

Via Alpina

YELLOW TRAIL

*From the Adriatic coast
to the alpine meadows of the Allgäu*



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The Sassolungo mountain



Introduction

The Alps: a territory

The Alps, a single space of almost 200,000 sq.km that stretches over eight European countries - France, Italy, the principality of Monaco, Switzerland, Liechtenstein, Germany, Austria and Slovenia - are one of the main tourist destinations of the world.

Prompted by an initiative of the French Association called "La Grande Traversée des Alpes" the institutional, associative and professional actors of the eight countries have worked in creating the Via Alpina, a hiking route that links Trieste, on the Adriatic coast, to the Principality of Monaco and to the Mediterranean sea - crossing eight Countries, 30 Regions, Cantons or Länder and more than 200 Municipalities.

The Via Alpina is made up of five trails: red, purple, yellow, green and blue, that represent a total of 200 stages and approximately 5,000 km of hiking trails.

The Via Alpina has been officially recognized as a concrete contribution towards the implementation of the Alpine Convention, to guarantee sustainable development in the Alps.



The yellow trail

40 stages - three countries crossed: Italy, Austria, Germany.

Western Julian Alps - Carnic Alps - Dolomites - Ötztal - the Lechtal Alps - Allgäu.

The yellow trail leads the hiker from the sea level to 3,000 metres a.s.l., from the Adriatic coast to the Allgäu mountain pastures, from the melting pot of cultures of Bolzano to Lechtal's uncontaminated nature, from the Dolomites that have emerged from the bottom of the oceans to the territory of Ötzi, "the Iceman" of Similaun - a crossing that is full of contrasts.

Starting from Trieste, the landscape is characterised by many architectural works from

different epochs and by natural monuments that are characteristic of the Carst: the Giant Cave, near Trieste, is the biggest tourist cave in the world; Val Resia (the Resia Valley), in the "Parco naturale delle Prealpi Giulie" (Park of the Julian Prealps) with its rich botanic heritage and the numerous carstic phenomena on the plateau of mount Canin. In the north-western part of Friuli Venezia Giulia there is the Carnia area, an ancient territory with the greatest extension of traces of the Paleozoic Era. The Carnic Alps are ridged by the seven affluents of the Tagliamento river, the last alluvial river in Europe; gorges and steep torrents meet along various different traditional itineraries that link Friuli to Carinthia and offer a number of possible circuits between the red and yellow trails of the Via Alpina.

The route continues in the Dolomites of Belluno, through the heart of the area called Cadore as far as the imposing mount Antelao, a few kilometres from Cortina d'Ampezzo. Further on, the majestic slopes of mount Pelmo can be seen and the important archaeological site of the Mondeval Man can be visited. In this way, the Pordoi Pass is reached, where the C.A.I. (Italian Alpine Club) has its headquarters in a landscape with a wealth of evidence from the First World War and fascinating splendid views of the Marmolada.

Here, the Trentino stretch begins. The hike continues along the spectacular historical path that links the Pordoi Pass to the Fedaiia Pass, the "Viel del Pan" (the Bread Route, the favourite path of the bellunesi flour traders who used to go as far as the Val di Fassa, also known as Bindelweg), a panoramic balcony on the Marmolada, the Queen of the Dolomites, and then goes on towards the Catinaccio-Rosengarten Group. One passes from the ladina tradition to spectacular landscapes characterized by the contrasts between the dolomitic rocks and the lava, following a long and pleasant course of historical remembrance.

Once in Bolzano, the hiker is directed towards San Genesio (to the west, it is possible to link onto the Stelvio National Park which makes it possible to rejoin the Red Trail remaining on the south side of the Alps), a beautiful mountain village only 10 km from Bolzano and with mild weather. San Genesio is considered to be the birthplace of the "avelignesi", the docile horses with soft blond manes. Continuing along the trail the hiker reaches Merano 2000 with a magnificent view on the chain of mountains of the Dolomites and the Ortler. At Niederjoch (3017 m a.s.l.), the Via Alpina reaches its highest point, in the neighbourhood of the place where the Ötzi "Iceman" mummy was found. On this subject, there is a very interesting interactive museum on Ötzi in Madonna di Senales.

The part that crosses the Ötztaler Alps and the Alps of Piztal is impressive, for its altitude, its breathtaking panorama on the glaciers surrounding the Oetzalpe Alps park as well as for the welcoming atmosphere there is in the Alpine locality of Vent, at the feet of Wildspitze. Nowhere else are the signs left of the glaciers, the moraines, the lakes and the icy fields to be seen as in this high mountain site. Having left behind the glacier, in Venet there is a completely new scenario – the panorama on the impressive calcareous massif of the Lechtal Alps.

There is a long but wonderful uphill walk to the Memming mountain hut. No noise of cars or chair lifts interrupts the roar of the mountain streams and silence reigns over the alpine pastures. The end of the journey is not far: the route goes downhill a little more, crossing the Lechtal and you find yourself facing the last big climb – the Allgäu Alps. Very far below there is the end of the yellow trail, the Municipality of Oberstdorf in Allgäu.

↗ 574 m

↘ 497 m

🕒 4.30'

Description of the stage in the Trieste-Monaco direction

The Via Alpina trail, with the red-white-red striped C.A.I. (Italian Alpine Club) trail signs, begins in Piazza Marconi (Marconi square) of Muggia and retraces the paths that the inhabitants of the Karst used in the past to take what little products they had to the town markets. The trail goes up again through the town streets along the karstic ridge and reaches the hamlet of Santa Barbara. From here, in the direction of the cemetery, along what is called "Traversata Muggesana" the trail goes into karstic territory, to reach a stone cave and then goes down to the international border area of Rabuiese. The trail crosses a part of the industrial area of Noghere and goes into the valley of Rio Osposo (Osposo stream) along its left bank. A little further on, past the small Noghere lakes, the trail crosses the Osposo stream and goes up Mount Oro (Paola Rizzi itinerary) as far as the fork for Caserana. The route, that continues at a height above the village of San Dorligo della Valle, a little under Mount Carso, goes down towards the Premuda mountain hut (81 m a.s.l.), at the beginning of the Rosandra valley.

The yellow trail begins at the Premuda mountain hut, from where, together with the red one, it crosses the beautiful Rosandra valley, where the most famous mountaineers from the Julian region (such as Comici and Cozzolino) have shown their talent along the magnificent limestone cliffs nearby and which is home to one of the most prestigious mountaineering schools.



Muggia - the Town Hall.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Premuda mountain hut, trail 1 leads to Caresana and then down to the Osposo stream. It flanks the Noghere lakes, past Rabuiese and reaches the village of Santa Barbara going on down to Piazza Marconi in Muggia.

WHAT TO SEE

The remains of the Roman aqueduct that provided water to Tergeste and the "Via del Sale" (Salt Route) which, from the salt plains near Muggia, carried the precious sea product to the Karst plateau and inland Istria.

ACCOMMODATION

PREMUDA MOUNTAIN HUT

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della Valle (TS)

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overnight

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Muggia - the Cathedral.

"Muggia Vecchia" (The Old Town of Muggia)

Going uphill to the south west, from the centre of Muggia, you arrive at the Romanesque Basilica of Santa Maria Assunta, from where there is a wonderful view of the wide valley of Muggia and the town of Trieste, opposite. The ancient place of worship is what remains of the "Castrum Muglae": consolidated and remodelled over the centuries, it is built with local sandstone and the inside is divided into a nave and two aisles.

The ceiling is truss-shaped and the walls are covered with beautiful Byzantine-styled frescoes dating back to the middle of the thirteenth century.

Scenes from the life of Mary and Christ who, together with other Saints, make up a striking picture of great artistic interest.

↗ 466 m

↘ 172 m

🕒 5.00'

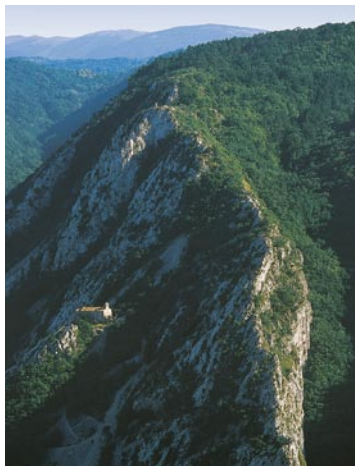
Description of the stage in the Trieste-Monaco direction

The trail cuts right across the Rosandra valley, along the banks of its river. It continues past a charming waterfall, to the hamlet of Bottazzo, where it reaches a disused railway. The trail goes up to the fork (319 m a.s.l.) from which the Via Alpina red trail - until now, the same as the yellow trail - goes off towards the Slovene border and continues up into the Karst plateau, along trail 1, to the tiny hamlet of San Lorenzo (377 m a.s.l.) and its stunning views over the Rosandra valley.

It continues through sparse woods near a quarry and across the Karst plain to road SS14, which it crosses in the direction of the Padriciano golf course and goes on to Mount Spaccato (404 m a.s.l.). A little beyond that and slightly downhill, the trail passes under road SS202 and joins trail 1, reaching Mount Calvo (454 m a.s.l.). This is where a series of "vedette" begin (well-known buildings used as view-points).

After cutting through Borgo Conconello, the trail passes a number of TV masts. Slightly downhill, it gets onto a cart-track that goes to the Sella di Opicina (Opicina pass). Near the Obelisco campsite, at Obelisco, the trail reaches road SS58 that comes up from Trieste, goes to Opicina and on to the border with the Slovene Republic at Fernetti. A quaint, rack-rail tram links Trieste to the plateau.

The Rosandra Valley.



ALTERNATIVE ROUTE

Connection with the Via Alpina red trail that, from the Premuda mountain hut goes all the way across the Rosandra valley, uphill to Draga Sant'Elia and Pese/Pesek (Slovenia) via trail no. 17.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Obelisk the trail goes up to the "Vedetta Alice" thus reaching Mount Calvo. Once past Mount Spaccato and the Bazzoni woods botanic gardens, the trail goes through San Lorenzo and along the Rosandra Valley up to the Premuda mountain hut.

WHAT TO SEE

The "Vedetta Alice" is a magnificent view-point, looking out over the bay of Muggia and its naval dockyards. To the right, there is the town of Trieste.

ACCOMMODATION

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TRIESTE

Trieste existed in Roman times and then, in a more recent past became a port of the Hapsburg Empire, that Empress Marie-Therese had constructed. The central "Borgo Teresiano" is surrounded by churches that huddle together - a Greek-Orthodox one, an Armenian one, a synagogue - and much evidence of Christianity which are a sign of great cultural open-mindedness.

From the warehouses along the shores, skilled sailors and traders sailed all the way to the Far East and a great amount of ethnic groups, cultures and famous people such as Joyce, Saba, Svevo, Quarantotti-Gambini and many others have described the town.

There have been remarkable cultural expressions tied to the theatres - drama and poetry - the museums rich with art collections. Trieste hosts many sport events among which "La Barcolana", a unique, not competitive race for sailing boats which sees the participation of around 2000 sailing boats.

The old Trieste-Fiume railway.



STAGE B3: Obelisco / Obelisk - Sistiana

B 3

↗ 248 m

↘ 337 m

🕒 7.20'

Description of the stage in the Trieste-Monaco direction

From the Obelisk the trail continues, at first downhill and then uphill, gaining in altitude along the Napoleonic road that passes below the Temple of Monte Grisa. The next village one meets is Prosecco (249 m a.s.l.)

From Prosecco, following trail 1, one reaches the village of Santa Croce del Carso (207 m a.s.l.) from where one can admire, on the coast below, the marble castle of Miramare which stands out, proudly perched above the blue sea.

With a short detour you can reach the "Vedetta Slataper" (trail 7) and the Liburnia Tower. The main trail follows the lower "Sentiero della Salvia" (Sage Path) to Aurisina (144 m a.s.l.), where there is a Roman quarry of precious marble. The trail goes up to the "Tiziana Weiss" view-point and down again to the SS14 road below.

The stage ends at Sistiana, in the municipality of Duino-Aurisina.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Sistiana the trail runs along the SS 14 road for about 2 km to the "Tiziana Weiss" view-point. From here it continues along the Karst ridge, almost as far as Aurisina. The "Sentiero

The Opicina tram.

The Castle of Miramare.



della salvia" (Sage Trail) goes gently up past the Liburnia Tower, Santa Croce del Carso and the old town of Prosecco beyond which the Cobolli trail goes up to the Obelisk.

WHAT TO SEE

From the village of Prosecco (249 m a.s.l.) a detour of about 5 km leads to the Grotta Gigante (Giant Cave) and its geodesic pendulums that measure the tides. It is the largest cave open to the public in the world, a classic example of a phenomenon that is typical of the Karst plateau in a region that is largely defined by it.

From the edge of the Karst ridge, that falls in a sheer drop to the Adriatic Sea, it is possible to see the entire Gulf of Trieste, from the point of the Cape of Istria to Monfalcone and the mouth of the Isonzo river. To the right, there are, instead, views of the last foothills of the Alps of the Julian and Carnia regions which fade into the distance to the west, into the peaks of the Belluno Alps, towering above the plains of Treviso and Vittorio Veneto.

ACCOMMODATION

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THE CASTLE OF MIRAMARE

The Castle of Miramare is surrounded by a magnificent park overlooking the Miramare marine reserve. The castle was built by the Archduke of Austria Maximilian, brother of Emperor Franz Josef. Designed by architect C. Junker, the sumptuous building was started in 1856, but it was finished only in 1870, after the Archduke's death in Mexico in 1867. It was built with the white stone of Istria. In some of the rooms inside the castle the sea is the dominating subject: for example, the bedroom and the study look like cabins of a ship-it is interesting to note that the sea can be seen from all the rooms.

The park covers 22 acres, the earth was brought from Styria and Carinthia, while there are trees from all over the world: firs and spruces from Spain and the Himalayas, cypresses from America and cedars from Lebanon.

Many beautiful original Greek and Roman statues decorate the park.

The small castle is the headquarters of the Miramare Marine Reserve which is the base of a marine laboratory.

↗ 610 m

↘ 784 m

🕒 6.30'

Description of the stage in the Trieste-Monaco direction

From Sistiana the trail goes along the romantic Rilke trail, along the cliffs where the peregrine falcon nests.

The trail is named after the Bohemian poet Rainer Maria Rilke, who stayed at the castle of Duino as a guest of Princess Marie von Thurn und Taxis-Hohenlohe.

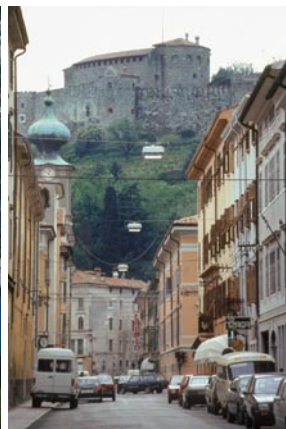
Today, the castle is the seat of the "Collegio del Mondo Unito dell'Adriatico" (United World College of the Adriatic). The trail goes through the village of Duino and across the Karst, following the remains of a paved Roman road, to the town of San Giovanni in Tuba. Near here, there is the source of the river Timavo and from here the Karst ridge reaches Medeazza (150 m a.s.l.) at the fork with trail 3. From Medeazza, going west along trail 3, you reach the village of Jamiano, borough of Doberdò del Lago. From here, the Via Alpina follows trail 72 to San Martino del Carso (168 m a.s.l.) in the municipality of Sagrado. Following trail 71 you go through the small village of San Michele del Carso and down to Gabria superiore (upper Gabria - 44 m a.s.l.) in the municipality of Savogna d'Isonzo, from where there are buses that take you to the town of Gorizia.

ALTERNATIVE ROUTE

From San Martino del Carso, in the municipality of Sagrado, trail 70 takes you down to the plain and past the Isonzo river where you can visit the historical town of Gradisca d'Isonzo (31 m a.s.l.) surrounded by Venetian walls designed by Leonardo da Vinci.

The Castle of Duino.

Gorizia and its Castle.



Form Gorizia: an alternative itinerary links up to the red trail: east of the Vipacco (Vipava) river valley, a detour takes the hiker through Postojna and hence to the red trail, entirely in Slovenia.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Gabria can be reached by bus from Gorizia. From Gabria, the trail goes up to San Michele del Carso, on to San Martino del Carso and across the Karst plain, to Jamiano. After Medeazza the trail goes down to San Giovanni in Tuba and then reaches Sistiana.

WHAT TO SEE

Countless phenomena that are typical of the Karst region are visible in the area, such as, Lake Doberdò whose waters flow underground into the Gulf of Panzano. Along the way, there are the remains of castle-like fortifications that date back to pre-Roman times. The trail continues through the typical Karst heath, with dolinas (a particular kind of gully) where vineyards produce the Terrano. During World War I, this area was the backdrop to bloody, vicious battles.

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THE KARST AND THE WAR

Couched in the crags of the Karst, in the municipality of Fogliano Redipuglia, there is the biggest stone monument in the world. Inaugurated in 1936 in memory of and in order to bring together 100,000 Italian soldiers who died in the Karst during the First World War. An open-air museum and a series of trails marked with the C.A.I. trail signs portray the hardships that the Italian and Austro-Hungarian soldiers had to face.

At a short distance, there is the Austro-Hungarian museum that guards the mortal remains of more than 14,000 victims of the Empire's different ethnic groups.

All over the territory of the municipality of Sagrado it is possible to see evidence of the inhuman living conditions that the soldiers from both sides of the warring armies had to face. On the top of Mount San Michele there is a stela in memory of the sacrifice of the Italian and Austro-Hungarian soldiers "united in death".

↗ 961 m

↘ 739 m

🕒 4.00' 11.20'

Description of the stage in the Trieste-Monaco direction

From the railway station of Gorizia the Via Alpina follows trail 98 reaching San Floriano del Collio near Uclanzi (144 m a.s.l.), it goes down to Gradiscutta (91 m a.s.l.), through the wetlands of Preval, where a large number of bird species can be seen during migration. It passes the villages of Mossa and Capriva del Friuli and at Russiz superiore it crosses trail 99 which leads to Cormons (104 m a.s.l.). The town of the "Vino della Pace" (Wine of Peace), Cormons, is situated in the best part of the Collio, an area entirely given up to vineyards producing fine wines such as the Ribolla gialla. At the village of Brazzano and past the tiny church of San Giorgio 157 m a.s.l.), with its unusual square bell-tower, the trail then goes down into the valley of the Judrio torrent (65 m a.s.l.).

