

LOCATION: RABBI



1 6h Round Trip - 8,8Km **MEDIUM** **2** 4h Round Trip - 6,8Km **EASY**

1 Piazzola, Cavallar parking area
1 Sunny and scenic route in the Stelvio National Park, with the opportunity to observe wild animals Wildlife.

1 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 Artise alpine dairy, the route starts to go up along the pastures, follow the road until you reach the dairy at a height of 1890 m. From this point you can enjoy a panoramic view of Val di Rabbi and of the Dolomites in the distance. Then from here, follow the trail to Malga Cespede (1892 m) and descend along the mountain ridges coming down from the Cima del Sas For peak, after the wide valley of the Lago Corvo (lake) until you reach Malga Paludè Alta (2.054 m). Here you can enjoy another panoramic view of Val di Rabbi and of the Dolomites in the distance. After that, walk downhill along an old mule track until you reach Malga Paludè Bassa (1835m), from here continue downwards through the woods and wide open spaces until you reach the Cavallar parking area.

2 It is also possible to shorten the itinerary following the trail that from the Malga Cespede alpine dairy quickly takes you to Malga Paludè bassa

Trail: **Loc. Cavallar (1.480 m) - Malga Artise (Terzolata 1.890 m) - Malga Cespede (Sarnocleiva 1.892 m) - Malga Paludè Alta (Caldesa Alta 2.054 m) - Malga Paludè Bassa (Caldesa Bassa 1.835 m) - Loc. Cavallar (1.480 m)**



LOCATION: RABBI



1 3h 30' Round Trip - 3,3Km **MEDIUM-EASY**

1 San Bernardo, info office
1 Route past characteristic farms and frozen waterfalls.

1 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 Rabbies stream. After passing two barns and an old mountain shelter, you'll reach a small bridge over the Valorz stream, near which you can finally put your snowshoes on. Follow the route up through the characteristic rural mountain homes and after passing over a small wooden ridge continue onwards through the overwhelmingly tall facades of the Valorz valley until you reach the Baito Forestale mountain shelter (1364 m) located underneath the spectacular frozen waterfalls. 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.

Trail: **San Bernardo (1.093 m) - through the Masì di Valorz rural homes - Baito Forestale (1.364 m) - return route along the right side of the Valorz stream.**



LOCATION: RABBI



1 3h Round Trip - 2,9Km **EASY**

1 Rabbi Fonti, parking area near the Rabbi Thermal Spa Centre
1 Route in the Stelvio National Park with an exciting suspension bridge.

1 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 Ragaglio stream. The new suspension bridge crosses over the gorge with a length of 100 m at a height of 57 meters. The Ragaglio 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 unpared 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 Ragaglio bridge, from where you can see the Suspension Bridge above you. From here, you'll quickly return to the starting point, as you walk alongside the cross-country skiing track and the Rabbies stream. 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.

For further information on the opening time of Malga Fratte Bassa: +39 339 2868911 - +39 331 4633633

Trail: **Rabbi Fonti (1.260 m) - Suspension Bridge (1.366 m) - Malga Fratte Bassa (1.482 m)**



LOCATION: RABBI



1 5h Round Trip - 14,6Km **MEDIUM**

1 Rabbi Fonti, parking area near the Rabbi Thermal Spa Centre
1 Sunny and scenic route on a snow groomer in the Stelvio National Park
1 Drive 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 Stabiet alpine dairy (closed for the winter). 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 sledging. Return back along the same itinerary.

Percorso: **Rabbi Fonti (1.260 m) - Malga Monte Sole Bassa (1.759 m) - Malga Monte Sole Alta (2.053 m)**



LOCATION: RABBI



1 3h 30' Round Trip - 7,8Km **MEDIUM**

1 Rabbi Fonti, Plan parking area
1 Sunny and scenic route on a snow groomer in the Stelvio National Park between characteristic buildings.

