

MID MOUNTAIN WALKS

DISCOVERING MOUNTAIN LAKES AND HIDDEN CORNERS

Easy mid-mountain outings to discover the valley's Nature Parks and the most well-known mountain groups in Val di Sole: every day a different and unique view surrounded by breathtaking mountain lakes and landscapes. A selection of half day or full day outings in the Stelvio National Park, the Adamello Brenta Nature Park and in the Ortles-Cevedale and Adamello-Presanella mountain groups.

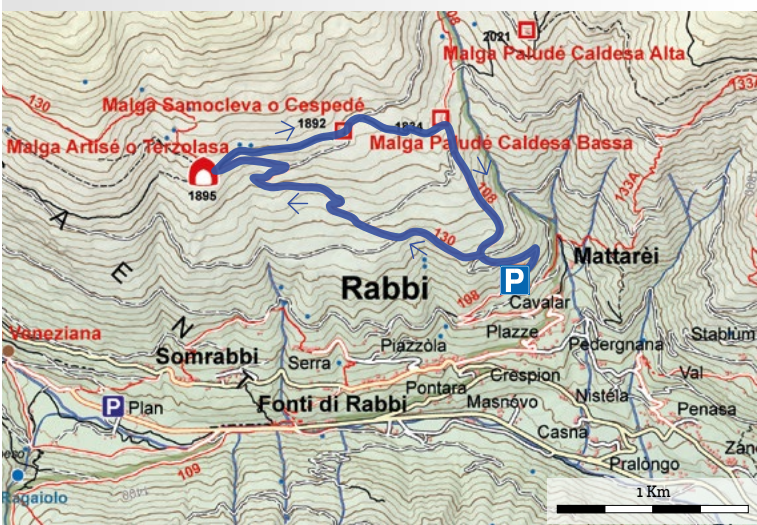


LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

I3 RABBI'S ALPINE DAIRIES

TECHNICAL LEVEL MODERATE	PHYSICAL EFFORT EASY	ELEVATION GAIN 600 m	ELEVATION LOSS 600 m	WALKING TIME 4 hours
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Parccheggio loc. Cavallar 1450 m - Malga Artise o Terzolasa 1895 m
Malga Cespede o Samocleva 1892 m - Malga Paludè o Caldesa Bassa 1835 m
Parccheggio loc. Cavallar 1450 m

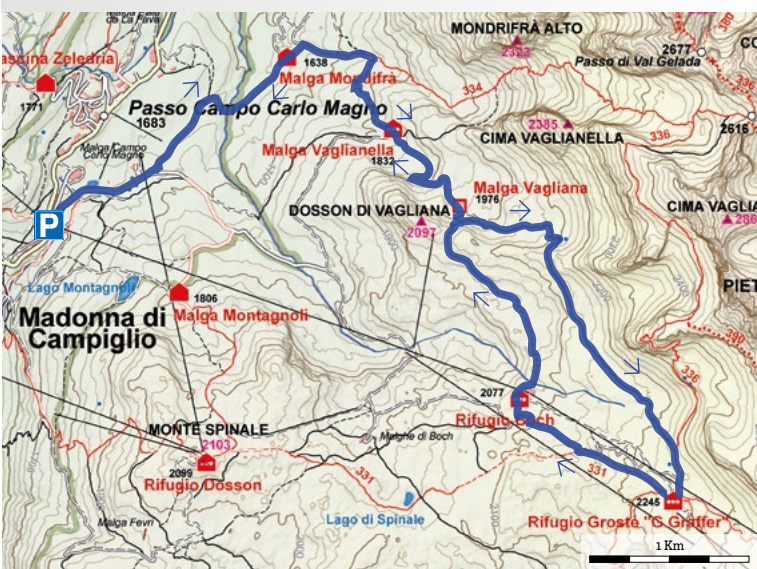


LOCATION: MOUNTAIN GROUP: M. DI CAMPIGLIO (ADAMELLO BRENTA NATURE PARK) DOLOMITI DI BRENTA GROUP

C5 ORTI DELLA REGINA

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION GAIN 650 m	ELEVATION LOSS 650 m	WALKING TIME 5 hours
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Peso C. Carlo Magno/Portina 1636 m - Malga Mondifra 1632 m
Malga Vaglianella 1830 m - Malga Vagliana 1970 m - Rif. G. Graffer 2261 m
Lago Spinale 2036 m - Malga di Boch 1994 m