The trail passes through Ruttars, Vencò, Lonzano, Mernicco and Albana, with its beautiful takes castle. From here, trail 748 take you to the Abbey of Castelmonte (618 m a.s.l.), which sits on the top of a beautiful spur, overlooking the plains of Cividale del Friuli.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

The trail from Castelmonte to Albana heads downwards through a series of pretty villages. From Albana through Mernico and Brazzano it reaches Cormons. Once past Capriva del Friuli and Mossa the trail crosses the wetlands of Preval and reaches Gorizia.



The Abbey of Castelmonte.



Vineyards of the Eastern Collio region.

WHAT TO SEE

A detour into the town of Cividale del Friuli is a must, to admire the vestiges of the town built by the Dukes of the Longobard dynasty, described by Paolo Diacono in his "Historia Longobardorum".

ACCOMMODATION

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The Church of Subida - Cormòns.



THE WINE OF PEACE

Cormòns is the town of the "Wine of Peace", made from more than fifty wine varieties from all over the world and offered to Heads of State. This is the best part of the Collio area where many fine wines are produced such as Chardonnay, Pinot bianco, Pinot grigio, Ribolla gialla and, in the plains, Merlot and Cabernet.

There are various itineraries along the hills that offer visitors many attractive excursions and pleasant stopping points.

It is the seat of many events: the historical evocation, in period costumes, in memory of Maximilian I who, grateful for his subjects' faithfulness, freed them from taxes; the solemn Mass for the peoples of central Europe which, in mid-August, on the day of Emperor Franz Josef's birthday, celebrates their ancient origins and unity reborn in religious faith.

STAGE B6: Castelmonte - Casoni Solarie

B 6

↗ 918 m

↘ 780 m

🕒 7.15'

Description of the stage in the Trieste-Monaco direction

At Castelmonte the "Alta Via delle Valli del Natisone" trail begins. It follows the right bank of the Judrio torrent. Along trail 747 a number of typical churches and villages are passed, such as, San Nicolò (719 m a.s.l.) and San Giovanni, the villages of Gnidovizza and Tribil di Sopra, fortified mount Cum (or Hum - 912 m a.s.l.), Rucchin, the church of San Volfango (8754 m a.s.l.), and as far as the fork for Clabuzzaro (802 m a.s.l.). Trail 746 leads to the Solarie mountain hut (956 m a.s.l.).

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Solarie mountain hut the trail goes down to Clabuzzaro. From here, past the church of San Volfango, it goes up mount Cum, with its fortifications. On the way down there are a number of villages with traditional churches and finally the Abbey of Castelmonte.

ACCOMMODATION

SOLARIE MOUNTAIN HUT

Località Solarie - Drenchia

tel. +39 334 1203924 / +39 339 1676144

Drenchia and the Solarie Pass.



Autumn landscape of Planino.



INFORMATION

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IAT DI CIVIDALE

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turismo@civiale.net

THE "GUBANA" – A TYPICAL CAKE OF THE NATISONE VALLEYS

This cake, originally from the valleys of the Natisone river, comes in the form of a roll of pastry with a filling of dried fruit. It is traditionally prepared for important celebrations and weddings. The name "gubana", according to some people, comes from the Slovene "guba" meaning "fold", an allusion to the shape of the cake. There are many variations of the "gubana" and almost every family has its own personal recipe, particularly in the choice of the ingredients used in its filling.

Ingredients:

30 gr brewer's yeast
1 glass warm milk
100 gr butter
110 gr sugar
1 grated lemon
2 egg yolks
2 egg whites (stiff)
400 gr flour

For the filling:

300gr ground nuts and hazelnuts
200 gr soaked raisins
100 gr dried crumbled biscuits
50 gr almonds
50 gr crumbled candied cedar and orange
1 grated orange
½ teaspoon of cinnamon
1 egg
5 big spoonfuls "grappa"

Melt the brewer's yeast in the milk with a spoonful of flour and one of sugar. Separately, mix the butter, the sugar, the two egg yolks and the well-beaten egg whites. Add the yeast, the flour and the grated lemon and blend the mixture in a bowl until it is smooth and it peels off the ladle.

Let it rise in a warm and dry place for an hour and then roll it out on a surface dusted with flour. Mix all the ingredients of the filling with the egg and distribute it evenly on the pastry. Roll and wrap into a spiral, brush the surface with a slightly beaten egg and powder with sugar. Cook in a warm oven at 180° for approximately 45 minutes.

STAGE B7: Casani Solarie - Rifugio G. Pelizzo

B 7

↗ 1.733 m ↘ 1.364 m ⌚ 8.45'

Description of the stage in the Trieste-Monaco direction

The trail goes across the southern slope of Mount Colovrat, just below the crest of the ridge. This is where the Battle of Caporetto took place in the autumn of 1917. Follow trail 746, first to the Zanuso bivouac (1065 m a.s.l.), then, to the small village of Lase (756 m a.s.l.) in the municipality of Drenchia, and down to Topolò (531 m a.s.l.). Trail 745 then leads one over the Bocchetta di Topolò pass to the village of Polava and on to Cepletischis (547 m a.s.l.). From here, trail 736 heads through sparse trees and fields, past ruins of military fortifications and along the track known as "Strada di Rommel" (Rommel's Way). It heads up Mount Matajur (1641 m a.s.l.), from the top of which a 20 minute walk takes one down to the Pelizzo mountain hut (1320 m a.s.l.).



Mount Matajur.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Pelizzo mountain hut the trail leads to the peak of mount Matajur. Crossing woods and fields, the trail goes up again to the "Bocchetta di Topolò" (Topolò Pass). Across the southern slopes of Mount Colovrat the trail leads to the Solarie mountain hut.

WHAT TO SEE

From Mount Matajur the views are stunning: to the north are the highest peaks of the Julian Alps and the Caporetto plain below, with the Isonzo river flowing through it. To the south are the plains of Friuli and, to the west, the Carnia Alps and the Dolomites around Belluno.

ACCOMMODATION

G. PELIZZO MOUNTAIN HUT
33040 Savogna (UD) - Via Monte Maggiore, 1 - tel. +39 0432 714041

INFORMATION

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Trusgne - Drenchia.



TOPOLO

Topolò (531 m a.s.l.) is in the municipality of Grimacco, 4 km from Clodig and 20 km from Cividale del Friuli. It stands there like a discreet smile that brightens the woods of the Koderjana valley, it looks like a stone jewel squeezed between mountain slopes, a glimpse of roofs and walls that suddenly opens up on a sea of green. This is Topolò, Topolove in Slovene, from "topol" which is the Slovene word for poplar - it was meant to be a poplar wood but there is not one poplar tree left in memory of this.

Topolò is cradled at the foot of mount Skarje. Narrow stone roads wind up and down, keeping it tightly merged to forge a tangled labyrinth of packed or empty spaces, of houses, hay lofts, stables, streets, small squares and gaps. So much so, that it is easy to lose oneself in this small urban concentration. All around the village, on the slope of the mountain, hidden by the luxuriant wood, fields and pastures used to make a delicate pattern, man-made with care, throughout the centuries, by hand.

Between the two wars, about 400 people lived in Topolò, today there are less than 40 inhabitants. The story is typical of the Italian mountain areas, a story of abandonment, here exacerbated by the border, only a few hundred metres away. A border that having become an "Iron Curtain" froze the Valli del Natisone (the valleys surrounding the Natisone river), transforming the territory in a totally inhospitable place. This is the framework in which, in 1994, the "Stazione di Topolò-Postaja-Topolove" project started up; a hazard, founded on the coming together of a lifeless village and contemporary art made of experiments and research. The artists that are invited are asked to confront themselves with the village by collecting different stimuli that this microcosm offers them.

This is how the interventions and works come into being, oeuvres that are freely accessible to everyone, in the first fifteen days of the month of July. In the last ten years, Topolò has lived through its tranformation, the festival has brought a new spirit and encouraged the beginning of the operation of recovery and recontruction of the whole village. About ten houses have been renovated for the "albergo diffuso" (Hotel Lodgings Network System) project, recovery and renovation of public spaces, recovery of trails, in particular, the "sentiero dell'arte" (Art Trail) that goes from Topolò to Livek in Slovenia and along which eleven installations of international artists have been strewn.

↗ 1.507 m ↘ 2.037 m 🕒 9.20'

Description of the stage in the Trieste-Monaco direction

From the Pelizzo mountain hut, a steep descent (trail 725) goes down, past the villages of upper Mersino (785 m a.s.l.) and lower Mersino (575 m a.s.l.), levelling out near Stupizza (203 m a.s.l.). Once past the Natisone river, trail 735 continues to Montefosca (707 m a.s.l.). A long series of hills and young chestnut woods bring the hiker, along trail 744, to the Lerada torrent near the "Ponte della Capra" bridge (415 m a.s.l.). The trail then goes past Prossenico (553 m a.s.l.) and Case Gasperini. Skirting round a cemetery, the trail first crosses the Namlen torrent (a tributary of the Natisone river) and the Vittorio Emanuele bridge, then, the Rio Bianco and reaches Montemaggiore (795 m a.s.l.) near Campo di Bonis (680 m a.s.l.).

ALTERNATIVE ROUTE

From Montemaggiore there is a detour by bus to the Torre valley, near Tarcento (230 m a.s.l.), where some interesting architectural remains have been meticulously refurbished after the earthquake.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Montemaggiore, trails and mule tracks lead to Montefosca. Down the valley towards Stupizza the trail crosses the Natisone river only to climb up again Mount Matajur. The stage ends, after a short walk, at the Pelizzo mountain hut.

WHAT TO SEE

The source of the Natisone river is in Campo di Bonis. The water gushes out of the rock and begins its journey, rushing through many gorges, to Cividale del Friuli disappearing in the scree of the Friuli plain.

Campo di Bonis.



The Natisone River.



Prossenico (Taipana).



ACCOMMODATION

AGRITURISMO CAMPO DI BONIS (HOLIDAY FARM)

Campo di Bonis - 33040 Taipana

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INFORMATION

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IAT DI NIMIS

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THE NEW CAVE OF VILLANOVA THE APPEAL OF THE UNDERGROUND WORLD

"Villanova delle Grotte" is set in the admirable natural scenery of the "Alta Val Torre" and has a jewel of rare beauty-the New Cave of Villanova.

Discovered in 1925, it formed from the contact between two different types of rock that have undergone different models of karstism. This morphological characteristic makes it one of the biggest caves of this kind in the world (more than 8 km in length) and the only one in Europe fitted out for tourist visits. Each of the "branches" are different from one another and vary every few metres in shape, size and concretionary phenomena. Along the tourist route, paved, lit and open from May to the end of November, the guided visit (approximately 1h 15min) shows some sensational areas such as the "Sala del Laghetto" (Lake Hall), the "Ramo del Paradiso" (Paradise Branch), the "Angolo dei Cristalli" (Crystal Corner) and the "Sala del Gran Portone" (Hall of the Main Entrance). A copy of the "Ursus Spelaeus", the terrifying Bear of the Caves, has been placed in the "Sala della Grande Frana" (Hall of the Big Landslide).

The speleological-tourist routes lasting 3 or 5 hours wind, instead, along the main gallery of the New Cave, passing magnificent places like the "Cripta Indiana" (Indian Crypt) and the "Sala Regina Margherita" (Queen Margaret Hall), later penetrating, according to the route chosen, in the "Rami delle Cascate e dei Sifoni" (Branches of the Waterfalls and Syphons).

FOR INFORMATION AND OPENING HOURS:

Gruppo Esploratori e Lavoratori Grotte di Villanova

(Villanova Caves Group of Explorers and Workers)

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www.grottedivillanova.it - info@grottedivillanova.it

STAGE B9: Montemaggiore - Passo Tanamea

B 9

↗ 818 m

↘ 762 m

🕒 4.30'

Description of the stage in the Trieste-Monaco direction

From Campo di Bonis the trail goes up to Montemaggiore (795 m a.s.l.), a scenic mule track, trail 744, leads to the top of Mount Montemaggiore (1613 m a.s.l.). Along a steep, grassy ridge the hiker crosses trail 711 (1529 m a.s.l.) which goes downhill, through fields and small copses, to the Tanamea pass below (857 m a.s.l.). It is possible to stay overnight in "Pian dei Ciclamini" at about 4 km from the Tanamea pass.

ALTERNATIVE ROUTE

From the Tanamea pass go east along the road which leads to a border post at the boundary with the Republic of Slovenia and then onto the valley of the river Isonzo.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Tanamea pass the trail goes up through sparse copse and fields to the summit of Montemaggiore. After a steep grassy ridge, a scenic mule track leads down to the village of Montemaggiore, with all-round views along the way.

The Torre River.



ACCOMMODATION

ALBERGO - TRATTORIA "AI CICLAMINI"

Loc. Pian dei Ciclamini - tel. +39 0432 787084

INFORMATION

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ENTE PARCO DELLE PREALPI GIULIE

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CENTRO INFORMATIVO - FORESTERIA

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Chamois.

THE TORRE VALLEYS

The territory is lined by the valleys of many watercourses that are all affluents of the Torre river which starts here and flows from the Musi mountains to the Friulian plain, giving the place-name to the valleys that are called "Valli del Torre".

The area is extremely interesting from a naturalistic point of view; it is characterized by typical pre-alpine flora, but, despite the low altitude, plant species such as the dwarf rhododendron, the mugho pine and other plants that are typical of alpine habitats bloom and flourish. The Rieca river is flanked by a strip of meso-hygrophilous broad-leaf plants with the spring flowering of the *Caltha palustris*. The fauna is characterized by the presence of hawks, boars and foxes while downstream there are chamois and marmots and eagles on the ridges of the mountains surrounding the valleys. An area of the territory is part of the "Parco Naturale delle Prealpi Giulie" (Park of the Julian Prealps).

STAGE B10: Passo Tanamea - Resiutta

B10

↗ 2.826 m

↘ 3.362 m

🕒 5.20' 6.00' 11.20'

Description of the stage in the Trieste-Monaco direction

Trail 727 goes into the "Parco delle Prealpi Giulie" (Park of the Julian Prealps) and uphill to the Bocchetta Zaiavor pass (1608 m a.s.l.) and the church of Sant'Anna di Carnizza (1072 m a.s.l.). Here, it runs into trail 739 for the Sella Carnizza pass (1077 m a.s.l.), after which, trail 731 goes up to Casera Nische, continues along a long ridge at the top of Val Resia, going past a number of peaks and passes as it winds up and down, among which: Mount Nische (1454 m a.s.l.), the Pradolina pass (1339 m.a.s.l.), Mount Plagne (1663 m a.s.l.), Mount Guarda (1720 m a.s.l.). Approximately 200 m before Mount Guarda, at the fork, the hike continues along trail 634 down to Casera Coot (1190 m a.s.l.) where it is possible to stay overnight. From here, the Via Alpina goes up to Casera Berdo di Sopra (1281 m a.s.l.), it continues on to Casera Canin (keys available at Casera Coot or at the main offices of the Park in Prato di Resia). At the fork, trail 642a continues uphill as far as trail 634 coming from Sella Grubia, it crosses west and goes downhill to Case Ladina in Stolvizza (566 m a.s.l.). It continues along the main road for about 7 km as far as Prato di Resia where it is possible to spend the night in the Park's premises.

From Prato di Resia, in the direction of the cemetery, trail 638 goes uphill to Sella Sagata and to trail 631. Trail 631 goes constantly downhill and to the west, through Val Resia and passes by Stavoli Rut, Pischi Ur (774 m a.s.l.), Stavoli Ruschis (666 m a.s.l.), Stavolo Schiampon (673 m a.s.l.). At an altitude of 476 m a.s.l., below Mount Chichi, the trail descends to the mouth of Val Resia at Resiutta (317 m a.s.l.).



The "Babe" mountains covered in snow.

The Church of "Santa Anna di Carnizza".

View of the Musi mountains from Pusti Gost.

ALTERNATIVE ROUTE

Continuing along the summit of Mount Guarda, one runs into trail 731a that goes up to the Manzano C.A.I. Bivouac (1650 m a.s.l.). From here the "Alta Via Resiana" trail branches off up to the plateau of Mount Canin.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Resiutta trail 631 goes a long way uphill to Stavoli Ruschis and runs into trail 638 that goes down to Prato di Resia. Then, via the main road, it reaches Stolvizza, takes trail 634 that goes up as far as trail 642a which goes down to Casera Canin, it continues with trail

642 going down to Casera Berdo and to Casera Coot. From here, trail 642 goes up towards Mount Guarda where it runs into trail 731 and going west reaches Sella Carnizza. It goes along trail 727 leading to Bocchette Zaiavor and then down to Passo Tanamea.

WHAT TO SEE

The whole area from the Canin plateau to the Mogenza peaks, rising above the Sella Nevea basin, is characterised by interesting Karstic phenomena and many underground shafts (more than 800 metres deep) visited by spelogists from all over Europe and other parts of the world.

ACCOMMODATION

INFORMATION

Turismo FVG TARVISIO

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PRO LOCO VAL RESIA (UFFICIO IAT)

Via Roma, 21 - 33010 Resia - tel. 0433 53353

proloco.resia@resianet.org

PARCO DELLE PREALPI GIULIE

Piazza del Tiglio, 3 - 33010 Prato di Resia (UD)

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"PÜST": A CARNIVAL OF THE SOUL

The Carnival is one of the most important events in the Resia valley and it is celebrated since time immemorial in all the villages of the valley. These are days of great happiness and enjoyment in which everybody takes part; adults and children with the typical Lipe bile Maškire (the beautiful white masks) or simply as Babaci or Kukaci with old, well-worn clothes. The white masks are the most beautiful and the most precious traditional masks; layers of white skirts enriched with colourful laces and ribbons and tall hats decorated with lots of colourful paper flowers. All this is constantly accompanied by the music and dances typical of Resia. On Ash Wednesday, in the late afternoon, after an outlandish process, the dummy called Babac – the undisputed protagonist of the Püst (the Carnival of Resia) – is burnt in the main square. The dummy stands for all the excesses and binges of this joyous period of madness and amusement, the sad end it comes to among the flames marks the Lenten period of abstinence and fasting.

