

LOCATION MALÉ | MOUNTAIN RANGE ORTLES-CEVEDALE



1 5h 10' round trip
↑ 1295 M
MEDIUM-DIFFICULT

1 Once past the town of Bolentina, follow the car directions until you reach the locality of Plaza Longa where you can park. Proceed on foot along the forest road, that crosses the pastures of Plaza Merendata and Malga de la Cros (160 m a.s.l.), 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 Forborda; the second is to go up the forest road to Malga Stabla Maleda Alta (2060 m a.s.l.).

2 For the first alternative, the trail to Bait Forborda is just a few metres below the malga. Once you reach Bait Forborda (231 m a.s.l.), continue along the trail to Malga Stablasolo and return to the car park in Coler.

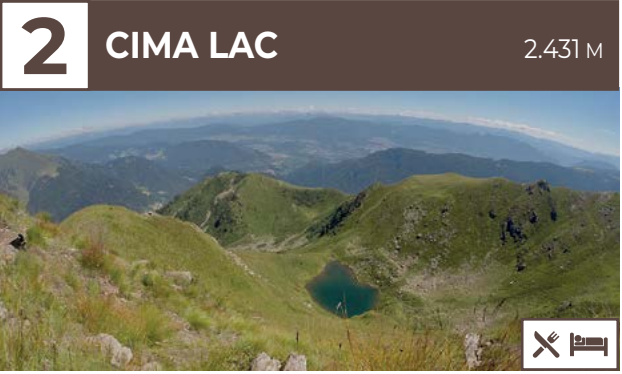
In the summer, after 9:45 a.m., leave your car at "Piaze dei Fonti" and continue to the Coler car park or to Malga Maleda Bassa with StelvioBus. Booking is required up to the malga.

Food: Malga Stabla Maleda Alta Malga Stablasolo Alberger Al Fontanin

Tel. +39 346 680762 Tel. +39 388 863952 Tel. +39 0463 984017



LOCATION RABBI | MOUNTAIN RANGE MADDALENE



2 6h 30' round trip
↑ 1172 M
MEDIUM-DIFFICULT

1 From the hamlet of Pracorno, follow the car directions to Ingenga and then to the locality of Masi de Zora. Here, the road becomes unpaved, and after driving 200 m, you'll reach the parking area, where you can leave the car. Continue on foot along the dirt road, passing two small waterfalls, until you reach Malga Cortinga Bassa and then Malga Cortinga Alta (2057 m a.s.l.). From there, follow SAT Trail 17, which leads to Pass de l'Om (2331 m a.s.l.), then take Trail 133A until you reach Cima Lac (2413 m a.s.l.). Return via the same route.

2 From Pracorno take the tarmacked road to Ingenga and follow it until you reach Malga Mondent Alta (1913 m a.s.l. - only with suitable cars), continue on foot following signs for Malga Cortinga Alta and from here proceed as described above.

Food: Malga Mondent Alta

Tel. +39 345 1002503



LOCATION RABBI-ORTISÉ | MOUNTAIN RANGE ORTLES-CEVEDALE



4 8h 30' round trip
↑ 1,449 M
DIFFICULT

1 The route starts in San Bernardo di Rabbi and, after passing the village, take the road to the Valzor waterfall. After a little bridge over the river Rabbits, park your car in the car park at 1245 m a.s.l. This is the start of the SAT Trail 121 that leads to the ruins of Malga Casera (1961 m a.s.l.) and then continues first through the clearing in the larch copse and then over rocky outcrops to beautiful Lake Soprasasso (2779 m a.s.l.). Walk around the northwestern side of the lake along the path following the cairns to bring you to the magnificent amphitheatre 'Lake Rotondo' (2424 m a.s.l.). Skirt around it to the right to reach nearby Lake Quarto (2406 m a.s.l.). Descend from the lake through a grassy pass and you will come to the highest of the lakes in Valle di Valzor, Lake Alto. Walk around the orographic left of the lake and after a few minutes you will come to the Valletta mountain pass (2026 m a.s.l.). Retrace your steps for the return journey.

2 Once past Ortisé, take the tarmacked road that climbs narrowly up to the parking area located just below Malga Stabl (1814 m a.s.l.). From here, begin your hike by following the gravel road up to Malga Bronzolo (2083 m a.s.l.). Leaving the malga behind you, continue on the SAT Trail 124 in the direction of Passo Valletta. Once you reach Passo Valletta (2694 m a.s.l.), you'll catch your first glimpse of the stunning lakes on the Val di Rabbi side. From the pass, begin a steady descent, first reaching Lago Alto and then continuing down to Lago Rotondo (2424 m a.s.l.). Retrace your steps for the return journey.



LOCATION COMMEZZADURA | MOUNTAIN RANGE ORTLES-CEVEDALE



6 4h 30' round trip
↑ 788 M
MEDIUM-DIFFICULT

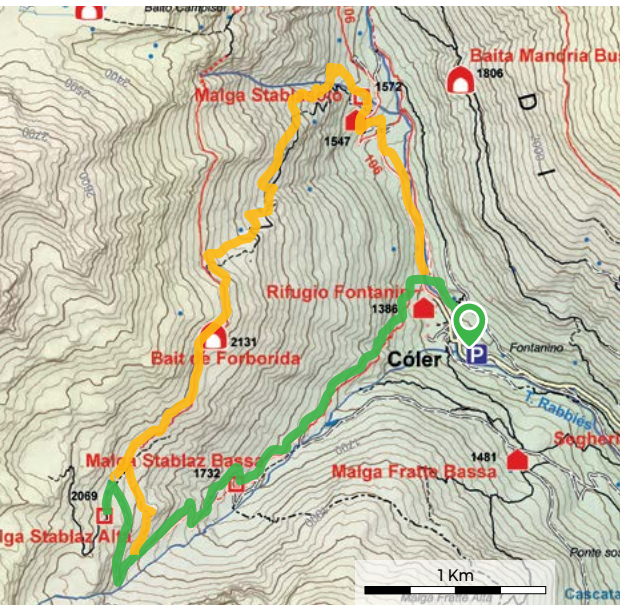
1 Park your car in Coler car park (1389 m a.s.l.) and follow the road for a few metres until you reach the start of the trail (on the left) with signs for Val Maleda. This trail leads to Malga Stabla Maleda Bassa (1726 m a.s.l.), where you will find the waterfall of the same name. From there you have two alternatives: the first is to follow the 'Via delle Malghe' trail which joins up with the trail leading to Bait Forborda; the second is to go up the forest road to Malga Stabla Maleda Alta (2060 m a.s.l.).