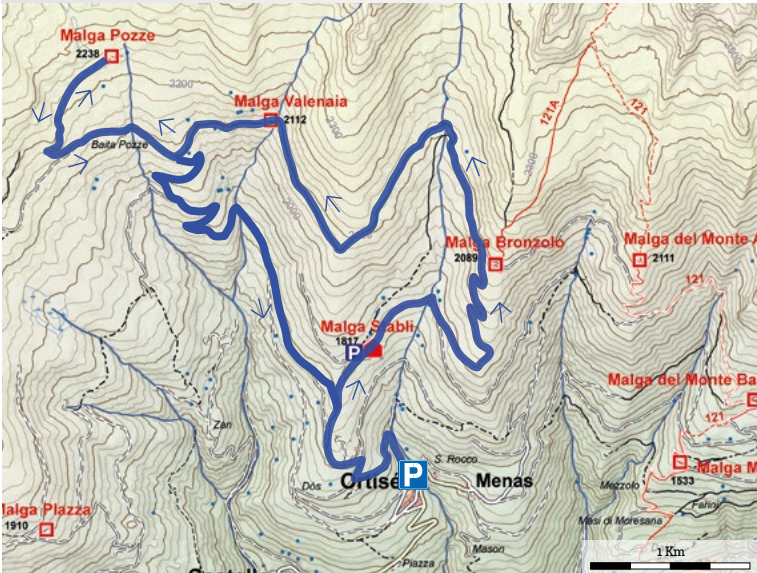


LOCATION: MOUNTAIN GROUP: MEZZANA - TERMENAGO - CASTELLO ORTLES-CEVEDALE GROUP

F/G3 LE POZZE

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT MODERATE	ELEVATION GAIN 740 m	ELEVATION LOSS 740 m	WALKING TIME 6 hours
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Ortise 1900 m - Malga Bronzolo 2083 m
Malga Valenaia 2112 m - Malga Pozze 2337 m - Malga Stabli 1814 m



THE WORLD OF ALPINE DAIRIES

THE ALPINE DAIRY ROUTE: LIFE AND FLAVOURS OF THE PAST

The "Via delle Malghe" route in Val di Sole is a network of trekking itineraries that, in addition to alpine huts, also uses alpine dairies that have been renovated in order to be able to host guests for overnight stays. This route winds its way through a total of 100 km of trails and forest roads, mainly within the Stelvio National Park.

TRADITIONS, CULTURE, FLAVOURS

4-DAY TREK

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION DIFFERENCE 300/900 m	WALKING TIME 4/7 hours
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...PERFECT FOR FAMILIES

A vacation in close contact with nature, to learn more about this ancient tradition and the life of an alpine shepherd called a "malgar" in local dialect. An expert that prepares typical, wholesome products for the dairy's guests like butter, ricotta cheese and of course Val di Sole's famous "casolet" cheese.



