

# EASY WALKS & HIKES



*...naturalMente!!*

34 easy itineraries

**Val di Sole**

[www.valdisole.net](http://www.valdisole.net)

CALDES	Page
1. The Rocca di Samoclevo	2
MALÉ	
2. The Birreria and the Léc'	2
3. Parco Regazzini and the pine forest	3
VAL DI RABBI	
4. Rabbi Fonti - Segheria Veneziana - Malga Fratte	3
5. San Bernardo - Valorz	4
6. Piazzola - Fontanino - Saent waterfalls	4
DIMARO - FOLGARIDA	
7. Dimaro - Costa Rotian - Val Meledrio	5
8. Folgarida - Val Meledrio	5
9. Folgarida - Malghet Aut - Monte Vigo	5
COMMEZZADURA	
10. The hamlets of Commezzadura	6
MEZZANA - MARILLEVA	
11. Mezzana - Church of San Pietro & San Paolo and the Madonna del Caravaggio shrine - Waterfalls	6
12. Mezzana - Sports Complex area - Ortiöi	7
13. Marilleva 900 - Gagioi - Training course	7
14. Marilleva 1400 - Albarè/Valussaia with training course	8
PELLIZZANO	
15. Fazzon (Lago dei Caprioli)	8
16. Fazzon (Lago dei Caprioli) - Malga Alta	8
OSSANA	
17. Valpiana - Malga Valpiana - "Sas Pisador" waterfalls	9
18. Fazzon (Lago dei Caprioli) - Valpiana	9
19. Sentiero de la Léc' trail - Valpiana	10
VAL DI PEIO	
20. Cogolo - Church of Santa Lucia	10
21. Cogolo Loc. Pegaja - Tour of the "masi"	10
22. Peio Fonti - Wildlife area - Peio Paese	11
23. Peio Fonti - Forte Barba di Fior	11
24. Peio Paese - Lago Covet	12
25. Peio Paese - Malga Talè	12
VERMIGLIO	
26. Laghi di S. Leonardo at the Centro Fondo	13
27. Laghi di S. Leonardo - Palù waterfall	13
28. Cortina - Via dele Pendege (Via del Sant)	14
29. Baita Velon - Passeggiata delle Viscle	14
PASSO TONALE	
30. Presena Glacier	15
31. Val Presena (Raseghe area and a small "beach")	15
32. Alveo del Presena	16
33. The San Bartolomeo Hospice - Forte Mero - Valbiolo Restaurant	16
34. Tonale - The Tonale Biotopo Torbiera (peatbog biotope)	17



Itineraries for strollers,  
also on unpaved roads



# Legend

- 1. Caldes - The Rocca di Samoclevo
- 2. Malé - The Birreria and the Léc'
- 3. Malé - Parco Regazzini and the pine forest
- 4. Rabbi Fonti - Segheria Veneziana - Malga Fratte
- 5. San Bernardo - Valorz
- 6. Piazzola - Fontanino - Saent waterfalls
- 7. Dimaro - Costa Rotian - Val Meledrio
- 8. Folgarida - Val Meledrio
- 9. Folgarida - Malghet Aut - Monte Vigo
- 10. Commezzadura - The hamlets of Commezzadura
- 11. Mezzana - Church of San Pietro & San Paolo and the Madonna del Caravaggio shrine - Waterfalls
- 12. Mezzana - Sports Complex area - Ortiöi
- 13. Marilleva 900 - Gagioi - Training course
- 14. Marilleva 1400 - Albarè/Valussaia with training course
- 15. Pellizzano - Fazzon - (Lago dei Caprioli)
- 16. Pellizzano - Fazzon - (Lago dei Caprioli) - Malga Alta
- 17. Pellizzano - Fazzon (Lago dei Caprioli) - Valpiana
- 18. Ossana - Valpiana - Malga Valpiana - "Sas Pisador" waterfalls
- 19. Ossana - Sentiero de la Lec - Valpiana
- 20. Cogolo - Church of Santa Lucia (Comasine)
- 21. Cogolo - Tour of the "masi"
- 22. Peio Fonti - Wildlife area - Peio Paese
- 23. Peio Fonti - Forte Barba di Fior
- 24. Peio Paese - Lago Covet
- 25. Peio Paese - Malga Talè
- 26. Vermiglio - Laghi di S. Leonardo at the Centro Fondo
- 27. Vermiglio - Laghi di S. Leonardo - Palù waterfall
- 28. Vermiglio - Cortina - Via dele Pendege (Via del Sant)
- 29. Vermiglio - Baita Velon - Passeggiata delle Viscle
- 30. Passo Tonale - Presena Glacier
- 31. Passo Tonale - Val Presena (Raseghe area and a small "beach")
- 32. Passo Tonale - Alveo del Presena
- 33. Passo Tonale - The San Bartolomeo Hospice - Forte Mero - Valbiolo Restaurant
- 34. Passo Tonale - The Tonale Biotopo Torbiera (peatbog biotope)