STAGE B11: Resiutta - Rifugio Grauzaria

B11

↗ 1.858 m

↘ 923 m

🕒 1.45' 8.10'

Description of the stage in the Trieste-Monaco direction

From Resiutta the trail crosses the Resia torrent (trail 743b), at the first bridge, near the old mine, it goes up to 574 m a.s.l. where it meets trail 743 that comes up from Povic and after a steep climb reaches the Stavoli Stivane (747 m a.s.l.), then, downhill and to the north towards the Pontebana SS13 road. At Ponte (306 m a.s.l.), the trail crosses the River Fella and heads towards Moggio Udinese. A little after the paper factory, the trail goes up to the reconstructed Abbey (373 m a.s.l.), a convent of the closed order of the Saint Clara nuns. Following a mule path (trail 418) the hiker is led through the hamlets of Riu, Moggessa di qua (510 m a.s.l.) and Moggessa di là (530 m a.s.l.). At the following fork, a right turning along trail 419 makes the hiker go back up through the stunning scenery of the valley of the Glagnò stream – a rough hike – to the Forca Nuviernulis pass (1732 m a.s.l.). The ground is gravelly on the way down to Foran da la Gjaline (1560 m a.s.l.), after which trail 437 leads to the Grauzaria mountain hut (1250 m a.s.l.).



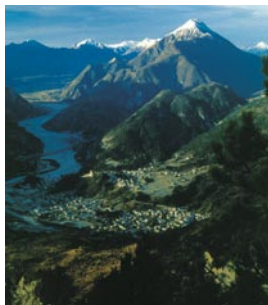
The Grauzaria Mountain Hut.

ALTERNATIVE ROUTE

Variation connecting onto the red trail: with trail 435 the hiker is lead along the "Alta via Val d'Incaroio" to the Cason di Lanza pass and the Casera Cason di Lanza mountain hut (1552 m a.s.l.) where it is possible to spend the night. Continuing along the trail the hiker reaches the Pramollo pass, the state border with the Austrian Republic, through which the Via Alpina red trail passes.

The Abbey of Moggio Udinese and Mount Canin.

The Moggio Udinese Valley and Mount Amariana.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Once over the Nuviernulis pass the trail goes along the valley of the Glagnò River to Moggessa and then on to Moggio Udinese. Beyond the Fella river, the trail goes up to Stavoli Stivane and then reaches Resiutta.

ACCOMMODATION

GRAUZARIA MOUNTAIN HUT

Conca di Flop – 33015 Moggio Udinese

info presso C.A.I. Sezione di Moggio Udinese,

Via Molini, 12 – 33105 Moggio Udinese (UD) - tel. +39 0433 51649

INFORMATION

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ABBEY COMPLEX OF MOGGIO UDINESE

The Abbey was built in 1761 by Abbot Danieli Delfino and consecrated in 1768 by Gradenigo, the archbishop of Udine – it has a single central nave. On the sides of the Baroque altar, there are the statues of Saint Gallo and of Saint Carlo Borromeo.

In the nave, there are four 18th century side altars. In the middle, there is an elaborate chandelier made of wrought iron and wood, engraved and covered with gold foil, made up of 1500 pieces that can be disassembled, known as “glogje”.

Worthy of mention, in the presbytery, is the Nacchini organ from the 18th century - the biggest organ in Friuli.

The Benedictine Cloister completes the abbey complex: since 1987 it has been a closed order convent of the Clarisse nuns. It has a rectangular shape with slightly lowered arcs; five in the main aisle and three in the minor aisle. An elegant overhang covered in small square tiles runs along the first floor to support the ceiling and roof of beams and pantiles.

The Medieval Tower, known as the “prison palace”, is probably one of the towers of the medieval castle later used as a courthouse and in Napoleonic times, as a local jail. Formerly on four floors, at the beginning of the 19th century it was lowered to three. At present, it is used for art exhibitions.

Placed at the beginning of the avenue that leads to the convent there is the Pillory: a stone column dating back to 1653 with the inscription “Wrongdoers torture”. It is a token of the judicial power the abbey had over the feud of Moggio, it was used to flog the condemned.

STAGE B12: Passo Pordoi - Rifugio Contrin

B12

↗ 556 m

↘ 1.486 m

🕒 6.30'

Description of the stage in the Trieste-Monaco direction

The Via Alpina follows trail 437 to Casera del Mestri (1512 m a.s.l.), a permanent bivouac and then, with trail 416 it goes across a broad gravel circle. Up a steep slope, covered in pine trees, the trail leads to the Monte Sernio mountain hut (1419 m a.s.l.). It then heads west along the "Carnia trekking" trail to the fork at Salinchiè where, on the right, trail 455 goes to Casera Palasecca di sopra, Casera Palasecca di sotto and Pra di Lunze (912 m a.s.l.) to reach the village of Illegio (576 m a.s.l.). Following the main road the hiker reaches Tolmezzo (320 m a.s.l.). A town with beautiful architecture, Tolmezzo, is well connected with the plain by public transport and it is a crossroads for the communication network.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Tolmezzo the trail takes the hiker to the village of Illegio. It goes uphill to the Monte Sernio mountain hut and the Pass between Mount Sernio and "Creta di Mezzodi", then leads down to "Foran da la Gjaline" and the Grauzaria mountain hut.

*View of Tolmezzo
and Mount Amariana.*



*View of Mount Sernio
from Cabilia.*

WHAT TO SEE

Pink marble quarry of Carnia. From Tolmezzo, passing through the village of Verzegnis the trail reaches Sella Chianzutan (955 m a.s.l.); from here trail 806 passes through Casera Mongranda in the direction of Mount Lovinzola. A little higher up, leaving trail 806 to the left, the hiker continues, on the right, as far as the station above the quarry's cableway.

ACCOMMODATION

INFORMATION

Turismo FVG TOLMEZZO

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MUSEUM OF CARNIA OF POPULAR ARTS AND TRADITIONS "LUIGI E MICHELE GORTANI"

The Museum of Carnia of Popular Arts and Traditions "Luigi e Michele Gortani" is the result of the patient work that professor and later also Senator Michele Gortani (1883-1966) carried out in the territory of Carnia starting from 1920. At present, the collection is fitted out in the rooms of the 17th century Palazzo Campeis in the historical centre of Tolmezzo.

The ethnographical material exhibited, that covers all the aspects of life, traditions and art in Carnia between 14th to 19th centuries, is gathered in thirty rooms and is so rich that it makes the Museo Carnico one of the most important ethnographical museum in Europe.

Inside the museum, the rooms are arranged according to the reconstruction of the settings: it is thus possible to admire the kitchen with the "fogolâr", the bedroom with engraved wardrobes and chests, the dinette, the craftsmen workshops.

There are also specific sections dedicated to traditional work, wrought iron, weights and measures, popular costumes, weaving, embroidery and laces.

The splendid collection of portraits that bring life to the walls of the Museum are very interesting from the point of view of the history of costumes. Last but not least, there is a room entirely dedicated to popular religious beliefs which documents also this fundamental aspect of every day life of the peoples of Carnia.

Among the curiosities, there is also a magnificent collection of masks and a valuable collection of musical instruments.

OPENING HOURS

9.00 - 13.00 / 15.00 - 18.00

Closed Mondays

Always open in the month of August

For information tel. and fax +39 0433 43233

museo.carnico@museocarnico.191.it

↗ 1.665 m

↘ 1.482 m

🕒 10.15'

Description of the stage in the Trieste-Monaco direction

From Tolmezzo the trail goes past the But stream over the old bridge between the Carnia region's main town and Caneva (322 m a.s.l.) and goes right, towards Casanova (348 m a.s.l.). Here the hiker enters the "Sentiero della Fede" (Trail of Faith), trail 162, that links Tolmezzo to the Shrine of Maria Luggau in the Lesachtal valley in Carinthia (Austria). The wide trail leads to Cazzaso (675 m a.s.l.) and Sezza (648 m a.s.l.); near the cemetery the trail turns right and goes down to the gully of the Bueda stream. A magnificent, single-arched stone bridge leads the hiker to the church of San Pietro di Carnia (749 m a.s.l.), from where there are stunning views over the entire But valley and the wild mountains of the eastern Carnia region. The trail continues northwards towards Fielis (835 m a.s.l.) where trail 157 veers west to the Malga Dauda mountain hut (1413 m a.s.l.), which is not staffed. At the Malga Meleit (1510 m a.s.l.) the trail circles the northern slopes of Mount Arvenis to reach the Malga Arvenis (1602 m a.s.l.). A comfortable cart-track then leads to the village of Ovaro (567 m a.s.l.).

Clavais - Ovaro.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Ovaro the trail leads to the Arvenis pass from where it heads downwards to Fielis. It then follows the "Sentiero della Fede" (Path of Faith), through San Pietro di Carnia, after which, a long descent leads to Tolmezzo.

ACCOMMODATION

INFORMATION

Turismo FVG OVARO

Via Caduti 2 Maggio, 197 - 33025 Ovaro (UD)

tel. +39 0433 67223 - fax +39 0433 67223

proloco_ovaro@libero.it

Zuglio.



Zuglio - The "Kiss of the Crosses".

ZUGLIO

Going up the valley of the But stream, the trail follows the ancient Roman road that went from Aquileia, through the Monte Croce Carnico pass, to the Gail river valley in Carinthia (Austria) passing through "Julium Carnicum", today called Zuglio. It is the most important historic centre in the Carnia area for its Roman remains, housed in a museum, as well as for the 14th century Church of San Pietro which is considered to be the most important church in Carnia, built in the typical local gothic style.

On Ascension Day, every year, the ritual of the Kiss of the Crosses is perpetuated. The crosses are brought here from all the churches in the Carnia area and are decorated with the white ribbons of the children that have been baptized during the year.

STAGE B14: Ovaro - Sauris di Sotto

B14

↗ 1.378 m

↘ 676 m

🕒 10.30'

Description of the stage in the Trieste-Monaco direction

From Ovaro, the trail goes past the Degano torrent, through the hamlets of Cella and Mione (710 m a.s.l.). At Mione, trail 220 goes uphill on a broad track to Stavolo di Chebia (1335 m a.s.l.), reaching the Forcella pass (1824 m a.s.l.) and Casera Forchia (1730 m). There is then a long crossing westwards that winds up and down along steep, grassy slopes, through the Sauris range of mountains. The trail reaches the Casera Losa mountain hut (1765 m a.s.l.) where it is possible to spend the night, and then continues to an altitude of 1491 m a.s.l. where, near Casera Gerona, the hiker leaves trail 220 and turns right onto trail 206 which leads to Casera Pieltnis (1739 m a.s.l.). From here, trail 218 goes down to Sauris di sotto (1212 m a.s.l.).

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Sauris di sotto the trail goes up to Casera Pieltnis, it continues to Casera Gerona and the Casera Losa mountain hut. Once over the Forcella pass, the trail goes down to the village of Mione and on to Ovaro.

The Casera Losa Mountain Hut.



ACCOMMODATION

INFORMATION

Turismo FVG SAURIS

Terminal, 91 - Sauris di Sotto

33020 Sauris (UD)

tel. +39 0433 86076

fax +39 0433 866900

sauris@infocarnia.it



The Lake of Sauris.

A typical Sauris barn.

SAURIS

Once the last valleys of Carnia are left behind, from the balcony of Mount Pieltnis you can get a bird's eye view beyond, in the light blue horizon, where, to the east, the Julian Alps rise. To the north the bastion-like Dolomites, that become a border with the valley of the Piave river, tower above Val Pesarina. To the west the Dolomites of Comelico and further still, the unmistakable Dolomites of Sesto, sentries of the Pusteria valley. To the south, at the bottom of a basin, emerald-coloured lake Sauris, surrounded by splendid woods of spruce and beech and all around, the mountains that enclose this oasis of the Lumiei river.

The village of Sauris and the surrounding hamlets lie on gentle slopes, pastures that are typical of this superb landscape. The population of this area is ethnically German and has maintained, almost intact, its architectural and ethnic traditions, as well as its language; a version of old High German.

↗ 1.242 m

↘ 1.547 m

🕒 9.45'

Description of the stage in the Trieste-Monaco direction

From Sauris di sotto trail 218 goes up to Casera Pieltinis, where it meets trail 206, which goes across the green slopes of Mount Pieltinis (2027 m a.s.l.) and Mount Morgenlait (1975 m a.s.l.). Down at the Festons pass (1855 m a.s.l.) it intersects with trail 204, which, from the village of Sauris di sopra below, goes up north to Val Pesarina. This trail continues for a short while and then heads down and west across the beautiful grasslands of Mount Festons (1934 m a.s.l.), Mount Oberkofel (2034 m a.s.l.) and Mount Rioda (2046 m a.s.l.), halfway up the hillside. From the debris-covered hollow of Mount Pezzocucco, the trail leads to the Rioda pass (1800 m a.s.l.) and joins the Sauris-Razzo provincial road. Follow the road for a stretch. From the Sella di Razzo pass (1775 m a.s.l.) the trail goes on to the Casera Razzo mountain hut (1739 m a.s.l.) beyond which is trail 209 that, up to the fork leading to Casera Mediana, is also marked as trail 210. Continuing on trail 209 you go up to the Forca della Croce di Tragonia or Risumiela (1973 m a.s.l.). The trail goes over the ridge that lies between Mount Bivera (2474 m a.s.l.) and Mount Tiarfin (2413 m a.s.l.) to reach Casera Tragonia (1760 m a.s.l.). Following trail 209 downhill the hiker reaches Malga dell'Aip (1598 m a.s.l.) and then goes on to the hamlet of Vico (901 m a.s.l.) in the municipality of Forni di Sopra.



The Pasture of Rioda.

The Casera Tarondon.



Mount Bivera, view from Lateis.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Forni di Sopra the trail goes up the Valley of Laur to Casera Tragonia, then on through the Croce di Tragonia pass to Casera Razzo. Once over the Sauris mountains, the trail leads to Casera Pieltinis and from here on to Sauris di sotto.

WHAT TO SEE

At Casera Tragonia there is a splendid view over the Tagliamento valley. The village of Forni di Sopra lies at the bottom of the valley with its picturesque outlying hamlets. Looking ahead there are the jagged peaks of the Monfalconi range that separate this valley from the Cimoliana valley and to the west there are the Cadore Dolomites.

ACCOMMODATION

INFORMATION

Turismo FVG FORNI DI SOPRA

Via Cadore, 1 - 33024 Forni di Sopra (UD)

tel. +39 0433 886767 - fax +39 0433 886686 - fornidisopra@infocarnia.it

FORNI DI SOPRA, A NATURAL HERBARIUM

The village of Forni di Sopra is reached after a climb of 900 metres a.s.l.. This is a land which unites the Carnia and Cadore mountain areas that are connected by the Mauria Pass and are a door opening on the "Parco Naturale delle Dolomiti Friulane" (Park of the Friulian Dolomites) – one of the largest protected areas in Italy.

Once the snow has melted, the earth that is revived by the spring gives way to buds and sprouts that quickly transform meadows and pastures in luxuriant flowery gardens. A natural herbarium where thousands of different species can be found, more than 4,000 are catalogued, many of which very important from a pharmaceutical point of view, so much so that in the 18th century the Venetian Dogi chose it as their botanical garden, on where to draw in abundance so that the inhabitants of the "Serenissima" Republic of Venice could make, for their use, ointments, syrups, creams, pills, rouges. There has always been a widespread knowledge in the valley of the medical characteristics of plants, as well as their use in cooking - at the end of winter, the fresh sprouts become an inevitable ingredient of local dishes. Today, this heritage is celebrated in the "Spring Herbs Festival": the tender leaves and sprouts become the protagonists of typical and elaborate dishes, served in the restaurants of Forni. Furthermore, excursions are organised with the aim of taking the guests on a discovery tour of the rare plants that can be found along thematic itineraries and at a botanical show.

STAGE B16: Forni di Sopra - Rifugio Pordenone

B16

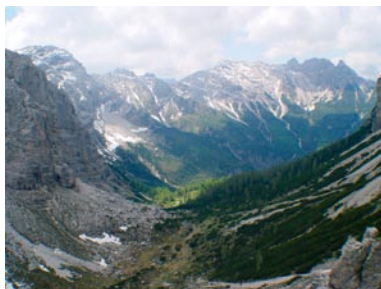
↗ 1.262 m

↘ 913 m

🕒 6.00'

Description of the stage in the Trieste-Monaco direction

Trail 362 goes along the right-hand bank of the river Tagliamento, up the Suola valley and into the Friulian Dolomites Park. Near the Flaiban-Pacherini mountain hut (1587 m a.s.l.) the trail crosses the Dria stream and then gravelly ground makes the ascent to the Mus pass (2063 m, EE level) a tiring one. From the pass the trail goes down into the Guerra valley and then continues along the Postegae valley until it intersects at an altitude of 1195 m a.s.l. with the Meluzzo valley. Turning right along trail 361 the hiker reaches the Pordenone mountain hut (1249 m a.s.l.).



The d'Inferno Valley.

Following a dirt road along the Cimoliana stream for about 15 km the hiker is led to the village of Cimolais - where the head office of the Friulian Dolomites Park is situated - in upper Val Cellina.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Pordenone hut the trail leads through the vallies of Meluzzo, Postegae and Guerra and goes up to the Mus pass. It then heads down into the Valley of Suola, past the Flaiban-Pacherini mountain hut and finally, down into Forni di Sopra.

The Flaiban-Pacherini Mountain Hut.

View of Forni di Sopra and its valley from "Malga Tartoi".