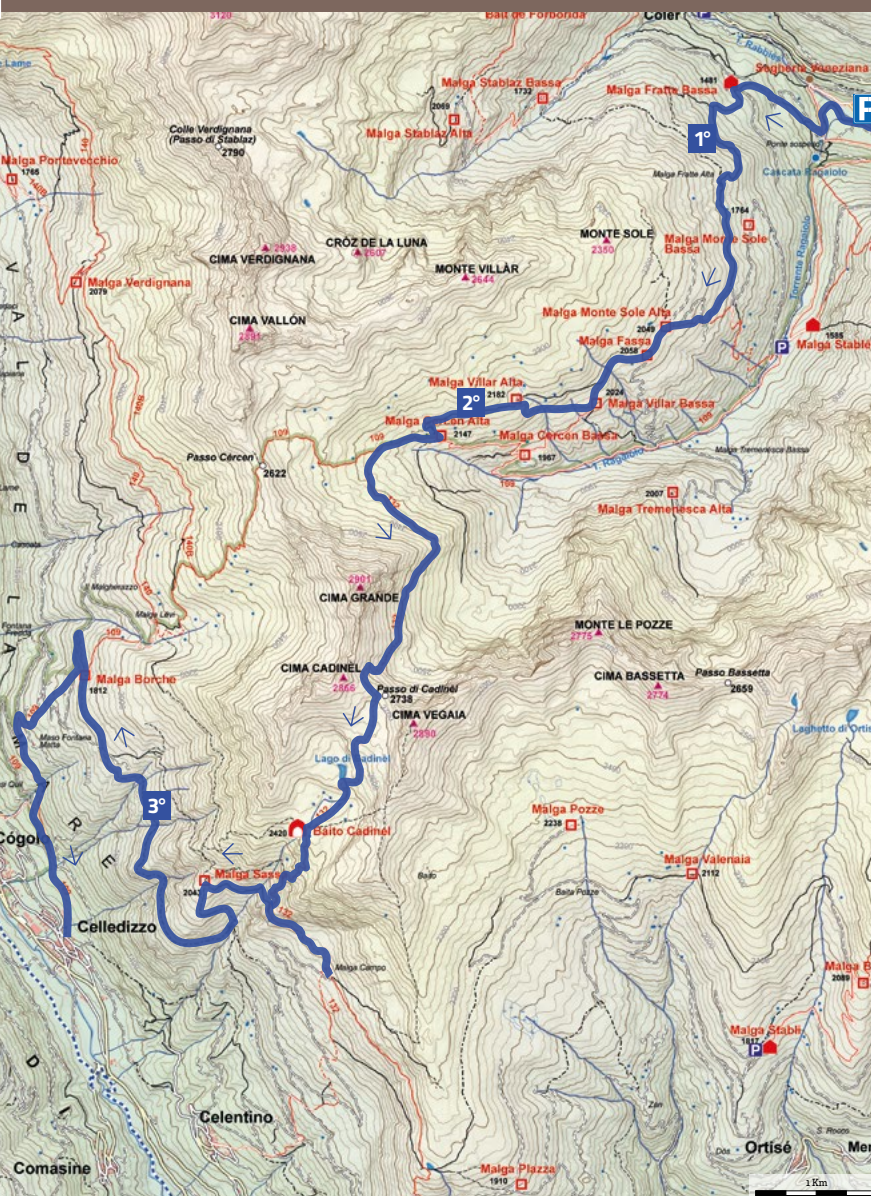
FROM VAL DI RABBI TO VAL DI PEJO

3-DAY TREK

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION DIFFERENCE 250/1055 m	WALKING TIME 3/6 hours
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AUTHENTIC MOUNTAIN LIFE

The "Via delle Malghe" route gives you the chance to fully experience the world of alpine dairy farming and to walk along extraordinary trails that are both safe and well-marked. An overnight stay in a cosy alpine dairy, learning more about the traditions of local dairy production, enjoying the simple, natural products that are made right here in Trentino. A fantastic experience that you'll definitely appreciate during your vacation in Val di Sole.



LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

I3 L2 CAVALLAR (Piazzola) RIFUGIO SAENT "S. Dorigoni"

4 hours 987 m 1st DAY

Piazzola - parc. loc. Cavallar 1450 m - Malga Artise o Terzolasa 1895 m
Rifugio Saent S. Dorigoni 2437 m

Dinner and overnight stay: Rifugio Saent S. Dorigoni (+39.0463.985107 +39.335.5924166)

LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

L2 H2 RIFUGIO SAENT "S. Dorigoni" MALGA STABLAZ (Maleda Alta)

3 hours 377 m 2nd DAY

Rif. Saent S. Dorigoni 2437 m - Baito Campisoll 2126 m
Baito Forbitoria 2174 m - Malga Stabiaz o Maleda Alta 2060 m

Dinner and overnight stay: Malga Stabiaz o Maleda Alta (+39.346.6810762)

LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

H2/3 MALGA STABLAZ (Maleda Alta) MALGA MONTE SOLE ALTA

3 hours 290 m 3rd DAY

M. M. Stabiaz o Maleda Alta 2060 m - Monte Sole 2350 m
Malga Monte Sole Alta 2053 m

Chance to see how dairy products are made at Malga Ceren alpine dairy in Val di Rabbi

Dinner and overnight stay: Malga Monte Sole Alta (+39.388.8639582 +39.331.6412213)

LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

H3 I3 MALGA MONTE SOLE ALTA CAVALLAR (Piazzola)

4 hours 603 m 4th DAY

Malga Monte Sole Alta 2053 m - Malga Fratte Bassa 1482 m
Coler 1386 m - parccheggio loc. Cavallar 1450 m