1 Go to the hamlet called Rabbi Fonti, at the bottom of Val di Rabbi and park in the area called Plan 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 Rabbies stream until you reach the area called Coler. Cross over the bridge on the Rabbies stream and go upwards on the right side of the stream until you reach the Rifugio Al Fontanin alpine hut, be very careful along this stretch due to the risk of avalanches. From here continue along the forest road until you reach the Malga Stablasolo alpine dairy. It is possible to walk until the bridge on the Rabbies River in front of the Saent Waterfalls. Return along the same route.

For further information on the opening time of Malga Stablasolo: +39 388 863958

Trail: **Rabbi Fonti (1.260 m) - Coler (1.366 m) - Malga Stablasolo (1.539 m)**



LOCATION: MALÉ



1 3h Round Trip - 7,2Km **MEDIUM-DIFFICULT**

1 Hamlet Boletina
1 Sunny and panoramic route with views of the Rabbi, Sole and Non valleys.
1 From Malè, follow the directions up to the village of Boletina, pass through it and continue in the direction of Mas de Mez and at the first harpin bend, park your vehicle. Take the small road on the right, following the direction to Malga Bassa, from where you take the fork on the left and reach Mas de la Cros. Continue downhill until the area "Piazza Marendaia" and then along the road until Mas de Mez, from where an asphalt road takes you to the starting point. Circular route.

Trail: **Boletina (1.161 m) - Mas de Mez (1.317 m) - Piazza Marendaia (1.510 m) Mas de la Cros (1.601 m) - Malga Boletina Bassa (1.510 m)**



LOCATION: DIMARO

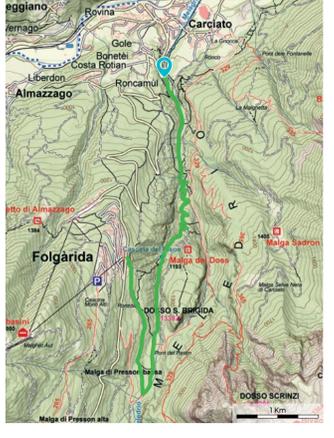


1 5h Round Trip - 12,6Km **MEDIUM**

1 Dimaro, crossroads to Val Meledrio S.S. 239
1 Route of ecological and historical value in the Adamello Brenta Nature Park.

1 Park your vehicle at the first harpin bend of the S.S. 239 road in the direction of Madonna di Campiglio and take the dirt road, and here, you can visit the ruins of a small industrial area and an ancient trip-hammer. Along the forest road, you come across the old "calcaria" kiln, until reaching the hydroelectric power plant. After a larch forest, you find a narrow rocky gorge, where the Meledrio stream forms several small waterfalls. Then, continue upwards towards Masi di Ronzola (mountain cabins) until you reach the Belvedere area in the hamlet of Folgarida. Return along the same itinerary following the directions of the route No. 1 of the Ecomuseo Val Meledrio.

Trail: **Dimaro (800 m) - Masi Ronzola (1.289 m) Folgarida/Belvedere (1.400 m)**



LOCATION: FOLGARIDA



1 3h Round Trip - 7,5Km **MEDIUM-EASY**

1 Folgarida, Malga Dimaro parking area S.S. 239
1 Route party in the Folgarida-Marilleva ski area

1 From Folgarida, continue along the S.S. 239 state road towards Madonna di Campiglio until you reach the Malga Dimaro (alpine dairy) parking area which is located on your right side if traveling towards Madonna di Campiglio. Leave your vehicle here and follow the forest road upwards, that after several turns will lead you directly to the Malga di Dimaro, a panoramic point from where you can admire the Brenta Dolomites. From here the itinerary takes you into the woods and after several turns in the road you will reach the Malghet Aut area (1.850 m) located on the slopes right at the center of the Folgarida-Marilleva ski area. Be extra careful as there are many skiers at the arrival area of this itinerary.

Possibility of using the cable car for those who do the route in the opposite direction.