Naturally... we use recycled paper

Created by: Editoria APT Val di Sole  
Text: R. Delpero & A. Penasa - Cover photo: Mochen T.  
Photos: Stelvio National Park Archives, D. Andreis, S. Andreis, A. Banal, G. Bernardi, M. Bertolini, G. Borghesi, I. Callegari, A. Dalpez, T. Mochen, M. Simonini, S. Tomasini, L.Tonina, V. Veneri, R. Zambotti, APT Val di Sole Archives  
Ed. 07/2013 - printed by Esperia srl



## 1

**CALDÉS The Rocca di Samoclevo**

The Rocca di Samoclevo (stronghold - 983 m) can be reached in half an hour along a mule track starting from just above the town of Samoclevo (774 m). The first nucleus of the fort was built before the 13<sup>th</sup> century, therefore before the Caldés Castle, and probably served as a military stronghold to keep watch over the surrounding roads. What remains today is a quadrangular keep inside a walled enclosure and near it the ruins of a Gothic chapel and remnants of a fresco. The residential section, which is also ruined, was apparently added in the 14<sup>th</sup> century. The Prince Bishops and the Counts of Tyrol often contended for the Rocca and it was also the site of a number of armed conflicts. It was the home of the Caldèsios, later passing into the hands of the Cagnò family and finally to the Thun family. It served as the centre of the judicial jurisdiction of the Val di Rabbi. A number of rural buildings and country dwellings were built alongside it in the 19<sup>th</sup> century by farmers, who are the current owners. Since February 2006 the castle is under supervision of the Trentino Heritage Office (Soprintendenza trentina). Time: approx. 40 minutes.



## 2

**MALÉ The Birreria and the Léc'**

From the stone arch on the edge of the town of Malé, in the direction of Trento, take the SP 141 road for Bolentina and Montés as far as the first bend. Turn right onto a narrow unpaved road and continue for about 100 m before turning left, slightly uphill, and follow the wide even road for Val di Rabbi as far as the area and building called Birreria (brewery) on the bridge over the Torrente Rabbiés (stream). Excellent beer was once produced in this building starting from the end of the 19<sup>th</sup> century. The road follows the line of an irrigation canal through the fields around Malé, known in dialect as the léc'. Time: approx. 1 hour. After the bridge over the Torrente Rabbies, follow the provincial road to the left for about 400 m until you reach the Mulino Ruatti, a historical watermill that was built at the beginning of the XIX century, that has been carefully rebuilt and is now fully functional giving visitors the chance to learn more about how life was in a mill. There is an entrance fee to visit the mill.





Near the church of San Luigi Gonzaga and the building of the "Comunità della Val di Sole", there is a road that goes downwards and passes under the SS 42 state road and then takes you across the bridge located over the Noce River until you reach the area called "ai Molini". On the right, there is a "Venetian" (water-powered) sawmill that was in operation up until 1978 and has now been opened to the public for display purposes during the summer months. Continue uphill from the sports complex to the wooded area of the Parco Regazzini, equipped with a fitness trail and other facilities. Return, descending via the cement bridge known as the Passerella (its name comes from the fact that it was once only an unstable wooden passageway over the river) located high above the rapids of the Noce River which is known for canoeing, kayak and rafting descents. From here you can cross through the pine forest, then through the playground and after going past the cemetery you will reach the centre of the town of Malé. Time: approx. 45 minutes.



