LOCATION MALÉ | MOUNTAIN RANGE ORTLES-CEVEDALE

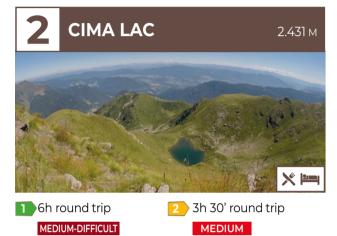


1 Once past the town of Bolentina, continue by car, following the signs to Plaza Merendaia, then along the winding road as far as Plaza Longa, where you can park. Proceed on foot along the forest route, which crosses the meadows of Plaza Merendaia and Malga de la Cros. (1601 m). Once past the malga [alpine farmhouse], take the trail marked SAT 119, and after a 30-minute walk, you will be in the meadows of the Bolentina Alta malga. Past the malga, continue on the right along the trail marked SAT 119, leading to the little Dino Marinelli bivouac (2075m). Carry on along the trail that covers the mountain ridge until you come to the unique Cross on the peak of Cimon di Bolentina (2287m). and from here, keep on the SAT 119 trail that follows the crest of the mountain up to Piz de Montes (2399 m). Return along the same route.

1.050 м



MOUNTAIN RANGE **MADDALENE** OCATION RABBI



Set out by car from the district of Pracorno, following the signs to Ingenga and then to Loc. Masi de Zora. The road here becomes a track: continue for 200 m until you come to the car park, where you can leave your vehicle. Carry on along the dirt track and once past the two small waterfalls, as far as Malga Cortinga Bassa, then to Malga Cortinga Alta (2057 m). Continue along the trail marked SAT 117 leading to Pass de l'Om (2331 m) and then along the trail 133 B as far as Cima Lac (2413 m). Return along the same route

1 520 м

1.030 м

2 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 abov



MOUNTAIN RANGE ORTLES-CEVEDALE LOCATION RABBI "AL LAGO CORVO" 2.426 M GHI CORVO 55 X 📁 2 6h round trip 5h 30' round trip MEDIUM-DIFFICUL 1 958 м 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 m asl).
- 2 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



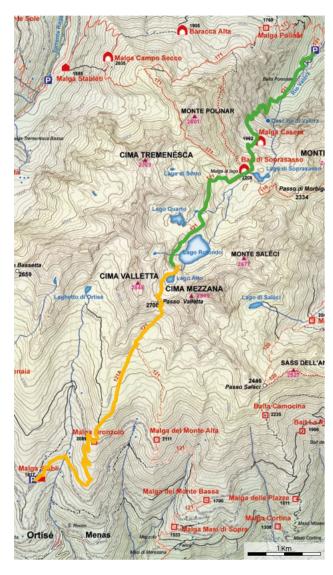
LOCATION RABBI-ORTISÉ | MOUNTAIN RANGE ORTLES-CEVEDALE AGO DI SOPRASASSO 2.179 n LAGO ROTONDO E ALTO 2.575 N



- 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 at 1245 m. 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
- 2 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.

asl), which offers breath-taking views. Retrace your steps for the

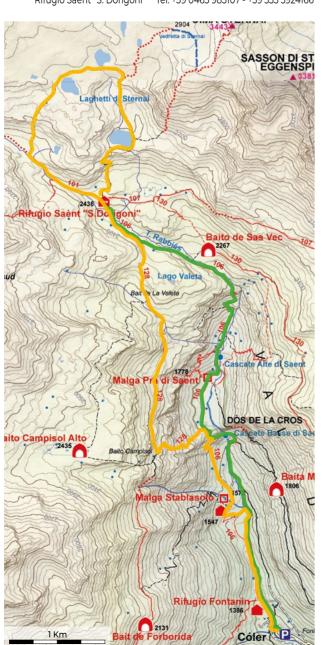
return journey.





