



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 (Tirozosa 1.890 m) - Malga Caspeda (Samo-cleva 1.892 m) - Malga Paludè Alta (Caldesa Alta 2.054 m) - Malga Paludè Bassa (Caldesa 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 3h 30' **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 Rabbits' stream and 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 the 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 Rabbits 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.



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 Piazza 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
THE ANCIENT EMPERORS' ROUTE 3h **7**

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 "calcare", 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: DIMARO FOLGARIDA
MALGA BASSA PRESSON MASI DI RONZOLA 1h 30' **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 (1.400 m) - Masi di Ronzola (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: DIMARO FOLGARIDA-COMMEZZADURA
MALGHETTO 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 Almazzaggi (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 Almazzaggi 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 1h 45' **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)

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-COMMEZZADURA
RIFUGIO SOLANDER 1h 15' **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: MARILLEVA 1400 - PELLIZZANO
MARILLEVA 1400 LAGO DEI CAPRIOLI 4h 30' **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 "Laghetto 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 "Gnom" 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: 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- am 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.

LOCATION: DIMARO FOLGARIDA
MADONNA DELLE CIME LAGHI DEL MALGHETTO 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 Ort (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: DIMARO FOLGARIDA-COMMEZZADURA
TO THE MALGHETTO DI ALMAZZAGGI 2h **11**

starting point: **Piazzale Folgarida**
start/finish height: **1.300 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 Almazzaggi (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 Almazzaggi 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
MALGA BASSA PRESSON MASI DI RONZOLA 1h 30' **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 (1.400 m) - Masi di Ronzola (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: DIMARO FOLGARIDA-COMMEZZADURA
RIFUGIO SOLANDER 1h 15' **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: 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- am 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.

LOCATION: DIMARO FOLGARIDA
MADONNA DELLE CIME LAGHI DEL MALGHETTO 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 Ort (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: DIMARO FOLGARIDA
MALGA BASSA PRESSON MASI DI RONZOLA 1h 30' **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 (1.400 m) - Masi di Ronzola (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: DIMARO FOLGARIDA
MALGHETTO 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 Almazzaggi (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 Almazzaggi 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
MADONNA DELLE CIME LAGHI DEL MALGHETTO 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 Ort (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: DIMARO FOLGARIDA
MADONNA DELLE CIME LAGHI DEL MALGHETTO 1h 2h **14**

starting point: **Residence Artuk parking**
start/finish height: **1.400 m**
max height: **2.001 m**
length: **2/3 km**
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- short and easy itinerary to the Madonna delle Cime shrine
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- ski lifts can also be used

Marilleva 1400 - Madonna delle Cime shrine (1.400 m) - junction to Rifugio Ort (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: DIMARO FOLGARIDA
MALGA BASSA PRESSON MASI DI RONZOLA 1h 30' **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 (1.400 m) - Masi di Ronzola (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: DIMARO FOLGARIDA
MALGHETTO 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 Almazzaggi (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 Almazzaggi 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
MADONNA DELLE CIME LAGHI DEL MALGHETTO 1h 2h **14**

starting point: **Residence Artuk parking**
start/finish height: <

