

## “ SKI MOUNTAINEERING IN VAL DI SOLE: the thrill of high altitudes... the sense of freedom ”

If you'd like to get off the beaten track and make your own trail on the fresh snow, and if the silence of the snow-covered peaks and valleys is for you, then you are going to love the mountains that surround Val di Sole, a vast and breathtaking area for your ski mountaineering adventure.

After the hard work of the ascent, there can be nothing more satisfying than breathing in the crisp, high-mountain air, while you contemplate the pristine white panorama all around you, before the adrenaline rush and the great sense of freedom that skiing down the fresh snow can offer.

Ski mountaineering is a sport that takes physical strength, focus, attention, and familiarity with the mountains. That's why, before you set out on an excursion, it is best to rely on **Mountain Guides** who, as well as organising accompanied ski mountaineering trips, can give you important technical information about snow conditions, and recommend the routes that best suit your skill and fitness level.

Before you set out for some ski mountaineering, always check the **avalanche warnings** and make sure that your safety equipment – shovel, probe and ARTVA, are in perfect working order.



The Val di Sole Tourism Board, promoter of the project and publisher of the SKI ALP Winter 2023-2024 map, the Italian School of Mountaineering and Ski Mountaineering and Evolution Ski School Tonale **decline any liability** regarding any accidents to people or things that may occur along the itineraries/routes described in this publication.

### MANDATORY SAFETY GEAR

Practising sports in the mountains, away from the ski slopes, is an emotion that ski mountaineering enthusiasts can share, as can those who love to get out on their snowshoes. Taking a safety kit with you is not just good practice: from 1 January 2022, it is mandatory. A safety kit consists of three things:

1. **“ARTVA”** an electronic transceiver that, in case of an avalanche, sends out a signal for rescuers;
2. **“PROBE”** (essential for locating people or objects beneath the snow with precision);
3. **“SHOVEL”** (to dig down into fresh snow when looking for people or objects beneath the snow).



### Animals off piste... Respect them to protect them!

#### SOME INFORMATION ABOUT HOW TO ENJOY WINTER SPORTS WHILE RESPECTING THE RESIDENT LOCAL FAUNA

Winter is a very difficult season for animals and the disturbance that we create, as people, can affect their very survival. Food is scarce in winter and has very low energy content. The shorter days mean fewer opportunities to eat, and movement is obstructed by deep snow that leaves them weaker. The temperatures (-10° C at an average of 2000 m above sea level) mean animals have to try to use their energy efficiently. There are various strategies used by different animal species, but the most important, shared by them all, is the choice of area where it is possible to find suitable food sources while consuming the least possible amount of energy, and where there is protection against disturbance, danger, and predators.

- Red deer, roe deer, ibex and chamois have developed:
- a winter coat that is both dark in colour and insulating;
  - fat reserves that, for chamois and ibex, can reach up to 1/5 of their weight;
  - reduced energy needs, rumen capacity, and therefore, the amount of food they can eat. Capercaillie, black grouse and wood grouse, and ptarmigan are characterised by their:
  - insulating plumage, in two layers, with feathers up to their tarsi;
  - ability to dig holes in floury snow, where they spend more than 20 hours a day at temperatures close to 0°C;
  - they cannot accumulate fat reserves and the capacity of their crop, in winter, can barely provide them with sufficient energy to arrive at their next feed.

#### WHAT HAPPENS WHEN AN ANIMAL IS DISTURBED IN WINTER?

- Their flight makes them consume energy;
- stress burns up other resources and prevents the animal from feeding regularly;
- trying to escape forces them into places that are unsuitable for feeding;
- their energy loss cannot be made up for because they cannot digest more than the normal amount they need.
- The consequences of all this are difficulty in reproduction, weakness, death due to exhaustion or predation.

#### A FEW SIMPLE RULES MEAN IT IS POSSIBLE TO PRACTICE WINTER SPORTS, WHILE STILL RESPECTING THE LOCAL WILDLIFE:

- keep to marked trails, which the animals are used to;
- do not enter areas where animals shelter, and respect the prohibitions;
- do not follow animal prints in the snow;
- never follow wild animals, especially if there is deep snow;
- keep dogs on a lead;
- set a good example.

