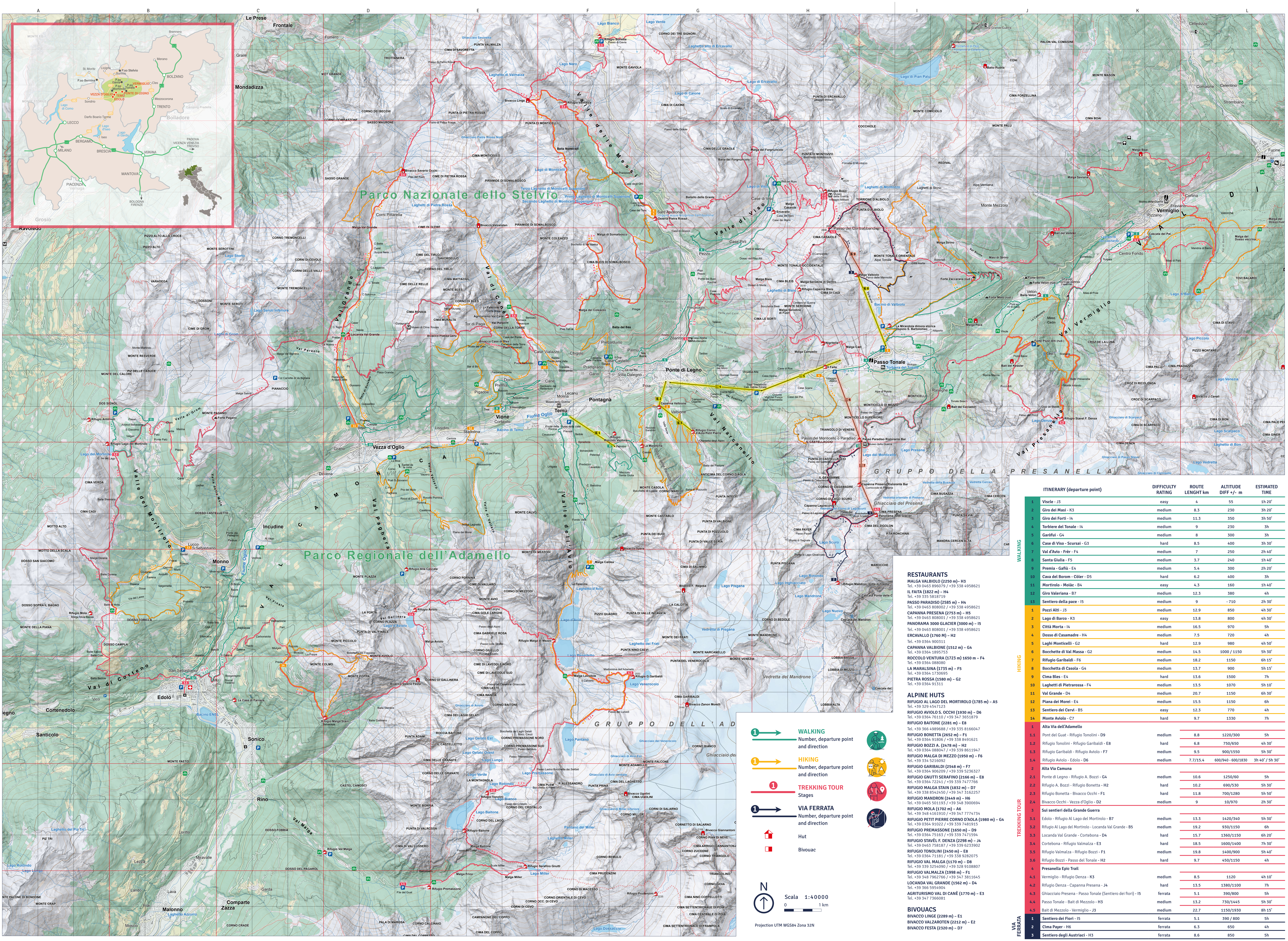


ADVICE FOR EXCURSIONISTS

SAFETY IN THE MOUNTAINS

- Make sure to be fully informed as to the characteristics and difficulty of the itinerary, this should be done by studying carefully the appropriate maps.
- Before leaving define the arrival point carefully and inform somebody of the chosen itinerary.
- Be both physically and mentally prepared for the task to be undertaken.
- Never undertake an itinerary alone. It is always advisable to be accompanied by an expert.
- Avoid taking any short-cuts and do not deviate off route.
- Bring back any accumulated rubbish. Respect the nature. Respect the local traditions and customs, and remember you are guests in the mountains.

ALPINE GUIDES

Vallecamonica-Adamello	Val di Sole
Tel. +39 346 5788907	+39 347 7457328
www.adamelloguidealpine.it	www.guidealpinevaldisole.it
info@adamelloguidealpine.it	info@guidealpinevaldisole.it

WEATHER

- Always be fully informed of the weather conditions. It is preferable to depart in the morning. Storms and bad weather usually manifest themselves in the afternoon. The weather in the mountains can suddenly change, so be prepared for this.

CLOTHING, EQUIPMENT AND FOOTWEAR

- Backpacks should be prepared according to the itinerary to be undertaken. Take warm clothes, waterproof and windproof jacket, a heavy sweater, gloves, woolly hat, long trousers and a change of underwear.
- Wear the correct footwear: avoid trainers and shoes with smooth soles.
- Bring a frontal torch, a thermos, a raincoat, sunscreen, sunglasses, tissues and a first aid kit.
- Climbing equipment (helmet, harness, rope and snow pick) depending on the route to be taken.

FOOD

- In high altitudes it is important to be well hydrated. Drinks rich in mineral salts are more suitable.

MOUNTAIN HUT

- It is always advisable to pre-book and to inform the refuge of your time of arrival.
- Blankets, pillows and a mattress will be provided by the refuge. It is necessary to bring own sheets or ask for them in the refuge.

In case of emergency call the "Soccorso Alpino" ☎ 112

PLEASE NOTE: this information is of a touristic nature. The contents are indicative. Any responsibilty of the precision of data found is declined.

Download the catalogue

RESTAURANTS

MALGA VALBIOLO (2250 m)– H3
Tel. +39 0463 896079 / +39 338 4958621
IL FAITA (1822 m) – H4
Tel. +39 335 5818719
PASSO PARADISO (2585 m) – H4
Tel. +39 0463 808002 / +39 338 4958621
CAPANNA PRESENA (2753 m) – H5
Tel. +39 0463 808001 / +39 338 4958621
PANORAMA 3000 GLACIER (3000 m) – I5
Tel. +39 0463 808001 / +39 338 4958621
ERCAVALLO (1760 M) – H2
Tel. +39 0364 900311
CAPANNA VALBIONE (1512 m) – G4
Tel. +39 0364 1895753
ROCCOLO VENTURA (1723 m) 1650 m – F4
Tel. +39 0364 088080
LA MARALSINA (1735 m) – F5
Tel. +39 0364 1730695
PIETRA ROSSA (1580 m) – G2
Tel. +39 0364 91311

ALPINE HUTS

RIFUGIO AL LAGO DEL MORTIROLO (1785 m) – A5
Tel. +39 329 4547123
RIFUGIO AVIOLO S. OCCHI (1930 m) – D6
Tel. +39 0364 76110 / +39 347 3651879
RIFUGIO BAITONE (2281 m) – E8
Tel. +39 366 4989688 / +39 335 8166047
RIFUGIO BONETTA (2652 m) – F1
Tel. +39 0364 91806 / +39 338 8491621
RIFUGIO BOZZI A. (2478 m) – H2
Tel. +39 0364 088047 / +39 339 8611947
RIFUGIO MALGA DI MEZZO (1950 m) – F6
Tel. +39 334 5216092
RIFUGIO GARIBALDI (2548 m) – F7
Tel. +39 0364 906209 / +39 339 5236327
RIFUGIO GNUTTI SERAFINO (2166 m) – E8
Tel. +39 0364 72241 / +39 339 7477766
RIFUGIO MALGA STAIN (1832 m) – D7
Tel. +39 338 8542450 / +39 347 3162257
RIFUGIO MANDRON (2449 m) – H6
Tel. +39 0465 501193 / +39 348 3900694
RIFUGIO MOLA (1702 m) – A6
Tel. +39 348 4161910 / +39 347 7774734
RIFUGIO PETIT PIERRE CORNO D'AOLA (1980 m) – G4
Tel. +39 0364 91022 / +39 339 7481915
RIFUGIO PREMASSONE (1650 m) – D9
Tel. +39 0364 75163 / +39 339 7471594
RIFUGIO STAVÈL F. DENZA (2298 m) – J4
Tel. +39 0463 758187 / +39 339 6233902
RIFUGIO TONOLINI (2450 m) – E8
Tel. +39 0364 71181 / +39 338 9282075
RIFUGIO VAL MALGA (1170 m) – D8
Tel. +39 339 3254090 / +39 328 9108807
RIFUGIO VALMALZA (1998 m) – F1
Tel. +39 348 7962766 / +39 347 3811645
LOCANDA VAL GRANDE (1562 m) – D4
Tel. +39 366 5954904
AGRITURISMO VAL DI CANÈ (1770 m) – E3
Tel. +39 347 7366081

