117A that follows the "old mountain road" and in points also crosses the new forest road (700 m difference in altitude)

1 4h round trip From Banchje, to the north of Ter-

zolas, take the "Cima Vesa" SAT trail

On the forest road that starts in Banchie. Permission must be requested from Comune di Terzolas. Goats, horses, donkeys.



LOCATION VAL DI RABBI



3h round trip After leaving your car in the car park in Cavallar (Comune di Rabbi). take SAT trail 130 until you reach the mountain dairy. Permission must be requested from Comune di Terzolas

or the Consorzio Gestione Strade (road management consortium). Malga Cespedé Samocleva can also be reached using the Stelviobus. Dry cows, heifers, calves.

PROPERTY OF **Comune di Terzolas 1 339 6041057 - 338 5011036**



LOCATION VAL DI RABBI



through Val Cercen, following SAT 109 signs to the mountain dairy.

Permission must be requested from Consortela Cercen. The car park in Fontanon can be reached using the Stel-Dairy cows, heifers, pigs.





2h 30' round trip Starting from the car park in Cavallai above Piazzola, first follow SAT trail 108. At the fork, continue to Malga Samocleva along SAT trail 130, then stay on the forest road off to the right to the mountain dairy. Permission must be requested from ASUC Samoclevo,

Consorzio Gestione Strade (road management consortium) or the manager. The malga can also be reached using the Stelviobus. Dairy cows, calves.

PROPERTY OF **ASUC Samoclevo 1 0463 901471 - 339 7147843**



LOCATION VAL DI RABBI MALGA CORTINGA

1 4h round trip From Masi di Zora, above Pracorno, walk along the dirt road towards Malga Mondent. From here, continue to the right for Malga Cortinga Bassa and Alta.

Permission must be requested from Comune di Caviz-



LOCATION VAL DI RABBI



1 40' round trip From the car park in Còler. after Rabbi onti, take the unmade road signposted for the mountain dairy.

2 Ih 15' round trip From the car park in Plan take the forest road for Val Maleda, which also leads to the Suspension Bridge.

Permission must be requested from the manager. Còler and Plan can also be reached using the Stelviobus. Dairy cows.



LOCATION VAL DI RABBI



1 4h 30' round trip From Penasa, above San Bernardo. follow signs for Malga Garbella Bassa

Permission must be requested from Dapoz Giorgio. Cows, heifers.





1 5h 30' round trip From Penasa, above San Bernardo, follow signs for Malga Garbella Bassa and, then for Malga Zocol to reach Malga Mandrie Alta.

Not accessible by car. Dry cows, heifers.



MALGA MONDENT 9 ALTA

LOCATION VAL DI RABBI

1 2h 30' round trip From Masi di Zora, above Pracorno, follow the dirt road for Malga Mondent Bassa and Malga Mondent Alta. No permission required for access to the malga on the

unmade track with suitable vehicles. Taxi service on re-Dairy cows, hens. PROPERTY OF ASUC Arnago **1** 345 1002503

LOCATION VAL DI RABBI

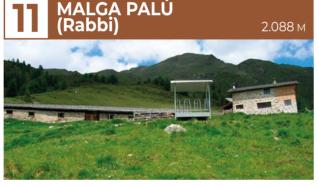


2 3h round trip From the car park in Fontanon, take the park path to Malga Monte Sole Permission must be requested from the manager. The

tain dairy

malga can also be reached using the Stelviobus. PROPERTY OF Consortela Monte Sole 10 0463 636134 - 339 1310314

LOCATION VAL DI RABBI



From the car park in Cavallar, above Piazzola, follow SAT trail 108 and after reaching Malga Caldesa Bassa 1 4h round trip continue along the forest road to the mountain dairy

If you go through Mattarei, you can reach the malga along SAT trail 133A. 2 4h 30' round trip 3 4h 30' round trip From Val, you can reach the malga

along SAT trail 133. Permission must be requested from Comune di Terzolas or the Consorzio Gestione Strade (road management consortium). Malga Caldesa Bassa can also be reached using

Horses, heifers, donkeys. PROPERTY OF Consortela Palù



LOCATION VAL DI RABBI

the Stelviobus.