Trail: **S.S. 239 - Malga di Dimaro (1.670 m) - Malghet Aut (1.850 m)**



LOCATION: DIMARO-FOLGARIDA



1 3h Round Trip - 8,3Km **MEDIUM-EASY**

1 Folgarida, Malga Dimaro parking area S.S. 239
1 Route with views of the Brenta Dolomites.

1 From the hamlet of Folgarida continue on the S.S. 239 road in the direction of Madonna di Campiglio until you reach Malga di Dimaro, which is located on the right side of the road and where you park your vehicle. After about 45 minutes' walk, you will come to Malga Dimaro, the panoramic viewpoint out over the Brenta Dolomites. Keep the Malga on your right side and follow the directions to Malga Vigo. You will then take a trail (SAT trail no. 265), which gently climbs among the conifers, where the bright snow-covered meadow of the Malga makes way for the shadows and silence of the wood. Continue along the trail for about 1 hour, until you come to Baita Cioccomiti - Malga Vigo, where yet another breathtaking view awaits you. The renovated Malga, set right inside the Skiarea Campiglio Dolomiti di Brenta, now serves refreshments.

For further information on the opening time of Malga Vigo - Baita Cioccomiti +39 320 2169737

Trail: **S.S.239 - Malga di Dimaro (1.670m) - Baita Cioccomiti (Malga Vigo) -1.800 m)**



LOCATION: FOLGARIDA



1 1h 30' Round Trip - 2,4Km **EASY**

1 Folgarida, parking area at Belvedere
1 Route at the foot of Sasso Rosso between characteristic farmhouses and a wooden amphitheatre surrounded by nature.

1 Park your car 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 right and following the signs to "Tosola". 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 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.

Trail: **Folgarida (1351 m) - Masi di Ronzola (1335 m) - Malga Bassa di Presson (1292 m)**



LOCATION: FOLGARIDA-COMMEZZADURA-MARILLEVA 1400

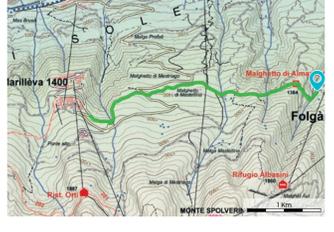


1 4h Round Trip - 8,3Km **MEDIUM-EASY**

1 Folgarida, Piazzale Folgarida (square)
1 A route through snow-covered woods and a panoramic point over the Val di Sole.

1 The walk starts from Hotel Selva, above the Folgarida square, where you take the forest road for a short stretch until the first harpin bend. Once past it, you take a marked path on the right that crosses Val Rotari and reaches the pasture of Malghetto di Almazzago. 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 "Daolassa - Val Mastellina" gondola lift located near the Malghetto di Mastellina alpine dairy at 1364 m (you can also reach this point by taking the gondola lift in Daolassa, 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 rest. 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) or ascent by cable car from Daolassa to the intermediate station.

Trail: **Folgarida (1.300 m) - Malghetto di Almazzago (1.389 m) - Marilleva 1400**



LOCATION: MARILLEVA 1400

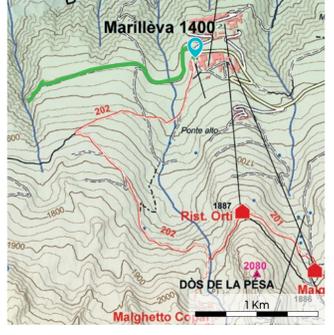


1 1h 30' Round Trip - 3,4Km **EASY**

1 Marilleva 1400, Residence Artuik parking
1 Route through the snow-covered forests

1 Easy walk suitable for everyone that starts near Residence Artuik. After passing under the ski slope tunnel near the recycling area, a sign marks the beginning of the path. Descend to the right for about 50 meters along the path that runs alongside the playground, immersed in the woods, until you reach the flat road on the left. Following the sign for "Madonna delle Cime" in about 30 minutes, you reach a small shrine located at the end of the trail. Return along the same route

Trail: **Marilleva (1.400 m) - Madonna delle Cime (1.400 m)**



LOCATION: MARILLEVA 1400

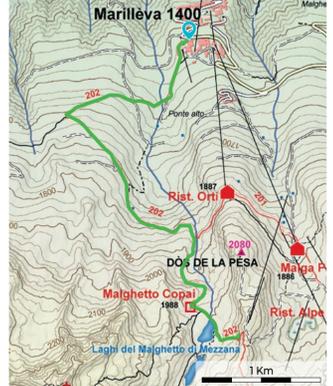


1 4h 30' Round Trip - 9,4Km **MEDIUM**

1 Marilleva 1400, Residence Artuik parking
1 Route through the snow-covered forests and partly on a piste groomer.

1 A challenging hike starting from Residence Artuik, where you take the SAT 202 trail, which takes you to "Ponte Alto". From there, continue following the signs for the small lakes. At a lake fork, ascend on a steep trail until you reach the Malghetto Lakes. Return along the same route.