### IMPORTANT!

In ski mountaineering, it is necessary to follow the routes marked on the maps on both ascents and descents. If the route marked and described includes a descent on a ski slope, it is essential to be very careful if snow groomers are at work. If snowcats or snowmobiles are being used, it is necessary to descend with the utmost caution, making your presence known to the operator of the vehicle.

**SKI MOUNTAINEERS ARE PROHIBITED FROM CLIMBING SKI SLOPES (UNLESS OTHERWISE COMMUNICATED).**

“Art. 26, subsection 2 has introduced the requirement to carry ARTVA, SHOVEL AND PROBE. Art. 26 of Lgs Decree no. 40, 28 February 2021 requires that this equipment be carried as from 1 January 2022, in the event of snow and weather conditions that lead to the risk of avalanche”. Therefore, you are kindly requested to check the avalanche bulletin.”

Legislative Decree number 40 of 28 February 2021, published in the Official Gazette on 3 April 2020, implementing Article 9 of Law no. 86 of 8 August 2019, regarding safety measures for winter sports (21G00047) sets out that:

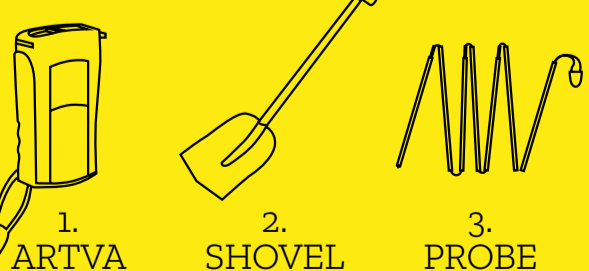
*All skiers using ski slopes must have a valid insurance policy to cover their civil liability for damage or injury to third parties. Management of all ski areas equipped with lifts, excluding those reserved for cross-country skiing, are obliged to make available to users, when they purchase their lift pass, an insurance policy to cover civil liability for damage caused to people or property.*

From 1 January 2022, it has been obligatory for all skiers to have an insurance policy in place to cover their responsibility for damages or accidents caused to third parties. Any skier found without insurance will have their ski pass withdrawn and will be fined from 100 to 150 euro.

It is also mandatory, as of the same date, that all persons under the age of eighteen are obliged to wear a helmet, and skiers are not allowed to consume alcohol.



On 1 January 2022, legislative decree no. 40 of 28 February 2021 entered into effect, setting out new safety rules for winter sports, and for which Art. 26, subsection 2, introduced the obligation to carry ARTVA, shovel and probe when practising off-piste activities and excursions, even with snowshoes, “in particular snow-covered areas where, due to weather and snow coverage conditions, there are risks of avalanche.”



### IN CASE OF EMERGENCY:

**CORPO NAZIONALE SOCCORSO ALPINO E SPELEOLOGICO (NATIONAL MOUNTAIN AND CAVE RESCUE CORPS)**  
SERVIZIO PROVINCIALE TRENINO (TRENINO PROVINCIAL SERVICE)



Contact the emergency number

**112**


dott. Fabio Angeli  
Director of the District Forestry Division of Malè





LOCATION PASSO TONALE

### 1 PASSO TONALE - MALGA VALBIOLO



1.918 m s.l.m. 2.254 m s.l.m. 350 m

2 hours (ascent) - 5,4Km  
 MEDIUM-EASY  
 S NO YES YES

Passo Tonale, Valbiolo car park

This route climbs up towards an old glacier moraine that splits the Valle Albiolo from the path of the stream and the ski slopes. A short section crosses the old Tonale road, passing near the Ospizio di San Bartolomeo, a hospice built in 1200, next to the Hotel Dimora Storica "La Mirandola". Facing south, the route continues alongside the small artificial Valbiolo lake, before reaching the restaurant of the same name. On the ascent, you can enjoy the view of Cima Presanella to the Adamello mountain in the south, and to the Brenta and Gardena Dolomites, and the Rosengarten group to the east. The descent is very easy and follows the markers alongside the "Valbiolo" slope.