BIVOUACS

BIVACCO LINGE (2289 m) – E1
BIVACCO VALZAROTEN (2212 m) – E2
BIVACCO FESTA (2320 m) – D7

WALKING
Number, departure point and direction

HIKING
Number, departure point and direction

TREKKING TOUR
Stages

VIA FERRATA
Number, departure point and direction

Hut

Bivouac

		ITINERARY (departure point)	DIFFICULTY RATING	ROUTE LENGHT km	ALTITUDE DIFF +/- m	ESTIMATED TIME
WALKING	1	Viscle - J3	easy	4	55	1h 20'
	2	Giro dei Masi - K3	medium	8.3	230	3h 20'
	3	Giro dei Forti - I4	medium	11.3	350	3h 50'
	4	Torbiere del Tonale - I4	medium	9	230	3h
	5	Garòfui - G4	medium	8	300	3h
	6	Case di Viso - Scursai - G3	hard	8.5	400	3h 30'
	7	Val d'Avio - Frèr - F4	medium	7	250	2h 40'
	8	Santa Giulia - F5	medium	3.7	240	1h 40'
	9	Premia - Gafiù - E4	medium	5.4	300	2h 20'
	10	Cava del Borom - Còler - D5	hard	6.2	400	3h
	11	Mortirolo - Moiàc - B4	easy	4.3	160	1h 40'
	12	Giro Valeriana - B7	medium	12.3	380	4h
	13	Sentiero della pace - I5	medium	9	- 710	2h 30'
HIKING	1	Pozzi Alti - J3	medium	12.9	850	4h 30'
	2	Lago di Barco - K3	easy	13.8	800	4h 30'
	3	Città Morta - I4	medium	16.5	970	5h
	4	Dosso di Casamadre - H4	medium	7.5	720	4h
	5	Laghi Monticelli - G2	hard	12.9	980	4h 50'
	6	Bocchette di Val Massa - G2	medium	14.5	1000 / 1150	5h 30'
	7	Rifugio Garibaldi - F6	medium	18.2	1150	6h 15'
	8	Bocchetta di Casola - G4	medium	13.7	900	5h 15'
	9	Cima Bles - E4	hard	13.6	1500	7h
	10	Laghetti di Pietrarossa - F4	medium	13.5	1070	5h 10'
	11	Val Grande - D4	medium	20.7	1150	6h 30'
	12	Piana dei Morei - E4	medium	15.5	1150	6h
	13	Sentiero dei Cervi - B5	easy	12.3	770	4h
	14	Monte Aviolo - C7	hard	9.7	1330	7h
TREKKING TOUR	1	Alta Via dell'Adamello				
	1.1	Pont del Guat - Rifugio Tonolini - D9	medium	8.8	1220/300	5h
	1.2	Rifugio Tonolini - Rifugio Garibaldi - E8	hard	6.8	750/650	4h 30'
	1.3	Rifugio Garibaldi - Rifugio Aviolo - F7	medium	9.5	900/1550	5h 30'
	1.4	Rifugio Aviolo - Edolo - D6	medium	7.7/15.4	600/940 - 600/1830	3h 40' / 5h 30'
	2	Alta Via Camuna				
	2.1	Ponte di Legno - Rifugio A. Bozzi - G4	medium	10.6	1250/60	5h
	2.2	Rifugio A. Bozzi - Rifugio Bonetta - H2	hard	10.2	690/530	5h 30'
	2.3	Rifugio Bonetta - Bivacco Occhi - F1	hard	11.8	700/1280	5h 50'
	2.4	Bivacco Occhi - Vezza d'Oglio - D2	medium	9	10/970	2h 30'
	3	Sui sentieri della Grande Guerra				
	3.1	Edolo - Rifugio Al Lago del Mortirolo - B7	medium	13.3	1420/340	5h 30'
	3.2	Rifugio Al Lago del Mortirolo - Locanda Val Grande - B5	medium	19.2	930/1150	6h
	3.3	Locanda Val Grande - Cortebona - D4	hard	15.7	1360/1150	6h 20'
	3.4	Cortebona - Rifugio Valmalza - E3	hard	18.5	1600/1400	7h 30'
	3.5	Rifugio Valmalza - Rifugio Bozzi - F1	medium	19.8	1400/900	5h 40'
	3.6	Rifugio Bozzi - Passo del Tonale - H2	hard	9.7	450/1150	4h
	4	Presanella Epic Trail				
	4.1	Vermiglio - Rifugio Denza - K3	medium	8.5	1120	4h 10'
	4.2	Rifugio Denza - Capanna Presena - J4	hard	13.5	1380/1100	7h
	4.3	Ghiacciaio Presena - Passo Tonale (Sentiero dei fiori) - I5	ferrata	5.1	390/800	5h
	4.4	Passo Tonale - Bait di Mezzolo - H3	medium	13.2	730/1445	5h 30'
	4.5	Bait di Mezzolo - Vermiglio - J3	medium	22.7	1150/1930	8h 15'
VIA FERRATA	1	Sentiero dei Fiori - I5	ferrata	5.1	390 / 800	5h
	2	Cima Payer - H6	ferrata	6.3	650	4h
	3	Sentiero degli Austriaci - H3	ferrata	8.6	850	5h

Consorzio Pontedilegno-Tonale
Via F.lli Calvi, 53 - 25056
Ponte di Legno (BS) ITALY
Tel. 0364 92097/92066
info@pontedilegnotonale.com
www.pontedilegnotonale.com

PONTEDILEGNO TONALE
It's my nature
ADAMELLO

ENG

MOUNTAIN TRAILS

WALKING - HIKING -TREKKING TOUR - VIA FERRATA

PONTEDILEGNO TONALE
It's my nature

WALKING

1 VISCLE

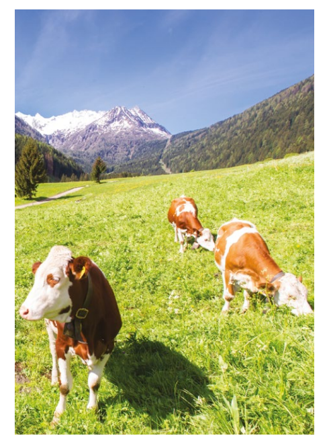
DISTANCE
4 km

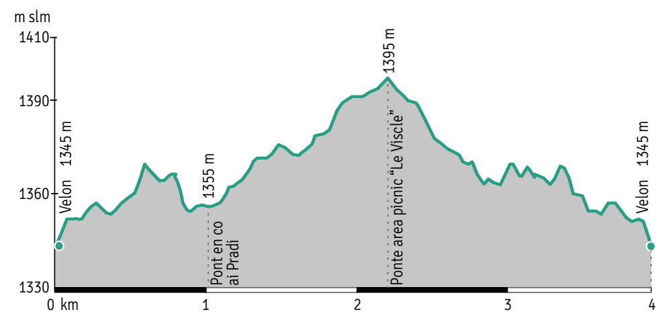
ALTITUDE DIFFERENCE
+/- 55m

ESTIMATED TIME
1h20'

SEASON
May/November

DIFFICULTY
Easy




m slm
1410 1390 1360 1330
Velon 1345 m
1355 m Pont en co al Pradi
1395 m Ponte area picnic "Le Viscle"
Velon 1345 m
0 km 1 2 3 4

WALKING

2 GIRO DEI MASI

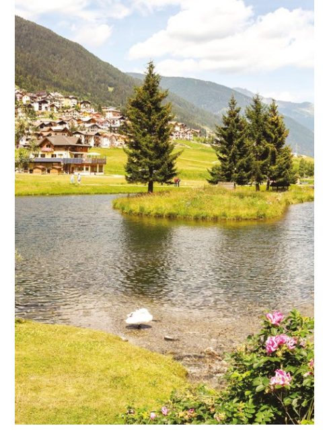
DISTANCE
8,3 km

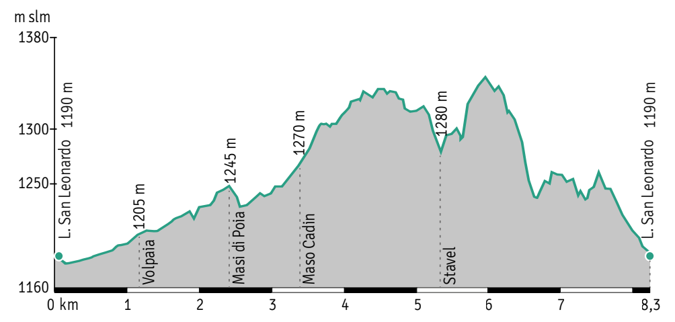
ALTITUDE DIFFERENCE
+/- 230 m

ESTIMATED TIME
3h20'