ALPINE SIGHTS

FROM THE BLOSSOMING FIELDS IN THE VALLEY TO THE LAKES AT THE FOOT OF THE GLACIERS

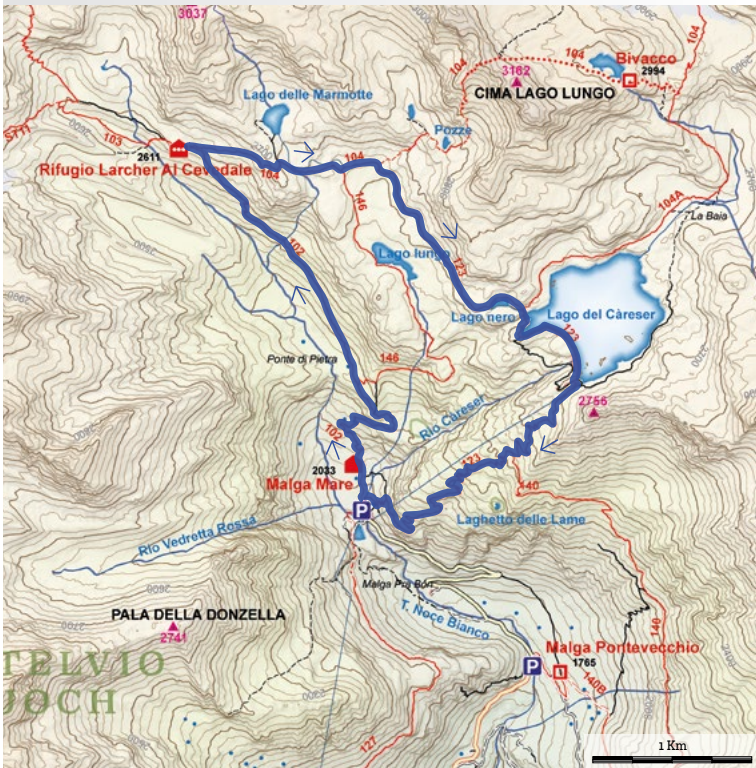
Striking itineraries and plenty of sunshine along trails that take you to alpine huts and dairies surrounded by amazing views, history and culture. These are just some of the features that the southern Alps have always been known for. The chance to experience nature at its very best among Val di Sole's spectacular mountains. The Ortles-Cevedale, Adamello-Presanella and Brenta Dolomites, are the three mountain groups that extend through the valleys that are located in the western part of the Trentino region, creating three geologically diverse areas, each with their own unique species of flora and fauna.

LOCATION: MOUNTAIN GROUP: PEIO (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

I2 THE CEVEDALE LAKES

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION GAIN 680 m	ELEVATION LOSS 680 m	WALKING TIME 4 hours
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Parccheggio loc. Malga Mare 2031 m - Rifugio Cevedale G. Larcher 2608 m
Lago delle Marmotte 2705 m - Lago Nero 2621 m - Diga del Càresser 2621 m



LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

L2 RIFUGIO SAENT "S. Dorigoni"

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION GAIN 900 m	ELEVATION LOSS 900 m	WALKING TIME 6 hours
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Bus navetta a M. M. Stabiazolo 1539 m - Cascate di Saent 1809 m
Rifugio Saent S. Dorigoni 2437 m - Baito Campisoll 2126 m
Malga Stabliet 1589 m



ALPINE HUTS

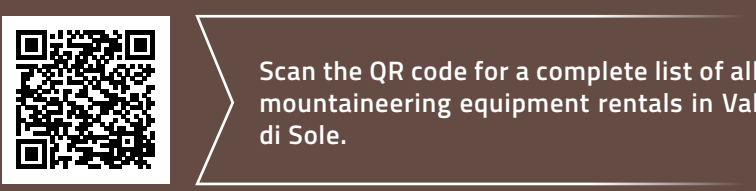
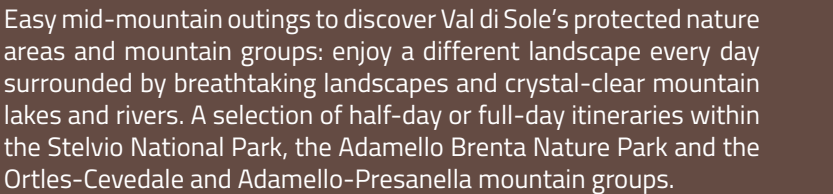
RIFUGIO CEVEDALE "G. Larcher"
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Scan the QR code for a complete list of all mountaineering equipment rentals in Val di Sole.

MOUNTAIN PROFESSIONALS

Easy mid-mountain outings to discover Val di Sole's protected nature areas and mountain groups: enjoy a different landscape every day surrounded by breathtaking landscapes and crystal-clear mountain lakes and rivers. A selection of half-day or full-day itineraries within the Stelvio National Park, the Adamello Brenta Nature Park and the Ortles-Cevedale and Adamello-Presanella mountain groups.