Restaurants: **Ristorante "La Mirandola", Ristorante "Malga Valbiolo"**



LOCATION PASSO TONALE

### 2 PASSO TONALE - GHIACCIAIO PRESENA



2.577 m s.l.m. 2.719 m s.l.m. 250 m

1 hour 30' (ascent) - 2Km  
 MEDIUM-EASY  
 N NO YES YES

from the car park at the "Paradiso" gondola lift, take the lift to the uphill station. The route begins at this point.

From Passo del Tonale, take the Paradiso gondola lift up to Passo Paradiso and then near the departure station of the Presena gondola, on the left, you'll find the start of the trail. From here, go uphill for about 2 km with an altitude difference of about 250 m, following the ridge that separates the area of the Laghetti del Monticello and the Val Presena lifts, you will reach the middle station of the Paradiso gondola lift after a series of uphill and downhill sections. To then descend, follow the easy slope to Passo Paradiso, where you can take the gondola or the black slope down to the bottom of the valley.

Restaurants: **Ristorante "Paradiso" Rifugio "Capanna Presena"**



LOCATION VERMIGLIO

### 3 VERMIGLIO - MALGA SAVIANA



1.350 m s.l.m. 1.950 m s.l.m. 600 m

3 hours 30' (ascent) - 6Km  
 MEDIUM  
 S NO YES NO

From the state road, SS 42 from Vermiglio up to Passo del Tonale, after around 2 km and a clearing on the right, you come to the forest route leading up to Malga Saviana. There is parking for a few cars.

This is an excursion that is almost entirely along a forest route, passing from the masi di Verniana (cabins), above the village of Vermiglio. Panoramic views over the upper Val di Sole. This excursion is perfect when snow conditions are good, starting at an altitude of 1350 metres to reach the lovely (not managed) Saviana malga at 1917 metres. Possibility to continue along the meadows above the malga, for a longer ski down.



LOCATION PEIO

### 4 PEIO PAESE - MALGA SALINE



1.585 m s.l.m. 2.175 m s.l.m. 600 m

4 hours (ascent) - 7,7Km  
 MEDIUM  
 NE NO YES YES

Peio Paese, bus parking area

From the bus parking area, cross the little village heading towards the church and following the signs, you will come to San Rocco (ex Austro-Hungarian cemetery), and from here, on the right, follow the signs to Malga Saline. Once there, the final section is a little steep before arriving at Seroden, where you will come to the ski slopes of the Pejo3000 ski area. On the way down, follow the Doss dei Cembri slope down to the Sciocittolo restaurant, from here proceeding along the Tarlenta slope to Covell, where you leave the slope and take the path on the left back to San Rocco and the village of Peio. Itinerary forming a loop.

Restaurant: **Ristorante "Lo Sciocittolo"** (along the slope)



LOCATION VALPIANA

### 5 OSSANA - MALGA DEL DOSSO



1.011 m s.l.m. 1.764 m s.l.m. 750 m

4 hours (ascent) - 6,4Km  
 DIFFICULT  
 NE NO YES YES

Ossana, Church of San Vigilio

From the church, follow the signs to Valpiana, ascending a steep road up to the end of the village, where you put on your skis and follow the path beaten by snowcat up to the crossroads in S. Antonio (Capitello), which is where you take the road on the right, with directions to Malga del Dosso. The descent is the same route as the ascent.