2 For the first alternative, the trail to Bait Forborda is just a few metres below the malga. Once you reach Bait Forborda (231 m a.s.l.), continue along the trail to Malga Stablasolo and return to the car park in Coler.

In the summer, after 9:45 a.m., leave your car at "Piaze dei Fonti" and continue to the Coler car park or to Malga Maleda Bassa with StelvioBus. Booking is required up to the malga.

Food: Malga Stabla Maleda Alta Malga Stablasolo Alberger Al Fontanin

Tel. +39 346 680762 Tel. +39 388 863952 Tel. +39 0463 984017



LOCATION MADONNA DI CAMPILGIO | MOUNTAIN RANGE ADAMELLO-PRESANELLA



7 5h round trip
↑ 716 M
MEDIUM-DIFFICULT

1 Park your car in Loc. Patascoss and from there, follow the signs to Malga Ritorito and then take the SAT Trail 277 up to the first lake, Lake Ritorito. Then follow the SAT Trail 232 along a track with a surface of stones and beaten earth, to Lake Lambin, then to Lake Serodoli and Lake Gelato. To descend into the valley, from Lake Serodoli, take the SAT Trail 277 towards Lake Nambino. From this lake, continue down towards Loc. Patascoss, following the signs to the SAT Trail B06.

2 Take the 5 Lachi cable car uphill, then follow SAT Trail 232 to Lake Ritorito. The route continues as described above. Once you reach Lake Nambino, return to Madonna di Campiglio along the SAT Trail 277.

Food: Rifugio Patascoss Malga Ritorito Rifugio Natalia ai Lachi Rifugio Lake Nambino

Tel. +39 0465 440122 Tel. +39 0465 442008 Tel. +39 0465 443270 Tel. +39 0465 446121



LOCATION COMMEZZADURA-MEZZANA | MOUNTAIN RANGE ORTLES-CEVEDALE



8 4h 40' round trip
↑ 425 M
MEDIUM

1 Drive to Menas (hamlet of Mezzana), pass through it 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 a.s.l.). Crossing two small valleys, the path starts to climb until reaching a junction. Keep left, following the signs for Malga Monte Alta. After ascending three switchbacks and covering about 15 km, you'll arrive at Malga Monte Bassa (1699 m). Just past the hut, on the right, you'll find signs for the 'Laresi de la Tegia' trail. Follow a small uphill track leading to a helicopter landing area. Here, the trail begins with a staircase, then transitions into a beautiful, scenic, and mostly flat path—the true 'Laresi de la Tegia' route—where you'll encounter more than 25 ancient larch trees with bizarre and fascinating shapes. Leave until you reach a clearing (about 1800 m a.s.l.) 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.



LOCATION COMMEZZADURA | MOUNTAIN RANGE ADAMELLO-PRESANELLA



9 4h 30' round trip
↑ 558 M
MEDIUM

1 From the station upstream of the cable car at Daolasa (2045 m, open from mid-June to mid-September approx.) continue up to the Rifugio Oro Bruno (278 m a.s.l.), along the ski slopes. From here, descend the western ski slope until you reach SAT Trail 201 202A, which leads to Lago Alto. The trail climbs steeply up to Lake Alto (2166 m a.s.l.). From there, continue uphill on SAT Trail 267 to reach the first of the Tre Laghi—the upper lake (2285 m a.s.l.)—followed shortly by the middle and lower lakes. After skirting the lowest lake via a very steep path, you'll first reach Lago Scuro, then a small mountain cabin. Descend further to Lago delle Malghette (1880 m a.s.l.) and its namesake refuge. To the left of the refuge, a small staircase ascends—turn right immediately at the top to find the 'Sentiero dei Pastori' (Shepherds' Trail), which loops back to the starting point.

2 From the car park at the Campo Carlo Magno cross-country ski centre (1702 m a.s.l.), take the rough track toward Lake Malghette to Baita Coccomiti - Malga Vigo. From here, take the SAT Trail to the lake (1880 m a.s.l.). Walk along the south bank of the lake, then climb to the stunning Lago Scuro just above. Skirt the southern shore of the lake, then climb to the stunning Lago Scuro just above. After passing the lake on your right, take the steep trail to reach the first of the three lakes—the lower one. After circling this lake, you'll quickly encounter the other two: the middle and upper lakes (2285 m a.s.l.). From the upper lake, descend via a steep trail back to Lago delle Malghette. To the left of the refuge, follow signs for Malga Vigo along SAT Trail 201, then retrace your steps along the same gravel road to return.

Food: Ristorante Alpe Daolasa Rifugio Oro Bruno Malga Vigo (Baita Coccomiti) Rifugio Lago delle Malghette

Tel. +39 0463 401020 Tel. +39 0463 796160 Tel. +39 320 269737 Tel. +39 393 882295



LOCATION MEZZANA-MARILLEVA 1400 | MOUNTAIN RANGE ADAMELLO-PRESANELLA



10 6h 30' round trip
↑ 1,077 M
DIFFICULT

1 Park at Marilleva 1400: the route starts at the Residence Artuk. Once you reach the residence, take the SAT Trail 202 on the left. The trail begins as a forest road and then becomes a mule track and goes past Malghetto Copai (1886 m a.s.l.). Just a little further up you will come to the first of the two little lakes and then the upper lake after a slight uphill stretch along the trail. To reach the Croce della Pace (2520 m a.s.l.) 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 handrails, that leads to the summit of Monte Gardene (2520 m a.s.l.) and then to the Croce della Pace.

2 Start in Marilleva 1400 and reach Malga Panciana (1896 m a.s.l.) with the cable car, which is open during the summer months, and from here take the SAT Trail 201 on the right that leads to the Ort mountain refuge (1900 m a.s.l.) from where you continue into Val Lores until you reach the SAT Trail 202 leading to the small lakes. From here, continue along the route above to the Croce della Pace.