Trail: **Marilleva (1.400 m) - Bivio Rifugio Orti (1.820 m) - Malga Copai (1.986 m) - Laghetti del Malghetto (2.001 m)**



LOCATION: MARILLEVA 1400 - PELLIZZANO



1 5h Round Trip - 11,4Km **MEDIUM-DIFFICULT**

1 Marilleva 1400, Residence Artuik parking area
1 Route through the snow-covered forests

1 Near the Residence Artuik complex, follow the trail uphill until you reach the area called Ponte Alto, then continue uphill until you reach a turn in the road, then leave the main route behind you on your left that goes towards the "Laghetti di Mezzana" (lakes) and continue straight ahead through a spruce forest, which is quite dense in certain sections, until you reach the Malga Alta di Fazzon (alpine dairy) then from here go down to the Lago dei Caprioli lake. From the lake, it is also possible to go down to the town of Pellizzano along the "Gnomi" n. 17 trail. It is also possible to start this itinerary in the opposite direction starting from the Lago dei Caprioli lake or from Pellizzano.

For further information on the opening time of Chalet Lago dei Caprioli +39 0463 751157

Trail: **Marilleva (1.400 m) - Malga Alta di Fazzon (1.546 m) - Lago dei Caprioli (1.280 m) - Pellizzano (925 m)**



LOCATION: ORTISÉ



1 5h Round Trip - 7,3Km **MEDIUM**

1 Ortisé, church square parking
1 Sunny and panoramic route with views of the Brenta Dolomites.

1 This loop itinerary starts in the town of Ortisé (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 Ortisé, go up on the right side of a characteristic mountain shelter located on the right side of the first bend in the road. The route 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 snowcapped 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 Stabi alpine dairy (1.911 m). The itinerary then continues towards Malga Bronzolo. 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 Molinac, just before the town of Ortisé, you'll once again reach the trail that you followed on your way up. You'll then quickly reach the starting point.

For further information on the opening time of Malga Stabi: +39 346 6933370

Trail: **Ortisé (1.477m) - Malga Stabi (1.814m) - Malga Bronzolo (2.084m)**



LOCATION: PELLIZZANO



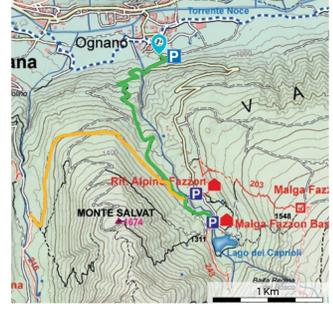
1 3h 30' Round Trip - 6,4Km **MEDIUM** **2** 2h 30' Round Trip - 5,2Km **MEDIUM**

1 Pellizzano, Parking area near the playground
1 Path through snow-covered forests, along a natural trail, often with icy sections.

1 Park your vehicle near the playground in Pellizzano, you pass the last houses of the village until reaching the shrine of Sant'Antonio on the right. Once past it, continue to the right, following a small road that leads to the second harpin turn on the road to Fazzon - Lago dei Caprioli. Then, follow the trail "Sentier delà Pua", which leads to Malga Bassa - Visitors Centre. Afterwards, continue on the main road that leads to Lake Caprioli. Return along the same route.