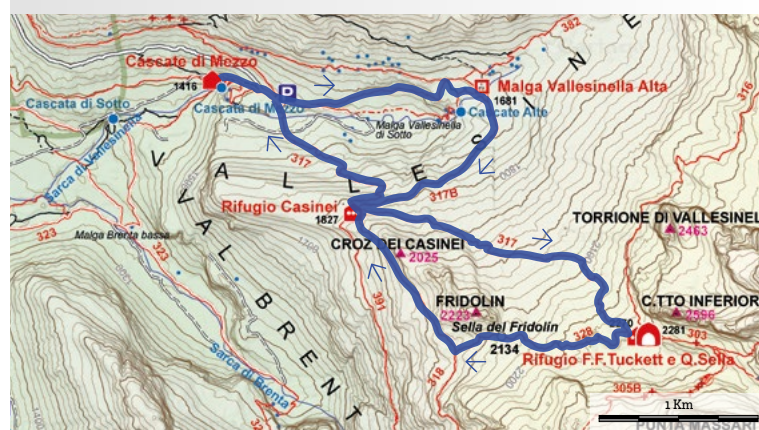


LOCATION: MOUNTAIN GROUP: M. DI CAMPIGLIO (ADAMELLO BRENTA NATURE PARK) DOLOMITI DI BRENTA GROUP

B/C5 BRENTA DOLOMITES

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION GAIN 760 m	ELEVATION LOSS 760 m	WALKING TIME 4 hours
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parc. loc. Rifugio Vallesinella 1513 m - Cascate Alte di Vallesinella 1575 m
Rifugio Casinel 1850 - Rifugio Tuckett 2270 m - Sella del Fridolin 2143 m
Rifugio Casinel 1850 m - Rifugio Vallesinella 1513 m

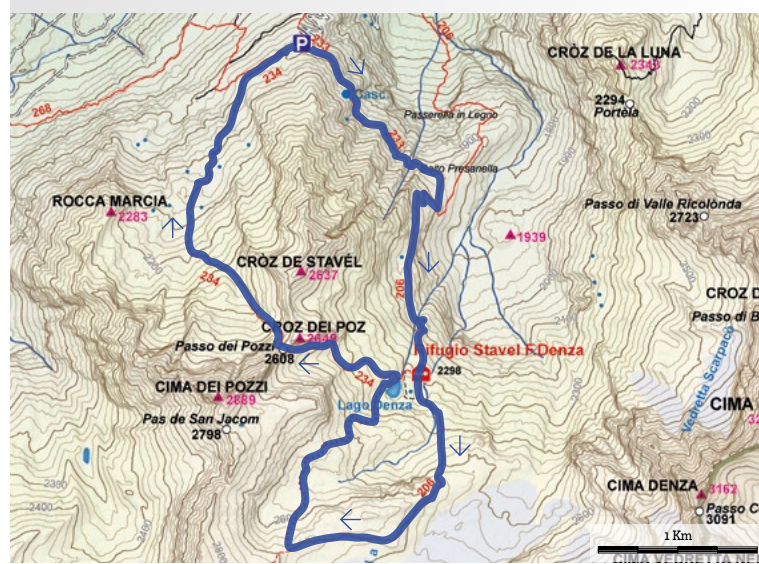


LOCATION: MOUNTAIN GROUP: VERMIGLIO ADAMELLO-PRESANELLA GROUP

C2 RIFUGIO STAVEL "F. Denza"

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT CHALLENGING	ELEVATION GAIN 770 m	ELEVATION LOSS 770 m	WALKING TIME 5 hours
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Vermiglio - parc. loc. Pozzi Alti 1879 m - Rifugio Stavel F. Denza 2298 m
Lago Denza 2340 m - Sentiero del Tedeschi
Vedretta della Presanella 2650 m - Rifugio Stavel F. Denza 2298 m

