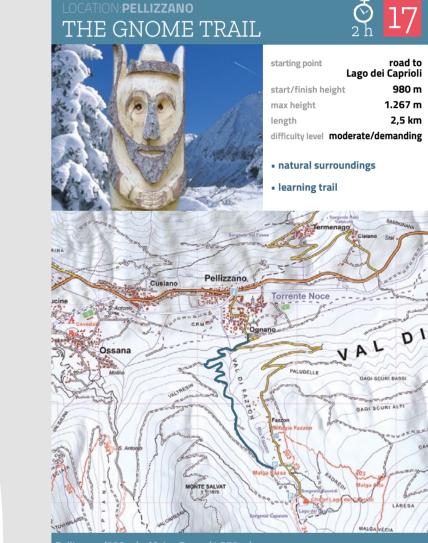
yet panoramic section, you'll reach the open pastures next to the alpine dairy. The

From here, follow the forest road and go past the pastures, then go back into the

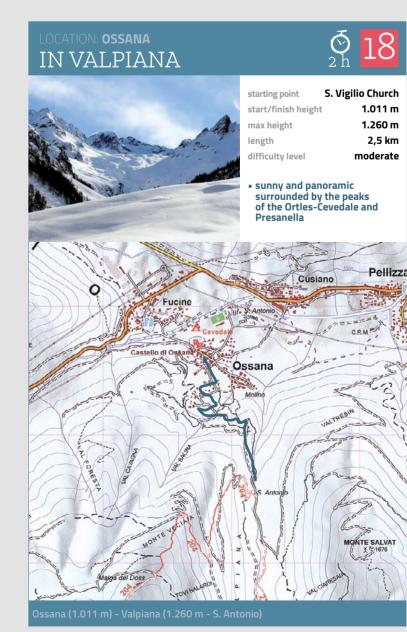
view from here is worth a short break at Malga Bronzolo (2.084 m).

to the small church, follow the road that goes up just above the town going towards from possible dangers and predators. 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 Deer, roe deer, steinbock and chamois have developed: then takes you into the wood, steeply going up alongside a stream in the top section, a dark, heavier wintery coat; 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 snowclad peaks of the Presanella. Here, next to the road, you'll go past several lovely therefore a reduced food intake. mountain cabins that have recently been renovated and that are located close to the Malga Stabli alpine dairy (1.911 m) which is also a restaurant open during the winter Wood grouse, black grouse, hazel grouse and ptarmigan have the following 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

wood and take the narrow path on the left that gradually goes down through the thick fir fo-rest. 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.



Starting from the second bend along the road that goes to Fazzon-Lago dei Caprioli lake, follow the learning trail called "Senter dela Palu" that goes to the Malga Bassa alpine dairy/Visitors Center; then continue along the main road that goes to the Lago dei Ca-prioli 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.



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 Foce stre-am 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 Corno 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.



Information on how winter sports in the snow can respect wildlife. Winter is a very di cult 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 makes it di cult for them to move around. The temperature (-10°C is the average temperature at 2000 m asl) forces animals to save their energy in the most e cient way. Each species has developed diff erent 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

• 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

• 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

WHAT HAPPENS WHEN AN ANIMAL IS DISTURBED DURING WINTER? fleeing uses up energy; stress burns stored energy and prevents them from feeding regularly;

 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

fleeing causes animals to move into inappropriate feeding areas;

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.

Director of the Malé District Forestry Office



WINTRY WALKS







GRUPPO DELL'ADAMELLO

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 Plana. 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.

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 Talè 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 Scoiattolo mountain hut located in the Tarlenta area (1.996 m). Go around the departure station of the Pejo 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 Tarlenta 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 Caseificio (dairy).

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

After leaving your vehicle near the dirt road to Val Verniana, continue exclusively on the forest trail, as cleared by the snowcats, passing from the "Plazola" (wide bend with panoramic view of the upper Val di Sole) as far as Val Verniana (1,716 m). Here you can admire traditional alpine farmhouses, the nearby peaks, including Monte Redivalle and, on the opposite side, the unmistakable profile with Cima Presanella (the highest peak entirely in Trentino). After the customary "break", the trail continues along the snowcovered forest track towards Val Saviana, until you come to a large clearing, at 1.860 metres, just under a malga of the same name (1.917 metres). There is an alternative starting point in the town of Vermiglio. After parking your vehicle near the cemetery, walk up towards the charming little church of Santa Caterina as far as the "Dazi" [the old customs house]. From here, take

the first section of the "old Tonale road" as far as the route described above,

near the junction that leads to the Passo Tonale on one side and Verniana on

the other. The return is along the same route.

This route follows a section of the cross-country ski route and therefore, you are kindly asked to take care not to spoil the route for the skiers. After walking along a forest path, you will have completed a loop without any particular slopes. The peace and quiet of the small village and the fir woods - sparkling under the frost - offer you a stunning mountain walk.

Valbiolo chairlift parking, ancient hospice in Passo Tonale, which has now 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 been turned into a hotel, you will find the starting point of the Farinel route towers, or from the Valbiolo parking area in an eastern direction by following on the left. The route goes upwards towards the artificial basin and then the paved road just before the first turn in the road. Cross through the woods alongside it on the right. Then go upwards along the moraine that divides the and the protected Biotope area. This route gives you the possibility to leave ski slopes on the left from Monte Tonale Orientale on the right. A safe and the busy part of Passo Tonale behind you and to fully enjoy the stunning snow exciting itinerary, without having to cross through any ski slopes, that will covered peaks and the silence of these surroundings. To complete this route take you all the way to the area surrounding Malga Valbiolo and the Valbiolo you must remove your skis or snowshoes in order to cross the state road. chairlift, the lift can then be taken back down to reach the parking area.

The route is near the Presena valley, at the foot of the glacier with the same name. This is a high-altitude environment, and it is possible to use the lifts up to 3000 metres, with amazing views over the Adamello Glacier, the largest in the Italian Alps. A part of the trail covers a track cleared by snowcat. Before setting out on this route, please seek information about the weather at high altitude.

The Val di Sole Tourism Board, which promotes this project and also edits the WINTRY WALKS Winter brochure, the Scuola Alpinismo e Sci Alpinismo Val di Sole (Mountain Guides) 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,

Before starting off on an excursion, it is important to have complete information on the weather conditions (www.meterotrentino.it), the conditions of the route itself and if snowshoes are required (contact the valley's Tourist Information

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

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



With the collaboration of the Mountain Guides of the "Val di Sole Scuola Italiana di Alpinismo e Scialpinsimo" 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 of 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 Offices for further information on trail conditions.

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.

As foreseen in Art. 26 of the D.Lgs n.40 (Legislative Decree) February 28th 2021, as of January 1st 2022, if there is a risk of avalanches due to snow and weather conditions, it is mandatory to have this equipment with you. You should therefore always check the avalanche forecast before your outing.



## 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 avalanche report. Then choose the safest itinerary to try based on

• You can also consult the various internet pages on our website concerning the

https://www.visitvaldisole.it/en/snowshoeing-and-walks

or on the following facebook page "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 Scialpinismo "Val di Sole" Piazza Regina Elena, 17 c/o Palazzo Municipale - 38027 Malé (TN) Tel. e Fax 0463.903160 - Cell. 347.7457328 nfo@guidealpinevaldisole.it - www.guidealpinevaldisole.it

Via Circonvallazione, 5 - 38029 Vermiglio Passo del Tonale (TN) Cell. 348 9129723 - tonalefreeride@gmail.com