ACCOMMODATION

PORDENONE MOUNTAIN HUT

33080 Cimolais (PN) - Località Fornace, 1 - tel. +39 0427 87300

INFORMATION

Turismo FVG PORDENONE

Sede: Pordenone - Via Damiani, 2/c

tel. +39 0434 520381 - 0434 520974 - fax +39 0434 241608

info@pordenone-turismo.com

IAT PIANCAVALLO

Via Collalto, 1 - 33081 Piancavallo (PN)

tel. +39 0434 655191 - fax +39 0434 655354

info.piancavallo@turismo.fvg.it

PARCO NATURALE DOLOMITI FRIULANE

Via Vittorio Emanuele, 27 - 33080 Cimolais (PN)

tel. +39 0427 87333 - fax +39 0427 877900

www.parcodolomitifriulane.it - info@parcodolomitifriulane.it

THE TAGLIAMENTO RIVER

This river rises in the Alps in Carnia on the border with the region of Cadore and crosses four different areas: the mountain area of the Carnia and Julian Alps, the area of the Prealps, the area of the upper and lower Friulian plain and last but not least, the coastal area of the Adriatic sea.

The Tagliamento river is a unique ecosystem seen as an extraordinary open-air research laboratory by experts from all over the world.

The good state of preservation of the environment surrounding the waters of the Tagliamento is also accounted for by the presence of important fauna (50% of the species of amphibia and reptiles present in the Region and if we consider only the amphibia the number rises 70%). It is also a very important migration corridor and place where many bird species stop for shelter and to rest. The Tagliamento river is an ecosystemic model, it is studied in order to re-establish a natural environment that in other bigger and more famous water courses has been greatly modified by man. Flowing from the Alps to the Adriatic sea it thus presents an important naturalistic corridor consisting in a very wide alluvial plain with a wealth of species and habitats, gravel bars, plant islets and shelter woods. Midway, typical alpine animal and plant species share the same habitat with species that are characteristic of the Prealpine area and of the plains (phenomenon known as dealpinism).

STAGE B17: Rifugio Pordenone - Rifugio Padova

B17

↗ 1.084 m ↘ 1.046 m 🕒 4.30'

Description of the stage in the Trieste-Monaco direction

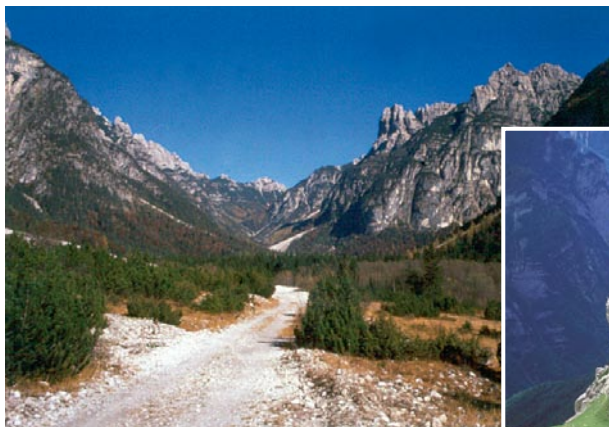
From the Pordenone mountain hut trail 353 goes north, it runs the full length of the Montanaia valley, passing the foot of the famous monolith known as the "Campanile" (Steeple-shaped rock) of Val Montanaia. The trail leads up steep screes to the Forcella Montanaia pass (2333 m a.s.l.) and then down into Cadin d'Arade, to where it meets the Pra di Toro Valley. From here, trail 342 leads to the Padova mountain hut (1287 m a.s.l.), the end of the lap.

ALTERNATIVE ROUTE

From the Perugini bivouac (2060 m a.s.l.) there is a fork with trail 357 which continues west to the Forcella Segnata (2150 m a.s.l.) and from here it goes down to the Padova mountain hut (1286 m a.s.l.).

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Padova mountain hut a difficult trail leads up through the Pra di Toro Valley to the Forcella Montanaia pass. From here, up steep screes, the trails leads past the "Campanile di Val Montanaia" and on to the Pordenone mountain hut.



The Meluzzo Valley.



The Montanaia Valley and its "Campanile".

ACCOMMODATION

PADOVA MOUNTAIN HUT

32040 Domegge di Cadore (BL)

Località Casera Pra di Toro - tel. +39 0435 72488

Spalti di Toro.



THE "CAMPANILE" OF VAL MONTANAIA (THE HOWLING ROCK)

Surrounded by the peaks of the Monfalconi mountains that stand out against the sky in the middle of a glacial basin, you can see the "Campanile" of Val Montanaia, in the Montanaia valley (2173 m a.s.l.), part of the upper Cimoliana valley. It is a spectacular and wildly beautiful steeple, 300 metres high and with a base of 60 metres – it stands out against the sky in the middle of the valley and is one of the most famous wonders of the Alps.

It is the result of Alpine erosion, in particular the erosion of the big glaciers that covered and gave shape to those that are, today, the main valleys.

This breathtakingly stately tower, pointing towards the sky, was climbed for the first time on 17th September 1902 by the Austrians Saar and von Glanvell and is today the goal of all climbers.

The easiest way to get closer to and admire the "Campanile" is from the Cimoliana valley, through a cart-track that goes up to the Pordenone mountain hut (1246 m a.s.l.), a lap of the yellow trail of the Via Alpina.

↗ 1370 m

↘ 652 m

🕒 7.30'

Description of the stage in the Trieste-Monaco direction

From the Padova mountain hut the Via Alpina trail heads west along the left bank of the Pra di Toro Stream to where it joins the Talagona Stream (1120 m). Cross a wooden bridge to the opposite bank (link with path 352), where shortly afterwards the trail joins the carriage road (sign 342) from the Padova mountain hut. Follow the road for a fair stretch (a brief detour leads to the Cerenà mountain hut at 1050 m, where food and overnight accommodation are available) until the fork with path 347; at Ponte di Talagona the path becomes a track leading to Centro Cadore Lake near the Cologna campsite. From the Padova mountain hut to the Cologna campsite the alternative is to follow the road for 9km. Cross the lake created by the dam across the Piave River to Vallesella, a hamlet of Domegge di Cadore. From Domegge there are seasonal buses north to Auronzo di Cadore, Misurina and the Comelico; south to Calalzo di Cadore; trains to Belluno and Venice. At Tai di Cadore there are connections to Cortina d'Ampezzo or Longarone and from there the motorway to Treviso and Venice Mestre.

The Via Alpina trail continues along the road to Grea (910 m). At the fork with path 264, leave the road and follow the charming path to the little hamlet of Rizzios (847 m), with its characteristic architecture and old-style buildings. In Madonna di Caravaggio (823 m) the trail joins the road from Calalzo di Cadore to Val d'Oten (trail 255). At Praciadelàn (1044 m, links with paths 263, 258, food available), a track (link with trail 260) following the Alta Via n.5 trail leads to the Capanna degli Alpini mountain hut (1395 m – food and accommodation available), and a path leads to the Galassi mountain hut (2018 m), which lies under the imposing northern cliffs of Mount Antelao (3264 m).



Centro Cadore Lake and Calalzo

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Through the Oten valley, the trail heads down through the heart of the Cadore and crosses the Piave River near the Centro Cadore Lake dam. There is then a long climb to the Padova mountain hut, where the stage ends.

THINGS TO SEE

Environmental attractions - Tita Pòa Botanic Path in Lozzo di Cadore. Cascata delle Pile Waterfall, near the Capanna degli Alpini mountain hut.

Historical and cultural attractions - Làgole Lake archaeological site, with finds from the Pre-Roman and Roman Ages.

ACCOMMODATION

MOUNTAIN HUTS ON THIS STAGE

Padova alpine hut - C.A.I.	tel. +39 0435 72488	rifugiopadova@libero.it
Galassi alpine hut - C.A.I.	tel. +39 0436 9685	segreteria@caimestre.it

SUPPORT POINTS

Cercenà alpine hut - C.A.I.	tel. +39 0435 72283
Capanna degli Alpini	tel. +39 0435 31103

TOURIST INFORMATION OFFICES - www.infodolomiti.it

Calalzo di Cadore Tourist Office	tel. +39 0435 32348	calalzo@infodolomiti.it
Pieve di Cadore Tourist Office	tel. +39 0435 31644	pievedicadore@infodolomiti.it

PIEVE DI CADORE, THE LITTLE CAPITAL

Pieve di Cadore, the historic capital of the Cadore, today offers visitors the opportunity to visit its beautiful little Old Town and its numerous noble buildings.

ARCHAEOLOGICAL MUSEUM OF THE MAGNIFICA COMUNITÀ DI CADORE*

Housed in the Palace of the Magnifica Comunità di Cadore, the Archaeological Museum contains finds from the Roman and Pre-Roman Ages, which come mainly from the nearby archaeological area of Làgole.

THE HOUSE OF TITIAN*

Not far from the town centre, you can visit the house where the great sixteenth century artist Titian was born. In the simple, typical fifteenth century stone building you can see photographic reproductions of the artist's works, prints, lithographies and reproductions of correspondence between Titian and the Magnifica Comunità.

***Info: Magnifica Comunità di Cadore – tel. +39 0435 32262**

segreteria@magnificacomunitadicadore.it - www.magnificacomunitadicadore.it

Opening hours: from 20th June to 10th September, 9.30 – 12.30 and 15.30 – 18.00; rest of the year by appointment

EYEWEAR MUSEUM**

The new premises of the Eyewear Museum was inaugurated on the 9th of August 2007 in Palazzo C.O.S.M.O. Visitors will be able to admire a range of exceptional pieces, masterpieces of jewellery and artistic craftsmanship, which illustrate the development and evolution, in both technical and design terms, of this accessory.

****Info: Eyewear Museum – tel. +39 0435 500213**

museodellocchiale@alice.it - www.museodellocchiale.it

↗ 1144 m

↘ 1245 m

🕒 7.00'

Description of the stage in the Trieste-Monaco direction

From the Galassi mountain hut, head towards the Forcella Piccola saddle (2120 m), with views over the Boite Valley. Follow path 227 – Alta Via trails nos. 4 & 5 – over gravel at the base of the Cima Scottér and Cima Bel Pra peaks to the historic San Marco mountain hut at 1823 metres (food and accommodation available). Take trail 226 southwards (following the Alta Via trail no. 3), to the Scottér-Palatini mountain hut (1580 m, food and accommodation available). From the mountain hut, take the road or chairlift to San Vito di Cadore (1010 m), an important town in the Boite Valley, only a few kilometres from Cortina d'Ampezzo. *The SSS1 Alemagna road leads north to Cortina d'Ampezzo, Carbonin and Val Pusteria, and south to Tai di Cadore, Longarone and onwards by motorway to Treviso and Venice Mestre.*

The Via Alpina trail follows the Alta Via delle Dolomiti trail no. 3 westwards, and leads to the typical village of Sèrdes (1000 m). From there, a track (marked 470 and then 468) with stretches of path leads past the cave of the Madonna, through fields at Tiera (1271 m) and on to Ponte intrà les Aghes (1379 m – connects with path 458). Continue along path 468 to the Forcella Forada (1977 m) where the path meets the Alta Via no. 1 trail. From here, it is a brief walk along path 480 to the Città di Fiume mountain hut (1918 m), within sight of the imposing north face of Mount Pelmo.

From the Città di Fiume mountain hut, path 472 leads to the Forcella Staulanza saddle, which leads south into the Zoldana Valley, between Mounts Pelmo and Civetta, and north into the Fiorentina Valley.

Forcella Piccola.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Following the paths of the Alte Vie delle Dolomiti routes, the trail descends to the bottom of the Boite Valley and San Vito di Cadore, an important tourist resort, not far from Cortina d'Ampezzo. The climb to the Galassi mountain hut passes the historic San Marco mountain hut on the way.

THINGS TO SEE

Historical and cultural attractions - The old neighbourhood of Sèrdes, in the Boite Valley. Ethnographical Museum in San Vito di Cadore (visits can be booked by calling +39 0436 9337 – ask for Sig. Cesare De Vido).

ACCOMMODATION

MOUNTAIN HUTS ON THIS STAGE

Galassi mountain hut - C.A.I.	tel. +39 0436 9685	segreteria@caimestre.it
Città di Fiume mountain hut - C.A.I.	tel. +39 0437 720268	cell. 320 0377432
		info@rifugiocittadifiume.it

SUPPORT POINTS

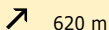
San Marco mountain hut - C.A.I.	tel. +39 0436 9444	t.ossi@virgilio.it
Scottér-Palatini mountain hut	tel. +39 0436 99035	

TOURIST INFORMATION OFFICES - www.infodolomiti.it

Calalzo di Cadore Tourist Office	tel. +39 0435 32348	calalzo@infodolomiti.it
San Vito di Cadore Tourist Office	tel. +39 0436 9119	sanvito@infodolomiti.it

San Vito and Sèrdes.





620 m



1067 m



8.00'

Description of the stage in the Trieste-Monaco direction

From the Città di Fiume mountain hut, path 467 northwards follows the Alta Via n. 1 trail. It leads through the Forcella de la Puina saddle (2034 m), the Forcella de Col Roàn saddle (2075 m – link to path 458), the Malga Prendèra mountain hut (2148 m – link to path 436), the Forcella Col Duròn saddle, around the foot of Mount Becco di Mezzodi (link to paths 434 – 436 – 466) to the Forcella Ambrizzòla saddle (2277 m). From there it is possible to follow path 434 to the Croda da Lago-Palmieri mountain hut (food and accommodation available – links to paths 435 & 466), with views over the Cortina d'Ampezzo basin.

From the Forcella Ambrizzòla saddle the Via Alpina trail continues along the Alta Via trail n. 1, which takes a turn westwards and passes the extremely important archaeological burial site of the Mesolithic Mondeval Man near the Malga Mondeval de Sora mountain hut (2158 m).

It continues through the Mondeval Biotope, skirting around the beautiful Baste Lake, below the overhanging cliffs of the Lastoni di Formin, to the Forcella Giau saddle (2360 m – link to path 465) and heads down into the valley below. Once past the Forcella di Zònia saddle, it heads to the Giau Pass (2236 m, food and accommodation available).

There are seasonal bus links east to Cortina d'Ampezzo, west to Selva di Cadore, the Staulanza Pass and the Zoldana Valley on one side and Colle Santa Lucia, Caprile, Alleghe and Agordino on the other.

From the Giau Pass head down, westwards, through fields or along the road to the Fedàre mountain hut (2000 m, food and accommodation available – link to path 464). Continue through gentle fields which command extensive views over the Marmolada. Then take path 441 to the SS48 road, near the fork to Andraz Castle (1804 m).

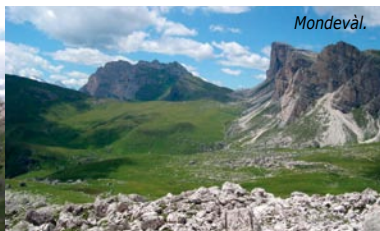
Seasonal bus links to the Falzarego Pass, Val Parola, Cortina d'Ampezzo to the east and Pieve di Livinallongo and Arabba to the west.

At the typical village of Castello, with the impressive remains of the Buchenstein, better known as Andraz Castle (Fursil Mines path – climbing practice wall), the Via Alpina trail continues, steeply at first, then more gently, to the small village of Agai (1776 m) and, by road, to the village of Palla and the important town of Pieve di Livinallongo (1470 m).

Seasonal bus links north to Arabba, the Pordoi Pass or Corvara and Val Badia; south to Caprile, Alleghe and the Agordino.



Lastoni di Formin.



Mondeval.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From Pieve di Livinalongo the walker faces a long climb to the Giau Pass, with fine views over the Marmolada. On the way to the Città di Fiume mountain hut is an important archaeological site from the Mesolithic period, the burial site of Mondevàl Man.

THINGS TO SEE

Historical and cultural attractions - Civic Museum of the Val Fiorentina in Selva di Cadore, where you can see the skeleton of Mondevàl Man and a reproduction of the dinosaur footprints found on the Pelmetto (tel. 0437 521068, currently closed for restoration work, open again from springtime 2008). Col di Lana Open-Air Museum, with the remains of military fortifications from the First World War.

ACCOMMODATION

MOUNTAIN HUTS ON THE STAGE

Città di Fiume mountain hut - C.A.I. tel. +39 0437 720268 / 320 0377432 info@rifugiocittadifiume.it

SUPPORT POINTS

Croda da Lago-Palmieri mountain hut - C.A.I. tel. +39 0436 862085 info@crodadalago.it

Fedàre mountain hut tel. +39 0437 720182 rifugio.fedare@dolomiti.org

For information on accommodation in Pieve di Livinalongo, contact Arabba Tourist Information Office

TOURIST INFORMATION OFFICES - www.infodolomiti.it

San Vito di Cadore Tourist Office tel. +39 0436 9119 sanvito@infodolomiti.it

Cortina d'Ampezzo Tourist Office tel. +39 0436 3231 cortina@infodolomiti.it

Alleghe Tourist Office tel. +39 0437 523333 alleghe@infodolomiti.it

Arabba Tourist Office tel. +39 0436 79130 arabba@infodolomiti.it

MUSEUM OF THE HISTORY, TRADITIONS, CUSTOMS AND EVERYDAY LIFE OF THE LADIN PEOPLE

This fascinating museum in Pieve di Livinalongo was created with the aim of telling visitors about the ancient Ladin culture of the Sella area.

The four sections of the museum will take you on a voyage of discovery through the geomorphology of the area, its history, the way family and community life was organized, the customs and the ancient farming, craft and forestry activities.

You can see reconstructions of the places in which the local people once lived and worked, as well as a fine range of photographs, and a well-stocked library.

Info: Municipal Council of Livinalongo del Col di Lana - tel. +39 0436 7193

livinalongo@agordino.bl.it - www.ladins.it

Opening hours: July and September, Tuesdays and Thursdays 16.00 - 19.00.

August, from Monday to Friday, 16.00 - 19.00.

Visits can be arranged during other periods and at other times by appointment

↗ 1023 m

↘ 252 m

🕒 6.00'

Description of the stage in the Trieste-Monaco direction

From Pieve di Livinallongo, initially along a brief path and then by road (to Molinat, at 1216 metres), the Via Alpina trail heads across the stream and up the opposite slope towards Davedino, soon reaching Sottìl. Enter the woods along a good path which leads to Sottinghiazza (1446 m) and, along a track, to Palù (1461 m), one of the tiny hamlets of the Ornela Valley. Follow the road, and then a path (marked 634) past some typical hamlets and up to Monti Alti d'Ornela (2160 m), below the Padòn mountain chain (links to path 688). The view is stunning, stretching from Mount Pelmo to the Sella Group. The area is littered with remains of World War I fortifications.