From the parking area in the location called Plan (1252 m) take the forest road to the traditional Segheria Veneziana "Bègoi" (water-powered sawmill - 1285 m). Climb up through the woods along a path to the Malga Fratte Bassa (mountain dairy - 1482 m), from where you can enjoy a view of the Valle di Saent and the foaming waterfalls with same name. Then go down along the forest road to the bridge over the Torrente Ragaiolo, where there is a small spring of chalybeate water. A small detour, along a winding yet pleasant trail that goes upwards from the other side of the bridge, will take you to a panoramic point with a spectacular view of the Cascata del Ragaiolo (waterfall). The return route leads back in the direction of the Segheria Veneziana, along a small path to the right then across a bridge and down the forest road to the Plan parking area.

Time: 2 hours 30 minutes.



From the town of San Bernardo (1098 m), the administrative centre of Val di Rabbi, descend to the bridge over the Torrente Rabbies. Follow the narrow paved road that takes you past the Rio Valorz, and then take the forest road on the right side of the valley, which is one of the best-known images of the Trentino region. At first, this forestry road goes upwards past several meadows and typical masi or rural dwellings, and then through a larch wood to the first bridge on the river. From here, continue up the right side of the valley along a path to Malghetta (1364 m), at the foot of the spectacular Valorz waterfalls. Round trip time: 2 hours 30 minutes.



From the parking area at the location called Coler (1380 m), on foot, or in the summer with a shuttle bus service, go to Malga Stablasolo (a mountain dairy - 1539 m) a unique and typical place to stop and have something to eat. Continue along the forest road, go over the bridge on the Torrente Rabbies and you will reach the first waterfall. Follow the trail up to the well-known bridge in front of the second waterfall, a bubbling, spectacular sight (a panoramic point - 1750 m). Continue onwards until you reach the n. 106 trail, from here go down to Malga Stabilet (a visitor's centre of the Stelvio National Park concerning the life of the marmot). Then, back onto the forest road that leads to Malga Stablasolo.

Time: 1 hour 30 minutes with the shuttle bus, or 2 hours on foot.

**7****DIMARO Costa Rotian - Val Meledrio**

At the beginning of Via Gole (street) in Dimaro take the shortcut to the Folgarida resort: you will first arrive at the Bonetei area and then continue to the area called "Le Sort" (940 m) as far as the Costa Rotian junction. Time: approx. 40 minutes. This walk can be extended by crossing the provincial road and continuing along the easy Lèc' trail (dialect term of an irrigation channel), through the lovely Val Meledrio in the Adamello Brenta Nature Park, until you reach the calcara, which was used as a lime kiln in the past. Continue along the unpaved road towards the town of Dimaro, alongside the Meledrio stream, and in 15 minutes you will reach the "maglio", an ancient forge. To reach Dimaro, continue onwards until you reach the provincial road that goes to Folgarida and after crossing over a small bridge you will reach the first homes in the town. Time: approx. 1 hour 30 minutes.

**8****FOLGARIDA Val Meledrio**

To the left of the Hotel Belvedere in Folgarida, take the "Ronzola" trail down to the bridge called "Pont del Pastin" (1213 m). Continue left along the mysterious and densely wooded Val Meledrio to the waterfall on the Torrente Pison (stream), followed by the characteristic Capitello della Madonnina (small shrine). Time: 1 hour 30 minutes.

**9****FOLGARIDA Malghet Aut - Monte Vigo**

Close to the gondola lift station in Folgarida (1300 m), hike up to the area called Malghet Aut (1856 m), first along the forest road and then along a trail (or you can also take the gondola lift up). Time: approx. 1 hour. Follow the trail up to Monte Vigo (2180 m) another hour. From the nearby Rifugio Orso Bruno you can walk down along the SAT 201 trail to the lovely lake called Lago delle Malghette (1889 m). Time: approx. 30 minutes.

## **10** COMMEZZADURA **The hamlets of Commezzadura**



From the Town Hall Square in Mestriago take the wooden footbridge across the Noce River and turn right onto the narrow road climbing towards the hamlet of Daolasa and the "Piazzetta dei Garbei" (small square). From here, turn right along the municipal road leading to the hamlet called Piano and follow the flat trail until you reach the bridge, then enter into Piano. Climb up the "Via del Capitel" as far as the by-pass, then take the trail leading to the 15<sup>th</sup> century church of Sant'Agata, one of the loveliest spots in all of Val di Sole. Follow the sidewalk back to Mestriago. With a stroller, you can only go as far as the hamlet called Piano.

Easy itinerary – Time: approx. 45 minutes.