NB: the last section of the trail is somewhat difficult, with an exposed summit section which is tooled in places

Food: Ristorante Ort 1900

Tel. +39 347 8994947



LOCATION ORTISÉ-MENAS-PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



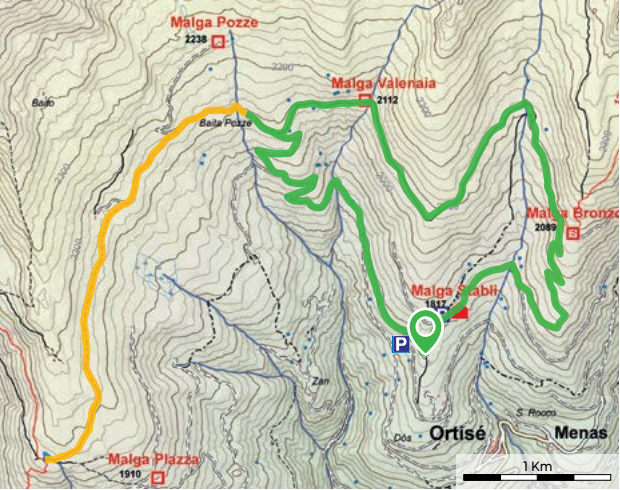
11 4h round trip
↑ 460 M
MEDIUM

1 Leave your car in the car park at the junction between the road to Malga Pozze and the road to Malga Stabl (1814 m a.s.l.). Begin walking toward Malga Stabl, and after passing it, continue on a comfortable gravel road toward Malga Bronzolo (2085 m a.s.l.). 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, follow an easy trail to Malga Valenaria (2112 m a.s.l.). From there, you continue along the rough track until you cross the road for Malga Pozze. Then, proceed on the gravel road in the direction of Ortisé until you reach the parking area.

2 From Baito Pozze, continue along the SAT Trail 152 past Malga Monte (2160 m a.s.l.), now the Museum of Alpine Folk Epigraphy, and on to Lake Celentino (2068 m a.s.l.). Retrace your steps to Baito Pozze and then down along the rough track towards Ortisé to the car park.

Food: Malga Stabl

Tel. +39 346 6933370



LOCATION PELLIZZANO | MOUNTAIN RANGE ADAMELLO-PRESANELLA



12 5h round trip
↑ 775 M
MEDIUM-DIFFICULT

1 Leave your car at the car park near the Malga Bassa di Fazon (1251 m a.s.l.) and the tarmacked road in the direction of Lake 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 Trail 243, until you reach Val Basega and its bivouac (2006 m a.s.l.). Retrace your steps back to the start.

Note: From June 28th to July 20th, the Greenbus service to Lago dei Caprioli and Valpiana is active. For further details, please visit our website: visitaldolite.it/en/mobility



LOCATION OSSANA | MOUNTAIN RANGE ADAMELLO-PRESANELLA



13 4h 30' round trip
↑ 824 M
MEDIUM-DIFFICULT

1 From the village of Ossana drive 2 Km to Valpiana and park your car (paid parking during summer months). Follow for a few minutes the forest road to Malga Valpiana (mountain dairy) until you reach the SAT Trail 216. 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 Trail 216 along Val di Bon until you reach the bivouac of the same name. Leaving the bivouac on the left, continue until you reach the wild area called Lago Venezia. Retrace your steps for the return journey.

From June 28th to July 20th, the Greenbus service to Lago dei Caprioli and Valpiana is active. For further details, please visit our website: visitaldolite.it/en/mobility



LOCATION OSSANA-VERMIGLIO | MOUNTAIN RANGE ADAMELLO-PRESANELLA



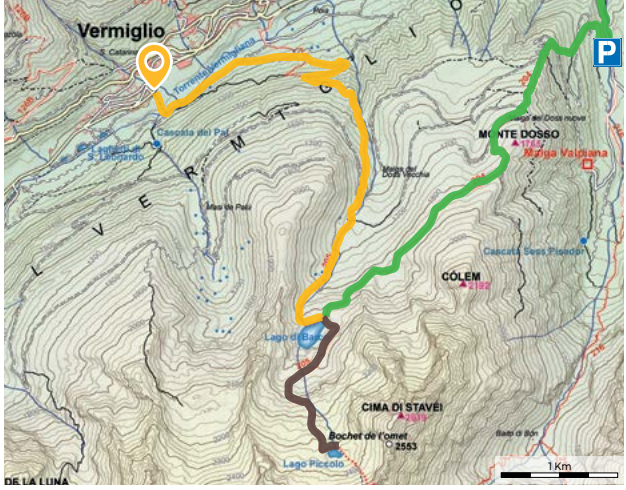
14 5h round trip
↑ 940 M
MEDIUM-DIFFICULT

1 From the village of Ossana, drive 2 km to reach the Valpiana area, where you'll find the parking lot (paid parking during summer months). From here, follow the signs to Malga dei Doss on the right. After a very short stretch on a forest road, take the SAT Trail 204 to the Malga dei Doss pastures (1692 m a.s.l.). Continue to the left to the turn off with signs for Lake Barco. The trail follows the mountain ridge, starting with a flat section and then descending gently until reaching a marshy hollow. Cross this area to arrive at a small wooden hut (baito) on the shore of the enchanting Lago di Barco (1907 m a.s.l.). Return via the same route.

Notes On Wednesdays in August and on Friday, August 15, the Greenbus service to Valpiana is available. For more details, visit our website: visitaldolite.it/en/mobility

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 Trail 205 that leads steeply up to Lake Barco (1903 m a.s.l.). Retrace your steps for the return journey.

3 From Lake Barco continue along the SAT Trail 205 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 a.s.l.). Retrace your steps to return to the start.



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



15 6h round trip
↑ 947 M
MEDIUM-DIFFICULT

1 From Peio Fonti drive to Loc. Fontanino (1670 m a.s.l.) where you can park your car. Walk the SAT Trail 110 that runs along the edge of Lake Pian Palù and then follow its entire length. When you reach Malga Palù (1800 m a.s.l.), keep to the right bank to avoid the small wooden bridge over the River Noce. From here on, the trail becomes more winding and in some places you will bring you to a small lake at 2237 m a.s.l., 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 Vallumbria lakes, see alternative route) then, following the SAT Trail 141A, you will come out near the ruins of the Baiti di Villacorta, at the footbridge over River Valpiana. After a short section, you will come to signs to proceed towards Lagostiel (2455 m a.s.l.) and the Sentiero della Fauna (SAT Trail 141), or if you feel tired, you can return towards Malga Palude, following the marked trail. Both itineraries go as far as Malga Ciurmetta from where you return to the Fontanino via a rough track.

2 For more experienced hikers, once you reach the footbridge over the River Noce, continue on the left bank into Vallumbria. 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 Vallumbria. 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 SAT Trail 141A as far as the fork with Valpiana. Lastly, follow the signs to Malga Palude, Malga Ciurmetta, and the Fontanino refuge.