Continue along the road that serves the numerous ski lifts (link to path 688) along path 680, to the SS48 road near the Ristoro Lezuo (2142 m), from where the trail leads through fields to the Pordoi Pass (2239 m), situated to the south of the Sella Group, home to the "Bruno Crepez" Mountain Training Centre, belonging to the Italian Alpine Club (C.A.I.) (Alta Via n. 2 trail).

Only 20 minutes away you can visit the Austro-Hungarian Great War Cemetery. A cable car will take you to the Sass Pordoi. From here the climb to the peak of Mount Piz Boè 3152 m ASL is on foot. Seasonal bus links to Sellaronda, Val Gardena, Canazei, Val di Fassa and Val di Fiemme, or to Arabba, Corvara and Val Badia.



Pieve di Livinallongo.

Porta Vescovo.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

At the Pordoi Pass the trail crosses into the Veneto region. The landscape is impressive and there are many traces of World War I. Well-marked trails and dirt tracks lead to Pieve di Livinallongo, where the stage ends.

THINGS TO SEE

Historical and cultural attractions - The characteristic villages of the Val d'Ornela.

ACCOMMODATION

MOUNTAIN HUTS ON THE STAGE

"Bruno Crepaz" Mountain Training Centre - C.A.I.

tel. +39 0462 601691 (Casa Alpina) centrocrepaz@caiveneto.it

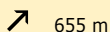
SUPPORT POINTS

For information on accommodation in Pieve di Livinallongo and on the Pordoi Pass, contact Arabba Tourist Information Office

TOURIST INFORMATION OFFICES - www.infodolomiti.it

Arabba Tourist Office tel. +39 0436 79130

arabba@infodolomiti.it



655 m



880 m



5.20'

Description of the stage in the Trieste-Monaco direction

Starting at Pordoi Pass, follow path No. 601 (High level path No. 2) heading south along the eastern slope of Sas Becè, on the wide and easy trail that climbs up to the Fredarola mountain hut. From there, follow the "Viel dal Pan" (path No. 601 High level path No. 2) heading east, cutting across the southern slope of the Sas Ciapel. The path runs almost flat midway up the ridge and through the meadows that cover this lavic massif. Once you have reached the Viel dal Pan mountain hut, continue along the clear-cut path that runs facing the entire Marmolada. When you reach the crossroads with the junction path that leads to Porta Vescovo, descend to the right towards the Fedaia lake and the dam, while keeping to the No. 601 signposts. Once you have reached the Marmolada "E. Castiglioni" mountain hut, take path No. 605 which, after a first sharp bend, turns decidedly west. Follow the easy muletrack that leads to the Villetta Maria hotel. From there, keep following the No. 605 signs, proceeding along the dirt road that goes slightly to the left at the first crossroads and then takes you to the main road (asphalt). Cross it and descend to the left. Walk externally along the guard-rail and then, a short distance afterwards, enter the forest. Follow the small road that crisscrosses through large rock formations and then descends once again to the main road. Cross to the other side, go up to the left to pass the bridge and after a few metres enter the forest to the right. Proceed a fair distance until you reach the path signalled as path No. 602 bis that leads to the dirt road (signpost 602) that will take you to the Contrin mountain hut.



ALTERNATIVE ROUTE

From the Marmolada "E. Castiglioni" mountain hut follow the dam until you reach the Cima Undici mountain hut. In front of it you can access path No. 606 that leads to the Pian dei Fiacconi mountain hut (or you can reach it by cable-way). From there, turning westward in the direction of Gran Vernel, continue on path No. 606 which takes you to the valley that climbs up towards Forcella Marmolada. Once you have ascended to the saddle along a tongue of snow and ice, descend the southern slope, which is equipped with a metal safety cord for a short distance, then walk along the scree until you bend westward again and reach the Contrin mountain hut.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Starting at the Contrin mountain hut, descend along the road (signpost 602) until you are almost at the bottom of the valley and, next to a bridge, take the path No. 602 bis that leads right towards Penia di Canazei. Once you reach the Avisio stream (with the footbridge for the town on your left) go right along the mountain side until you exit onto the main road. Descend to the left, pass the bridge and, at the nearby lay-by, cross the road. Enter the forest and take the small dirt road that climbs steeply at first but then almost levels off, running amidst the large rocks of an ancient landslide. When you reach the main road once again, follow it for a few dozen metres (partly walking along the inside of the guard-rail) and then cross it to enter the wide dirt road that leads to the Villetta Maria hotel. To the building's right take the path that once again enters the forest along path No. 605 that climbs towards the Marmolada "E. Castiglioni" mountain hut. Once you have crossed the road, take path No. 601, ascending the "Viel dal Pan" Continue along this path until you reach the Fredarola mountain hut from which, keeping to the right, you can descend to the Pordoi Pass.

WHAT TO SEE

Environment - The path crosses, in part, a lavic massif in the heart of the Dolomites, following the historical routes of trade with the Veneto region. While crossing the acid environment typical of volcanic areas, notice the rich grass vegetation that characterizes this area. Quite interesting, from a geological viewpoint, is the contrast between igneous and dolomitic rocks and their different geomorphological features.

Fedaia Pass: WWI Museum - See box page 52

Penia: The Sia (ancient Venetian sawmill) - It is the last hydraulic sawmill of Venetian type still existing in Val di Fassa, documented since the 16th century. Open from June to September, 10.00 - 12.00 a.m. / 3.00 - 7.00 p.m.

Info: Ladin Museum of Fascia - tel. +39 0462 601653 - www.istladin.net

ACCOMMODATION

MOUNTAIN HUTS

Fredarola mountain hut	tel. +39 0462 602072	Viel dal Pan mountain hut	tel. +39 0462 601720
Marmolada "E. Castiglioni" mountain hut	tel. +39 0462 601117	Dolomia mountain hut	tel. +39 0462 601221
Capanna Cima Undici mountain hut	tel. +39 0462 602290	Pian dei Fiacconi mountain hut	tel. +39 0462 601412
Capanna al Ghiacciaio mountain hut	tel. +39 348 3539282	Contrin mountain hut	tel. +39 0462 601101

TOURIST INFORMATION OFFICE CANAZEI

tel. +39 0462 609600 - infocanazei@fassa.com - www.fassa.com

STAGE B23: Rifugio Contrin - Fontanazzo

B23

↗ 755 m

↘ 1375 m

🕒 6.10'

Description of the stage in the Trieste-Monaco direction

Starting at the Contrin mountain hut, climb along the easy path No. 648 until you reach the San Nicolò Pass and the hut by the same name. From there, follow the grassy ridge north-west (signpost 613), passing over the Varos rib, and then descend down to a grassy saddle. Walk along the eastern Croda Neigra rock wall and then, through the Forcia Neigra saddle, descend down to the wide grassy hollow of the Ciampac, which is crossed by various ski-lifts. Once you have reached the Tobià del Giagher mountain hut, climb along the opposite slope



(signpost 645) until you reach the Pian de Siele from which you enter the wild Val de Grepa, dominated to the right by the black rocks of the Crepa Neigra. Descend into the valley, reaching various mountain wooden huts and dairies, some of which have been recently restored. The trail continues through the wide pastures and, shortly after, reaches a steep rocky descent that leads to the bottom of Val di Fassa through the forest and along a demanding cobbled muletrack. Once across the Avisio stream, the town of Fontanazzo is just a short distance away.

ALTERNATIVE ROUTE

From the saddle, at the crossroads for the Croda Neigra, continue straight ahead in the direction indicated by signpost 613b. Follow the southern slope of the Sas de Rocia along the equipped path "Lino Pederiva", until you once again join path No. 613 at Sela Bruné. From there, continue northwards along the grassy ridge on an unsignalled path that leads towards Crepa Neigra until you reach Pian de Siele.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

In Fontanazzo, take path No. 645 that climbs towards Val de Grepa. Once out of the woods, enter the plain of the hanging valley which features several shepherds' settlements. Then, climb along the sharply bending trail until you reach Pian de Siele and descend towards the Ciampac. Once at the Tobià del Giagher mountain hut, climb along the opposite slope until you reach the Forcia Neigra saddle. Follow the north-eastern rocky slope of Croda Neigra until you reach a grassy saddle, from which you can climb up to the Varos ridge, and then go down to the San Nicolò Pass, in view of the hut. Finally, descend into the Val de Contrin along path No. 608 until you reach the Contrin mountain hut.

WHAT TO SEE

Environment - The crossing of these hanging valleys offers spectacular sceneries and

environmental attractions. Especially interesting are the different uses and stages of human exploitation of the valleys: the Val de Contrin features an excursion-oriented type of tourism, the Ciampac is dominated by the presence of ski-lifts, and the Val de Grepa by the shepherds' settlements. All of this is set off by the contrasting view of magmatic rock and the towering dolomitic massifs.

Campitello: SS. Filippo & Giacomo church with 17th century paintings.

Vigo di Fassa: Ladin Museum of Fascia - open all year round. Info: call +39 0462 760182 - www.istladin.net - **Pieve di S. Giovanni** - mother-church and religious and civic centre of the valley, typical example of Gothic-Alpine architecture. - **Museo Mineralogico Monzoni** - permanent exhibition of Val di Fassa minerals. Info: tel. +39 0462 764173.

Pera di Fassa: Molin de Pèzol - Ancient watermill, with two millstones for cereals and a barley husker, driven by three large water-driven paddle-wheels. Open from June to September, 10.00 - 12.00 a.m. / 3.00 - 7.00 p.m. Info: Ladin Museum of Fascia - tel. +39 0462 764089 - www.istladin.net

ACCOMMODATION

MOUNTAIN HUTS:

Passo San Nicolò mountain hut tel. +39 0462 763269

Tobià del Giagher mountain hut tel. +39 0462 602385

TOURIST INFORMATION OFFICES

MAZZIN AND CAMPITELLO

tel. +39 0462 609650 - infomazzin@fassa.com

tel. +39 0462 609620 - infocampitello@fassa.com

PRIVATE FIRST WORLD WAR MUSEUM AT PASSO FEDAIA – CITY OF ICE

Stage B22, going from Pordoi Pass to the Contrin alpine hut, also touches the Marmolada glacier, which was the scene of some of the most tremendous conflict during the First World War, above all due to the prohibitive atmospheric conditions and temperatures which during the winter were usually around -20 degrees C below zero.

To protect the Austro-Hungarian soldiers both from enemy fire and from cold and avalanches, the Austrian lieutenant and engineer Leo Handl planned and constructed an ingenious and impressive series of tunnels extending over a distance of 12 kilometres under the Marmolada glacier, with storerooms, kitchens and dormitories which could house up to 70 soldiers. Abandoned in 1917, they were soon swallowed up by the ice and it is believed that after three years they no longer existed. With the retreat of the glacier over the last few years a large amount of material from the war has come to light, still perfectly preserved, and is now exhibited in the First World War Museum in Fedaia Pass, having now found an appropriate home in the premises of the former cable car hut at the cable car station below the cable car and just above the dam.

For information: mobile phone +39 347 7972356 - tel. +39 0462 601181

e-mail: Debernardin@libero.it - www.cimeetrincee.it

Open of the end of May to the end of September: 10.00 - 12.00 a.m./ 2.00 - 5.00 p.m.

STAGE B24: Fontanazzo - Rifugio Antermoia

B24

↗ 1100 m

↘ 0 m

🕒 3.50'

Description of the stage in the Trieste-Monaco direction

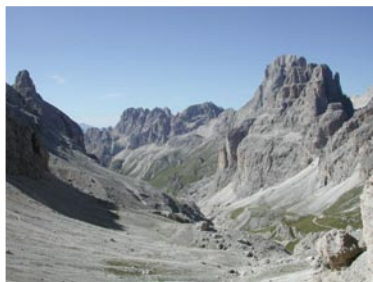
From the town of Fontanazzo, climb north-west along the muletrack (signpost 577), paved in some especially steep sections, that with a few sharp bends leads to the mouth of the hanging Val de Dona. After passing a few shepherds' settlements, you will join path No. 580 that climbs along the Val de Udai from Mazzin. You proceed through the pastures of Camerloi towards the head of the valley that consists of the partly grass-grown scree of the eastern slope of the Dona peak until you reach the pass by the same name. After crossing the scree on the southern slope of this peak, you will reach the Antermoia mountain hut.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Starting from the Antermoia mountain hut, after a short while, you will reach the Dona Pass. Descend along the hanging Val de Dona and pass several shepherds' settlements until you can see the bottom of the Val di Fassa. Take the partly paved mule track, cross through the forest and finally descend into the town of Fontanazzo.

WHAT TO SEE

Environment - This route will take you through the grassy landscapes of the side-valleys of volcanic origin as well as the moon-like landscapes typical of the high-altitude Dolomite



The Catinaccio from Principe Pass.

Antermoia Lake.



ranges. The vegetation changes progressively from forest to high-altitude pastures all the way up to the pioneer grasses typical of the screes.

Antermoia Lake - The partially karstic origin of this lake affects the changes in its water levels that are affected not only by the changes in season but also the nature of the soil and the melting of perpetual snow. The Antermoia Lake is the only fairly large-sized lake existing in the Catinaccio dolomitic range. It is quite famous for the crystal clear colour of the water that, however, does not harbour any fish species at all.

ACCOMMODATION

MOUNTAIN HUTS

Dona mountain hut mob. +39 338 8538430

Antermoia mountain hut tel. +39 0462 602272

TOURIST INFORMATION OFFICE MAZZIN

tel. +39 0462 609650 - infomazzin@fassa.com - www.fassa.com

LADIN MUSEUM OF FASCIA AND LADIN CULTURAL INSTITUTE

For those who wish to know more about the history of the Ladin people living in the Val di Fassa, as well as experiencing the beauty of the landscape which is so evident along the whole of the Via Alpina route, it is essential to visit the Ladin Museum of Fascia in San Giovanni, a small village between Vigo and Pozza di Fassa. Here, in the luminous exhibition halls, thanks to the most innovative museum technology, one can enjoy a fascinating and complete journey through the history and traditions of the valley, an experience which may be completed with a visit to the museum's branches in the area: the Venetian sawmill in Penia dating back to the 17th century and still registered for use, the water mill at Pera di Fassa and the cooper's workshop in Moena.

A short distance away there is a complex of buildings which played an important historic role: the parish church, whose church square was used in past centuries on leaving Sunday mass for assemblies of the population of the valley to discuss questions of common interest, the presbytery and a large converted barn, which has become the home of the Ladin Cultural Institute. Here there is also a library specialising in issues relating to linguistic minorities.



Info: tel. +39 0462 760182 - www.istladin.net - museo@istladin.net

STAGE B25:

Rifugio Antermoia - Rifugio Bolzano/Schlernhaus

B25

↗ 660 m

↘ 760 m

🕒 4.20'

Description of the stage in the Trieste-Monaco direction

Starting at the Antermoia mountain hut, cross the stream and head left towards the Antermoia Lake. With its pretty grey-blue colours, local folk tales say it was the meeting place for Val di Fassa witches. Walk along the left bank and then cross over the flat alluvial Valon d'Antermoia. Climb up along its head, often still snow-bound at the beginning of the summer season, until you reach the Antermoia Pass. From there, follow the scree at the foot of the Catinaccio d'Antermoia, until you reach the Principe pass and the mountain mountain hut by the same name. Enter



The Catinaccio Group.

the Province of Bolzano along the path with steep and sharp bends that descends into the Principe hollow. At a crossroads, turn right through the above mentioned hollow, and then walk up the narrow gorge towards the Molygonon pass. Cross through peak stone grounds and then descend towards the Alpe di Tires mountain hut. From there, go west on the easy trail that cuts through the high-altitude meadows of Buco dell'Orso. Along sharp bends, climb up a steep hill, go round the base of the Terrarossa peak, cross diagonally to overtake a pylon of porphyry lava, and finally exit onto the Sciliar plateau. Pass through two modest elevations consisting of dolomia rock, one of the rare examples of this kind of rock formation still existing in the Eastern Dolomites. Finally, along plaques of smooth rock, grasslands and stone quarries, through the narrowest part of the plateau, reach path No. 1, that to the left, leads to the Bolzano mountain hut (Schlernhaus).

ALTERNATIVE ROUTE

Even if used prevalingly in the opposite direction, it is possible to ascend to the peak of Catinaccio d'Antermoia along the eastern via ferrata and then descend along its western section (signpost 585). The via ferrata branches off just before reaching the Antermoia Pass and climbs up towards the peak, exploiting the rock face's numerous narrow ledges and canals. To reach the peak you need to follow the rather exposed ridge northwards. Then, to get down, you must take the same ridge southwards and then, along the other ledges and canals of the southern slope, descend towards the Principe Pass.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Starting at the Bolzano mountain hut (Schlernhaus), cross the peak stone grounds of

the Sciliar eastbound. First descend along the steep and rocky slopes and then, once on the plain, you reach the Alpe di Tires mountain hut. Climb along the rocks of the opposite slope and then descend down to the first saddle. Go towards the nearby Molignon Pass. Opposite are the Principe Pass and the hut, reached through the hollow. Climb left towards the Antermoia Pass from which you can climb down into the underlying valley and reach the Antermoia mountain hut.

WHAT TO SEE

Environment - Along the entire route it is possible to observe the action of the ice that until about ten thousand years ago covered the entire area. There are practically no trees but the attempt at colonisation by the first grass species that have adapted to the altitude and to the environment is clearly visible. Vertical dolomitic rock towers dominate almost the entire northern slope of the territory crossed, while to the south, the mountain shapes are more gentle, modelled by the erosive action of the ice.

ACCOMMODATION

MOUNTAIN HUTS

Antermoia mountain hut	tel. +39 0462 602272
Passo Principe mountain hut	tel. +39 0462 764244
Alpe di Tires mountain hut	tel. +39 0471 727958
Bolzano mountain hut	tel. +39 0471 612024



The Schlern.