SEASON
May/November

DIFFICULTY
Medium





WALKING

3 GIRO DEI FORTI

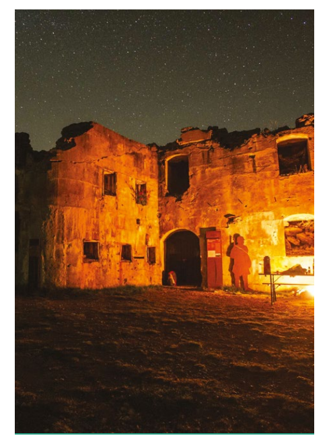
DISTANCE
11,3 km

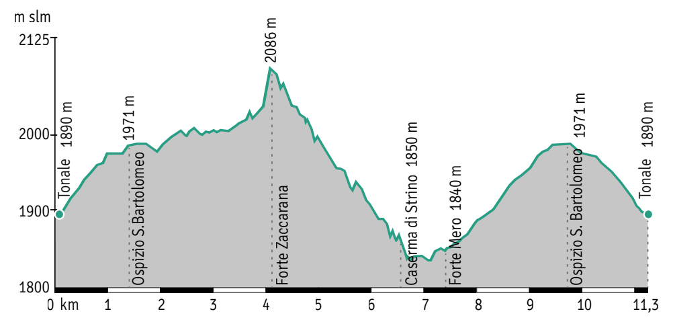
ALTITUDE DIFFERENCE
+/- 350 m

ESTIMATED TIME
3h50'

SEASON
June/October

DIFFICULTY
Medium





WALKING

4 TORBIERE DEL TONALE

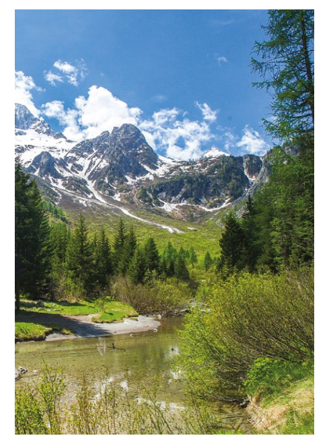
DISTANCE
9 km

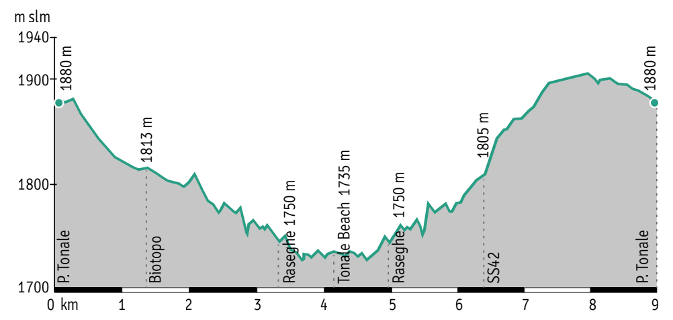
ALTITUDE DIFFERENCE
+/- 230 m

ESTIMATED TIME
3h00'

SEASON
June/October

DIFFICULTY
Medium





WALKING

5 GARÒFUI

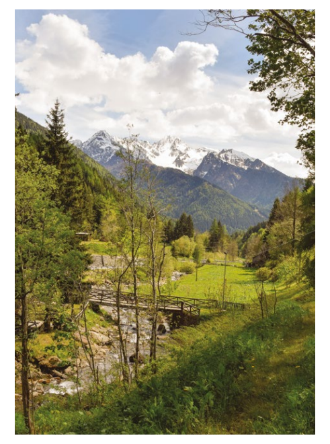
DISTANCE
8 km

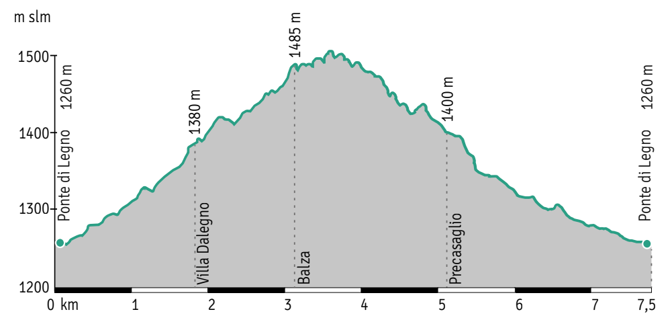
ALTITUDE DIFFERENCE
+/- 300 m

ESTIMATED TIME
3h00'

SEASON
May/October

DIFFICULTY
Medium





WALKING

6 CASE DI VISO - SCURSAI

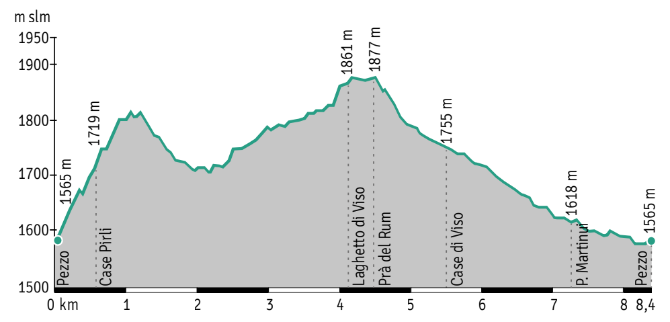
DISTANCE
8,5 km

ALTITUDE DIFFERENCE
+/- 400 m

ESTIMATED TIME
3h30'

SEASON
May/October

DIFFICULTY
Hard



WALKING

7 VAL D'AVIO - FRÈR

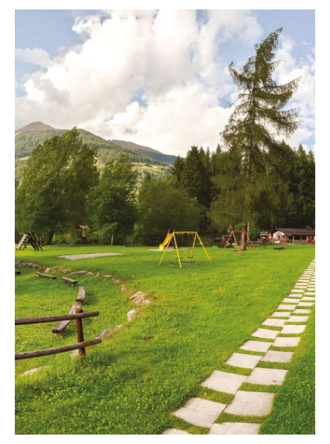
DISTANCE
7 km

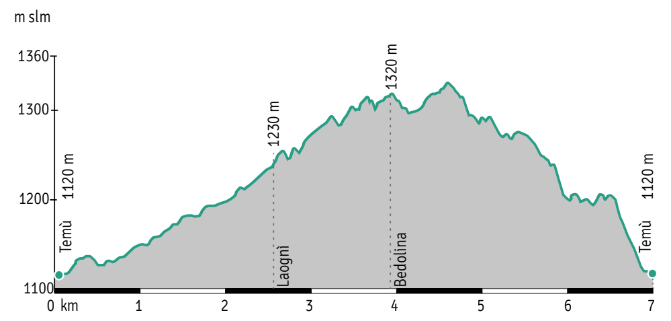
ALTITUDE DIFFERENCE
+/- 250 m

ESTIMATED TIME
2h40'

SEASON
May/October

DIFFICULTY
Medium





WALKING

8 SANTA GIULIA

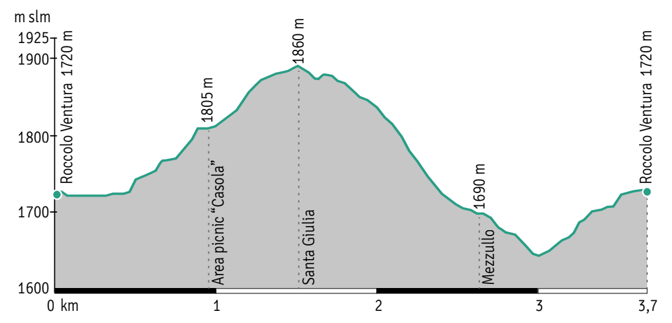
DISTANCE
3,7 km

ALTITUDE DIFFERENCE
+/- 240 m

ESTIMATED TIME
1h40'

SEASON
June/October

DIFFICULTY
Medium



WALKING

9 PREMIA - GAFIÙ

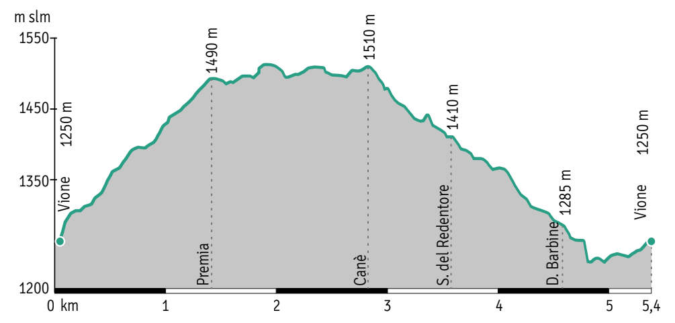
DISTANCE
5,4 km

ALTITUDE DIFFERENCE
+/- 300 m

ESTIMATED TIME
2h20'