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



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



16 5/6h round trip
↑ 800 M
MEDIUM-DIFFICULT

1 From Fontanino locality, follow the trail leading to Lago di Pian Palù. From Malga di Celentino, take SAT Trail 144 which leads into Val Pudria. This is an alpine grazing area, so it's common to encounter grazing cows. From Baito Val Pudria (2147 m a.s.l.), continue towards Valle Alta (2278 m a.s.l.). Upon reaching Valle Alta, follow the trail marked with wooden posts on the right towards Val Comiciolo, arriving at a spectacular panoramic terrace overlooking the entire Val del Monte and Lago di Pian Palù. From the ridge, traverse diagonally across the steep and challenging grassy slope on the side of Val Comiciolo. Passing through scree fields, you'll soon reach the baito (mountain hut) of Val Comiciolo. The path then winds downhill until intersecting the SAT Trail 137. Continuing the descent, you'll return to Malga di Celentino.

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



LOCATION PEIO | MOUNTAIN RANGE ORTLES-CEVEDALE



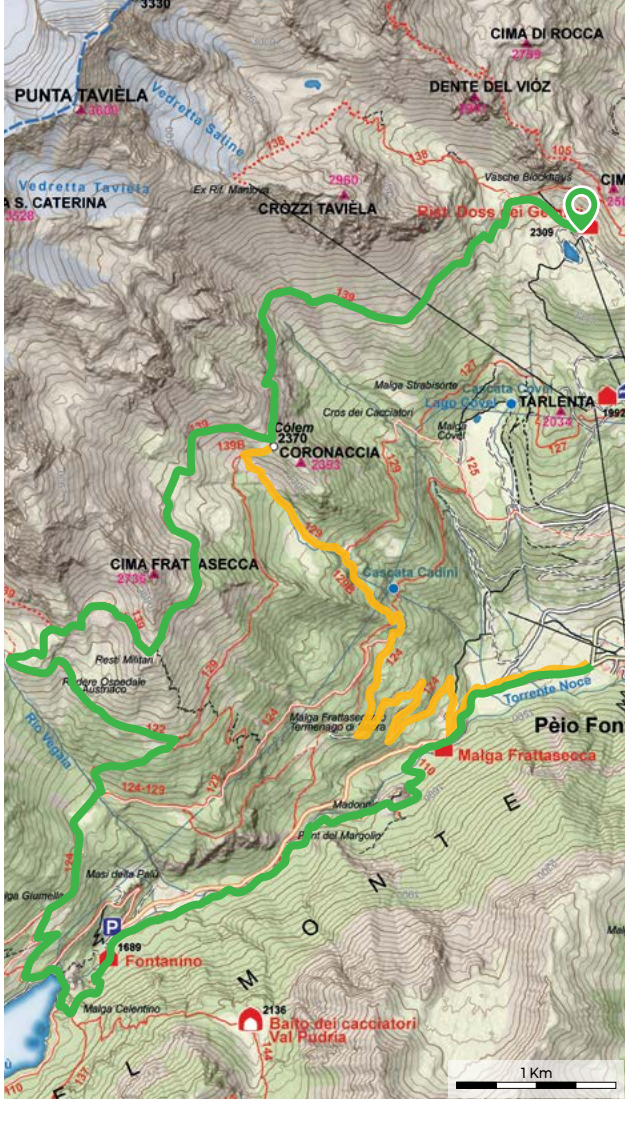
17 6h round trip
↑ 443 M
MEDIUM-EASY

1 From Peio Fonti, reach Ristorante Doss dei Cembi (2316 m a.s.l.) via ski lifts. From the restaurant, follow SAT Trail 138 toward Val de la Mite, then take the SAT Trail 139 (called 'Dei Tedeschi') on your left. This trail is named after the Austro-Hungarian army that built it during World War I. The high-altitude route (around 2300 m a.s.l.) features constant ups and downs. After crossing the Tavella stream footbridge, continue along the trail—partially secured with fixed ropes—until reaching La Coem (2369 m a.s.l.). Turn right and proceed to Colle Cadini. Finally, enter the pristine Valle degli Orsi (Bear Valley) and follow SAT Trail 122 until intersecting the military road to Fontanino (2369 m a.s.l.). Continue to Malga Ciurmetta and Lago di Pian Palù. Once you arrive at Fontanino, in the summer you can take the StelvioBus shuttle service to Peio Fonti. Cross the wooden footbridge and follow Trail 110, passing Forte Barba di Fior, to reach the road near Malga Frattasecca, then walk back to Peio Fonti.

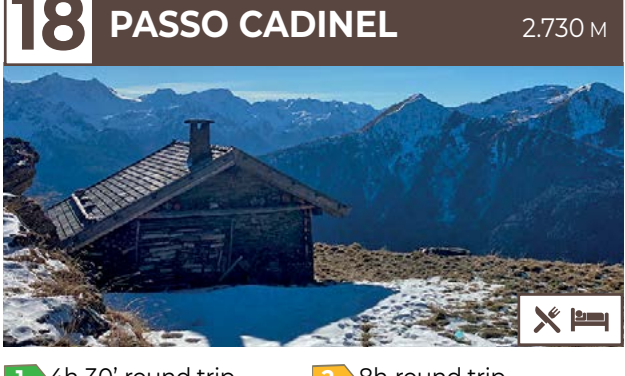
2 At Coem (2369 m a.s.l.), leave the Sentiero dei Tedeschi trail and take the SAT 138B going down into Val Cadini. Shortly after, you'll reach a junction where you'll follow SAT Trail 129. Continue downhill until passing a small waterfall, then come to a second fork where you follow the signs to Malga Frattasecca - Cadini waterfall, SAT Trail 129B. (For those who want to return towards Peio Paese, at this fork, we recommend continuing along the SAT Trail 129 as far as Croce dei Cacciatori, then to Coem before taking the forest route to San Rocco). From the main route, follow the wooded trail until it merges with the Military Road (SAT 124). Walk the entire military road, pass Malga Frattasecca, and take the paved road on the left leading back to Peio Fonti.