2 Alternative route: to the right of the Caprioli Lake parking area, 2 follow the flat road that after 3 km takes you to the area called Valpiana, from here you can then follow itinerary n. 18 or return along the same route

For further information on the opening time of Chalet Lago dei Caprioli: +39 0463 751517



LOCATION: OSSANA



1 2h Round Trip - 4,1Km **MEDIUM-EASY** **2** 3h 30' Round Trip - 5,2Km **MEDIUM**

1 Ossana, S. Vigilio church
1 Sunny and panoramic route with views of the Ortles-Cevedale group and the Presanella.

1 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 Face stream passes right through this valley. From here, there's a striking view behind you of the peaks of the Ortles-Cevedale mountain group (Vioz peak at 3.645 m) and in front of you, the Corno di Valpiana, Cima di Bon and Monte Giner peaks (2.955 m) that continues the Presanella mountain group. Return along the same itinerary.

2 Alternative route: continue for a short flat stretch, then turn left, uphill from a recently renovated house. Through the forest road, you reach the parking lot at Malga Bassa in Fazzon, near Lake Caprioli; from here, return along the same route

Trail: **Ossana (1.011 m) - Valpiana (1.260 m) - S. Antonio**



LOCATION: COGOLO

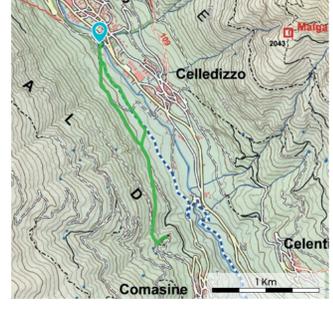


1 3h Round Trip - 6,1Km **EASY**

1 Cogolo, Loc. Le Plaze
1 Route in an area of particular ecological and historical value Forest

1 Start from the area called "Le Plaze" in the town of Cogolo, on the right side of the Noce River, and follow the country road through the meadows at the edge of the wood. Follow the signs until you reach the romantic little church of Santa Lucia, situated in a secluded spot on a hill outside the village of Comasine. From the Santa Lucia Church, you can return to the starting point by following the same route back for about 800 m. Then start to go downwards along a trail located beside the cycling path close to the Noce River. After approximately 1 km, you will once again reach the area called "Le Plaze".

Trail: **Cogolo (1.173 m) - Comasine (1.204 m) - Santa Lucia Church (1.278 m)**



ANDAR PER MONTI

THE LOCALS' FAVORITE SNOWSHOE TRAILS OF VAL DI SOLE

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WALK WINTRY WALKS

EN

LOCATION: COGOLO

19 GIRO DEI MASI



1 2 h 30' Round Trip - 6,4 km

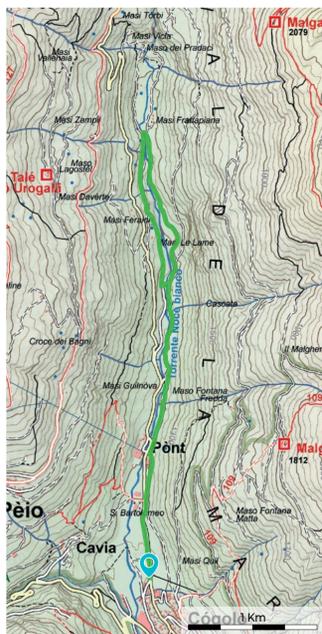
EASY

Cogolo, Loc. Biancaneve

Route between characteristic rural buildings in the Stelvio National Park.

From the town of Cogolo, go towards the area called Malga Mare and park near the small church in the Peglia area. From here, follow the narrow road on the right until you reach the Agritur (agritourism). Here, take the narrow forest road on the right and continue along the route that alternates between wooded areas and fields where you can admire several traditional rural homes called "masi". As you cross through the most densely wooded part of the forest, you'll catch a glimpse of a spectacular frozen waterfall on your right. You'll then quickly reach an area called "Polveriera", from here continue on the right, first along a road that goes along the right side of the stream and then a short section along a trail, until you reach the area called Fratta Piana. In order to return to the starting point, follow the road that goes down on the other side of the stream all the way to the bridge in the area called "Polveriera", then cross over the bridge in order to follow the trail that you took at the start of the itinerary.