SEASON
May/November

DIFFICULTY
Medium



WALKING

10 CAVA DEL BOROM - CÒLER

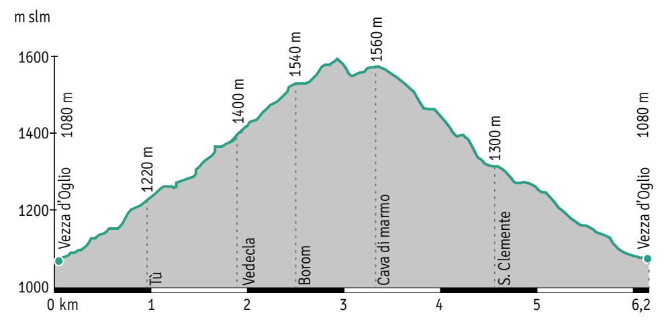
DISTANCE
6,2 km

ALTITUDE DIFFERENCE
+/- 400 m

ESTIMATED TIME
3h00'

SEASON
May/November

DIFFICULTY
Hard



WALKING

11 MORTIROLO - MOIÀC

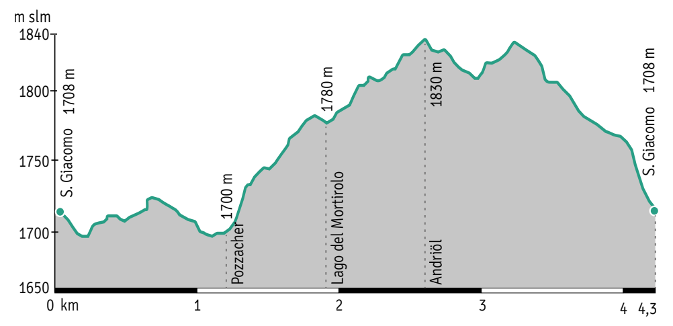
DISTANCE
4,3 km

ALTITUDE DIFFERENCE
+/- 160 m

ESTIMATED TIME
1h40'

SEASON
May/November

DIFFICULTY
Easy



WALKING

12 GIRO VALERIANA

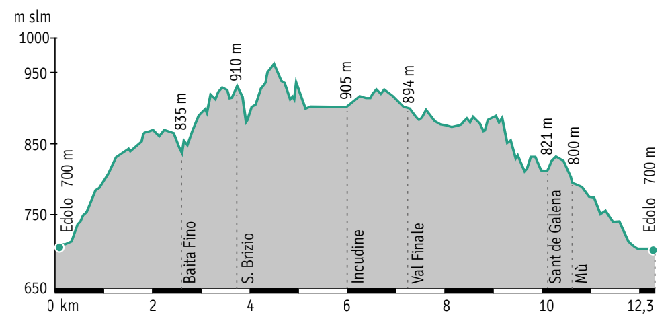
DISTANCE
12,3 km

ALTITUDE DIFFERENCE
+/- 380 m

ESTIMATED TIME
4h00'

SEASON
May/November

DIFFICULTY
Medium



WALKING

13 SENTIERO DELLA PACE

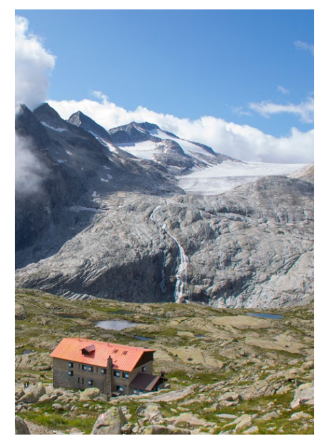
DISTANCE
9 km

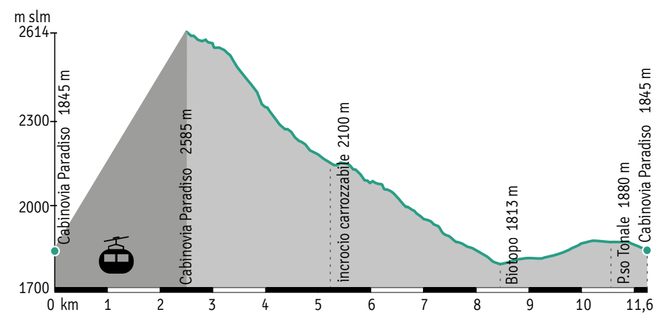
ALTITUDE DIFFERENCE
- 710 m

ESTIMATED TIME
2h30'

SEASON
July/September

DIFFICULTY
Medium




m slm
2614 2300 2000 1700
Cabinovia Paradiso 1845 m
Cabinovia Paradiso 2585 m
Incrocio carrozzabile 2100 m
Biotopo 1813 m
Pso Tonale 1880 m
Cabinovia Paradiso 1845 m
0 km 1 2 3 4 5 6 7 8 9 10 11,6

HIKING

1 POZZI ALTI

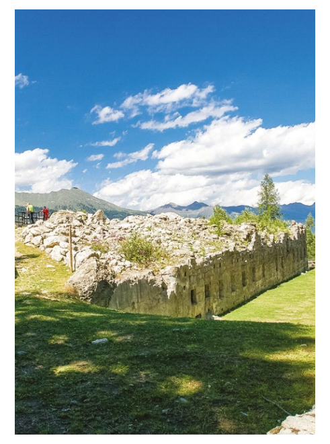
DISTANCE
12,9 km

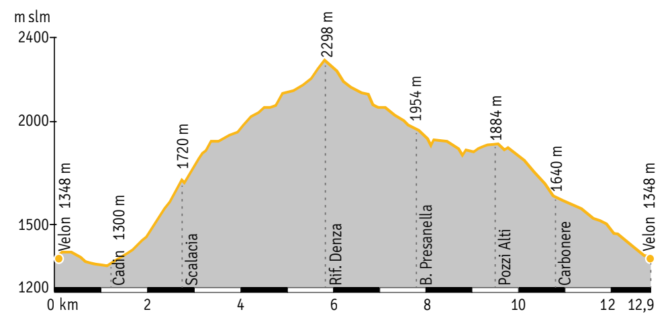
ALTITUDE DIFFERENCE
+/- 850m

ESTIMATED TIME
4h30'

SEASON
June/October

DIFFICULTY
Medium





HIKING

2 LAGO DI BARCO

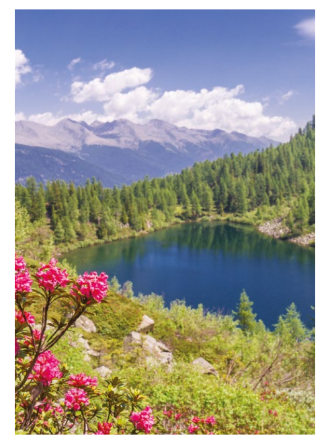
DISTANCE
13,8 km

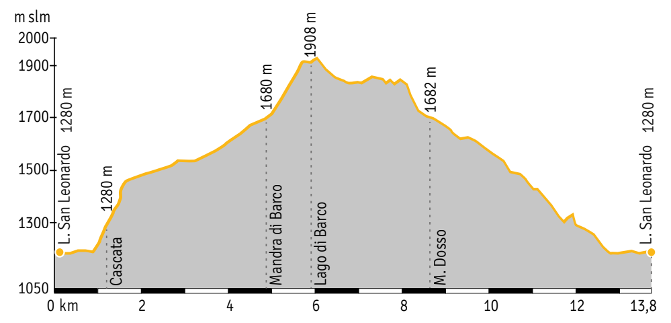
ALTITUDE DIFFERENCE
+/- 800 m

ESTIMATED TIME
4h30'

SEASON
June/October

DIFFICULTY
Easy





HIKING

3 CITTÀ MORTA

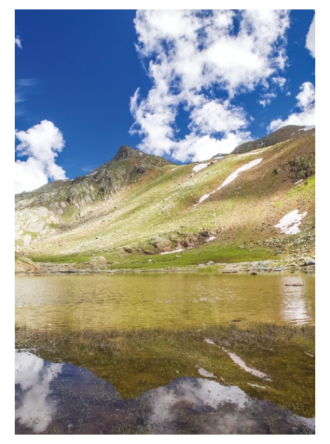
DISTANCE
16,5 km

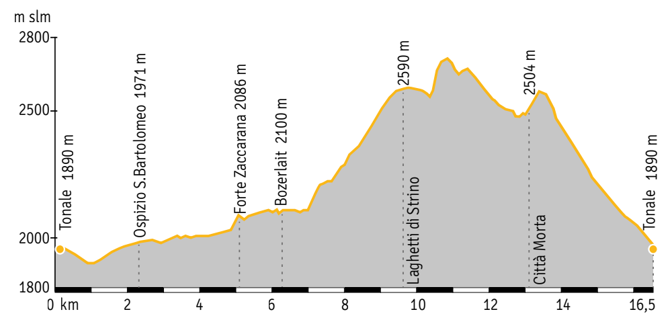
ALTITUDE DIFFERENCE
+/- 970 m

ESTIMATED TIME
5h00'