Food: Malga Frattasecca Il Fontanino

Tel. +39 320 1578322 Tel. +39 347 2366546



LOCATION CELENTINO | MOUNTAIN RANGE ORTLES-CEVEDALE



18 4h 30' round trip
↑ 1,029 M
MEDIUM-DIFFICULT

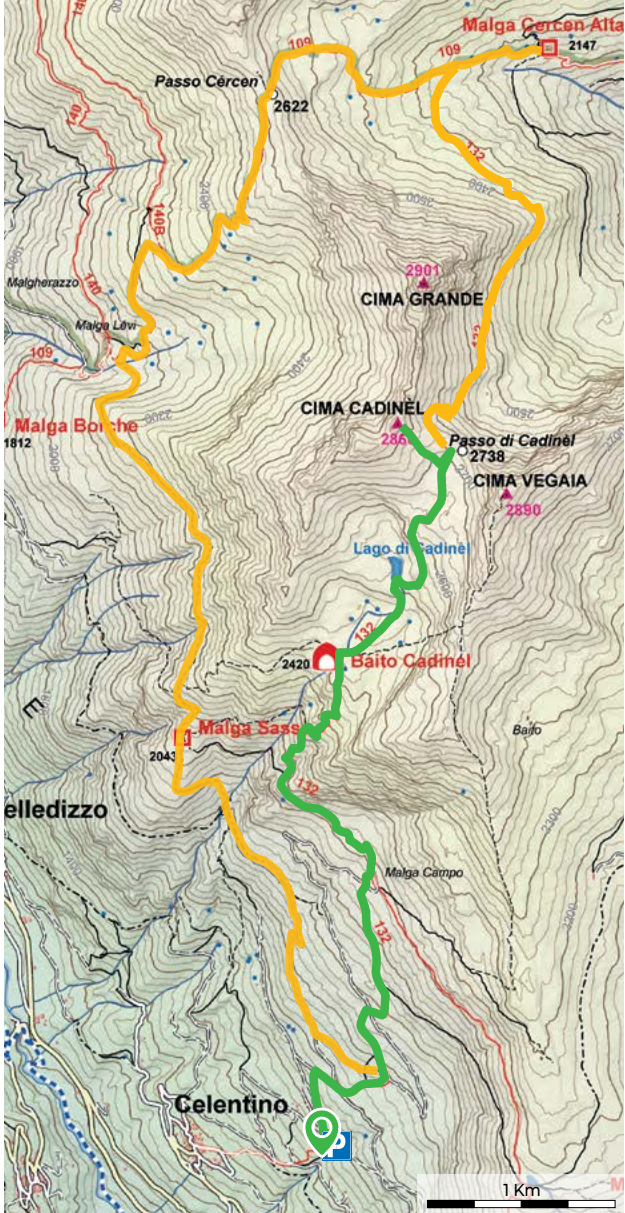
1 From the district of Celentino, continue by car as far as the car park Sant'Antonio. From here, set out on foot along the forest road or following the SAT Trail 132 to Nestalp Malga Campo (1979 m a.s.l.). Follow the signs to Malga Sessa and Bait Cadinel, which is a gentle uphill section, and then take the steep trail on the right up to Bait di Cadinel. The path then continues with gentle gradients until reaching the hollow that cradles Lago di Cadinel (2521 m a.s.l.) during spring and early summer.

A final steep ascent up a scree slope brings you to Passo di Cadinel (2730 m a.s.l.). From the pass, we recommend following the obvious tracks that quickly lead to the striking Cima di Cadinel summit (2866 m a.s.l.).

2 From Passo di Cadinel, you can complete a circular route. First, descend into Val di Rabbi via SAT Trail 132, then traverse Val Ceren, connecting with SAT Trail 109 slightly above Malga Ceren Alta. Next, cross into Val di Peio via Passo Ceren (2620 m a.s.l.) and descend toward Malga Levi and Malga Borche (1807 m a.s.l.). The hike concludes by taking the high-altitude trail from Malga Borche back to the San Antonio parking area.

Food: Nestalp Malga Campo

Tel. +39 0463 636099



LOCATION VERMIGLIO | MOUNTAIN RANGE ORTLES-CEVEDALE



22 5h round trip
↑ 726 M
MEDIUM-DIFFICULT

1 Park your car near the parish church of Santo Stefano, walk down Via Sen. Bruno Kessler and take the little road that leads first to the little church of Santa Caterina and then to Loc. Dazi. From Dazi, take the steep trail on the right leading toward Masi di Verniana (1716 m a.s.l.). The masi (traditional alpine farmsteads) offer breathtaking views of the Presanella summit towering opposite. Continue along the gravel road leading to the ruins of Malga Verniana (1838 m a.s.l.). 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 Mezzol or Bait del Vedeler at 2000 m a.s.l., a typical Alpine hut used as a shelter by shepherds or hunters. From the bait (mountain hut), descend and take a gravel road that continues with a gentle downhill slope until reaching Masi di Strino (1758 m a.s.l.). Shortly after passing these farmsteads, proceed to the junction with the drivable road. Follow the road downhill toward Vermiglio until returning to the parking area near the church.