Trail: Cogolo (1.173 m) - Masi Le Lame (1.307 m) - Masi Fratta Piana (1.375 m)



LOCATION: PEIO

20 DISCOVERING THE PARK



1 4 h 30' Round Trip - 9,9Km 2 2 h Round Trip - 5Km

MEDIUM

EASY

1st itinerary: Peio Paese
2nd itinerary: Peio, Loc. Tarlenta

Sunny and scenic route between characteristic rural buildings in the Stelvio National Park.

The loop trail begins in Peio Paese (1,585m) from the bus parking lot. Next to a shrine, you take an uphill path, then continue right at the intersection until reaching the playground, where you take a scenic dirt road that ascends towards Bosco degli Urogalli - Malga Tale. This road is often used by agricultural vehicles in its initial stretch and being quite sunny, it may lack snow until Croce dei Bagni. Then enter into the fir forest going towards Malga Tale until you reach the junction where you take the road on the left up towards "Masi Marassina". After crossing through the wide open pastures that surround the "masi" rural mountain homes, you will reach the "Strada del Gaggio" road that turns into a trail further ahead (SAT trail n. 127) and after crossing the dense fir forest, you'll reach the Sciolotto restaurant located in the Tarlenta area (1,996 m). Go around the departure station of the Peio 3000 lift and follow the SAT trail n.127 alongside the mountain ridge until you reach "Via dei Monti" (an old mule track that goes down to Peio Paese). Pass through this track and follow the directions to the Malga Covel alpine dairy, descend along the deep valley until you are near Malga Covel, an environmentally important nature area. The small lake here is completely frozen, therefore difficult to see, but you can admire the waterfalls. After passing through several characteristic "masi", follow an easy route down to Peio Paese; be careful when crossing the ski slope, giving right of way to skiers.

Alternatively, you can follow the above-mentioned Covel loop by reaching the Tarlenta area with the cable car, then return along a comfortable and wide forest road to Peio Paese (possibly using a mobility service to Peio Fonti, info: + 39 0463 754345) or follow the signs for the wildlife area to return on foot (often, snowshoes are not necessary for this part).

Trail: Peio Paese (1.585m) - Masi Marassina (1.830m) - Rifugio Sciolotto (2.000 m) - Piana Covel (1.810 m)



LOCATION: PEIO

21 IL BOSCO DEGLI UROGALLI



1 4 h Round Trip - 5,4Km

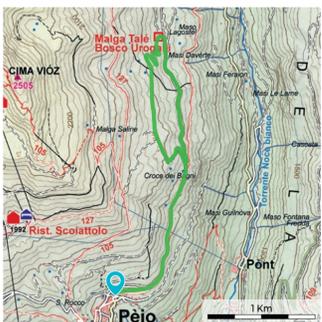
MEDIUM

Peio Paese

Route between characteristic rural buildings in the Stelvio National Park.

Starting from Peio Paese, take the forest road leading towards Malga Tale. Upon reaching Croce dei Bagni (usually without the use of snowshoes), continue uphill to Masi di Marassina, where the path in the woods begins leading to Malga Tale. The return journey follows a comfortable forest road, typically snow-covered, back to Croce dei Bagni, then returning to the village through the initial part of the route.

Trail: learning trail: Capercaille Wood - Masi di Marassina (1.834 m)



LOCATION: VERMIGLIO

22 VERNIANA - SAVIANA



1 6 h Round Trip - 10,2Km 2 6 h 30' Round Trip - 10,5Km

MEDIUM-DIFFICULT

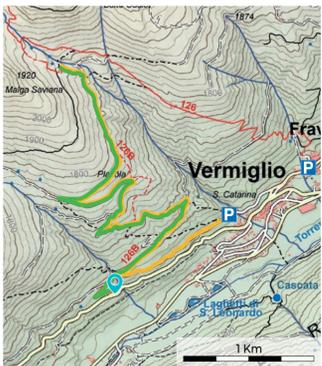
MEDIUM-DIFFICULT

Vermiglio, 2 km from the town of Vermiglio along the SS 42 towards Passo Tonale

Sunny and panoramic route between characteristic farmhouses.