## **11** MEZZANA **Church of San Pietro and San Paolo and the Madonna del Caravaggio shrine - Waterfalls**

In the town of Mezzana go upwards along Via Garibaldi street (to the right of the Cassa Rurale Bank) to Piazza Trento (square) where you will find the 15<sup>th</sup> century parish church dedicated to San Pietro and San Paolo, with its splendid wooden altars, as well as the Madonna di Caravaggio shrine, a beautiful example of 18<sup>th</sup> century architecture. Continue to the left, across the Rio Spona (stream) to Piazza della Novalina. From here continue along the road called the "Plazöle" and after 500 m turn right until you reach the waterfall. Easy itinerary – Time: approx. 30 minutes.



## **12** MEZZANA Sports Complex area - Ortiöi



An easy walk along the Campo di Canoa (canoe park, on the left bank of the Noce River) – approx. 15 minutes. Near the Sports Complex in Marilleva 900, take the trail leading up to the mountain shelter called Maso Aucela (SAT 202 trail to Maso Redolfi, Maso Aucela and from there back to the Sports Complex).

Time: approx. 20 minutes.



## **13** MARILLEVA 900 Gagioi - Training course

Beyond the gondola lift station in Marilleva 900, take the narrow paved road on the right that climbs towards the Residence Amba and Residence Garden accommodation facilities. Continue onwards until you reach a clearing; from here, go right, in order to reach a picnic area (1000 m). Time: approx. 30 minutes. If instead you continue along a rather steep forest road (SAT 201 trail), you will reach Marilleva 1400.

Time: 1 hour 30 minutes.

## **14** MARILLEVA 1400 **Albarè/Valussaia with training course (1395 m)**



You can access the course from just above the Residence Lores (beyond the Valtur Village). Cross the Ponte Basso bridge (1441 m) over the Rio Lores. The course features gymnastic equipment and continues into a thick fir wood. There are a number of tables and benches along the way.

Time: approx. 30 minutes.



## **15** PELLIZZANO **Fazzon (Lago dei Caprioli)**

The trail begins at the first bend along the paved road that from Pellizzano leads to the famous lake called Lago Fazzon (1321 m), better known as Lago dei Caprioli (lake of the roe deer). From the wooden bridge over the Rio Fazzon, climb up into the woods along the trail called "percorso degli Gnomi" and follow the "Sentiero della Palù" signposts. Time: approx. 50 minutes.

## **16** PELLIZZANO **Fazzon (Lago dei Caprioli) - Malga Alta**

Drive up to the area called Fazzon (or walk up along the Palù trail starting from Pellizzano) until you reach a pay car-park. Near the car-park, take the SAT 203 trail. This easy trail leads up to a height of 1546 m and the Malga Alta (Alpine dairy).

Time: 1 hour.

## **17** OSSANA Valpiana - Malga Valpiana - "Sas Pisador" waterfalls

You can reach the Rifugio Valpiana mountain hut (1211 m) by car from the town of Ossana (pay car-park). Continue on the forest road along the wide valley and the banks of the Torrente Foce (stream). When you reach the Malga Valpiana Alpine dairy (1311 m), follow the trail for the "Sas Pisador" waterfalls and the nearby rock climbing wall. When you reach the junction with the trail for the "J. Canali" bivouac, keep left and return in the direction of the Rifugio Valpiana, thus completing an interesting loop. Time of the entire itinerary: 1 hour.

Malga Valpiana is open from June to September, local dishes are prepared here.



## **18** OSSANA Fazzon (Lago dei Caprioli) - Valpiana

From the Malga di Fazzon Alpine dairy (ASUC Pellizzano Visitor Centre 1279 m) take the forest road on the right, which passes through the thick fir forest on the slopes of Monte Salvat that separates Valle di Fazzon from Val Piana. This road will take you to the meadows in the basin of Valpiana, near the Rifugio Valpiana (mountain hut - 1221 m). Time: round trip 2 hours.



## **19** **OSSANA** Sentiero de la Léc' trail - Valpiana

The trail starts close to the first bend on the road that leads to the area called Valpiana: the trail takes you through a lovely fir forest, before reaching the Valpiana valley, in about 30 minutes.



