



LOCATION: RABBI
RABBI'S ALPINE DAIRIES 6h **1**

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



Loc. Cavallar (1.480 m) - Malga Arisa (1.890 m) - Malga Caspeda (Samocheva 1.892 m) - Malga Paludè Alta (Caldesà Alta 2.054 m) - Malga Paludè Bassa (Caldesà 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 Arisa 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 Caspeda (1.892 m) (2h) and descend along the mountain ridges coming down from the Cima dei 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 Caspeda alpine dairy quickly takes you to Malga Paludè Bassa.



LOCATION: RABBI
MASI DI VALORZ TRAIL 3h30' **2**

starting point: **S. 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



San Bernardo (1.093 m) - through the Masi di Valorz rural homes - Baio Forestate (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 Rabbi's stream and past 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 Baio Forestate 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).



LOCATION: RABBI
SUSPENSION BRIDGE MALGA FRATTE 3h **3**

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



Rabbi Fonti (1.260 m) - Suspension Bridge (1.360 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 Ragaio stream. The new suspension bridge crosses over the gorge with a length of 100 m at a height of 57 meters. The Ragaio 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 Ragaio 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 Rabbi's 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.



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LOCATION: RABBI
MALGA MONTE SOLE 3h **4**

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
- beaten track with snowcat



Rabbi Fonti (1.260 m) - Malga Monte Sole Bassa (1.739 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 Stablet 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. 339.11310314.

LOCATION: RABBI
MALGA STABLASOLO 1h30' **5**

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 homes/shelters
- within the Stelvio National Park
- groomed track with snowcat



Rabbi Fonti (1.260 m) - Coler (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 Pian 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 Rabbi's stream until you reach the area called Coler. Cross over the bridge on the Rabbi's stream and go upwards on the right side of the stream until you reach the Rifugio Al Fontain 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 Rabbi's stream just below the Saent waterfalls. Return back along the same itinerary.

LOCATION: MALÉ
AMONG THE BOLENTINA ALPINE DAIRIES 3h **6**

starting point: **Fraz. Boletina**
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



Boletina (1.161 m) - Mas de Mas (1.317 m) - Piazzola Marentana (1.510 m) - Mas de la Cros (1.601 m) - Malga Boletina Bassa (1.510 m)

From Malé, follow the directions up to the hamlet of Boletina, 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 Piazzola Marentana (1.510 m) and then onwards as you admire the Cimón de Boletina (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 sledding. The walk up to Mas de la Cros will take about 1 h and 30 min. From the Malghetto alpine dairy near by, the trail goes downhill in the wood to reach the Malga di Boletina 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 "Saghe", 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.

LOCATION: DIMARO
VAL MELEDRIO 3h **7**
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



Dimaro (800 m) - Doss S. Brigida (1.344 m) - Masi Ronzola - (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 Carlo 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 Ecomuseum (open during the summer). After the old "calceara", a kin 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 XII 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 Ronzola (mountain cabins) until you reach the n. 239 state road at an area called Belvedere. Return along the same itinerary.

LOCATION: FOLGARIDA
MALGHET AUT CLIMB 2h **8**

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**

- in the Skiaree Folgarida Marilleva
- ski lifts can also be used for those that start the itinerary from the Malghet Aut area



Folgarida (1.300 m) - Malghetto di Almazzag (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 Rotán and then reaches the pastures surrounding the Malghetto di Almazzag 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).

LOCATION: DIMARO FOLGARIDA
BAITA CIOCOMITI MALGA VIGO 1h45' **9**

starting point: **parking area at the junction to Malga Dimaro alpine dairy SS 239**
start/finish height: **1.500 m**
max height: **1.800 m**
length: **2,8 km**
difficulty level: **moderate**

- breathtaking panoramic views over the Brenta Dolomites
- full immersion in the snow-covered wintery woods
- possibility to dine at Malga Vigo



Malga Vigo (1.500 m) - Baita Ciocomiti (1.800 m)

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 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 Skiaree Campiglio Dolomiti di Brenta, now serves refreshments.

LOCATION: DIMARO FOLGARIDA
MALGA BASSA PRESSON MASI DI RONZOLA 1h30' **10**

starting point: **parking area at Belvedere Folgarida gondola lift**
start/finish height: **1.400 m**
max height: **1.400 m**
length: **3 km**
difficulty level: **easy**

- easy walk at the foot of Sasso Rosso peak
- Malga Bassa di Presson and a small wooden amphitheatre, interested in nature
- possibility to dine at the Belvedere Folgarida area



Belvedere Folgarida (1.400 m)

Park your car near at Piazzale Belvedere di Folgarida and take the road just 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 left 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.