Permission must be requested from the manager or the Rabbi tourist office. The malga can also be reached using the Stelviobus. Dairy cows, pigs.

PROPERTY OF ASUC Caldes 339 1029549 Rabbi

LOCATION VAL DI RABBI MALGA POLINAR

2h 30' round trip From the car park in Fontanon, along a rough track to Malga Stableti and SAT

trail 172 you will reach the mountain 2h 30' round trip From the car park in Plaze dei Forni follow the forest road to the mountain

3 3h 15' round trip From the car park in Valorz, above San Bernardo, follow SAT trail 171 to the mountain dairy. Permission must be requested from ASUC Bozzana or

the manager. Only to suitable vehicles. Fontanon car park can be reached using the Stelviobus. Dairy cows, goats, hens.

PROPERTY OF **ASUC Bozzana 1 347 3197703 - 350 0369849**

LOCATION VAL DI RABBI



1 40' round trip From the car park in Còler, after Rabbi Fonti, follow the forest road to the mountain dairy.

2 Th round trip From the car park in Coler, follow the trail beside the River Rabbies to the mountain dairy. Permission must be requested from the manager of the

malga. Còler car park can be reached using the Stelvio-Cows, pigs, donkeys. 1 388 8639582 PROPERTY OF Consortela Stablasolo



LOCATION **VAL DI RABBI**



3h round trip From Fontanin Mountain Refuge, after the car park in Còler, take the trail that leads first to Malga Bassa and then to Malga Alta.

From the car park in Plan, take the se-2 4h round trip cond rough track on the left, via Malga Fratte to the mountain dairy.

Permission must be requested from Comune di Malé. The malga can also be reached using the Stelviobus. Dairy and dry cows, calves, horses, donkeys, pigs, goats.

PROPERTY OF Comune di Malé 346 6810762

LOCATION VAL DI RABBI



the rough track on the left and the mountain dairy is just 300 metres further on. From here you can reach the suspension bridge, about 1.5 km away towards Rabbi Fonti.

Dairy cows, pigs, hens, ponies. 339 1742304 PROPERTY OF ASUC San Giacomo

Fontanon car park can be reached using the Stelviobus.





Rabbi Fonti, follow signs for Malga Tremenesca. Not accessible by car. Fontanon car park can be reached

using the Stelviobus. Heifers.

PROPERTY OF Consortela Tremenesca **1** 334 3914828

LOCATION VAL DI RABBI



1 4h 30' round trip From Rabbi Fonti, take SAT trail 109 to Malga Monte Sole and from there DIFFICULT to Malga Villar Alta. Another 10 minutes' walk will bring you to Malga Villar

2 1h 15' round trip As an alternative, you can also reach Malga Villar Alta from Malga Cercen MEDIUM-EASY Permission must be requested from Comune di Malé for specific needs. Malga Monte Sole can also be reached

Dairy cows, heifers. PROPERTY OF Comune di Malé 10 0463 900206 - 338 9314753

using the Stelviobus.



LOCATION **MALÉ**



1 h 45' round trip From Bolentina follow signs for Mas de Mez and then continue along the dirt road for 500 m to the car park. From here you can get to the mountain dairy along the forest road.

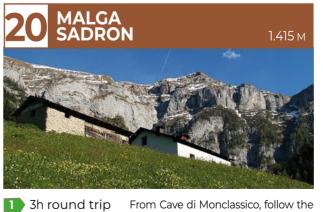
2 Ih 15' round trip From Mas de Mez on SAT Trail 119B

to the malga or farmhouse. Permission must be requested from ASUC Bolentina. Dairy cows, heifers.