- From the car park in Loc. Coler, you continue up to Malga Stablasolo (1543 m). Once past the malga. follow the signs for the SAT 106 trail, leaving the spectacular low waterfalls of Saènt on your left. Proceed past Doss della Croce (1778 m) and then cross Prà di Saent (1178 m). The trail proceeds first to the small ake just under the refuge and then after another ascent, to the Rifugio Saent "S. Dorigoni" alpine hut
- From the refuge, follow the easy to spot signs along the sharply vinding trail to Lake Sternai Inferiore (2595 m asl). Then go back up northwards until you come to little Lake Sternai Terzo (2862 m asl). 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 igns for the Cascate di Saént waterfalls and just before you each 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 continue to Coler with Stelviobu Tel. +39 388 8639582 Food: Malga Stablasolo Rifugio Saént "S. Dorigoni" Tel. +39 0463 985107 - +39 335 5924166



LOCATION RABBI | MOUNTAIN RANGE ORTLES-CEVEDALE MALEDA 6 2.0601 **BAIT FORBORIDA** 2.131 M 1 4h 30' round trip 2 5h round trip MEDIUM-DIFFICUI MEDIUM-DIFFICU 1788 м 🕈 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 car park in Còle 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 Stelviobus (till the malga booking is required).

Tel. +39 346 6810762 Food: Malga Stablaz Maleda Alta Tel. +39 388 8639582 Malga Stablasolo Albergo Al Fontanin Tel. +39 0463 984017





- Park your car in loc. Patascoss and from there. follow the signs to Malga Ritorto and then take the SAT 277 trail up to the first lake, Lake Ritorto. Then follow the SAT 232 route along a track where the surface consists of stones and beaten earth, to Lake Lambin and then to Lake Serodoli and Lake Gelato. To go down into the valley, from Lake Serodoli, take the SAT 217 trail towards Lake Nambino. From this lake, continue down towards Loc. Patascoss, following the signs to the SAT B06 trail.
- 2 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 SAT trail 217.

Tel. +39 0465 440122

Tel. +39 0465 442008

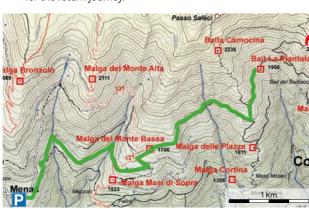
Tel. +39 0465 443270

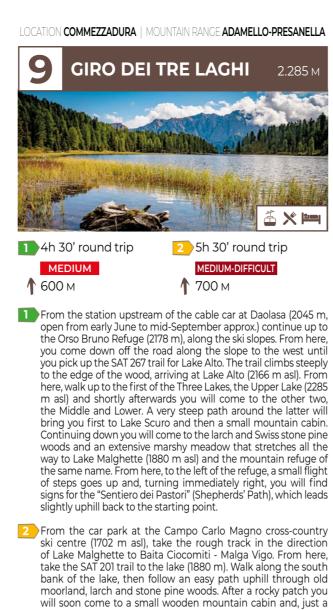
Food: Rifugio Patascoss Malga Ritorto Rifugio Natalia ai 5 Laghi Rifugio Lago Nambino

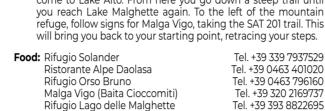


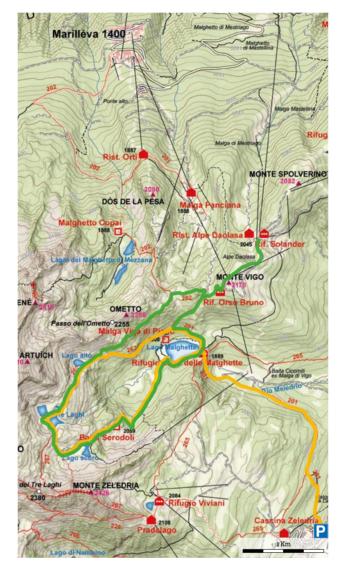


- MEDIUM
- 🚹 440 м
- Drive to Menas (hamlet of Mezzana), go through the village and after passing a large barn continue with your car till the ban sign. Park here on the right and continue on foot (1575 m asl). After about 2 km, after two small valleys, the road starts to climb to a crossroad. Keep to 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