LOCATION: FOLGARIDA-COMMEZZADURA
TO THE MALGHETTO DI ALMAZZAGO 2h **11**

starting point: **Piazzale Folgarida (1.300 m)**
start/finish height: **1.400 m**
max height: **1.400 m**
length: **5,2 km**
difficulty level: **moderate**

- itinerary through the wood
- panoramic view of Val di Sole
- ski lifts can also be used



Folgarida (1.300 m) - Malghetto di Almazzag (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 Rotán and then reaches the pastures surrounding the Malghetto di Almazzag 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).

LOCATION: FOLGARIDA-COMMEZZADURA
RIFUGIO SOLANDER 1h15' **12**

starting point: **Piazzale Folgarida o Belvedere**
start/finish height: **1.850 m**
max height: **2.045 m**
length: **4,6 km**
difficulty level: **easy**

- in the Skiaree Folgarida Marilleva
- breathtaking views of the Brenta Dolomites
- ski lift can also be used



Rifugio Solander (2.045 m)

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 Brenta 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 "Skiewig Malghet Aut" in order to then reach the Rifugio Solander mountain hut. Return along the same route.

LOCATION: DAOLASA - MARILLEVA 1400
RIFUGIO SOLANDER MALGA PANCIANA 1h **13**

starting point: **top station of the Daolasa or the Malga 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 Skiaree Folgarida Marilleva



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 Levatic 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 Sghirhat chairlift (cross the Sghirhat slope) and from here you will quickly reach Malga Panciana, already visited by 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
MADONNA DELLE CIME LAGHI DEL MALGHET 1h/2h **14**

starting point: **Residence Artuk parking**
start/finish height: **1.400 m**
max height: **2.001 m**
length: **2,3 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



Marilleva 1400 - Madonna delle Cime shrine (1.400 m) - junction to Rifugio Art (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 Artuk 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. 262 trail); if you turn left you will go towards Marilleva 1400, following the trail along a slight downwards slope you'll reach Residence Artuk (2 hours one way). You can also reach Marilleva 1400 by taking the "Contrè-Copai" gondola lift.

LOCATION: MARILLEVA 1400 - PELLIZZANO
MARILLEVA 1400 LAGO DEI CAPRIOLI 4h30' **15**

starting point: **Residence Artuk 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



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

Near the Residence Artuk 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 Merzano" lakes and continue straight ahead through a spruce forest, which is quite dense in certain sections, until you reach the Malga Alta di Fazon 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 "Gron" 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.

LOCATION: ORTISÉ
ALPE POZZE 4h **16**

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



Ortisé (1.477 m) - Malga Stabli (1.814 m) - Malga Bronzolo (2.084 m) - Menei (1.517 m)

This loop itinerary starts in the town of Ortisè (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 Ortisè, 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 Stabli alpine dairy (1.814 m) which is also a restaurant open during the winter season for lunch and dinner (reservations are recommended at the following mob. 346.653370). The itinerary then continues towards Malga Bronzolo after passing Val del Molinar, 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 Molinar, just before the town of Ortisè, you'll once again reach the trail that you followed on your way up. You'll then quickly reach the starting point.

LOCATION: PELLIZZANO
THE GNOME TRAIL 2h **17**

starting point: **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



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

Starting from the second bend along the road that goes to Fazon - Lago dei Caprioli lake, follow the learning trail called "Sentier della Palla" 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.

LOCATION: OSSANA
IN VALPIANA 2h **18**

starting point: **S. Vigilio Church**
start/finish height: **1.011 m**
max height: **1.260 m**
length: **2,5 km**
difficulty level: **moderate**

- sunny and panoramic surrounded by the peaks of the Ortles-Cevedale and Presanella



Ossana (1.011 m) - Valpiana (1.260 m) - S. Antonio

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 Focè str-ain passes right through this valley. From here, there's a striking view behind you of the peaks of the Ortles-Cevedale mountain group (Vice 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 Fazon alpine dairy/Lago dei Caprioli lake; from here go back to return to the starting point.



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 makes it difficult 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 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, stonibuck and chamois have developed:
 - a dark, heavier wintery 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.

dot. Fabio Angeletti
Director of the Malè District Forestry Office

Val di Sole

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