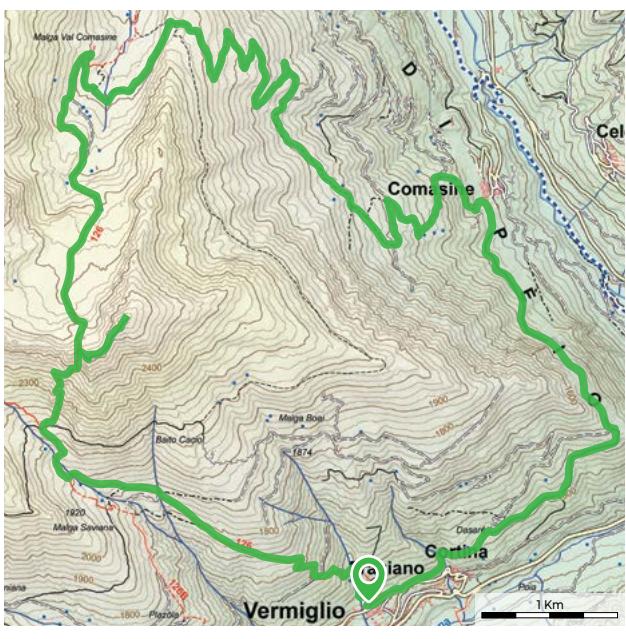


LOCATION VERMIGLIO-COMASINE | MOUNTAIN RANGE ORTLES-CEVEDALE



23 9h round trip
↑ 1488 M
DIFFICULT

1 From Vermiglio, take the SAT Trail 126 near the town hall, which climbs steeply to the Saviana masi and then continues to the malga of the same name. Behind the malga, pick up trail 126 into the heart of wild Val Saviana through flower-filled meadows and larch woods until you come to a crossroads with signs for Cima Boai - Val Comasine. Follow these along the easy to spot SAT Trail 126 to Cima Boai (2685 m a.s.l.), from where the view sweeps over the entire Val di Sole, Tonale, Brenta and the chain from San Matteo to Cevedale. From the Cima Boai, retrace your steps to the junction with the SAT Trail 126 and walk in the direction of Val di Peio, then, continuing through the moraine basin of La Valletta, you will come first to Malga Mason and then Malga Val Comasine. Between Malga Comasine and Malga Mason, take the time to visit the majestic centuries-old larch trees. From Malga Comasine, turn along the easy to spot rough track, down around a few hairpin bends until you come to a signpost for the 'Sentiero dei Minatori' (Miners' Path), in the direction of Comasine. After reaching the Mines of Val Comasine, retrace along the recently restored Sentiero dei Minatori (Miners' Path), which will bring you past Malga Gaggio di Sopra, across the slopes of the Monte Scazzel, to La Coem, an interesting scenic viewpoint overlooking upper Val di Sole and Val di Peio. From here, Vermiglio is about a 40 minutes walk. Before reaching the village you will go through Dassere.

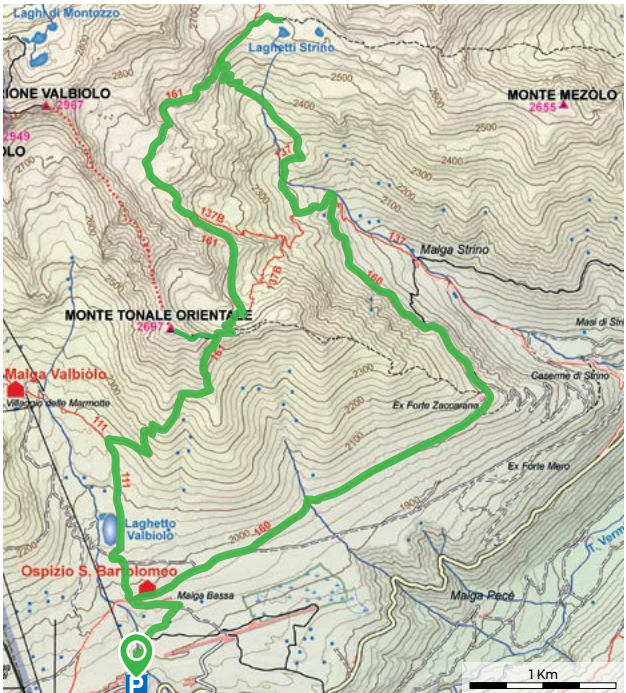


LOCATION PASSO TONALE | MOUNTAIN RANGE ORTLES-CEVEDALE



24 6h round trip
↑ 990 M
MEDIUM-DIFFICULT

1 Leave your car in the car park at the Valbio chaffril and take the tarmacked road to Lago La Mirandola. From here, take the SAT Trail 111 on the left of the hotel and follow it until you reach the junction with the SAT Trail 161, 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 a.s.l.). DETOUR: from here, the more daring can venture up to Mount Tonale Orientale (2638 m a.s.l.), an exceptional scenic viewpoint over the Adamello and Presanella groups, 150 minutes round trip. Once back at the pass, go down 100 m to the famous 'Città Morta' (2500 m a.s.l.), an Austro-Hungarian military settlement from the First World War, then follow signs for the little Strino Lakes along trail 161, a 15-hour walk and through Val Cabbianella will bring you to the over Lake Strino (2337 m a.s.l.), and then the upper lake below Monte Rediv. Return along the SAT Trail 137 until you reach the turn off with the SAT Trail 160 and follow the Bozairat trail, an old gutter channel used to supply water to Forte Zaccaria. You will then arrive at Fort Zaccaria (2098 m a.s.l.) and return to the pass following the SAT 160 trail.



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.



LOCATION: RABBI | MOUNTAIN RANGE: ORTLES-CEVEDALE



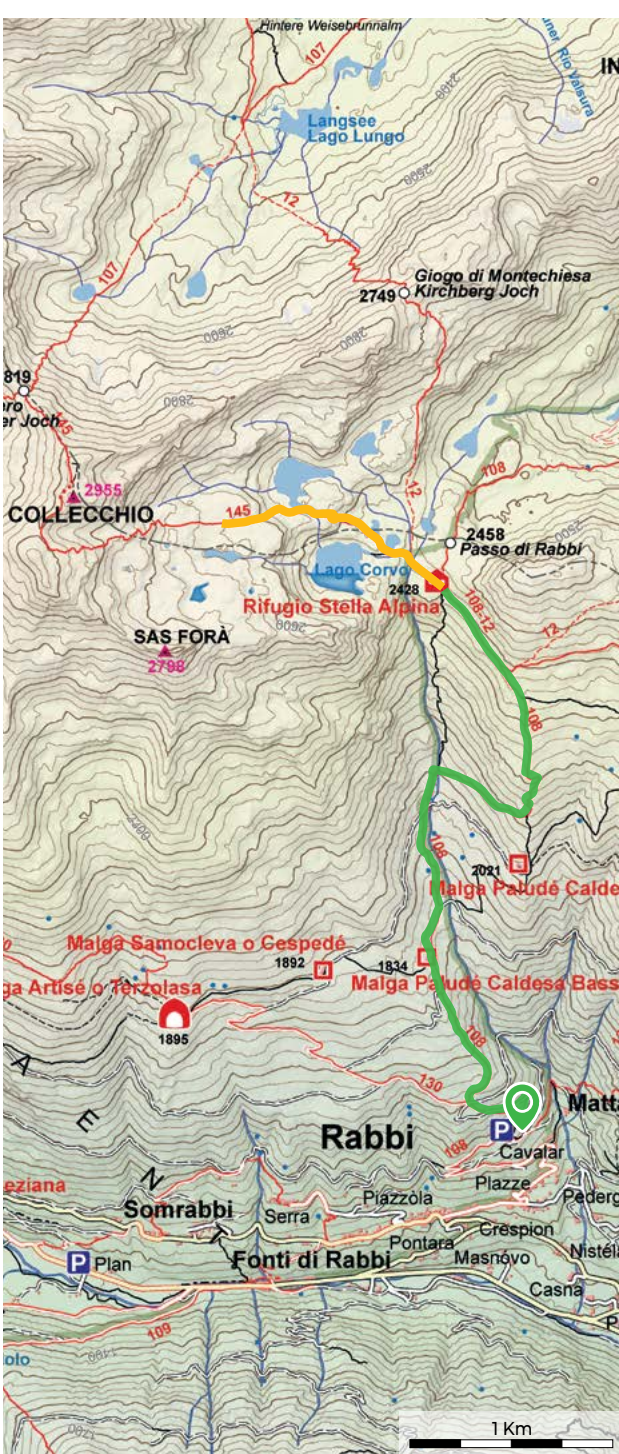
- 1 5h 30' round trip
MEDIUM-DIFFICULT
↑ 958 M
- 2 6h round trip
MEDIUM-DIFFICULT
↑ 1,088 M