After leaving your vehicle near the dirt road to Val Verniana, continue exclusively on the forest trail, passing from the "Plazola" (wide bend with panoramic view of the upper Val di Sole) as far as Val Verniana (1.716 m). Here you can admire traditional alpine farmhouses, the nearby peaks, including Monte Redival and, on the opposite side, the unmistakable profile with Cima Presanella (the highest peak entirely in Trentino). After the customary "break", the trail continues along the snowcovered forest track towards Val Saviana, until you come to a large clearing, at 1.860 metres, just under a malga of the same name (1.917 metres). There is an alternative starting point in the town of Vermiglio. After parking your vehicle near the cemetery, walk up towards the charming little church of Santa Caterina as far as the "Dazi" (the old customs house). From here, take the first section of the "old Tonale road" as far as the route described above, near the junction that leads to the Passo Tonale on one side and Verniana on the other. The return is along the same route.

Trail: Vermiglio (1.300 m) - Masi di Verniana (1.716 m) - Malga Saviana (1.917 m)



LOCATION: VERMIGLIO - VELON

23 VELON



1 1 h Round Trip - 1,6Km

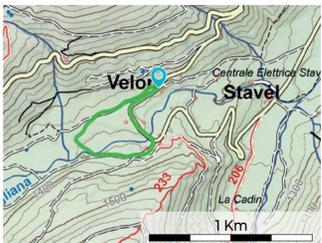
EASY

Vermiglio, Loc. Velon

Route between characteristic rural buildings. (Attention symbol), be careful not to damage the cross-country ski trail.

You leave your car in the large parking lot near the Hotel Baita Velon. The beautiful path unfolds by walking along the gentle slopes of the area of Velon. The tranquility of the spruce forest, the gentle rustle of flowing water, along with the glimmer of snow, make this walk a simple yet enjoyable hike in nature. The return journey follows a loop along a short stretch of a local road leading back to the parking lot. Caution: near the path, there are tracks for cross-country skiing, it is recommended not to damage them by walking on them.

Trail: Baita Velon (1.300 m) - Vermigliana River



LOCATION: PASSO TONALE

24 GIRO DELL'ALTIPTORTO



1 2 h Round Trip - 4,4Km

EASY

Passo Tonale, Valbiolo parking area

Sunny and panoramic route.

This trail starts just beyond the Valbiolo parking lot at Passo del Tonale, right at the beginning of the asphalt road that ascends towards the ancient hospice (Ospizio), indicated by a sign on the right. It's a sunny loop path that skirts around the Altiporto del Tonale area, which offers wide views on the Dolomite areas. Alternating between short ascents and descents, you walk through a forest of larches, junipers, and spruces, always admiring the tallest peaks of Trentino: Presanella, Ceren, and Busazza.

Trail: Valbiolo chairlift parking (1.885 m) - Giro dell'Altiporto



LOCATION: PASSO TONALE

25 FARINEL



1 4 h Round Trip - 7,2Km

MEDIUM

Passo Tonale, Valbiolo parking area

Sunny and panoramic route in an area of particular historical value.

The beginning of this trail is situated at 1.900 meters above sea level, just after the Valbiolo parking lot, along the asphalt road ascending towards the ancient hospice (Ospizio), indicated by a sign on the left side of the road. The hike passes through snowy meadows to reach the Valbiolo artificial lake, then ascends following the stream that separates it from the ski slope. It then ascends over the ancient glacial moraine and crosses a small wood leading to the starting point of the Controbandieri chairlift at an altitude of 2.240 meters. From there, it's possible to reach the Malga Valbiolo mountain hut and the chairlift of the same name. Return can be made by retracing the route or using the chairlift. The beautiful view allows one to gaze from the Presena Glacier to the majestic peaks of the Adamello Presanella Group.

Trail: Valbiolo chairlift parking (1.885 m) - Laghetto Valbiolo lake - Malga Valbiolo (2.244m)



LOCATION: PASSO TONALE

26 LA CONCA DEL PRESENA



1 3 h Round Trip - 3,4Km

MEDIUM

Passo Tonale, Paradiso gondola lift

Panoramic route in an area of particular historical value.

Park your car at the Paradiso cable car parking lot. The start of the route is reached by taking the cable car itself.