SEASON
July/September

DIFFICULTY
Medium





HIKING

4 DOSSO DI CASAMADRE

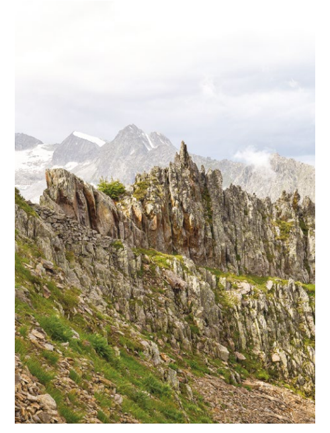
DISTANCE
7,5 km

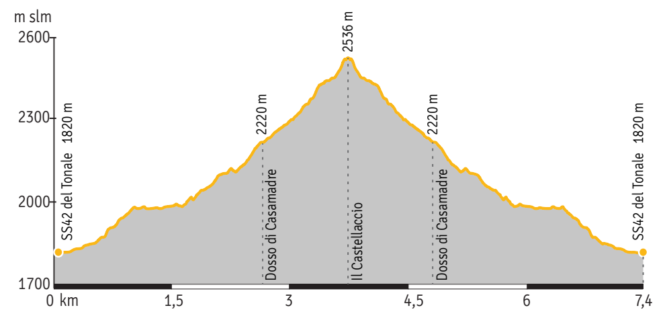
ALTITUDE DIFFERENCE
+/- 720 m

ESTIMATED TIME
4h00'

SEASON
June/October

DIFFICULTY
Medium





HIKING

5 LAGHI MONTICELLI

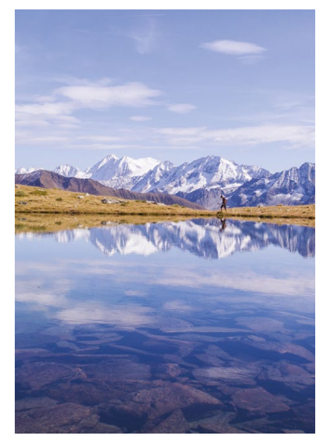
DISTANCE
12,9 km

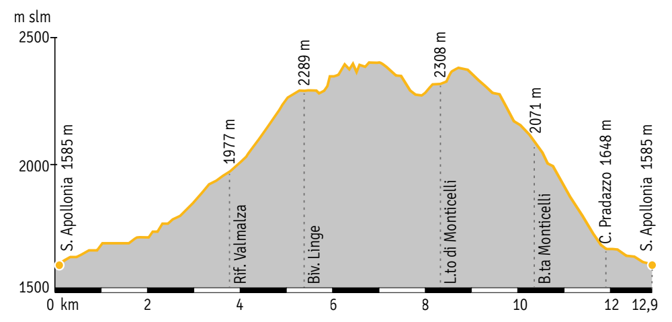
ALTITUDE DIFFERENCE
+/- 980 m

ESTIMATED TIME
4h50'

SEASON
July/September

DIFFICULTY
Hard





HIKING

6 BOCCHETTE DI VAL MASSA

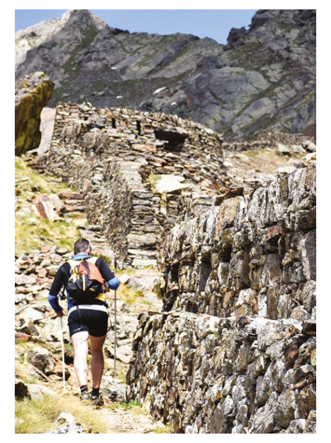
DISTANCE
14,5 km

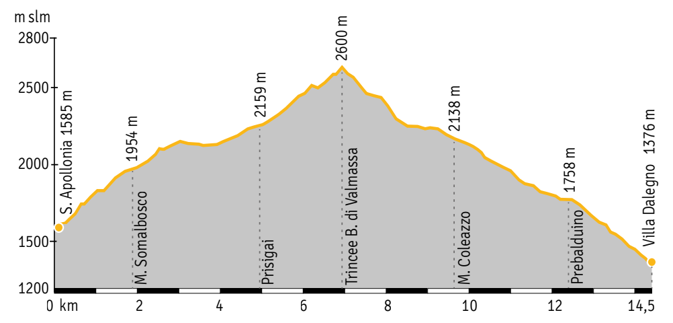
ALTITUDE DIFFERENCE
+ 1000 m / - 1150 m

ESTIMATED TIME
5h30'

SEASON
June/October

DIFFICULTY
Medium





HIKING

7 RIFUGIO GARIBALDI

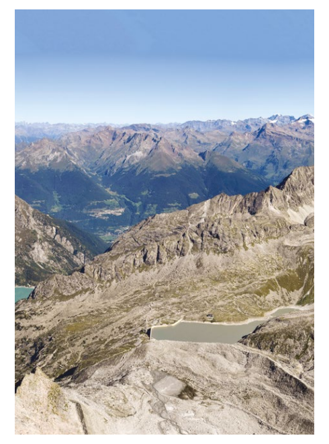
DISTANCE
18,2 km

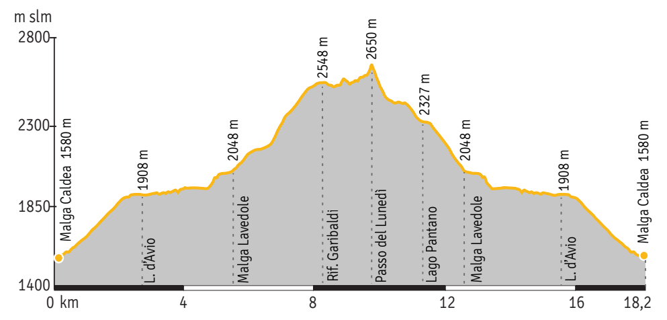
ALTITUDE DIFFERENCE
+/- 1150 m

ESTIMATED TIME
6h15'

SEASON
June/October

DIFFICULTY
Medium





HIKING

8 BOCCHETTA DI CASOLA

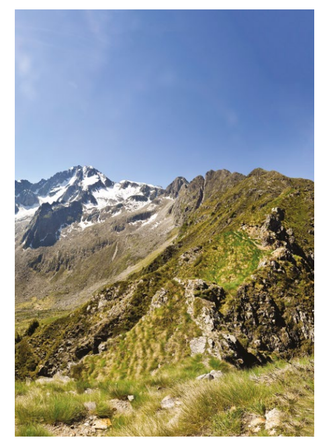
DISTANCE
13,7 km

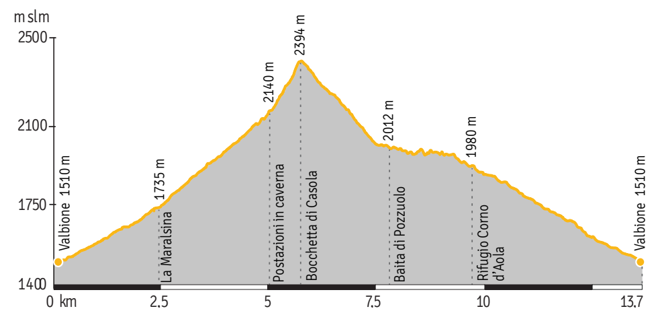
ALTITUDE DIFFERENCE
+/- 900 m

ESTIMATED TIME
5h15'

SEASON
June/October

DIFFICULTY
Medium





HIKING

9 CIMA BLES

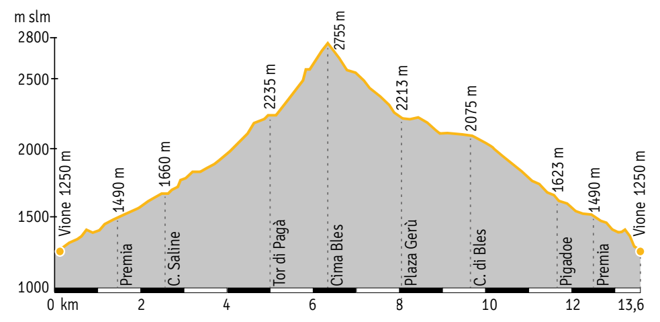
DISTANCE
13,6 km

ALTITUDE DIFFERENCE
+/- 1500 m

ESTIMATED TIME
7h00'

SEASON
June/October

DIFFICULTY
Hard



HIKING

10 LAGHETTI DI PIETRAROSSA

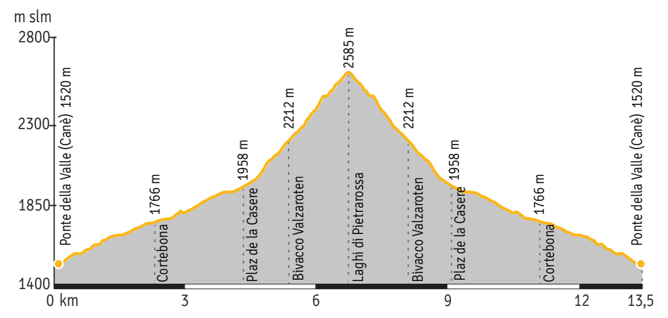
DISTANCE
13,5 km

ALTITUDE DIFFERENCE
+/- 1070 m

ESTIMATED TIME
5h10'