LOCATION MARILLEVA

### 6 MARILLEVA 1400 - LAGHI DEL MALGHETTO

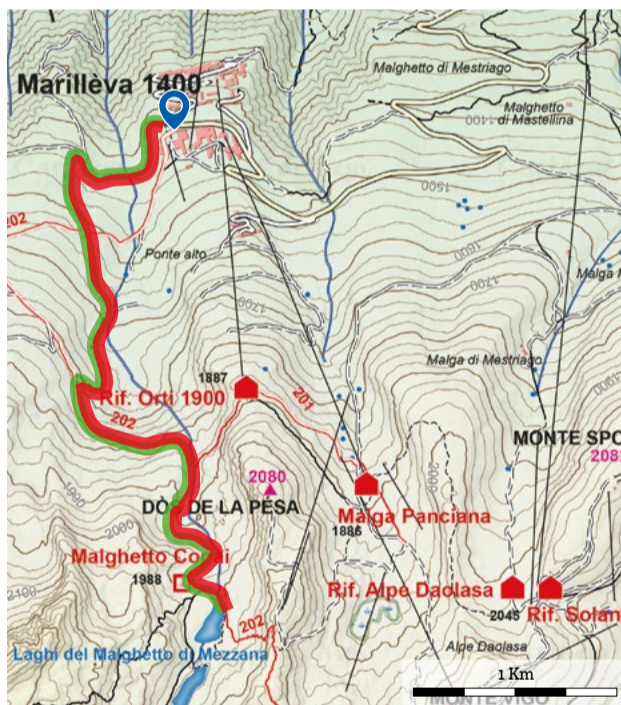


1.400 m s.l.m. 2.001 m s.l.m. 600 m

3 hours 30' (ascent) - 7,7Km  
 MEDIUM  
 NE NO YES YES

Marilleva 1400 residence Artuik

From Marilleva 1400, you follow the signs to residence Artuik, parking just a little upstream (possibility to arrive from Marilleva 900 with gondola lift). From here, follow the signs to "Ponte Alto" and Laghi del Malghet. Descent along the same route as the ascent.



LOCATION MALÉ

### 7 TRA LE MALGHE DI BOLENTINA



1.248 m s.l.m. 1.600 m s.l.m. 400 m

3 hours (ascent) - 8Km  
 DIFFICULT  
 S NO NO NO

Fraz. Bolentina

From Malé, you travel to the village of Bolentina and once past the town, heading in the direction of Mas de Mez, park in the clearing at the first bend. From here, you take the road on the right, marked Malga Bassa and once there, take the left fork to the nearby Mas de la Cros. Descent through "Piazza Merendaia" and then on the track to Mas de Mez, where, an asphalt road will take you back to the starting point. Itinerary forming a loop.



LOCATION VAL DI RABBI

### 8 RABBI - MALGA MONTE SOLE



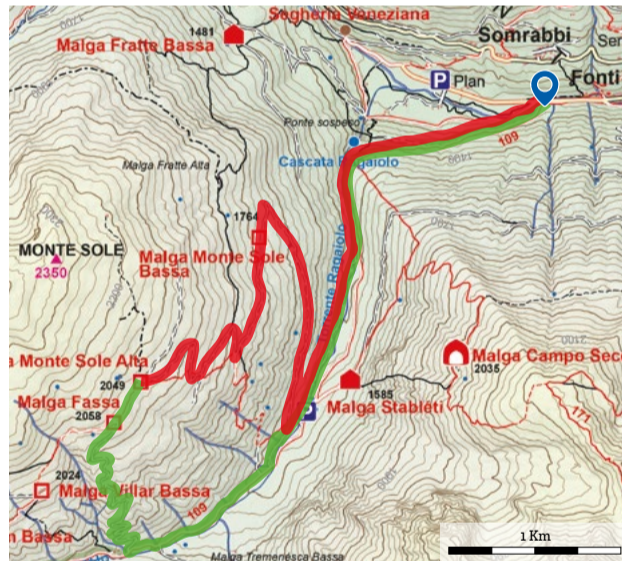
1.260 m s.l.m. 2.053 m s.l.m. 850 m

4 ore 30' (ascent) - 7Km  
 DIFFICULT  
 NE NO YES SI

Rabbi Fonti

Once in Rabbi Fonti, park near to the thermal baths, then take the forest route marked Malga Monte Sole, which is beaten by snow cats. Continue as far as the first bend in Fontanon and from here, cross the Ceren bridge. After continuing a short way, you will find signs to Malga Fassa on the right, which you come to after a series of bends, Once at the Malga, proceed for a short way on a flat section to arrive at Malga Monte Sole. The descent follows the forest route back to Rabbi Fonti.