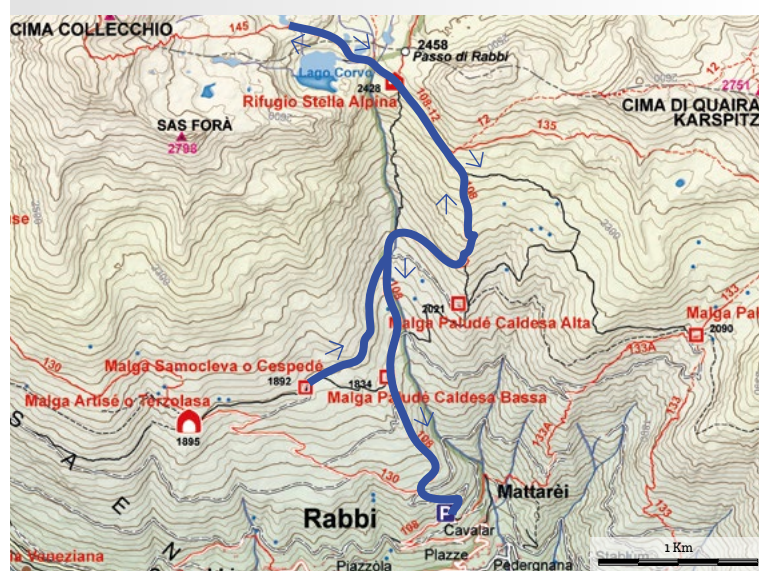


LOCATION: MOUNTAIN GROUP: RABBI (STELVIO NATIONAL PARK) ORTLES-CEVEDALE GROUP

L3 LAGO CORVO

TECHNICAL LEVEL CHALLENGING	PHYSICAL EFFORT MODERATE	ELEVATION GAIN 580 m	ELEVATION LOSS 900 m	WALKING TIME 5 hours
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parccheggio loc. Cavallar 1450 m - Bus Navetta a Malga Cespede 1892 m
Rif. Stella Alpina al Lago Corvo 2426 m - Lago Corvo 2464 m
M. M. Paludè o Caldesa Bassa 1835 m