## **20** **VAL DI PEIO** Cogolo - Church of Santa Lucia



From the large car-park in the centre of Cogolo at the main bus stop (1165 m), continue approx. 50 m along the sidewalk beside the SP 87 road towards the town of Celledizzo, in order to turn right onto the road for the area called Plazze – cycling path. Then take the trail that climbs up through the wood until you reach the romantic little church of Santa Lucia (1196 m), which stands alone on a hill just outside of the town called Comasine, an old hamlet that was once inhabited by miners. Return along the same itinerary or go down to Comasine, 1 km along the SP 87 road, and just before the bridge, follow the cycling path all the way to the end, reaching the Plazze area. Time: round trip 2 hours; 2 hours 30 minutes if you take the cycling path.

## **21** **VAL DI PEIO** Cogolo (loc. Pegaja) - Tour of the "masi"



This itinerary starts from the parking area located near the small ancient church in the area called Pegaja, which can be reached from the town of Cogolo (1,5 km from the center), by taking the road to the Malga Mare area and then continuing onwards to the historic Cogolo-Pont hydroelectric power plant (1170 m). Cross over the bridge on the Noce River and continue on the paved road until you reach the junction for the Masi delle Lame. Follow the forest road to the bridge located in the Fratta Plana area (1386 m) and return along the trail that descends on the other side of the stream. When you reach the bridge in the area called Polveriera, remaining on the left side of the river, you will go past the Masi di Guilnova and then return to Pont. Along this itinerary, you will see numerous, typical rural mountain shelters called "masi". Time: approx. 2 hours.



Near the square in front of the Peio Fonti gondola lift station, take the road on the right and after about 50 m take the trail on the left that in 10 minutes will lead you to the "Area Faunistica" (Wildlife Area). You can visit this area that has deer and roe deer in semi-captivity, in addition to the Stelvio National Park visitor's centre. From here, it is possible to walk along a section of the trail that is located alongside the outer fence around the Wildlife Area; then, you must walk along a section of the SP 87 road and in about 30 minutes you will reach Peio Paese where you can also visit the Museo della Guerra Bianca (WWI Museum), located next to the parish church dedicated to San Giorgio and San Lazzaro and behind the local dairy/museum. Continue to the left of the church along the road to the Casanove area and the Baita 3 Larici, and from there back to Peio Fonti. Time: approx. 1 hour 30 minutes.



To the left of the first turn along the provincial road that from Peio Fonti goes up to Peio Paese, take the paved road that leads to Lago Pian Palù, a well-known artificial lake located at 1800 m, fed by the waters of the upper part of the Noce River. After about 1 km you will reach the parking area of the Malga Frattasecca (Alpine dairy). From here, continue on foot and after about 100 m, take the trail to the left that goes downwards to the bottom of the valley and then up to the Forte Barba di Fior, an Austro-Hungarian fortification dating back to World War I. You can also continue along the same trail in order to reach the area called Fontanino (1680 m) in about 45 minutes. Time: round trip approx. 1 hour.



From Piazza San Giorgio, next to the parish church in the centre of Peio Paese, climb up towards the nearby hill called San Rocco where you can visit the Austro-Hungarian cemetery, containing the graves of several soldiers who died in World War I but whose bodies emerged only a few years ago from the permanent ice on the battlefield on Punta San Matteo. Continue onwards until you reach the rural dwellings in the Covel area and then continue on an unpaved track to the Malga Covel (Alpine dairy) and the Lago Covel lake (1800 m). From there proceed to the waterfalls on the Rio Vioz. If you continue along the same trail, not far away, you will reach a natural rock climbing wall; further ahead you will return to the Masi di Covel (rural dwellings). To modify your return itinerary, we recommend that you take the n° 125 trail from here that will take you past some old, lovely "masi" (mountain shelters) and then quickly back to the town of Peio Paese. Time: approx. 2 hours 30 minutes.



From the parking area in Peio Paese (1556 m) go upwards, passing near a small shrine, along the narrow road that leads to the town's playground area; from here take the panoramic unpaved road that leads to the Croce dei Bagni - an area with a large wooden cross (1680 m). From here, after going upwards to the left for a short distance, follow the directions to Malga Talè (Alpine dairy - 1723 m) which can be reached in about 30 mins. The latter has recently been renovated by the Stelvio National Park and now houses an educational centre called "Il Bosco degli Urogalli" dedicated to the life of the Tetraonidae bird family: where you can learn more about the wood grouse, black grouse, hazel grouse and the rock ptarmigan that can all be spotted in the surrounding woods and mountain pastures.