- Park at Marilleva 1400: the route starts at Residence Artuik.
- 2 Start in Marilleva 1400 and reach Malga Panciana (1886 m asl) lakes. From here, continue along the route above to the Croce della Pace.
- exposed summit section which is tooled in places M Important: there is a building site, proceed with caution. Food: Ristorante Orti 1900



GIRO DEI TRE LAGHI 2.285 N 🍈 X 🖿 2 5h 30' round trip MEDIUM-DIFFICUL

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 efuge, follow signs for Malga Vigo, taking the SAT 201 trail. This

> Tel. +39 339 7937529 Tel. +39 0463 401020 Tel. +39 0463 796160 Tel. +39 320 2169737 Tel. +39 393 8822695

1 830 м

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 urther up you will come to the first of the two little lakes and hen 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 andrails, that leads to the summit of Monte Gardene (2520 m asl) and then to the Croce della Pace.

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

NB: the last section of the trail is somewhat difficult, with an





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

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. Food: Malga Stabli Tel. +39 346 6933370

LOCATION PELLIZZANO | MOUNTAIN RANGE ADAMELLO-PRESANELLA

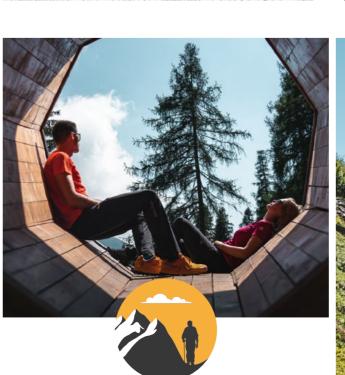


MEDIUM-DIFFICULI 🕈 775 м

Leave your car at the car park near the Malga Bassa di Fazzon 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.

Note: From 9:15am to 5:15pm, every Wednesday in July, there will be a one-way system in place going up between Pellizzano and Loc. di Fazzon. It is possible to go down by car at these times, using the road link with Valpiana. A Greenbus service is running on these days.





ANDAR PER HIKES THAT ARE FAVOURITES WITH VAL DI SOLE LOCALS

Walking through the mountains is something that the inhabitants of Val di Sole start doing as a child. Come explore the trails that we "Solandi walk in the company of mountain professionals by taking part in one of the 15 suggested itineraries

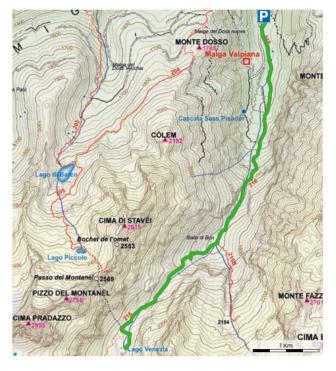


MEDIUM-DIFFICUL1 🕈 824 м

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 216 trail along Val di Bon until you reach the bivouac of the same name. Leaving the bivouac on 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.

Note: From 10:00am to 5:15pm, every Wednesday in July, there will be a one-way system in place, going down from Valpiana to Ossana. Between these times, it is possible to go up by car using the road like to Lake Caprioli. A Greenbus service is running on these days. Note: From 10:00am to 6:15pm every Wednesday in August, the

road will be closed to traffic. It will only be possible to go up to Valpiana using the Greenbus service.





Set out from Ossana and head for the car park in Valpiana, just 2 km away, above the chapel dedicated to Sant'Antonio (parking charges apply in summer). From here, follow the signs to 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.