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

Percorso: Top station Paradiso gondola lift (2.585 m) - Rifugio Capanna Presena (2.738 m)



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, steinbock 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 Angeli

Director of the Malé District Forestry Office



starting point	DIFFICULTY OF UPHILL	DIFFERENCE IN ALTITUDE
EASY		<100 m
MEDIUM-EASY		100-300 m
MEDIUM		300-600 m
MEDIUM-DIFFICULT		600-1100 m
DIFFICULT		>1100 m

The Val di Sole Tourism Board, which promotes this project and also edits the WINTRY WALKS Winter brochure, the Scuola Alpinismo e Sci Alpinismo Val di Sole (Mountain Guides) and the Evolution Ski School Tonale will in no way be held responsible or liable for any accidents that may occur, causing damage to people or objects, along the itineraries that are described within this brochure. An excursion with snowshoes is a unique experience, which takes one back to the distant past, when snowshoes were the only way for people living in the mountains to move about during the winter months when snowfalls were abundant.

ALL ITINERARIES ARE POSSIBLE IN BOTH DIRECTIONS, UPHILL OR DOWNHILL.

Before starting off on an excursion, it is important to have complete information on the weather conditions (www.meteorotrentino.it), the conditions of the route itself and if snowshoes are required (contact the valley's Tourist Information Offices). If the weather conditions are particularly intense and/or persistent, access to the routes will be guaranteed only after conditions have returned to an adequate safety level. Each person must select which itineraries to try according to their physical conditions and level of expertise, in addition to the equipment that is available. The walking time of each itinerary is an average and approximate indication that refers to the total walking time if it is a loop itinerary, if not, it will refer only to the walking time in one direction if the return itinerary follows the same route back. If there is no snow or a lack of snow along the track, you can usually try these itineraries without the use of snowshoes but there may still be ice along the route so it is important to always be careful.

All the trails are signposted with directional arrows and signs with the snowshoe logo, which should not be confused with local signs pertaining to the various ASUC associations (Separate Administrations for Civic Uses), (see pictures below)



Guaranteed Routes

With the collaboration of the Mountain Guides of the "Val di Sole Scuola Italiana di Alpinismo e Sci Alpinismo" and the Evolution Ski School Tonale, the itineraries in this brochure have been selected and mapped out to provide guests with routes that take them through some of the top natural surroundings of the area with a wide range of difficulty levels. If there are heavy or frequent snowfalls it may be possible that not all of the routes will be immediately accessible. Even though all of the itineraries are monitored, daily climate changes and/or weather conditions may suddenly modify the conditions of the itinerary or the terrain, therefore it is always important to use common sense and to always follow general safety guidelines. Before starting off on an excursion, you should always ask the local Mountain Guides or Information Offices for further information on trail conditions. We are in no way liable for any accidents that may occur on any of these itineraries.

Equipment

Snowshoes with ice crampons, poles, comfortable and warm winter clothing, gloves, hat, hiking boots, sunglasses and sun cream. A backpack with snacks, thermos with a warm beverage, small first-aid kit and a thermal blanket. We also recommend the use of rescue devices: digital avalanche transceiver, shovel, probe and to always stay on the signposted path, avoiding alternative routes that are not signposted. You should therefore always check the avalanche forecast before your outing.

Tips from the Mountain Guides

- Choose an itinerary based on your own personal skills during your first outings we recommend you try easy routes through the woods with an elevation gain and length that is suited to one's own abilities with precise reference points along the route. Walking with snowshoes requires a lot more energy.
- Always check current and future weather conditions including snow conditions by consulting the avalanche report. Then choose the safest itinerary to try based on this information.
- You can also consult the various internet pages on our website concerning the conditions of each itinerary: <https://www.visitvaldisole.it/en/snowshoeing-and-walks> or on the following facebook page "Con le racchette da neve in Val di Sole".

However, potentially dangerous situations can never be completely excluded even if all of these recommendations are followed.

Determining avalanche risk requires a great deal of experience therefore it is recommended that you rely on the Mountain Guides due to their extensive knowledge concerning these magnificent surroundings but also the risks involved with all excursions.



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