MASKS AND FASSA TRADITIONS

In contrast to Italian, which uses the term “maschera” (mask) to indicate both the mask covering the face and the masked figure, Ladin has a specific term to indicate the material means used by the masked figures (mèscres) to hide their face: “facera”, that which covers the face, giving the individual a new identity. The “faceres” are carved out of wood and painted and are closely linked to carnival, being one of the most significant expressions of the popular culture, particularly alive and deep-rooted in the Val di Fassa. They are divided into “faceres da bel” and “faceres da burt”.



↗ 330 m

↘ 1770 m

🕒 4.20'

Description of the stage in the Trieste-Monaco direction

Leave the Schlern tableland by taking the trail up 1, 500 m in altitude over the south-western ridge down to the traditional "Schwaige" of Sessel. This marks the start of a hazardous trail to Völs passing between the rock faces of a ravine. The so-called "Knüppelweg" trail built from wooden boards runs alongside the Schlernbach stream. At a crossing with a resting place, a trail turns left in the direction of Tschafon. Follow this flat woodland trail below the Hammerwand; the destination is the Tschafon mountain hut. First, follow the signs for trail no. 7, then the 4a signs on a gentle incline and finally trail no. 4, which then leads down to Tiers (1,015 m).

The Tschafon mountain hut (accommodation offered) is situated below the Tschafon at 1,733 m. So there is still a descent of another 700 m in altitude before reaching the main town of the Tiersertal valley. From the Tschafon, forest trails lead almost into Triers, and occasionally it is possible to take the short-cut marked as 4a. Due to the fact that there were scarcely any structures (signposts) and markings at the time when Via Alpina was being mapped out, the trail to Tiers is not clearly marked (although there are plans for improvement). It is therefore up to each individual hiker to decide on a route in the trail network using the map. The destination in this stage is in any case Tiers, from where there is a regular bus service with Bolzano. You can of course use this public transport to reach the provincial capital in the fastest way possible.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Buses run several times a day from the station to Tiers, located at approximately 1,000m. On arriving, the trail leads to the Tschafon mountain hut. From there, follow the signs for 4, 4a, and 7 below the Hammerwand until coming to the "Knüppelweg" trail (no. 1). Head along the Schlernbach stream climbing north upward to the Sesselschwaige (1,940 m) and the stage destination, the Schlernhaus lodge (2,450 m).

WHAT TO SEE

BOZEN: porches of the old town, cathedral, Walther von der Vogelweide monument (Minnesinger). Museums: Town Museum, Nature Museum, Museum of Modern Art, South Tyrol Museum of Archaeology (on ancient and early regional history, the biggest attraction: "Ötzi", the 5,000 year-old glacier mummy). Castles: Runkelstein, Maretsch, Karneid, Haselburg, Sigmundskron.

ACCOMMODATION

MOUNTAIN HUTS

Schlernhaus

tel. +39 0471 612024

Cell. 335 6061905

CONSORZIO TURISTICO

VIGNETI E DOLOMITI

Pillhofstraße, 1

I-39057 Frangart (BZ)

tel. +39 0471 633488

fax +39 0471 633367

www.suedtirols-sueden.info



Along the Schlernbach stream.

↗ 1300 m

↘ 390 m

🕒 7.15'

Description of the stage in the Trieste-Monaco direction

From your accommodation in Bolzano, walk along the Talfer promenade along the water wall to reach the valley station of the cable car built in 1937 (study the map beforehand!), which will take you to Jenesien. This trip offers a wide-ranging view over the town of Bolzano, which lies in an extraordinarily fertile valley basin near the mouth of the Talfer, Eisack and Etsch rivers. Vineyards of worldwide repute flourish along the slopes of the Ritten and along the Guntschnaberg mountain.

From Jenesien (1,087 m) keep following the "E" markings to the north west for 1h, mainly on a moderate incline, up to the Edelweiss inn (1,351 m). From there, continue on trail no. 1 (or E5) sometimes slightly up and downhill but overall on a rather level course through the extensive larch Salten meadowland to reach the Langfenn Hill (1,527 m, inn), the highest point on the Salten. The Salten is the only high-alpine plateau in Europe with such a tremendous larch forest.

From the Langfenn meadowland, walk for a short while downhill to the car park (Schermoos), from where the signs for the long-distance hiking trail must be followed up to the Rindlwiesen meadows or the Möltner Joch pass (1,733 m), pastureland in the middle of vast larch clearings. At the same altitude, walk further through the Jöchwald wood to the Möltner Kaser (catering). Still heading north, the European long-distance trail (E5) leads on a gentle incline to the Auener Jöchel pass. A detour to the "Stoanernen Mandln" at the Schöneck should definitely be fitted in: the isolated rounded mountaintop high above Sarnthein offers views over many of the mountain ranges in South Tyrol.

Via Alpina now runs along a high ridge on the Haflinger Ridge trail, over the Kreuzjoch pass (the highest peak of the ridge line) to the Maiser Rast and from there across flowery alpine pastures for only a few metres downhill to the Meraner mountain hut (1,960 m), the stage destination. From the Möltner Kaser meadow, it takes approximately 2 hours to reach the destination.

This is a relatively long stage covering 21 km in total. However, it mainly covers flat or only slightly uphill terrain.

Approximately 1 km after the Möltner Joch pass, in the Rindlwiesen area, turn right from the gully trail onto track no. 4 (or E5) down to the Schermoos car park. This turn-off is not marked and would therefore be easy to miss.

Court in Jenesien.



The Meraner alpine hut.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Head from the AVS-mountain hut in the Kirchsteiger Alm meadow towards the South, in order to embark on the long stage running mostly on a level into the regional capital. The hike leads along long-distance trail E5 over the high ridge of the Tschöggelberg to the Jenesien cable car, before the trip down to Bolzano.

WHAT TO SEE

Ifinger and Hirzer are well-known summit names in the mountaineer circles of Meran, and can be reached from the Meran mountain hut on either easy or more demanding hiking trails. The mountain hut is a popular stage destination for the long-distance hiking trails E5 and the "Sarnar Hufeisentour" trail.

ACCOMMODATION

MOUNTAIN HUTS

Merano mountain hut

tel. +39 0473 279405

CONSORZIO TURISTICO VIGNETI E DOLOMITI

Pillhofstraße, 1 - I-39057 Frangart (BZ)

tel. +39 0471 633488 - fax +39 0471 633367

www.suedtirols-sueden.info

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KNOTTNKINO

The Knottkino is above Postal, near Virano, a holiday village; it was founded in 2000. On the "Roat-toanknottn" you will find about 40 oak chestnut cinema seats, thanks to which you will be able to catch a breathtaking view on Val d'Adige and Gruppo del Tessa, as well as on the surrounding nature. A unique experience, that couldn't even be shown in the best Steven Spielberg film!

ASSOCIAZIONE TURISTICA AVELONGO-VERANO

I-39010 Avelengo

tel. +39 0473 279457

fax +39 0473 279540

www.hafling.com

e-mail: info@hafling.com

STAGE B28:

Rifugio Merano - Rifugio Casa del Valico/Hochganghaus

B28

↗ 650 m

↘ 220 m

🕒 2.40'

Description of the stage in the Trieste-Monaco direction

From the Meraner mountain hut, the starting point for this stage, a quick walk up to the Mittagler offers splendid panoramic views over the Samtal Alps with the rounded peaks of the low mountain regions hemmed in by woodland. These form a horseshoe-like curve on both sides of the Talfer riverbed. In the west, they border the Etschtal and Passeiertal valleys. Their southern foothills merge into the porphyry plate of the Haflinger and Salten plateaux. The nearby Ifanger is also one of the highest peaks and the symbol of Merano.

Now walk for 4km on a gentle descent across a gravel slope past the Kirchsteigeralm and Piffingeralm meadows to the mountain station of the cable car to Merano. Here, the low mountains of the porphyry plate with their prevailing reddish colour are particularly striking.

Take the cable car through the Naiftal valley, which is of geological interest. It allows you to follow the change in the vegetation stages: vineyards and fruit orchards, sweet chestnuts, fig trees and finally palms and Mediterranean plants take over from the dark green of the spruces and larches and the lightly coloured foliage of the mixed forests.

From the valley floor, take the regular bus service to the next stage location (Merano or the village of Tyrol). The cable car brings you from the village of Tyrol to the Hochmuth (where accommodation is offered) in 5min. During the trip, the vastness of a structure on the valley floor will immediately catch your eye: the Merano horse racing course on the Gampenstraße road is one of the biggest and most beautiful of its kind in Europe.



Tirol, St. Valentin, The Meran Höhenweg.

Continue along the narrow rock trail to the Leiteralp meadow (1,522 m), where catering and accommodation is offered. The stage destination of B28 is the Hochgang mountain hut (1,839 m), which is reached after approximately 3 km on a slight incline on the Merano ridge trail.

To prepare for this stage, it is advisable to obtain the timetables for the public transport and lifts.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

From the Hochgang lodge, follow the Meran Höhenweg trail (no. 24), narrow in parts. At the Hochmuth inn, take the cable car to Tirol village, then the bus (with a possible stop-off in Merano) to the opposite side of the valley, where a cable car runs up again through the "Naif" to the Piffinger Köpfl. Continue then on foot across meadowland to the Meraner AVS-mountain hut, the stage destination at 1,940 m.

WHAT TO SEE

From the South, the Hochgangscharte Pass above the refuge by the same name offers access to the Texel mountains. With their pyramidal peaks and ridges, they are the subgroup that precedes the towering primitive rock wall of the Ötztal Alps just behind. The topmost summits of this primitive rock world are the Texel, Roteck, Hohe Weiße and Lodner peaks.

ACCOMMODATION

MOUNTAIN HUTS

Merano mountain hut tel. +39 0473 279405

Hochgang mountain hut tel. +39 0473 449015 - Cell. +39 333 5745539

PARCINES FALLS

Parcines Falls, which can also be seen by the side downstream from Val Venosta, are certainly a unique miracle of Nature, and the most striking falls in the entire alpine arc. The exceptional body of water of the gathering torrent, situated more than 3,000 feet above sea level on the Cima Fiammante ("Flaming Top"), first drop from rocky steps, then pour down almost perpendicularly from an altitude of 90 feet, as if they were driven by an impressive force of nature. The body of water is particularly lavish when ices thaw or after a severe storm (water capacity: 4 to 10 thousand litres per second).



ASSOCIAZIONE TURISTICA PARCINES, RABLÀ E TEL

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STAGE B29: Rifugio Casa del Valico - Jausenstation Patleid

B29

↗ 760 m

↘ 1220 m

🕒 5.30'

Description of the stage in the Trieste-Monaco direction

This stage starts at the Hochgang mountain hut in the middle of a protected area, the Texel group nature park. The trail leads on the AVS youth trail (corresponds to a section of the Merano ridge trail) past meadowland on a gentle descent into the Zieltal valley and the Nassereit mountain hut (1,523 m, catering and accommodation facilities).

Other stop-off possibilities on the way to the Patleid snack bar (stage destination, 1,368 m) are offered by the Giggelberg, Hochforch, Grub and Galmein inns; most of them are, according to tradition, connected by little cable cars with the villages in the valley.

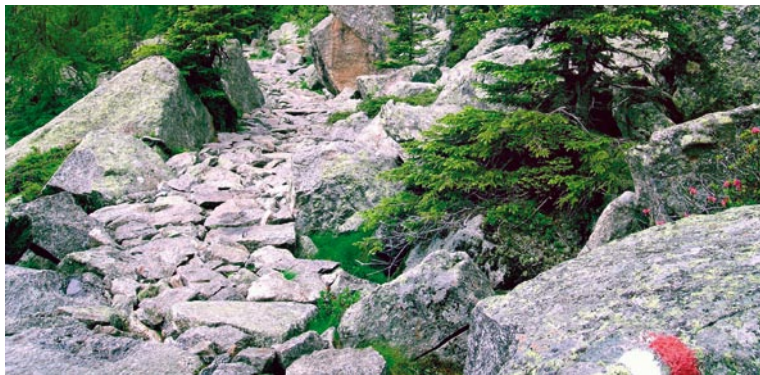
Stage B29 does not pose any orientation difficulties and there is only a slight change in altitude (exceptions: secured stream crossings). It heads over meadowland or through mixed woodland along the much trodden and secure Merano ridge trail. Hikers may be surprised that on many occasions, the trail leads straight through farmsteads!

Difficulties may be experienced when crossing the watercourses if there has been recent heavy rainfall: the trail is then mostly no longer so easy to distinguish; in addition to this, there can in certain conditions also be a risk of rock falls.

According to the stage divisions, Via Alpina hikers thus make their way along the entire south side of the Texel group in a two-day hike.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

The stage runs without any orientation difficulties across alpine meadowland or through mixed forest on mainly level terrain along the popular and safe Meraner Höhenweg trail (marking 24). Today's walk takes the Via Alpina hiker from Patleid eastwards right over the southern slopes of the Texel mountains. The Hochganghaus lodge is the stage destination (1,839 m).



AVS "Jugendweg".

WHAT TO SEE

Naturns is an important regional tourist destination. The village at the Sonnenberg mountain with its gentle climate is nestled amongst sprawling fruit orchards. This area has one of the lowest precipitation levels in Europe and an average of 315 days of sunshine a year. From Naturns, you can pass through the Schnalstal valley to the southern side of the glacier-covered Ötztal Alps (e.g. Similaun and Weißkugel). The market community can look back over a long history of tradition. The little Prokulus church is a valuable example of art history. The Nature Park Office has set up the "Naturparkhaus Texelgruppe" information point. It aims to give visitors a first insight into the wonderful cultural and natural heritage of this protected zone.

ACCOMMODATION

MOUNTAIN HUTS

Hochgang mountain hut tel. +39 0473 449015 - Cell. +39 333 5745539

TOURISMUSVEREIN DORF TIROL

Via Principale, 31 - I-39019 Tirolo (BZ)

tel. +39 0473 923314 - fax +39 0473 923012 - info@dorf-tirol.it

HOMEMADE WINE – A REAL DELIGHT

About 300 winemakers work in the vineyards ranging in Naturno surroundings and Val Venosta, producing mainly red wines such as Vernatsch and Pinot Rosso and white wines like Pinot Bianco, Silvaner and Müller-Thurgau. Particular refining processes and the use of wooden casks give wine its peculiar character. During the numerous tasting sessions proposed in the cellars, wine-lovers may fully appreciate the goodness of the wine of this area. Among spirits, "Marilleler" stands out and is considered the "King" of distilled spirits.



Wine farm Falkenstein and Unterorti

Guided tours from April to November, every Thursday at 3.30 p.m.

Information Booking: Tourismusverein Naturns, tel. 0473 666077.

Visits at other times upon booking at the farm's.

↗ 610 m

↘ 670 m

🕒 3.20'

Description of the stage in the Trieste-Monaco direction

From Patleid (1,386 m), the trail (no. 24A, no. 24) winds its way gently uphill into the Schnalstal valley. Again and again, you will come across cosy mountain farms offering rest and refreshment possibilities. With some luck, Juval Castle will be visible far below on the opposite side of the valley at the mouth of the Schnalstal valley. The castle setting on a prehistoric site at the mouth of the Schnalstal valley has since 1983 been home to Reinhold Messner, who has accommodated several art collections there and also made them accessible to the public. Those who spend a little time looking through their spyglass may even catch sight of the famous lord of the castle himself.

Continue past the Wald farmstead (1,459 m), where a restored chapel dedicated to St. Franziskus is situated at the side of the trail, to the former Unterperfl inn. From there, it is 1.5 km to the idyllic hamlet of Katharinaberg, which was built on the foundation walls of Schnals Castle. Again, there are several accommodation offers in this day's stage: one of them is the Neuratheis inn (960 m), which lies directly on the provincial road into the Schnalstal valley to the west of Naturns, and which is reached on the steep descent along an old mule track (archaeological hiking trail A7). The archaeological hiking trail is characterised by stretches of trail that were already in use in the early history of hunters and gatherers.

At Neuratheis, cross the provincial road and then walk further along the unchallenging woodland trail no. 26 into the valley. The next hamlet, which is reached after 4 km, is called Karthaus, and dates back to a Carthusian monastery founded in the 14th century. Karthaus, situated at 1,327 m above sea level, is the B30 stage destination. Opposite, the Pfosental valley opens out with the highest situated property in South Tyrol, the Eishof farmstead at 2,071 m.

All exposed parts of the trail are equipped with ladders, steps or steel cables. Although the individual trail sections boast a generous accommodation offer, do not forget that this is mountainous terrain.

The Juval Castle.

Sunrise.



DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

Leave Karthaus (1,327 m) on trail no. 26 and you will reach Neuratheis after an approximately 4km descent. From there, climb again on Archaeological Hiking Trail A6 up to the village of Katharinaberg. Here, take the Meran high-altitude trail again (no. 24) until reaching the turn-off for no. 29 and the Patleid snack-bar.

WHAT TO SEE

Soon after the turnoff to the Pfosental valley, an access road to Karthaus is located on the left. This is the main village of the Schnals community and stands at 1,327 in altitude. Owing to its history, this village developed in a different manner than the settlements influenced by farming life. Count Heinrich, the regional Lord of Tyrol, founded Karthaus monastery here in 1326. The Karthaus Alleregensberg existed until 1782 after which time it then gradually passed to the ownership of farmers and craftsmen, who converted the cells into little dwellings. The village that developed from the monastery was burned down in 1924 to the foundation walls, but some of the old structures were spared. Part of a Gothic cloister and the cell entrances were restored as a priority: they are used in the summer months as a gallery for local artists.

ACCOMMODATION

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TOURISMUSVEREIN SCHNALSTAL

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TYPICAL RECIPE: "SCHNALSER SCHNEEMILCH" (TYPICAL LOCAL PUDDING)

Ingredients:

- 500 grams white bread cut into small cubes
- 1 spoonful of rum
- 40 grams of sultana raisins
- 1/8 of a litre of whipped cream
- warm milk to wet the bread
- half a teaspoon of cinnamon
- 40 grams of pine nuts

Preparation:

Mix the bread cut into small cubes with the warm milk and the rum. Let it stand for about half an hour, then add the cinnamon, the pine nuts and the sultanas and mix in the whipped cream carefully. Put the mixture into cups in a cool place.