SEASON
June/October

DIFFICULTY
Medium


m slm
2800 2300 1850 1400
Ponte della Valle (Canè) 1520 m
1766 m Cortebona
1958 m Plaz de la Casere
2212 m Bivacco Valzaroten
2585 m Laghi di Pietrarossa
2212 m Bivacco Valzaroten
1958 m Plaz de la Casere
1766 m Cortebona
Ponte della Valle (Canè) 1520 m
0 km 3 6 9 12 13,5

HIKING

11 VAL GRANDE

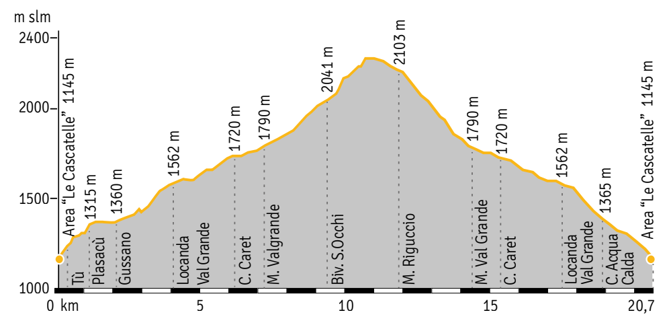
DISTANCE
20,7 km

ALTITUDE DIFFERENCE
+/- 1150 m

ESTIMATED TIME
6h30'

SEASON
June/October

DIFFICULTY
Medium



HIKING

12 PIANA DEI MOREI

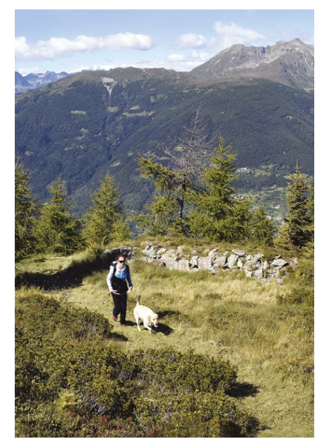
DISTANCE
15,5 km

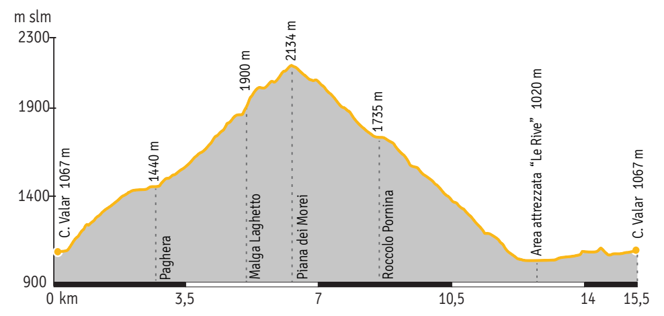
ALTITUDE DIFFERENCE
+/- 1150 m

ESTIMATED TIME
6h00'

SEASON
June/October

DIFFICULTY
Medium





HIKING

13 SENTIERO DEI CERVI

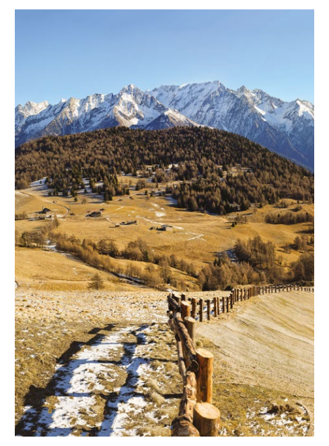
DISTANCE
12,3 km

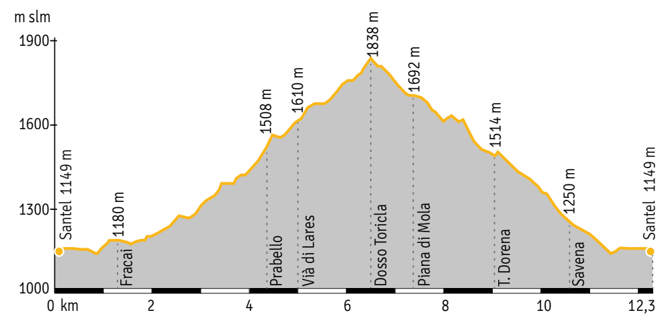
ALTITUDE DIFFERENCE
+/- 770 m

ESTIMATED TIME
4h00'

SEASON
June/October

DIFFICULTY
Easy





HIKING

14 MONTE AVIOLO

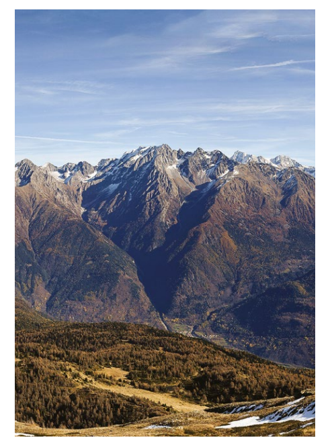
DISTANCE
9,7 km

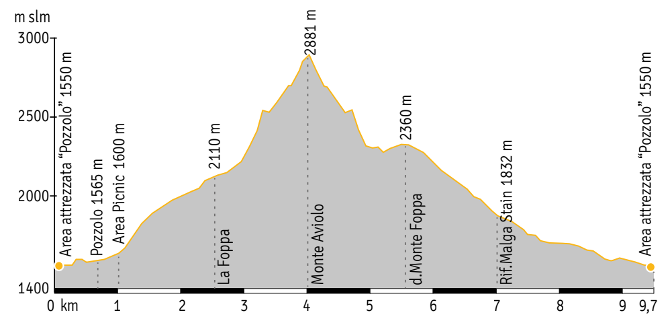
ALTITUDE DIFFERENCE
+/- 1130 m

ESTIMATED TIME
7h00'

SEASON
July/September

DIFFICULTY
Hard





VIA FERRATA

1 SENTIERO DEI FIORI

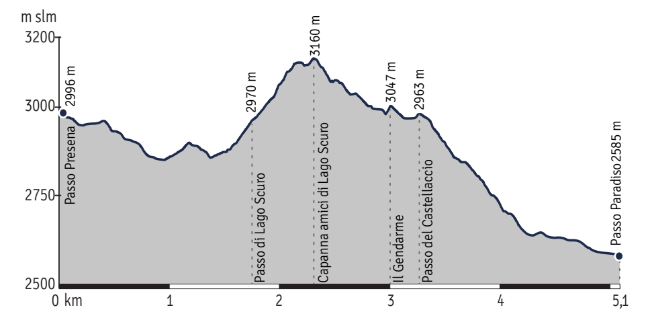
DISTANCE
5,1 km

ALTITUDE DIFFERENCE
+ 390 m /- 800 m

ESTIMATED TIME
5h00'

SEASON
July/September

DIFFICULTY
Via ferrata



VIA FERRATA

2 CIMA PAYER

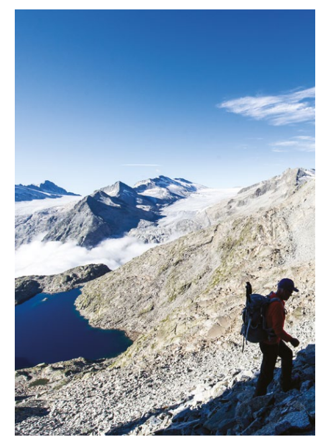
DISTANCE
6,3 km

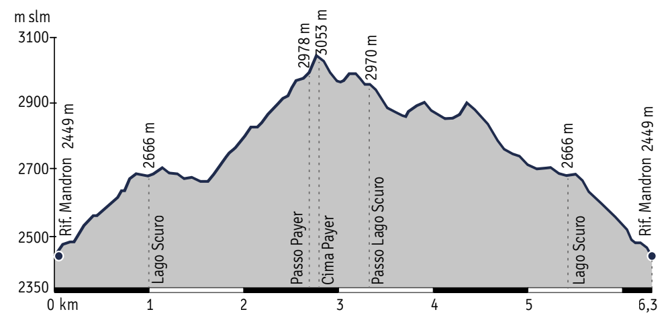
ALTITUDE DIFFERENCE
+/- 650 m

ESTIMATED TIME
4h00'

SEASON
July/September

DIFFICULTY
Via ferrata





VIA FERRATA

3 SENTIERO DEGLI AUSTRIACI

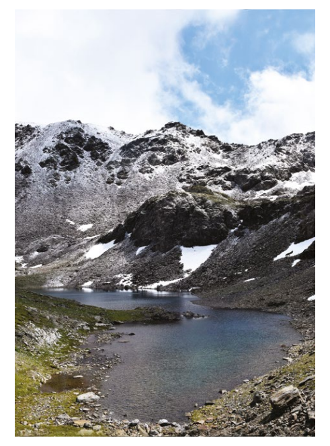
DISTANCE
8,6 km

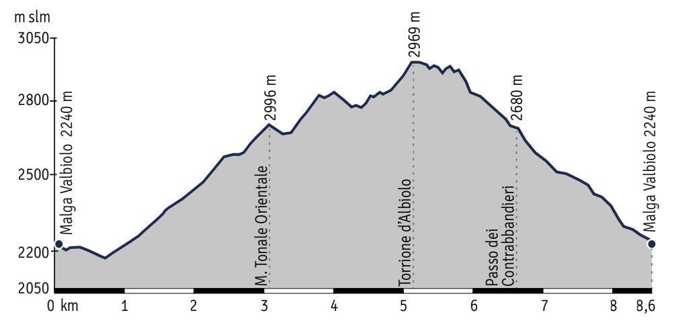
ALTITUDE DIFFERENCE
+/- 850 m

ESTIMATED TIME
5h00'

SEASON
July/September

DIFFICULTY
Via ferrata





VIA FERRATA, PLEASE NOTE: A trail suitable for experts or accompanied by an Alpine Guide. Necessary via ferrata equipement and harness.