PROPERTY OF **ASUC Bolentina** 1 339 7930533 - 340 7320713 Bolentina

LOCATION CROVIANA

Dairy cows, heifers.



forest road to the malga or mountain Permission must be requested from Comune di Croviana.

PROPERTY OF Comune di Croviana 1349 1247175 - 347 3617966



The World of the Malghe in Val di Sole

Alpine pastures were traditionally created to make the most of mountain resources at a time when agriculture and farming were carried out at subsistence level. During the summer months, livestock was taken up to the summer pastures and the mountain huts, to allow farmers to carry out traditional summer tasks, such as haymaking and cultivating their fields.

Today, the Alpine pastures are a way of sustainably using the mountains and they provide local communities with a form of unity and a value- and identity-related connection.

Val di Sole has a long tradition in this sense as all you need to do is look up and you will see the pastures, each with a malga or farmhouse. Their distinguishing feature today is the high number that process milk to make excellent dairy products with unique characteristics. Some of the buildings have also be adapted and now have comfortable rooms so that visitors can spend a night in the mountains. Malghe with pastures in more remote areas that are harder to get to are used for young animals that benefit the most from Alpine grazing. The environmental heterogeneity, historic and cultural management typical of this circuit will amaze those who manage to look beyond what they see...



Via delle Malghe in Val di Sole

More than 100 kilometres of trails and old forest roads that connect the main malghe or farmhouses inside two important protected areas: Stelvio National Park and Adamello-Brenta Nature Park. A true circuit that can be accessed from various villages in Val di Sole; a unique experience for enjoying typical local food and spending a night in a malga or one of the mountain refuges along the trail.

STARTING POINTS:

VAL DI RABBI Pracorno and Masi di Zora, Piazzola in Rabbi, car park at Fontanon, Còler car park

VAL DI PEIO Celentino, Malga Campo VAL DI SOLE Ortisé, Fazzon in Pellizzano,

Mezzana/Marilleva 1400, Daolasa in Commezzadura, Folgarida and Folgarida Belvedere

You can complete the main circuit over several days, staying at the various places that offer accommodation along the way.

Mobility in Stelvio National Park

The Stelviobus will bring you quite close to some of the malghe in the Park.

SAN BERNARDO - MALGA

STELVIOBUS RABBI

PLAZZE DEI FORNI - CÒLER PLAZZE DEI FORNI - MALGA MONTE SOLE ALTA Linea 3 PLAZZE DEI FORNI - MALGA MALEDA BASSA

CALDESA/SAMOCLEVA Scan the QrCode to see all the info about

this service.

STELVIOBUS PEIO PEIO FONTI – FONTANINO Linea 1

this service.

Scan the QrCode

to see all the info about

Tel. 0463 901280 - info@visitvaldisole.it 2h 30' round trip From Dimaro, after the Venetian Saw-

mill, follow the rough track that goes through Val Meledrio to the moun-Sib ley 2 1h 30' round trip From Belvedere di Folgarida go down the Masi di Ronzola road and follow

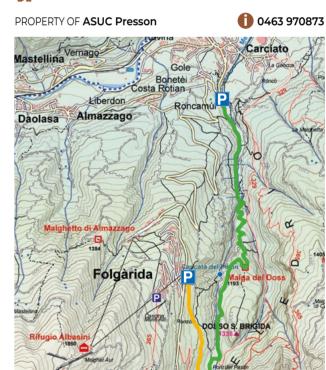
1.292 N

the signs. Permission must be requested from the ASUC office at Comune di Dimaro Folgarida.

Calves, cows.

LOCATION **DIMARO FOLGARIDA**

MALGA PRESSON



LOCATION MEZZANA



town of Ortisé, continue to Malga Stabli and, once there, after a further 3 km on the rough track you will come to the mountain dairy. Not accessible by car.

Dairy cows, heifers, calves (in the months of July and August). 0463 757282 PROPERTY OF ASUC Ortisé







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