Time: round trip approx. 1 hour 30 minutes.





An easy and pleasant walk around three little artificial lakes, inhabited by friendly ducks and swans. Located on the "Via della Prada", a secondary road in Vermiglio, this area is equipped with a number of picnic areas, a children's playground, a bar that also serves sandwiches and a five-a-side football pitch. You can take the easy forestry road, which is completely flat, that will lead you to the area called Stavel where you can see the ruins of the Austro-Hungarian barracks dating back to World War I.

You can park your vehicle at the Centro Fondo (Cross-Country skiing centre).  
 Time: approx. 20 minutes.



Near the third lake (the closest to the town), cross the Torrente Vermigliana (stream); continue along a narrow road and go right at the first junction. After about 200 m take the steep narrow trail leading to the Palù waterfall. Go down the right side of the Rio Palù stream (facing downstream) to reach the narrow road that will lead you back. Continue left towards the lakes to complete an interesting loop.

You can park your vehicle at the Centro Fondo (Cross-Country skiing centre).  
 Time: approx. 40 minutes.

**28****VERMIGLIO Cortina - Via dele Pendegge  
(Via del Sant)**

On the bend near the church of San Pietro in the hamlet of Cortina (1213 m) take the narrow road called "Via dele Pendegge" which winds up through the sunny slopes of the meadows to reach the "Capitello di San Giorgio" (small shrine - 1070 m). From here you can enjoy a vast view of the upper part of Val di Sole all the way up to the passageway through Passo Tonale. Legend has it that, here, a mother once left her little son on the edge of the field as she was reaping the crops, only to turn around and notice that the boy was playing with a very poisonous snake. She implored the saints to intercede, promising that she would build a shrine in their honour in return. As soon as she set the bowl of milk aside, which she was bringing to her child, the snake was attracted by the scent and went away, and the mother was able to rescue her son.

You can leave your vehicle in via Cortina coming from via Fraviano.

Time: approx. 40 minutes. If you continue onwards, you can reach the town of Fucine (982 m) in approx. 30 minutes.

**29****VERMIGLIO Baita Velon - Passeggiata  
delle Viscle**

Beyond the Hotel Baita Velon (1348 m), take the narrow road to the right marked "Passeggiata delle Viscle" (1432 m). Continue alongside the stream until you reach a picnic area and a spring of refreshing water. Go right, cross the bridge and then immediately take a left onto the narrow road leading to the "Pradi del Pecè" meadows. Go upwards through the pastures to the Malga Pecè (Alpine dairy - 1503 m). You can return along the forest road by staying on the left side of the stream (facing downstream) to complete a loop.

You can leave your vehicle at the Hotel Baita Velon.

Time: round trip 2 hours 10 minutes.

## 30 TONALE Presena Glacier

In Passo Tonale (1882 m) take the gondola lift up to Passo Paradiso where you can visit the "Galleria Paradiso", a long cave that was dug out of granite during the war and that was used as a shelter for soldiers. This tunnel now hosts a multimedia exhibit called "Sounds and Voices of the White War". There is a selection of war remains on display and information concerning the war and the conditions in which these soldiers lived on this warfront located on the glacier. A special sound system combines the sounds and the voices of the war that have been fragmented and muffled to create the same sounds as perceived by the soldiers when they were inside the tunnel, creating a striking and touching atmosphere. Once you have visited the tunnel, you can return to the arrival of the gondola lift and you can take the route that goes past an imposing monument, the "Monumento alla Fratellanza", designed and built by Emilio Serra as a memorial to commemorate those who died in World War I. The route continues to the left of the Lago di Monticello lake before arriving at the Rifugio Capanna Presena (mountain hut - 2738 m). It is also possible to reach this area by taking the chairlift. You can leave your vehicle in the parking area at the Paradiso gondola lift. Time: approx. 45 minutes.