Restaurant: **Malga Monte Sole**



## RECOMMENDED ROUTES



### VAL GELADA

From Passo Campo Carlo Magno

Ascent time 3 hours 30'  
 Uphill elevation difference 998 m  
 Downhill elevation difference 998 m  
 Highest point 2.593 m  
 Lowest point 1.629 m

### MONTE SOLE AND CIMA VILLAR

Val di Rabbi

Ascent time 3 hours  
 Uphill elevation difference 1.100 m  
 Downhill elevation difference 1.183 m  
 Highest point 2.350 m  
 Lowest point 1.250 m

### MONTE VILLAR

and descent from Val di San Giovanni

Ascent time 5 hours 30'  
 Uphill elevation difference 1.263 m  
 Downhill elevation difference 1.260 m  
 Highest point 2.568 m  
 Lowest point 1.305 m

### CIMA VEGAIÀ

from Ortisé

Ascent time 5 hours  
 Uphill elevation difference 1.325 m  
 Downhill elevation difference 1.330 m  
 Highest point 2.858 m  
 Lowest point 1.531 m

### MONTE REDIVAL

Vermiglio

Ascent time 4 hours 30'  
 Uphill elevation difference 1.386 m  
 Downhill elevation difference 1.386 m  
 Highest point 2.973 m  
 Lowest point 1.540 m

### CIMA PRESENA

from Val Sgualdrina

Ascent time 4 hours  
 Uphill elevation difference 1.260 m  
 Downhill elevation difference 1.260 m  
 Highest point Cima Presena 3.069 m  
 Lowest point Passo Tonale 1.883 m

### CIMA CEVEDALE

from Malgamare

Ascent time 8 hours  
 Uphill elevation difference 2.006 m  
 Downhill elevation difference 2.006 m  
 Highest point Cima Cevedale 3.769 m  
 Lowest point Loc. Prabon 1.760 m

### INFO:

Following this advice does not remove the potential dangers described completely. Assessing the risk of avalanches requires a great deal of experience; which is why the best thing to do is to rely on the Mountain Guides, who know the beauty but also the dangers of the mountains.

**TREK and BIKE TRENTINO WILD**  
 Tel. +39 0463 973278  
 Mob. +39 340 2175873  
 info@trentinowild.it  
 www.trentinowild.it/en/

**GUIDE ALPINE VAL DI SOLE**  
 Tel. +39 0463 903160  
 Mob. +39 347 7457328  
 info@guidealpinevaldisole.it  
 guidealpinevaldisole.it

**EVOLUTION SKI SCHOOL**  
 Mob. +39 348 9129723  
 Mob. +39 342 3987853  
 tonalefreeride@gmail.com  
 tonalefreeride.it

For more details and guidelines, see:  
<https://www.guidealpinevaldisole.it>  
 (Val di Sole Mountain Guides)

“ DOWNLOAD THE SKIALP ROUTES TO KEEP THEM WITH YOU EVERY TIME YOU GO OUT ”





Take part in at least 2 between MuoverSi and experiences

Request the WOW map and have it stamped by the guide

Collect the FREE BEANIE in one of the info offices

ASCENT ROUTE	DESCENT ON FOREST PATH	DESCENT ON PISTE
☀ exposure	⚠ danger of avalanche	🛖 mechanically created path
📍 starting point	🏔 start / height	📏 max height
📏 difference in altitude		

DIFFICULTY	DIFFERENCE IN ALTITUDE
EASY	<100 m
MEDIUM-EASY	100-300 m
MEDIUM	300-600 m
DIFFICULT	600-1100 m
VERY DIFFICULT	> 1100 m

1 Km  
1 cm = 250 m

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