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TREKKING IN VAL DI SOLE

TRENTINO'S HIDDEN TREASURE

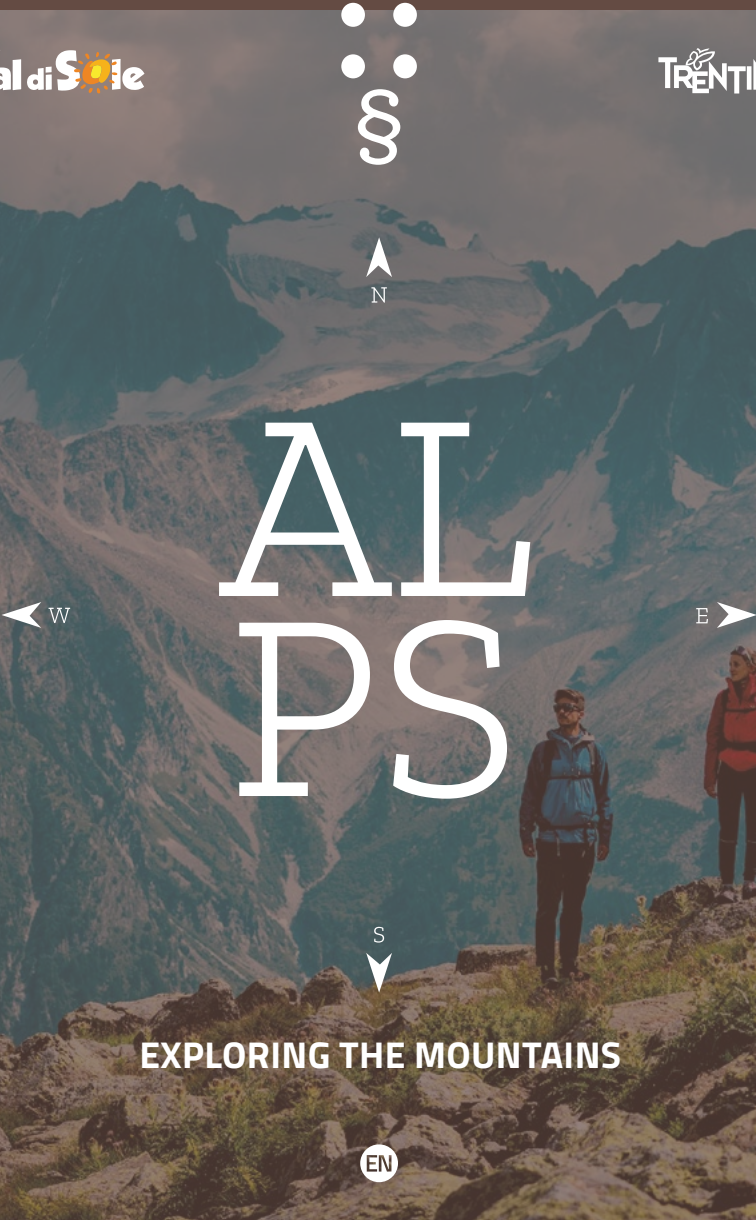
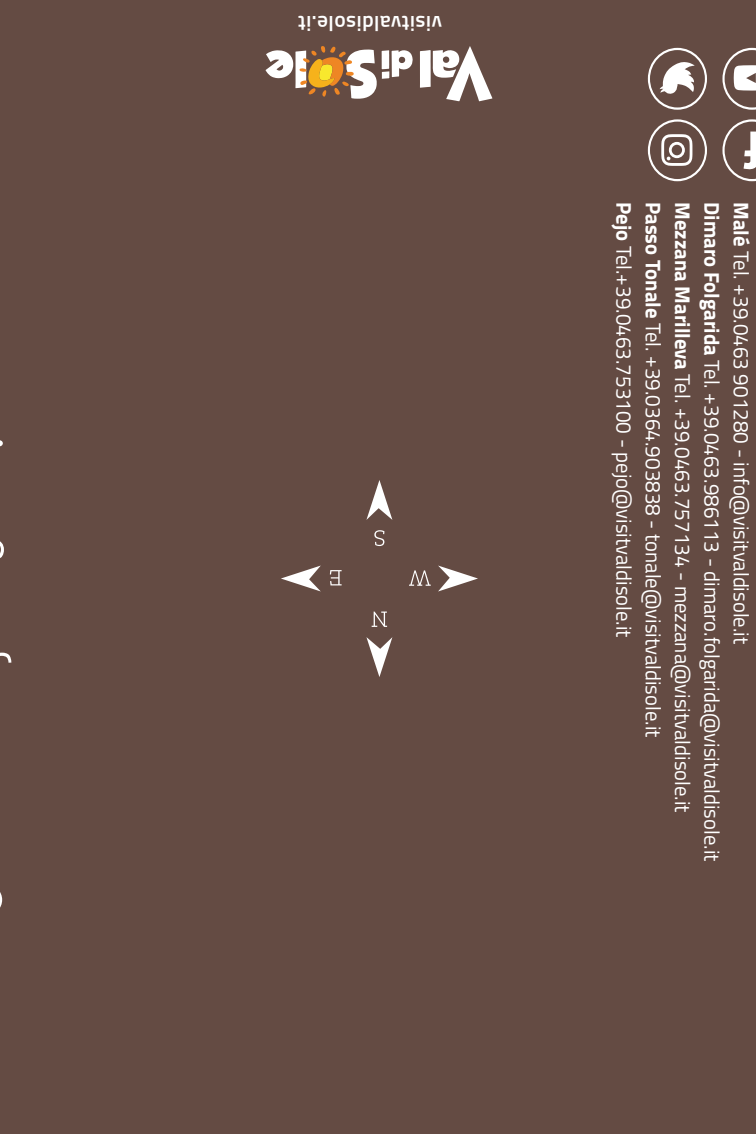
Val di Sole, surrounded by the peaks of the Ortles-Cevedale, Adamello-Presanella, and the Brenta Dolomites, which are a UNESCO World Natural Heritage Site, is an area that offers visitors an endless number of walks and hikes for all levels, including easy half day walks, challenging huts to hut trekking or excursions on the highest peaks. Here, among nature parks, lakes, alpine dairies and mountain huts, along easy itineraries or demanding high mountain trails, you'll be totally immersed in nature for a truly active vacation.



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.



6-DAY TREK



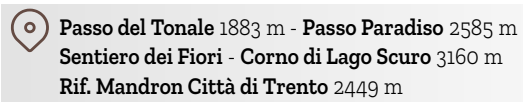
A journey that takes you from Trentino to South Tyrol, through endless valleys and peaks. Natural landscapes with infinite features: blossoming fields along the valley, mountain pastures surrounding traditional alpine dairies, bubbling rivers and streams, spectacular waterfalls, snow covered peaks and crystal clear lakes at the foot of the glaciers.

ALONG THE PARK'S TRAILS

A six-day hut-to-hut trekking route to discover Val di Rabbi, Val di Pejo and Val Martello in the Ortles-Cevedale Group, with overnight stays in cosy and comfy alpine huts.



A challenging three-day itinerary to discover new, remote trekking routes in order to reach the Rifugio Denza alpine hut, at the foot of the North Face of the Cima Presanella peak and for fantastic views of the Lobbie Glacier and the Cima Adamello peak.