↗ 1850 m

↘ 150 m

🕒 6.30'

Description of the stage in the Trieste-Monaco direction

Overall, this stage varies considerably, as far as its landscape and particularly its culture and history are concerned, as it leads past outstanding places of natural and cultural interest. The trails range from the easy woodland trail to the mountain path of alpine character in high-altitude terrain with sparse vegetation.

From Karthaus, walk along the valley floor to Unser Frau in Schnals. The popular place of pilgrimage at 1,508 m in altitude is the main town in the valley. Cosy, weatherbeaten farmhouses splendidly decked out in flowers stand harmoniously beside newly built hotels and private residences. The Schnals Archaeological Park was established here on the upper left edge of the village. It is an archeological open-air museum that is most definitely worth a visit. At this point, the valley already opens onto a first view in the direction of today's destination, the Tisenjoch pass.

Cross the road and make the steep climb on trail no. 15 to the Vernagt reservoir, whose water is channelled to Naturns, 1,100 m further down. The reservoir swallowed up optimal farmland and changed the landscape picture and microclimate of the valley. Cross the dam wall to reach the little village of Vernagt.

Vernagt is the starting point for the walk to the Similaun mountain hut at 3,019 m, and a popular holiday destination. Around Vernagt lie the highest situated wheat fields in Europe, and shortly after leaving the village the trail enters a typical pastureland area.

From Vernagt, the Ötzi discovery site, the Tisenjoch pass at 3,210 m can be reached in approximately 4 hours. After changing to the other side of the valley and crossing the road, head up to the Tisenhof farmstead and northward further into the Tisental valley, through which the remaining 1,200 m in altitude to the Niederjoch pass are covered.

Follow in the footsteps of Ötzi on an ancient trail along which important archaeological discoveries were made that go back as far as early history. Indeed, there have been many special discoveries in this cultural landscape, formed over thousands of years. High above the pass at the border between Italy and Austria stands the Similaun mountain hut. It is a stop-over point for this stage before continuing further down into the Ötztal valley. Here, Via Alpina reaches its highest point at 3,019 m.

In Unser Frau (Village of Our Lady); The Similaun Hut.



Overall, this is a long stage that demands a good fitness level, as almost 1,700 m in altitude must be climbed. A detour to the discovery site of the glacier mummy can therefore be postponed until the next day.

DESCRIPTION OF THE ROUTE IN THE OPPOSITE DIRECTION

After a short detour to the discovery site of "Ötzi" at the Tisenjoch pass, take the steep path (no. 2) down from over 3,000m into the Tisental valley, where the terrain levels out somewhat. From Vernagt am See (1,710 m), the walk becomes much less demanding and whoever so wishes can visit the Archaeological Park on the way to Karthaus.

WHAT TO SEE

The discovery of Ötzi in the Schnalstal valley was a worldwide archaeological sensation. The melting glacier at the Tisenjoch pass released the body of this man, who had died 5,300 years ago. His grave in the ice preserved him from decay – natural mummification. Clothes, utensils, weapons and tools - in short, everything that he was carrying - were preserved alongside his body. Today, we have a better idea of life at the end of the Early Stone Age thanks to this discovery. It cast new light on many aspects of this era. An obelisk with a commemorative plaque at the Tisenjoch pass (3,210 m, near the Similaun mountain hut) reminds us now of the spectacular discovery in 1991.

ACCOMMODATION

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MOUNTAIN HUT

Similaun mountain hut tel. +39 0473 669711

ARCHEOPARC

ArcheoParc is an open-air and indoor interactive museum with videos about Ötzi, the Ice-age man. Several open-air activities: bread-making, working and baking clay, archery, weaving on a Neolithic loom. A kindergarten. Every day traditional activities: archery, preparing corn and making bread in ovens, living in huts (reconstruction following out lake Constance's finds).

Madonna 163 - 39020 Val Senales
tel. +39 0473 676020 - fax +39 0473 676263
www.archeoparc.it - info@archeoparc.it



0 m



1123 m



3.35'

Description of the stage in the Trieste-Monaco direction

From the Similaun Mountain mountain hut, the approximately 40-50min detour to the Tisenjoch pass is a must; here is the site in which "Ötzi" the Iceman was found. A monument in several languages shows the exact spot where he was found. From here, it is possible to continue straight down over the remaining snowfields and the gravel-strewn cirques in a north-eastern direction. A point known as "Beim Bild" brings you back once again to the trail with signposts. It is better and safer, however, to take the trail with signposting back to the mountain lodge from where there is an impressive view of the Similaun (3,599 m). Once at the mountain lodge, keep to the left and follow the path that goes down along the Niederjochferner Glacier. The trail soon becomes flatter and crosses, at a leisurely pace, an Alpine meadow that takes you to the Martin-Busch Mountain mountain hut, which lies nestled between Seikogel, Sennkogel and Kreuzkogel to the West and Schalkkogel to the East, all of them more than 3,300 m a.s.l.; the Schalkkogel reaches an altitude of more than 3,500 m (1h30min - 2h).

The trail continues in a leisurely fashion from the Martin-Busch-mountain hut. A wide hiking trail now leads steadily downward to the shepherd's mountain hut, where the trail then branches off to the right to the Ramolhaus mountain lodge. The Via Alpina, however, goes further, following the trail out of the valley. Slowly, the surroundings become greener and you reach the grassland where the small St. Anna chapel is located. As legend has it, this was the site of the old village of Vent. The trail continues along the Niedertalbach stream until a small, almost invisible path leads off to the left into the mountain pine-tree-wood a little before Vent. On the path there is a signpost indicating Hohler Stein. The small detour of approximately 10 minutes is by all means worth it, as the Hohler Stein area is really quite special!

Once again on the wide hiking trail, this takes you back to Vent, the alpine village at the foot of the highest mountain in Tyrol, the Wildspitze with its 3,774 m a.s.l.

VARIATION

Tisenjoch, starting off from the Similaun mountain hut, approximately 1h.

Detour to the "Hohler Stein" (Hollow Stone) on the lower path section from the Martin-Busch mountain hut to Vent. It marks the spot of a Mesolithic hunting ground, used by hunters who tracked their game over alpine passes in the summer months. The site was reconstructed according to its original state and transports visitors back into a long forgotten world.



The Schalkkogel, view on the hiking village Vent, the "Hohle Stein" (Hollow Stone).

DESCRIPTION IN THE OPPOSITE DIRECTION

From Vent, Via Alpina leads into the Niedertal valley. After crossing the Niedertal stream, the vegetation becomes more sparse and the area high-alpine. After passing a small shepherd's mountain hut, you will reach the Martin Busch mountain hut and from there, continue up the mountain to the highest point of the whole of Via Alpina: the Niederjoch pass at an altitude of 3,019 m.

SPECIALS ON THE WAY



St. Anna chapel.

Ochsenleger, St. Anna chapel: Legend has it that the old village of Vent stood on this relatively flat land abounding with water. One day, however, a foreign woman who did not dare to cross the Niederjoch on her own asked for shelter, and she was turned away. That night she gave birth to a child and on leaving the then fertile area, she cast a curse on it.

Sheep drive across the glacier: Every year in June the shepherds from the Schnalstal valley drive their sheep over the Niederjoch and across the glacier to the fertile meadows of the Niedertal valley. In autumn, all the sheep are rounded up at the altitude of the Martin-Busch mountain hut and at first daylight the not un Hazardous migration in the opposite direction begins. The sheep drive is quite a spectacle each year, celebrated with a large festival in Vernagt.

ACCOMMODATION

Martin-Busch-mountain hut	tel. +43 5254 8130
Tourist Office Vent	tel. +43 5254 8193

GLACIER PRIEST FRANZ SENN

Franz Senn (1831 – 1884), born in Längenfeld, is considered to be one of the most visionary pioneers of early tourism in Tirol, and was the initiator in the foundation of the Alpine Club. The curate and priest from Vent played a crucial role in the development of the Ötztal valley, particularly in setting up path construction projects and promoting the concept of mountain guides. (Text from H. Haid).



Once a year the sheep from the Schnalstal valley are driven over the Niederjoch into the Niedertal valley.

↗ 896 m

↘ 1308 m

🕒 7.50'

Description of the stage in the Trieste-Monaco direction

On the road from Vent to Rofen, just after the centre of Vent, the scenic trail goes uphill to the right, towards the north-west. Here, the fields are still farmed by hand since the steep slopes make it almost impossible to use machines. At first, you follow the forest road that goes up to the mountain station of the Stablein chair lift. It is also possible to avoid the road through a number of small paths. At the last bend, the scenic trail branches definitely off to the right. The trail takes a steady uphill course, past several ruined stables where hay was once stored. Today, the grass on the higher parts of the steep slopes is rarely scythed to be made into hay. The trail bends north-west, practically going round Mount Weißkarkogel. One of the many small glacier lakes situated in its circle, can be reached after a short uphill walk. At an altitude of approximately 2,700 m a.s.l., the trail goes up and down over the Mutboden, always sticking to the mountainside. Another uphill stretch after the Seiter Kar circle takes you into the basin of the Tiefenbachferner glacier (approximately 3h 40min - 4h).

The Tiefenbachferner is linked via a tunnel to the Rettenbachferner glacier and is a winter and summer skiing region, snow conditions permitting. Faced with the pitiful sight of the over-exploited glacier the hiker will realise that the skiing tourism should not be allowed to get the upper hand if we want to preserve some of the uncontaminated areas in the Alps. You go downhill along the carriageable road to the foot of the glacier, the trail then branches off to the right to the Gaislachalm meadow and towards Zwieselstein. The sight of the grey glacier is quickly left behind and you reach the Petznersee lake after a steep but short descent.

The lake is a strange sight with its grey silt banks, the expanses of green moss and the glittering blue water courses. The trail then takes a steep and narrowly winding downhill course. Great care must be taken because the loose gravel makes it very easy to slip. The trail then becomes flatter and continues on a thoroughly enjoyable walk across the meadows along the sloping ridge to the Gaislachalm mountain hut (approximately 2h). On the right, the E5 swings off down to Zwieselstein. For those who wish to spare themselves the walk, there is also a bus that goes from the Gaislachalm mountain hut to Zwieselstein on a beautiful road across a wood. However, as the following lap starts at the Gaislachalm mountain hut, it is not compulsory to go down to Zwieselstein. It is also possible to stay overnight in one of the Gaislachalm inns, enjoy the sunset and walk effortlessly on the following morning.



Water plummets to the depths of the Weißen Karr.

DESCRIPTION IN THE OPPOSITE DIRECTION

From Zwieselstein, follow the E5 up to the Gaislachalm pasture. Here, continue southwards and follow the sloping ridge for a comfortable ramble. Soon, however, it becomes very steep. After passing the Petznersee lake, you reach the Tiefenbachferner glacier. From there, Via Alpina leads down a track over the Mutböden into the mountaineering village of Vent.

SPECIALS ON THE WAY

Lake Petzner at 2,612 m.

Lake Petzner became silted up between 1950 and 1970. It is an oasis of calm, with its soft colours, cotton grass and sporadic sheep. Despite being marked on maps, the lake is hardly known, although it lies only a short distance below the car park of the Tiefenbachferner in a basin.

ACCOMODATION

Gaislachalm	tel. +43 5254 2914
Gasthof Sonneck	tel. +43 5254 2905



Lake Petzner, undiscovered jewel of nature.

↗ 1526 m

↘ 238 m

🕒 7.50'

Description of the stage in the Trieste-Monaco direction

From Zwieselstein, follow the signposts of the E5 along the road that goes into the Ventertal valley. After just over 2 km, you will come across the signpost that marks the E5 turn-off to the Gaislachalm mountain hut. Following the small trail uphill through the mountain wood, it is possible to catch glimpses of some wonderful views of the Ventertal valley every now and then. After about 1h the trail reaches the small settlement of Gaislach with its very old farms. After a short walk along the forest road and partly uphill across meadows, you reach the Gaislachalm (approximately 1h 45min).

From here, continue to follow the E5 to the east. It goes on directly behind the Gaislachalm inn. At first, the trail crosses the wood for a while, but then it turns north-west and into a leisurely walk across the Löplealm meadows.

This is a very pleasant walk that passes, at regular intervals, through sparse mountain woods, across meadows and ski slopes as far as the Rettenbachtal valley. At the toll gate you reach the valley and the trail curves to the west. Always following the signposts for the E5 and the Via Alpina, you go into the valley now along the forest road.

A cool wind from the glacier soon needs pullovers to be put on. The vegetation becomes increasingly sparse, not only due to the rising altitude but, unfortunately, also because of the impact of human operations in the valley. Just below the edge of the slope, a somewhat hidden path on the right branches off among the boulders. You cross the stream over a rather shaky wooden bridge and go steeply uphill, on the opposite side, as far as the road before continuing on to the Rettenbachferner glacier's car park with the small chapel that was built after a dramatic cable car accident (approximately 3h 30min from the Gaislachalm).

The trail continues uphill, once again crossing the road and reaching the upper car park. From here, the trail goes through a scree as far as a snowfield, at the edge of which the Pitztaler Jöchl pass is situated. Beware of any ice underneath the snow! Hiking sticks are very helpful here. Once at the Pitztaler Jöchl pass at 2,996m a.s.l., there is a wonderful view over the Mittelbergferner glacier as far as the Wild-



The small settlement of Gaislach on the ascent from Zwieselstein to the Gaislachalm.



The Braunschweiger Hut, Alpine base for training courses for Mountain Rescue and Police services.

spitze mountain. The basin opens out - at the bottom of it you can catch a glimpse of the Braunschweiger Mountain Hut – it is not yet used for skiing and looks bright and peaceful. The trail then becomes narrow and initially rather exposed, it goes steeply downhill to the Siebergrube ridge. Following the ridge, the trail goes down the Karleskopf mountainside as far as the bottom of the valley and – depending on the snow – easily going over an couple of small snowfields reaches the Braunschweiger mountain hut.

DESCRIPTION IN THE OPPOSITE DIRECTION

Via Alpina continues from the Braunschweiger mountain hut along the E5 to the Pitztaler Jöchl. On the other side of the pass, it descends across a snowfield. Follow along the Rettenbach stream to the mouth of the valley, where you continue towards the right to arrive at the Gaislachalm pasture. From here, the trail leads down into Zwieselstein.

SPECIALS ON THE WAY

The ibexes: Today, the Ötztal and Pitztal Alps are once again home to between 900 and 1000 ibexes. They can often be spotted in the late afternoon in the basin-shaped valley of the Braunschweiger mountain hut. As is the case all over the Alps, the ibex was hunted relentlessly, as marvellous healing qualities were attributed to all of its body parts. The last ibex in the Pitztal valley was shot back in 1574. In 1953, the valley was successfully repopulated by the St. Leonhard municipality using surviving ibexes from the Gran Paradiso area in Italy. St. Leonhard is still referred to today as the “ibex parish” and in 1973 it incorporated the ibex into its coat of arms.

ACCOMODATION

Braunschweiger mountain hut tel. +43 664 5353722

Ibexes near the Braunschweiger Hut.



↗ 0 m

↘ 1776 m

🕒 9.50'

Description of the stage in the Trieste-Monaco direction

From the Braunschweiger mountain hut, the trail now goes down west, north-west on the E5. The trail is initially a very pleasant walk since it is still relatively not very steep. It is only after the bench on the right-hand side, which invites you to take a rest – something that you should by all means do given the wonderful view over the Mittelbergferner glacier – that it becomes steeper and narrower. Part of the trail passes very close to the Pitze, a stream fed by the Mittelbergferner glacier. The grey colour of the water is due to the high silt content generated by the glacier erosion and not to pollution caused by man. The water roars loudly into the depths below. Striking waterfalls bear witness to the power of the water.

After the steep descent, things start getting easier. The path becomes wider and wider and goes along the Pitze stream which has by now regained its composure and flows calmly on. The Gletscherstüberl is an inviting inn where you can take a rest. The withdrawal of the Mittelbergferner glacier is well documented. Around 1859, the glacier strip came down as far as 1,809 m above sea level, and by 1922 still reached as low as 2,020 m. In the mid-Thirties, the glacier's mouth was used by the inhabitants to refrigerate meat and the Gletscherstüberl inn invited guests to look at the glacier strip in a cosy atmosphere. Now, there is hardly any "everlasting" ice left to be seen from the small inn since the glacier tongue has shrunk to approximately 2,400 m above sea level.

From the Gletscherstüberl inn, a gravel road leads to Mittelberg (approximately 2h). There is a regular mail bus service that can be used to travel comfortably out of the Pitztal valley



The Pitze thunders down into the valley.

as far as Wenns (approximately 1h). You will be left open-mouthed, along the way, on seeing the steep slopes all over which the damage caused by avalanches can be seen. It is of course also possible to walk through the Pitztal valley as far as Wenns. A newly-built road along the Pitze stream for hikers and mountain bikers makes for a comfortable trip. A stop-off in one of the lovely villages of the Pitztal valley is, however, highly recommended.

OPPOSITE DIRECTION

The mail bus will bring you from Wenns to Mittelberg in approximately 55 minutes. From there, continue to walk further into the valley. Hike uphill along the banks of the glacial stream, the Pitze brook, and later directly to the glacier tongue of the Mittelbergferner glacier to reach the Braunschweiger mountain hut. The trail is rather steep in parts and occasionally secured with wire cables.

VARIANTE

It is possible to walk through the Pitztal valley on foot. However, this requires an extra day and an overnight stay in St. Leonhard. (signposted mountain bike trail).

SPECIALS ON THE WAY

The Pitztal Valley: The Pitztal basically runs from the North to the South and is a side valley of the Inntal. The four communities of Arzl, Wenns, Jerzens and St. Leonhard stretch out over a distance of approximately 40 km. St. Leonhard, with an area of 223 km², is the third biggest community in North Tyrol. The community was first mentioned in documents in the year 1265 for the purpose of a farm exchange. The village locations of the 49 settlements were deliberately chosen for the protection provided by the woods above from the great danger posed by debris flows, avalanches and rock falls. The first settlements were formed by the so-called "Schweighöfe" farmsteads. These are cattle farms on which it was not possible to cultivate cereals due to their high-altitude location. The owners, Starckenberger, Hirschberger and also the Stams monastery, enfeoffed the farmers, i.e. they had to give a share of their yield in return for cereals and bread.