Note: From 10:00am to 5:15pm, every Wednesday in July, there will be a one-way system in place, going down from Valpiana to Ossana. Between these times, it is possible to go up by car using the road like to Lake Caprioli. A Greenbus service is running on these days. Note: From 10:00am to 6:15pm every Wednesday in August,

the road will be closed to traffic. It will only be possible to go up to Valpiana using the Greenbus service. 2 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. 3 From Lake Barco continue along the SAT 205 trail that winds

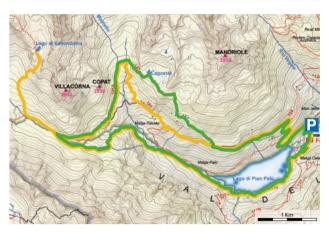
through the thick vegetation and, after the final rocky outcrop, takes you into a tiny hollow that is home to characteristic Lake Piccolo (2315 m asl). Retrace your steps to return to the start.





- 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 section, you will come to signs to proceed towards Lagostièl (2455 m) and the Sentiero della Fauna (SAT 141 trail), or if you feel tired, you can return towards Malga Paludei, following the marked trail.. Both itineraries go as far as Malga Giumella from where you return to the Fontanino via a rough track.
- Por more experienced hikers, once you reach the footbridge over the River Noce, continue on the left bank into Vallumbrina. After the level section, the trail becomes steeper and climbs up beside a waterfall and on to the pass upstream, then the small lake of Vallumbrina. Take the same route back as far as the bridge over the River Noce. Keep to the orographic left of the valley and continue along the trail SAT 141A as far as the fork with Valpiana. Lastly, follow the signs to Malga Paludei, Malga Giumella, and the Fontanino refuge.

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



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



MEDIUM-DIFFICULT **А** 800 м

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



BOOK YOUR EXCURSION ONLINE OR AT THE **INFO OFFICES**







Backpack on and off we go!

Before you set out on an excursion in the mountains, remember to:

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

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;

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

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



Small gestures 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 people:

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.



Tel. 0463 901280 - info@visitvaldisole.it

∂<mark>∭</mark>∑‼P**I**∭ M >502¢ Val di 💴e TRENTINO



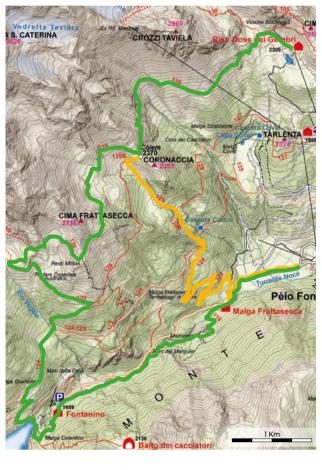
From Peio Fonti you take first the cable car and then the chairlift

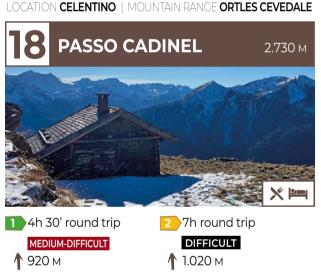
to the Doss dei Čembri Mountain Refuge (2316 m asl). From the refuge, walk along the SAT 138 trail towards Val de la Mite, and shortly afterwards take the SAT 139 trail on the left, called "Dei Todeschi" (Germans' trail) due to the fact that it was built by the Austro-Hungarian army during the First World War. The route extends at high altitude, remaining around 2300 metres and features frequent ascents and descents. The route stands out for the splendid visual over the Taviela and Cadini peaks. Once past the bridge over the Taviela river, continue along the trail, which in sections is equipped with a fixed safety cord, as far as La Colem (2369 m.) Proceed to the right and up to Colle Cadini; once past this point, the route presents a gentle climb alongside some military ruins dating back to the first World War. Lastly, you will come to the unspoiled Valle degli Orsi, where you take the SAT 122 trail until it meets the military track (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

2 At Colem (2369 m), leave the Sentiero dei Tedeschi trail and take the SAT 139B going down into Val Cadini. After around seven hundred metres, you will come to a fork where you will take the SAT 129 trail. Continue down past the pretty waterfall, then come to a second fork where you follow the signs to Malga Frattasecca - Cadini waterfall, SAT 129B trail. (For those who want to return towards Peio Paese, at this fork, we recommend continuing along the SAT 129 trail as far as Croce dei Cacciatori, then to Covel before taking the forest route to San Rocco). Then take the trail through the woods to the military road (SAT 124). Continue along the whole military road and once past Malga Frattasecca, take the asphalt road on the left and will take you to Peio Fonti in just a couple of km.