1 From Cavallar car park, located above the village of Piatzola, begin walking along the forest road, then follow SAT Trail 108 leading to Malga Paludè Caldesa Bassa (1835 m a.s.l.). From the mountain hut, continue on a comfortable mule track and, after crossing a small bridge, turn right to climb the steep pasture above Malga Paludè Caldesa Alta. Following SAT Trail 108, you'll reach the Stella Alpina "Al Lago Corvo" mountain hut (2426 m a.s.l.).

2 From the hut, follow a well-defined trail to the first of the Corvo Lakes. The path then steepens as you ascend to the second lake. A brief detour to the left leads to the uppermost lake (2544 m a.s.l.). Descend via the same route.

In the summer, Malga Caldesa Bassa can also be reached by the Stelvioviobus, booking is required.

Food: Rif. Stella Alpina "Al Lago Corvo" Tel. +39 0463 98575 - +39 393 6436629



LOCATION: RIF. SAËNT "S. DORIGONI" E LAGHI DI STERNAI



- 1 5h 30' round trip
MEDIUM-DIFFICULT
↑ 1,050 M
- 2 7h 30' round trip
DIFFICULT
↑ 1,325 M

1 From the car park in Loc. Còler, you continue up to Malga Stabiasolo (1543 m a.s.l.). Once past the malga follow the signs for the SAT Trail 106, leaving the spectacular low waterfalls of Saient on your left. Proceed past Doss della Croce (1778 m a.s.l.) and then cross Pra di Saient (1778 m a.s.l.). The trail proceeds first to the small lake just under the refuge and then after another ascent, to the Rifugio Saient "S. Dorigoni" alpine hut.

2 From the refuge, follow the easy to spot signs along the sharply winding trail to Lake Sternal Inferiore (2595 m a.s.l.). Then go back up northwards until you come to little Lake Sternal Terzo (2862 m a.s.l.). The return journey follows the outward route to Lake Sternal Superiore (2777 m a.s.l.) and follows the path to Lake Sternal Medio (2742 m a.s.l.). From here, continue and follow the path downhill until it joins the SAT Trail 101 and returns to the refuge. Return to the car park in Còler and, just below the refuge, take the SAT Trail to Bato Campisai Basso, then follow signs for the Cascate di Saient waterfalls and just before you reach them, take the SAT Trail 106 to Malga Stabiasolo and back to the car park.

In the summer, after 9:45 a.m., leave your car at "Piaze dei Forin" and continue to Còler by Stelvioviobus.

Food: Malga Stabiasolo Tel. +39 398 863582
Rifugio Saient "S. Dorigoni" Tel. +39 0463 896375 - +39 0463 896365



LOCATION: RIF. "G. LARCHER" E LAGHI DEL CEVEDALE



- 1 5h 30' round trip
MEDIUM-DIFFICULT
↑ 915 M
- 2 7h round trip
DIFFICULT
↑ 1277 M

1 From Cogolo, drive up Val de la Mare to reach the parking area at Prabon (paid parking during summer months). From Malga Prabon, cross the small bridge over the Noce Bianco stream and follow signs to Malmagare. Take SAT Trail 102 leading to Pian Venezia, then continue along the left orographic side of the valley until reaching Rifugio G. Larcher (2607 m a.s.l.). To return along the loop, from the mountain hut, follow the SAT Trail 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 Trail 123 that passes above Lake Lungo to reach the shores of little Lake Nero just before the Carser 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. You'll then return to Malmagare and take the same uphill path you came on to get back to your starting point.

2 From the back of the refuge, you can reach Passo della Forcola (3035 m a.s.l.). The trail descends about ten meters beneath a large boulder, passing the turf for Chiaccaio Roske (marked on the 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 Malmagare Tel. +39 0463 636098 - +39 346 6757029



LOCATION: PASSO TONALE - CIMA DI PEIO | MOUNTAIN RANGE: ORTLES-CEVEDALE



- 1 7h round trip
DIFFICULT
↑ 1,078 M
- 2 6h round trip
MEDIUM-DIFFICULT
↑ 1,085 M