## 31 TONALE Val Presena (Raseghe area & small "beach")



The "Raseghe" area can be reached by taking the trail that starts at the Passo Tonale sports field. First, walk to the end of the "percorso vita" fitness trail, then continue along the road leading downwards. At the end of this road, continue on the path to the right. After a few hundred meters take the trail on the right which leads you along a forest road that is closed to traffic by a metal barrier. The "Raseghe" area is also equipped for picnics and barbecues and can be reached in approx. 1 hour and 30 minutes. Strollers can only go as far as this point. Continue along the same route and take the first trail on the right to reach the so-called "beach" (1650 m), a sandy area formed by the erosive action of the mountain stream that runs from the Alveo del Presena (riverbed) through this area. Then cross the various little bridges over the stream to reach the "Bait dei Cacciatori" ('hunter's lodge'). Time from Tonale: 2 hours. For those travelling from Vermiglio, you can park your vehicle at the picnic area on the SS 42 road after the Casa Cantoniera (a dark red house) on the left or at the parking area at the sports field.



## 32 TONALE Alveo del Presena

To reach the "Alveo del Presena" area (riverbed - 2184 m), take the trail that starts at the Passo Tonale sports field. First, walk to the end of the "percorso vita" fitness trail, then continue along the road leading upwards to the right. The Alveo, which can be reached in two hours (a rather demanding walk), forms a broad basin from which a number of very striking mountains rise: to the south is the towering Cima Busazza (peak), to the north the Monticelli mountain range, to the west the splendid Presena Glacier and the Cima Lagoscuro-Castellaccio mountain range. You can leave your vehicle at the sports field.



## 33 TONALE The San Bartolomeo Hospice - Forte Mero - the Valbiolo Restaurant



To reach the San Bartolomeo hospice, take the trail that from the centre of Passo Tonale runs alongside the Adamello Ski ticket office. (Time: approx. 30 minutes). As an alternative, you can also take the paved road next to the parking area at the Valbiolo chairlift.

From the historical hospice, continue along the trail until you reach a junction. The road on the right, which is not open to traffic, leads up to Forte Mero, an Austro-Hungarian stronghold during World War I which is now in ruins. If you continue left, you will reach the Valbiolo Restaurant (2244 m), which is also a starting point for demanding mountain hikes. You can also reach the restaurant by car.

You can leave your vehicle at the Valbiolo chairlift located at Via Circonvallazione. Time (to the fort and the restaurant from the hospice): approx. 45 minutes.

## **34** **TONALE** the Tonale Biotopo Torbiera (peat bog biotope)

You can leave your vehicle at the San Bartolomeo parish church parking area. The itinerary starts after the Torre Presena building, the third white tower at the end of the road called Via San Bartolomeo, by taking the narrow trail that winds its way through the lower part of the Tonale basin under the state road. This area is full of different micro-habitats including arid areas and others that form miniature lakes, rapidly flowing currents of water and areas where the water is still. These extremely different conditions create a wide range of vegetation.

Once you reach the state road, continue along this road for several meters towards the town of Vermiglio. Near the rest area with picnic tables and a parking area, cross the road and take the trail that goes upwards on top of the state road.



Continue until you reach the Tonale mountain landing strip, cross through the strip and continue towards the San Bartolomeo hospice that you can see further up. Continue until you reach the paved road that takes you back to the town of Passo Tonale. Along this itinerary you will find two equipped picnic areas with a built-in grill. Time: approx. 1 hour and 30 minutes

This peat bog is an example of the coexistence of aquatic and marshland conditions at a high mountain height. The size of the biotope itself also creates a fascinating landscape, similar to that of an Arctic tundra. The biotope is completely surrounded by a wood and high mountain shrubs.



# PEJO 3000

*among  
the Ortles Cevedale  
peaks!*

The new **PEJO 3000** gondola lift, in less than 6 minutes, takes you from the Tarlenta area (at 2000 m) to a height of 3000 meters in Valle della Mite, right in the heart of the Ortles Cevedale mountain group and the Stelvio National Park, where the horizon extends from the nearby Monte Vioz (3645 m) and Punta Taviela (3611 m), all the way to Punta S. Matteo (3678 m), Cima Presanella (3556 m) and Monte Adamello (3539 m); striking peaks, rich in history and surrounded by mysterious charm.

## LIFT

Departure height: **2000 m**

Arrival height: **3000 m**

Total travel time: **5,8 min.**

## Val di Sole

**INFO: AZIENDA TURISMO VAL DI SOLE**

Tel. +39 0463.901280 - [info@valdisole.net](mailto:info@valdisole.net)

[www.valdisole.net](http://www.valdisole.net)