Food: Malga Frattasecca Il Fontanino

Tel. +39 320 1578322 Tel. +39 347 2386546





1 From the district of Celentino, continue by car as far as the car park near the capital dedicated to Sant'Antonio. From here, set out on foot along the forest road or following the SAT 132 trail to Nestalp Malga Campo (1979 m.) Follow the signs to Malga Sassa and Bait Cadinel, which is a gentle uphill section, and then take the steep trail on the right up to Bait di Cadinel. 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). At the pass we suggest following the evident tracks that will take you up to Cima di Cadinel (2866 m) where you can enjoy splendid views over Val di Peio and the Vioz- Cevedale chain

2 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). To conclude, take the panoramic route up to the Sant'Antonio car park.

Tel. +39 0463 636099 Food: Nestalp Malga Campo Celentino

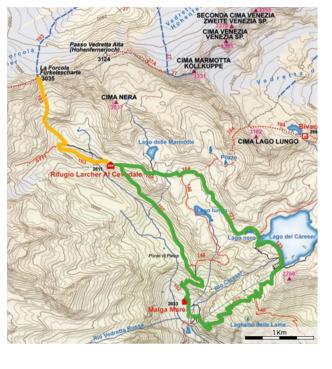


From Cogolo drive to Loc. Prabon (during summer paid car

LOCATION COGOLO | MOUNTAIN RANGE ORTLES-CEVEDALE

- park) and from here walk at least 30/40 minutes to Malga Mare (this section of the route is not marked on the map).. 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 return along the loop, from the mountain hut, follow the trail SAT 104 which climbs eastwards, and once at the mountain pass, we suggest a slight detour (15 minutes) to visit the charming Marmotte Lake.. 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-marked trail.
- 2 From the back of the refuge, you can reach Passo della Forcola (3035 m). Take the trail going downhill for about 10 metres under the large boulder, leaving the signs to the Rosole glacier on your left. Continue, keeping the boulders and rocks on your right, as far as Passo della Forcola, known for being the simplest most used communication route between Val Martello in the north (BZ)and Val di Peio in the south (TN). Return along the same route.

Food: Rif. Cevedale "G.Larcher" Tel. +39 0463 751770 - +39 328 6529615 Ristorante Malgamare Tel. +39 0463 636098 - +39 346 6737029





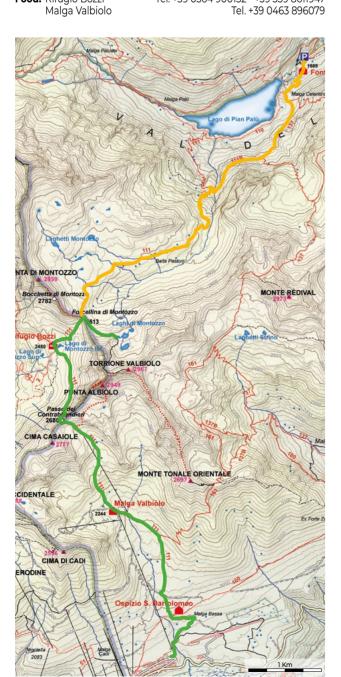
DIFFICULT 1.230 м 880 м

Leave your car in the car park at the Valbiolo chairlift and take he 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 hal 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 minutes far away.