TREKKING TOUR

1 ALTA VIA DELL'ADAMELLO

1st STAGE

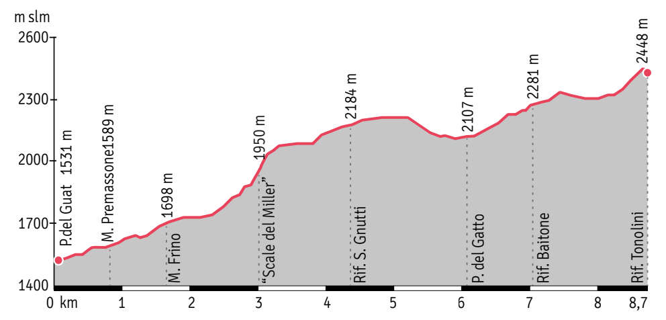
ESTIMATED TIME
5h00'

DISTANCE
8,8 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1220 m /- 300 m

DIFFICULTY
Medium



2nd STAGE

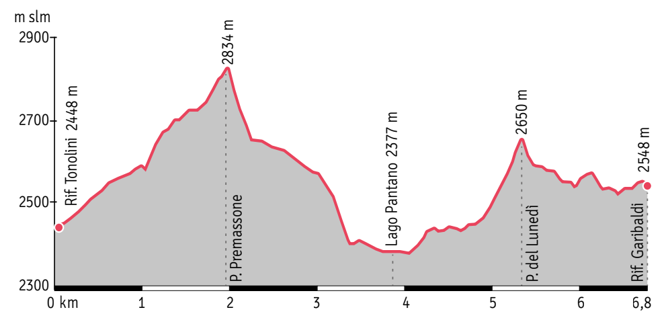
ESTIMATED TIME
4h30'

DISTANCE
6,8 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 750 m /- 650 m

DIFFICULTY
Hard



3rd STAGE

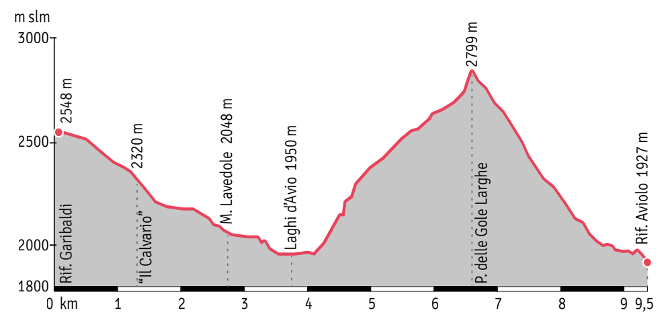
ESTIMATED TIME
5h30'

DISTANCE
9,5 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 900 m /- 1550 m

DIFFICULTY
Medium



4th STAGE

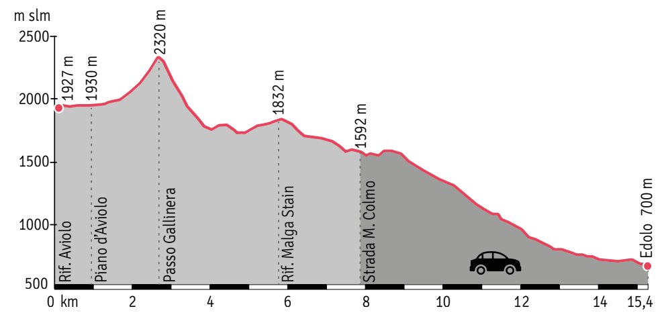
ESTIMATED TIME
3h40 | 5h30'

DISTANCE
7,7 km | 5,4 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 600 m /- 940 m
+600 m /- 1830 m

DIFFICULTY
Medium



TREKKING TOUR

2 ALTA VIA CAMUNA

1st STAGE

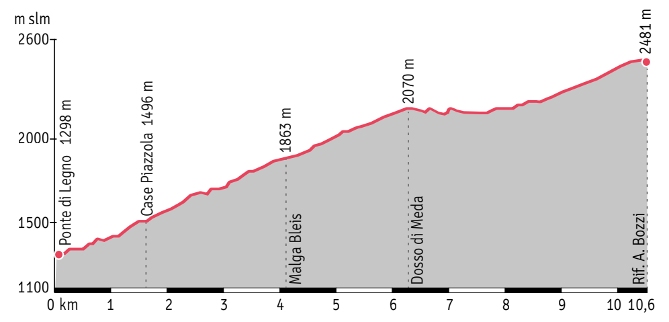
ESTIMATED TIME
5h00'

DISTANCE
10,6 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1250 m /- 60 m

DIFFICULTY
Medium



2nd STAGE

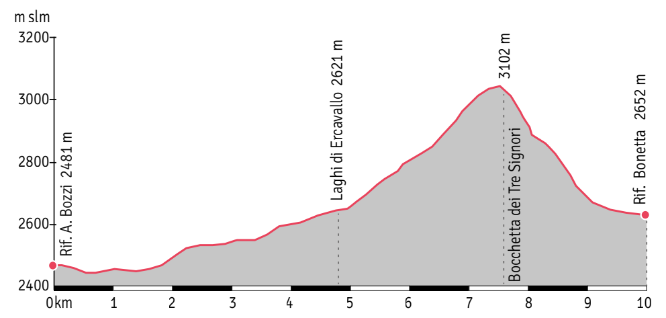
ESTIMATED TIME
5h30'

DISTANCE
10,2 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 690 m /- 530 m

DIFFICULTY
Hard



3rd STAGE

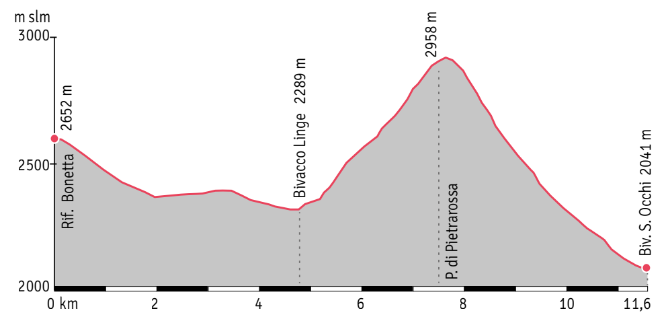
ESTIMATED TIME
5h50'

DISTANCE
11,8 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 700 m /- 1280 m

DIFFICULTY
Hard



4th STAGE

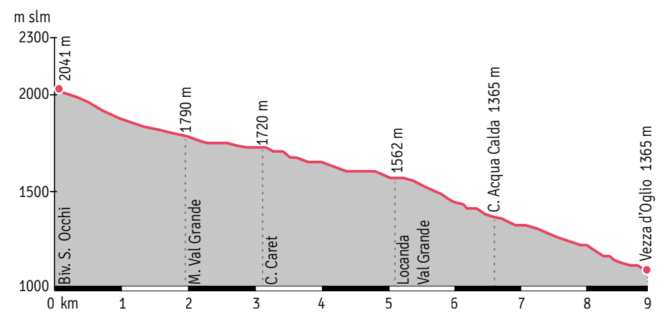
ESTIMATED TIME
2h30'

DISTANCE
9 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 10m /- 970 m

DIFFICULTY
Medium



TREKKING TOUR

3 SUI SENTIERI DELLA GRANDE GUERRA

1st STAGE

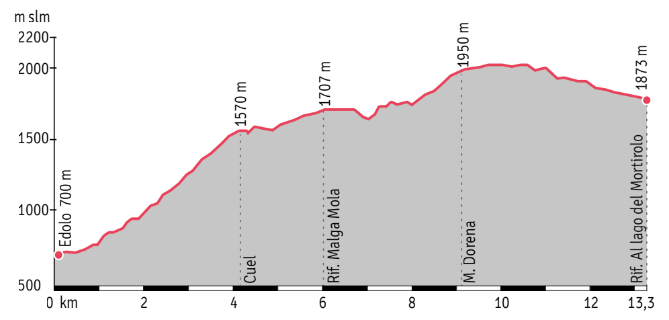
ESTIMATED TIME
5h30'

DISTANCE
13,3 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1420 m /- 340 m