Recommended equipment: mountaineering gear
Dinner and overnight stay: Rifugio Mandron Città di Trento (+39.0465.501193 +39.0461.493724)



6-DAY TREK



From the vibrant reddish rocks of Val Saenta to the top of Monte Cevedale at 3764 m and all the way to the magnificent Forni Glacier. We are right across what used to be, until 1918, the border between the Kingdom of Italy and the Austro-Hungarian Empire where some of the most heroic battles of WWI took place. The view in front of you will extend over the majority of the south eastern part of the Alps: the Dolomites, the Bernina Range and the Silvretta Group will take your breath away! A unique experience among the high mountain peaks of Val di Sole, in Trentino. High altitude excursions that require the use of appropriate mountaineering gear to reach a different peak every day, all at a height of over 3000 m, with hut-to-hut stays along the way.

SENTIERO DEI FIORI

EQUIPPED HIKING TRAIL
A historic itinerary in the Adamello-Presanella Group, dating back to World War I, starting point in Passo Tonale.
It winds its way through old war trenches and it is equipped with steel cables and suspension bridges along certain sections, one of a kind views



MOUNTAINEERING CLIMB
Climb up to one of the most important peaks in the Ortles-Cevedale Group where you can also visit the Punta Linke Museum, a tunnel/trench dating back to WWI.

Along the route: Rifugio Vioz - Mantova (3535 m)



MOUNTAINEERING CLIMB
It's the highest elevation that can be reached entirely within the Trentino area from where you can enjoy an extensive view, from the peaks of Monte Rosa to the Austrian High Tauern.

Along the route: Rifugio Stavel - F. Denza (2298 m)



MOUNTAINEERING CLIMB
A fantastic climb that is entirely marked with cairns from Rifugio Saent-S Dorigoni onwards. The final part of the route near the crest of the mountain, from where hikers will enjoy an amazing view, is equip-ped with resi-

Along the route: Rifugio Saent - S. Dorigoni (2437 m)

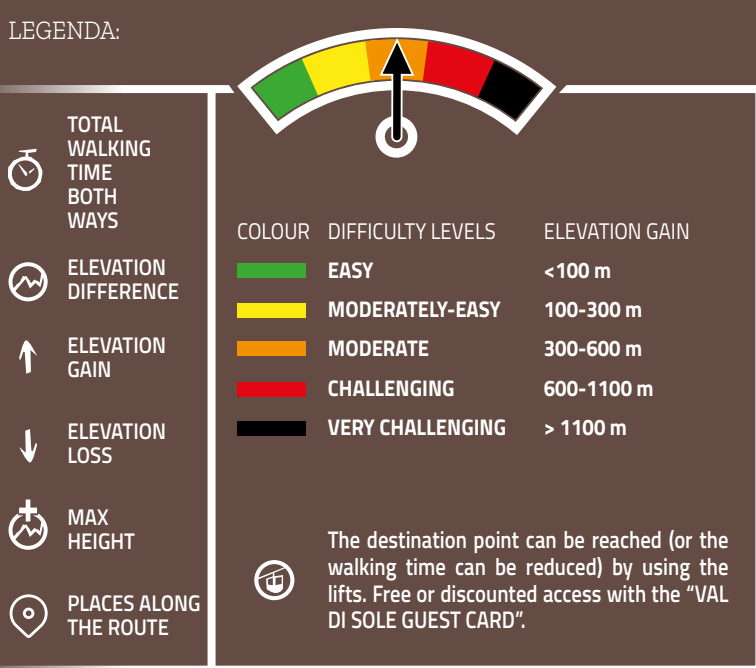


TREKKING AND VIE FERRATAS
This mountain group, located west of the Adige River, is part of the Dolomites which since 2009 are a UNESCO World Natural Heritage Site. It provides hikers with numerous trekking routes and via ferratas in a truly unique setting.

MONTE CEVEDALE AND ITS GLACIERS G/H/11

MOUNTAINEERING CLIMB
Monte Cevedale, at 3769 m, is the highest peak that touches Val di Sole's borders. Surrounded by majestic glaciers, this peak offers various itineraries for mountaineering climbs with breathtaking views.

Along the route: Rifugio Cevedale - G. Larcher (2608 m)
Rifugio Vioz - Mantova (3535 m)



Impaginazione e realizzazione grafica: STUG Arte Grafica Fotografia - stug.it

Foto: Foto: C. Pizzini, T. Prugnola, C. Baroni, Archivio APT Val di Sol
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