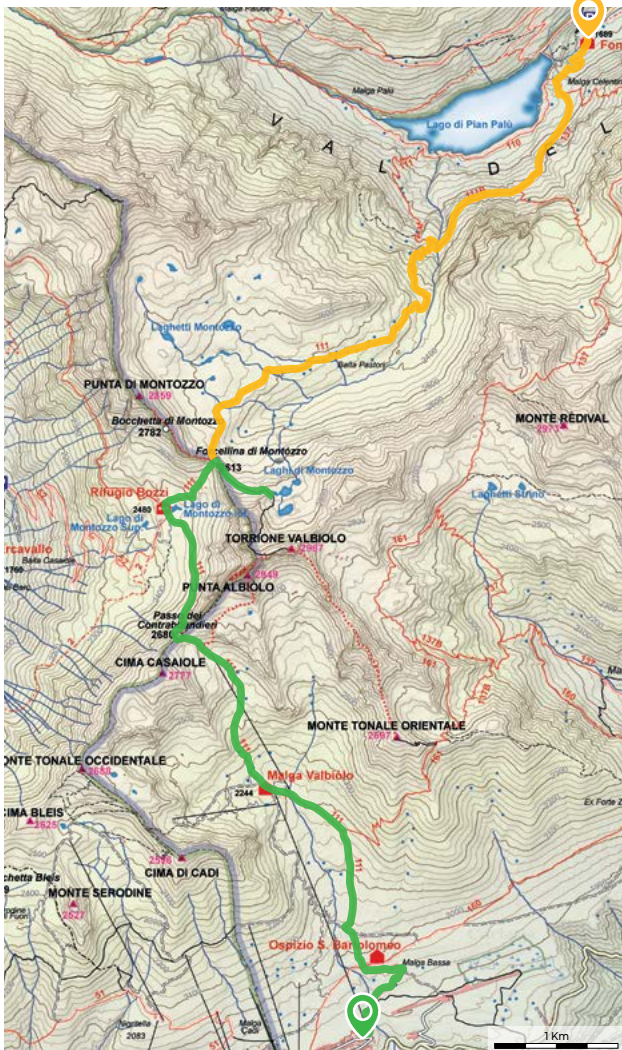
1 Leave the car in the Valbiole chairlift parking lot and take the paved road leading to Hotel La Miranda. From here, take SAT Trail 111, located to the left of the hotel, and begin walking until reaching Passo Contrabbandieri (2679 m a.s.l.). From the pass, descend to Rifugio Bozzi (2460 m a.s.l.), being cautious on the initial exposed section and any remaining snow patches that could make the trail slippery. At Passo Contrabbandieri and Rifugio Bozzi, you can see remnants of World War I. From Rifugio Bozzi, climb to Forcellina di Montozzo (2613 m a.s.l.). Here, take a small unmarked trail on the right (not to be confused with the "Sentiero degli Alpini"). Along this path, you'll enjoy enchanting views of Val di Peio. Continue across the scree slope until reaching the first small lake, then the second (2740 m a.s.l.). Return via the same route.

2 During the summer you can use the chairlifts: the Valbiole chairlift, which takes you to 2250 m a.s.l. and the Contrabbandieri chairlift up to 2577 m a.s.l. and from here the Contrabbandieri Pass is 30 minutes far away.

From the car park in Fontanillo (1676 m a.s.l.), take the SAT Trail 110 to Malga di Celentino, where you pick up the SAT Trail 137, which climbs pleasantly along the ridge to intersect with the SAT Trail 118 that leads to the Forcellina di Montozzo (2613 m a.s.l.). From here, to reach the Lagnetti, 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 118 to reach the trail that runs alongside Lake Pian Rallo (SAT Trail 110).

In the summer, after 9:45 a.m., leave your car in Peio Fonti and reach Fontanillo with Stelvioviobus.

Food: Rifugio Bozzi Tel. +39 0364 089047 - +39 339 861947
Malga Valbiole Tel. +39 0463 896079



LOCATION: PEIO | MOUNTAIN RANGE: ORTLES-CEVEDALE



- 1 7h round trip
DIFFICULT
↑ 1,217 M
- 2 5h round trip
MEDIUM-DIFFICULT
↑ 750 M

1 From Peio Fonti take the Peio Fonti-Tarienta cable car to the Scoiattolo Mountain Refuge and then chairlift Doss dei Cembi to the refuge of the same name at 2315 m a.s.l. 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 Trail 105 from Malga Saline, a military path dating back to the 1915-1918 war that leads to the Vioz Mantova Mountain Refuge (3535 m a.s.l.). 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 a.s.l. - 9 and a half hours round trip).

2 From Peio Fonti, take the Peio Fonti-Tarienta cable car to the Scoiattolo Mountain Refuge and then the modern Peio3000 cable car up to 3,000 m a.s.l. From here, follow the SAT Trail 158 down and over the footbridge on the Rio Vioz, then take the SAT Trail 105A, which, a short distance after the "brick" (a brief stretch of about 50 m with handrails) meets up with the SAT Trail 105 from Malga Saline and will take you to the refuge.

Food: Ristorante Scoiattolo Tel. +39 0463 753220
Ristorante Doss dei Cembi Tel. +39 0463 753227
Rifugio Vioz "Mantova" Tel. +39 0463 753386 - +39 339 2798826



LOCATION: VERMIGLIO | MOUNTAIN RANGE: ADAMELLO - PRESANELLA



- 1 6h round trip
MEDIUM-DIFFICULT
↑ 790 M
- 2 5h round trip
MEDIUM-DIFFICULT
↑ 720 M

1 From the Velon-Stavel SP94 provincial road take the junction signposted Rifugio Stavel Francesco Denza. The rough military road leads to the car park near Fort Pozzi Alti (1877 m a.s.l.) and park your car. Set off along the SAT Trail 233, which immediately enters the broadleaf wood through a tunnel carved in the granite. At the junction with the SAT Trail 206, the route continues along a mule track that dates back to the First World War, and then climbs to the refuge at 2298 m a.s.l. From Denza, near the small lake of the same name (2313 m a.s.l.), take the SAT Trail 206, 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.

2 Park your car near Fort Pozzi Alti, walk past the fortress itself and take the SAT Trail 234, 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 a.s.l., 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 SAT Trail 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



LOCATION: PASSO TONALE - CARISOLO | MOUNTAIN RANGE: ADAMELLO-PRESANELLA



- 1 3h 30' round trip
MEDIUM
↑ 541 M
- 2 5h round trip
MEDIUM-DIFFICULT
↑ 800 M

1 Take the ski lift up from the Tonale Pass to the Presena Pass (2990 m a.s.l.). From here go down along the beautiful rocky path towards Lake Scuro and then to the Mandrone refuge, from where you can admire the imposing Lobbie glacier nearby. Retrace your steps along the trail back to the start.

2 From Carisolo, Val Rendena, to the car park at Malga Bedole (1581 m a.s.l.) by car or Val di Genova Express bus (info: www.pnab.it/en/). From here take the SAT Trail 212 to the refuge.

Food: Rifugio Mandrone Tel. 0465 501193 - 348 3900694
Presena Glacier 3000 - Rif. Capanna Presena Tel. 0463 808001
Rifugio Adamello Collini Al Bedole Tel. 0465 501405



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| | DIFFICULTY OF UPHILL | DIFFERENCE IN ALTITUDE |
|----------------------------------|----------------------|------------------------|
| Food | EASY | <100 m |
| Accommodation | MEDIUM-EASY | 100-300 m |
| Shuttle bus | MEDIUM | 300-600 m |
| Trail can be reached using lifts | MEDIUM-DIFFICULT | 600-1100 m |
| rifugio SAT | DIFFICULT | > 1100 m |
| rifugio | | |

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ANDAR PER
MONTI

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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 "Solanini" walk in the company of mountain professionals by taking part in one of the suggested itineraries