Today, the most important economic sector in the Pitztal valley is tourism. World-famous skiers like Benni Raich feel at home in the Pitztal and skiing tourism is of course of the utmost importance, although the Pitztal also has a lot to offer in the summer: horse riding, cycling, swimming, tennis, tranquillity and relaxation.

It was the Raetians who settled in the Pitztal valley. They probably reached the valley via the Pillersattel pass, as the Inn ravine was at this time very difficult to cross. The Raetians were a warlike people of Indogermanic origin from the areas South of the Alpenhauptkamm range. They paved the way for the later Roman settlement. Relics dating back to the year 1400 BC have been found at the burnt offerings site in the Piller pass.

ACCOMMODATION

Pitztal Tourismus tel. +43 5414 86999

↗ 1530 m

↘ 1745 m

🕒 9.45'

Description of the stage in the Trieste-Monaco direction

Keep west past the Wennis parish church, going slightly uphill along the main road. Follow this road keeping left for a while until the road branches off to the right into the village of Farmie. The road winds steeply up the sunny slope, passes the chapel on the right, in the direction of Auders. The road becomes narrower and gives way to a small carriageable road leading to Auders. Here, you keep left with respect to the small chapel and continue in the direction of Audershof. Shortly after the bridge, the E5 turns left. The trail passes through the Klockerwald wood and goes gentle uphill along the slope as far as the Lacher Alm meadow at 1,814 m (approximately 2h 30min).

At the Lacher Alm meadow, keep left following the forest road in the direction of the Gafeln Alm meadow. The trail now becomes steeper. Keeping right, it stretches upwards on a small track, through mountain pastures, in parts, very wet. Following the E5, and keeping right again at the next turnoff, the trail winds upwards to the Wannejöchl pass. The strenuous climb takes a good 2h from the Lacher Alm meadow. The Wannejöchl pass offers the first striking view of the Inntal valley far below and of the limestone massif of the Lechtal Alps. The Via Alpina passes through and goes on into the Lechtal valley. Keeping left and continuing uphill over a smaller peak you reach the Glanderspitze summit with the cross at 2,512 m a.s.l., the highest point of this lap.



An awe-inspiring view over the Lechtaler Alps.

From the Glanderspitze, you can see the Krahberg mountain and the restaurant of the Venet cableway mountain station below. After the descent into the depression between Glanderspitze and Krahberg, the trail goes once again briefly uphill to the restaurant (1h 30min from the Wannejöchl pass). A transparent panel describing the surrounding mountains has been put up on the Krahberg.

The 3-hour descent across the Langersbergalm meadow and the village of Anreit is still rather long. For those who wish to save a little energy for the next lap, it is also possible to go down to Zams with the Venet cableway.

OPPOSITE DIRECTION

From Zams, you have a steep ascent via the Zammer ski hut to the Krahberg alpine inn ahead of you. Things get easier if gliding upwards with the Venet cable car. The trail then leads along the ridge over the Glanderspitze peak and the Wannejöchl pass down to Wennis in the Pitztal valley.

VARIANTE

Head via the Gaflung Alm meadow along the ridge to the Krahberg peak, which is easier and not so steep, but does not offer the impressive view that can be enjoyed from the Glanderspitze peak.

SPECIALS ON THE WAY

Geological excursion: The rock of the Ötztaler-Stubai Masse is a mixture of eruptive and metamorphic stone forming a typical chain of primitive rocks. These are old crystalline rocks composed of silicate, with quartz as the predominant material. The Pitztal valley is divided into two valleys: the lower Pitztal reaching almost to Wennis, formed by the Northern Limestone Alps and the Landecker quartz phyllites. The Venet region also belongs to the Landecker Masse, formed from phyllites and phyllite gneiss that are relatively lightly weathered. These are what make the soft terrain so characteristic of the Venet region. The edge of the old crystalline is hemmed by the steeply towering Aifenspitze peak.

Even from Venet, there is a glorious view over the Inntal valley and the mighty towering Lechtal Alps. They have a very different geological composition than the Pitztal and Ötztal Alps. The River Inn forms a border, so to speak, between the silicate and the limestone. Only at the Hahntennjoch pass has a layer of considerably softer Raibler strata allowed a crossover lower than 2,000 m above sea level. The dolomite is the main building material of the Lechtal Alps and occurs in all four nappe systems. Dolomite is a mixture of limestone and magnesite that can only be formed by seaweed in seas with a temperature of 30 degrees

ACCOMMODATION

ZAMS

Tourist Office West

tel. +43 5442 65600

↗ 1832 m

↘ 357 m

🕒 7.10'

Description of the stage in the Trieste-Monaco direction

In Zams, follow the main road north. Immediately after the bridge over the river Inn, keep left and follow the small road, first to the left and then to the right in the direction of the Burschelkapelle chapel. This small chapel was built by the peasant women of Zams. The fountain was put to provide refreshment for hikers who arrive on foot in Zams on the E5 or on Via Alpina from the Lechtal valley. In the opposite direction, too, it is likewise advisable to stop to recover one's strength once again and fill all the flasks before facing the uphill trail of the Burschelwand peaks that passes above the motorway, which disappears into a tunnel in this area. The steep path winds narrowly up through a lot of loose rubble. But once the first part is behind you, you are rewarded with a wonderful view over Zams, before the Via Alpina disappears in the Zamser Loch gorge. With the Lochbach river thundering far below, go further, slightly uphill, into the beautiful ravine with its spruces, pines and larches.

Several meters of altitude have yet to be climbed before starting a leisurely walk below the Silberspitze peak to the Schmiedlerskreuz and the Unterlochalm meadow (approximately 2h 30min from Zams). The track splits into two at the hunting lodge. While the right-hand path leads to the Württemberger Haus mountain lodge, the Via Alpina goes left along the path to the Oberlochalm meadow, which is cultivated only in the summer months. A small bridge makes it easier to cross the Lochbach and on the left-hand bank the trail continues through a copse. The stream must then be crossed once more before continuing across the gravel on a slightly uphill course. Later, the trail gets better again and continues, alternating between woods and mountain pines, to the Oberlochalm meadow (approximately 1h from Unterlochalm). It now becomes really steep, for here you must climb the so-called "Schweinrücken" (pig's back).

The path winds its way narrowly upward through the mountain pines. The view over the ever diminishing Oberlochalm meadow, the meandering stream and the Silberspitze peak is magnificent. The last stretch is so steep that you will need to use your hands in parts. But then, after approximately 2h 30min from the Oberlochalm meadow, you reach the top and cross the sharp ridge on the Seescharte mountain at an altitude of 2,599 m. The downhill trail on the other side is almost as steep and the Memminger mountain hut beside the three Semisee lakes can be picked out. After the descent, there is a leisurely walk through the barren basin along the Lower Semisee lake to the Memminger mountain hut of the German Alpine Club.



The Burschelkapelle chapel, the Memminger Hut at the Semisee lake.

OPPOSITE DIRECTION

There is no way to avoid the ascent to the Seescharte, even though it is actually very steep and stony. But the other side opens out to give a magnificent view over the Silber Spitze and the idyllic alpine pasture of the Oberlochalm. No forest road, no cars and no buses ... this part of the hike in the heart of the Lechtal Alps is simply wonderful!

SPECIALS ON THE WAY

Botanical excursion: Since 2002, the Lechtal valley has been classed as a Natura 2000 area (see Stage R48 of the Red Trail). But it is not just the Lech itself with its extensive gravel areas that is worthy of protection but also the slopes of the Lechtal and Allgäu Alps, where the side valleys and the cultural landscape rich in tradition display unique qualities that can scarcely be found elsewhere in the Alps. This chapter is dedicated above all to the numerous wonderful alpine plants that flourish in the Lechtal and Allgäu Alps: for every additional 100m in altitude, the temperature falls by 0.5°, the growing season shortens by 1 week and the amount of precipitation increases by 70mm. Many of the plants in the high mountains come from very far away, such as the mountain avens (northern tundra), the trailing azalea (North America) or the edelweiss, which we immediately associate with the Alps. But it actually originates in the Siberian Steppe. The plants' strong persistence was originally designed as protection against drought, and today it acts as a perfect protection against the cold. The plants in the high mountain region struggle under difficult conditions. Not only does the growing season last between 50 and 100 days, but the everyday weather conditions are very taxing on the plants. On the one hand, there is more precipitation, but most plants must contend with drought due to strong sunlight and wind. One tried-and-tested solution is the formation of pads such as those formed by the trailing azalea, mountain aven or the alpine campion. Species growing in debris such as the alpine azalea or the somewhat larger alpine rockcress and the alpine buttercup live in



Schwarzroter Sitter (black-red orchids), Gentian, Alpine toadflax.

even more extreme conditions. Their roots often reach deep down in order to reach water and nutrients. At the same time, this allows them to secure the always moving debris surfaces. The stretches of blue sesleria, characteristic of limestone-rich, sunny steep slopes, are particularly colourful. This is the habitat of alpine pasque flowers, lesser calamint, kidney vetch, gentian, black and red cabbage rose, fragrant orchid and many other rare orchids. Neither wind nor weather bothers the blue sesleria – there is only one thing that would disturb it: fertilisers. The valley meadows are in full bloom in early June. The fields are above all coloured by ox-eye daisies, sea milkwort and sage. The regular mowing has a natural selection effect and generates a large variety of species. The lovely orchids are particularly common here. An almost unmatched wide variety of orchids exists in the woodland close to the river: woodland hyacinth, fly orchid, dark-red helleborine, yellow lady-slipper and the marsh helleborine.

ACCOMMODATION

Memminger mountain hut tel. +43 5634 6208



0 m



1128 m



5.15'

Description of the stage in the Trieste-Monaco direction

Behind the Memminger mountain hut, the E5 and the Via Alpina take a downhill course. Those who feel very fit right from the start of the day should go along the little deviation to the Seekogel, from where there is a very beautiful view.

The trail soon becomes steeper and leads down along the stream which is an emissary of the lower Semisee lake. A small bridge crosses above the roaring floods and the trail goes down right beside the thundering waterfall on the right bank. After the waterfall, cross the stream again and climb down through higher vegetation. The path is rather wet and slippery in places. Finally, you reach the bottom of the valley and cross the Parseierbach stream. Here, the path goes left to the Ansbacher mountain hut. The Via Alpina, however, follows the forest road, past the cableway station downstream. There is a leisurely walk downhill following the road and ignoring the turn-off to the Saxeralm meadow.

After a little more than 2h, you reach the small village of Madau. In the 18th century, Madau was still a proud mountain village with 60 inhabitants, but today the landlord of the Hermine mountain inn is the only registered inhabitant. It is interesting to note that the village of Madau, which is situated only 2 hours away on foot from Bach in the Lechtal valley, for historical reasons belongs to the municipality of Zams, in the Inntal valley. A special bus runs at regular intervals from Madau to Bach between June and September. The landlord of the Hermine mountain inn can provide you with more detailed information, which can also be found in the www.madau.com website.



Just one person is registered in the tiny hamlet of Madau.

Morning mood in the Madau valley.



View over Stockach in the Lechtal valley.

however, provide some orientation. The path soon becomes better and wider. After the last houses, which are visible from Stockach, keep to the right, go past a cattle fence, leave the area bordering the woods and you will find yourself on a grassland path. Walking between the houses you reach the cycle path to Holzgau. Follow this path across the bridge until you arrive in the centre of the small municipality.

From Madau, keep following the forest road that goes out of the valley. There is also trail on the opposite bank of the stream, but it is not recommended due to the regular occurrence of minor landslides. Finally, you will reach a little chapel directly above Bach in the Lechtal valley. In the hair-pin bend after the chapel, keep left and follow the tarmac road downhill. Just before it reaches the main road, a trail across the grassland branches off to the left. The path is not that easy to see, as several tracks have been created by the hoof marks of the cows. The red wooden benches,

OPPOSITE DIRECTION

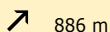
You are now leaving the Allgäu Alps behind and moving on to those of the Lechtal. Go on past the little village of Madau, in which precisely one inhabitant is registered, and then upwards to the very beautifully situated Memminger mountain hut.

SPECIALS ON THE WAY

The village Holzgau: The supple force of water has in recent times caused a post Ice Age adjustment: the river levels are being rearranged. As in almost all alpine valleys, the River Lech in the Lechtal valley had dug its bed out so deeply from Steeg that it was soon filled in after its retreat. The meadows around the River Lech are therefore situated on a valley filling of loose river gravel. These meadows, as is particularly evident in the Holzgau area, are very fertile. In order to escape the risk of flooding however, settlements were mainly established on higher ground. Holzgau is situated on the alluvial fan of the Höhenbach stream, along which the Via Alpina leads to the Roßgumpenalm meadow. Much older even than Holzgau, however, is the "Schiggen" settlement situated on the slope.

ACCOMMODATION

Holzgau tel. +43 5633 5356



886 m



129 m



3.35'

Description of the stage in the Trieste-Monaco direction

In Holzgau, follow the signposting to the Uta Café. The path takes you past the Gasthof Bären inn to the left and then immediately right on a slight uphill course. The path is tarmacked as far as the wooden bridge, it then becomes a gravel road which, higher up, has been cut out of the rock.

The trail takes you past the striking Simms waterfalls and is somewhat steeper in this section. Soon, however, the trail becomes flat again and you can see the Uta Café nestled among the thick valley vegetation. The walk from the centre of Holzgau to the Café takes approximately 45 min.

From the Café, a wide hiking path passing along the stream, in and out of shady woods on a gentle climb to the Lower Roßgumpenalm meadow, which invites you to take a rest offering you something to eat and drink (approximately 40 min).

It is only at the Roßgumpenalm meadow that the trail branches off to the Kemptner mountain hut. It goes steeply uphill to the right. At the beginning, it goes through a sparse mixed wood, later passing through mountain pines and across open spaces strewn with alpine flowers and alpine roses. The Mädeleloch pass rises up at the end of the valley, as does the striking Krottenkopf peak, rising at an altitude of 2,656 m. The climb to the Mädeleloch that also marks the border between Austria and Germany takes almost two hours. On the other side, the trail goes gently downhill towards the Kemptner mountain hut.

OPPOSITE DIRECTION

Climb upwards from the Kemptner mountain hut just a little further until you reach the Mädeleloch pass, where you cross the German-Austrian border. Further out of the valley you will pass several small alpine pastures and arrive at the raging Simms waterfall. Follow the course of the Höhenbach stream to the centre of Holzgau.



The upper and lower Roßgumpenalm meadow.



Via Alpina marks at the lower Rossgumpenalp meadow - The Simms waterfalls rage down towards the valley.

SPECIALS ON THE WAY

The "Simms waterfalls" On the walk to Café Uta, you will come across the raging and roaring "Simms waterfalls". The waterfalls have an explosion ordered by Frederick R. Simms at the turn of the century to thank for their appearance today. But even before that, the Höhenbach stream tumbled over this rock edge into the valleys. Over time, however, it dug itself ever deeper into the rock until it no longer flowed over the edge and therefore sought itself out another bed. The former outlet was opened up again by the explosion. Nowadays, the water is channelled into both stream beds as this is thought to ensure an optimal contribution to nature.

ACCOMMODATION

Kemptner mountain hut tel. +49 8322 700 152



0 m



1031 m



3.50'

Description of the stage in the Trieste-Monaco direction

From the Kemptner mountain hut, do not follow the carriageable road to the cableway, but take instead the hiking trail that goes down along the Sperrbach stream. At the beginning of the deep gorge between Mädelkopf and Fürschießer, the path, secured with wire ropes, leads through the rocks and crosses the stream further down. A short climb on the other side goes to the so-called 'Knee', before continuing down through the alder thicket in the bottom of the valley, where the Sperrbach is once again crossed.

Here, the path becomes flatter once again and passing through mountain pines and ever thicker vegetation, you reach the cableway station of the valley and, shortly after, the road into Spielmannsau (approximately 2h).

In Spielmannsau, either follow the road to the Christsee lake or keep to the right of the inn, cross the Traufbach stream and walk along the hiking trail through the wood to Gottenried and now always straight ahead until Dietersberg. Before the bridge, a trail branches off to the right again. Follow it and you arrive in Gruben. A road continues on to the bridge across the Oybach stream. Here, it meets the Red Trail of the Via Alpina, whose destination is also Oberstdorf. After the bridge, keep to the left and follow the course of the lovely Trettach stream until you arrive in the centre of Oberstdorf (approximately 2h from the Spielmannsau).



*A wide valley has been carved out by the glacier.
Oberstdorf, the most southern
market community in Germany.
Lake Christles to the south
of Oberstdorf - small but beautiful.*

OPPOSITE DIRECTION

In Oberstdorf, follow the course of the Trettach river from the old mill bridge on the east side via Gruben - Dietersberg - Gottenried to Spielmannsau. Some 500m after the Alpe Oberau, the climb starts through the Sperrbachtobel ravine to the Kemptner mountain hut.

VARIANTE

Detour to Gerstruben: through the Hölltobel waterfall park in approximately 45 min, to the mountain village that benefits from monument protection. Consists in 5 houses and a chapel (17th century Chapel of St. Mary), historical saw mill. Oder: near Gottenried to the other side of the Trettach peak around the nearby Christlessee lake.

SPECIALS ON THE WAY

The village Gerstruben: A detour to the tiny mountain village of Gerstruben is by all means worth while, as the entire village, which consists in four farmsteads, a Marienkapelle (Chapel of St. Mary) dating back to the 17th century and an old saw mill, is under monument protection. Up until 90 years ago, there was only a footpath to the little mountain village and the transport of food by horse was very laborious. And while modern life had long since been established in Oberstdorf, the petroleum lamps were still burning in Gerstruben. The winters were especially hard, and the inhabitants were often snowed in for weeks on end, cut off from the outer world. That is why the people there end up selling their land and leaving the mountain village.

For the last three generations there has been an inn in Gerstruben, and the family that runs it is the only family still registered as living in Gerstruben.



The small mountain village of Gerstruben is certainly worth a visit.

ACCOMMODATION

Kurverwaltung Oberstdorf tel. +49 8322-700-0

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