DIFFICULTY
Medium



2nd STAGE

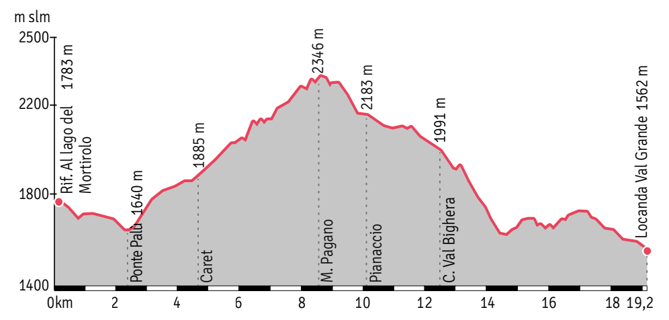
ESTIMATED TIME
6h00'

DISTANCE
19,2 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 930 m /- 1150 m

DIFFICULTY
Medium



3rd STAGE

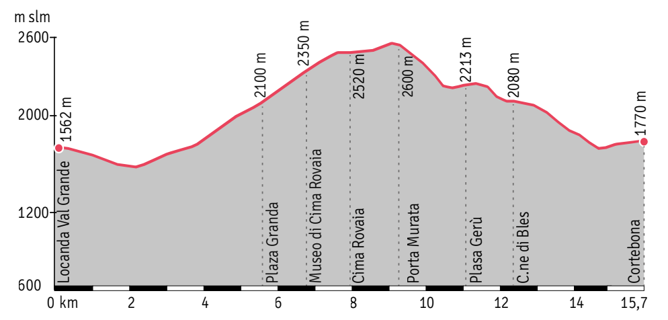
ESTIMATED TIME
6h20'

DISTANCE
15,7 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1360 m /- 1150 m

DIFFICULTY
Hard



4th STAGE

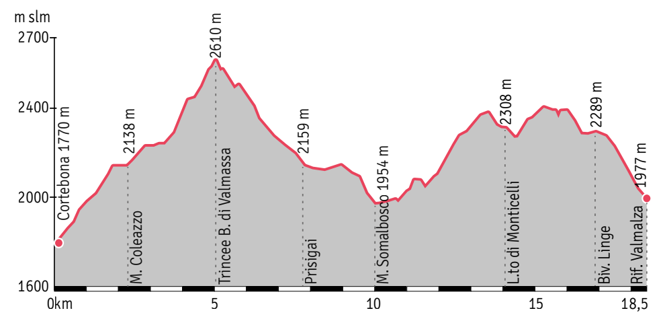
ESTIMATED TIME
7h30'

DISTANCE
18,5 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1600 m /- 1400 m

DIFFICULTY
Hard



5th STAGE

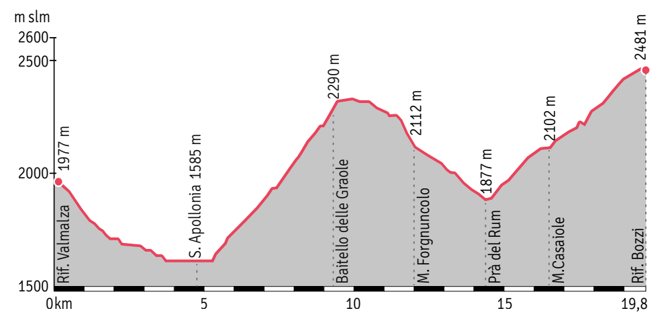
ESTIMATED TIME
5h40'

DISTANCE
19,8 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1400 m /- 900 m

DIFFICULTY
Medium



6th STAGE

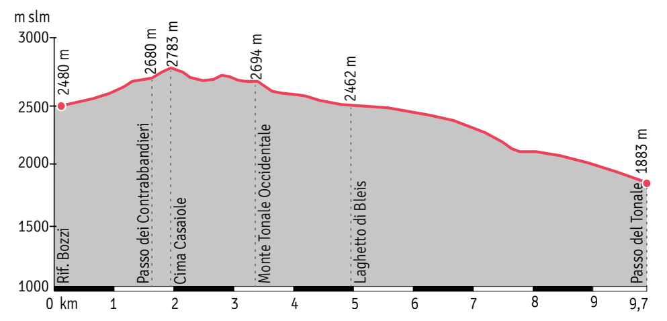
ESTIMATED TIME
4h00'

DISTANCE
9,7 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 450 m /- 1150 m

DIFFICULTY
Hard



TREKKING TOUR

4 PRESANELLA EPIC TRAIL

1st STAGE

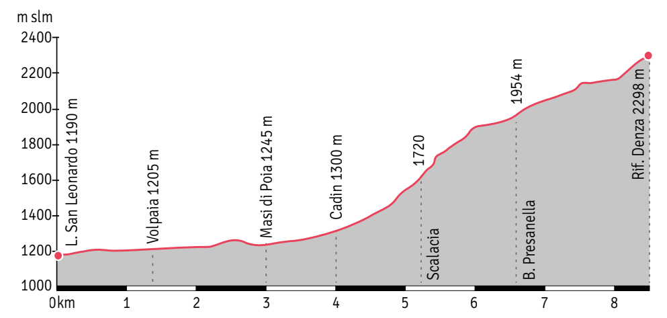
ESTIMATED TIME
4h10'

DISTANCE
8,5 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1120 m

DIFFICULTY
Medium



2nd STAGE

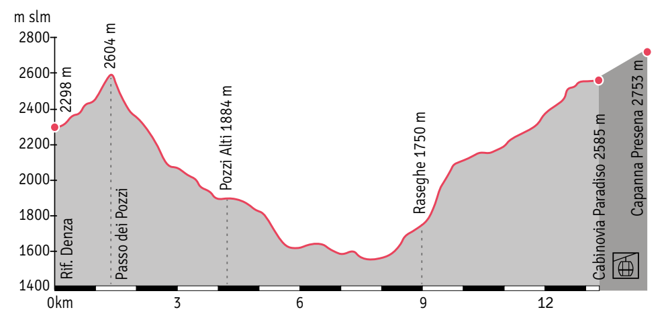
ESTIMATED TIME
7h00'

DISTANCE
13,5 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1380 m /- 1100 m

DIFFICULTY
Hard



3rd STAGE

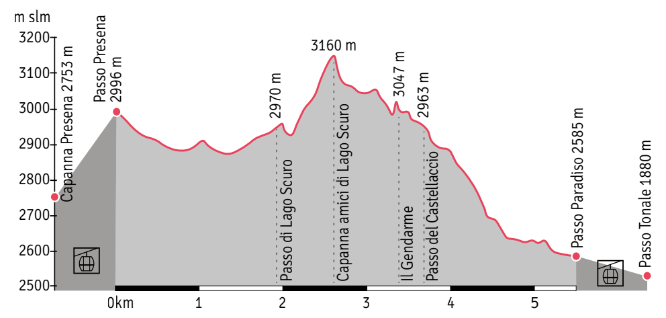
ESTIMATED TIME
5h00'

DISTANCE
5,1 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 390 m /- 800 m

DIFFICULTY
Via ferrata



4th STAGE

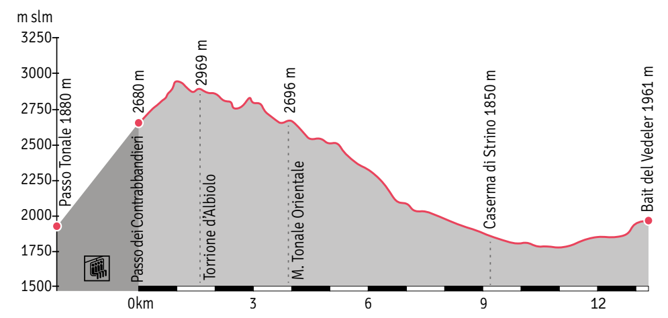
ESTIMATED TIME
5h30'

DISTANCE
13,2 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 730 m /- 1445 m

DIFFICULTY
Medium



5th STAGE

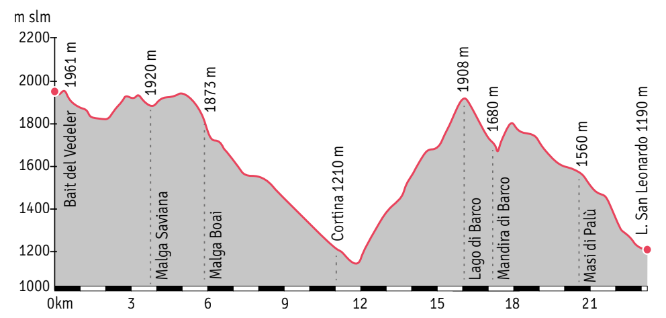
ESTIMATED TIME
9h00'

DISTANCE
23,1 km

SEASON
July/September

ALTITUDE DIFFERENCE
+ 1150 m /- 1930 m

DIFFICULTY
Medium



Although great attention has been paid to the precision and exactness of the information provided, any responsibilty is declined with regard to the same. Information provided by Mario Sterli. May 2025