2 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. Food: Rifugio Bozzi Tel. +39 0364 900152 - +39 339 8611947



LOCATION PEIO | MOUNTAIN RANGE ORTLES CEVEDALE

RIF. VIOZ "MANTOVA" 3.535 N



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







5h round trip MEDIUM-DIFFIC

1 740 м

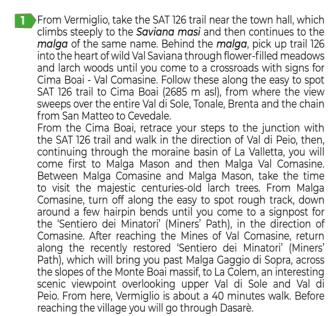
Park your car near the parish church of Santo Stefano, walk down Via Sen. Bruno Kessler and take the little road on the right that leads first to the little church of Santa Caterina and then to Loc. Dazi where you follow the road for about 50 m until you get to the steep trail on the right leading to 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 the road down into the valley, towards Vermiglio, parallel to the main road and continuing downwards, will take you back to the car park near the church.

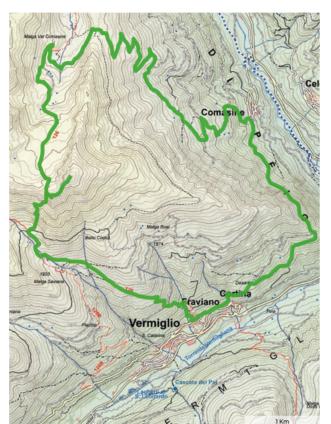






1.488 м









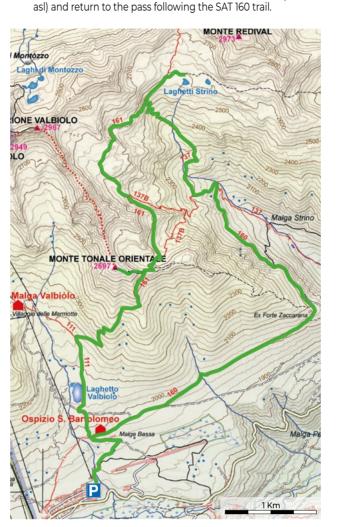
LOCATION PASSO TONALE | MOUNTAIN RANG 2.685 N





E ORTLES-CEVEDALE

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



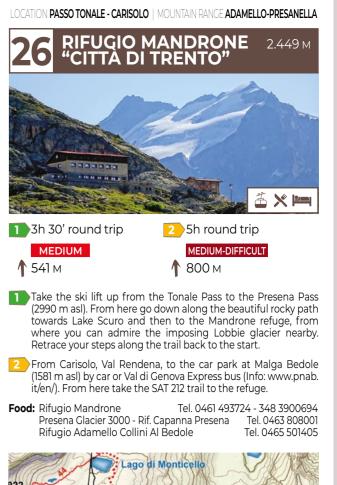


signposted Rifugio Stavel Francesco Denza. The rough military road leads to the car park near Fort Pozzi Alti (1877 m asl) and park your car. Set off along the SAT 233 trail, which immediately enters the broadleaf wood through a tunnel carved in the granite. At the junction with the SAT 206 trail, the 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 Lake Denza, in less than 5 min, you will come to the Refuge of the same name, dedicated to Father Francesco Denza. To complete your loop, you can return along the trails SAT 206 followed by SAT 233, which will take you back to the car park in Forte Pozzi Alti. Food: Rifugio Denza

Tel. +39 0463 758187 - +39 339 6233902











The mountain professionals

Availing of the expertise of mountain professionals is always a good choice for those new to the world of hiking in the Alps or for those who prefer the company of an expert during their excursions in the mountains. Thanks to their in-depth knowledge of the mountains and their technical training, mountain professionals will advise you on the equipment you need to tackle these environments and tell you all their secrets.



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EXPERIENCE

Guide Alpine Val di Sole



URSU'S ADVENTURES



*	DIFFICULTY OF UPHILL DIFFERENCE IN ALTITUDE
Food	EASY <100 m
Accomodation	MEDIUM-EASY 100-300 m
Shuttle bus	MEDIUM 300-600 m
af.	MEDIUM-DIFFICULT 600-1100 m
Trail can be reached using lifts (free of charge with Val di Sole Guest Card)	DIFFICULT > 1100 m
	1 Km 1 cm = 250 m

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